

Sponsored by

Harlan – A Blue Zones Project[®] Success

With tremendous focus on the Blue Zones Project's six sectors that impact community well-being, Harlan, Iowa has gone above and beyond to make the healthy choice the easy choice for its citizens.

ERTIFIED

BLUE ZONES

Blue Zones Community Policy®

The city made a **\$350,000** investment in expanding the Pioneer Park 1.2 mile walking trail to include 10-foot sidewalks. New lighting also enhances safety and encourages extended use at dawn and dusk.





IN THREE YEARS, THE NUMBER OF FAMILIES THE COMMUNITY GARDENS SERVE HAS MORE THAN DOUBLED.

Blue Zones Worksites®



Myrtue Medical Center and Harlan Community School District use **10-INCH PLATES AND TALL, NARROW GLASSES** in their cafeterias to promote healthy eating.



HARLAN COMMUNITY SCHOOL DISTRICT

now offers biometric screenings three times per year and a health risk assessment. More than **98 PERCENT OF PARTICIPANTS** have indicated they will continue to participate in the wellness program.

6% INCREASE IN EMPLOYEE BIOMETRIC SCREENING PARTICIPATION IN THE LAST YEAR AT CDS GLOBAL.



Worksites are promoting **MOVEMENT IN THE WORKPLACE** by sharing walking routes with distances for employees to enjoy during lunch or break time.

Individual Engagement

500 VOLUNTEER HOURS were logged by employees at Elm Crest Retirement Community in 2014.





or more members of the Peterson Wellness Center and the school district completed Blue Zones Personal Pledges.

Blue Zones Grocery Stores®



HY-VEE PRODUCE SALES INCREASED FIVE PERCENT EACH YEAR over the past three years and shelf space for fresh-cut produce has TRIPLED IN SIZE.

Blue Zones Schools®



The elementary school **GARDEN HAS GROWN FIVEFOLD IN SIZE** during the past year. Fareway has a designated Blue Zones checkout lane and extensively promotes local growers.

> The school district's tobacco policy now **PROHIBITS** all

types of **TOBACCO PRODUCTS** including electronic cigarettes by staff, students and visitors.

Blue Zones Restaurants®



SANDWICH BOWL restaurant now offers carrots or an apple as a side, resulting in the use of more than **12 POUNDS OF BABY CARROTS EACH WEEK.** About 15 percent of sandwiches are now ordered with either carrots or apples instead of the regular side of chips.

HY-VEE OFFERS VEGGIE OMELETS WITHOUT SALT, MAKING THE HEALTHY CHOICE THE EASY CHOICE.

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