

MIAMI BEACH

COMMITTEE MEMORANDUM

TO: Public Safety and Neighborhood Quality of Life Committee Members

FROM: Rickelle Williams, Interim City Manager

DATE: May 22, 2024

SUBJECT: **DISCUSS DESIGNATING THE CITY OF MIAMI BEACH AS A "BLUE ZONES" CITY.**

HISTORY:

At the April 3, 2024 City Commission meeting, at the request of Commissioner Tanya K. Bhatt and Commissioner David Suarez, the Mayor and City Commission referred an item (C4 M) to the Finance and Economic Resiliency Committee and the Public Safety and Neighborhood Quality of Life Committee (Committee), to discuss designating the City of Miami Beach as a "Blue Zones" city and all the benefits/costs associated with embarking on this undertaking (Exhibit A).

ANALYSIS

The Blue Zones Project is a community-wide, well-being improvement initiative designed to make healthy choices easier. This is accomplished by encouraging sustainable changes in the built environment, building environments and social networks, and often supporting locally-driven policy changes throughout a community including such places as worksites, schools, restaurants, grocery stores, faith based communities, convenience stores and neighborhoods. The program is based on principles identified during an ongoing twenty-year worldwide longevity study commissioned by National Geographic, and detailed in the New York Times best-seller, *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*, and *The Blue Zones Solution* by Dan Buettner.

CONCLUSION:

The Administration recommends the Committee discuss Blue Zones including the requirements, benefits and costs of designating the City of Miami Beach as a "Blue Zones" city.

Applicable Area

Citywide

Is this a "Residents Right to Know" item, pursuant to City Code Section 2-14?

Yes

Does this item utilize G.O. Bond Funds?

No

ATTACHMENTS:

Description

Type

▣ Exhibit A – Referral Memo from April 3, 2024 Commission Meeting Item C4 M

Memo

MIAMI BEACH

COMMISSION MEMORANDUM

TO: Honorable Mayor and Members of the City Commission
FROM: Commissioner Tanya K. Bhatt
DATE: April 3, 2024

SUBJECT: REFERRAL TO THE MAY 24, 2024, FINANCE AND ECONOMIC RESILIENCY COMMITTEE AND THE MAY 22, 2024, PUBLIC SAFETY AND NEIGHBORHOOD QUALITY OF LIFE COMMITTEE TO DISCUSS DESIGNATING THE CITY OF MIAMI BEACH A "BLUE ZONES" CITY AND ALL THE BENEFITS/COSTS ASSOCIATED WITH EMBARKING ON THIS UNDERTAKING.

SUPPORTING SURVEY DATA

N/A

FINANCIAL INFORMATION

N/A

Applicable Area

Citywide

Is this a "Residents Right to Know" item, pursuant to City Code Section 2-14?

Yes

Does this item utilize G.O. Bond Funds?

No

Legislative Tracking

Commissioner Tanya K. Bhatt