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**Riverside University Health System-Public Health Welcomes the City of Corona to Blue Zones Activate Riverside County Well-Being Initiative**

The City of Corona is the sixth Riverside County community to participate in Blue Zones Activate, a health and well-being assessment to create a plan to help residents live better and longer.

Riverside University Health System-Public Health (RUHS-PH) welcomes the City of Corona to the effort. The readiness and feasibility assessment is the first step for Blue Zones to come together with the communities and determine how to make them healthier places to live, work, grow up, and grow older.

"The City of Corona is working hard to improve the quality of life for our residents" said Corona Mayor Tony Daddario. "Blue Zones fits nicely with the other active and healthy living efforts we are currently undertaking like the [Parks and Recreation Master Plan](#), the [City Park Master Plan](#), the [Downtown Revitalization Plan](#), and the [Trails Master Plan](#). The Blue Zones Activate Assessment will help us see across a range of issues to help align our efforts with other community partners to make Corona better."

The Blue Zones team have been working with Riverside County leaders, organizations, and residents to learn more about the strengths, needs, and challenges that residents are facing today. The work surveys countywide policy with a detailed focus on the cities of Banning, Coachella, Riverside, Corona, and the unincorporated communities of French Valley and Mead Valley.

"We are happy to hear that the City of Corona is taking part in the Blues Zones health and well-being assessment. This demonstrates a sincere commitment to residents' health, and we are excited to support this process," said Dr. Shunling Tsang, Riverside County deputy public health officer.

After the assessment period, Blue Zones will create a transformation plan that, once implemented, can drive widespread improvements in well-being, reductions in healthcare costs, and improve economic vitality in the region.

*In addition to these communities, Blue Zones recently launched Activate Palm Springs. For more information, please visit <https://www.bluezones.com/activate-palm-springs/>.*

For more information about Activate Riverside, visit [bluezones.com/activate-riverside-county](https://www.bluezones.com/activate-riverside-county).

### **About Blue Zones®**

Blue Zones employs evidence-based ways to help people live better, longer. The company's work is rooted in explorations and research done by National Geographic Fellow Dan Buettner in Blue Zones regions around the world, where people live extraordinarily long and/or happy lives. The original research and findings were released in Buettner's bestselling books *The Blue Zones Solution*, *The Blue Zones of Happiness*, *The Blue Zones*, *Thrive*, and *Blue Zones Kitchen*—all published by National Geographic books. Using original Blue Zones research, Blue Zones works with cities and counties to make healthy choices easier through permanent and semi-permanent changes to our human-made surroundings. Participating communities have experienced double-digit drops in obesity and tobacco use and have saved millions of dollars in healthcare costs.

For more information, visit [bluezones.com](https://www.bluezones.com)

### **About RUHS-Public Health**

RUHS-Public Health is part of Riverside University Health System and was created to protect the wellbeing of Riverside County residents and visitors. Public Health offers a wide range of services and programs, with a staff of more than 700 doctors, nurses, health educators, social workers, nutritionists, communicable disease and community program specialists, managers and fiscal and support staff. The services include disease control investigation, nutrition education, immunization, epidemiology, injury prevention, home health visits, and so much more.

Ours is certainly a large department, but we aim to treat each client and visitor with care that is as unique and individualized as possible. Our mission is simple: to promote and protect the health of all county residents and visitors in service of the well-being of the community. It's all part of our vision for healthy people and a healthy community!

For more information, click [www.rivcoph.org](http://www.rivcoph.org)