



STAFF REPORT

AGENDA NO: 9e

MEETING DATE: February 17, 2026

To: Honorable Mayor and City Council

Date: February 17, 2026

From: Lisa K. Goldman, City Manager – (650) 558-7243

Subject: Adoption of a Resolution Authorizing the City's Participation in the Peninsula Health Care District's Blue Zones Work

RECOMMENDATION

Staff recommends that the City Council adopt a resolution authorizing the City's participation in the Peninsula Health Care District's Blue Zones work.

BACKGROUND

The Peninsula Health Care District is dedicated to advancing preventive health and fostering environments that support longer, healthier, and more connected lives for its residents. In alignment with this mission, the District has engaged Blue Zones to conduct a Blue Zones Ignite Assessment. This research-informed assessment evaluates the community's current well-being environment and its readiness to participate in a long-term, community-wide Blue Zones Project, with the goal of achieving outcomes demonstrated in other Blue Zones communities, including reduced obesity and smoking rates and associated healthcare cost savings. Councilmember Colson is assisting with this work through participation on the District's Blue Zones Ignite Assessment steering committee.

DISCUSSION

Blue Zones Ignite is a focused, six-month assessment and engagement process intended to help Burlingame understand current community well-being, identify strengths and gaps, and determine the most impactful path forward for improving health, quality of life, and longevity. Between now and April, the Ignite Assessment will include one-on-one interviews, small focus groups, and on-the-ground driving tours to gather input across sectors and neighborhoods and ensure local context and lived experience inform the findings.

By intentionally engaging a wide range of voices—including City leaders, community organizations, businesses, educators, and residents—Blue Zones Ignite provides a more complete and more accurate picture of daily life in Burlingame. Hearing from diverse perspectives helps surface both opportunities and challenges that may not be visible through data alone, allowing community leaders to move beyond assumptions and make more informed, strategic decisions.

This inclusive approach ensures that any future Blue Zones implementation is grounded in real community experience, aligned with local priorities, and focused on solutions with the greatest potential for long-term well-being outcomes. The result is a clearer understanding of where Burlingame can lead, where partnerships are needed, and what the right next steps are to create lasting, community-wide impact with Blue Zones.

Burlingame already has many assets that support a high quality of life, and the Blue Zones Ignite Assessment will provide a structured, data-informed way to build on what's working while identifying opportunities for improvement. As part of a broader effort led by the Peninsula Health Care District, Burlingame is one of several District communities—including San Mateo, San Bruno, and Millbrae—being invited to participate in this exploratory assessment.

This coordinated approach allows each City to retain its unique identity and priorities while benefiting from shared learning, regional alignment, and comparative insight across neighboring communities. Blue Zones Ignite ensures that community voices are heard locally through interviews, focus groups, and on-the-ground engagement, while also aligning City leaders and partners around shared well-being goals at both the city and Peninsula level.

Blue Zones Ignite allows the City of Burlingame to explore a potential Blue Zones implementation in a thoughtful, low-risk way—grounded in local context and informed by regional collaboration—before making any long-term commitments. The result is clear, actionable recommendations tailored specifically to Burlingame, while contributing to a broader Peninsula vision for improved health, vitality, and quality of life.

The Peninsula Health Care District is asking the City to:

- Formally support the Blue Zones Ignite Assessment, and
- Commit to participating in one-on-one interviews, focus groups, and driving tours and other meetings between now and July to help inform the assessment and guide the long-term opportunities for Burlingame and Blue Zones.

According to the Health Care District, this participation is essential to grounding the work in local insight and setting a strong foundation for any future Blue Zones implementation.

FISCAL IMPACT

There are minimal fiscal impacts associated with supporting this assessment.

Exhibits:

- Resolution
- Blue Zones Ignite information