

Creating a healthy beach community.



Beach Cities Community Health Update

MARCH 2013

514 N. Prospect Ave., 3rd floor
Redondo Beach, CA 90277
310-374-3426
bchd.org

Letter from the CEO

Dear Beach Cities Resident,

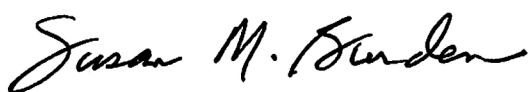
At Beach Cities Health District, we are grateful to serve the communities of Hermosa Beach, Manhattan Beach and Redondo Beach. Our focus is keeping residents healthy and improving well-being at every stage of life.

Health is more than the absence of disease – good health involves a state of complete physical, social and mental well-being. This report shows how BCHD is measurably improving the health and well-being of the community through an array of programs, services, facilities and partnerships.

In 2010, BCHD partnered with Healthways to bring the Blue Zones Project, a community-wide initiative to create healthier, happier and more productive citizens, to the Beach Cities. Recently, findings from the Gallup-Healthways Well-Being Index (WBI) show an increase in healthy behaviors. The number of residents who reported exercising jumped 10 percent, healthy eating climbed 9 percent, smoking declined 30 percent and obesity dropped 14 percent. These achievements demonstrate the impact our city governments, schools, community groups and individuals can have when we roll up our sleeves and work together for a common purpose. We are also thankful to Healthways, our private partner, for their assistance and organizing efforts associated with the Blue Zones Project.

With all the recent changes in healthcare, your best insurance policy is to take care of your own well-being by living a healthy lifestyle. Please take a moment and read through this report. It highlights the unique needs of our community and the services available to you through Beach Cities Health District.

In Service,



Susan Burden
Chief Executive Officer





BEACH CITIES HEALTH DISTRICT IS THE LARGEST

preventive health agency in the nation, and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. 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—from pre-natal and children to families and older adults.

VISION

A
healthy
beach
community.

BOARD OF DIRECTORS

Dr. Noel Chun
Marie Corr
Joanne Edgerton
Dr. Robert Grossman
Vanessa Poster

CHIEF OFFICERS

Susan Burden, Chief Executive Officer
Lisa Santora, MD, Chief Medical Officer
Steve Groom, Chief Financial Officer
Jackie Berling, Chief Resources Officer

MISSION

To enhance community health through partnerships, programs and services for people who live and work in Hermosa, Manhattan and Redondo Beach.



KEEPING KIDS HEALTHY

Healthy habits developed at a young age can last a lifetime, so BCHD provides an array of programs to tackle some of the toughest health issues facing our children.

LIVEWELL TOTS

The first comprehensive obesity prevention program for preschoolers, combining nutrition education lessons and mindful learning activities.

PHYSICAL EDUCATION SPECIALISTS

General education teachers receive mentoring and guidance on how to effectively teach physical education lessons from BCHD-funded physical education specialists.

MINDUP™

A school-based behavioral health education program for kindergarten through 5th grade students that focuses on social and emotional learning.

LIVEWELL KIDS

An elementary school-based obesity prevention program that provides nutrition education, daily physical activity, funding for fresh fruits and vegetables in school meals and school-based gardens.

PROJECT ALERT

A substance abuse prevention program for 7th and 8th graders in every Hermosa Beach, Manhattan Beach and Redondo Beach public school.

THE NEED

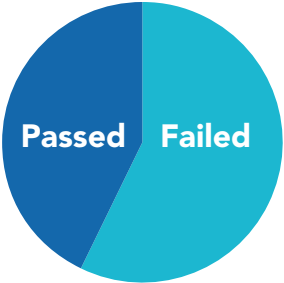


28.9%
BOYS



25.3%
GIRLS

entered local kindergartens
overweight or obese
during the 2011-12 school year



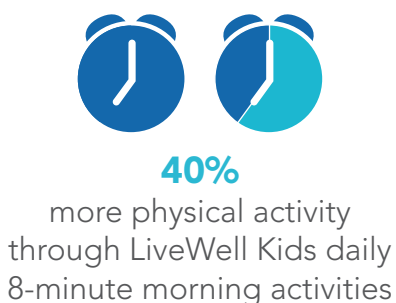
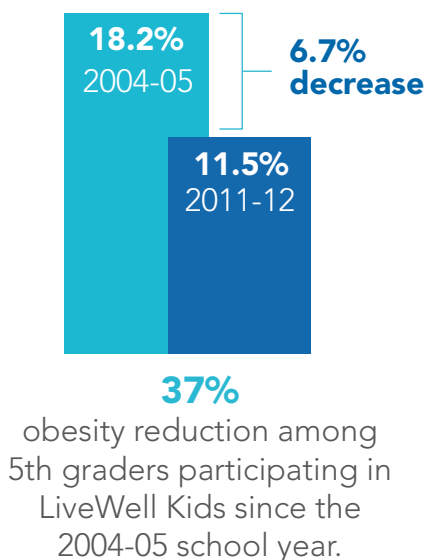
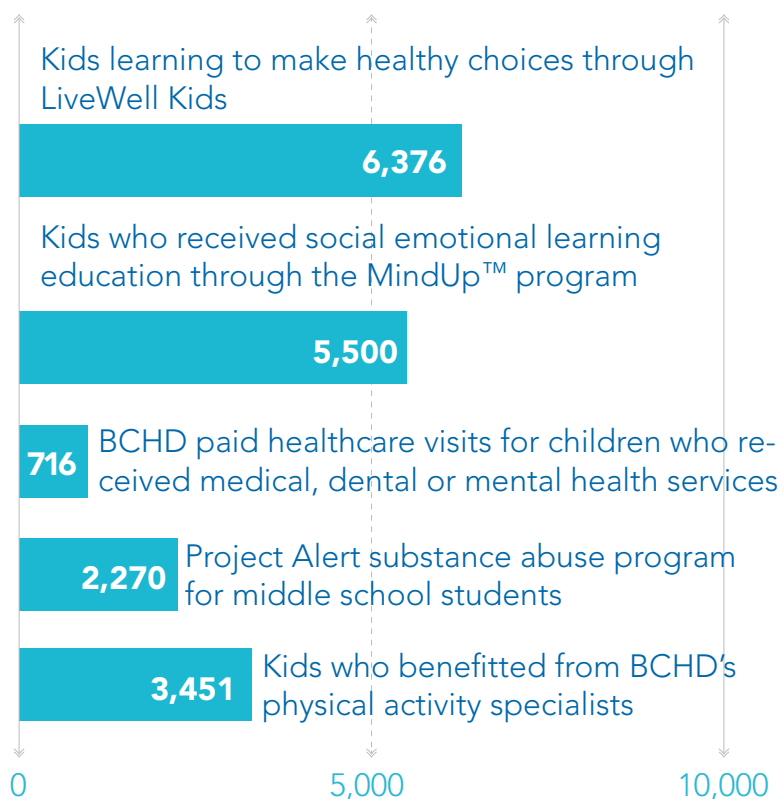
Only **42.9%** of 5th grade students in Redondo Beach elementary schools **passed all fitness measures** during the 2011-12 school year



alcohol and drug use in the past 30 days by Beach Cities 11th graders.



THE IMPACT OF BCHD



volunteer opportunities

Front Lobby Volunteers

Join the South Bay Auxiliary in assisting visitors with campus information, directions, wheelchair assistance, etc. Become a part of over 50 years of philanthropy and service. Must be friendly, positive, and possess excellent customer service and people skills. Training will be provided by staff and the Auxiliary day chairman. To learn more about the South Bay Auxiliary, visit www.bchd.org/programs/documents/AuxFAQ.pdf.

Like to garden but don't have the space? Become a Garden Angel!

Grab a friend and join our LiveWell Kids obesity prevention program by volunteering as a Garden Angel. While Redondo Beach elementary students learn about nutrition and the importance of growing their own produce, Garden Angels are assigned to one of these school-based gardens to help keep our vegetables growing. Only a two-hour commitment on a weekday!

Benefits of Volunteering with Garden Angels:

- It can be great exercise! Depending on the garden activity, you are using many different muscle groups and increasing your flexibility and strength.
- Volunteering contributes to greater levels of trust and norms of reciprocity in our community.
- 73 percent of volunteers feel that volunteering lowered their stress levels.

For more information visit bchd.org/volunteer

“The benefits of morning exercises have been remarkable! My students, with tons of energy to burn, started coming into the classroom ready to perform with a new calm that I had not seen before. The LiveWell Kids program has had an impact on everyone in my room including me. I start my day laughing and smiling too.”
—Melanie Sullivan, 5th grade teacher at Jefferson Elementary School



KEEPING THE COMMUNITY HEALTHY

BCHD has a breadth of activities and services to help Beach Cities residents lead quality lives. This comprehensive approach includes information, prevention and motivation.

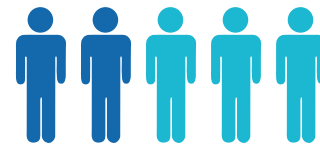
CENTER FOR HEALTH CONNECTION

An information and referral resource to help adults and families navigate the vast array of services available within the South Bay and greater Los Angeles area. Individuals who meet low-income guidelines can also receive subsidized basic health care services.

MEDICAL RESERVE CORPS

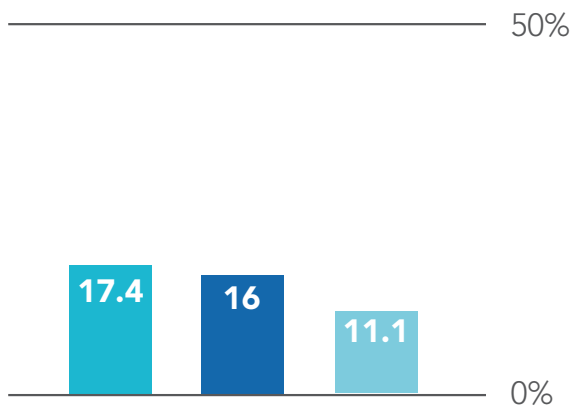
An on-call group of licensed health care volunteers trained to assist first responders during a large-scale local emergency.

THE NEED

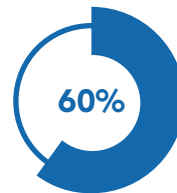


2 out of 5

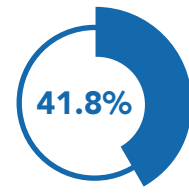
Beach Cities adults do not meet federal physical activity guidelines.



17.4% of [Hermosa Beach](#) adults are smokers, 16% of [Redondo Beach](#) adults and 11.1% of [Manhattan Beach](#) adults.

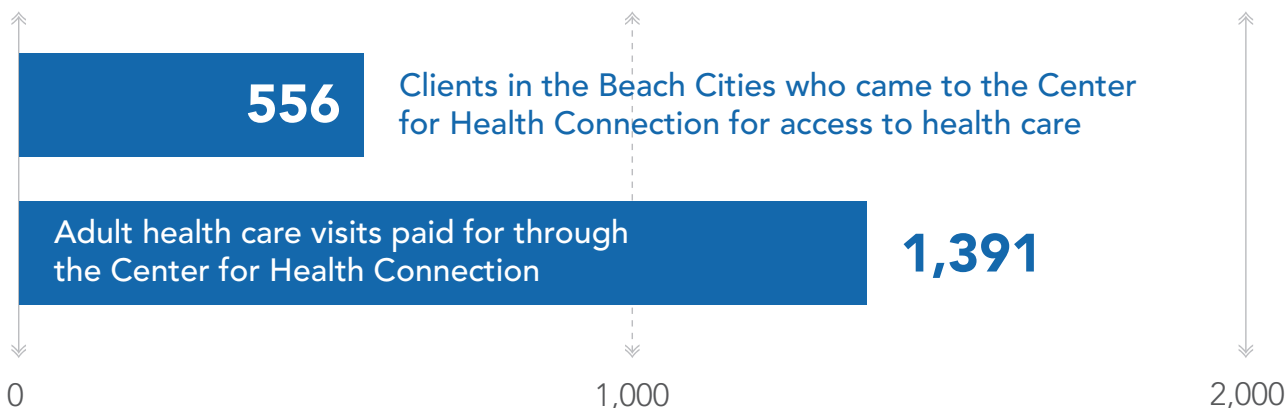


of adults are **overweight or obese.**



of Beach Cities adults don't report a positive work environment.

THE IMPACT OF BCHD



trained volunteer health care professionals are on-call for disaster response through the Medical Reserves Corp.



FACILITIES TO KEEP ADULTS & FAMILIES HEALTHY



Center for
Health & Fitness

A Public Agency

A Beach Cities Health District Program

The Beach Cities Health District's Center for Health and Fitness (CHF) is the most comprehensive fitness center in the South Bay. Whether you're devoted to exercise, relatively sedentary or have special needs, our fitness specialists will design a program to help you achieve your goals.

Yoga & Pilates
Group Exercise
Personal Training
Registered Dietitian
Wellness & Meditation
Massage
Childcare

Ph: 310-374-3426, x147
514 N. Prospect Ave., 2nd floor
Redondo Beach, CA 90277
www.beachcitiesgym.com

HOURS

Monday – Thursday, 5:30am – 10pm
Friday, 5:30am – 8pm
Saturday & Sunday, 7am – 6pm



A Beach Cities Health District Program

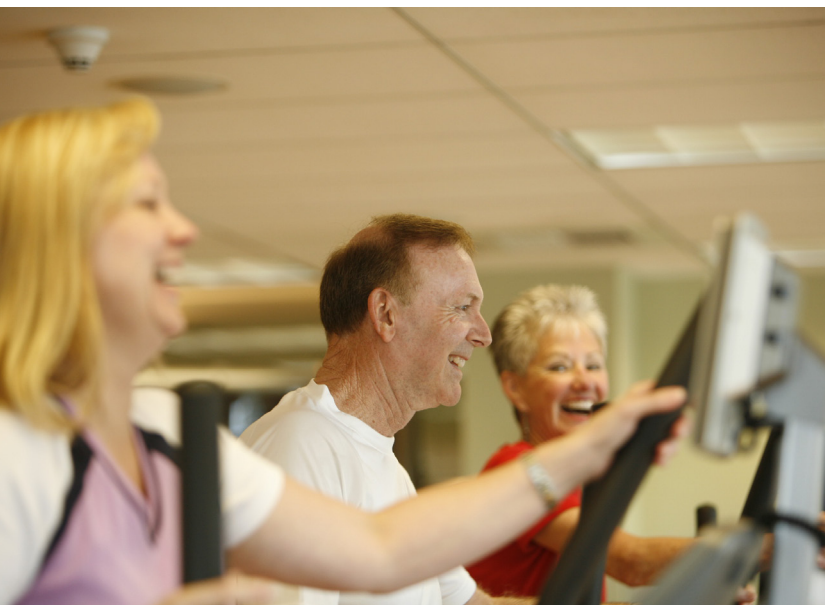
AdventurePlex is the place where kids and families play their way to good health! Our mission is to be a fun place for families to play, learn and grow. There's something for everyone, so drop in any day of the week and have a blast!

Drop-in play
Rock Wall & Ropes Course
Seasonal Camps
Classes
Birthday Parties
Teambuilding Activities

Ph: 310-546-7708
1701 Marine Ave.
Manhattan Beach, CA 90266
www.adventureplex.org

HOURS

Sunday – Thursday, 10am – 6pm
Friday & Saturday, 10am – 7pm



KEEPING OLDER ADULTS HEALTHY

Older adults living in Hermosa, Manhattan and Redondo Beach have a wealth of BCHD services to help maintain their health and well-being, remain independent, and improve the quality of their lives.

A PLAN TO AGE SUCCESSFULLY AT HOME

Older and disabled adults receive confidential in-home visits and assessments from professional social workers, along with recommended care plans to support living independently at home.

ERRAND VOLUNTEERS

Volunteers support the independence of older adults by running errands required for daily living, such as grocery shopping and pharmacy visits.

PEER COUNSELING

Highly trained volunteers provide emotional support to older adults to support living independently at home.

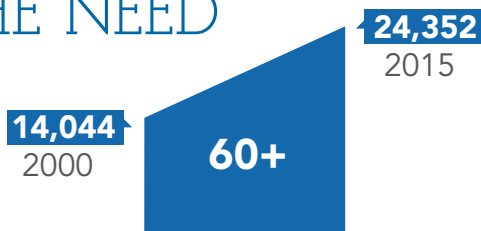
CONVERSATION COMPANION

Trained volunteers provide in-home visits to fight isolation and loneliness.

MOVEWELL IN-HOME EXERCISE

A physician-approved, volunteer-driven program that provides customized exercise plans for frail and homebound adults.

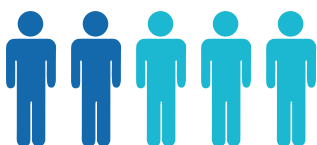
THE NEED



From 2000 to 2015 the population of residents aged **60 and older** will have increased by more than 60%.

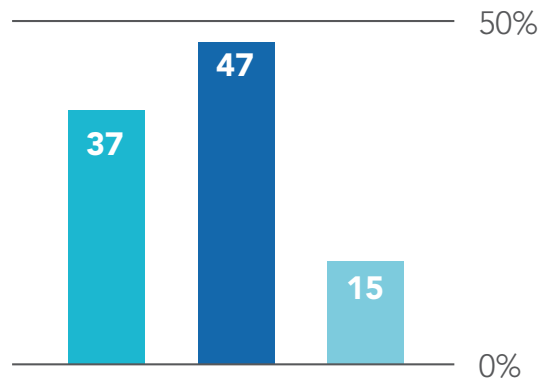


The **85+** age group increased by 69% (80% in Manhattan Beach).



2 out of 5

older adults don't get the recommended amount of daily physical activity.



Older adults account for 37% of **hospitalizations** and 47% of **hospital costs**, but only 15% of the **U.S. population**.



THE IMPACT OF BCHD

437

older adults received assistance to remain in their own homes by Community Care Services.

1,062

in-home or office visits provided by BCHD social workers.

14.4%

of Beach Cities residents 85 and older received assistance.

4,850

client visits provided by volunteers.

volunteer opportunities

Errand Volunteers

Errand volunteers perform errands such as picking up groceries, personal care items or prescriptions for older and/or disabled clients.

Conversation Companions

Conversation Companions provide older and/or disabled adults with socialization, friendship, and a link to community resources. Volunteers visit the clients at home and have the option of taking clients out into the community for activities.

MoveWell Volunteers

Move Well Volunteers provide simple in-home exercises once a week with frail seniors who live locally. These exercises promote our clients' abilities to remain independent in the home by increasing physical strength.

All volunteers receive training and ongoing support from professional staff. Submit a volunteer application online at bchd.org, or contact Tara Guden at tara.guden@bchd.org or 310-374-3426, ext. 120.

I've been a Conversation Companion to the same person for 6 years. During that time, I've really developed a friendship with her. Over the years we've taken walks, explored neighborhoods and even took a meditation class together this year too. She's delightful to be around and I hope we will continue our visits for many more years.

— Monette T., Conversation Companion Volunteer



**665
VOLUNTEERS**



**37,880
HOURS**

**EQUAL
TO**



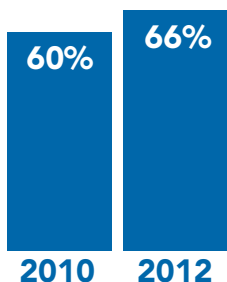
**\$825,403
IN SERVICES**

The Blue Zones Project™ is a community-wide initiative to improve the health and well-being of Beach Cities residents. By incorporating permanent, evidence-based environmental and policy changes, the project aims to make the healthy choice the easy choice and help residents live healthier, longer lives.

THE IMPACT OF THE BLUE ZONES PROJECT

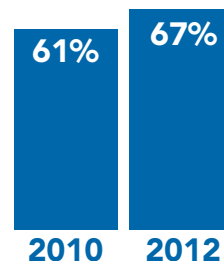
The latest Well-Being Index (WBI) Findings show that well-being improvement in the Beach Cities is outpacing other communities nationwide and the country as a whole.

EXERCISE



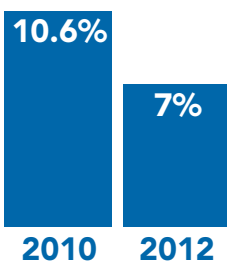
5.6% more Beach Cities residents report engaging in regular exercise (at least 30 minutes, 3 times/week)

PRODUCE CONSUMPTION



6.2% more Beach Cities residents report eating 5 or more servings of fruits and vegetables, on four or more days in the past week

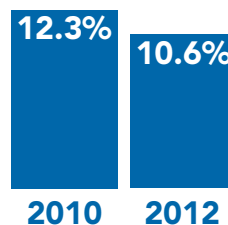
SMOKING



This represents a **30 percent reduction** on the percentage of residents who smoke.

“Authentic and impressive improvement [in well-being], far surpassing the majority of communities nationwide.”
— Dan Witters, Gallup

OBESITY



This represents a **14 percent reduction** on the percentage of residents who are obese, or 1,645 fewer adults than 2010.

Show your support and help the Beach Cities become the world's first Blue Zones Community™

- 1 Visit bluezonesproject.com**
- 2 Sign up to improve your well-being**
- 3 Complete one action item**

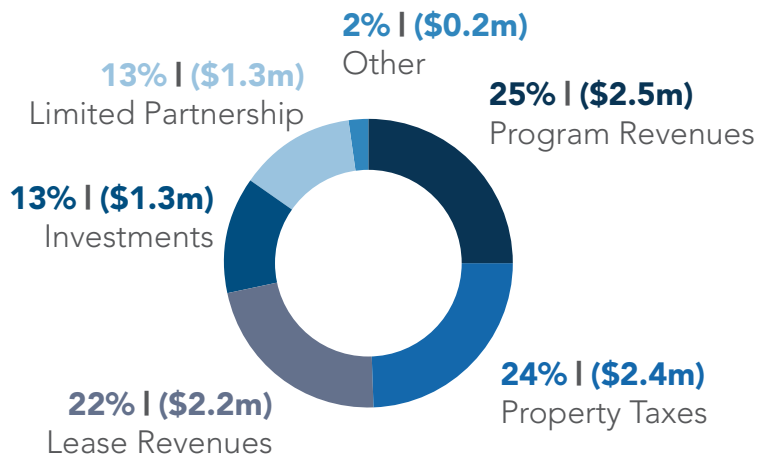
\$ FUNDING A HEALTHY BEACH COMMUNITY

FISCAL YEAR JULY 2011–JUNE 2012

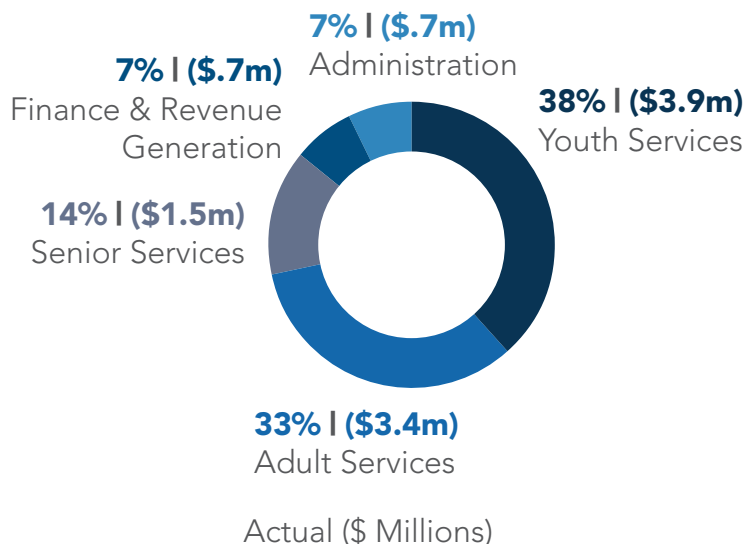


For every **\$1** in property taxes, BCHD provides **\$4.21** in services back to the Beach Cities community.

FUNDING IN



FUNDING OUT



BCHD's audited financials and operating budget are publicly available online at BCHD.org/financial.

\$1,509,261 IN BCHD GRANTS FUND:

SCHOOL SERVICES **\$740,833**

Hermosa Beach City School District

| | |
|--------------------|----------|
| Counseling | \$26,425 |
| Health Aides | \$25,110 |
| Nutrition | \$7,620 |
| Physical Education | \$44,111 |
| Bully Prevention | \$5,868 |

Manhattan Beach Unified School District

| | |
|----------------------------|-----------|
| Counseling | \$95,376 |
| Nurses/Health Aides | \$149,484 |
| Substance Abuse Prevention | \$9,048 |
| Physical Education | \$20,004 |

Redondo Beach Unified School District

| | |
|---------------------------------|-----------|
| Counseling | \$127,398 |
| Nurses/Health Aides | \$115,497 |
| Student Attendance Review Board | \$14,892 |
| Substance Abuse Prevention | \$100,000 |

CITY HEALTH & SAFETY **\$121,083**

| | |
|---|----------|
| Paramedic Services for Hermosa Beach, Manhattan Beach and Redondo Beach Police Department | \$99,204 |
| Domestic Violence Prevention Program | \$13,272 |
| Redondo Beach Older and Disabled Adult Health Fair | \$4,483 |
| Redondo Beach Senior Aid Program | \$4,124 |

COMMUNITY HEALTH & WELLNESS ACCESS **\$659,172**

| | |
|---|-----------|
| Child Medical Services | \$87,734 |
| Adult Medical Services | \$158,602 |
| Long-Term Support Services for Older Adults | \$170,000 |
| YMCA Nutrition Services for Older Adults | \$17,520 |
| Salvation Army Meals on Wheels | \$58,045 |
| South Bay Adult Care Center | \$9,324 |
| The Center for the Partially Sighted | \$4,373 |
| Community Organizations/Groups | \$40,000 |
| The Wellness Community | |
| /Cancer Support | \$45,402 |
| Hospice Foundation | |
| /The Gathering Place | \$33,062 |
| Project Touch | \$32,991 |
| St. Andrew's Church for Homeless/Needy | \$2,119 |



514 N. Prospect Ave., 3rd floor
Redondo Beach, CA 90277
310.374.3426 | bchd.org

PRSR STD
U.S. POSTAGE
PAID
Redondo Beach
CA 90277
PERMIT NO. 53

*****ECRWSEDDM****
POSTAL CUSTOMER

RESOURCES

BEACH CITIES HEALTH DISTRICT

Ph: 310-374-3426
514 N. Prospect Ave., 3rd floor
Redondo Beach, CA 90277
www.bchd.org

HOURS

Monday – Friday, 8:30am – 5pm

CENTER FOR HEALTH CONNECTION

Ph: 310-318-7939
514 N. Prospect Ave., 3rd floor
Redondo Beach, CA 90277
www.bchd.org/chc

HOURS

Monday – Friday, 9am – 5pm

COMMUNITY CARE SERVICES

Ph: 310-374-3426, x110
514 N. Prospect Ave., 3rd floor
Redondo Beach, CA 90277
www.bchd.org/ccs

HOURS

Monday – Friday, 9am – 5pm

CENTER FOR HEALTH & FITNESS

Ph: 310-374-3426, x147
514 N. Prospect Ave., 2nd floor
Redondo Beach, CA 90277
www.beachcitiesgym.com

HOURS

Monday – Thursday, 5:30am – 10pm
Friday, 5:30am – 8pm
Saturday & Sunday, 7am – 6pm

ADVENTUREPLEX

Ph: 310-546-7708
1701 Marine Ave.
Manhattan Beach, CA 90266
www.AdventurePlex.org

HOURS

Sunday – Thursday, 10am – 6pm
Friday & Saturday, 10am – 7pm



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twitter.com/bchd