



PRESS RELEASE:

Beach Cities Health District Chief Announces Plans for Resignation

*CEO Susan Burden will voluntarily step down October 31, 2016,
concluding 12 years at the helm of the preventive health agency*

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REDONDO BEACH, Calif. (March 21, 2016) – Beach Cities Health District (BCHD), one of the largest preventive health agencies in the U.S., today announced CEO Susan Burden will step down from her post effective Oct. 31, 2016. Burden, who spent the past 12 years working for the public health district, will formally notify the BCHD Board of Directors of her contract non-renewal request at the March 23 board meeting.

“Susan is a first-class leader, health professional and public servant, but an even better person,” said BCHD Board President Jane Diehl, whose professional relationship with Burden spans more than a decade. “For years, she’s been a driving force behind measurably improving the health and well-being of Hermosa Beach, Manhattan Beach and Redondo Beach residents. Her innovative vision and dedicated leadership is going to be greatly missed, but Susan is leaving behind a solid foundation of success for her talented team to continue building upon. I want to thank Susan on behalf of the entire community for making the Beach Cities a healthier place to call home.”

Diehl added that the Board plans to immediately begin the process of identifying a replacement. “Susan’s successor will have large shoes to fill,” said Diehl, “but we plan to bring in another dynamic leader to carry forward our vision of creating a healthy beach community.”

Burden, who said she’ll be traveling the world and spending more quality time with her family post-resignation, was hired by the BCHD Board of Directors in 2004. During her tenure, Burden was integral to the development and implementation of numerous flagship BCHD programs, most notably the Blue Zones Project, a community-wide health and well-being improvement initiative that has contributed to marked reductions in smoking, obesity and stress in the Beach Cities since 2010; and the LiveWell Kids and LiveWell Tots childhood obesity prevention programs, which are credited with lowering the obesity rate in Redondo Beach schools (grades K-5) from 20 percent in 2007 to just nine percent today.

Additionally, under Burden’s watch, BCHD frequently garnered recognition and awards for its agency-wide commitment to health and wellness in the workplace from the American Psychological Association, *Modern Healthcare Magazine*, *Los Angeles Business Journal* and *Outside Magazine*.

“This certainly wasn’t an easy decision to make, but I’m ready to begin a new chapter in my life – one hopefully filled with more world travel, family and possible involvement in part-time health projects,” said Burden. “My time at Beach Cities Health District was one of the most professionally-rewarding experiences of my career, and I want to thank the Board, my staff and our volunteers for continually striving to better our community and successfully making public health a top priority in our district. The health of the Beach Cities is in good hands.”



Prior to joining BCHD, Burden spent 22 years working in the private and public health sectors focusing primarily on community health and substance abuse prevention. Additionally, she sat on the Board of the American Heart Association and Providence Medical Institute's Mission Committee.

Throughout her career, Burden was repeatedly honored for her contributions to health by a host of local and national organizations and governing bodies, including the American Heart Association, Association of California Healthcare Districts, California State Assembly, California State Senate, City of Redondo Beach, *Daily Breeze*, National Council on Alcoholism, Redondo Beach Chamber of Commerce and Redondo Beach Unified School District.

For more information on Beach Cities Health District, visit bchd.org.

About Beach Cities Health District

Beach Cities Health District (BCHD) is among the largest preventive health agencies in the nation and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 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 in every lifespan. BCHD operates AdventurePlex, a health and fitness center where kids play their way to good health, and the Center for Health & Fitness, a comprehensive, medically based fitness center. Visit www.bchd.org or call (310) 374-3426 for more information.

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