



The Grandmother Effect

Blue Zones LLC reel [URLs www.bluezones.com ; <https://www.instagram.com/reel/DZKivIOITxQ/>]

Transcript:

So in blue zones, the secret to living to a hundred is not a silver bullet, it's a silver buck shot:

lots of small things that are often overlooked that have a much bigger impact than we think. And one of them we see, especially in Sardinia but also in Ikaria and in Costa Rica, is **the grandmother effect**.

It's something that's been observed in many [human] cultures throughout the world and even other species.

And that effect is that **when you keep a grandparent nearby, the grandchildren have better survival rates, lower rates of mortality and lower rates of disease**.

So what's the lesson here? Instead of warehousing our aging parents in a retirement home, keep them nearby. Ideally living in your house, if not living nearby.

Harness their wisdom. Harness their resilience. Put them to work. Tell them they count. Use them for child care. Grab their recipes that have been around in your family for a hundred years.

Let them help you get through the difficult times.

The grandmother effect will help not only make sure that you become a grandparent yourself but you might even live to a hundred.



2013 Volcano Art Prize Entry:

Artist: Noela Whitton.

Title: Alex with sunflowers.

Lead-safety message: My grandson Alex grew sunflowers which removed some lead from the garden soil - but we didn't let him eat the seeds or compost the plants!

Description of Work: Watercolour.

URL: <https://volcanoartprize.com/portfolio-item/alex-with-sunflowers/> [LID 17133]