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HOUSE DEMOCRATIC POLICY COMMITTEE

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House of Representatives
COMMONWEALTH OF PENNSYLVANIA
HARRISBURG

HOUSE DEMOCRATIC POLICY COMMITTEE ROUNDTABLE

Topic: Improving Community Health

UPMC Health Plan Community Room – Erie, PA

March 22, 2018

AGENDA

9:00 a.m. Welcome and Opening Remarks

9:10 a.m. Discussion with Panelists:

- Melissa Lyon
Director
Erie County Department of Health
- Bill McCarthy
Recently Retired CEO of Large Behavioral Health Organization
- Dr. Christine Peoples, MD
Clinical Assistant Professor of Medicine
Division of Rheumatology and Clinical Immunology
Department of Medicine
University of Pittsburgh Medical Center

10:30 a.m. Closing Remarks

ERIE COUNTY DEPARTMENT OF HEALTH

ecdh.org



Melissa C. Lyon, MPH
Director

Kathy Dahlkemper
County Executive

MEMORANDUM

TO: House Democratic Policy Committee
FROM: Melissa C. Lyon, Director, Erie County Department of Health
DATE: March 22, 2018

I am speaking today about the health status of Erie County, Blue Zones and a comprehensive health strategy, including other Erie County Department of Health initiatives.

Some Highlights:

- The current rates of chronic disease in Erie County are worse than state and national averages. (Erie Vital Signs source <http://www.erievitalsigns.org/health>)
 - 66% of adults are overweight or obese (maintaining)
 - 54% of children k-6 grade are overweight or obese (increasing)
 - 48% of Teens are overweight or obese (increasing)
 - People with Type II diabetes is increasing, currently 12%
 - People with hypertension is increasing, currently 35%
 - 23% of adults are physically inactive
 - Improvement has been made in adult smokers decreasing to just 18%- same as state average and nearing top national performers of 14%- This may be reflective of increased e-cigarette use, not yet determined.
- Accredited Health Departments and not-for-profit hospitals are required to collectively complete a Community Health Needs Assessment and develop a Community Health Improvement Plan with true population health strategies.
- The Blue Zones Project is an evidence-based, community-led well-being improvement initiative designed to make it easier for residents to make healthy choices. It is essentially the implementation of a Community Health Improvement Plan. This is done through changes to a community's environment, policy and social situations. The strategies target people, places and policy.

- The project was inspired by Dan Buettner, an author who researched five regions of the world – known as Blue Zones – with the highest concentration of people living to 100 years or older. The populations are not just living longer, but they are doing so while staying more active and healthy.
 - Sardinia, Italy
 - Okinawa, Japan
 - Loma Linda, CA
 - Nicoya, Costa Rica
 - Icaria, Greece
- The five populations were found to have in common nine traits – known as the Power 9. They include things like moving naturally and changing diets, but also things like making time to shed stress and surrounding yourself with a social support network.
- Communities in the U.S. that have adopted the Blue Zones Project have seen improvements in the health of their populations, including decreases in smoking and obesity, and savings in health-care costs.
- The Partnership for a Healthy Community, in conjunction with Lake Erie College of Osteopathic Medicine and the Erie Community Foundation, arranged for the Blue Zones Project to visit Erie County in November 2017 for a site visit. The Erie County Department of Health has been involved in the process as a partner in the Partnership for a Healthy Community.
- The need in Erie County is clear: In 2015, we ranked 181 out of 189 in Community Well-Being Rankings. In 2016, we dropped to 185. In the most recent rankings, Erie County's ranking remains low, with other communities outpacing us on improvements.
- After the site visit, the Blue Zones Project determined that Erie County is motivated and ready for the project to come to our community. The team's evaluation includes leadership and participation from businesses, nonprofits and local governments.
- The next step is for the Erie community to decide whether to invest in the Blue Zones Project. This entails a buy-in, both literally and figuratively, from leading companies. It also includes a commitment from nonprofits, government leaders and citizens to embrace the opportunities presented by the Blue Zones Project.

House Democratic
Policy Committee Meeting
Improving Community Health:
Telemedicine
March 22, 2018

Christine Peoples, MD
Clinical Assistant Professor of Medicine
Division of Rheumatology and Clinical Immunology
Department of Medicine
University of Pittsburgh Medical Center

Locations

UPMC Teleconsult Center, UPMC Northwest

100 Fairfield Drive
Seneca, PA 16346

UPMC Teleconsult Center, UPMC Bedford

Specialty Services
195 Memorial Drive
Everett, PA 15537

UPMC Teleconsult Center, UPMC Urgent Care Hermitage

Hermitage Crossing Plaza
1075 North Hermitage Road
Hermitage, PA 16148

UPMC Teleconsult Center, UPMC Altoona Station Medical Center

UPMC Altoona HealthForce
1516 9th Ave.
Altoona, PA 16601

UPMC Teleconsult Center, Uniontown

201 Mary Higginson Lane
Uniontown, PA 15401

***Recently added: Cole Memorial Hospital in Coudersport PA

UPMC Teleconsult Center Status Summary

(Through January 31st, 2018)

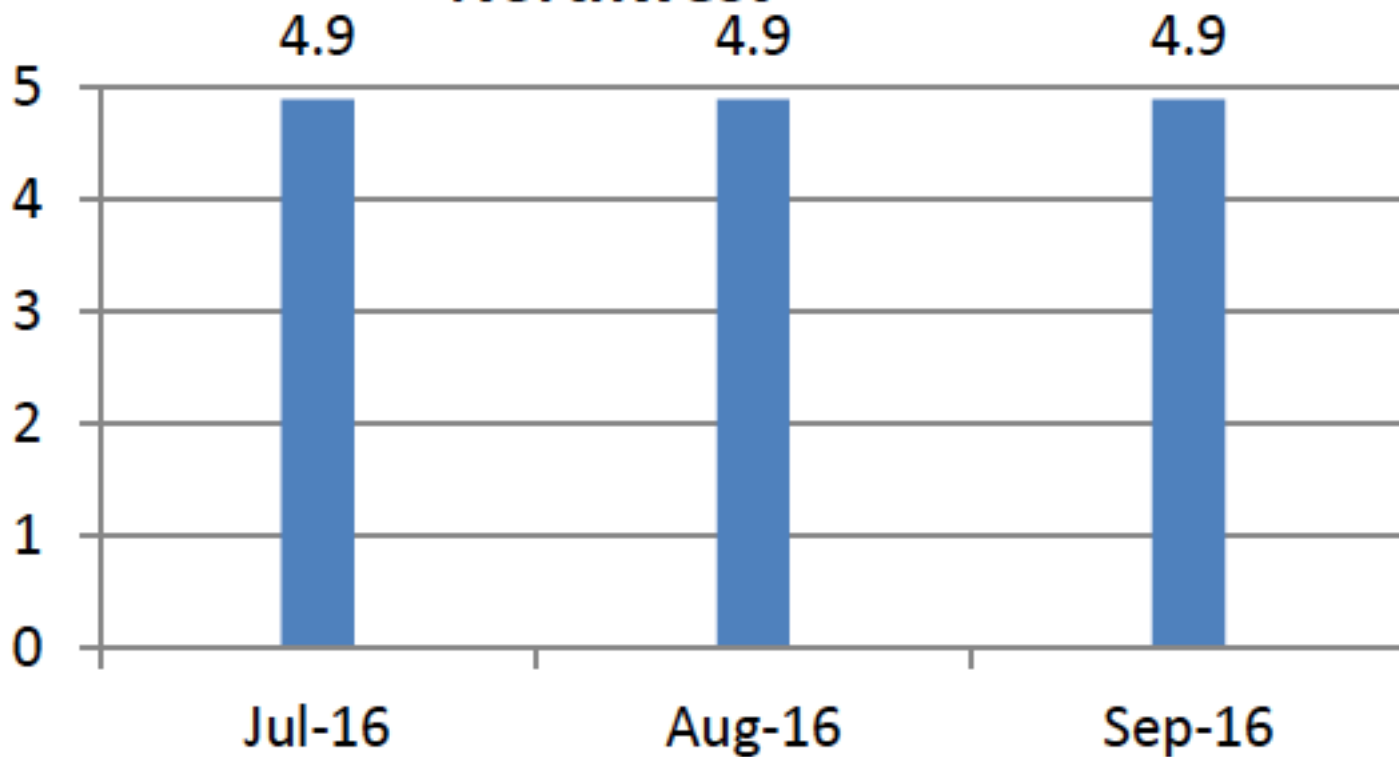
Telemedicine Patient Scheduling Activity for all Teleconsult Center Locations

Total Visits Completed	7,568
Total Visits Scheduled	633
Total Visits	8,201

UPMC Teleconsult Center at Northwest
Completed Patient Visits: 4,513 Scheduled Visits: 339

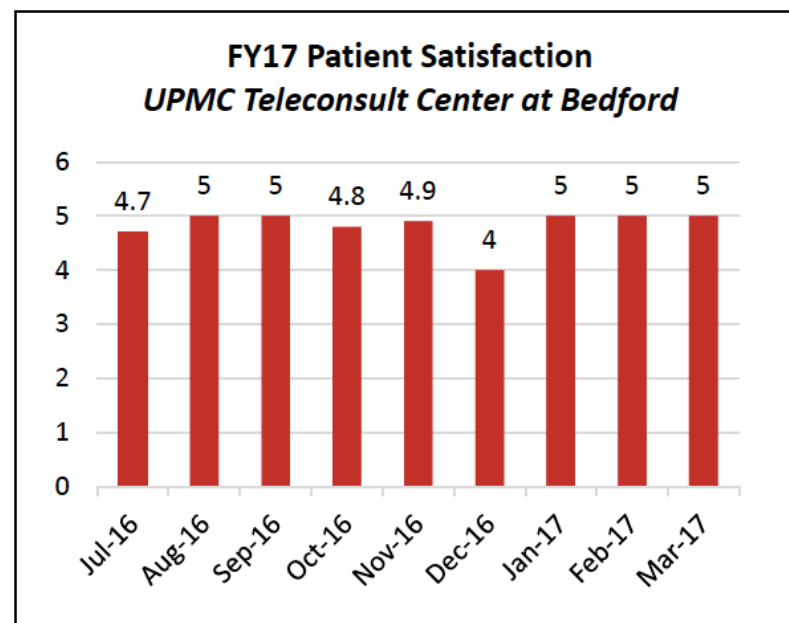
Specialty Service	# of Visits		
Cardiac EP	203	Neurology - Interventional Stroke	31
Cardiothoracic Surgery*	0	Neurology - Movement Disorders	160
Colorectal Surgery	11	Neurology - Multiple Sclerosis	80
Ederm*	6	Neurosurgery - Cranial and General	11
Diabetes Management	313	Neurosurgery – Deep Brain Stimulation*	0
Endocrine Surgery	121	Neurosurgery - Oncology	13
Epilepsy*	4	Pediatric Allergy*	0
Foot and Ankle Surgery	2	Pediatric Gastro	59
Genetics (Cancer)	110	Pediatric Nutrition*	13
Reproductive Genetics	16	Plastics*	1
Gynecologic Oncology*	13	Reproductive Endocrinology and Infertility	62
Hematology*	16	Rheumatology	1151
Heart Failure	158	RHS Bariatric Surgery Nutrition*	0
IBD*	5	Sleep Evaluation	65
Infectious Disease	389	Surgical Oncology: Breast *	3
Maternal Fetal Medicine	1299	Thoracic Surgery*	2
MFM Diabetes Education	127	Vascular Surgery	6
		Voice Therapy	61
		Wound Care*	2
		Grand Total	4513

FY17 Patient Satisfaction
UPMC Teleconsult Center at
Northwest



UPMC Teleconsult Center at Bedford
1,384 Completed Patient Visits 165 Scheduled Visits

Specialty Service	# of Visits
Breast Surgery*	0
Colorectal Surgery	44
Diabetes Management	502
Endocrine Surgery	198
Genetics (Cancer)	11
IBD*	6
Infectious Disease	41
Maternal Fetal Medicine	126
Neurosurgery - Oncology	3
Pediatric Gastro	78
Pediatric Nutrition*	0
Pre-op Evaluation Center*	5
Pulmonology	75
Psychiatry	120
Rheumatology	244
Voice Therapy	50
Plastics	0
Grand Total	1503



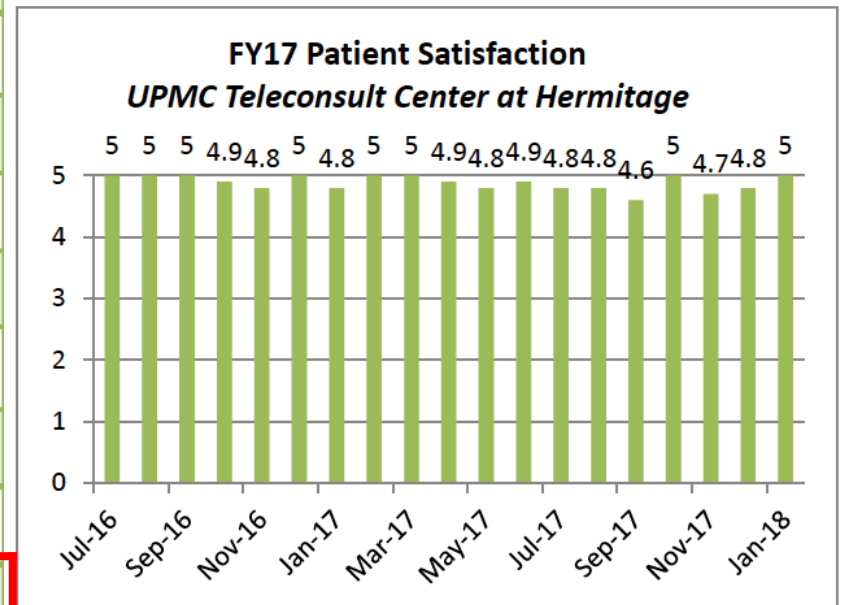
*No PG data available for April 2017 – January 2018

UPMC Teleconsult Center at Hermitage (Urgent care)

1,368 Completed Patient Visits

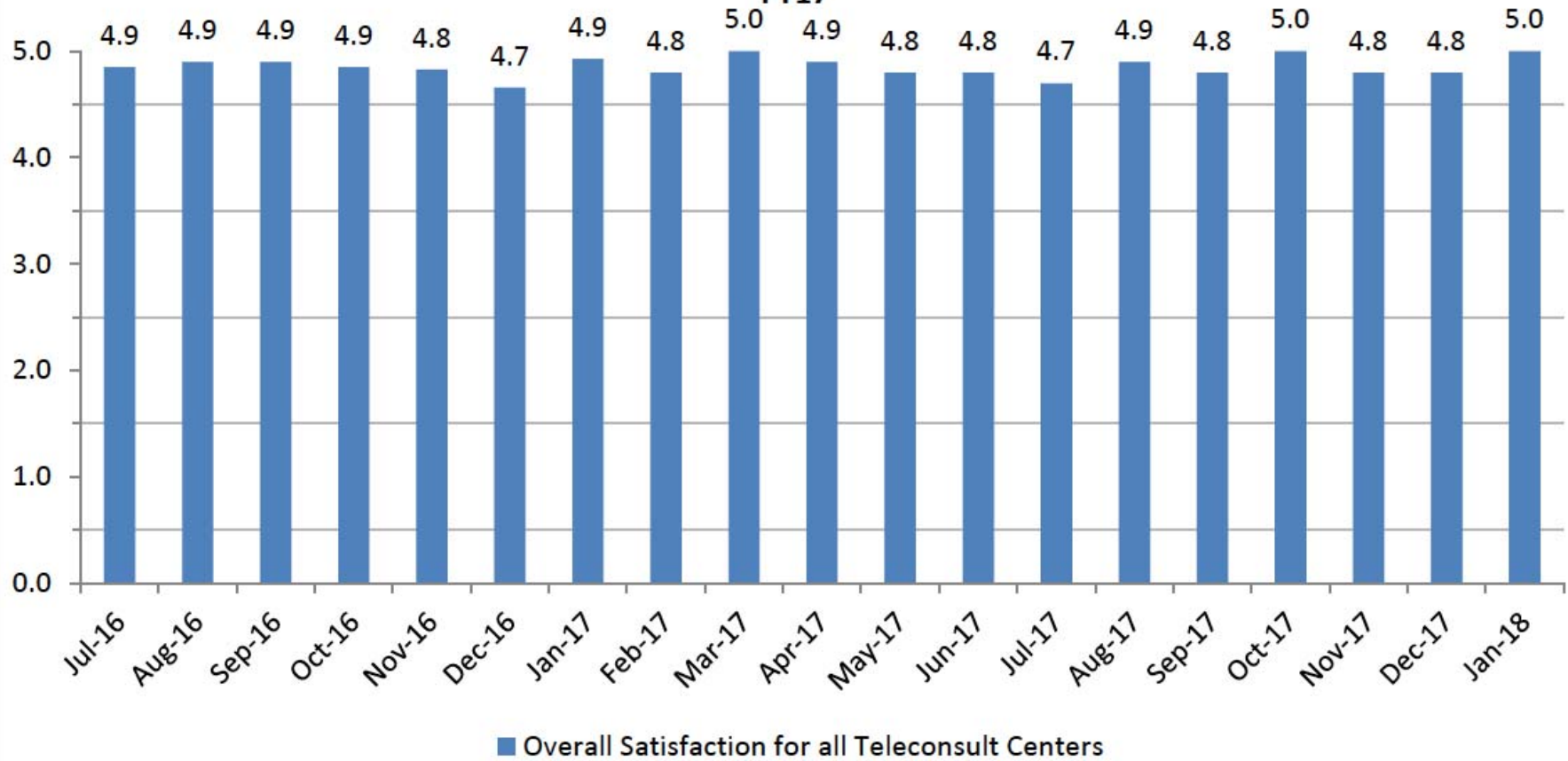
45 Scheduled Visits

Specialty Service	# of Visits
Cardiothoracic Surgery*	0
Colorectal Surgery	2
Endocrine Surgery	278
Heart Failure	51
Maternal Fetal Medicine	652
MFM Diabetes Education	101
Plastics	0
Pediatric Nutrition*	1
Rheumatology	304
Urologic Gynecology*	4
Voice Therapy*	43
Grand Total	1,436



Average Satisfaction Score
How satisfied were you with your Telemedicine visit overall?

FY17

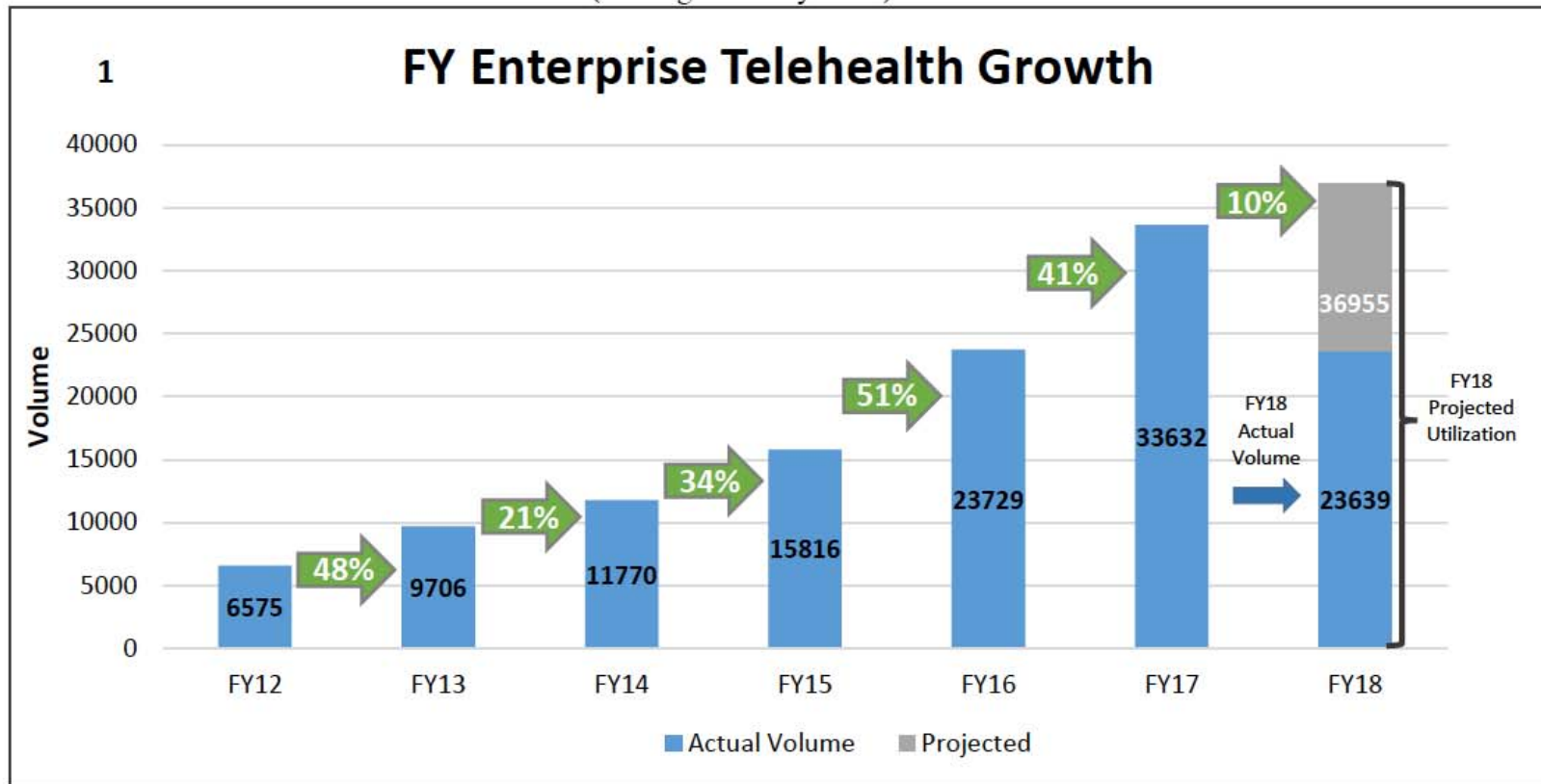


Telehealth Operations Committee Meeting

March 6th, 2018

Utilization Report YTD

(Through January 2018)

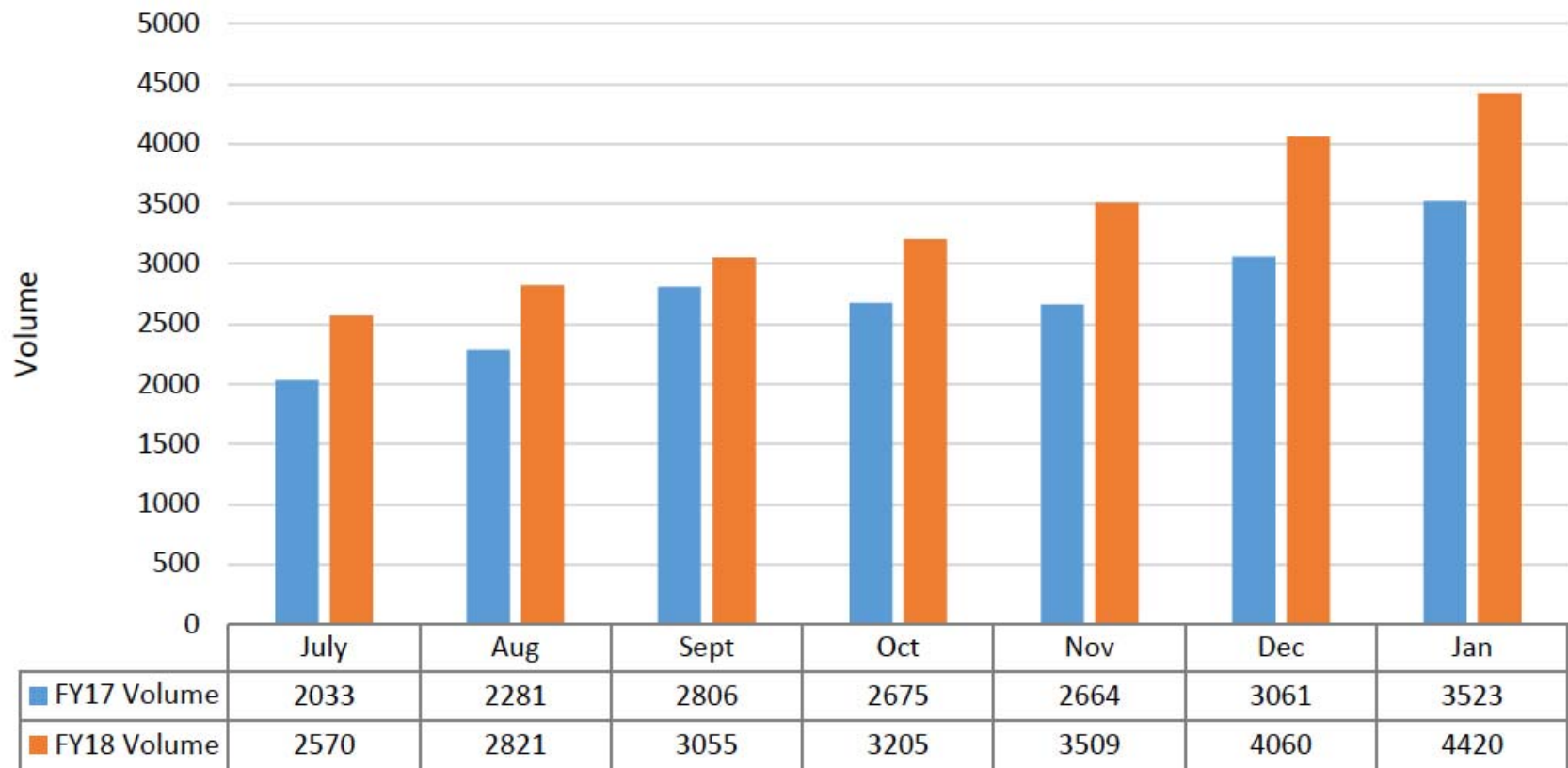


*FY18 Includes visits from July 1 through January 31, 2018

* Radiology volumes not included in HS.

3

FY17 vs FY18 YTD Volume Comparison by Month

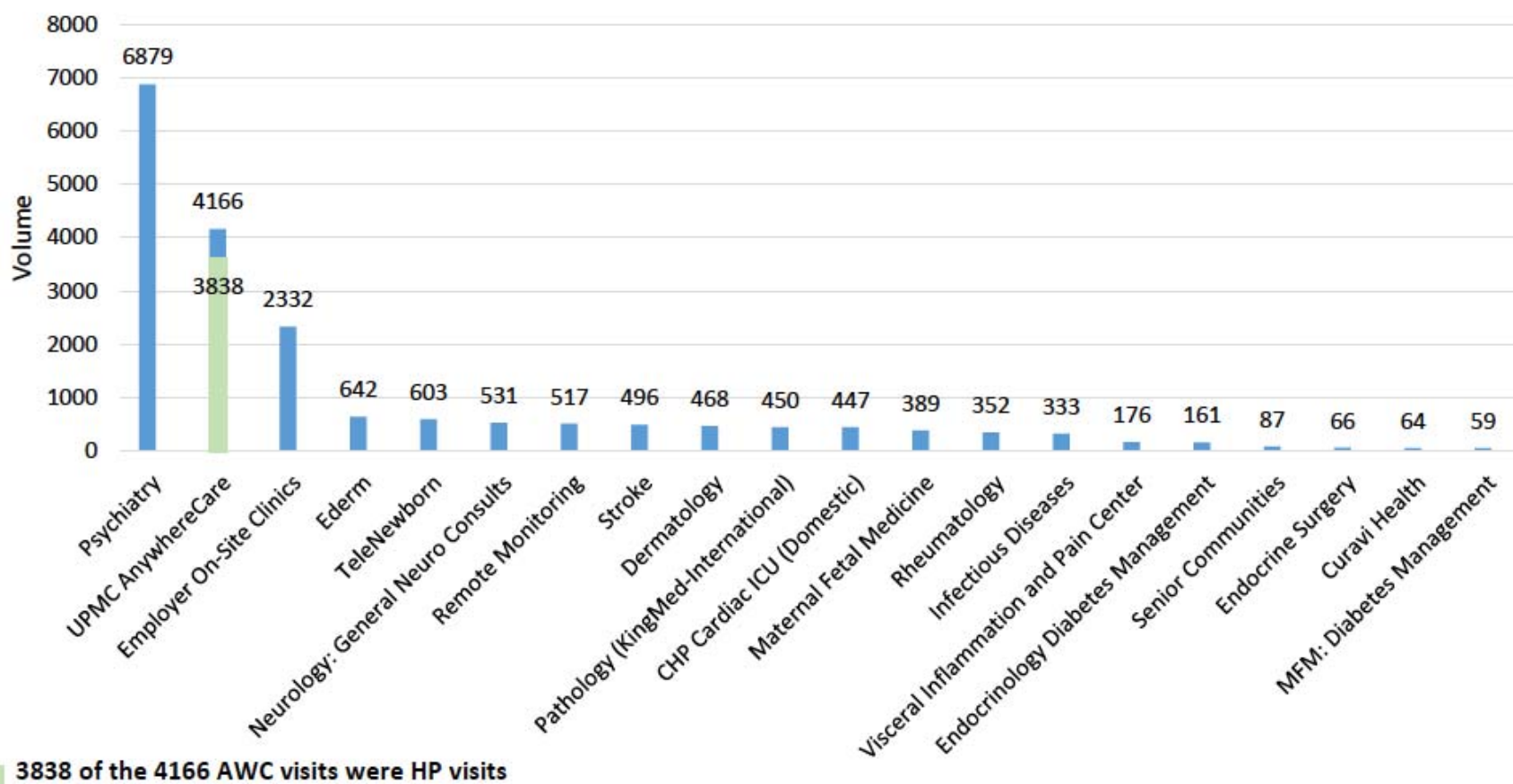


*UPMC AnywhereCare visits are counted in HS for the total number of visits and within the HP for members only.

*Ameripath Pathology (KingMed Int'l) volumes not included.

4

Top 20 Service Lines FY18 YTD







Empower3 Center For Health Direct Pay Care Model vs PCMH

***Slide provided by Dr. Zane Gates Dr. Zane Gates and Patrick Reilly, Founders

A New Innovative Option: EMPOWER³ Center For Health

- The EMPOWER³ model would represent a new community based alternative that is:
 - Patient focused
 - Focuses on health care improvement and quality care with **real access** rather than just providing a health card
 - Transparency to all parties
 - Lower cost to ensure that the model is sustainable
 - Care delivered in the right place, right time, right setting but with the **RIGHT ATTITUDE**.

***Slide provided by Dr. Zane Gates

To Our Members, Direct Pay Membership Offers...

Access to simple, easy to understand quality care...

- **No Deductibles**
- **No Medical Co-Pays**
- **No Coinsurance Amounts**
- **No Balance Billing**
- **No Cost Onsite Lab Work and Analysis**
- **No Cost Specialist Telemedicine Consultations**
- **No Cost Personalized Dietician Guidance**
- **No Cost Radiology and Diagnostics (*Coming Soon*)**
- **And... Personalized Oversight with Staff Pharmacist**
- **And... Longer Face Time With Health Care Professionals**

***Slide provided by Dr. Zane Gates

Let's make the healthy choice the easy choice.

What are the benefits of Blue Zones Project?

Blue Zones Project® is a well-being improvement initiative designed to help make healthier choices easier by encouraging changes to communities that lead to healthier options. When individuals and organizations participate — from worksites and schools to restaurants and grocery stores — the small changes contribute to huge benefits: lowered healthcare costs, improved productivity, and ultimately, a higher quality of life.

A community-wide approach.



Worksites: We help your workers feel better and more connected to their colleagues, so they're more productive, miss less work, and have lower healthcare costs.



Grocery Stores: By helping you provide easier access to healthful and tasty foods, you can better educate families on improving nutrition.



Schools: By encouraging better eating habits, implementing tobacco-free policies, and increasing physical activity, we create healthy habits for life.



Community Policy: Sidewalks, community gardens, farmers' markets, and other community infrastructures affect your ability to move naturally, connect socially, and access healthy food.



Restaurants: We work with you to add healthier foods, so you can improve customer satisfaction and increase traffic.



Individuals: From moving naturally more often to finding individual purpose in our lives, making small changes in daily routines can lead to living happier and healthier lives.



Faith-Based Communities: We will help you inspire, encourage, and promote well-being among your members, increasing connectivity and longevity.

Learn more at bluezonesproject.com.



What is Blue Zones Project®?

What began as a *New York Times* bestseller by National Geographic Fellow Dan Buettner has evolved into a global movement that's inspiring people to live longer more active lives. Blue Zones Project offers a unique opportunity for individuals, organizations, and communities to make permanent changes to the environments where they live, work, and play to make healthy choices easier.

POWER

9[®]

Live a longer, healthier life by applying these principles inspired by the people who have lived the longest.



Move Naturally: Find ways to move more! You'll burn calories without thinking about it



Purpose: Wake up with purpose each day and add up to seven years to your life



Down Shift: Reverse disease by finding a stress-relieving strategy that works for you



80% Rule: Eat mindfully and stop when 80% full



Plant Slant: Put more fruits and vegetables on your plate



Wine @ Five: If you have a healthy relationship with alcohol, enjoy a glass of wine with good friends each day



Family First: Invest time with family – and add up to six years to your life



Belong: Belong to a faith-based community and attend services regularly to add up to 14 years to your life



Right Tribe: Surround yourself with people who support positive behaviors – and who support you

To find out more about this exciting well-being initiative, email bluezonesprojectusa@healthways.com or visit bluezonesproject.com.



facebook.com/bluezonesproject





BECOMING A BLUE ZONES COMMUNITY

*Working together for better well-being
where you live, work and play.*



BLUE ZONES AREAS

PLACES WHERE PEOPLE LIVE LONGER, BETTER.

We all want to live life well. Not merely surviving day to day, keeping the effects of aging and chronic illness at bay, but actually thriving and contributing with a clear sense of purpose. What if, even at an advanced age, with our well-being intact and energy to spare, we were able to share our experiences and wisdom with our grandchildren and our great-grandchildren?

What if you knew that you could add 12 healthy and happy years to your life? Would you be interested?

Across the globe lie Blue Zones® areas, where people reach age 100 at an astonishing rate. People in places like Sardinia, Italy; Okinawa, Japan; and Loma Linda, California, are living vibrant, active lives well into their hundreds—and with a lower rate of chronic disease. Physically, socially, and emotionally these people are living their lives longer, better.

The common cultural practices of these longevity super stars have been compiled in National Geographic explorer Dan Buettner's *New York Times* bestselling book, "The Blue Zones—Lessons for Living Longer From the People Who've Lived the Longest."

This research, coupled with an eight-year worldwide longevity study, has been used to develop lifestyle management tools and programs that help people live longer, healthier, and happier lives by optimizing their surroundings.

“The calculus of aging offers us two options: We can live a shorter life with more years of disability, or we can live the longest possible life with the fewest bad years. As my centenarian friends showed me, the choice is largely up to us.”

-Dan Buettner, Blue Zones Founder

BLUE ZONES PROJECTS UNDERWAY

WELL-BEING TRANSFORMATION, COMMUNITY BY COMMUNITY.

In 2009, Blue Zones led a prototype, community-wide makeover project in Albert Lea, Minnesota, based on the lifestyle traits of centenarians from Blue Zones areas. Measurable success was achieved by integrating healthy environmental interventions in four areas: inner self, habitat, social network, and community.

Just one year later, Blue Zones partnered with Healthways to replicate the Albert Lea experience in three California communities: Hermosa Beach, Manhattan Beach, and Redondo Beach. This well-being movement has since spread to the state of Iowa where, in 2011, Blue Zones and Healthways joined forces again to deliver the Blue Zones Project™ to ten communities in Iowa sponsored by Wellmark® Blue Cross® and Blue Shield®.

BLUE ZONES PROJECT PURPOSE

DEMONSTRATED COMMUNITY WELL-BEING IMPROVEMENT.

If surroundings lead to healthy behaviors, and healthy behaviors lead to longer, better lives, then by optimizing the surroundings of any community, it might be possible to manufacture a Blue Zones Community™.

The purpose of the Blue Zones Project™ is to lead and ignite a community-by-community well-being transformation, where people live and work together in Blue Zones Communities™ for a better life.

The Blue Zones Project is unique because it takes a systematic environmental approach to improving well-being through policy, building design, social networks and the built environment. By optimizing our environments—those settings where we live, work, and play, which influence our behavior—we can make the healthy choice the easy choice so that we naturally adopt healthy behaviors.

For example, experts will design tools for restaurants to help them provide better choices, such as making fresh fruit the default option rather than French fries. Also, rather than asking residents to walk or bike more, improvements to the built environment will make walking and cycling easier and more desirable than driving.

OPTIMIZING 4 KEY ENVIRONMENTS TO MAKE HEALTHY CHOICES EASIER.

INNER SELF

Purpose begins with the inner self. By helping people discover their purpose in life, it’s possible to lift their well-being. In Blue Zones® cultures, one’s purpose is so important that these people have special words for it. In Costa Rica they call it, “Plan De Vida” – a plan for life.

HABITAT

The habitat includes those places where people spend most of their time, like home, work, and school. If we de-convenience these settings, we can create healthier activities like Okinawans, who, for example, don’t use couches and must get up and down from the floor numerous times each day. That constant, moderate exercise rewards them with years of healthy life.

SOCIAL NETWORK

Social connections influence the decisions people make. People in Blue Zones cultures are social, and they regularly associate face-to-face with a network of friends whose healthy behaviors reinforce their own.

COMMUNITY

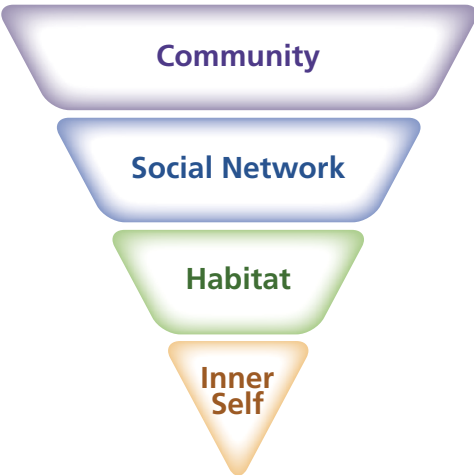
Community surroundings encourage healthy behaviors—from restaurant and grocery store choices, to sidewalk and bike path access that encourages safe physical activity for all ages and abilities.

Blue Zones Project™ is a community well-being improvement initiative designed to make healthy choices easier through permanent changes to environment, policy, and social networks.

“The Blue Zones Project helped our community set amazing, aggressive, and achievable strategies that moved the Public Health agenda further in 10 months than I could have expected in 10 years.”

-Lois Ahern, (retired) Director of Freeborn County Health

Blue Zones® Community Environmental Change Model



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POWER 9

SMALL SIMPLE STEPS TO FEELING BETTER.

People in Blue Zones® areas have enjoyed greater well-being and longevity for generations— and now you can too! The truth is genetics are responsible for only about 20% of your well-being, according to the Danish Twins study*. What made the Blue Zones areas special were the nine common lifestyle traits they shared—known as the Power 9®. These nine small, easy steps fit into four categories and can be practiced anywhere.

MOVE NATURALLY

1 **Move Naturally:** We can get more physical activity naturally if we live in walkable communities, de-convenience our homes, and grow gardens.

RIGHT OUTLOOK

2 **Know Your Purpose:** People who know why they wake up in the morning live up to seven years longer than those who don’t.

3 **Down Shift:** To reverse inflammation related to every major age-related disease, find time every day to meditate, nap, pray, or enjoy a happy hour with friends.

EAT WISELY

4 **80% Rule:** It takes your stomach 20 minutes to tell your brain it’s full, causing most people to accidentally overeat—so stop eating when you’re 80% full.

5 **Plant Slant:** Eat mostly a plant-based diet that is heavy on beans, nuts, and green plants. This is consistent with the USDA’s MyPlate recommendations to make fruits, vegetables, and grains the majority of your intake. The focus should be on more veggies, less meat, and less processed food.

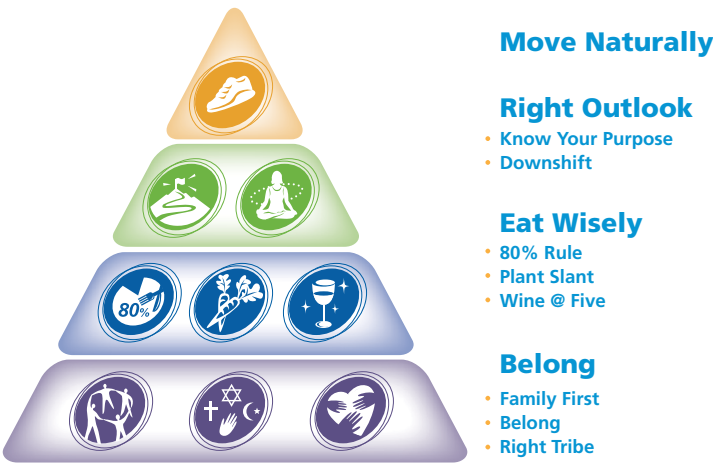
6 **Wine @ Five:** If you have a healthy relationship with alcohol, one glass of wine daily could help add years to your life, especially when consumed with a healthy diet.

BELONG

7 **Family First:** Living in a thriving family is worth half a dozen extra years of life expectancy. Invest time in your kids, nurture a monogamous relationship, and keep your aging parents near.

8 **Belong:** Recommit, reconnect, or explore a new faith-based community. No matter which faith, studies found that people who show up to their faith-based community four times a month, live an extra 4 to 14 years.

9 **Right Tribe:** Your friends have a long-term impact on your well-being. Expanding your social circle to include healthy-minded, supportive people might be the most powerful thing you can do to add happy, quality years to your life.



* Christensen, Kaare, and James W. Vaupel. Longitudinal Study of Aging Danish Twins, 1995.

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BECOMING A BLUE ZONES COMMUNITY

ACHIEVING IT TAKES EVERYONE’S SUPPORT.

What if you had the opportunity to create a city where the healthiest choices are also the easiest ones to make? Imagine a place where it’s easy to eat fresh produce from grocery stores and farmers’ markets, not only because it’s more affordable, but also because it’s more accessible than a fast food restaurant.

Here it’s easier to bike than drive, thanks to better bike lanes providing safe and direct access to work, shopping centers, and parks, all without the hassle of public parking. This community designed for health and well-being also makes it easier for our kids to play outside, with safe school playgrounds available to the public during non-school hours.

This is a city built for active living. It’s an environment where public policies provide people with healthy opportunities, giving them a supportive nudge toward eating better and moving more naturally.

Can such a community exist? Yes! But it takes everyone’s support.

Learn more at bluezonesproject.com.



PLEDGE TO MAKE A DIFFERENCE

IMPROVE YOUR WELL-BEING AND YOUR COMMUNITY’S TOO.

Blue Zones Project™ pledges for citizens, worksites, schools, and other areas, enable community leaders to promote evidence-based actions supported by Power 9® principles, enabling healthier lifestyles for all citizens.

By pledging and committing to an action, you are demonstrating your commitment to creating an environment of well-being for yourself and your community—with the intention of striving toward becoming a Blue Zones Community™.

Small changes to environment over time will have a big impact on well-being for many, many years to come.

YOUR NEXT STEP:

Register and pledge at bluezonesproject.com by selecting any orange **JOIN TODAY** button.



GALLUP-HEALTHWAYS WELL-BEING INDEX

A COMPLETE MEASURE OF WELL-BEING.

We all want to live long and fulfilling lives, but to do that we need to optimize our well-being today. The science of well-being provides many insights on how to create a good life. Our goal through the Blue Zones Project™ is to increase longevity and improve well-being. In looking at the science of longevity and well-being, one thing becomes evident. It's how you live that matters. Here's how we'll know our efforts are working:

MEASURING OUR SUCCESS

Success of the Blue Zones Project will be measured using the Gallup-Healthways Well-Being Index® — a comprehensive daily measurement of the nation's physical, emotional, and social health.

With 500 surveys completed by telephone, 350 days a year in the U.S., and 1.9 million surveys completed since 2008, the Well-Being Index is the world's largest data set on well-being. The Well-Being Index measures components of well-being in a population and provides a comprehensive overall well-being score. In January 2014, the Well-Being Index will begin measuring the five elements that have been shown to represent the key areas of well-being, and will continue to provide an overall score for comparison with previous years' scores. The five elements of well-being are:

- Purpose: Liking what you do each day and being motivated to achieve your goals
- Social: Having supportive relationships and love in your life
- Financial: Managing your economic life to reduce stress and increase security
- Community: Liking where you live, feeling safe, and having pride in your community
- Physical: Having good health and enough energy to get things done daily

The Gallup-Healthways Well-Being Index measures the impact of the Blue Zones Project. Gallup® uses oversampling methodology to ensure a high degree of confidence in the survey results being representative of a community's total population. The Well-Being Index is administered by telephone to randomly selected individuals living in the communities that have been designated as Blue Zones Project demonstration sites.

Learn more at healthways.com.

BE A PART OF THE TRANSFORMATION

MAKE A DIFFERENCE IN YOUR COMMUNITY'S WELL-BEING.

It's time to start dreaming about a well-being way of life, and picture the best possible version of yourself and the community you call home. With your support, the Blue Zones Project™ can help make this dream a reality.

Help us spread the word about the Blue Zones Project and the healthy changes coming to your community.

- 1 Pledge to participate by visiting bluezonesproject.com
- 2 Create a personal profile
- 3 Invite others to do the same



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Gallup-Healthways Well-Being Index® is a trademark of Healthways, Inc. All rights reserved.

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ERIE, PENNSYLVANIA SITE VISIT

November 28–30, 2017

SITE VISIT OVERVIEW

A Blue Zones Project® site visit allows communities to demonstrate their commitment, motivation, and readiness to become the next Blue Zones Project Demonstration Community. From November 28–30, the Blue Zones Project team visited Erie, Pennsylvania, to meet with community leaders across all the sectors Blue Zones Project engages—policy, worksites, schools, food retailers, faith-based organizations, civic and non-profit groups, and media. Through a community-led presentation, focus groups, and one-on-one meetings, the team learned about Erie’s unique assets and challenges, along with current and past efforts to improve community well-being. Community leaders and citizens shared ideas for how Blue Zones Project could improve well-being in the region by aligning with current initiatives and bringing evidence-based best practices, tools, and expertise to the community.



After two full days of meeting with the community, the Blue Zones Project team was impressed with the broad level of support across all sectors and the desire of community leaders to bring Blue Zones Project to Erie. The community had a strong vision to create a focused non-profit to serve as the vehicle to collaboratively pursue initiatives and programs, such as Blue Zones Project, to address community health improvement priorities. The team identified both a strong need for this kind of transformational effort and the leadership, motivation, and readiness to take on such an effort.

Below, we summarize what we learned about the community, including its strengths, challenges, and the key opportunities where we believe Blue Zones Project would add great value. The site visit is the first step in building community engagement, buy-in, and support for Blue Zones Project. If Blue Zones Project comes to Erie, the Blue Zones Project team will begin with a six-month Discovery and Planning Phase, which engages additional leaders, community members, and organizations to expand our understanding of the community and inform a customized Blueprint (strategic plan) for implementing Blue Zones Project in Erie.

SUMMARY OF OUTREACH

COMMUNITY LEADERS ENGAGED
<ul style="list-style-type: none"> • Ann Scott, Community Outreach Manager, Erie Insurance • Charles “Boo” Hagerty, Chief Development Officer, Hamot Health Foundation • Carrie Ennis, Director Regional Strategic Planning, UPMC • Curtis Jones, Erie City Council • Dr. Christopher Clark, President, Saint Vincent Hospital • Dr. James Lin, Internal Medicine, LECOM Health • Dr. Keith Taylor, President, Gannon University • Dr. Stephen Perkins, CMO of UPMC Health Plan • Dr. Silvia Ferretti, Provost, LECOM Health • Dr. Walter Iwanenko, Vice President of Academic Affairs, Gannon University • Erie School District representatives, including Bea Habursky, Assistant Superintendent, Academics; Nora Dolak, Director of Curriculum; Neal Brokman, Coordinator of Alternative Programming; Paultete Zagorski, Assessment Coordinator; Linda Cappabianca, Sup. of Special Education and Federal Programs; and Don Orlando, Principal of Wilson Middle School • George Espy, Vice President of Community Impact, Erie Community Foundation • Jake Rouch, Vice President, Economic Development, Chamber of Commerce • Jennifer Weigold Geertson, Senior Manager, UPMC HealthPlan • Kathy Dahlkemper, Erie County Executive • Kathy Fatica, Erie County Council • Kathy Wyrosdik, Director of County Planning • Liz Allen, Erie City Council • Mayor-Elect Joe Schember • Mike Batchelor, President, Erie Community Foundation • Renee Lamis, Chief of Staff, Mayor Joe Schember • Steve Mauro, Vice President, Academic Administration, Gannon University • Tom Tupitza, Chamber of Commerce
ORGANIZATIONS ENGAGED
<ul style="list-style-type: none"> • American Heart Association • Barber National Institute • Benedictine Sisters of Erie • Churches, including St. James African Methodist Episcopal Church, Lutheran Memorial Church, Crossroads Community Baptist Church, Asbury United Methodist Church, Lakewood United Methodist, Abundant Life Church of Erie, McLane Church • City of Erie • EMTA • Erie Community Foundation • Erie County • Erie County Public Health Department

- Erie County Technical School
- Erie Insurance
- Erie School District
- Gannon University
- General Electric
- Highmark Blue Cross Blue Shield
- Lake Erie College of Osteopathic Medicine (LECOM)
- Lincoln Recycling
- Groups, including Bike Erie, Lake Country Bike, ErieCPR, BEST Erie, Our West Bayfront, Rejuv Erie
- Mercyhurst University
- Metz Culinary Management
- Millcreek Township
- Millcreek Township Schools
- Mission Empower
- Penn State Behrend
- Penn DOT
- Sisters of Saint Joseph
- St. Vincent Hospital
- Stairways Behavioral Health
- Unified Erie
- UPMC Hamot
- Wegmans
- WellFit
- Whole Foods Co-op

INDIVIDUALS & ORGANIZATIONS BLUE ZONES PROJECT STILL NEEDS TO ENGAGE

- Additional major employers and union representatives
- Local media outlets, including local TV stations, newspapers, and radio
- Teachers from area school districts
- More faith-based organizations
- Local groups and clubs, including United Way, YMCA, Boys & Girls Club, Rotary and Lyons Clubs

LEADERSHIP COMMITMENTS REQUIRED DURING DISCOVERY AND PLANNING PHASE

- | | |
|--|---|
| • Mayor | • Head of Public Health Department |
| • City Manager | • Head of local university/community college |
| • County Executive | • Head of major grocery store chains |
| • At least half of elected city and county council members | • Station manager of predominant local television station |
| • City Public Works Director | • Owner/editor of predominant local newspaper |
| • Superintendent of school district | • Owner of predominant local radio station |
| • CEOs of largest employers | |
| • President/CEO of Chamber of Commerce | |



“Erie needs this more than any other idea right now. The entire community will grow and prosper. This opportunity is the first to excite me about the future of Erie in many, many years.”

—Site visit survey response

READINESS MEASUREMENT

CRITERIA	SCORE 1=Low, 3=Moderate, 5=High	SUMMARY
Leadership support across sectors	5	<ul style="list-style-type: none"> The more than 150 attendees at the Blue Zones Project presentation showed a keen interest in and support for this initiative. Attendees at Blue Zones Project events and in meetings represented every spectrum of the community, including large employers, government, schools, non-profits, hospitals, and insurers. Key organizations and leaders understand the importance of population health and societal factors impacting health.
Governing body support and continuity	4	<ul style="list-style-type: none"> Blue Zones Project experienced engagement from many elected leaders, including the county executive, county council members, incoming and outgoing city council members, and the mayor-elect. Elected leaders were engaged and showed excitement about the possibility of Blue Zones Project in Erie. Many leaders endorsed the program outright by putting their name on the initiative, which helped bring the site visit to Erie. While support exists across the county, it is noted that a county-wide project will present challenges due to the scope and breadth of the county (number of school districts, townships, etc.).
Ability to fund a Blue Zones Project (identification of contracting entity, sponsor(s), and funding strategy)	4	<ul style="list-style-type: none"> The Erie planning team arranged meetings with entities interested in financially supporting a Blue Zones Project in Erie. Interest was identified among a few of these potential funders. Following the visit, the Erie planning team has identified a possible contracting entity. There is an outstanding need for funding commitment and confirmation of the contracting entity.
Alignment of community's current initiatives and strategic plans with Blue Zones Project	4	<ul style="list-style-type: none"> Erie is a community that gives back. Many efforts are already underway to improve the vibrancy, health, and economy of Erie. Many entities that support those in need in the community were present and supportive of Blue Zones Project. While there are many groups doing great work, it was evident that this work happens in silos and

		without coordination, which can result in competition for funding. Blue Zones Project can act as a convener that brings many initiatives together to make progress on issues quickly and in a coordinated way. It will be important to show how Blue Zones Project can complement, not compete with, current initiatives.
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SITE VISIT DETAILS

SECTOR & ATTENDANCE	STRENGTHS	CHALLENGES	OPPORTUNITIES
Community Policy (40 focus-group participants)	<ul style="list-style-type: none"> Pride, passion, and commitment to the community are evident. Residents enjoy living in a “big small town,” where it’s small enough to get things done, but large enough for big-city amenities. There are many non-profit organizations that support the community. These groups have undertaken initiatives to improve the community, and the community gives back regularly through donations of both financial resources and time. 	<ul style="list-style-type: none"> Some initiatives lack sustainability or the ability to show strong movement and clear outcomes. Many people believe that too many initiatives exist that are not coordinated. Residents report that change is happening in silos. Engaging disparate and diverse populations will be necessary. Despite a wealth of pride and growing momentum, there are perception issues that Erie is not a great place to live. It will be necessary to overcome this perception as well as those related to weather, which causes many not to exercise or be outside during cold months. 	<ul style="list-style-type: none"> Blue Zones Project experts in built environment, food policy, and tobacco policy can work with community advocates on these issues to provide technical expertise to accelerate work. Blue Zone Project has a track record of working with community partners to collectively win an average of \$4 million in grants for community programs and projects.
Community Policy: Built Environment	<ul style="list-style-type: none"> The core of Erie is very walkable, with most of the core city offering sidewalks. Participants noted that streets are wide enough to support more bicycle and pedestrian infrastructure. Public transportation is available and fairly robust for the community size, though frequency and reach are issues. Seniors are able to ride public transportation for free. Way-finding signage supports residents and visitors in finding key attractions on bicycle or foot. Erie has a diverse population with lots to offer and many strong and robust neighborhood groups that have strategic plans. 	<ul style="list-style-type: none"> Some of the best natural resources, including Presque Isle, are hard to reach without a car, which limits access. The Bayfront area is disconnected from downtown. Newer areas, such as Millcreek, were built without sidewalks. The core of Erie offers sidewalks, but upkeep of these sidewalks is not consistent, which results in many children walking to school in the streets during winter months. Many key intersections, roads, and bridges do not support pedestrian traffic and put those who walk at risk. 	<ul style="list-style-type: none"> Educate city officials, staff, and the public on the concept and value of Complete Streets. Adopt a Complete Streets policy and consider low-cost opportunities for making streets more pedestrian and bicycling friendly. Ensure new developments are built in a way that supports all modes of transportation. Conduct a sidewalk audit to identify where sidewalks exist and prioritize where to add sidewalks over time. Modify the city code in outlying suburbs to require sidewalks in new developments. Leverage a strong network of wide streets to develop key bicycle corridors with robust on-street facilities, including protected bike

SECTOR & ATTENDANCE	STRENGTHS	CHALLENGES	OPPORTUNITIES
			lanes. <ul style="list-style-type: none"> • Create a bicycle and pedestrian committee within the City of Erie.
Community Policy: Food Environment	<ul style="list-style-type: none"> • Healthy corner-store initiatives have been piloted with a grant from the health department, helping owners procure fresh fruits and vegetables for sale in food deserts. • Many community gardens are underway, and school gardens are offered at many public and private schools. • There are a number of farmers markets operating in the city that accept SNAP and W.I.C. benefits. Some even double the value of SNAP and W.I.C. dollars for use at the market. 	<ul style="list-style-type: none"> • Food deserts are on the rise, growing from seven to ten. Many in Erie are purchasing food from corner stores and other non-traditional groceries that offer fewer fresh options. • Poverty is a key concern for Erie. Many struggling families rely on food from school backpack programs, food pantries, and other charitable giving. Without time or funds to dedicate to healthy meals, families consume what is available. 	<ul style="list-style-type: none"> • Create a regional food policy council to spearhead food policy work, engaging local farmers, elected leaders, local organizations providing food assistance, and state coalitions. • Work with grocery stores to add healthy checkout lanes and feature produce and healthy options through promotions, cooking demos, and store tours. • Offer incentives to grocery stores that locate within one of the city's ten food deserts. • Work with restaurants to add healthy options to menus. • Adopt healthy food guidelines for vending machines and concession stands on city-owned property and sports fields. • Address unhealthy food habits with nutrition education or cooking classes. Expand and market current classes where refugees teach cooking skills from their culture. • Enhance possible new bus station to include a food hub with fresh fruits and vegetables, farmers markets, education, demonstrations, and other resources to improve healthy food access.
Community Policy: Smoke-Free Environments	<ul style="list-style-type: none"> • Suggestive non-tobacco signage is in place in a few outdoor locations, despite smoking not being banned in parks. • Programs like T.R.U. are teaching youth the risks of smoking, and, as a result, hundreds of Erie teens are pledging not to smoke. • State law prohibits smoking in indoor areas, though it does not restrict smoking in casinos and bars that do not serve food. 	<ul style="list-style-type: none"> • One in four residents in Erie County smoke. Smoking is a major risk factor for heart disease and cancer. • Use of e-cigarettes and vaping is on the rise among youth. • Smoking is still allowed in private clubs and places not serving food; therefore, people who frequent or work in bars that allow smoking are exposed to dangerous secondhand smoke. • Suggestive smoking signage 	<ul style="list-style-type: none"> • Expand the presence of Young Lungs at Play signage to include all parks, beaches, and public gathering places. • Adopt a smoke-free policy specifically addressing public parks that covers all outdoor spaces within the park, not just enclosed sports arenas. Include community events and festivals. • Identify support for state Tobacco 21 initiative currently under consideration. • Expand the definition of smoking

SECTOR & ATTENDANCE	STRENGTHS	CHALLENGES	OPPORTUNITIES
		<p>exists in some ballparks and outdoor locations, but smoking is not banned in city parks.</p>	<p>within the city's ordinance to include e-cigarettes, which are increasingly popular among youth but have harmful health effects.</p> <ul style="list-style-type: none"> • Work with employers and universities to implement smoke-free campuses. • Adopt a smoke-free policy for all multi-unit housing that doesn't fall under the Housing Authority in order to protect renters from secondhand smoke. • Adopt zoning regulations for how far tobacco retailers have to be from schools and parks (applies to new retailers, not existing).
<p>Worksites</p> <p>(18 focus-group participants)</p>	<ul style="list-style-type: none"> • The community benefits from many purpose-driven individuals and non-profits. • Most employers indicate they are interested in offering well-being benefits and programs to employees. • Most large employers offer well-being programming. • Participants from Gannon University and Erie Insurance shared details about their robust and progressive employee well-being initiatives. • Many free activities and programs exist in the community, including health fairs, CSAs, walking challenges, financial well-being courses, and more. • Erie is a strong, giving community with many opportunities to give back through organizations like United Way. • Elected leaders indicated a new push to make sure Erie is included on site-selection programs or websites to attract new businesses to the area. 	<ul style="list-style-type: none"> • Erie has faced many manufacturing plant closures and suffers from high unemployment among many populations. • The African-American unemployment rate is 25 percent, compared to 6 percent in the general population. • Skills gaps exist for new jobs, and training is often required for workers looking for new jobs. • Trends indicate that young people often leave Erie after high school or college due to better job opportunities elsewhere. • While large employers offer robust well-being programs, it will be challenging to engage smaller employers that have less time and money to dedicate to employee well-being. The majority of employers in the city are small or mid-sized. • The community can be slow to change, and there is fear of making changes too swiftly. • Most employers do not have smoke-free campuses and some even allow vaping in the workplace. • A majority of employers don't have healthy food options on site or any policies for offering healthy options. 	<ul style="list-style-type: none"> • Brand the city as a place that is thriving with jobs, good infrastructure, and an able workforce. • Explore innovative ways to promote, market, and celebrate small businesses and entrepreneurs. • Bring employers together to share best practices and learn from each other. Applaud those leading the way to inspire others. • Ensure the City of Erie and Erie County—both large employers in the area—lead the way in offering well-being options for employees. • Include Erie in site-selection software, programs, or services to attract new businesses to the area. • Work with local employers to curb tobacco use through tobacco-free campuses (including vaping) and incentives to quit smoking. • Offer Purpose Workshops or other purpose programming within worksites to allow employees to consider their talents, gifts, and passions. • Encourage employers to offer

SECTOR & ATTENDANCE	STRENGTHS	CHALLENGES	OPPORTUNITIES
		<ul style="list-style-type: none"> • With a highly unionized workforce, engaging unions will be important. • Many leaders will want to see proof of ROI prior to implementing changes. • There is a perception that manufacturing businesses do not put a focus on the health and well-being of employees. 	<ul style="list-style-type: none"> • a Volunteer Time Off (VTO) policy so employees can give back to their community. • Market and promote well-being incentives to attract and retain employees. • Ensure restaurants and food retailers in walking distance of workplaces offer healthy foods. • Enhance vending machines and/or break rooms to offer healthy snacks.
<p>Schools</p> <p>(40 focus-group participants)</p>	<ul style="list-style-type: none"> • Strong focus group turnout demonstrates support for school participation in community initiatives. • School gardens exist at all Erie elementary schools. • Erie public schools have implemented a number of key best practices to nudge students toward improved well-being, including healthy birthday treats, removal of vending machines, and Walking School Buses at some schools. • The T.R.U. tobacco program offers marketing, education, and programming to reduce smoking rates among teens. All school grounds are tobacco free. • Despite living in a high poverty community, students have shown resilience and teachers fill gaps and solve problems to always put students first. Many groups support childhood well-being through various programs, including Gannon University, the YMCA, and many faith-based and neighborhood groups. • Erie schools do not allow unhealthy birthday treats, and they were on the cutting edge of this trend, implementing the rule almost ten years ago. • Schools are trending toward healthy fundraisers, though 	<ul style="list-style-type: none"> • A recent reorganization of the City of Erie School District is still very fresh. Many families and residents are still adjusting to changes to building locations and neighborhoods schools. • Students struggle to cross busy intersections and streets, such as 12th street and 26th street. • School-employee wellness was impacted with the recent reorganization, because focus was directed away from regular well-being activities, such as Yoga classes, walking groups, and meditation. • Participants noted a need for more diversity in school staff and a better understanding of diverse cultures. • Communication to families can be challenging because of language barriers, parents working multiple jobs, or families moving away often. • Erie County is home to 13 school districts with various levels of readiness and interest in the project. A county-wide project would face challenges in working with so many different districts to impact childhood well-being. • High rates of poverty and food insecurity in the community and among students will be important context to inform strategies to improve access to 	<ul style="list-style-type: none"> • Conduct Safe Routes to School planning to create a long-range plan and maximize active transportation. Explore a bus-to-walk program and before- and after-school physical activity to reach more students. • Leverage new neighborhood school structure and state laws that dictate no student who lives within a 1.5-mile radius of school will receive bus transportation. Implement chaperoned Walking School Buses to encourage more students to walk to school. • Collaborate with policy leaders to ensure sidewalk-shoveling enforcement provides safe places for students to walk in winter months. • A comprehensive wellness plan exists at the district level, but the leadership team is not sure of its contents or when it was passed. Revisit this document to ensure alignment, enhance best practices, and champion initiatives. • Ensure that student, family, and employee well-being is addressed in the upcoming district comprehensive plan. • Set goals and implement a

SECTOR & ATTENDANCE	STRENGTHS	CHALLENGES	OPPORTUNITIES
	<p>some food-based fundraisers still exist.</p> <ul style="list-style-type: none"> • Vending machines have been removed completely from all City of Erie schools. • The catering for all City of Erie schools comes from a local catering company, Metz, which is focused on scratch cooking, local ingredients, and healthy options. • Breakfast is offered in all classrooms. Metz also offers a healthy snack cart. • The City of Erie schools are regularly tracking BMI, a great indication of trends in health among students and a key metric to watch over time. 	<p>healthy food.</p>	<p>strategy to measure progress toward improvement in student health, engagement, and performance.</p> <ul style="list-style-type: none"> • Hold Purpose Workshops where high school students can identify their purpose and explore what they want to do after graduation. • Explore scheduling options to allow for recess before lunch, more time for lunch, and improved access to water during the day. • Add movement to classrooms through brain breaks and active gym and recess times. • Utilize Community Schools to offer children and family nutrition and healthy-eating classes, with recipes and ingredients provided.
<p>Individual Engagement (Civic Organizations & Media)</p> <p>(36 focus-group Participants)</p>	<ul style="list-style-type: none"> • The diverse community brings many perspectives, talents, and cultures to the area. • There is a ground swell in the community to positively impact well-being. • Erie boasts a vibrant arts scene, cultural fairs, and many downtown and Bayfront events to bring the community together. • Participants noted good bikeability, great playgrounds, and many family-friendly activities. • Erie is known for being a social-services community, and there is no shortage of volunteers. Service hours are built into Erie's educational system. Volunteers are motivated because need is high and they believe they can make an impact. • There is a lot of community interest in collaboration among agricultural groups to increase local food access. • Many organizations are already 	<ul style="list-style-type: none"> • Poverty, homelessness, and children's issues have inspired great contributions, but organizations often work independently, or in silos. • Rural poverty is hidden but pervasive. • Participants noted a disconnect between city and outer townships. • Outsiders and some residents promulgate negative perceptions about the community, citing its homeless, unemployment, bigotry, and substance-abuse challenges. • Some ethnic groups (African-American, Latino, immigrant) and impoverished populations are isolated and can be difficult to engage. This will make communication across all groups critical for a community-wide initiative. Messaging must be inclusive from the beginning. • There is a perception that resources are not being 	<ul style="list-style-type: none"> • Partner with media organizations to regularly elevate community well-being accomplishments and positive happenings to change the dialogue about Erie. Perception is that news gets recycled and is often negative (focusing on crime). There is an opportunity to champion community good-will through positive media coverage of Blue Zones Project. • Involve influential leaders in the community to get broad public support for Blue Zones Project, including business and elected leaders, church, African-American, and immigrant leaders. • Develop relationships with identified influencers, such as local weather reporters and Erie Reader writers. • Partner with the health department, when appropriate, to leverage their support of the project through a monthly column in

SECTOR & ATTENDANCE	STRENGTHS	CHALLENGES	OPPORTUNITIES
	<p>engaging and reaching Erie residents, including the library, One Table, Master Gardener Group, the Community Schools project through the Erie School District and United Way, Serve Erie, Inter-Church Ministries, Let's Move Outside, Healthy Corner Stores Initiative, SSJ Neighborhood Network, WellFit, and United Way.</p> <ul style="list-style-type: none"> • United Way has an online Volunteer Network that matches volunteers with opportunities. • Poverty, children's issues, and health have historically motivated people and organizations to collaborate. Children and health are two important focus areas for Blue Zones Project, which will help drive interest and engagement. • Many organizations already use fitness activities to fundraise. • There are a large number of churches and religious institutions that are sustained by volunteers. 	<p>distributed across all neighborhoods/populations.</p> <ul style="list-style-type: none"> • Certain groups function exclusively within specific neighborhoods. Communities that don't have grassroots organizations are least engaged because they can't afford to be or don't have the opportunity to. • While there is a strong volunteer culture, those who are most active in the community tend to be the same group of individuals. Additionally, because so many people volunteer and there are many outlets in which to invest time and resources, there is competition for volunteers. • Plant-slant messaging may be hard to adopt community-wide and could be rejected if not presented correctly. • Event promotion often isn't timely. 	<p>the <i>Erie Times</i>.</p> <ul style="list-style-type: none"> • Engage WellFit to find opportunities to partner with the Wellsville programming. • Partner with schools to engage students in Blue Zones Project through service hours. • Use the farmers market, Bayfront, downtown, and existing walking trails to launch Waking Moai groups and bring greater awareness to existing trails. • Partner with colleges on existing volunteer fairs. • Engage untapped network of young parents through volunteer programming and schools. • Change the perception around east vs. west side to engage the whole community and create broader appeal for the project. • Enhance the United Way Volunteer Network to be more user friendly.
<p>Faith-Based</p> <p>(24 focus-group participants)</p>	<ul style="list-style-type: none"> • Erie has a diverse faith-based community with many denominations and more than 150 churches. Faith-based organizations give purpose and value to those who attend. • Churches provide many resources for seniors, the homeless, mentally ill, unemployed, and drug users, including social opportunities, meals, food banks, shelter space, and job-readiness preparation. • The leadership of faith-based organizations is engaged in addressing common issues across their congregations and neighborhoods. Many already share resources, however this can be disproportionate based 	<ul style="list-style-type: none"> • Some churches struggle to survive and grow, especially those with aging populations and a dearth of members in the 20–40 demographic. Non-denominational and non-traditional churches are more popular with 18–30 group. • It can often be difficult to adopt change, and the same people do most of the work. • Churches often work independently to address major issues concerning their congregations and communities, including homelessness, teen pregnancy, drug use, and mental health. • There is a perception that organizations have given up 	<ul style="list-style-type: none"> • Bring the interfaith organizations together or create a new faith-based coalition to include a diverse group of denominations and leaders who are willing to share best practices and collaborate on community well-being efforts. This has the potential to reduce redundancy in community services, freeing up capacity to do more. • Explore the idea of a youth faith alliance that brings together youth from many denominations to work on projects. This is an opportunity for inter-generational mentoring around activities like Walking

SECTOR & ATTENDANCE	STRENGTHS	CHALLENGES	OPPORTUNITIES
	<p>on location. There is a desire to pool resources in order to be more effective.</p> <ul style="list-style-type: none"> • A few inter-faith groups already exist, including One Table and Inter-Church Ministries. Additionally, members of the faith community actively support other organizations and initiatives, like CALL (Community Action to Lift with Love), Take Me to Worship, Kinship Care, Our Neighbor's Place, Home Team, and Climate Changers. • Health-ministry training is available to anyone in clergy, even those without medical training. Parish nurses are very active in the community. • Some churches already provide healthy foods at coffee hours. 	<p>on the east side of town out of fear, thus turning it into a city of refuge for the poor. There is a need to engage in difficult conversations about race.</p> <ul style="list-style-type: none"> • The Cliff Effect exists in Erie. Many faith organizations support individuals trying to get out of poverty, but these individuals have vital resources taken away when they begin to increase their income. • Spiritual life in youth faces challenges from the many distractions for their attention. • Food in church and religious institutions is heavily steeped in culture, and there may be challenges to promoting plant-based choices at church events. • The perception that healthy eating is more expensive is pervasive, especially in underserved communities. • The number of food deserts presents both challenges and opportunities. 	<p>School Buses, school gardens, and other school-based well-being initiatives.</p> <ul style="list-style-type: none"> • Launch Walking Moais at faith-based organizations to create new social networks that will extend beyond the congregation. • Faith-based organizations could partner to host a series of Purpose Workshops with volunteer fairs. Open to all congregations and the public, these would be an opportunity to fill volunteer needs as well as inspire church attendance. • Partner with faith-based organizations that do not already offer cooking classes to teach members how to cook healthy on a budget. • Churches can celebrate health and longevity with a storytelling initiative where members that are 90 years and older tell their stories, which are then shared with the community. • Collaborate with leaders to educate the faith-based community on transcendent values. To engage congregations, focus on a message of love in action and love in community. People <i>want</i> to be involved in community.

CLOSING

The Blue Zones Project team has identified both great need and great readiness and motivation in Erie to take on a project of this magnitude. While improving population-level well-being is no small task, we believe that the leadership and community are ready to take on this project. Blue Zones Project provides a unique approach to improved well-being by impacting the life radius to make healthy choices easier and allows the community to quickly begin executing on efforts to build a more vibrant and healthy community.

The Blue Zones Project team would like to thank all those who made our visit to Erie possible. A special thank you to Blue Zones Project planning committee members:

- Andrea Bierer, Community Action Plan Coordinator, Mercyhurst University
- Bill McCarthy, former CEO of Stairways Behavior Health
- Dr. Tony Snow, Medical Director for Erie County Department of Health and President of WellFit
- Jennifer Eberlein, RN, UPMC Hamot Center for Healthy Living
- Mary Jean Taylor, Director of University Wellness, Gannon University
- Mary Kwiatkowski, Executive Strategy Development Consultant and Leadership Coach
- Melissa Lyon, Public Health Director, Erie County Department of Health
- Val Bukowski, Epidemiologist, Erie County Health Department



