

# MIAMI BEACH

## **COMMITTEE MEMORANDUM**

TO: Finance and Economic Resiliency Committee Members

FROM: Rickelle Williams, Interim City Manager

DATE: May 24, 2024

SUBJECT: **DISCUSSION REGARDING DESIGNATING THE CITY OF MIAMI BEACH A "BLUE ZONES" CITY AND ALL THE BENEFITS/COSTS ASSOCIATED WITH EMBARKING ON THIS UNDERTAKING**

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### **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?**

**Does this item utilize G.O. Bond Funds?**

Yes

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.

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### **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