



School Health Programs

Beach Cities Health District (BCHD) has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. BCHD partners with the Hermosa Beach City School District (HBCSD), Manhattan Beach Unified School District (MBUSD) and Redondo Beach Unified School District (RBUSD) to offer programs to increase physical activity, improve nutrition and promote mental health and well-being.

Beach Cities Health District's Health Priorities



Mental Health



**Physical and
Brain Health**



**Public Health
and Safety**



Substance Use

Key Indicators of Health

To determine the community health needs of school-aged youth in the Beach Cities, data from the 2023 California Healthy Kids Survey (CHKS) is weighted and aggregated across the three Beach Cities school districts.



18%

of Beach Cities 11th graders reported using alcohol or drugs in the past 30 days



10%

of 11th graders in the Beach Cities reported seriously considering attempting suicide within the past 12 months



25%

of Beach Cities 9th graders reported experiencing chronic sadness/hopelessness in the past 12 months

For more information about BCHD's School Health programs, visit bchd.org/schools or call (310) 374-3426.



Beach Cities
Health District

A Public Agency



LiveWell Kids

LiveWell Kids is a fun and dynamic obesity prevention program for elementary school children focused on gardening, nutrition and physical activity. The curriculum is comprised of six interactive lessons focused on educating kindergarten through 5th grade students on the process and benefits of growing their own food, improving nutritional knowledge and making healthy eating choices. Trained volunteers from participating schools deliver LiveWell Kids lessons in the fresh air of the school gardens. This program is provided to students in HBCSD and RBUSD.

Bike Safety Education

Our Streets for All campaign focuses on spreading public awareness about street safety to residents of all ages. This includes supporting schools and police departments with bike and e-bike safety education through events, informational materials and sharing best practices.

Walk and Roll to School Day

International Walk and Roll to School Day brings together BCHD staff, local elected officials, police officers, school administrators, parents, students and volunteers to promote safe streets and human-powered transportation. The annual observance across the three school districts increases awareness and inspires local action on creating a safer and environmentally sustainable community. **Join us on October 4, 2023.** For more information, visit bchd.org/walktoschool.





Beach Cities Partnership for Youth Coalition

While physical health in the Beach Cities continues to improve, there is continuing need in the student population to address mental health, substance use and well-being. Since January 2017, BCHD has convened five stakeholder groups to address student mental health and substance use prevention: Students, Parents, Providers, Schools and Community.



allcove Beach Cities

allcove is a place for young people (ages 12-25) to take a moment of pause and access a range of services that include: mental health, physical health, substance use, peer support, family support and supported education and employment. For more information, visit allcove.org/beach-cities.



School Wellness Councils

School Wellness Councils are advisory groups that prioritize the health and well-being of students, teachers and staff. The councils set health priorities for the school year and collaborate with administrators, teachers, staff, students, parents and community members to create an environment that values and promotes health and wellness. BCHD is a partner in the School Wellness Councils and Social-Emotional Wellness Committees at 22 schools in the Beach Cities. Social-emotional learning, employee wellness, parent education, physical activity and nutrition are among the examples of topics that councils have addressed.

California Healthy Kids Survey

CHKS is a comprehensive statewide survey measuring school climate and safety, student wellness and youth resiliency. BCHD collaborates with the three school districts to collect and analyze weighted, aggregate data in order to provide perspective and determine community health needs of Beach Cities school-aged youth based on key indicators.



Volunteer with Us

More than 1,000 strong, our network of volunteers are the backbone of BCHD. Diverse, motivated and talented, BCHD volunteers have the opportunity to work in a variety of community-focused programs and play an integral role in improving the health and well-being of Beach Cities residents.

Consider being part of our volunteer network and share your talents with those who need it most. To learn more, visit bchd.org/volunteer or call (310) 374-3426 ext. 8160.

- **LiveWell Kids Volunteers**
- **Garden Angels**
- **Youth Advisory Council**
- **Other Volunteer Opportunities**



Social media.
Healthy relationship with food.

Talk About It.

Digital citizenship
Mental health.

Visit bchd.org/talk for tips to talk about it, whatever "it" may be including resources for starting conversations about topics involving technology, substance use and mental health.