

Open Data Indicates that Ooltewah could be a Bluezone

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Abstract

A blue zone is an indicator of exceptional health in a community. Adventists have a blue zone community in Loma Linda, but there has been little research into other Adventist populated areas that could be blue zones. Therefore, our goal is to show that open data suggests that a blue zone exists near Southern Adventist University, specifically in Collegedale. This data has been gathered from the different federal sources, including, the CDC, the US Census Bureau, the Tennessee Department of Health, official state records, and federal documents that are available to the public.

Methodology

The steps taken to carry out this research work were follows:

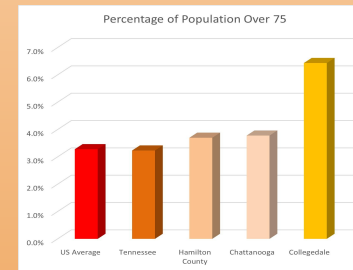
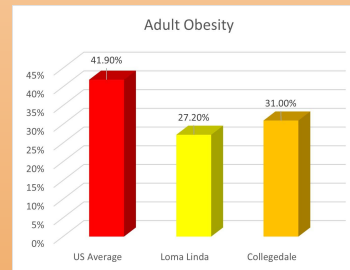
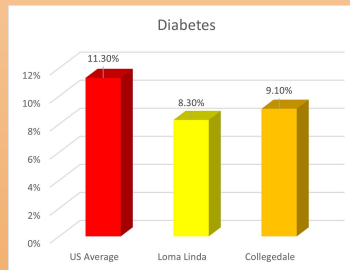
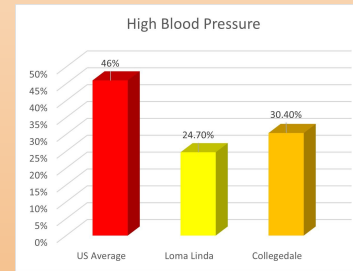
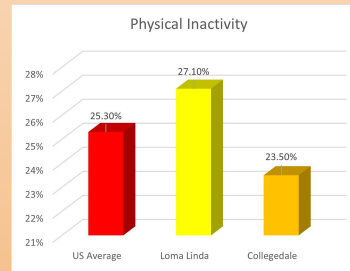
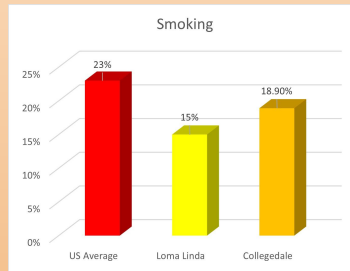
- 1) Data sources had to be chosen in order to verify the presence of a blue zone in Tennessee. Reputation and reliability heavily influenced the decision to primarily extract data from government databases [1-3].
- 2) The data gathered was used to contrast Collegedale to Loma Linda, a well known blue zone. The data considered was: smoking, physical activity, high blood pressure, diabetes, and obesity. The data was also used to visualize the percentage of population over 75 years old across a spread of areas.

Future Work

In the future, individuals or research groups can use this data as a foothold for justification of a more complete survey. What is important to highlight, is that the availability of the data draws broad generalizations, but lacks the details to ascertain complete conclusions. Aspects such as culture, lifestyle, and economic factors should be weighed in order to come to a complete conclusion.

Results

Open data shows that Collegedale and Loma Linda, a widely renowned blue zone, share a similar percentage of citizens who are affected by smoking, diabetes, high blood pressure, obesity, and physical inactivity. Even in the case of physical inactivity, Collegedale surpasses the percentage of Loma Linda. Also, Collegedale has around twice the amount of residents over the age of 75 than the US, Tennessee, Hamilton County, and Chattanooga percentage.



References:

1. D. Buettner, "Blue zones lessons from the world's longest lived," www.ncbi.nlm.nih.gov/pmc/articles/PMC6125071/
2. World Population Review, "Collegedale statistics," World Population Review, 2022. <https://worldpopulationreview.com/us-cities/collegedale-tn-population>
3. World Population Review, "Ooltewah statistics," World Population Review, 2022. <https://worldpopulationreview.com/us-cities/ooltewah-tn-population>