



501c3 US Charity since 2022

Where you grow up matters!



Smart Blue Zones

Can Lawrenceburg become the
healthiest town in Tennessee?

Can you imagine...

Healthy food and drink that make your mind and body feel clear, clean, and full of energy.

Deeply connect relationships with your community, close neighbors, friends, family, and more.

A strong support group to help you build healthy habits in mind, body, and spirit.

Enrich a sense of purpose with those around in through faith, community, and your environment at home and surroundings.



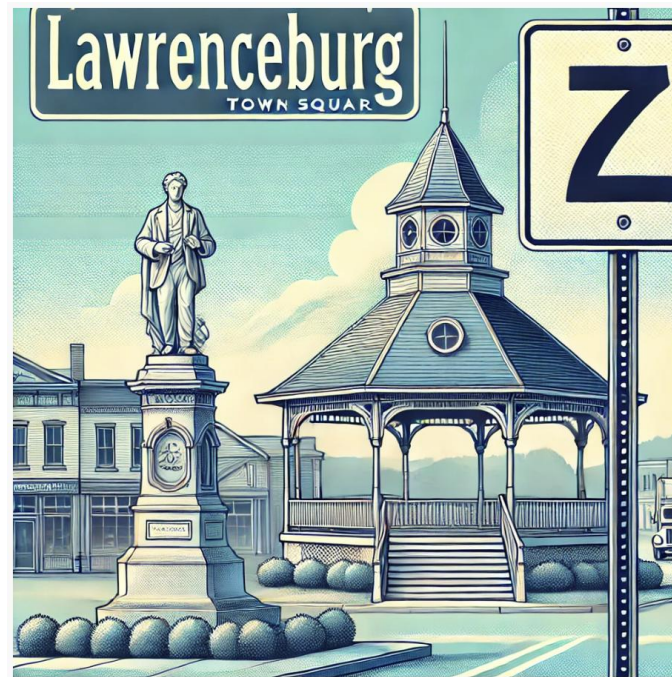


Why Our Community Can Become the first *SMART* Blue Zone in TN

Imagine our community where generations of people live healthier, longer, and happier lives—where residents **thrive** well into their 90s and even 100s with vitality and purpose.

This isn't just a dream; it's a reality in **Blue Zones**—regions around the world where people live significantly longer due to a unique combination of lifestyle, environment, and social engagement.

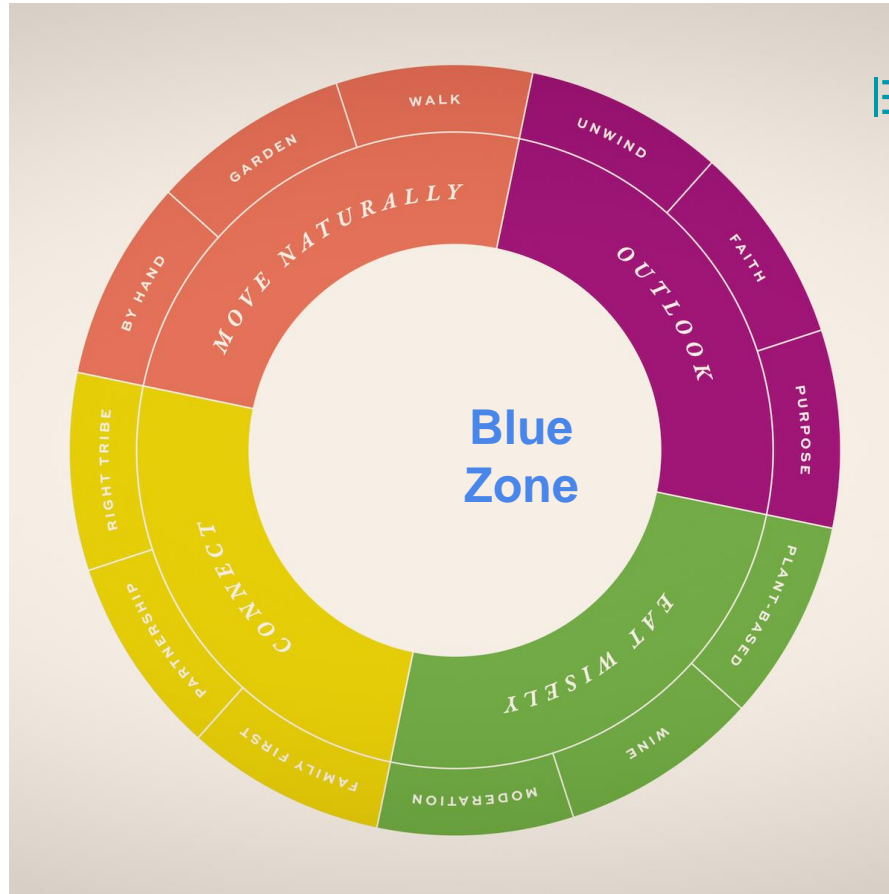
Lawrenceburg and Lawrence County can be the example to the nation who achieved this transformation by adopting the principles that have been scientifically proven to enhance well-being and longevity.



What is a Blue Zone?

A **Blue Zone** is a region where people live significantly longer, healthier lives, often exceeding 100 years.

These areas were identified by researcher **Dan Buettner** and his team, who studied common lifestyle habits contributing to longevity.



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<https://www.thebluezonesstore.co>





The Method

These four categories have so much to do with an enriching full life that does benefit the community and strengthens our connections with others.

- Natural Movement
- Outlook on Life
- Eat Wisely
- Connect with Others

The area close to home where we spend 90 percent of our lives.










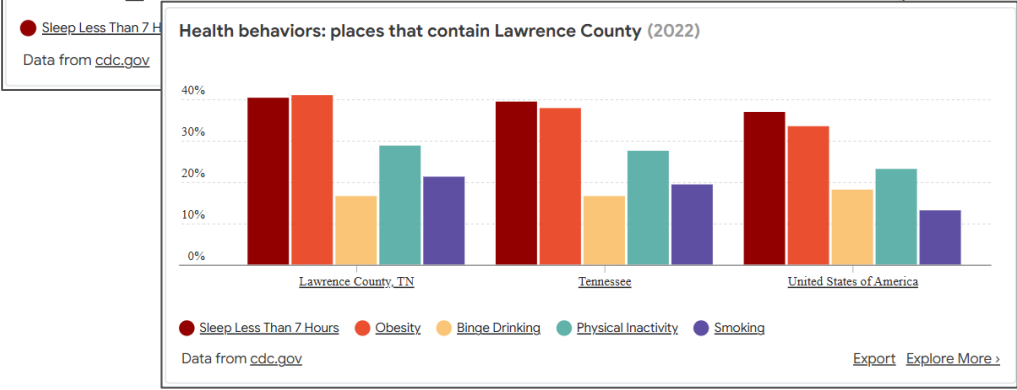
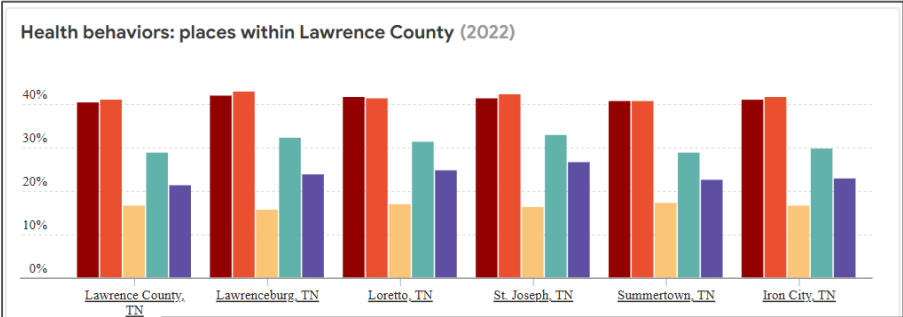
How is
Lawrence County
compare today?

Lawrence County Adult Stats (CDC)



Literally everything is going in the wrong direction

Metric	Lawrence	National
Obesity 	41%	32%
Alcohol 	18%	19%
Activity 	29%	23%
Smoke 	18%	15%
Sleep 	37%	40%

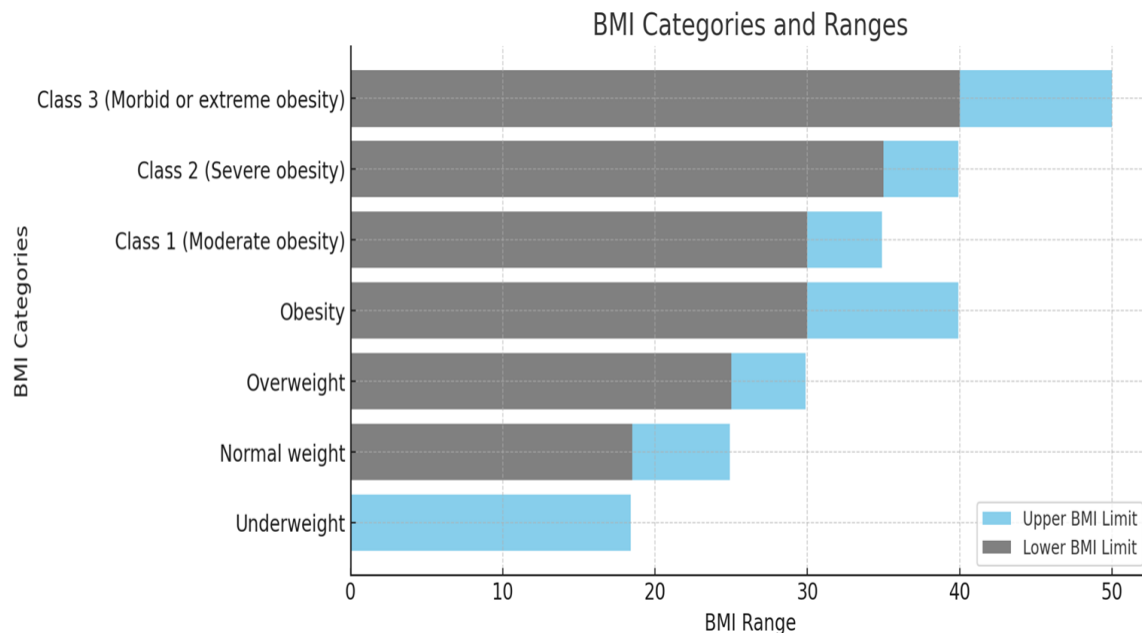


US Health Measures Body Mass Index (BMI) as the key

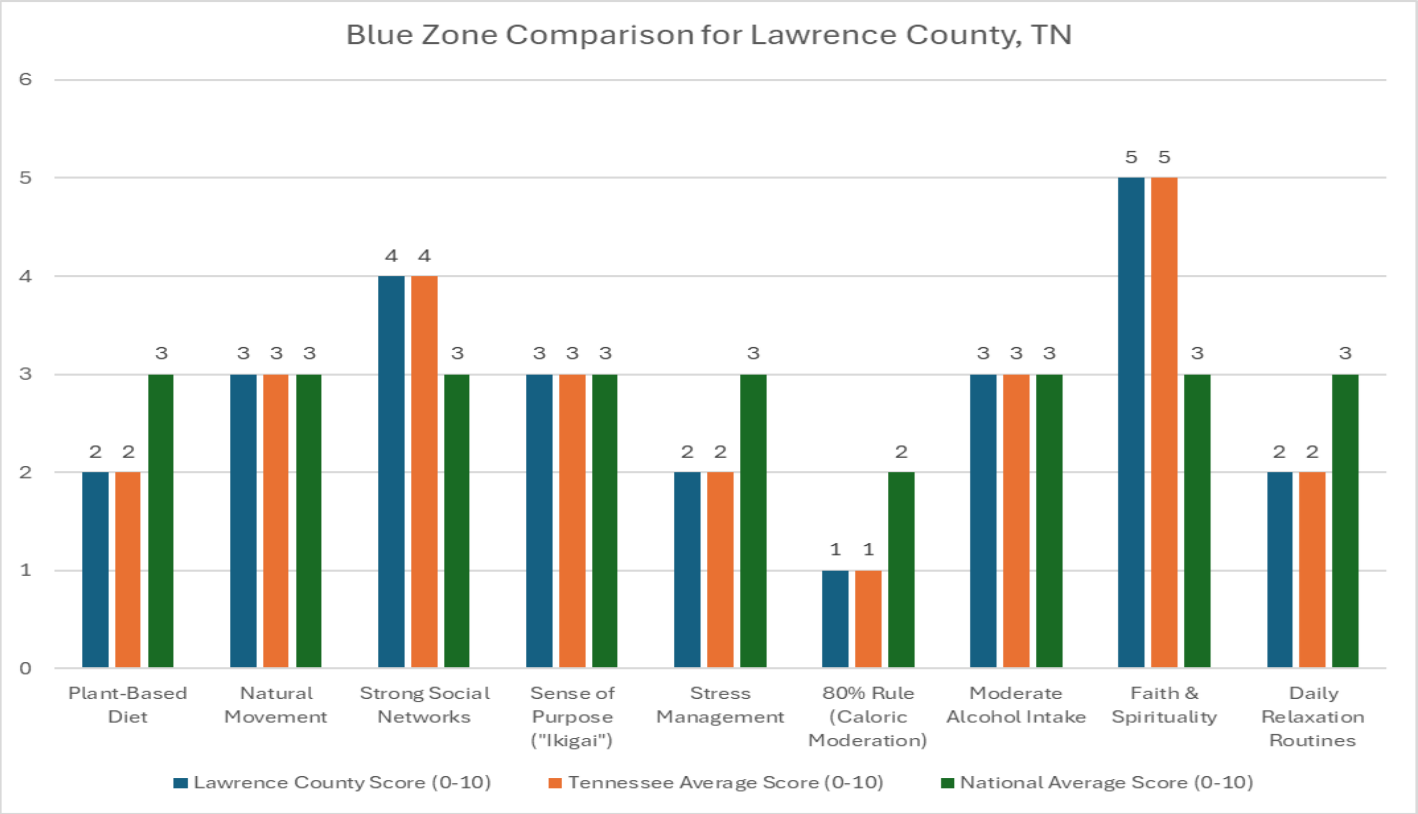


The #1 problem both in cost and healthcare across the United States is **obesity**. Adults and now children as young as 2 have serious physical, social, and mental health problems.

This problem is more than just talking about weight. This singular topic will, in the next 10 years, will cost the United States more than an estimated 9 Trillion dollars just in healthcare costs.



Lawrence County Blue Zone Grade



F

2.77 / 10



Phase 1: Let's start with the end in mind...

Step 1: Consolidate projects and programs into the new **Smart Blue Zone Initiative**.

Step 2: Collaborate with government, business, civic, and faith-based organizations to align with the Smart Blue Zone goals.

Step 3: Execute Smart Blue Zone plans for Lawrenceburg before moving across the county with designated leads to manage and grow programs that fit the city needs.





Smart Blue Zones

PHASE 1

What is in the works today?

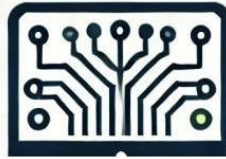
- Healthcare (STRHS - Lawrenceburg, Health Dept, Scott, Etc.)
- Civic (Rotary Park, Lions Club, Etc.)
- Government (City, County, State)
- Faiths (Ministerial Associations, Congregational Events, Outreach)
- Non-Profit (Neighborhoods Foundation, Clothing Stores, GoodWill, Etc.)
- Outdoor Living (Local Parks, gyms, outdoor fitness, bike trails, Etc.)
- Community (Crockett Theater, Abigail's Plan, COunty Fair, Crockett Park, Etc.)
- Funding/Programs (TBD)



Pillar 1 - Just Move

Where is the focus:

- Community Coalitions
- Economic Development
- Neighbourhood Associations
- Rural Development
- Primary Schools
- Agricultural Programs
- Nutrition Programs
- Community Health
- Mentoring
- Eating Disorders



Ongoing Opportunity

This Opportunity has NO Location This is a technology projects for someone interested in building a tool that provides the information needed to help develop blue zones for small towns.

Opportunity Details

Pillar 1: AI-Enhanced Natural Movement

Instead of focusing on exercise programs, use AI to transform the physical environment:

Predictive Urban Planning: Use AI to analyze movement patterns and redesign neighborhoods to naturally increase walking. The system would recommend infrastructure changes like placing daily necessities (markets, community centers) within walking distance of residential areas.

Personalized Active Transport Routing: AI-powered app that suggests walking or cycling routes that are pleasant, safe, and appropriate for each person's fitness level, gradually increasing difficulty as capacity improves.

Gamified Community Mobility: Create a community-wide game where residents earn points for natural movement. Unlike standard fitness apps, this would reward activities like gardening, walking to local markets, or taking stairs rather than gym-focused exercise.

Automated Environmental Modification: AI systems that control traffic signals to prioritize pedestrians and cyclists, making active transport more appealing than driving.

Connect Online

Website

www.neighborhoodsfoundation.org

Skills

Application Development

Interests

Community Coalitions Economic Development Neighbourhood Associations Rural Development Primary Schools Agricultural Programs Nutrition Programs Community Health Mentoring Eating Disorders

This volunteer opportunity by
NEIGHBORHOODS FOUNDATION
INC



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Pillar 2 - Connect

Where is the focus:

- Community Coalitions
- Economic Development
- Neighbourhood Associations
- Rural Development
- Environment Community Health
- Philanthropy Science and Tech



Ongoing Opportunity

This Opportunity has NO Location

Opportunity Details

Pillar 2: Purpose and Community Connection

Blue Zones demonstrate that social connection and purpose are crucial for longevity:

AI Purpose Matching: Using natural language processing to analyze residents' interests, skills, and values to connect them with meaningful volunteer opportunities, mentorship roles, or part-time work well into older age.

Intergenerational Connection Platform: AI-powered system that matches older adults with younger residents for skill-sharing, storytelling, or collaborative projects, creating purpose for elders and wisdom transfer to youth.

Community Cohort Formation: Using network analysis to identify potential "moais" (Japanese term for social groups who support each other for life) based on proximity, interests, and schedules, then facilitating initial connections.

Celebration and Ritual Enhancement: AI systems that help communities design and maintain regular celebrations and rituals that strengthen social bonds and provide natural intervals of joy.

Connect Online

Website

www.neighborhoodsfoundation.org

Skills

Business Analysis Data Modelling Mobile Applications & Systems Testing

Interests

Community Coalitions Economic Development Neighbourhood Associations Rural Development Environment Community Health Philanthropy Science and Tech

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Pillar 3 - Food

Where is the focus:

- Community Coalitions Adult
- Continuing Education Nutrition
- Programs Social Science



Ongoing Opportunity

This Opportunity has NO Location

Opportunity Details

Pillar 3: Smart Food Environment

Rather than focusing on individual diets, transform the food ecosystem:

Hyperlocal Food Production: Use AI to optimize community and home gardens, vertical farms, and food forests, maximizing yield of appropriate plant foods through precision agriculture techniques.

Community Food Culture Analysis: Natural language processing of local recipes and food traditions to identify opportunities to preserve cultural eating patterns while subtly shifting toward healthier ingredients.

Behavioral Economics Nudges: AI-designed interventions in supermarkets, restaurants, and public spaces that make plant-based, whole foods the default choice without restricting options.

Meal Context Optimization: Smart home systems that subtly encourage eating practices common in Blue Zones—like family meals, slower eating, and earlier, lighter dinners—through lighting, music, and notification design.

Connect Online

Website

www.neighborhoodsfoundation.org

Skills

Application Development Business Analysis Mobile Applications & Systems

Interests

Community Coalitions Adult, Continuing Education Nutrition Programs Social Science

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Pillar 4 - Public

Where is the focus:

- Community Coalitions
- Economic Development
- Neighbourhood Associations
- Rural Development Community
- Health Youth Centers



Ongoing Opportunity
This Opportunity has NO Location

Opportunity Details

Pillar 4: Precision Public Health

Use AI to target interventions with unprecedented specificity:
Population Health Segmentation: Machine learning algorithms to identify distinct subpopulations with different obesity risk factors, allowing for customized intervention approaches.

Predictive Intervention Timing: AI systems that identify optimal moments for behavior change support based on life transitions, seasons, or individual readiness patterns.

Environmental Exposure Mapping: Using mobile sensors and location data to understand how different community members are exposed to obesogenic environmental factors and modify these selectively.

Success Pattern Recognition: Machine learning to identify emerging patterns of successful weight management within the community and amplify these organically occurring solutions.

Connect Online

Website
www.neighborhoodsfoundation.org

Skills

Application Development Business Analysis Quality Control & Assurance Project Planning Strategic Planning

Interests

Community Coalitions Economic Development Neighbourhood Associations Rural Development Community Health Youth Centers

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Pillar 5 - Socialize

Where is the focus:

- Community Coalitions
- Economic Development
- Environment Community Health
- Citizen Participation Social
- Science Youth Centers



Ongoing Opportunity

This Opportunity has NO Location

Opportunity Details

Pillar 5: Augmented Social Norms

Blue Zones work partly because healthy behaviors are socially reinforced:

Network Influence Mapping: AI analysis of social connections to identify key influencers within different community segments who could naturally model Blue Zone behaviors.

Narrative Intelligence: Natural language processing to analyze community stories, jokes, and everyday conversations to understand current health narratives and help craft new ones that support Blue Zone behaviors.

Community Success Visualization: Public displays showing real-time, anonymized community health improvements, creating visible social proof that change is happening and is normal.

Norm Nudge Messaging: Precisely calibrated communications that emphasize positive deviance—showing how many community members are already adopting healthier behaviors—rather than focusing on problems.

Connect Online

Website

www.neighborhoodsfoundation.org

Skills

Application Development Architecture Business Analysis IT Support User Experience Design

Interests

Community Coalitions Economic Development Environment Community Health Citizen Participation Social Science Youth Centers

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Pillar 6 - Support

Where is the focus:

- Community Coalitions
- Economic Development Adult,
- Continuing Education Nutrition
- Programs Community Health



Ongoing Opportunity
This Opportunity has NO Location

Opportunity Details

Pillar 6: Supportive Technology Design

Ensure all technology promotes rather than undermines Blue Zone principles:

Attention Respect Systems: Design all community digital interfaces to respect attention, protect evening relaxation, and encourage regular technology breaks.

Connection-First Design: Ensure digital tools enhance in-person connection rather than replacing it, with features that facilitate real-world meetups and activities.

Ambient Wellbeing Interfaces: Replace attention-demanding screens with subtle environmental cues (lighting changes, gentle sounds) that support healthy decisions without requiring conscious engagement.

Joy-Centered Metrics: Move beyond weight and BMI to measure success through increases in life satisfaction, community vitality, and the emergence of natural movement and eating patterns.

Connect Online

Website

www.neighborhoodsfoundation.org

Skills

Project Management Business Analysis (QA/Data) Youth Services Computer Literacy Instruction
Event Design & Planning Event Management Mental Health User Experience Design
Design/Development

Interests

Community Coalitions Economic Development Adult, Continuing Education Nutrition Programs
Community Health

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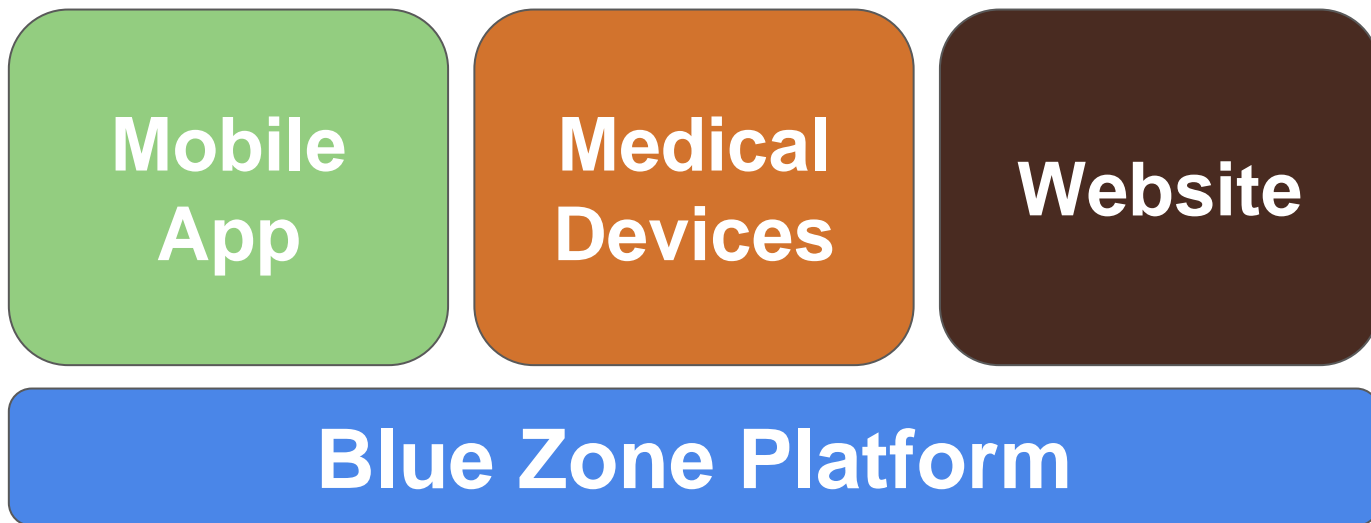
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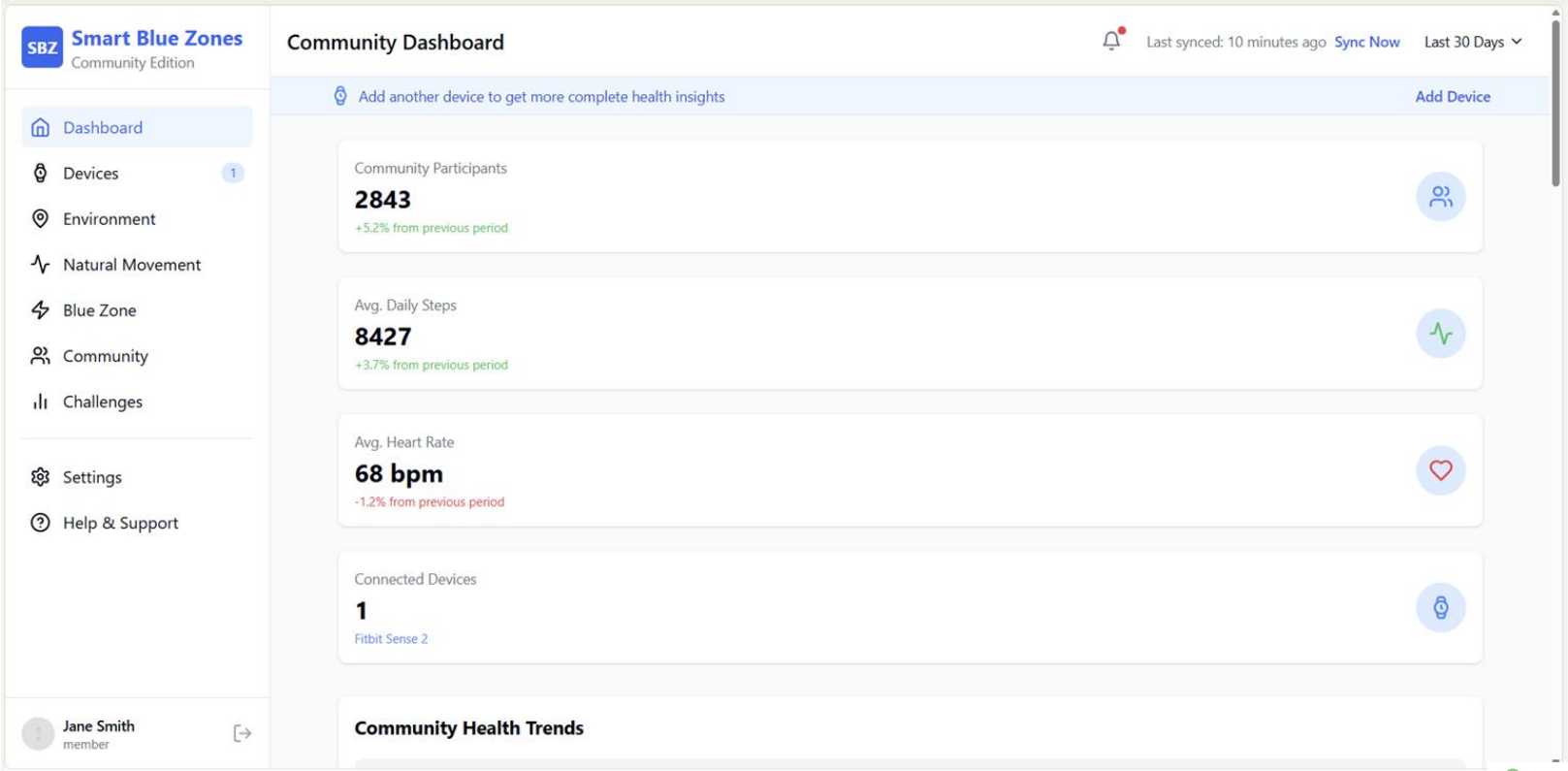
Smart Blue Zones

The Platform

How will this all work together?



Platform Demo



Medical Device

SBZ

Smart Blue Zones

Community Edition

Dashboard

Devices

Environment

Natural Movement

Blue Zone

Community

Challenges

Settings

Help & Support

Jane Smith

member

Device Connections

Device Connections

Connect your wearable devices to track your health metrics and contribute to community insights.

Connected Devices

Discover Devices

Fitbit Sense 2

Connected • Last sync: 10 minutes ago

Sync Now

Steps

8742

+12% vs. avg

Heart Rate

68 bpm

Resting

Sleep

7.2 hrs

-5% vs. goal

Weight

168 lbs

-2.5 lbs this month

Manage Settings

Disconnect

Connect Another Device

Add more devices to get a complete picture of your health

Apple Health

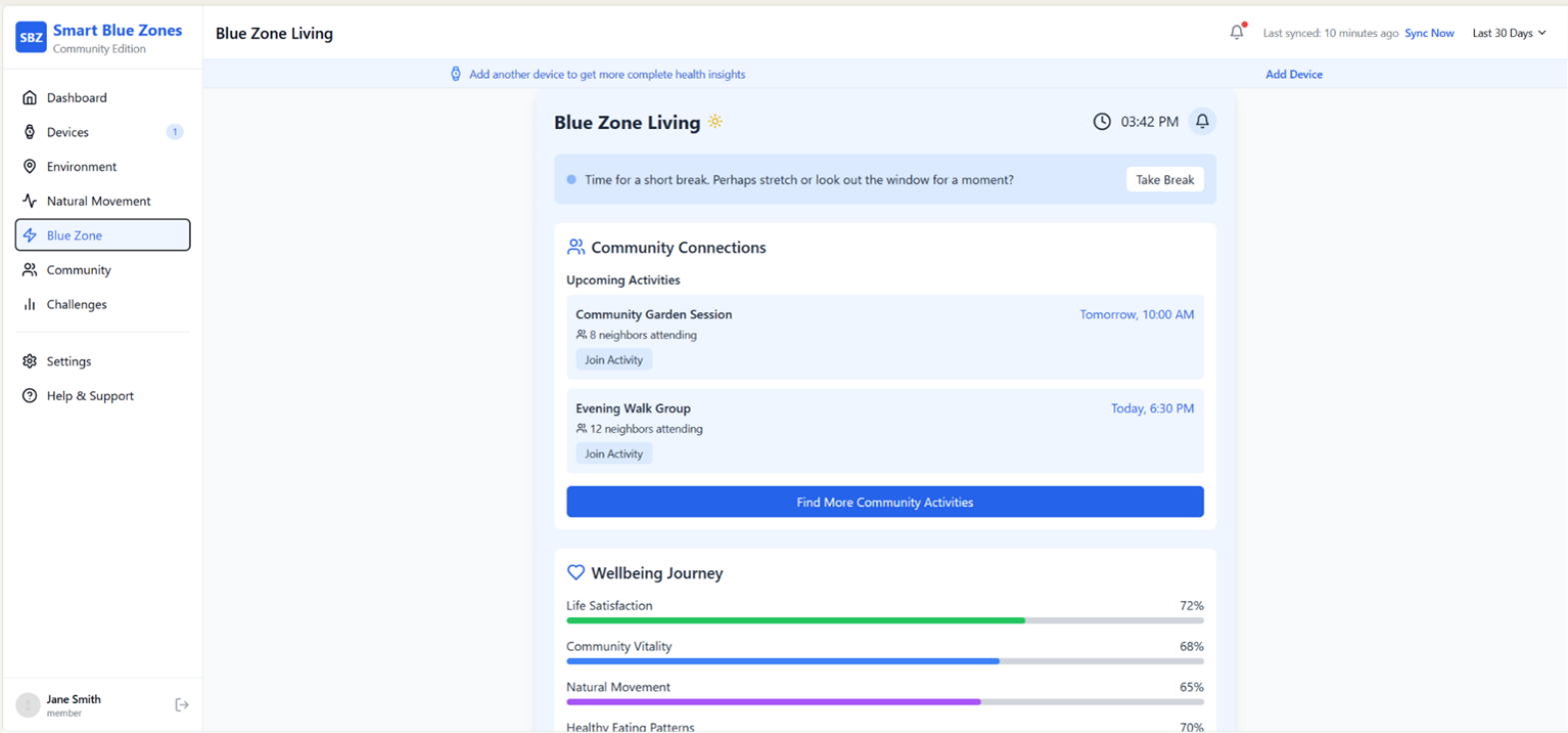
Garmin

Samsung Health

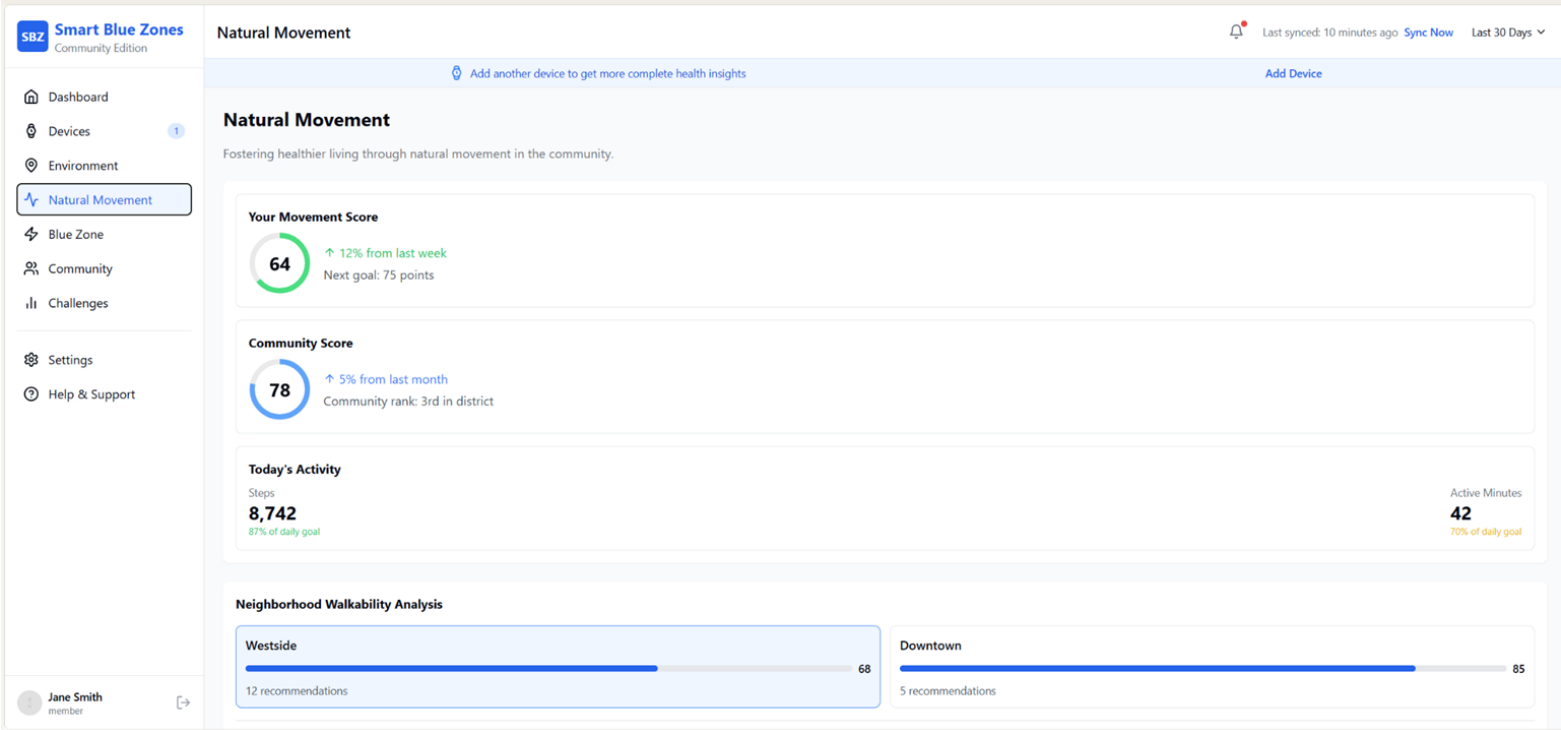
View All

Neighborhoods FOUNDATION

Mobile Integration and Demo



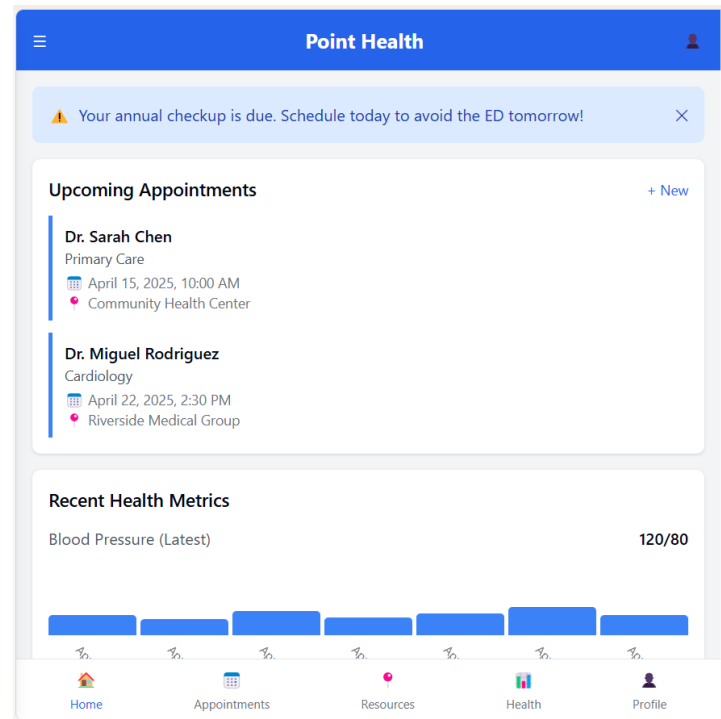
Website Integration



Make it easy with Mobile App integration

Making healthcare “easy” with technology meant to serve the community is key.

For example, this prototype called “Point Health” developed by Neighborhoods Foundation reduces cost of ED care through a variety of preventative measures, education, coordination, communication, and support without ever walking into the emergency department of a hospital.



Phase 1 Investment: 1.4M

Technology	Estimated Investment	Neighborhoods Foundation Support
Smart Blue Zone Platform	500K (3 years)	County and City PO, NF Grant subsidies, Business Participants
Mobile App	300K (Annual)	County and City PO, NF Grant subsidies, Business Participants
Medical Device	100K (annual)	County and City PO, NF Program Partner(s), Healthcare Partners
Website Integration	DIY	County and City PO
PM Labor	500K (as needed)	County and City PO



***Smart* Blue Zones**

PHASE 2

Healthy Neighborhoods - Summary

The Healthy Neighborhoods Healthy Families (HNHF) initiative, launched in 2008 by Nationwide Children's Hospital in Columbus, Ohio, is a comprehensive community development program aimed at improving the well-being of residents in the city's South Side. Key components of HNHF include: [NAM+4AAP Publications+4Greater Ohio Policy Center+4](#)

- **Affordable Housing:** Through the Healthy Homes program, HNHF has improved over 800 housing units via rehabilitations, home improvement grants, and new constructions to provide safe, affordable housing options. [JAMA Journal of Ethics+2Nationwide Children's Hospital+2Wikipedia+2](#)
- **Health and Wellness:** The initiative offers mobile care centers and school-based health services to ensure accessible primary and preventive care for children in underserved areas. [NAM](#)
- **Education:** Programs like SPARK (Supporting Partnerships to Assure Ready Kids) have prepared 97% of participating children for kindergarten, significantly improving school readiness. [NAM](#)
- **Safe and Accessible Neighborhoods:** HNHF supports neighborhood safety programs, including community crime patrols and block watch initiatives, contributing to reduced crime rates and enhanced community engagement. [Wikipedia+5NAM+5Nationwide Children's Hospital+5](#)
- **Workforce and Economic Development:** The initiative has employed over 1,130 residents from targeted zip codes and facilitated workforce training programs, fostering economic growth within the community. [NAM+1Nationwide Children's Hospital+1](#)

These efforts have collectively contributed to neighborhood revitalization, with observed reductions in emergency department visits and inpatient admissions among children in the intervention area.

In a nutshell... together we can live much better!

1. Agree we have a problem that is serious and impacting children, parents, and our community in many negative and debilitating ways
2. Agree that civic, religious, school, and business leaders can and should do something about it that benefits them too
3. Agree that using technology and collaboration will be needed
4. Agree to mobilize the base to learn and participate in Smart Blue Zones
5. Agree that this is a lifestyle change and a cultural shift to longer, happier, healthier lives
6. Agree to leave your ego at the door and be filled with grace and a “can do” attitude



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Let's get started!