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Blue Zones Project
For a Healthier Beach Cities

2025 Results for BCHD Board

January 2026

Beach Cities, California

Total | Redondo Beach | Manhattan Beach | Hermosa Beach

Methodology

ALL MAIL SURVEYS WITH WEB OPTION

98% coverage of adult population

Disproportionate Sampling Design

- Redondo Beach
- Manhattan Beach
- Hermosa Beach

Final n= 1,270	
Total Questionnaires Mailed	6,850
Returned to Sender	13
Final Response Rate:	**18.6%**

- Geography confirmed by ZIP code; $1 incentive.

- Weighting targets based on Nielsen demographic statistics.

- Weighting includes adjusting for disproportionate sampling.

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Stability of Results

Sampling Area	Sample Size (Post Cleaning)	Maximum Error With 95% Reproducibility (including design effect)		
		For Responses Near 10%/90%	For Responses Near 50%	For WBI and Element Scores
Beach Cities	1,270	+/-2.3	+/-3.8	+/-1.0
Hermosa Beach	373	+/-3.9	+/-6.4	+/-1.9
Manhattan Beach	391	+/-3.7	+/-6.2	+/-1.9
Redondo Beach	506	+/-3.4	+/-5.7	+/-1.6

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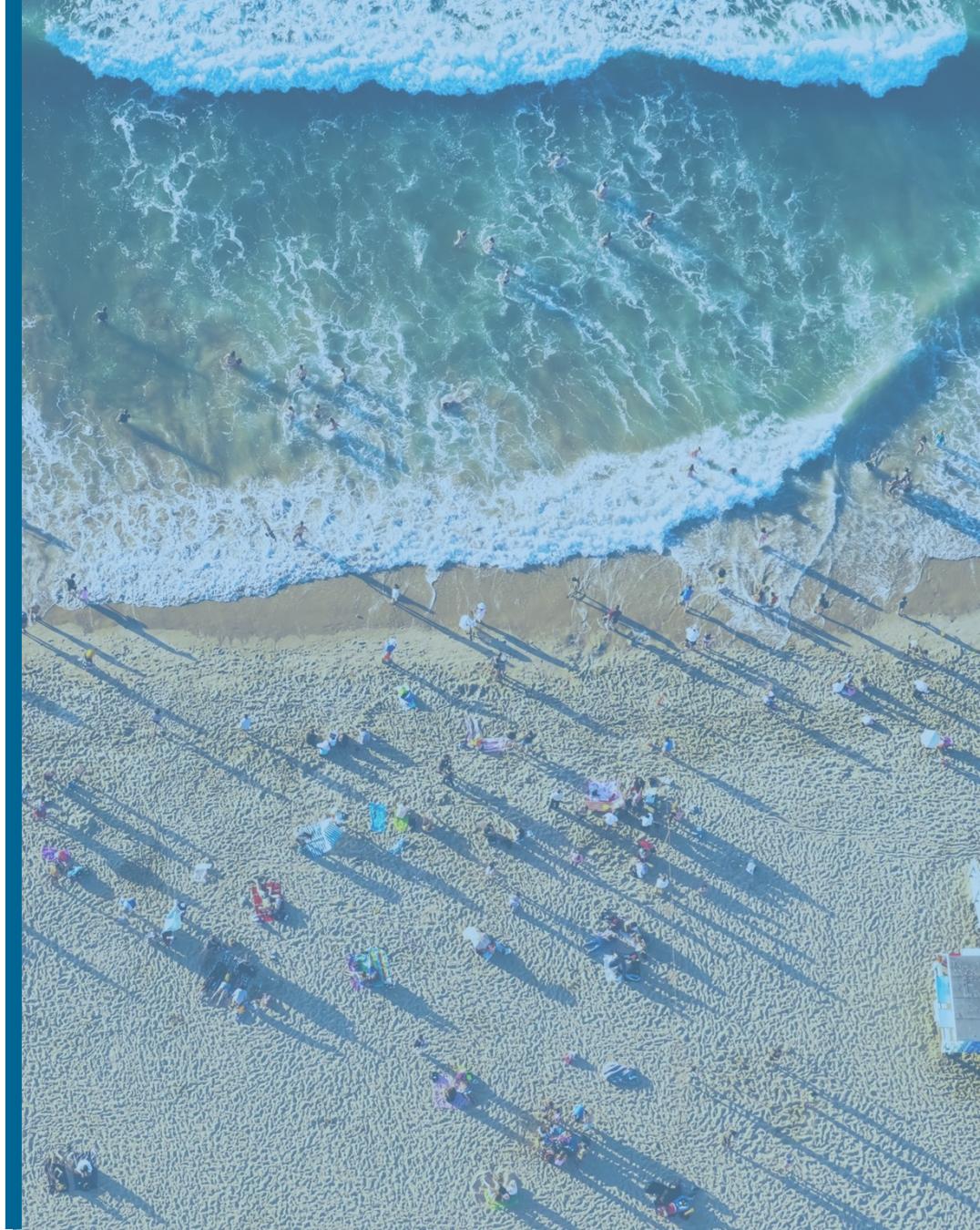
The Well-Being Index™: What Is Wellbeing?

CAREER
Liking what you do each day and being motivated to achieve your goals

SOCIAL
Having supportive relationships and love in your life

FINANCIAL
Managing your economic life to reduce stress and increase security

COMMUNITY
Liking where you live, feeling safe and having pride in your community

PHYSICAL
Having good health and enough energy to get things done daily

- High wellbeing means *a life well-lived* — all the things that are important to each of us, what we think about and how we experience our lives.
- Wellbeing is comprised of five interrelated and complementary elements.

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Overview of Main Findings

- The Well-Being Index score for the Beach Cities is now at 69.5, its highest recorded level.

  - Manhattan Beach's WBI score of 71.6 is the highest ever recorded nationally.

- The Beach Cities has built on wellbeing gains measured from 2010-2015, with improvements in all five elements and the WBI score since 2015 amid declines nationally.

  - All three communities have improved since 2015 (the first measurement year under the new five-element model).

  - Financial and community wellbeing, followed by physical and social wellbeing, have shown the best improvement at the element level.

- Modest improvements since the 2023 measurement period are in line with U.S. changes.

- Excellent wellbeing across many metrics, led by reports of "city or area is the perfect place for you" (79% agreement) and "proud of community" (76% agreement). Impactful volunteerism is also excellent.

- Exercise rate, product consumption, and active, natural movement are all excellent. Smoking (4.8%) is half the U.S. rate.

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Overview of Main Findings

- Familiarity with BZP reaches all-time high of 50%. Engagement in BZP work holds steady at 10% of the adult population.

- Perceptions of positive impact of the BZP work on individual wellbeing remains the same at 12%, but community impact drops to 11%.

- Mental health rated "excellent" by 36% and "fair" or "poor" by 13% of respondents in the Beach Cities, unchanged since 2023.

- Roughly one in six (17%) of area residents report little or no connection to other people, unchanged from 2023.

- Daily loneliness remains lower in the Beach Cities (12%) than the U.S. (19%).

- One-half (51%) of Beach Cities residents report concerns over incivility, lower than national levels (66%).

- Alcohol consumption in the Beach Cities is somewhat lower in 2025 than 2023 but continues to run higher than the U.S.

- In the Beach Cities, 15% of residents have used cannabis products in the last month compared to 19% nationally.

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Beach Cities: Well-Being Index and Overall Element Scores Remain Very High

Manhattan tips the scales with a WBI score of 71.6, the highest community WBI measurement ever recorded.

	U.S. Total	Census Pacific Division	Beach Cities Total	Redondo Beach	Manhattan Beach	Hermosa Beach
Well-Being Index	**60.1**	**59.7**	**69.5**	**68.3**	**71.6**	**70.2**
Career	56.7	55.1	62.8	62.0	64.4	62.8
Social	58.1	57.8	65.9	65.0	67.1	67.3
Financial	62.6	61.8	74.5	71.9	80.5	74.2
Physical	58.1	58.4	69.3	68.3	70.9	70.7
Community	60.7	60.3	72.3	71.3	74.7	72.4

Note: **Blue** and **orange** shading indicates statistically **better** or **worse** than the U.S. (p<.05). No shading means the estimate is statistically equal to the U.S. U.S. Source: Gallup, Aug. 28-Sept. 7, 2025 (n=5,644, Pacific Division n=795); These results reflect updated syntax for the overall WBI score for both years.

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The Overall Well-Being Index Score Has Improved Across All Three Beach Cities Communities Since 2015 Amid a 1.6 Point Decline to 60.1 Nationally

Legend: 2025 (dark blue), 2015 (light blue)

Community	2025	2015
U.S. Total	60.1	61.7
Beach Cities Total	69.5	65.9
Manhattan Beach	71.6	68.0
Hermosa Beach	70.2	67.0
Redondo Beach	68.3	64.8

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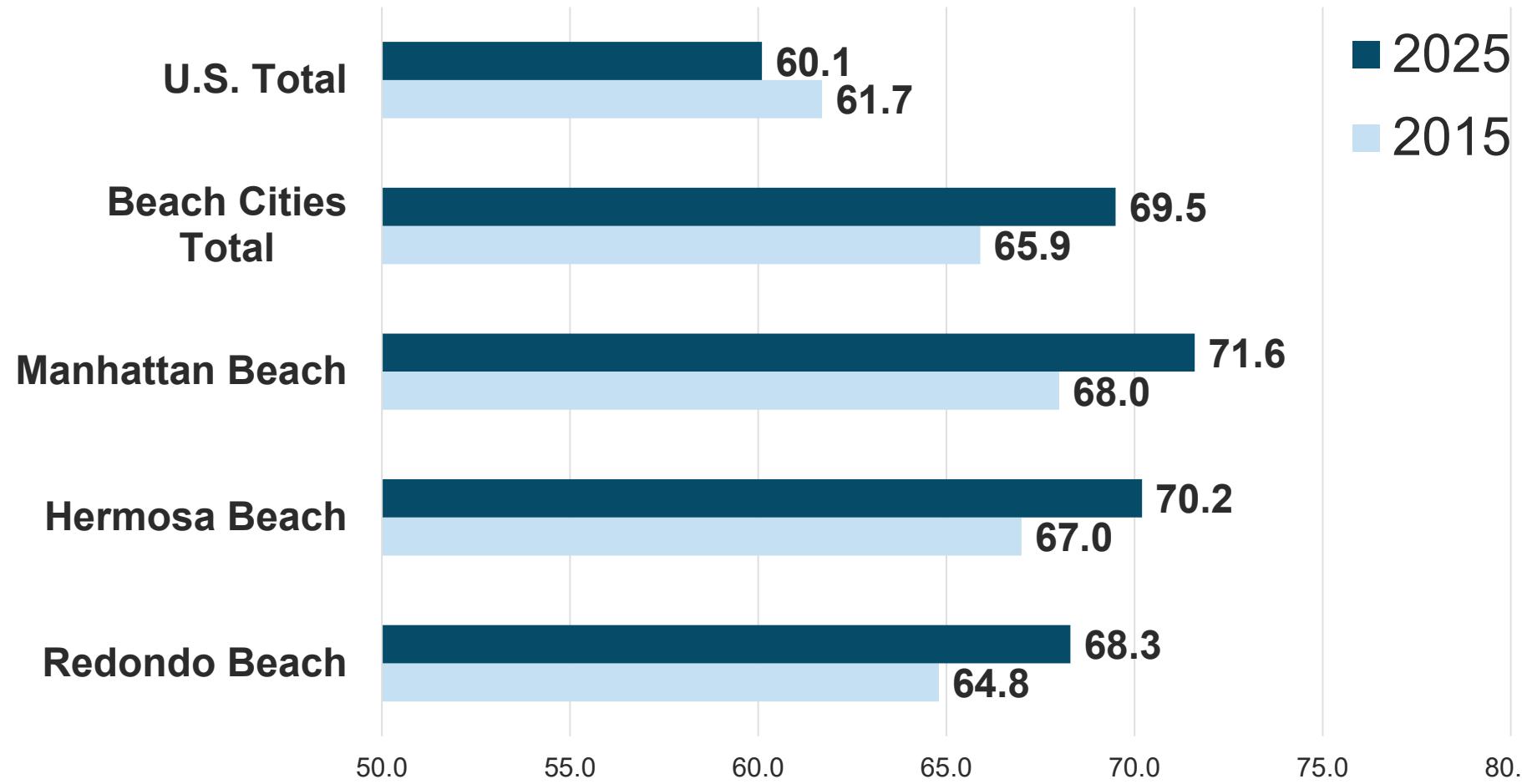
Despite Very High Overall Wellbeing, the WBI Score Continues to Edge Up

	2025	2023*	Change Since 2023
Beach Cities Total	**69.5**	**68.8**	**+0.7**
Redondo Beach	68.3	67.4	+0.9
Manhattan Beach	71.6	71.2	+0.4
Hermosa Beach	70.2	70.2	+0.0

* WBI score has been updated since original publication in 2023 to correct for the omission of a question item in the scoring syntax..

Better since 2023:

- Exercise
- Dentistry
- Reaching goals
- Pride in community

Worse since 2023:

- Cholesterol rate
- Self-assessment of physical health

Biggest Opportunity Areas:

- Leadership creating enthusiasm for the future
- High cholesterol management
- Stress management

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Since 2015, the Beach Cities Have Outperformed the U.S. in All Wellbeing Indicators

Improvement in the WBI and the five elements all exceed change over time nationally.

	Beach Cities (2025)	Beach Cities (2020)	Beach Cities (2015)	Beach Cities △ '15-'25*	U.S. (Q3 2025)	U.S. (Q3 2020)*	U.S. (2015)	U.S. △ '15-'25*
Well-Being Index	**69.5**	**69.1***	**65.9**	**+3.6**	**60.1**	**62.1***	**61.7**	**-1.6**
Career	62.8	61.0	60.6	+2.2	56.7	58.6	60.5	-3.8
Social	65.9	64.7	62.3	+3.6	58.1	59.1	61.1	-3.0
Financial	74.5	76.1	69.3	+5.2	62.6	64.1	60.8	+1.8
Physical	69.3	69.3	65.5	+3.8	58.1	61.7	61.2	-3.1
Community	72.3	70.9	67.3	+5.0	60.7	61.4	60.9	-0.2

Note: Green and Red shading indicates that the change over time is statistically better or worse (p<.05)

* WBI score has been updated since original publication in 2020 to correct for the omission of a question item in the scoring syntax..

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Beach Cities Well Outperforms U.S. Since 2010 in Most Key Metrics

	Beach Cities 2025	Beach Cities 2010	Beach Cities Change (pct. pts.)	U.S. 2025	U.S. 2010	U.S. Change (pct. pts.)	Beach Cities Change vs. U.S. Change Net Difference (pct. pts.)
Well-Being Index Score	69.5	64.4*	+5.1	60.1	57.9*	+2.2	+2.9
% Thriving in life evaluation	69.4	64.4	+5.0	48.2	53.2	-5.0	+10.0
% Obese	11.2	12.8	-1.6	37.2	26.6	+10.6	-12.2
% Above normal weight	45.3	60.0	-14.7	70.4	62.9	+7.5	-22.2
% Smoker	4.8	6.8	-2.0	9.3	16.7	-7.4	5.4
% Exercise 30+ minutes 3+ days in prior week	75.8	55.8	+20.0	51.8	46.2	+5.6	+14.4
% Ate healthy all day yesterday	64.8	59.0	+5.8	47.7	57.6	-9.9	+15.7
% 5+ servings of produce 4+ days in prior week	61.8	52.6	+9.2	44.0	49.8	-5.8	+15.0
% Significant daily stress	45.9	51.7	-5.8	47.5	45.8	+1.7	-7.5

* The 2010 WBI score has been converted to match the current WBI model.

Note: Green and Red shading indicates that the change over time statistically better or worse than in 2010

Note: Blue and orange shading indicates that the change over time in the Beach Cities is statistically better or worse than the U.S. change, 2010 to 2025 (p<.05)

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Awareness of the Beach Cities Health District Crosses 70% in 2025

Hermosa Beach residents serve as primary driver of overall gain in BCHD awareness, while older residents aged 65 and older continue to have the greatest awareness among age groups.

Have you ever heard, read or seen anything about the Beach Cities Health District? (% Yes)

	2025	2020
Beach Cities Total	**71%**	**67%**
Redondo Beach	**69%**	**68%**
Manhattan Beach	**76%**	**71%**
Hermosa	**69%**	**55%**

	2025	2020
Beach Cities Total	**71%**	**67%**
18-44	**53%**	**51%**
45-64	**77%**	**78%**
65+	**84%**	**82%**

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Over Half of Residents Who Are Aware of the BCHD Hold a Favorable Opinion Compared to 3% With an Unfavorable Opinion

Net +54 points is in-line with the net +51 points measured using a three-point scale in 2020.

How favorable or unfavorable is your opinion of the Beach Cities Health District?*

	2025	2020*
Favorable	57%	55%
Neither Favorable nor Unfavorable	39%	41%
Unfavorable	3%	4%
Net Difference (pct. pts.)	**+54**	**+51**

* Scale in 2025 was 5-pt; scale in 2020 was 3-pt (favorable, neutral/neither, unfavorable)

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Familiarity With the Blue Zones Project Reaches New High of 50% in 2025

Familiarity is slightly higher in Manhattan, lags slightly in Redondo.

Please tell me if you are very familiar, somewhat familiar
or not at all familiar with the Blue Zones Project?

	Beach Cities Total 2025	Beach Cities Total 2023	Beach Cities Total 2020	Redondo Beach 2025	Manhattan Beach 2025	Hermosa Beach 2025
% Very + % Somewhat Familiar (Goal=40%)	50	46	36	48	56	51
% Very familiar	17	18	11	16	18	17
% Somewhat familiar	34	28	26	32	38	34
% Not at all familiar/DK	48	54	64	51	43	49

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Mental Health Rated Fair or Poor By 13% of Adult Respondents in the Beach Cities, Unchanged Since 2023

Mental health is slightly lower among those with an income of less than $120K a year (74% *very good + excellent*) and non-college graduates (76%) compared to the population (85%).

How would you describe your own mental health or emotional well-being at this time?

	U.S. Total	Beach Cities 2025	Beach Cities 2023	Redondo Beach 2025	Manhattan Beach 2025	Hermosa Beach 2025
Excellent	20%	36%	35%	34%	40%	33%
Good	56	50	51	48	50	57
Only fair	21	12	12	14	10	8
Poor	3	1	2	2	0	2

U.S. Source: Gallup, Dec. 2023 (n=6,386)

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Roughly One in Six Area Residents Report Little or No Connection to Other People, Unchanged From 2023

Non-college graduates (79%) and those with an income under 120K a year (76%) are less likely to say they are very or fairly connected compared to their counterparts.

In general, how connected do you feel to people?

	U.S. Total	Beach Cities 2025	Beach Cities 2023	Redondo Beach 2025	Manhattan Beach 2025	Hermosa Beach 2025
Very connected	26%	37%	36%	36%	39%	39%
Fairly connected	48	46	47	44	50	45
A little connected	22	15	16	17	11	14
Not at all connected	3	2	2	2	<1	2

U.S. Source: Gallup, Dec. 2023 (n=6,386)

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Daily Loneliness Remains Lower in the Beach Cities Than U.S.

Loneliness highest among those aged 18-49 nationally, but less so among their Beach Cities counterparts.
Experiencing loneliness reduces the odds of feeling "very connected" to others by 76%.

Did you feel loneliness a lot of the day yesterday? (% yes)

U.S. Total 2025	Beach Cities 2025	Redondo Beach 2025	Manhattan Beach 2025	Hermosa Beach 2025
19%	12%	11%	12%	13%

	Men	Women	18-49	45-64	65+
U.S. Total	19%	19%	22%	16%	11%
Beach Cities	11%	13%	12%	13%	8%

U.S. Source: Gallup, Sept. 2025 (n=5,644)

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51% of Beach Cities Residents Report Concerns Over Incivility, Lower Than National Levels

Concerns over incivility lower among adults under 45 (44% *very + fairly concerned*), compared to those aged 45 to 64 (54%) and those over 65+ (58%).

In general, how concerned are you about the state of incivility and disrespectfulness shown to one another in your community?

	U.S. Total	Beach Cities 2025	Redondo Beach 2025	Manhattan Beach 2025	Hermosa Beach 2025
Very concerned	31%	23%	23%	22%	24%
Fairly concerned	34	28	29	29	25
A little concerned	25	31	31	31	34
Not at all concerned	9	17	16	17	17

U.S. Source: Gallup, Dec. 2023 (n=6,386)

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Alcohol Consumption in Beach Cities Has Declined Since 2023

Compared to 2023, there is a 5-point increase in those consuming no alcoholic beverages in the past seven days.

Approximately how many drinks of any kind of alcoholic beverages did you drink in the past seven days?

	U.S. Total	Beach Cities 2025*	Beach Cities 2023*	Beach Cities 2017*	Beach Cities 2015*
Mean	2.5	3.6	4.2	3.5	4.4
Zero	51%	36%	31%	34%	30%
1-2	18	22	20	23	20
3-7	19	28	31	26	28
8-14	7	11	12	12	14
15+	4	4	5	4	9

U.S. Source: Gallup, Dec. 2023 (n=6,386)

* Beach Cities 2023 and 2025 data collected via ABS mail/web; 2017 and 2015 captured via RDD outbound phone

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Alcohol Consumption Runs Higher in Hermosa Beach

Among those aged 18 and older, 22% consume eight or more drinks per week.

Approximately how many drinks of any kind of alcoholic beverages did you drink in the past seven days?

	U.S. Total	Beach Cities Total 2025	Redondo Beach 2025	Manhattan Beach 2025	Hermosa Beach 2025
Mean	2.5	3.6	3.1	4.1	4.9
Zero	51%	36%	42%	27%	28%
1-2	18	22	19	30	19
3-7	19	28	27	27	32
8-14	7	11	9	11	15
15+	4	4	3	5	7

U.S. Source: Gallup, Dec. 2023 (n=6,386)

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Daily Use of Cannabis Products Reported by 2% of Adults, Half the U.S. Rate

Men (*mean* = 1.7), adults under 45 (2.1) and those with incomes under $120K a year (2.4) are heavier users of cannabis products than their counterparts.

How many days in the last month have you used cannabis products to alter your mood and help you relax?

	U.S. Total	Beach Cities Total 2025	Redondo Beach 2025	Manhattan Beach 2025	Hermosa Beach 2025
Mean	2.7	1.5	1.9	0.7	1.7
Zero	81%	85%	85%	87%	81%
1-2	5	4	3	7	6
3-9	5	6	6	3	7
10-29	4	3	3	2	5
30-31	6	2	3	<1	2

U.S. Source: Gallup, Dec. 2023 (n=6,386)

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Final Thoughts: Very good baseline, but plenty of work to be done

- Excellent improvement over time defies the odds, outpacing the U.S. across most metrics.

  - Household income is the top predictor of wellbeing among individuals and large populations. But highly affluent communities are proven to not be more likely to *improve over time* than other communities – improvement comes from other factors.

- Improvement in exercise habits, eating habits, and BMI are all major success stories.

- Name awareness and favorability of the BCHD remains very strong and improving.

- Familiarity of BZP reaches record high.

- Concerns about incivility remain high but unchanged compared to 2023 and below national levels.

- Mental health and emotional wellbeing remains significantly better than what is found nationally, consistent with higher overall wellbeing.

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Appendix

Beach Cities BZP: Evidence-Based Improvement Metrics (2025 Results)

	U.S. Total	Beach Cities Total	Redondo Beach	Manhattan Beach	Hermosa Beach
Well-Being Index Score	**60.1**	**69.5**	**68.3**	**71.6**	**70.2**
Thriving in Life Evaluation (%)	**48.2**	69.4	67.0	74.7	69.1
Leader in life creates enthusiasm for the future (% agree)	**30.0**	33.9	34.2	33.9	32.8
Reached most of your goals in last 12 months (% agree)	**33.4**	49.5	49.2	51.3	47.9
Use strengths daily (% agree)	**48.8**	60.0	59.3	59.4	63.5
Learn/do something interesting daily (% agree)	**44.8**	55.8	52.6	61.3	58.6
Friends and family give positive energy every day (% agree)	**57.0**	68.4	66.3	70.7	67.0
Someone in your life encourages you to be healthy (% agree)	**56.5**	66.5	64.4	70.9	67.1
City or area where you live is the perfect place for you (% agree)	**52.2**	79.4	76.8	85.0	79.8
Proud of community (% agree)	**45.7**	76.8	74.3	79.6	79.3
Feel safe and secure (% disagree)	**13.7**	6.9	8.1	4.9	5.9
In last 12 months, have received recognition for helping to improve city/area (% agree)	**12.5**	20.0	20.1	21.3	17.5

Note: **Blue** and **orange** shading indicates statistically **better** or **worse** than the U.S. (p<.05). No shading means the estimate is statistically equal to the U.S.
U.S. Source: Gallup, Aug. 28-Sept. 7, 2025.

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Beach Cities BZP: Evidence-Based Improvement Metrics (2025 Results)

	U.S. Total	Beach Cities Total	Redondo Beach	Manhattan Beach	Hermosa Beach
Physical Wellbeing Score	**58.1**	**69.5**	**68.3**	**71.6**	**70.2**
% Obese	**37.2**	11.2	13.6	7.2	8.7
% Obese + Overweight	**70.4**	45.3	48.5	36.2	48.2
% Smoking	**9.3**	4.8	6.0	2.3	4.4
% Exercise 30+ minutes 3+ days per week	**51.8**	75.8	73.9	76.8	81.2
% Eat 5+ servings of produce 4+ days per week	**44.0**	61.8	60.4	64.4	62.6
% Current high blood pressure	**30.8**	18.1	17.9	19.9	15.9
% Current high cholesterol	**25.4**	25.7	27.2	26.4	18.8
Feel active and productive daily last 7 days (% agree)	**44.7**	65.3	62.2	73.5	63.2
Feel good about physical appearance (% agree)	**31.1**	45.6	45.1	49.0	42.2

Note: Blue and orange shading indicates statistically better or worse than the U.S. (p<.05). No shading means the estimate is statistically equal to the U.S.
U.S. Source: Gallup, Aug. 28-Sept. 7, 2025.

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Beach Cities BZP: Other Key Wellbeing Metrics

	U.S. Total	Beach Cities Total	Redondo Beach	Manhattan Beach	Hermosa Beach
Well-Being Index Score	**60.1**	**69.5**	**68.3**	**71.6**	**70.2**
You like what you do every day (% agree)	**53.1**	68.6	66.2	72.5	71.5
Relationship with spouse, partner, or closest friend is stronger than ever (% agree)	**56.8**	65.0	64.1	67.2	64.5
Always makes time for trips or vacations with family/friends (% agree)	**41.3**	60.0	57.4	61.8	67.0
Have enough money to do everything you want to do (% agree)	**39.2**	61.5	56.9	72.5	60.3
Not worried about money in last seven days (% agree)	**44.2**	57.0	53.3	66.1	55.6
Little interest or pleasure in doing things over last two weeks (% not at all)	**52.1**	69.1	66.4	75.4	68.5
Physical health is near perfect (% agree)	**30.1**	46.5	44.8	49.4	48.0

Note: **Blue** and **orange** shading indicates statistically **better** or **worse** than the U.S. (p<.05). No shading means the estimate is statistically equal to the U.S. U.S. Source: Gallup, Aug. 28–Sept. 7, 2025.

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Beach Cities BZP: Other Key Wellbeing Metrics

	U.S. Total	Beach Cities Total	Redondo Beach	Manhattan Beach	Hermosa Beach
Wellbeing Index Score	**60.1**	**69.5**	**68.3**	**71.6**	**70.2**
General health (% excellent or very good)	**35.6**	62.7	60.2	63.7	70.0
General health (% fair or poor)	**23.8**	8.6	9.8	8.0	5.2
% Experienced a lot of stress day before	**47.5**	45.9	48.7	40.6	44.1
% Visited dentist in last 12 months	**70.6**	89.8	88.3	93.5	89.7
% Satisfied with standard of living	**54.6**	71.4	68.2	79.0	70.4
% Unable to buy food in last 12 months	**15.8**	5.9	8.4	1.7	3.5
% Ate healthy all day the day before	**47.7**	64.8	62.7	69.4	65.4
% Felt physical pain a lot of the day before	**33.9**	20.9	22.3	19.0	18.9
Poor health prevents normal activity (mean days in last 30)	**3.27**	2.42	2.59	2.20	2.12

Note: **Blue** and **orange** shading indicates statistically **better** or **worse** than the U.S. (p<.05). No shading means the estimate is statistically equal to the U.S. U.S. Source: Gallup, Aug. 28-Sept. 7, 2025.

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Since 2023, Change in Beach Cities Wellbeing Has Kept Pace with the U.S.

National wellbeing has modestly bounced back from the broader declines measured between 2015 and 2023, while the Beach Cities has continued to show steady improvement.

	Beach Cities (2025)	Beach Cities (2023)	Beach Cities △ '23-'25*	U.S. (Q3 2025)	U.S. (Q3 2023)	U.S. △ '23-'25*
Well-Being Index	**69.5**	**68.8***	**+0.7**	**60.1**	**59.1***	**+1.0**
Career	62.8	62.4	**+0.4**	56.7	56.1	**+0.6**
Social	65.9	65.5	**+0.4**	58.1	56.6	**+1.5**
Financial	74.5	73.2	**+1.3**	62.6	59.8	**+2.8**
Physical	69.3	68.7	**+0.6**	58.1	57.7	**+0.4**
Community	72.3	71.0	**+1.3**	60.7	59.5	**+1.2**

Note: **Green** and **Red** shading indicates that the change over time is statistically **better** or **worse** (p<.05)

* WBI score has been updated since original publication in 2023 to correct for the omission of a question item in the scoring syntax..

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Reaching Goals and Pride in Community Both Improved Since 2023

	Beach Cities 2025	Beach Cities 2023	Change Since 2023 (pct. pts.)
Well-Being Index Score	**69.5**	**68.8**	**+0.7**
Thriving in Life Evaluation (%)	69.4	71.3	-0.9
Leader in life creates enthusiasm for the future (% agree)	33.9	33.4	+0.5
Reached most of your goals in last 12 months (% agree)	49.5	45.6	+3.9
Use strengths daily (% agree)	60.0	58.7	+1.3
Learn/do something interesting daily (% agree)	55.8	56.6	-0.8
Friends and family give positive energy every day (% agree)	68.4	70.2	-1.8
Someone in your life encourages you to be healthy (% agree)	66.5	66.8	-0.5
City or area where you live is the perfect place for you (% agree)	79.4	76.7	+2.7
Proud of community (% agree)	76.8	73.4	+3.4
Feel safe and secure (% disagree)	6.9	6.9	0.0
In last 12 months, have received recognition for helping to improve city/area (% agree)	20.0	17.7	+2.3

Note: **Green** and **Red** shading indicates that the change over time statistically **better** or **worse** than in 2023

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Exercise Improved in 2025, But High Cholesterol Also Jumps Five Points

	Beach Cities 2025	Beach Cities 2023	Change Since 2023 (pct. pts.)
Physical Wellbeing Score	**69.3**	**68.7**	**+.06**
% Obese	11.2	13.3	-2.1
% Obese + Overweight	45.3	45.5	-0.2
% Smoking	4.8	3.4	+1.6
% Exercise 30+ minutes 3+ days per week	75.8	72.2	+3.6
% Eat 5+ servings of produce 4+ days per week	61.8	61.7	-0.1
% Current high blood pressure	18.1	19.4	-1.3
% Current high cholesterol	25.7	20.5	+5.2
Feel active and productive daily last 7 days (% agree)	65.3	65.5	-0.2
Feel good about physical appearance (% agree)	45.6	44.7	+0.9

Note: **Green** and **Red** shading indicates that the change over time statistically **better** or **worse** than in 2023

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Reports of Physical Health "Near Perfect" Erode But Still Exceed U.S. Levels

	Beach Cities 2025	Beach Cities 2023	Change Since 2023 (pct. pts.)
Well-Being Index Score	**69.5**	**68.8**	**+.07**
You like what you do every day (% agree)	68.6	67.2	+1.4
Relationship with spouse, partner, or closest friend is stronger than ever (% agree)	65.0	63.5	+1.5
Always makes time for trips or vacations with family/friends (% agree)	60.0	60.1	-0.1
Have enough money to do everything you want to do (% agree)	61.5	59.5	+2.0
Not worried about money in last seven days (% agree)	57.0	55.3	+1.7
Little interest or pleasure in doing things over last two weeks (% not at all)	69.1	67.6	+1.5
Physical health is near perfect (% agree)	46.5	51.2	-4.7

Note: **Green** and **Red** shading indicates that the change over time statistically **better** or **worse** than in 2023

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Dentistry Among Residents – Already Excellent – Improves Still Further in 2025

	Beach Cities 2025	Beach Cities 2023	Change Since 2023 (pct. pts.)
Wellbeing Index Score	**69.5**	**68.8**	**+.07**
General health (% excellent or very good)	62.7	63.4	-0.7
General health (% fair or poor)	8.6	8.8	-0.2
% Experienced a lot of stress day before	45.9	46.1	-0.2
% Visited dentist in last 12 months	89.8	86.7	+3.1
% Satisfied with standard of living	71.4	74.8	-3.4
% Unable to buy food in last 12 months	5.9	6.3	-0.4
% Ate healthy all day the day before	64.8	61.6	+3.2
% Felt physical pain a lot of the day before	20.9	23.8	-2.9
Poor health prevents normal activity (mean days in last 30)	2.42	2.05	+0.37

Note: **Green** and **Red** shading indicates that the change over time statistically **better** or **worse** than in 2023

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Engagement With Blue Zones Project Holds Steady at 10% of Total Population

Perceptions of individual impact are improved, while perceptions of community impact is reduced.

*Please indicate your **level of engagement** in the Blue Zones Project in your community. Would you say that you are highly engaged, somewhat engaged or not at all engaged in the project?*

*Using a five-point scale, where 5 means you strongly agree and 1 means you strongly disagree, how much do you agree or disagree that the Blue Zones Project has made a **positive impact on your life/community?***

	Beach Cities Total 2025 (Of those who are familiar)	Beach Cities Total 2023 (Of those who are familiar)	Beach Cities Total 2020 (Of those who are familiar)	Beach Cities Total 2025 (Across all adults)	Beach Cities Total 2023 (Across all adults)	Beach Cities Total 2020 (Across all adults)
% Highly + Somewhat engaged in BZP	20	28	23	10	12	9
% Agree (%4+5) positive impact on life	28	27	19	12	12	7
% Agree (%4+5) positive impact on community	27	30	37	11	13	14

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