



2025 – 2028

Beach Cities Health District Community Health Report



January 2025

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Message from the Chief Medical Advisor

In 2005, Beach Cities Health District (BCHD) created a data-driven strategic planning process to prioritize funding and program implementation. The strategic plan calls for creating a community needs assessment, critically analyzing community health data, developing health priorities and cultivating strategic partnerships to advance and realize BCHD's vision, goals and objectives.

This report presents the most recent community health data used to develop our health priorities. Throughout the report you'll see data indicators along with narrative for how these factors contribute to one's health.

Our 2025-2028 health priorities are:

- **Mental Health & Substance Use**
- **Physical Health**

Contents of this report and full data sets are available at bchd.org/healthreport.



In health,

William Kim, M.D.
Chief Medical Advisor



Executive Summary

Beach Cities at a Glance

The Beach Cities include the communities of Hermosa Beach, Manhattan Beach and Redondo Beach, totaling a population of 125,294 (U.S. Census Bureau, 2022 American Community Survey 5-Year Estimates). Adults ages 19-64 years old make up the largest portion of the population, while 23% of the population is under 18 years old and 15% is over age 65. Approximately 68% of the Beach Cities population identifies as White. The median household income is higher than Los Angeles County and the median home price has steadily increased. Beach Cities residents have high rates of health insurance, education and civic engagement.

Prioritizing the State of our Health

This report provides a comprehensive overview of our community's health across the lifespan and addresses our primary areas of concern that we have organized into two health priorities: Mental Health & Substance Use and Physical Health. The following provides a high-level summary of the data compiled in this report. The data and findings have informed the development of Beach Cities Health District's 2025-2028 Health Priorities, which are detailed on the following page. These priorities and subsequent health objectives are ranked in order, starting with the most critical.

Health Priority: Mental Health & Substance Use

While rates of depression and suicidal ideation in the Beach Cities are lower than County and national averages, mental health remains a key priority for the community as challenges persist across specific indicators and age groups:

- **Stress:** Nearly half of Beach Cities adults report significant daily stress. While stress in the Beach Cities has decreased by 11% since 2010, it continues to be higher than the national average.
- **Loneliness:** Nearly 1 in 5 adults report little or no connection to others, making this an emerging concern.
- **Suicidal Ideation:** Despite downward trends since the COVID-19 pandemic, an alarming 1 in 15 7th and 9th graders report seriously considering attempting suicide within the past 12 months.
- **Mental Health in Adults:** Adults ages 18 to 44 experience higher levels of stress and worry, report poorer mental health status, and face greater challenges with loneliness and social connection than older adults.

Pandemic-related factors like social isolation, psychological distress and substance use have further impacted emotional and behavioral health across all ages. Mental health issues and substance use

disorders can also be linked together. Since first identifying substance use as a priority, rates in the Beach Cities have largely aligned with County and State averages except for alcohol use, which remains notably high. Challenges around substance use continue to persist across specific indicators and age groups:

- **Alcohol:** Adult alcohol consumption is 67% higher than the U.S. average, and past 30-day alcohol use among youth exceeds County and State levels. Additionally, emergency calls involving alcohol far outnumber those related to other substances.
- **Cannabis:** Cannabis use among Beach Cities adults aligns with national trends but are higher than the County, with daily use below the U.S. average. While youth cannabis use has declined, vaping has emerged as a preferred delivery-method, requiring ongoing monitoring.
- **Tobacco:** Significant progress has been made in tobacco control policies and smoking rates. However, concerns remain regarding e-cigarette use among adults and the rising popularity of smokeless tobacco products like nicotine pouches (e.g. Zyn), which may appeal to youth.

Health Priority: Physical Health

The Beach Cities continue to have lower rates of obesity, diabetes and hypertension, and increased frequency of exercise and vegetable consumption. Maintaining good physical health helps decrease the risk of developing many chronic health conditions and includes lifestyle aspects including fitness, nutrition and sleep. As a result, many of the health objectives under this health priority focus on maintaining high levels of healthy behavior related to nutrition and exercise:

- **Adult and Childhood Obesity:** The Beach Cities have lower rates of obesity, diabetes and hypertension than the County. Historically, there have been significant improvements in obesity among students in Redondo Beach Unified School District. The obesity rate was 20% in 2007 and has since dropped to 5%, the lowest it has been since measurement began.
- **Physical Activity:** 41% of Beach Cities adults meet the recommended guidelines for physical activity compared to 36% in the County.
- **Chronic Disease:** Rates of diabetes and hypertension in the Beach Cities are lower than the County. While high cholesterol is lower than the national average, it has increased 15% in the Beach Cities since 2010.
- **Cognitive Health:** The Alzheimer's disease-specific death rate in the Beach Cities (42.4 per 100,000) exceeds that of the County (33.7 per 100,000).
- **Sleep:** In the County, 34% of adults report getting insufficient sleep and 13% of Beach Cities 11th graders report missing school in the past month due to not getting enough sleep.

Cognitive health, such as Alzheimer's disease and dementia, is a major concern. The Alzheimer's disease-specific death rate in the Beach Cities exceeds exceeds that of the County, and prevalence of Alzheimer's and dementia are projected to increase. Additionally, 15% of Beach Cities residents reported that they or a family member are caring for someone experiencing memory or cognitive issues that significantly impact their ability to work or live independently.

Beach Cities Health District (BCHD) is committed to developing programming and partnerships in our community that use effective, evidence-based interventions to target each of these two health priorities. We recognize that these health priorities and all aspects of health are interconnected. The goal is to measurably improve the community's health in the next three years. We hope you'll work with BCHD to improve your health, your family's health and our community's health.

LiveWell.
January 2025



2025-2028 Health Priorities & Objectives

The following are Beach Cities Health District's 2025-2028 Health Priorities and Objectives presented in rank order starting with the most critical.



Mental Health & Substance Use

1. Decrease anxiety, depression and suicidal ideation
2. Reduce substance use (e.g. alcohol, cannabis, nicotine) across the lifespan
3. Increase community education for mental health and substance use prevention and access to early intervention services
4. Increase social connectedness to address loneliness and social isolation
5. Enhance stress resilience, positive coping strategies and mental well-being



Physical Health

6. Promote habits and practices to increase restful and restorative sleep
7. Improve health and quality of life for people with dementia, including Alzheimer's disease, and their caregivers
8. Maintain healthy eating habits and low percentage of residents who are obese or overweight
9. Improve biking and walking safety
10. Maintain high levels of physical exercise participation




Methods & Data Sources

Key indicators were selected for inclusion in the Community Health Report based on their alignment with our existing health priorities or because they highlight notable trends in the Beach Cities compared to benchmark groups or over time. The purpose of the health data is to maintain a broad strategic view of the population's health status and factors that influence health in the community. It is not expected to be a comprehensive survey of all aspects of community health and well-being but should help identify and focus on specific high-priority health issues.

Beach Cities Health District (BCHD) utilized a variety of data sources and health promotion strategies to inform this Community Health Report.

BCHD Community Health Survey - BCHD conducted a Community Health Survey from July 23 to August 23, 2024. The survey, available online via SurveyMonkey and in paper form at BCHD facilities such as the Center for Health & Fitness, asked community members about their personal health and the overall health of the community. A total of 625 individuals participated, with 93% residing in Hermosa Beach, Manhattan Beach or Redondo Beach.

As the survey utilized a convenience sample, there were some notable differences when comparing survey respondents to the demographics of Beach Cities residents. Survey respondents skewed older (60% aged 65+ compared to 15% in the general population), were predominantly female (78% compared to 49% in the general population) and White (80% compared to 68% in the general population). Hispanic residents were underrepresented (5% compared to 13% in the general population). Because the sample is not fully representative of the Beach Cities population, results should be interpreted cautiously. Nonetheless, key indicators have been included throughout the report as they still provide valuable insights to the views of the community. Indicators from the Community Health Survey are identified with this symbol .

BCHD Focus Groups - In September 2024, BCHD initiated six staff-led focus groups: three sessions at Beach Cities senior centers with 18 participants, two sessions at allcove Beach Cities with 24 youth participants and one virtual session with seven healthcare providers. BCHD staff facilitated discussions to elicit feedback on current community health issues, programs and services, and opportunities to improve

the health of the Beach Cities. Participants were residents of either Hermosa Beach, Manhattan Beach, Redondo Beach or a surrounding South Bay city. Data from the focus groups are detailed throughout the report.


California Health Interview Survey (CHIS) - CHIS is conducted by the UCLA Center for Health Policy Research in collaboration with the California Department of Public Health and the Department of Health Care Services. It is the nation's largest state health survey with approximately 20,000 Californians interviewed each year. The web and telephone surveys provide representative data for all 58 counties in California. To obtain city-level data, the AskCHIS Neighborhood Edition database was queried, providing data from specific indicators from 2022.

California Healthy Kids Survey (CHKS) – CHKS is administered to school-aged students in 5th, 7th, 9th and 11th grades in the three Beach Cities school districts – Hermosa Beach City School District (HBCSD), Manhattan Beach Unified School District (MBUSD) and Redondo Beach Unified School District (RBUSD). Key indicators are aggregated across the three school districts to calculate a Beach Cities average. The most updated biennial statewide report and countywide report for Los Angeles County are included, where available, to discern how Beach Cities students compare to their counterparts on key indicators. Note that County and State reporting periods are not always aligned with the most recent local school district-specific reports. Due to COVID-19, CHKS data was unable to be collected in Spring 2020 in HBCSD and MBUSD. To account for this gap, survey data was collected twice during the 2020-2021 school year in these school districts. Data displayed as “2020” was collected in Spring 2020 (RBUSD) and Fall 2020 (HBCSD and MBUSD), with data collected again in all three districts in Spring 2021.

California Healthy Places Index (HPI) – The Healthy Places Index is a tool developed by the Public Health Alliance of Southern California to explore the community conditions that impact life expectancy across California. The HPI score combines 25 community characteristics, such as access to healthcare, housing and education to derive an index score. Cities are ranked based on percentiles; for example, if a city has an HPI score of 96.8, it has healthier community conditions than 96.8% of other California cities. Indicators from the index derived from external data sources are cited directly and are not attributed to the Healthy Places Index.

Gallup Well-Being Index (WBI) – The WBI uses various indices to understand the well-being of individuals and populations through five domains of health — career, social, financial, community and physical. The Gallup survey has been extensively validated with more than 3 million surveys completed with randomly selected U.S. adults. Since 2010, BCHD has worked with Gallup to conduct an oversampling of Beach Cities adults, with the most recent data from 2023. Beach Cities 2023 data was collected between September 11 – October 23, 2023, via mail and web surveys with more than 1,300 respondents selected by address-based sampling. Data is weighted based on demographic statistics and adjusted for disproportionate sampling. The data is available as a Beach Cities aggregate and by individual city and includes comparisons to U.S. data from the same quarter. Some metrics can be trended back to 2010, allowing for long-term analysis of well-being trends.

Healthy People 2030 – Developed by the Office of Disease Prevention and Health Promotion within the U.S. Department of Health and Human Services, Healthy People 2030 is the fifth iteration of the Healthy People Initiative. It sets overarching national goals to improve health and well-being and outlines a plan of action to achieve these objectives. Healthy People 2030 includes 358 core objectives, and Leading

Health Indicators (LHIs) are a subset of 23 high-priority objectives. LHIs address important factors that impact major causes of disease and death in the United States. To indicate where our report aligns with the Healthy People 2030 framework, data in this report that reflects Healthy People 2030 LHIs are marked with  HP2030.

Los Angeles County Health Survey - The Los Angeles County Department of Public Health administers a population-based survey called the Los Angeles County Health Survey. Until 2018, the survey was administered through a random-digit-dial telephone survey. In 2023, the survey utilized an address-based sampling method, and it was administered through both web and telephone. Local data is available for jurisdictions with populations greater than 20,000 through their Community Health Profiles platform, which includes Manhattan Beach and Redondo Beach. By collaborating with the County's Department of Health Assessment and Epidemiology, BCHD was able to obtain specific data for Hermosa Beach and aggregate data for the Beach Cities for specific metrics. Data in the Community Health Profiles that are derived from external sources, including the U.S. Census and other sources, are cited directly and not attributed to L.A. County.

Southern California Association of Governments (SCAG) – SCAG Local Profiles are reports that provide demographic, economic, education, housing and transportation information for local jurisdictions to support community planning and outreach efforts. While Local Profiles have not been produced since 2019, the 2021 raw dataset used in this report is available through the SCAG website. Data derived in this dataset from external sources were cited directly, and not attributed to SCAG.

U.S. Census Data - The American Community Survey is a nationwide, continuous survey conducted by the U.S. Census Bureau. The 2022 five-year estimates, collected from 2018-2022, used in this report provide the largest sample size and are more reliable than one- or three-year estimates. This data is used to report demographic information, including population, race, income and housing.

Other individual data points are cited from sources and included in the text and references. Links to the full data sets are available at bchd.org/healthreport.



Beach Cities Health District Overview

Beach Cities Health District (BCHD) is a healthcare district focused on preventive health and serves the communities of Hermosa Beach, Manhattan Beach and Redondo Beach. Established in 1955 as a public agency, it offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases across the lifespan.

Vision

A healthy beach community

Mission

To optimize health for our Beach Cities community through innovative and inclusive programs, partnerships and spaces.

Board of Directors

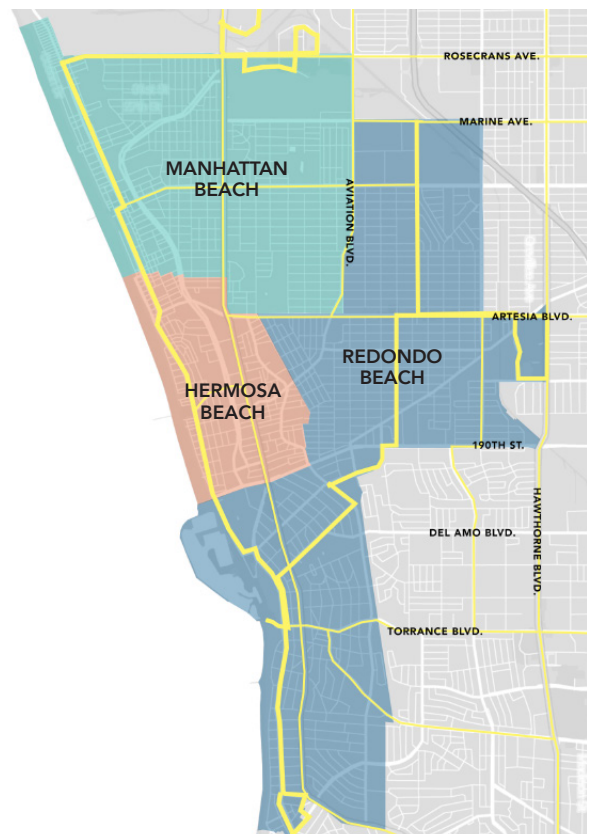
Michelle Bholat, M.D; Noel Chun, M.D.; Jane Diehl; Martha Koo, M.D; Vanessa Poster.

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 William Kim, M.D. – Chief Medical Advisor
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 Cristan Mueller – Chief Health Operations & Communications Officer
 Ali Steward – Chief Partnership Development Officer
 Monica Suua – Chief Financial Officer
 Megan Vixie – Chief Engagement Officer

Location

The Beach Cities of Hermosa Beach, Manhattan Beach and Redondo Beach are located in Los Angeles County, California





BCHD's Focus on Health Promotion & Prevention

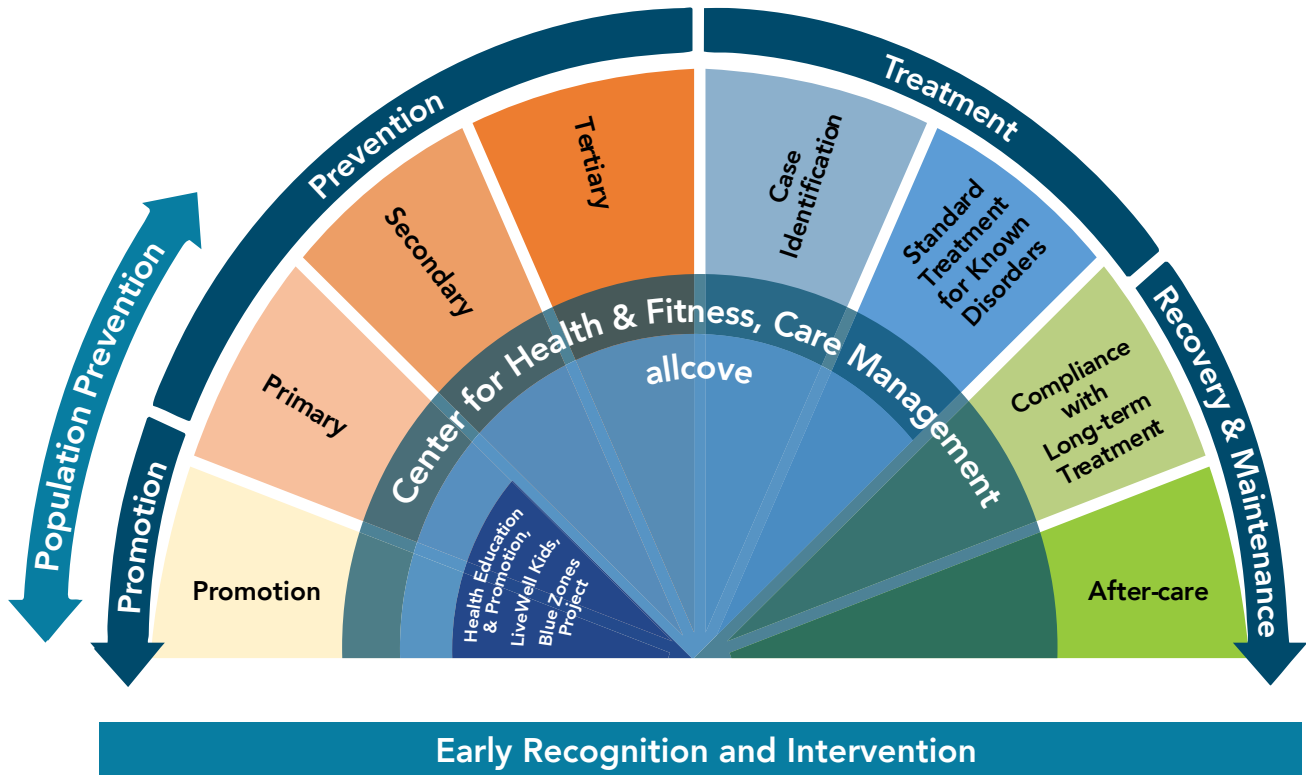
The World Health Organization defines health as a “state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” This definition highlights the essential role of prevention and health promotion in fostering well-being at both individual and community levels.

Beach Cities Health District's (BCHD) health promotion and prevention role in the health continuum is critical. While clinical care often focuses on treating individuals after illness occurs, BCHD works “upstream” to create conditions that keep entire populations healthy.

Public health interventions are commonly categorized into four different approaches (Kisling & Das, 2023):

- **Health promotion** - A proactive approach focused on empowering individuals and communities to enhance well-being by improving social and environmental conditions that support healthy lifestyles.
- **Primary prevention** - Prevents the onset of new disease or injury by addressing health behaviors and risk factors.
- **Secondary prevention** - Emphasizes early detection and treatment of diagnosable diseases to halt progression and improve outcomes.
- **Tertiary prevention** - Aims to manage existing diseases by reducing severity, preventing complications and minimizing long-term effects.

Chronic diseases related to unhealthy eating, smoking and physical inactivity remain significant challenges. These preventable diseases — such as heart disease, cancer, stroke and diabetes — are responsible for seven out of ten deaths annually in the U.S. and account for more than 75% of national healthcare spending (Raghupathi & Raghupathi, 2018). BCHD's prevention efforts aim to reduce these burdens locally while improving overall community health and well-being.



Adapted from the Institute of Medicine Continuum of Care Model

As a public health agency, BCHD implements programs that prioritize health promotion and primary prevention strategies. These initiatives focus on creating environments that empower residents to adopt and maintain positive health behaviors.

Health Education & Promotion: Various health behaviors are promoted through multi-faceted communications methods (e.g. electronic newsletters, collateral, social media, digital and print advertisements). Health topics include vaccinations, mosquito bite prevention, sun safety and cancer screenings.

LiveWell Kids: Partnering with all three school districts in the Beach Cities, this program addresses childhood obesity by promoting lifelong healthy habits through garden and nutrition education.

allcove Beach Cities: This youth drop-in center emphasizes prevention and early intervention for mental health. With a “no-wrong-door” approach, allcove ensures young people can access the support they need in a welcoming and inclusive environment.

Blue Zones Project: This initiative uses environmental and policy approaches to make the “healthy choice the easy choice.” In collaboration with local grocery stores, restaurants, schools, city governments and workplaces, BCHD fosters changes that encourage healthier living where residents live, work and play.

Care Management: This program provides services to improve the quality of life and maintain the independence of older adult residents and residents with disabilities within the Beach Cities. It is designed to address the challenges related to caregiving, isolation, difficulty with daily tasks, transportation, mobility, healthcare access and more.

Center for Health & Fitness: This certified, medically-based fitness center provides programs and services to promote healthy living and active aging through an integrated continuum of care. Programs include yoga, Pilates, weight management, nutrition and medical exercise training – classes for those with a chronic condition seeking guidance on treatment/management for conditions such as diabetes/hypertension, arthritis/joint replacement, low back pain, cancer care and osteoporosis.



Beach Cities Demographics

	Total Beach Cities		Hermosa Beach		Manhattan Beach		Redondo Beach	
	#	%	#	%	#	%	#	%
Total population	125,294	--	19,551	--	35,123	--	70,620	--
Age								
Youth (under 18 years old)	29,380	23%	3,779	19%	9,408	27%	16,193	23%
Adults (18-64 years)	77,469	62%	13,033	67%	19,882	57%	44,554	63%
Older Adults (65 years and older)	18,445	15%	2,739	14%	5,833	17%	9,873	14%
Gender								
Male	63,613	51%	10,553	54%	17,536	50%	35,524	50%
Female	61,681	49%	8,998	46%	17,587	50%	35,096	50%
Race								
White	85,376	68%	15,228	78%	26,129	74%	44,019	62%
Black or African American	2,463	2%	110	1%	148	0%	2,205	3%
American Indian & Alaskan Native	311	0%	2	0%	104	0%	205	0%
Asian	18,556	15%	1,431	7%	5,325	15%	11,800	17%
Native Hawaiian & Other Pacific Islander	252	0%	13	0%	44	0%	195	0%
Some Other Race	3,649	3%	498	3%	410	1%	2,741	4%
Two or more races	14,687	12%	2,269	12%	2,963	8%	9,455	13%
Ethnicity								
Hispanic or Latino	16,214	13%	2,228	11%	2,793	8%	11,193	16%
Not Hispanic or Latino	109,080	87%	17,323	89%	32,330	92%	59,427	84%
Poverty								
Total below poverty level*	6,005	5%	1,127	6%	1,117	3%	3,761	5%
Under 18 years below poverty level*	851	1%	210	1%	164	0%	477	1%

18-64 years below poverty level*	4,226	3%	839	4%	796	2%	2,591	4%
65 years and older below poverty level*	928	1%	78	0%	157	0%	693	1%

Disability

Total with a disability**	8,576	7%	1,243	6%	2,589	7%	4,744	7%
Under 18 years with a disability**	658	1%	157	1%	269	1%	232	0%
18-64 years below with a disability**	3,835	3%	652	3%	900	3%	2,283	3%
65 years and older with a disability**	4,083	3%	434	2%	1,420	4%	2,229	3%

Household Income

Median household income***	--	--	\$149,500	--	\$187,217	--	\$134,033	--
Mean household income***	--	--	\$231,463	--	\$280,470	--	\$177,901	--

U.S. Census Bureau, American Community Survey 5-Year Estimates, 2022

* Poverty status in the past 12 months. Percentage calculated based on total population for whom poverty status is determined.

** Percentage calculated based on total civilian non-institutionalized population.

*** Income in the past 12 months (in 2022 inflation-adjusted dollars).



Social Determinants of Health

Health is shaped by more than genetics or personal choices. It is also deeply influenced by the conditions in which people are born, live, work and age. These conditions, known as social determinants of health (SDoH) include factors like education opportunities, economic stability, healthcare access, neighborhood surroundings, and social and community context (Healthy People 2030).

The importance of SDoH lies not only in their power to shape overall health outcomes, but also in their role in creating health disparities. The U.S. Department of Health and Human Services estimates that clinical care accounts for only 20% of county-level variation in health outcomes, while SDoH account for as much as 50% and are a major driver of health disparities (U.S. Health and Human Services, 2022). Unequal access to resources, opportunities and supportive environments can lead to significant differences in health outcomes across different groups.

For example, people who live in neighborhoods without access to fresh foods are at greater risk for diabetes, obesity and heart disease, and those who live in areas with high levels of air pollution levels are more likely to experience respiratory conditions like asthma, emphysema and chronic obstructive pulmonary disease (Centers for Medicare & Medicaid Services, 2024). Promoting health equity — ensuring that everyone has a fair and just opportunity to be as healthy as possible — requires addressing these systemic barriers.

When discussing health indicators in this report, such as economic stability, education levels or housing, it is important to understand their connection to health and their impact on equity. These factors may not traditionally be viewed as health issues, but they are foundational to the well-being of individuals and communities.

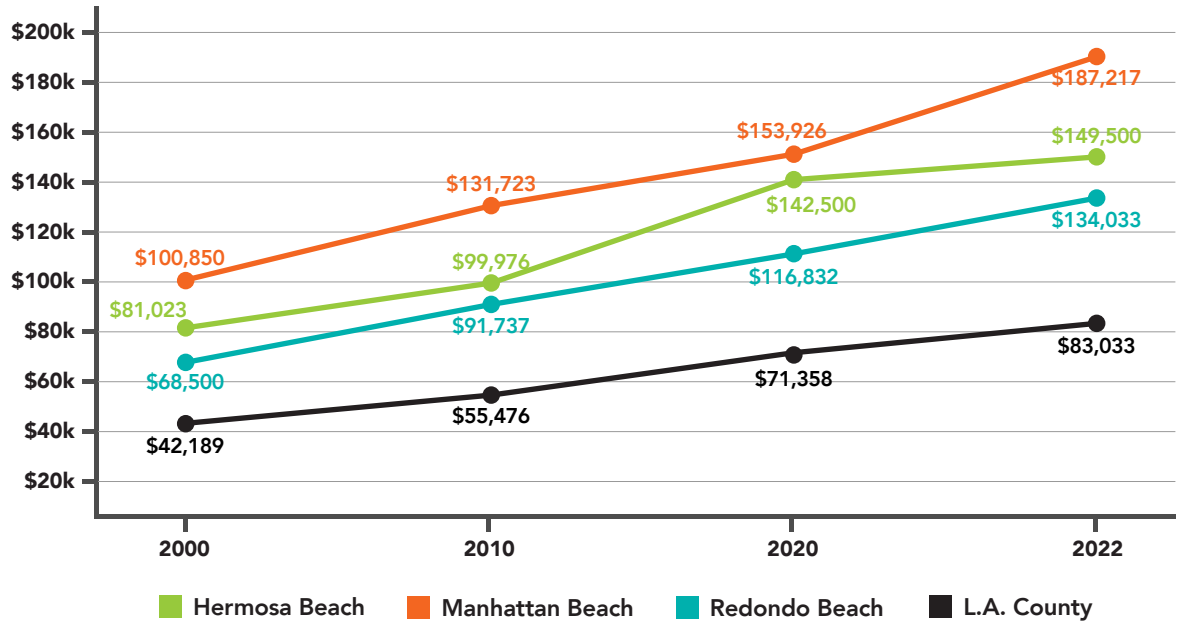
In the Beach Cities, high levels of wealth, economic opportunities, education and healthcare access likely play a significant role in our community's positive health outcomes. However, while these social determinants foster overall well-being, it is crucial to identify and address gaps to reduce health disparities and deepen our understanding of the many factors that shape individual and community health.

As revealed through BCHD Focus Groups, there is a general lack of awareness and perceived accessibility of services, such as transportation and mental health supports. Despite the community’s strengths, including being health-conscious and promoting healthy activities, there is a clear need for expanded mental health resources, increased access to facilities like community health clinics and mental health urgent cares, and additional mental health education and support services.

Income & Poverty



Median Household Income



U.S. Census Bureau, American Community Survey 5-Year Estimates, 2022



Poverty

	Manhattan Beach	Redondo Beach	L.A. County
Population Living Below 100% of the Federal Poverty Level	2.4%	4.6%	13.8%
Population Living Below 200% of the Federal Poverty Level	5.6%	10.6%	31.6%
Children Living Below 100% of the Federal Poverty Level	2.0%	5.6%	19.6%
Children Living Below 200% of the Federal Poverty Level	5.3%	11.7%	44.0%

Population and Poverty Estimates (Provisional), prepared by Hedderson Demographic Services for Los Angeles County, 2022



Population in Households with Food Insecurity

★ HP2030

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
9.8%	9.2%	6.4%	11.6%	27.1%

Los Angeles County Health Survey, 2023



Free & Reduced Lunch Eligibility

Percent of K-12 students who are eligible to participate in the Free & Reduced Meal Program

	Hermosa Beach City School District	Manhattan Beach Unified School District	Redondo Beach Unified School District	L.A. County
Number	109	333	1,538	898,230
Percentage	8.2%	5.6%	16.2%	61.7%

California Department of Education, 2023-2024

Language



Language Spoken at Home

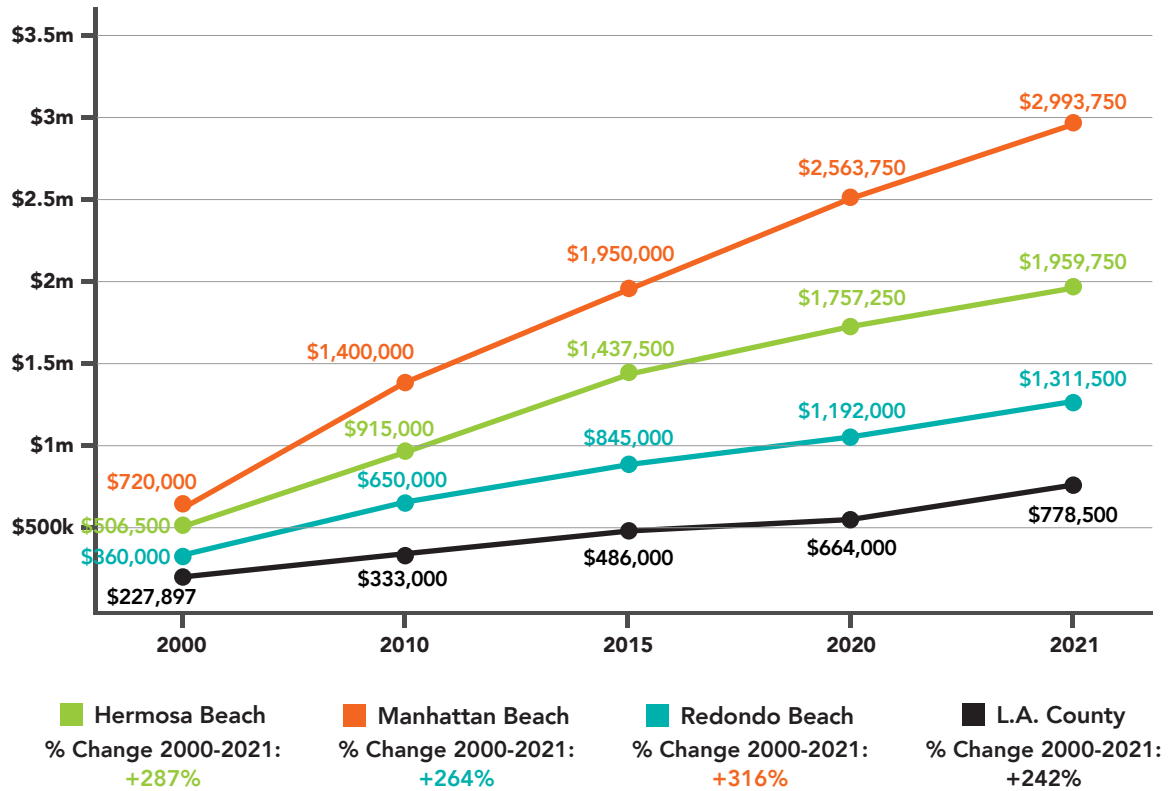
	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
Population with Limited English Proficiency	2.3%	2.4%	7.0%	22.9%
Speaks Only English	87.2%	85.5%	74.3%	44.5%
Speaks a Language Other than English	12.8%	14.5%	25.7%	55.5%
- Spanish	4.1%	3.3%	9.0%	38.3%
- Other Indo-European Language	5.5%	4.1%	7.2%	5.4%
- Asian & Pacific Island Language	2.5%	6.6%	8.2%	10.6%
- Other Languages	0.7%	0.6%	1.3%	1.2%

U.S. Census Bureau, American Community Survey 5-Year Estimates, 2022

Housing



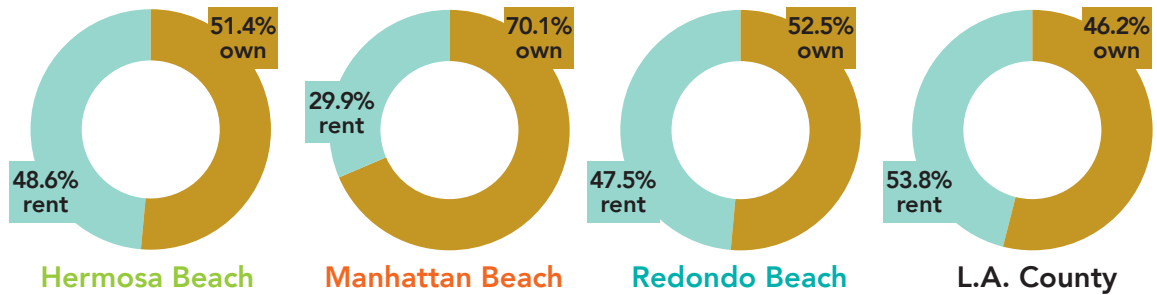
Median home sale prices



Southern California Association of Governments, Local Profile Report, 2021



Rent vs. Own Their Home



U.S. Census Bureau, American Community Survey 5-Year Estimates, 2022

Homelessness



Persons Experiencing Homelessness (Sheltered & Unsheltered)

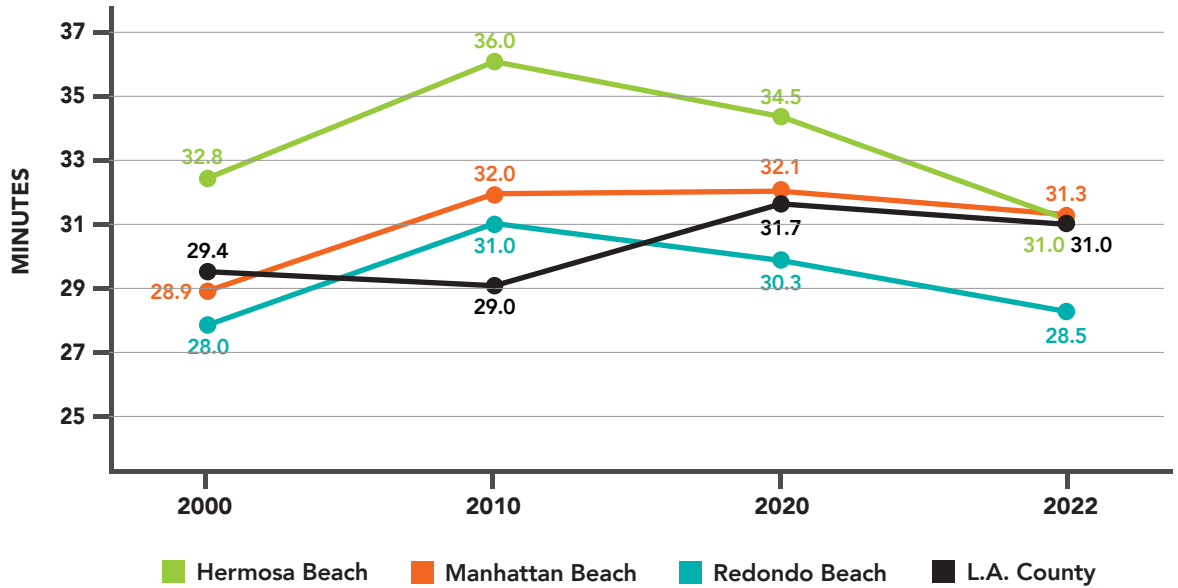
	Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach
2023	64	12	9	43
2024	46	6	2	38

Los Angeles Homeless Services Authority (LAHSA), Raw Counts Dashboard, 2024

Transportation



Average Travel Time to Work



U.S. Census Bureau, American Community Survey 5-Year Estimates, 2022



Workers who Commute to Work by Transit, Walking or Cycling

Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
6.7%	4.0%	5.5%	9.7%

U.S. Census Bureau, American Community Survey 5-Year Estimates, 2019

Education



Educational Attainment Among Adults

	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
Less than High School	0.8%	1.2%	3.7%	19.8%
High School Graduate	5.9%	5.0%	10.7%	20.4%
Some College	15.0%	15.6%	20.6%	25.2%
Bachelor's Degree or Higher	78.3%	78.2%	64.9%	34.6%

U.S. Census Bureau, American Community Survey 5-Year Estimates, 2022

Healthcare Access



Without Insurance ★ HP2030

	Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
Percentage	3.0%	2.6%	1.4%	3.8%	9.0%
Raw Count	3,686	498	503	2,685	888,735

U.S. Census Bureau, American Community Survey 5-Year Estimates, 2022



Adults with Difficulty Obtaining Needed Medical Care

Manhattan Beach	Redondo Beach	L.A. County
10.4%	14.9%	25.4%

Los Angeles County Health Survey, 2023



Children with Special Healthcare Needs

The higher rates of children with special healthcare needs in the Beach Cities compared to the County may be due to greater access to healthcare services, including routine health screenings, which can lead to higher rates of diagnosis and identification of special healthcare needs.

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
23.5%	31.9%	23.7%	21.5%	15.4%

Los Angeles County Health Survey, 2023

Environmental Health

Environmental health factors that impact air quality and clean water have a direct effect on our living environment. Exposure to diesel particulates and ozone can lead to respiratory issues, cardiovascular problems and other chronic diseases, while contaminated water can cause gastrointestinal illnesses and long-term health complications. These environmental health metrics are indicated below by the actual values along with the percentile rank across all cities across California with higher numbers indicating better outcomes.



Diesel Particulate Matter ★ HP2030

Average daily amount of particulate pollution from diesel sources, measured in kilograms (kg)/day.

	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
kg/day	0.231	0.219	0.158	0.274
Percentile Rank Across California Cities	12.8	14.7	25.0	3.6

CalEnviroScreen 4.0, 2016



Drinking Water Contaminants

Index score combining information for 13 contaminants and two types of water quality violations that are sometimes found when drinking water samples are tested.

	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
Value	286	237	288	604
Percentile Rank Across California Cities	84.6	91.4	84.1	14.3

CalEnviroScreen 4.0, 2011-2019



Ozone ★ HP2030

Average amount of ozone in the air during the most polluted eight hours of summer days, measured in parts per million (ppm).

	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
ppm	0.0426	0.0427	0.0420	0.0517
Percentile Rank Across California Cities	73.5	72.8	74.5	32.1

CalEnviroScreen 4.0, 2016-2018

Built Environment

There is a strong connection between where someone lives and their health and well-being. The built environment influences a person’s level of physical activity — whether there are safe and accessible park spaces, sidewalks, walking paths and bike lanes — but can also play a large role in our social-emotional and mental health by promoting social connections and our sense of belonging. Both older adult and youth participants in the BCHD Focus Groups agreed that living in the Beach Cities positively impacts their health due to the reasons mentioned above.



Recreational Space per Capita (Acres per 1,000 population)

This indicator provides information about the geographic locations of publicly available recreational spaces. It includes recreational spaces that are not typically considered conservation lands, such as community centers with basketball courts, playgrounds, pools or other publicly accessible recreational facilities. Notably, the Beach Cities has less recreational space per capita when compared to the rest of the County, but more Beach Cities residents live within walking distance to these recreational spaces.

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
4.4	7.3	6.8	2.4	92.9

GreenInfo Network, California Protected Areas Database, 2023
 County of Los Angeles, Countywide Parks and Open Space Dataset, 2023
 Trust for Public Land, ParkServe® Dataset, 2023
 Population Estimates (Provisional), prepared by Hedderson Demographic Service



Population Within 10-Minute Walk of a Recreational Space

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
91.8%	99.8%	95.6%	95.6%	64.2%

GreenInfo Network, California Protected Areas Database, 2023
 County of Los Angeles, Countywide Parks and Open Space Dataset, 2023
 Trust for Public Land, ParkServe® Dataset, 2023
 Population Estimates (Provisional), prepared by Hedderson Demographic Service



Children with Easy Access to a Safe Place to Play

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
95.6%	96.5%	96.1%	95.2%	82.1%

Los Angeles County Health Survey, 2023

Community Safety



Adults Reporting their Neighborhood is Safe from Crime

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
90.8%	88.9%	94.6%	89.5%	74.3%

Los Angeles County Health Survey, 2023



Adults who Always Feel Safe and Secure

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
75.9%	80.3%	79.6%	73.1%	59.3%

Gallup National Health & Well-Being Index (WBI), 2023

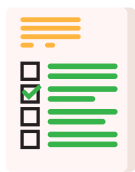


Serious Violent Crime (Crimes per 100,000 Population)

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
244.1	239.3	154.2	290.0	525.9

California Attorney General, Crimes and Clearances, 2018-2022
 Los Angeles Police Department, Crime Data from 2010-2019 and 2020-Present, 2018-2022
 Los Angeles County Sheriff's Department, Historical Crime Data, 2018-2022
 Population Estimates, prepared by Hedderson Demographic Service

Civic Engagement



Voter Turnout in 2020 General Election

Voter turnout is a measure of civic engagement. Consistent civic engagement can have a significant, positive impact on health outcomes and community health.

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
83.9%	84.2%	85.4%	82.9%	73.1%

University of California, Berkeley, Statewide Database, 2020



Health Overview of the Community

The Beach Cities consistently rank high in overall well-being, demonstrated by better outcomes in life evaluation, life expectancy and self-reported health status.



Well-Being Index (WBI)

Gallup’s WBI brings many health risk factors into a single well-being measure. Longitudinal data from the Gallup WBI reveals that the Beach Cities not only outperforms the nation but has also shown statistically significant improvements over time. These gains are particularly noteworthy given that well-being across the United States has declined in many of these areas coming out of the COVID-19 pandemic. The 2023 Beach Cities score of 68.0 outpaces the national score of 58.2. Notably, this year’s Manhattan Beach score of 70.6 is the highest community measurement ever recorded by Gallup out of more than 1,500 community scores since WBI measurement began in 2008.

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
68.0	69.3	70.6	66.5	58.2

Gallup National Health & Well-Being Index (WBI), 2023



Life Evaluation (% Thriving)

Life evaluation measures how people rate their current and expected future lives. Using the Cantril Self-Anchoring Striving Scale, Gallup asks people to imagine a ladder with 10 rungs, with the lowest rung representing the worst possible life and the highest rung representing the best possible life. Those who rate their current life at a seven or higher and their anticipated life in five years as an eight or higher are categorized as “thriving.” In 2010, 64.4% of Beach Cities and 53.2% U.S. adults were categorized as “thriving.” Since then, life evaluation in the Beach Cities has improved, even as it has declined nationally based on 2023 data.

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
71.3%	76.1%	75.3%	68.1%	48.9%

Gallup National Health & Well-Being Index (WBI), 2023



California Healthy Places Index

The California Healthy Places Index is a tool that combines various health, economic and social factors into a single index to assess and compare community well-being across cities in California. The metrics are presented in percentiles, indicating how a community ranks compared to others; for example, Hermosa Beach ranks healthier than 96.1% of other California cities.

Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
96.1	95.8	93.0	48.2

Public Health Alliance of Southern California, Healthy Places Index, v3.0



Health and Social Issues

When asked what the biggest health and social issues in the community were, BCHD Community Healthy Survey respondents indicated their highest concerns were **mental health, homelessness and cognitive health**. Across all BCHD Focus Groups, mental health emerged as a major concern in the Beach Cities, along with homelessness, social isolation and limited mental health services.

Mental Health (e.g. depression, anxiety, isolation, suicide, social media, stress)	72.3%
Homelessness, Housing Insecurity and Poverty	40.8%
Cognitive Health (e.g. Alzheimer’s and related dementias, traumatic brain injury)	32.3%
Substance Use (e.g. alcohol, tobacco)	32.0%
Nutrition and Exercise	29.3%
Preventive Care (e.g. annual check-ups, cancer screenings)	17.3%
Social Justice and Equity (e.g. racial discrimination, sexism, civil discourse)	16.0%
Emergency Preparedness (e.g. earthquake, tsunami)	15.7%
Violence Prevention (e.g. bullying, elder abuse, intimate partner violence)	15.7%
Other* (please specify)	12.8%
Infectious Diseases (e.g. COVID-19, influenza)	9.1%
Food Insecurity	6.7%

Beach Cities Health District Community Health Survey, 2024

*Answers for “Other” included concerns about crime, civility/lawlessness, political divisiveness, and pedestrian/e-bike safety.



Self-Rated Health Among Adults (Poor/Fair)

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
5.2%	4.4%	3.8%	6.2%	13.7%

Los Angeles County Health Survey, 2023



Life Expectancy at Birth (in years)

Life expectancy is a fundamental indicator of a community's overall health. It is strongly influenced by social determinants of health, such as economic stability, social factors and environmental conditions. Life expectancy in the Beach Cities is 3.5 years higher than the L.A. County average.

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
83.9	81.9	85.2	83.7	80.4

Los Angeles County Annual Death File 2022 (Provisional), assembled from California Department of Public Health Vital Records Data Population Estimates (Provisional), prepared by Hedderson Demographic Services for Los Angeles County, 2022



Mortality

	Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
All-Cause Mortality (Deaths per 100,000 population)	536.0	724.1	484.8	524.3	668.8
Coronary Heart Disease (Deaths per 100,000 population)	68.6	90.4	58.9	68.8	101.6
Colorectal Cancer ★ HP2030 (Deaths per 100,000 population)	--	--	9.7	8.8	12.9
Breast Cancer (Deaths per 100,000 female population)	--	--	--	15.8	18.9

Los Angeles County Annual Death Files 2018-2021 and 2022 (Provisional), assembled from California Department of Public Health Vital Records Data
Population Estimates prepared by Hedderson Demographic Services for Los Angeles County, 2020



Leading Cause of Death – All Ages (per 100,000) in L.A. County

Cause of Death	Deaths	Rate per 100,000
Coronary Heart Disease	5,467	53.7
COVID-19	3,444	33.8
Alzheimer's Disease	2,466	24.2
Stroke	2,001	19.7
Diabetes Mellitus	1,754	17.2

L.A. County Department of Public Health, Office of Health Assessment and Epidemiology, Patterns in Mortality Among Los Angeles County Residents, 2022



Health Priority: Mental Health & Substance Use

In 2023, one in five American adults experienced symptoms of anxiety and depression, while two in five high school students reported struggling with persistent feelings of sadness or hopelessness (CDC, 2024a). Findings from BCHD Focus Groups reflect this national trend, with participants highlighting the COVID-19 pandemic's significant impact on emotional and behavioral health across all age groups. Participants emphasized the need to expand mental health education in schools and communities, increase the availability of mental health services and facilities, and address barriers such as transportation and stigma.

While rates of depression and suicidal ideation in the Beach Cities are lower than County and national averages, mental health remains a key priority for the community as challenges persist across specific indicators and age groups:

- **Stress:** Nearly half of Beach Cities adults report significant daily stress. While stress in the Beach Cities has decreased by 11% since 2010, it continues to be higher than the national average.
- **Loneliness:** Nearly 1 in 5 adults report little or no connection to others, making this an emerging concern.
- **Suicidal Ideation:** Despite downward trends since the COVID-19 pandemic, an alarming 1 in 15 7th and 9th graders report seriously considering attempting suicide within the past 12 months.
- **Mental Health in Adults:** Adults ages 18 to 44 experience higher levels of stress and worry, report poorer mental health status, and face greater challenges with loneliness and social connection than older adults.

If unaddressed, these challenges can lead to substance use and physical health issues, affecting overall well-being.

Mental health problems and substance use disorders often co-occur; more than one in four adults living with a serious mental health issue also have a substance use problem. This is driven by overlapping factors such as brain composition changes, genetic predispositions and early exposure to stress or trauma (Substance Abuse and Mental Health Services Administration, 2023). Recognizing the close link between mental health and substance use, BCHD combined these topics into a single health priority.

Several factors contribute to substance use in a community including alcohol and tobacco retail density, public policies and laws, and perception of drug use. Since first identifying substance use as a health priority, rates in the Beach Cities have largely aligned with County and State averages except for alcohol use, which remains notably high. While youth substance use data in the Beach Cities shows an overall trend in the desired direction, insights gathered from Beach Cities youth in BCHD Focus Groups and clients at allcove Beach Cities reveal that young people are still using substances at troubling rates. External pressures, such as the drive to excel in school and extracurriculars, and the effects of social comparison amplified by social media, all play significant roles in their decision to use substances.

Substance use remains a key focus for the community, particularly with anticipated changes to the local landscape, such as the introduction of retail cannabis, evolution of vaping products, and shifts in social acceptability. Challenges around substance use continue to persist across specific indicators and age groups:

- **Alcohol:** Adult alcohol consumption is 67% higher than the U.S. average, and past 30-day alcohol use among youth exceeds County and State levels. Additionally, emergency calls involving alcohol far outnumber those related to other substances.
- **Cannabis:** Cannabis use among Beach Cities adults aligns with national trends but are higher than the County, with daily use below the U.S. average. While youth cannabis use has declined, vaping has emerged as a preferred delivery-method, requiring ongoing monitoring.
- **Tobacco:** Significant progress has been made in tobacco control policies and smoking rates. However, concerns remain regarding e-cigarette use among adults and the rising popularity of smokeless tobacco products like nicotine pouches (e.g., Zyn), which may appeal to youth.

Significant progress can be made in addressing mental health and substance use challenges among Beach Cities students and adults. Prioritizing continued investment in education, support services and prevention strategies will be essential to enhancing community well-being and achieving key objectives.

Health Objectives:

1. Decrease anxiety, depression and suicidal ideation
2. Reduce substance use (e.g. alcohol, cannabis, nicotine) across the lifespan
3. Increase community education for mental health and substance use prevention and access to early intervention services
4. Increase social connectedness to address loneliness and social isolation
5. Enhance stress resilience, positive coping strategies and mental well-being

MENTAL HEALTH

According to the Centers for Disease Control and Prevention (CDC, 2024b), mental health is an important part of health and well-being. It includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make healthy choices. Mental health is not simply the absence of a mental illness, but also the presence of well-being and the ability to thrive.

It is important to recognize that mental health and mental illness are distinct, as individuals can experience poor mental health without a formal diagnosis. Mental health is connected to physical health and contributes to one’s overall health. For example, depression increases the risk for many types of physical health problems like diabetes, heart disease and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness (CDC, 2024b).



Adult Depression (Current)

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
8.3%	10.7%	7.3%	8.1%	18.9%

Gallup National Health & Well-Being Index (WBI), 2023



Adults with Poor/Fair Mental Health or Emotional Well-Being

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
13.6%	11.2%	9.6%	16.1%	24.0%

Gallup National Health & Well-Being Index (WBI), 2023

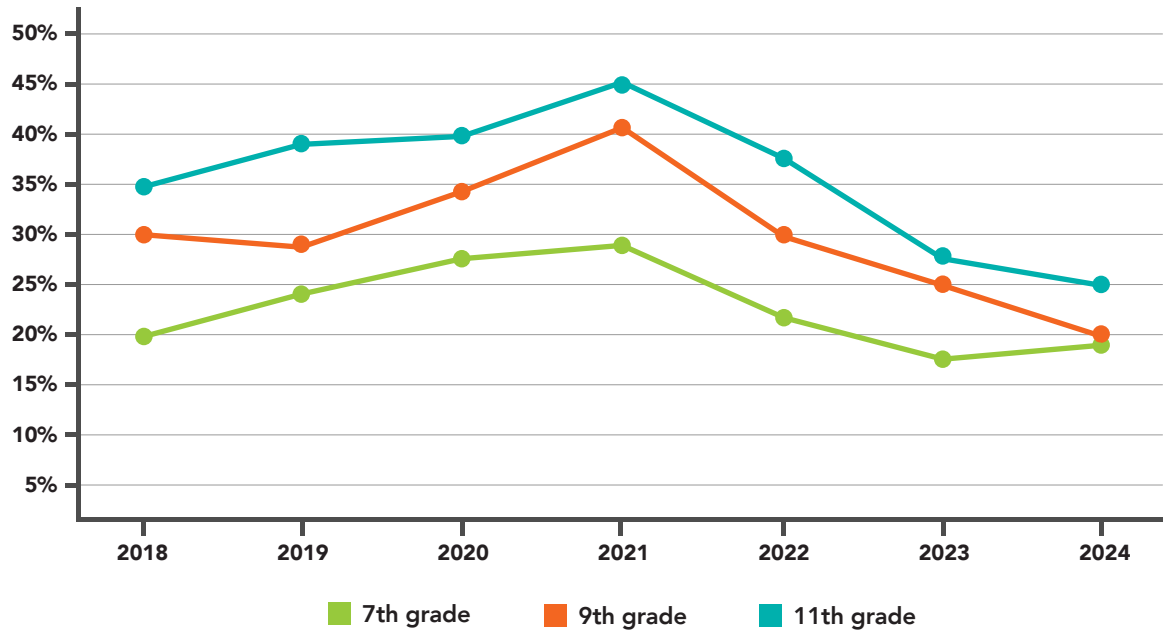
BCHD Focus Groups highlighted the significant impact of the COVID-19 pandemic on mental health across all age groups, with youth being particularly affected — a concern echoed in the U.S. Surgeon General’s 2022 advisory on protecting youth mental health. Data shows there was an uptick in youth mental health indicators during the pandemic, which have since plateaued to similar pre-pandemic rates. Research shows that early intervention — recognizing and addressing mental health or substance use challenges before they worsen — can improve recovery outcomes, reduce stress for individuals and families, prevent severe symptoms, and minimize related issues in work, school and relationships (National Council for Mental Wellbeing, 2024).

The following California Healthy Kids Survey data contains comparisons to County and State data. Note that County and State reporting periods are not always aligned with the most recent local school district-specific reports. County and State data is taken from the most recent reports, where available.



Youth - Chronic Sadness/Hopelessness

Percentage of Beach Cities students who reported experiencing chronic sadness/hopelessness in the past 12 months



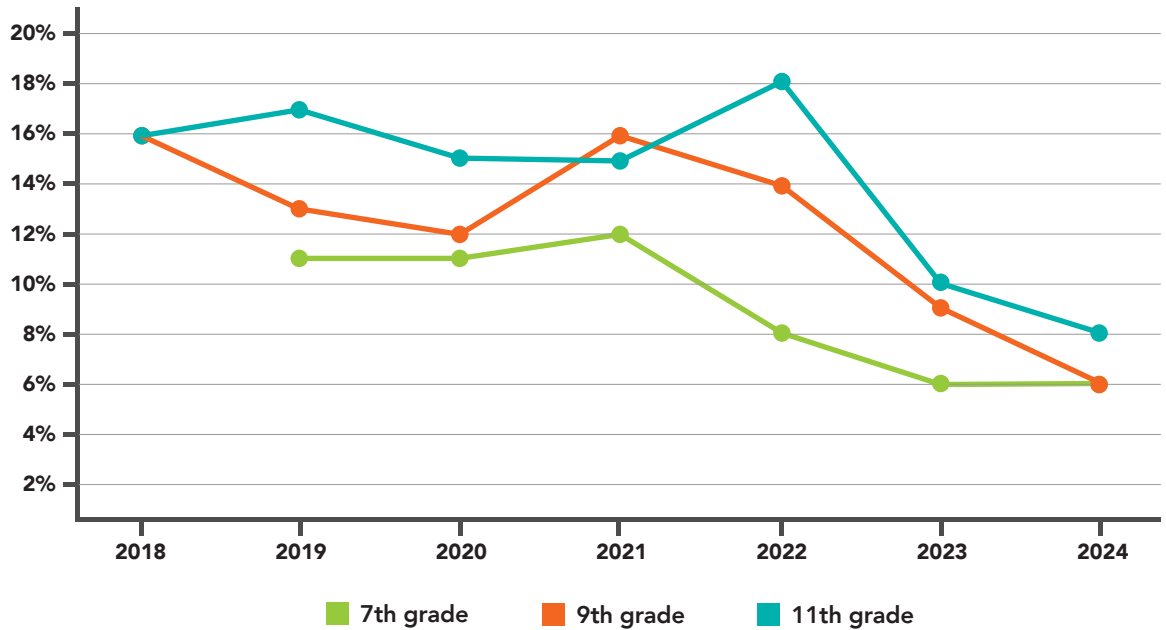
	2018	2019	2020	2021	2022	2023	2024	L.A. County 2021-23	CA 2019-21
7th grade	20%	24%	27%	29%	22%	17%	19%	32%	32%
9th grade	30%	29%	34%	41%	30%	25%	20%	35%	37%
11th grade	35%	39%	40%	46%	37%	27%	25%	36%	42%

California Healthy Kids Survey, 2018-2024



Youth – Suicidal Ideation

Percentage of Beach Cities students who reported seriously considering attempting suicide within the past 12 months



	2018	2019	2020	2021	2022	2023	2024	L.A. County 2021-23	CA 2019-21
7th grade	N/A*	11%	11%	12%	8%	6%	6%	12%	14%
9th grade	16%	13%	12%	16%	14%	9%	6%	13%	15%
11th grade	16%	17%	15%	15%	18%	10%	8%	13%	16%

California Healthy Kids Survey, 2018-2024

*Question was not asked in one or all school districts, unable to average



Youth - School Connectedness

Percentage of Beach Cities students who feel a sense of school connectedness (Agree/Strongly Agree)

	2019	2020	2021	2022	2023	2024	L.A. County 2021-23
7th grade	70%	N/A*	67%	65%	68%	67%	55%
9th grade	67%	N/A*	60%	67%	66%	66%	55%
11th grade	63%	N/A*	N/A*	61%	66%	67%	54%

California Healthy Kids Survey, 2019-2024

*Question was not asked in one or all school districts, unable to average

Loneliness

Loneliness, a critical public health concern, affects our physical and mental health. It’s associated with heart disease, dementia, stroke, depression, anxiety and premature death. Loneliness has become so common — affecting at least half of all adults in the United States — that in May 2023, the U.S. Surgeon General issued a government advisory that it was an urgent public health concern.

While numbers in the U.S. are slightly higher, **the 2023 Gallup Well-Being Index reported nearly one in five Beach Cities residents having little or no connection to other people**, highlighting the local relevance of this growing epidemic.



Adults Feeling Little or No Connection to Others

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
17.3%	15.8%	11.3%	20.4%	25.0%

Gallup National Health & Well-Being Index (WBI), 2023



Adults Experiencing Significant Loneliness

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
13.9%	12.0%	12.5%	15.0%	18.0%

Gallup National Health & Well-Being Index (WBI), 2023



Adults Receiving the Social and Emotional Support They Need

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
74.6%	74.5%	78.0%	72.9%	61.8%

Los Angeles County Health Survey, 2023

Stress

In 2010, nearly 52% of Beach Cities adults were experiencing significant daily stress — comparable to post-Hurricane Katrina New Orleans and significantly higher than the U.S. average of 46%. Although levels of stress in the Beach Cities have decreased by 11% since 2010, they remain higher than the national average.

Dan Witter, Research Director for Gallup’s Well-Being Index, offers insights into why stress levels might be elevated in the Beach Cities. He explains, “We tend to see ‘productive stress’ in more affluent areas with a high level of professionals working. Stress goes down as incomes go up, but you see a U-turn effect with stress going back up when a household income reaches \$180,000 and goes up even more at \$240,000.”



Adults Experiencing Significant Daily Stress

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
46.1%	40.9%	42.0%	49.2%	45.0%

Gallup National Health & Well-Being Index (WBI), 2010 and 2023



Adults Experiencing Significant Daily Worry

Worry is lower in the Beach Cities than the U.S. average and has also declined in the Beach Cities since 2010 (44%).

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
36.3%	30.4%	33.9%	38.9%	40.2%

Gallup National Health & Well-Being Index (WBI), 2010 and 2023



Personal Level of Stress on an Average Day

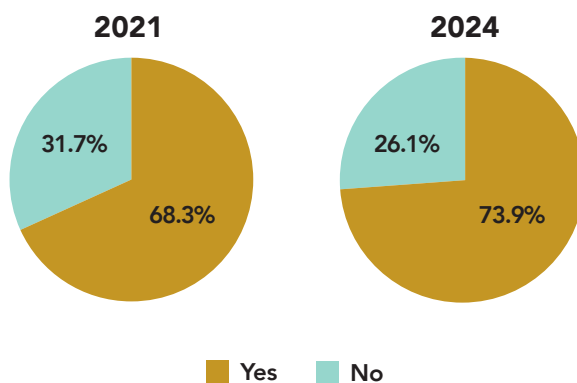
A comparison of the BCHD Community Health Survey data from 2021 and 2024 reveal a decline in stress levels over this period. This decrease reflects a shift from the heightened stress experienced in 2021, when the COVID-19 pandemic was a primary concern for many residents.

	2021	2024
No/slight stress	29.0%	47.9%
Average stress	42.5%	36.3%
Above average/extreme stress	28.5%	15.8%

Beach Cities Health District Community Health Survey, 2024



Comfortable with Current Level of Stress



Beach Cities Health District Community Health Survey, 2024



Causes of Stress

When asked what the current causes of stress were, the top answers included **political climate, current events, health and family.**

Political climate	52.9%
Current events	44.2%
Health	29.8%
Family	27.6%
Money	21.6%
Not enough time	21.3%
Job	19.3%
Caring for an aging person (relative, spouse, neighbor)	18.2%
Relationships (boyfriend/girlfriend, marriage, friends)	14.6%
Other* (please specify)	11.8%
Parenting	11.5%
Not being happy	8.7%
Social isolation	7.5%
Friends	5.5%
Housing situation	5.3%
I don't know when I'm stressed	4.4%
Commute	3.6%
School	2.0%

Beach Cities Health District Community Health Survey, 2024

*Responses that selected "Other" included work, home/rent, government and elections, supporting friends and family, grief, disputes with neighbors.

Mental Health Challenges

Mental health challenges, whether experienced directly or indirectly by a loved one, can affect a person’s daily life. Across all measures, Hermosa Beach residents show consistently higher rates in these key mental health areas compared to their neighboring cities and greater L.A. County. Notably, more than one third of Hermosa Beach residents over the age of 18 reported needing help for mental health problems. These findings emphasize the importance of prioritizing mental health support and resources within the community for individuals and families.



Mental Health Family Life Impairment

Adults were asked if their emotions interfered with their relationship with friends and family in the past 12 months.

Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
31.1%	23.0%	26.6%	25.6%

California Health Interview Survey, 2022



Adults Needing Help for Mental Health Problems

Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
34.7%	27.6%	28.2%	25.7%

California Health Interview Survey, 2022



Serious Psychological Distress

Serious Psychological Distress (SPD) is often used as a proxy measure for severe mental illness in a population. Adult respondents were asked six questions, known as the "Kessler 6," to assess symptoms of distress during a 30-day period in the past year.

Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
17.0%	11.6%	15.3%	16.2%

California Health Interview Survey, 2022



Mental Health Work Impairment

Adults were asked if their emotions interfered with their performance at work in the past 12 months.

Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
24.1%	17.0%	20.2%	20.1%

California Health Interview Survey, 2022

Civility

Civility and respect are foundational to healthy social interactions and a sense of community. When people experience or perceive high levels of incivility and disrespect, it can contribute to feelings of stress, anxiety and social disconnection, which are detrimental to mental health. A lack of civility can erode trust, discourage open communication, and create environments where individuals feel unsafe or unwelcome. In the Beach Cities and across the U.S., we are seeing high levels of incivility in both public and online forums, highlighting the need to build a culture of respect where people feel valued and supported in their community.



Adults Concerned about Incivility and Disrespect in the Community

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
54.9%	50.3%	61.0%	53.5%	65.0%

Gallup National Health & Well-Being Index (WBI), 2023



Incivility Online

More than one in four survey respondents indicated that they often encounter uncivil and disrespectful communication in online community discussions or social media.

Very often / Often	26.1%
Occasionally	31.1%
Rarely / Never	42.9%

Beach Cities Health District Community Health Survey, 2024



Incivility in Public Discussions and Debates

Nearly one in five survey respondents indicate that they often feel that public discussions in the community are conducted in an uncivil and disrespectful manner.

Very often / Often	19.1%
Occasionally	42.9%
Rarely / Never	38.1%

Beach Cities Health District Community Health Survey, 2024



Neighborhood Trust

90% of survey respondents trust the people in their neighborhood.

Trust them a lot	41.2%
Trust them some	48.4%
Trust them only a little	8.4%
Do not trust them at all	1.9%

Beach Cities Health District Community Health Survey, 2024

Social Media

The impact of social media on mental health is an emerging concern being closely monitored at both local and national levels. There is a growing recognition of the need for safeguards, including enhanced education and awareness, policy development, and stronger communication between parents, caregivers and young people to address its effects. It's important to note that the majority of BCHD Community Health Survey respondents were older adults, a demographic that typically uses social media less frequently than youth. In contrast to the one in five survey respondents that believe that they spend too much time on social media, the U.S. Surgeon General's Advisory on Social Media and Youth Mental Health highlights that up to 95% of youth aged 13-17 report using a social media platform, with more than one in three stating they use social media "almost constantly" (U.S. Department of Health and Human Services, 2023).



Social Media Use and Impact

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
My screen time negatively affects my mental health (e.g. stress, anxiety, mood)	21.1%	29.6%	30.7%	14.5%	4.1%
I spend too much time on social media	29.3%	28.8%	21.4%	16.8%	3.8%

Beach Cities Health District Community Health Survey, 2024

Body Image



Guilt or Shame Related to Eating Habits

One in six respondents often experience feelings of guilt or shame related to eating habits or body shape. In BCHD Focus Groups with youth, body image also emerged as a significant concern.

Very often	4.8%
Often	11.4%
Occasionally	25.8%
Rarely	36.3%
Never	21.7%

Beach Cities Health District Community Health Survey, 2024



Dissatisfied with Body Image

One in four respondents feel dissatisfied with their body image often in the past month.

Very often	9.3%
Often	15.0%
Occasionally	34.8%
Rarely	25.1%
Never	15.8%

Beach Cities Health District Community Health Survey, 2024

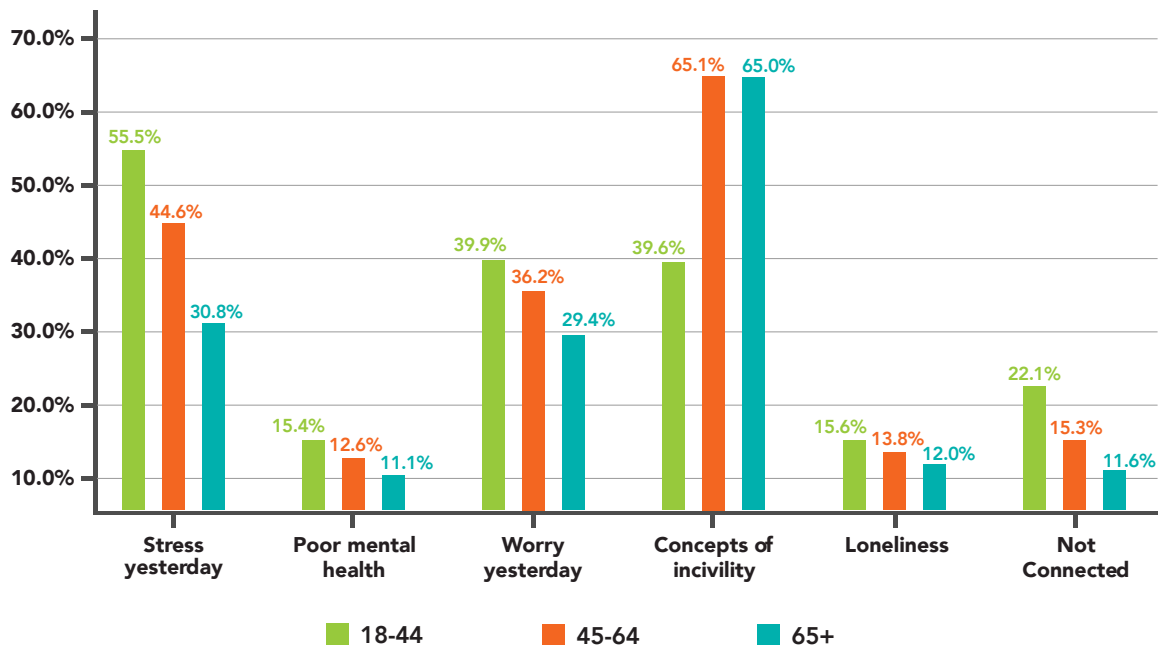
Mental Health: Trends by Age

With exception to concerns about incivility in the community, adults ages 18 to 44 report worse mental health outcomes compared to those ages 45 and older. These adults experience higher levels of stress and worry, report poorer mental health status, and face greater challenges with loneliness and social connection. One contributing factor may be the increasing parental pressure and burnout experienced by many in this age range, as they juggle the demands of raising children, managing careers and navigating social expectations. The U.S. Surgeon General has addressed these concerns in recent advisories, recognizing the toll that parental pressure and burnout take on mental health. This disparity presents an opportunity to develop targeted programs and interventions to better support the mental health and well-being of adults ages 18 to 44.

HEALTH PRIORITY: MENTAL HEALTH & SUBSTANCE USE



Mental Health Metrics by Age

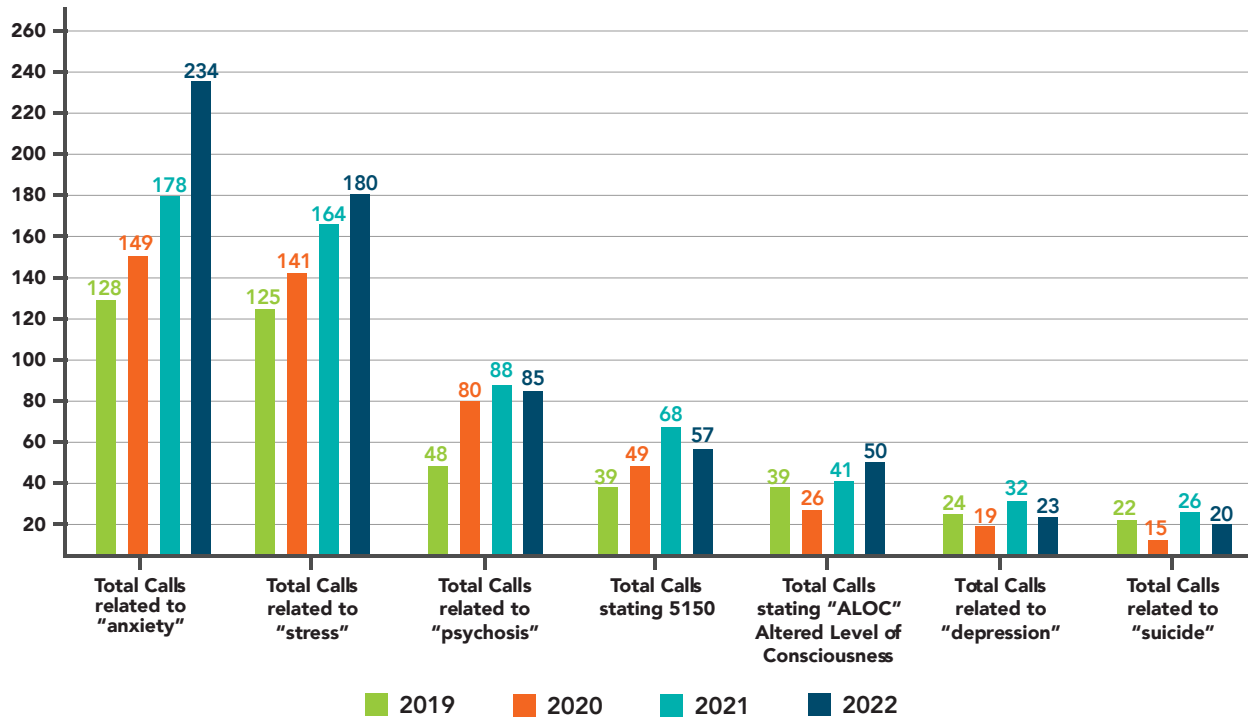


Gallup National Health & Well-Being Index (WBI), 2023

Emergency Services – Mental Health (Fire Data)

The charts below summarize the nature of the calls related to mental health made to the Redondo Beach Fire Department from 2019 – 2022 based on the incident narrative for each call.

Total Calls Related to Mental Health (2019-2022)



Redondo Beach Fire Department. Emergency Services Calls from 2019 to 2022.

The Mental Health category encompasses total calls related or stating the following terms: anxiety, stress, psychosis, 5150 (the code for temporary, involuntary psychiatric commitment of individuals who present a danger to themselves or others due to signs of mental illness), altered level of consciousness (ALOC), depression and suicide.

SUBSTANCE USE

According to the CDC, substance use refers to "the use of selected substances, including alcohol, tobacco products, illicit drugs, inhalants, and other substances that can be consumed, inhaled, or otherwise absorbed into the body with possible dependence and other detrimental effects" (CDC, 2024c). Several factors contribute to substance use in a community including alcohol and tobacco retail density, public policies and laws, and perception of drug use. People use drugs for many reasons, such as wanting to feel good, escape negative feelings, improve performance at school or work, or satisfy their curiosity. The desire to fit in, often influenced by peers, is particularly common among teens (National Institute on Drug Abuse, 2022).

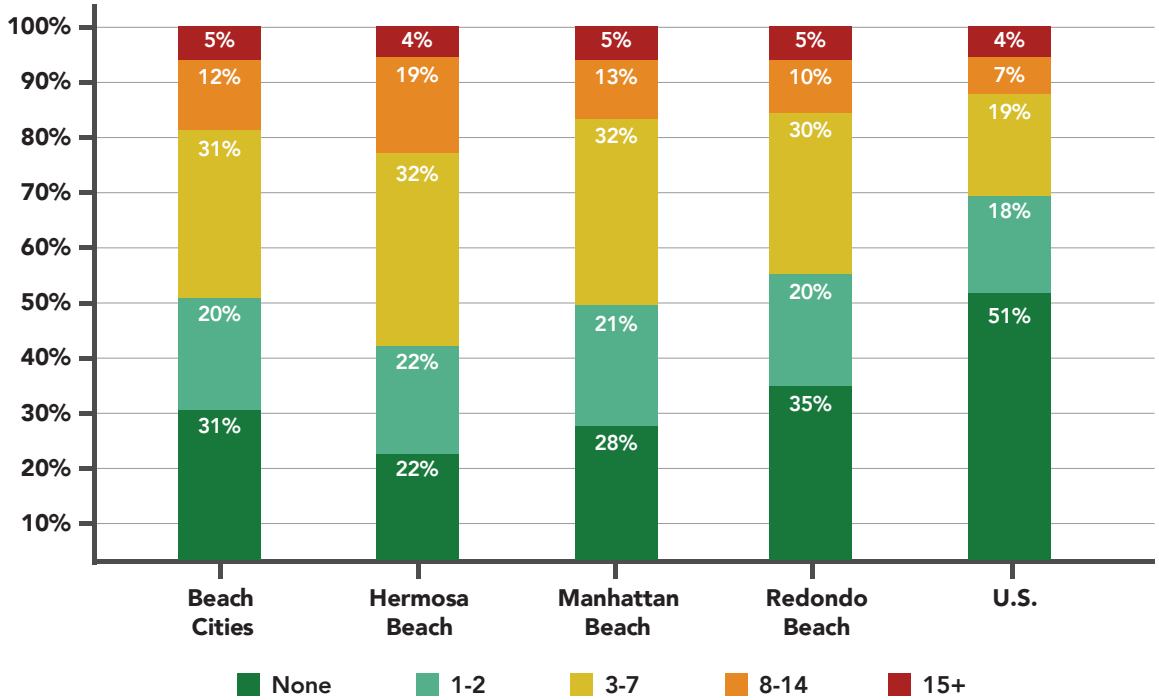
Alcohol

While heavy alcohol consumption among adults (15+ drinks per week) in the Beach Cities is only slightly higher than national figures, the Beach Cities stands out for having overall higher rates of alcohol consumption and far fewer individuals who abstain from alcohol entirely – 31% in the Beach Cities compared to 51% in the U.S. The average number of drinks consumed per week in the Beach Cities is 67% higher than the U.S. average, underscoring a distinct pattern of alcohol use in the community. These findings from the WBI are not only consistent with the L.A. County Health Survey which shows that both alcohol consumption and binge drinking rates are higher in the Beach Cities than L.A. County overall, but also with youth data from the California Healthy Kids Survey where past 30-day alcohol use exceeds County and State levels.

In January 2025, the Surgeon General released a health advisory outlining the direct link between alcohol consumption and increased risk for at least seven types of cancer (U.S. Department of Health and Human Services, 2025). The advisory notes that cancer risk increases as alcohol consumption increases, highlighting the importance of reducing alcohol intake as a preventive health measure. In addition, the CDC reports that adult alcohol use can influence underage drinking, as adolescents are more likely to drink when the adults around them consume or binge drink alcohol (CDC, 2024d). This trend is evident in Beach Cities youth data.



Adults - Alcoholic Drinks in a Typical Week ★ HP2030



	Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
Average Alcoholic Drinks per Week	4.2	4.9	4.4	3.9	2.5

Gallup National Health & Well-Being Index (WBI), 2023



Adults - Alcohol Use and Binge Drinking ★ HP2030

Binge drinking is defined as four or more drinks for women, or five or more drinks for men during an occasion.

	Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
Adults Who Use Alcohol (past month)	76.7%	84.4%	79.2%	73.3%	56.7%
Adults Who Binge Drink (past month)	24.5%	29.3%	26.1%	22.3%	22.1%

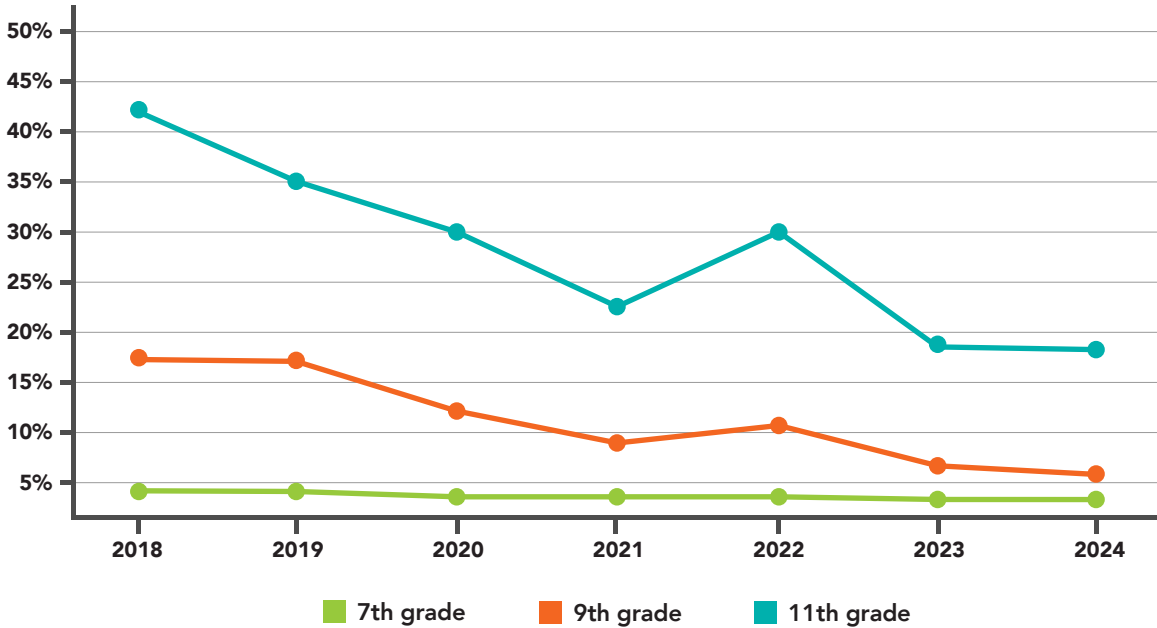
Los Angeles County Health Survey, 2023

The following California Healthy Kids Survey data contains comparison to County and State data. Note that County and State reporting periods are not always aligned with the most recent local school district-specific reports. County and State data is taken from the most recent reports, where available.



Youth – Alcohol and Other Drugs

Percentage of Beach Cities students who reported the use of alcohol or drugs in the past 30 days



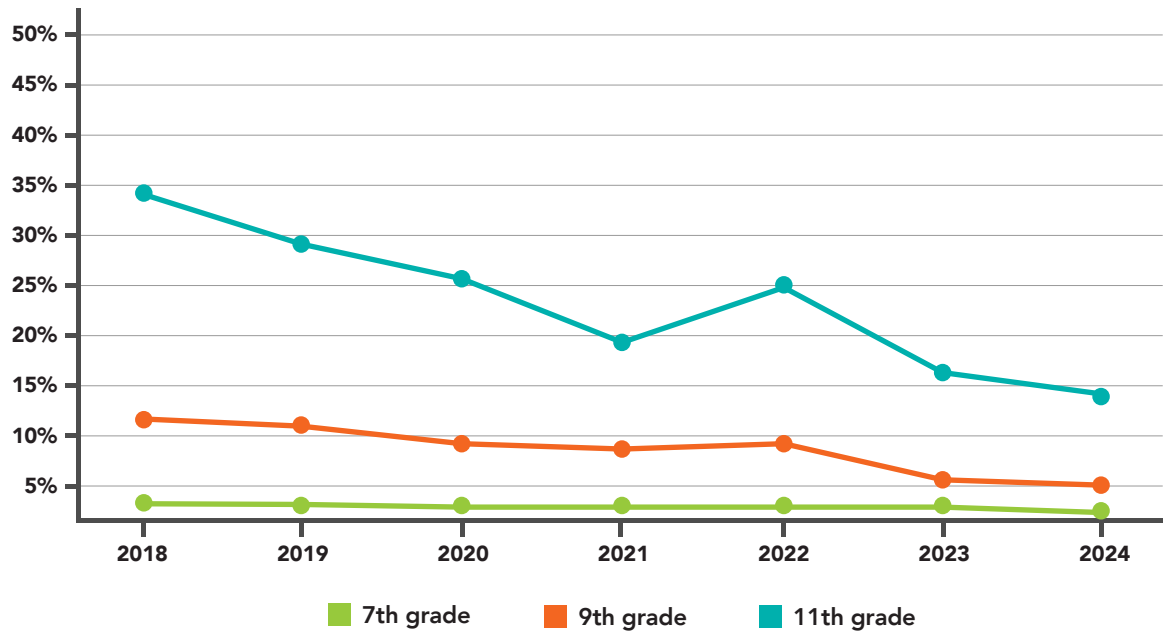
	2018	2019	2020	2021	2022	2023	2024	L.A. County 2021-23	CA 2019-21
7th grade	4%	4%	3%	3%	3%	2%	2%	4%	4%
9th grade	17%	16%	12%	9%	11%	7%	6%	8%	10%
11th grade	43%	35%	30%	23%	30%	18%	17%	14%	19%

California Healthy Kids Survey, 2018-2024



Youth – Alcohol Use

Percentage of Beach Cities students who reported the use of alcohol in the past 30 days



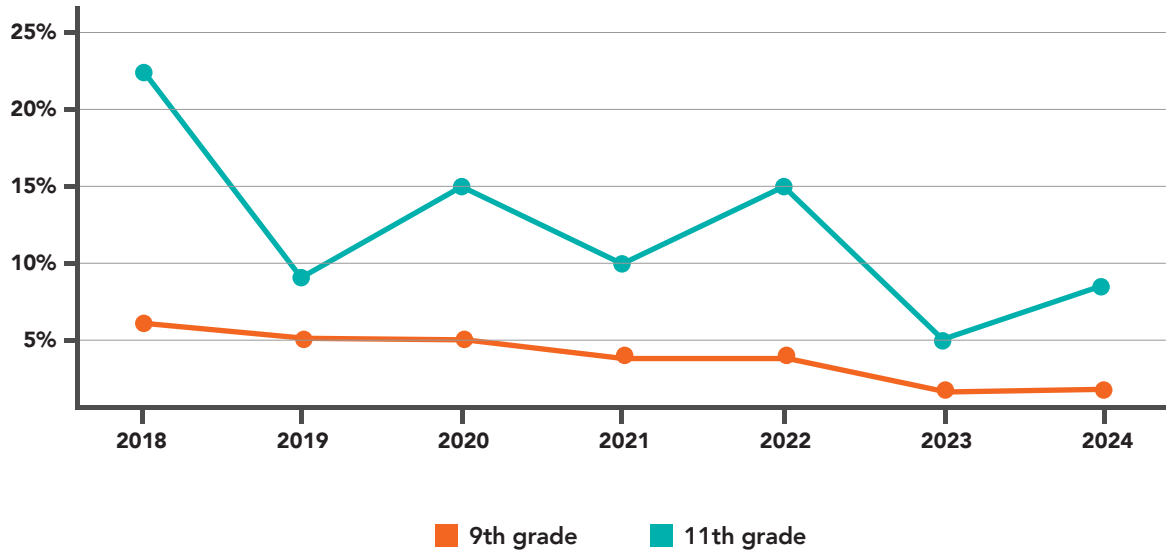
	2018	2019	2020	2021	2022	2023	2024	L.A. County 2021-23	CA 2019-21
7th grade	3%	2%	2%	2%	2%	2%	1%	2%	3%
9th grade	12%	11%	9%	7%	9%	6%	4%	6%	5%
11th grade	34%	29%	26%	19%	25%	17%	16%	10%	14%

California Healthy Kids Survey, 2018-2024



Youth - Binge Drinking (5 or more drinks in a row)

Percentage of Beach Cities students who reported binge drinking in the past 30 days



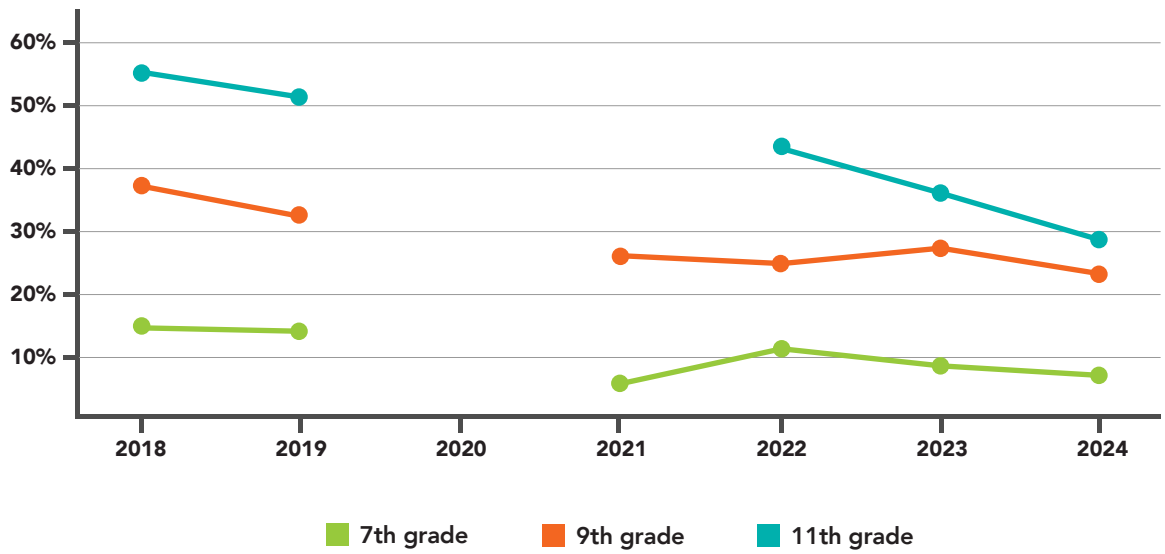
	2018	2019	2020	2021	2022	2023	2024	L.A. County 2021-23	CA 2019-21
9th grade	6%	5%	5%	4%	4%	1%	1%	2%	3%
11th grade	23%	9%	15%	10%	15%	5%	8%	5%	7%

California Healthy Kids Survey, 2018-2024



Youth – Perceived Ease of Access to Alcohol

Percentage of Beach Cities students who report it is “very easy” to obtain alcohol



	2018	2019	2020	2021	2022	2023	2024	L.A. County 2021-23
7th grade	15%	14%	N/A*	6%	11%	9%	8%	10%
9th grade	38%	33%	N/A*	27%	25%	28%	23%	19%
11th grade	55%	51%	N/A*	N/A*	43%	37%	29%	26%

California Healthy Kids Survey, 2018-2024

*Question was not asked in one or all school districts, unable to average

Alcohol Retail Density

All three Beach Cities have a high alcohol retail density relative to the County, with above average on-premises outlets (e.g., bars) and off-premises outlets (e.g., liquor and grocery stores). This high density increases access to alcohol, normalizes its use, and contributes to higher consumption rates among both youth and adults. Studies show that greater alcohol outlet density is linked to excessive drinking, injuries, violence and other alcohol-related harms. It also raises the risk of negative outcomes such as impaired judgment, chronic health issues and underage drinking, which can interfere with brain development and increase the risk of alcohol use disorder (National Institute on Alcohol Abuse and Alcoholism, 2024). In 2022, 43% of Beach Cities 11th graders reported that alcohol was “very easy” to obtain, compared to 26% of L.A. County students, reflecting the normalization and accessibility of alcohol in the community.

	Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
On-Premises Alcohol Outlet Density (Outlets per 10,000 Population)	25.6	35.6	28.5	21.4	10.4
Off-Premises Alcohol Outlet Density (Outlets per 10,000 Population)	9.2	11.4	9.4	8.6	6.5

California Department of Alcoholic Beverage Control, Active alcoholic beverage licenses for FY21-22, June 2022
Population Estimates (Provisional), prepared by Hedderson Demographic Services for Los Angeles County, 2022.

Cannabis

While the proportion of adults reporting any cannabis use in the past 30 days in the Beach Cities aligns with the U.S. average (about one in five), daily use is 50% lower than the national average. However, data from the L.A. County Health Survey indicates that overall cannabis use in the Beach Cities remains higher than the County average.

According to the U.S. Surgeon General, frequent marijuana use during adolescence is linked to impaired memory, attention and learning, as well as higher rates of suicide attempts and an increased risk of psychotic disorders. These risks are heightened with exposure to higher concentrations of THC, marijuana's psychoactive ingredient. Between 1995 and 2014, the average THC content in cannabis products has increased threefold, heightening these potential dangers (U.S. Department of Health and Human Services, 2019).



Adults - Past 30-day Cannabis Use

	Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
0 days	80%	79%	80%	80%	81%
1-2 days	7%	10%	9%	6%	5%
3-9 days	7%	4%	7%	8%	5%
10-29 days	4%	4%	4%	4%	4%
30-31 days	3%	3%	1%	4%	6%
Average Number of Days	1.9	2.2	1.4	2.1	2.7

Gallup National Health & Well-Being Index (WBI), 2023

Adults Who Use Marijuana (past month)

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
18.4%	22.6%	17.2%	17.8%	14.9%

Los Angeles County Health Survey, 2023

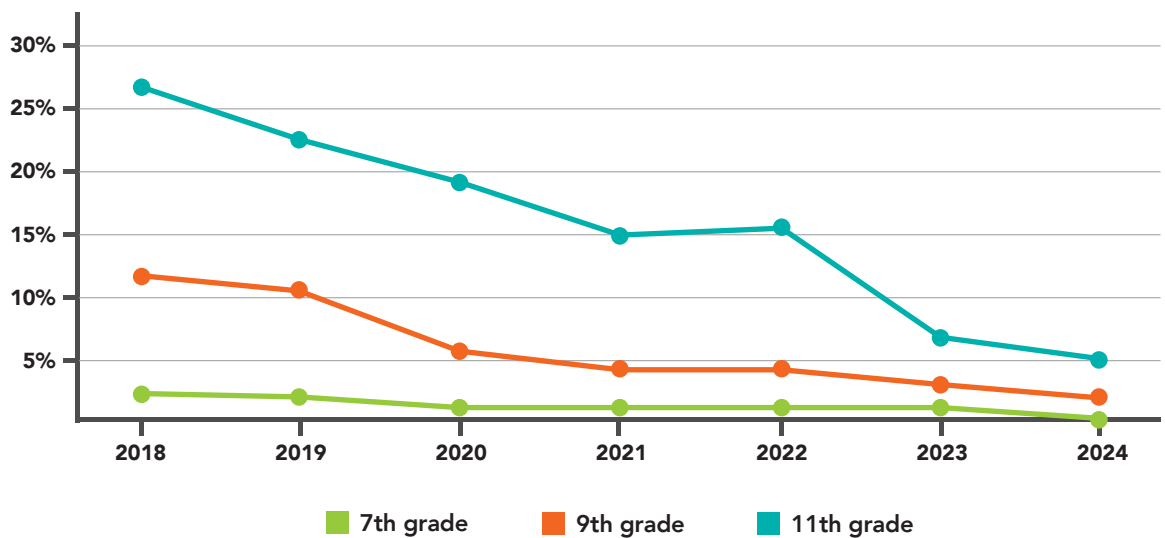


Youth – Past 30-Day Cannabis

Youth cannabis use has declined since 2018. However, this progress is at risk due to changes in the local retail marijuana landscape. Potentially lifting retail bans, the presence of unlicensed dispensaries in nearby cities and the availability of illegal online delivery services all contribute to this challenge. Additionally, marijuana products are evolving in ways that could appeal to both youth and adults who might not have used previously. This includes the rise of edibles and vaping products, along with a significant increase in product potency. These newer forms of consumption are growing in popularity among youth, raising concerns as the human brain remains vulnerable to marijuana’s negative effects until it fully develops at age 25 (CDC, 2024e).

Youth - Cannabis Use

Percentage of Beach Cities students who reported the use of marijuana in the past 30 days



	2018	2019	2020	2021	2022	2023	2024	L.A. County 2021-23	CA 2019-21
7th grade	2%	2%	<1%	<1%	<1%	<1%	0%	2%	2%
9th grade	12%	11%	6%	4%	4%	3%	2%	4%	6%
11th grade	27%	23%	19%	15%	16%	7%	5%	7%	12%

California Healthy Kids Survey, 2018-2024

Marijuana Retail Density

As of January 2025, no licensed retail cannabis establishments exist in the Beach Cities. Residents of Hermosa Beach and Manhattan Beach voted to ban retail cannabis in their cities, with Hermosa Beach permitting cannabis delivery. The City of Redondo Beach has approved retail cannabis, but it is still in the process of establishing the application and licensing procedures. The numbers provided below reflect unlicensed dispensaries in the Beach Cities, as obtained through the L.A. County Community Health Profiles.

	Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
Marijuana Storefront Retailer Density (Marijuana Storefront Retailers per 10,000 Population)	1.5	2.1	2.3	0.3	2.0

California Department of Cannabis Control, September 2023 (for data on licensed storefronts)

Weedmaps, May 2023 (for data on unlicensed storefronts)

Leafly, May 2023 (for data on unlicensed storefronts)

Los Angeles County Office of Cannabis Management, May 2023 (for data on unlicensed storefronts)

Population Estimates (Provisional), prepared by Hedderson Demographic Services for Los Angeles County, 2022.

Tobacco

The Beach Cities have taken significant strides in tobacco control, implementing comprehensive policies to regulate retail environments and reduce secondhand smoke exposure. All three cities enforce smoking bans in public spaces and require tobacco retail licenses to limit youth access to tobacco products. Manhattan Beach notably banned the sale of all tobacco and vaping products in 2020, earning the World Health Organization's "World No Tobacco Day" Award. **These measures have led to a 50% reduction in adult smoking rates in the Beach Cities since 2010, and a dramatic reduction in youth vaping since 2018.**

Although this decline is encouraging, ongoing education about the risks of tobacco and electronic cigarettes (e-cigarettes) remains essential. Data from BCHD Focus Groups with youth indicate that vaping continues to be a significant issue among Beach Cities youth, particularly in middle schools. Use of e-cigarettes in the Beach Cities is higher than state levels in both youth and adults. What is currently known about e-cigarettes is that they contain cancer-causing chemicals, can cause unintended injuries and specifically for youth, can increase the chances of using other tobacco products in the future (CDC, 2024f).



Adult Smokers

★ HP2030

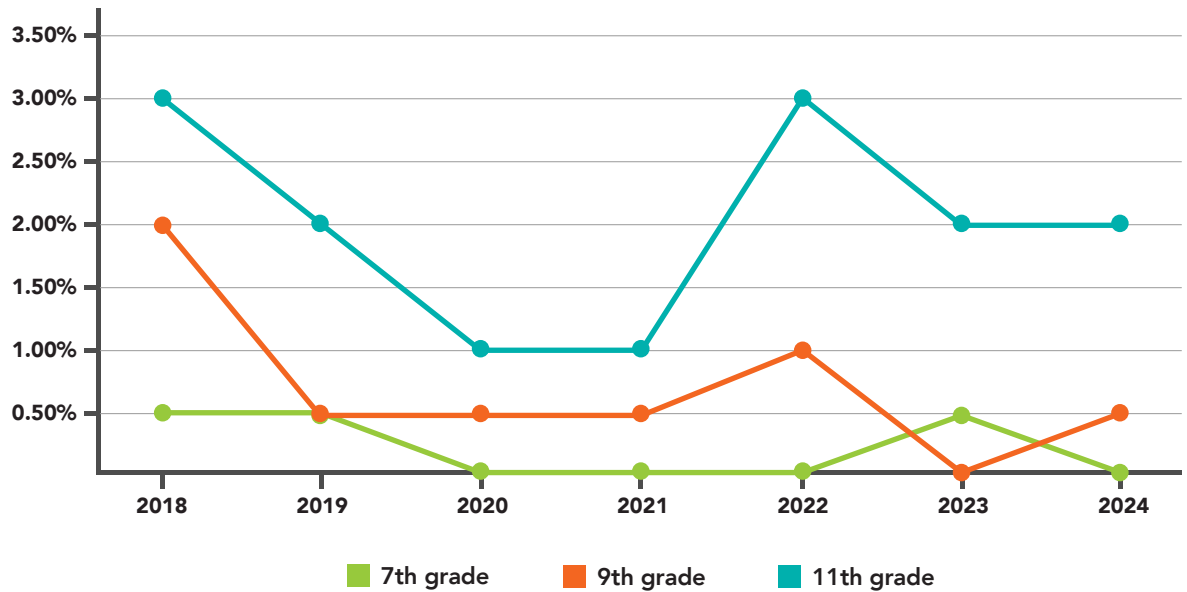
Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
3.4%	1.3%	0.8%	5.2%	10.9%

Gallup National Health & Well-Being Index (WBI), 2010 and 2023



Youth – Tobacco ★ HP2030

Percentage of Beach Cities students who reported the use of tobacco (cigarettes) in the past 30 days



	2018	2019	2020	2021	2022	2023	2024	L.A. County 2019-21	CA 2017-19
7th grade	<1 %	<1 %	0%	0%	0%	<1 %	0%	0%	< 1%
9th grade	2%	<1 %	<1 %	<1 %	1%	0%	<1 %	1%	2%
11th grade	3%	2%	1%	1%	3%	2%	2%	1%	2%

California Healthy Kids Survey, 2018-2024



Adults Who Use Electronic Cigarettes

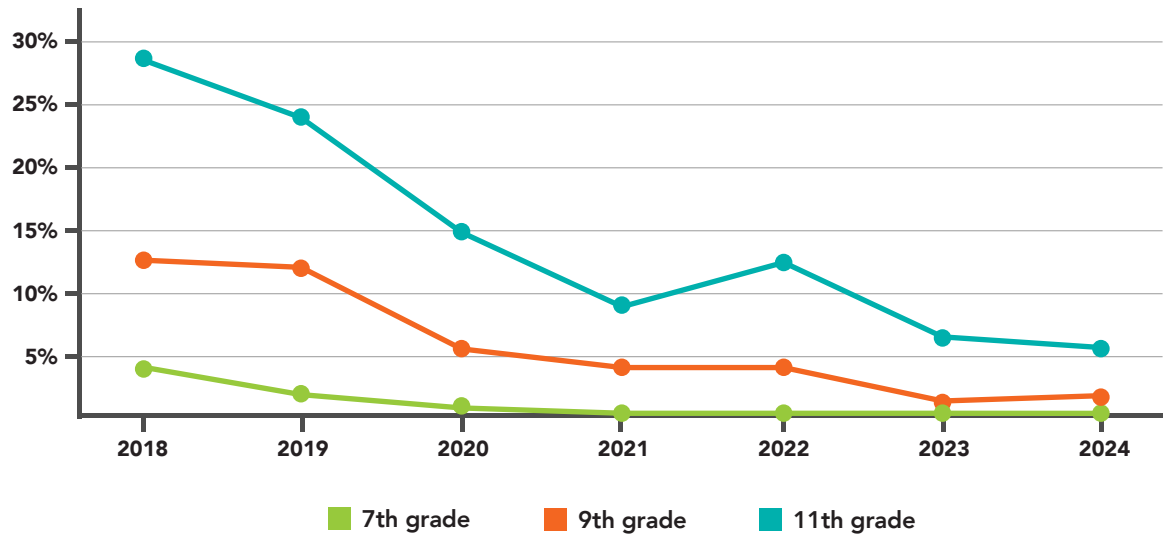
Manhattan Beach	Redondo Beach	L.A. County
5.9%	6.1%	5.7%

Los Angeles County Health Survey, 2023



Youth – Electronic Cigarette ★ HP2030

Percentage of Beach Cities students who reported use of vape products (e.g. e-cigarettes) in the past 30 days



	2018	2019	2020	2021	2022	2023	2024	L.A. County 2021-23	CA 2019-21
7th grade	4%	2%	1%	< 1%	< 1%	< 1%	< 1%	3%	2%
9th grade	13%	12%	6%	4%	4%	1%	2%	4%	6%
11th grade	28%	24%	15%	9%	13%	7%	5%	6%	10%

California Healthy Kids Survey, 2018-2024



Tobacco Retailer Density

	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
Total number of Tobacco Retailers	13	3	52	7,787
Retailers per 1,000 Population	0.7	0.1	0.7	0.8
Retailers within 1,000 feet of School	3	1	11	2,888

California Tobacco Health Assessment Tool (CHAT), 2024

Retailers are obtained through the California Department of Tax and Fee Administration for tobacco licenses obtained in 2023.



State of Tobacco Control Grade

The American Lung Association publishes an annual report card grading local jurisdictions on their efforts to reduce tobacco use and exposure through policy best practices.

Hermosa Beach	Manhattan Beach	Redondo Beach
B	A	B

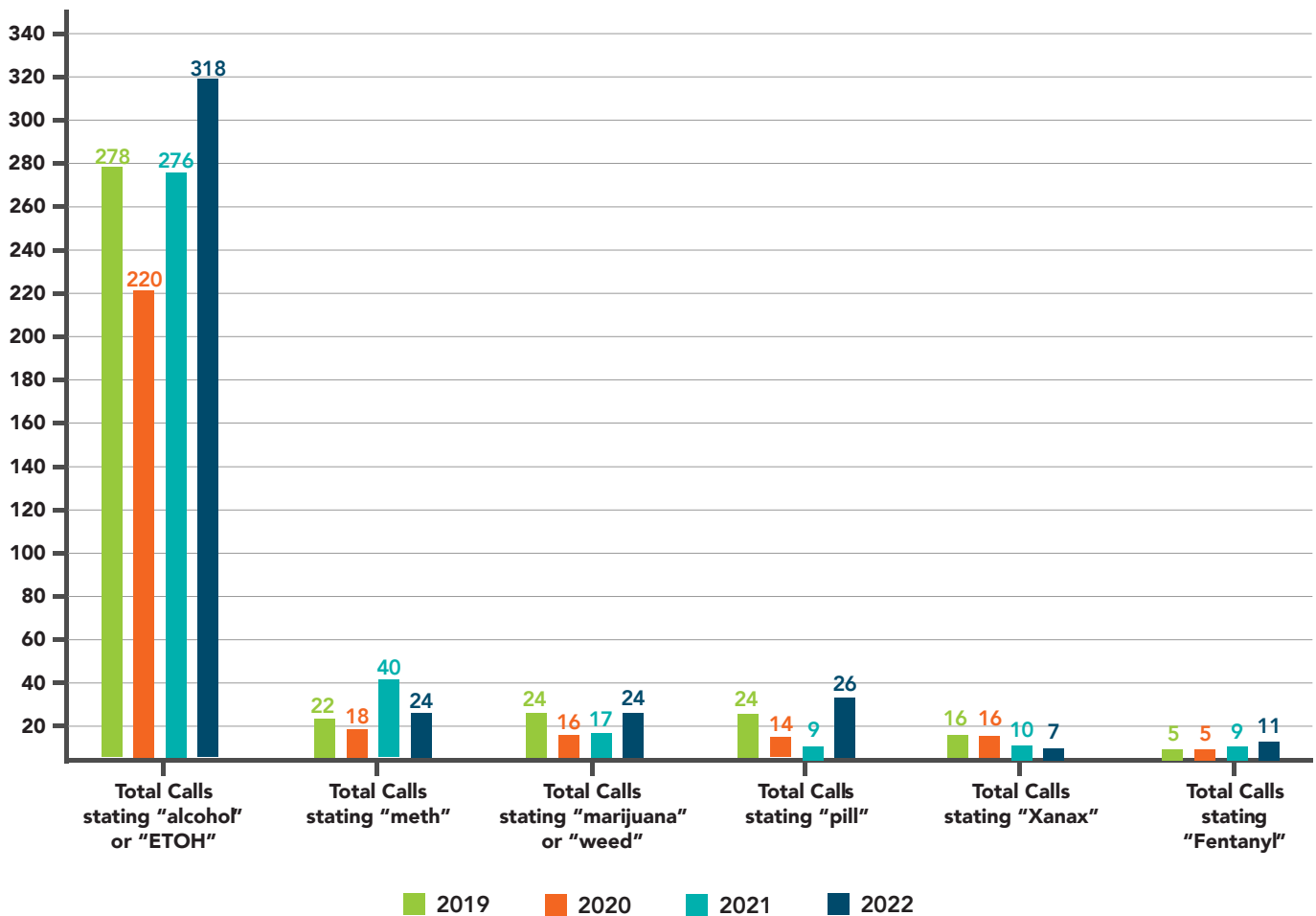
American Lung Association, State of Tobacco Control Grades 2024 Report: California Local Grades

Emergency Services – Substance Use (Fire Data)

The charts below summarize the nature of the calls related to substance use made to the Redondo Beach Fire Department from 2019 – 2022 based on the incident narrative for each call.

The data reveals that alcohol use is the primary cause of substance use-related emergency calls, accounting for an overwhelming majority of substance use-related incidents in Redondo Beach.

Total Calls Related to Substance Use (2019-2022)



Redondo Beach Fire Department. Emergency Services Calls from 2019 to 2022.

Total calls by substance were determined by categorizing the top six highest entries in relation to the following substance filters used: ETOH - medical term for alcohol, alcohol, marijuana or weed, meth, pill, Xanax, cocaine, fentanyl and caffeine.



Health Priority: Physical Health

Maintaining good physical health helps decrease the risk of developing many chronic health conditions and includes lifestyle aspects including fitness, nutrition and sleep. Physical activity and healthy eating affect levels of obesity, cancer, cholesterol and blood pressure, but can also directly affect one's cognitive health. In addition to lifestyle factors, physical health can be affected by genetics and the built environment.

The Beach Cities continues to remain a health-conscious and physically active community, surpassing L.A. County and U.S. rates of regular exercise and daily fruit and vegetable consumption. As a result, many of the health objectives under this priority focus on maintaining high levels of healthy behavior related to physical health:

- **Adult and Childhood Obesity:** The Beach Cities have lower rates of obesity, diabetes and hypertension than L.A. County. Historically, there have been significant improvements in obesity among students in the Redondo Beach Unified School District. The obesity rate was 20% in 2007 and has since dropped to 5%, the lowest it has been since measurement began.
- **Physical Activity:** 41% of Beach Cities adults meet the recommended guidelines for physical activity, compared to 36% in Los Angeles County.
- **Chronic Disease:** Rates of diabetes and hypertension in the Beach Cities are lower than the County. While high cholesterol is lower than the national average, it has increased 15% in the Beach Cities since 2010.
- **Cognitive Health:** The Alzheimer's disease-specific death rate in the Beach Cities (42.4 per 100,000) exceeds that of L.A. County (33.7 per 100,000).
- **Sleep:** In L.A. County, 34% of adults report getting insufficient sleep and 13% of Beach Cities 11th graders report missing school in the past month due to not getting enough sleep.

Additionally, children in the Beach Cities consume less sugar-sweetened beverages and fast food compared to L.A. County. These positive health outcomes directly impact healthcare utilization; Gallup estimates that the Beach Cities' stronger well-being measures in obesity, smoking and diabetes result in \$182 million in annual savings in direct healthcare costs (Witters, 2024).

Cognitive health, particularly Alzheimer's disease and dementia, is an emerging health concern. The Alzheimer's disease-specific death rate in the Beach Cities (42.4 per 100,000) exceeds that of L.A. County

(33.7 per 100,000). However, this difference may reflect variations in underlying health trends. In other parts of L.A. County, individuals with dementia or Alzheimer's may pass away earlier from preventable causes such as heart disease or stroke. Conversely, residents of the Beach Cities may benefit from fewer adverse social determinants of health, leading to longer lifespans — a key risk factor for dementia development. These concerns are reflected in the community, where cognitive health was identified as one of the top three health issues in our Community Health Survey.

Beach Cities Health District's Care Management program supports older adults and adults with disabilities in the Beach Cities with cognitive health decline being a major concern. Approximately 25%* of the Care Management caseload has cognitive impairment, including dementia. Referrals come from concerned family, friends, neighbors and the local senior centers. Close partnerships with first responders, including the police's Mental Health Evaluation (MET) Team, have connected BCHD Care Managers with isolated individuals experiencing possible dementia and in need of immediate support.

Physical Health, including Cognitive Health, remains a focus in the Beach Cities. The favorable health outcomes, like lowered obesity and chronic disease rates, can continue to be supported via public health interventions and practices.

Health Objectives:

6. Promote habits and practices to increase restful and restorative sleep
7. Improve health and quality of life for people with dementia, including Alzheimer's disease, and their caregivers
8. Maintain healthy eating habits and low percentage of residents who are obese or overweight
9. Improve biking and walking safety
10. Maintain high levels of physical exercise participation

*Percentage is based on in-person assessment by a BCHD Care Manager, including review of medical diagnoses, Saint Louis University Mental Status (SLUMS) cognitive assessment tool and additional collateral information.

Cognitive Health

Alzheimer’s disease and related dementias were the third leading cause of death in Los Angeles County in 2022. Among L.A. County Medicare beneficiaries, the estimated prevalence of Alzheimer’s and dementia was 15% in 2018, exceeding the State and U.S. averages of 10% and 11%, respectively. Currently, more than 160,000 individuals aged 65 and older in Los Angeles County have Alzheimer’s disease, and this number is projected to increase by 150% by 2040, underscoring the urgency of addressing this growing public health challenge (Healthy Brain L.A., 2022).

Though the most recent Beach Cities-specific data is from 2016, these figures indicated a higher Alzheimer’s disease-specific death rate in the Beach Cities compared to the County average. Additionally, 15% of respondents in the BCHD Community Health Survey reported that they or a family member are caring for someone experiencing memory or cognitive issues that significantly impact their ability to work or live independently.



Alzheimer’s Disease-Specific Death Rate (per 100,000)

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
42.4	54.7	36.4	43.4	33.7

2014-2016 Los Angeles County Linked Death Data, orig. California Department of Public Health California Comprehensive Death File Office of Health Assessment and Epidemiology, Los Angeles County Department of Public Health

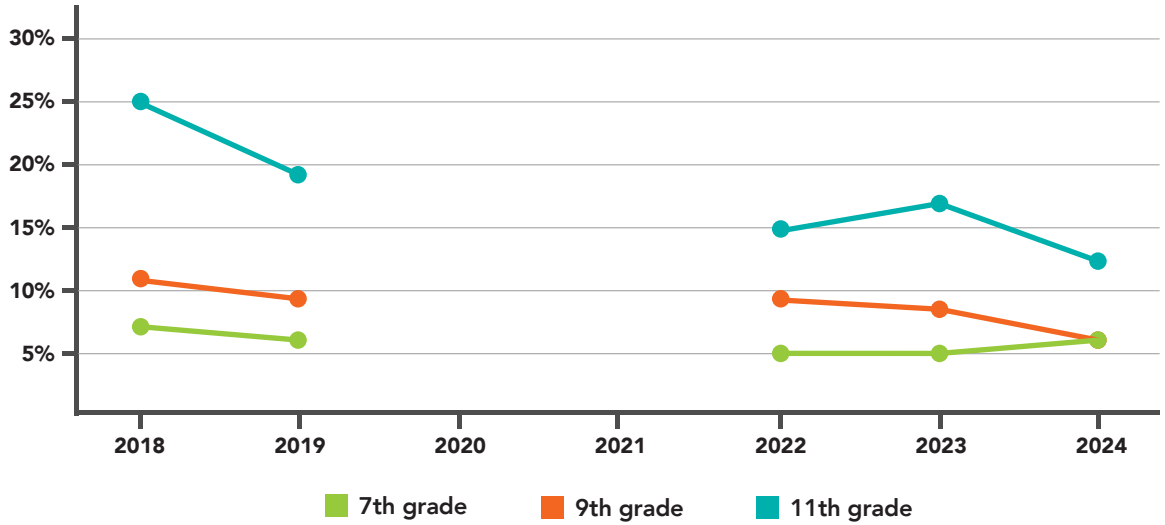
Sleep

Sleep plays a vital role in our health and emotional well-being. Not only does it impact how we think and learn, it helps with lowering the risk of chronic diseases. In Los Angeles County, 34% of adults report getting insufficient sleep, defined as sleeping less than seven hours in a 24-hour period (CDC, 2024g). Similar data is reflected in the BCHD Community Health Survey data that indicates only a third of Beach Cities adults are getting the recommended amount of sleep. It is recommended that school-aged children get 9 to 12 hours and teens get 8 to 10 hours per night (CDC, 2024g). Thirteen percent of Beach Cities 11th graders report missing school in the past month due to not getting enough sleep. Beach Cities-specific data is currently unavailable for youth sleep.



Students Missing School due to Not Enough Sleep

Percentage of Beach Cities students who reported missing school in the past 30 days due to not getting enough sleep. Note that County and State reporting periods are not always aligned with the most recent local school district-specific reports. County and State data is taken from the most recent reports, where available.



	2018	2019	2020	2021	2022	2023	2024	L.A. County 2021-23	CA 2019-21
7th grade	7%	6%	N/A*	N/A*	5%	5%	6%	9%	8%
9th grade	11%	9%	N/A*	N/A*	9%	8%	6%	10%	12%
11th grade	25%	19%	N/A*	N/A*	15%	17%	13%	13%	16%

California Healthy Kids Survey, 2018-2024

*Question was not asked in one or all school districts, unable to average



Adults – Hours of Sleep Each Night

Less than 4 hours	1.1%
4 to 6 hours	32.3%
7 hours or more	66.6%

Beach Cities Health District Community Health Survey, 2024



Adults – Overall Quality of Sleep

Excellent	13.1%
Good	52.2%
Fair	29.6%
Poor	5.2%

Beach Cities Health District Community Health Survey, 2024



Adults – Difficulty Falling Asleep (Nights per Week)

Nearly 6 in 10 indicated that they had some trouble falling asleep at least once a week.

0 nights	40.7%
1 to 2 nights	36.4%
3 to 4 nights	12.5%
5 to 6 nights	5.2%
7 nights	5.2%



Beach Cities Health District Community Health Survey, 2024

Chronic Disease

The proportion of adults above normal weight in the Beach Cities is 36% lower than the national average and has decreased by 24% since 2010, dropping from 60.0% to 45.5%. In contrast, U.S. rates have risen by 13% during the same period. Similarly, childhood obesity rates have continued to decline locally, with Redondo Beach Unified School District reporting just 5% obesity among students in the 2023-24 school year. These reductions are significant given the long-term health risks of childhood obesity, including diabetes, high cholesterol and continued obesity into adulthood.

Body mass index (BMI) is one potential health indicator that can be used to determine one’s overall physical health (CDC, 2024h). An increased BMI can also be coupled with the incidence of chronic diseases such as diabetes and hypertension, as seen in the figures below. Although Beach Cities adults report a lower rate of obesity than L.A. County (16.3% and 29.5%, respectively), approximately one in five Beach Cities adults are diagnosed with hypertension. Untreated or unregulated hypertension increases one’s risk for heart attack and stroke.



	Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
Adults with Obesity	16.3%	14.3%	13.8%	18.1%	29.5%
Adults with Diagnosed Diabetes 	6.9%	4.7%	6.0%	7.9%	11.4%
Adults with Diagnosed Hypertension 	21.8%	18.7%	19.6%	23.8%	27.8%

Los Angeles County Health Survey, 2023



Adults with Above Normal Weight (BMI > 25)

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
45.5%	42.1%	36.5%	50.5%	71.3%

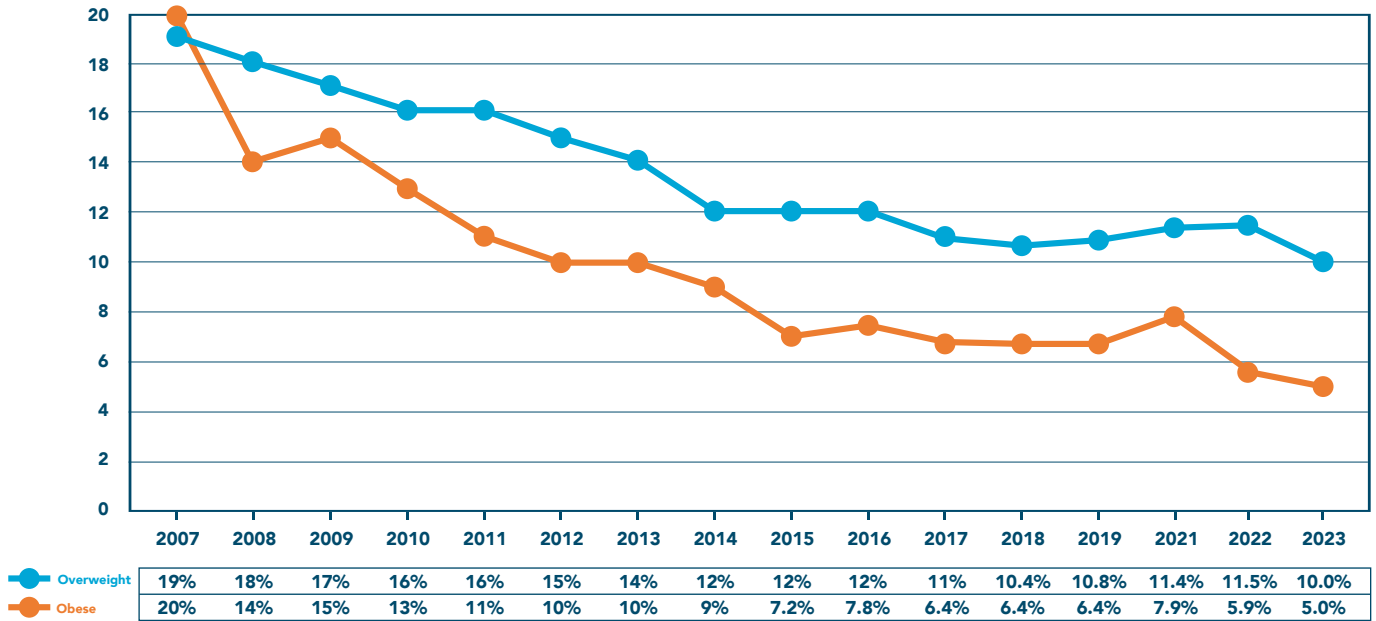
Gallup National Health & Well-Being Index (WBI), 2010 and 2023

Childhood Obesity

★ HP2030

Several factors contribute to a lowered rate of childhood obesity in and outside of the Beach Cities. Access to fresh fruits and vegetables, transportation, education and social determinants of health (education, income, occupation, wealth, etc.) play a role in determining lifestyle factors and choices. Additionally, increased access to safe spaces to exercise, including open space and school-based programming (mandated physical education minutes and/or supplemental nutrition and exercise-related programming) serve as protective factors against childhood obesity and related chronic diseases.

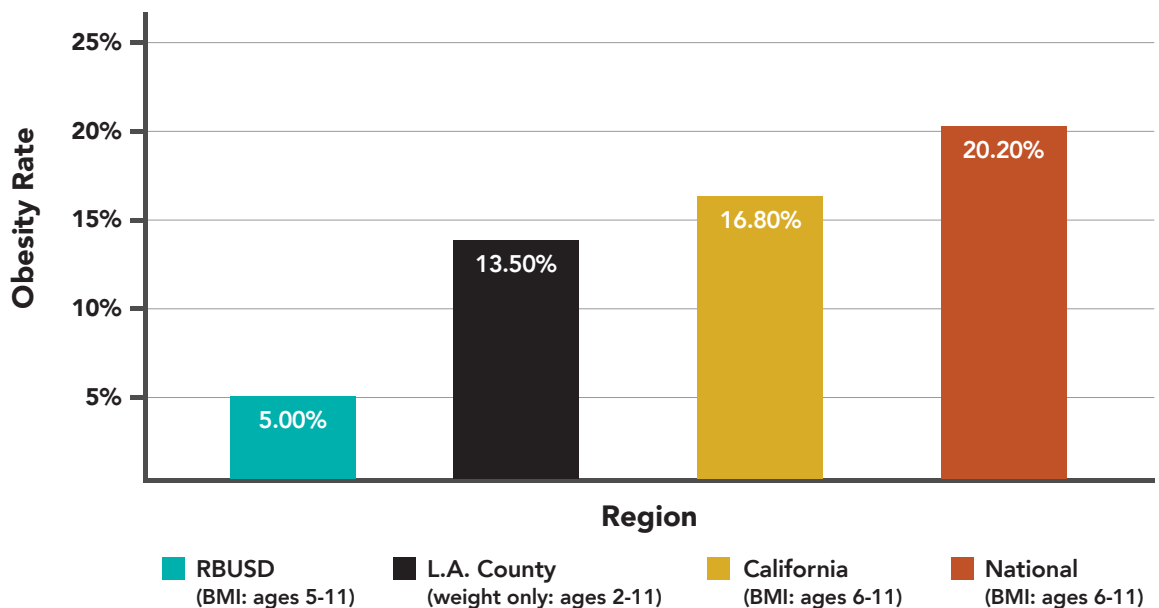
BMI Trends in RBUSD (2007-2023)



HEALTH PRIORITY: PHYSICAL HEALTH



Comparing Childhood Obesity Rates



National Survey of Children's Health, 2021-2022
California Health Interview Survey, 2020



Cancer Prevalence (lifetime)

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
10.3%	10.2%	13.0%	9.2%	9.6%

Gallup National Health & Well-Being Index (WBI), 2023



High Cholesterol (lifetime)

While rates of high cholesterol in the Beach Cities are on par with the nation, high cholesterol has increased 15% in the Beach Cities since 2010, when the rate was 30.4%.

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
35.1%	31.0%	36.2%	35.7%	36.4%

Gallup National Health & Well-Being Index (WBI), 2010 and 2023



Children Ever Diagnosed with Asthma

Higher rates of lifetime chronic disease, such as cancer and asthma, may be attributed to increased access to health screenings and care for Beach Cities residents. In addition, environmental factors, including concentration of diesel particulate matter, may also impact the rates of children ever diagnosed with asthma. Population density, alternate modes of transportation and physical activity levels can be reviewed to propose a potential asthma-focused intervention, if needed.

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
11.2%	14.5%	10.7%	10.7%	10.6%

Los Angeles County Health Survey, 2023

Physical Activity & Nutrition

The exercise and produce consumption percentages for the Beach Cities soar above those of the United States. As demonstrated by the Bike and Walk Score, the Beach Cities (Hermosa Beach, in particular) allow residents to take alternative modes of transportation that increase physical activity numbers. Additionally, the physical setting and access to safe open spaces provide residents with opportunities for movement.



Adults Meeting the Recommended Guidelines for Physical Activity

★ HP2030

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
41.2%	44.4%	42.4%	39.7%	36.0%

Los Angeles County Health Survey, 2023



Adults Exercising for 30+ Minutes for at Least 3 Days in the Last Week

	Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
2010	55.8%	-	-	-	46.2%
2023	72.2%	78.4%	79.2%	67.4%	49.1%

Gallup National Health & Well-Being Index (WBI), 2010 and 2023



Adults Eating 5 or More Servings of Produce at Least 4 Days in Last Week

	Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	U.S.
2010	52.6%	-	-	-	49.8%
2023	61.7%	58.3%	67.2%	60.1%	42.0%

Gallup National Health & Well-Being Index (WBI), 2010 and 2023



Children with Daily Sugar-Sweetened Beverage Consumption

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
16.8%	15.5%	15.7%	17.7%	34.6%

Los Angeles County Health Survey, 2023



Children with Good or Excellent Community Access to Fresh Fruits and Vegetables

The higher consumption of fresh fruits and vegetables and lower consumption of fast-food among youth may be attributable to food accessibility, employment rates and educational attainment levels in the Beach Cities

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
97.6%	98.0%	98.6%	96.9%	79.5%

Los Angeles County Health Survey, 2023



Children with Weekly Fast-Food Consumption

Beach Cities	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
22.5%	18.1%	19.8%	24.9%	37.6%

Los Angeles County Health Survey, 2023



Bike and Walk Score

The walk score analyzes walking routes to nearby amenities. A walk score of 70 and above is considered very walkable. Bike score measures whether an area is good for biking, calculated by measuring bike infrastructure, hills, destinations, road connectivity and number of bike commuters. A bike score of 70 and above is considered very bikeable. The Beach Cities continues to yield a higher-than-average walk and bike scores, with Hermosa Beach ranking highest out of the three Beach Cities.

	Hermosa Beach	Manhattan Beach	Redondo Beach
Walk Score	87	73	75
Bike Score	71	52	64

Walk Score, 2024



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For full data sets, visit www.bchd.org/healthreport.

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