DAN BUETTNER

Dan Buettner is a National Geographic Explorer, Emmy Award-winning producer, podcast host, and five-time *New York Times* bestselling author best known for identifying the five regions of the world, known as blue zones, where people live exceptionally long and healthy lives.

His groundbreaking research has been featured in *National Geographic* and *The New York Times Magazine*, producing some of the most widely read stories in both publications' histories. His work has helped reshape the global conversation around longevity, happiness, and healthy living.

As the founder of Blue Zones LLC, Dan has partnered with city governments, hospital systems, and insurers to apply blue zones principles across entire communities. To date, more than 75 cities throughout the United States have implemented Blue Zones Projects, improving the well-being of more than 10 million Americans.

Dan's Netflix series, *Live to 100: Secrets of the Blue Zones*, received six Emmy nominations and won three awards. His newest venture, *The Dan Buettner Podcast*, has also earned two Telly Awards for excellence in storytelling and health journalism.

Dan's latest book, *The Blue Zones Evolution*, builds on more than two decades of longevity research. The book takes readers on a global investigation into the next generation of longevity hotspots, exploring where people are living the longest and healthiest lives today.

After witnessing many of the original blue zones deteriorate under the pressures of processed foods, car-centric development, and increasing social isolation, Dan set out to discover communities that are succeeding in helping people live not just longer, but better. Using health-adjusted life expectancy (HALE) as a key measure, his research highlights four new longevity hotspots where residents enjoy as many as 12 additional years of healthy life compared with the average American.

His latest research is also featured in a new *National Geographic* magazine cover story and a National Geographic documentary special on Disney+, offering fresh insights into how our environments, daily habits, and social connections shape our health and longevity.

In addition to his work as a journalist, producer, and longevity researcher, Dan is an accomplished endurance athlete who holds three Guinness World Records in distance cycling.