

**MONTEREY PENINSULA REGIONAL PARK DISTRICT
BOARD OF DIRECTORS MEETING**

DATE: March 1, 2023
TO: Board of Directors
FROM: Debbie Wyatt, Environmental Education Coordinator
REVIEWED BY: Rafael Payan, General Manager
SUBJECT: MPRPD partners with Blue Zones Project Monterey County

SUMMARY:

The Blue Zones Project Monterey County is a community-led effort to transform the Central Coast into a Blue Zone region by partnering with individuals, businesses, schools, worksites, local government, and organizations to make healthy choices easier by shaping our surroundings for the better.

In support of goal # 6 in MPRPD's Strategic Plan 2021-2025, to create a healthier community and workforce, partnership with Blue Zones helps guide us to make healthy choices easier by making permanent and semipermanent changes to our surroundings and practices in the categories of: Moving Naturally, Eating Wisely, Having the Right Outlook, and Making Connections.

FISCAL IMPACT:

None

FUNDING SOURCE:

Not applicable

FUNDING BALANCE:

Not applicable

DISCUSSION:

Veronica Plascencia, Blue Zones Project Monterey County will discuss how a partnership with Blue Zones helps MPRPD create a healthier community and workforce.

Our shared goals fulfill a checklist of healthy infrastructure and actions for our staff and visitors alike. Included in this checklist: Ensure bike racks are available to encourage alternative transportation; create a tobacco-free environment; install a water fountains and dispensers; plant and maintain a garden; encourage stretching and/or movement at meetings, events, or gatherings; coordinate opportunities to spend more time in nature; and promoting volunteer opportunities in the community.

RECOMMENDED ACTION:

The Board of Directors are respectfully invited to join the celebration of MPRPD's partnership with Blue Zones at the California Wildlife Day event at Palo Corona Regional Park on Sunday, March 26th.