

Creating a healthy beach community.



Beach Cities Community Health Update

514 N. Prospect Ave., 1st floor
Redondo Beach, CA 90277
310-374-3426
bchd.org

SUMMER 2014

Letter from the Board President and CEO

Dear Beach Cities Resident,

Our overarching mission at Beach Cities Health District (BCHD) is to improve the health and well-being of Beach Cities residents at every stage of life – from infancy to older adulthood. We support this mission with a variety of evidence-based programs and services that target specific community health needs. We are pleased to present you with a few highlights from 2013/14.

Children

Last school year, 3,000 elementary school students from 13 local schools hopped aboard the Walking School Bus – a BCHD program to lower childhood obesity rates by encouraging kids to safely walk to school. Children who regularly participated in the program logged an astounding 45,155 miles and burned more than 1.8 million calories.

Families

Our Blue Zones Project® is hard at work at grassroots events, and in our local school districts and businesses to provide residents with healthy options where we live, work, learn and play. Data gathered by the Gallup-Healthways Well-Being Index (WBI) show that since the Project's inception in 2010, smoking is down 28%, while healthy eating and exercise rates are up. Additionally, Beach Cities' overall well-being score far outpaces state and national averages.

Older Adults

Our community has a growing older adult population. In the past year, the number of residents 85 and older increased 69 percent. By 2015, the number of adults 60 and older is expected to jump more than 60 percent. Our social workers and trained volunteers logged more than 4,242 in-home visits, providing exercise and errand assistance, as well as social support to isolated older adults in need.

The progress during the past year illustrates the powerful impact city leaders, schools, community groups and individuals can have when we band together for a common purpose: a healthy beach community. Please take a moment to read through this report. It showcases the health needs in the Beach Cities as well as the resources available to you through Beach Cities Health District.



In Service,

A handwritten signature in black ink, likely of Noel Lee Chun, M.D.

Noel Lee Chun, M.D.
President, Board of Directors



A handwritten signature in black ink, likely of Susan Burden.

Susan Burden
Chief Executive Officer

BEACH CITIES HEALTH DISTRICT IS ONE OF THE LARGEST

preventive health agencies 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.



BOARD OF DIRECTORS

Dr. Noel Chun
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 Beach, Manhattan Beach and Redondo Beach.

VISION

A healthy beach community.



Keeping Kids Healthy

Healthy habits developed at a young age can last a lifetime, so BCHD offers an array of programs to help grow a generation of healthy kids.

LIVEWELL TOTS

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

MINDUP™

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

LIVEWELL KIDS

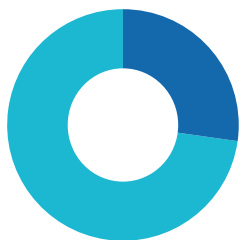
An elementary school-based obesity prevention program that provides nutrition education, daily physical activity, funding for fresh fruits and vegetables in school meals and school-based gardens.

PROJECT ALERT

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



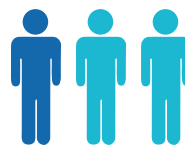
THE NEED



27.4% of kindergartners are overweight or obese (BCHD, RBUSD, 2011–12)

50%

of 5th grade students in Redondo Beach elementary schools **met all fitness standards** during the 2012–13 school year (2012–13 California Physical Fitness Report)



1 out of 3 11th graders report using alcohol in the past month (CHKS, 2011–12)



Nearly **1 out of 4** 11th graders report using marijuana in the past month (CHKS, 2011–12)

THE IMPACT OF BCHD

6,430

Elementary students learned to make healthier choices through LiveWell Kids

6,255

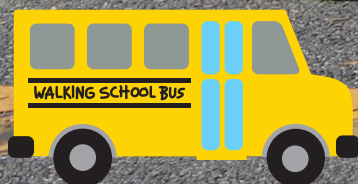
Students received social-emotional education through the MindUp™ program

2,480

Kids enrolled in Project Alert: a substance abuse program for middle school students

424

Preschoolers learned to make healthy choices through LiveWell Tots



3,000 kids from **13 elementary schools** walked **45,155 miles** and burned **1.8 million calories** during the 2013–14 school year.

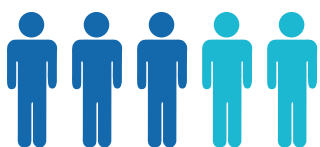


Keeping the Community Healthy

BLUE ZONES PROJECT

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 to help residents live longer, healthier lives.

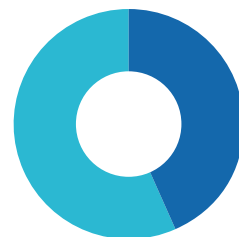
THE NEED



3 out of 5 adults are overweight or obese



36.7% of adults don't eat the recommended 5 or more servings of fruits and vegetables daily



43.6% of residents report significant stress



7.7% of adults smoke



36.8% of adults don't exercise 30 or more minutes per day





Keeping the Community Healthy

THE IMPACT OF BCHD

The latest Gallup-Healthways Well-Being Index (WBI) findings show that well-being improvement in the Beach Cities is far outpacing city, state and national averages.



Exercise



Healthy Eating

These improvements add up to
\$12M SAVINGS
in annual healthcare costs



Smoking



Thriving

Blue Zones Project at work in the Beach Cities



Community Policy

Collaborating with cities to create designs and policies that support active and healthy living



Grocery Stores

Improving nutrition and food habits where people buy their food



Individuals

Helping individuals pledge to make small changes that can have a big impact on their well-being for years to come



Restaurants

Giving customers more healthy options when dining out



Schools

Teaching kids healthier habits that can last a lifetime



Worksites

Improving the physical, emotional and social well-being of people at work



Follow us!
twitter.com/bzpbeachcities



Like us!
facebook.com/bluezonesprojectbeachcities

COMMUNITY SERVICES

Beach Cities Health District has a variety of programs and services to help Beach Cities residents lead healthy lives, including health referrals and resources to help adults and families navigate the array of services available to them in the South Bay and the greater Los Angeles area. Individuals and families who meet low-income guidelines may be eligible for subsidized basic health care services. Contact our Community Services department for additional information: (310) 374-3426, ext. 256.



Keeping Older Adults Healthy

Older adults living in Hermosa Beach, Manhattan Beach and Redondo Beach can utilize BCHD programs and services to help maintain their health and well-being, to remain independent and to 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 independent living at home.

ERRAND ASSISTANCE

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

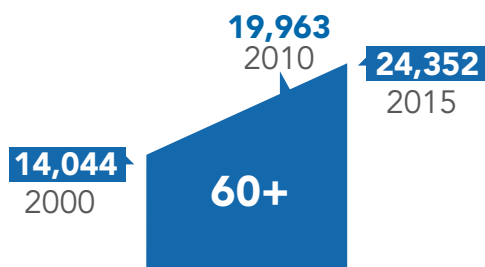
SOCIAL-EMOTIONAL SUPPORT

Highly trained volunteers provide emotional support to isolated older adults in need of social support and conversation.

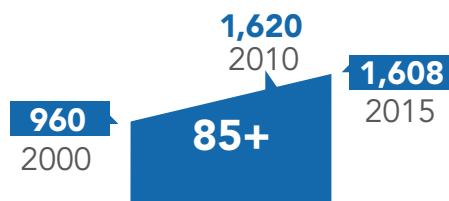
IN-HOME EXERCISE

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

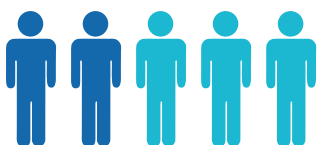
THE NEED



From 2000 to 2015 the population of residents aged **60 and older** is projected to increase by more than 60%.



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

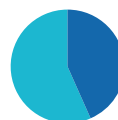


2 out of 5

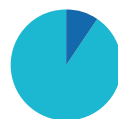
older adults don't get the recommended 30 minutes of daily physical activity.



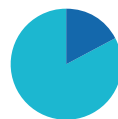
12.6% of adults **65-74 years** old are disabled in the Beach Cities (976)



43.5% of adults **75+** are disabled in the Beach Cities (2,751)



9.6% of adults in the Beach Cities are uninsured (2013 WBI)



17.3% of adults do not have a primary care provider (2013 WBI)





608
VOLUNTEERS



33,845
HOURS

EQUAL
TO



\$749,328
IN SERVICES

THE IMPACT OF BCHD

3,172

client visits provided by volunteers

1,070

in-home or office visits provided
by BCHD social workers

600

Covered California in-office appointments/
telephone counseling sessions

364

health services provided for children
and adults, including medical, vision,
dental and counseling services

volunteer opportunities

Errand Volunteers

Errand volunteers pick 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 clients at home, and have the option of taking them out into the community for activities.

MoveWell Volunteers

MoveWell Volunteers assist frail and sometimes disabled older adults with simple in-home exercise routines once a week. These exercises help clients build the physical strength necessary to remain living independently in their own homes.

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.



Facilities to Keep Adults & Families Healthy



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, 10 a.m. – 6 p.m.
Friday & Saturday, 10 a.m. – 7 p.m.



A Beach Cities Health District Program

Beach Cities Health District's Center for Health and Fitness is the most comprehensive fitness center in the South Bay. Whether you're devoted to exercise, completely new to fitness 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 on-site
Wellness & Meditation
Massage Therapists on-site
Childcare

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

HOURS

Monday – Thursday, 5:30 a.m. – 9 p.m.
Friday, 5:30 a.m. – 8 p.m.
Saturday & Sunday, 7 a.m. – 6 p.m.





Funding a Healthy Beach Community

FISCAL YEAR JULY 2013–JUNE 2014

\$1,357,994 IN BCHD GRANTS FUND:

SCHOOL SERVICES \$640,833

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

CITY HEALTH & SAFETY \$124,911

Paramedic Services for Hermosa Beach, Manhattan Beach and Redondo Beach	\$99,204
Redondo Beach Police Department Domestic Violence Prevention Program	\$17,100
Redondo Beach Older and Disabled Adult Health Fair	\$4,483
Redondo Beach Senior Aid Program	\$4,124

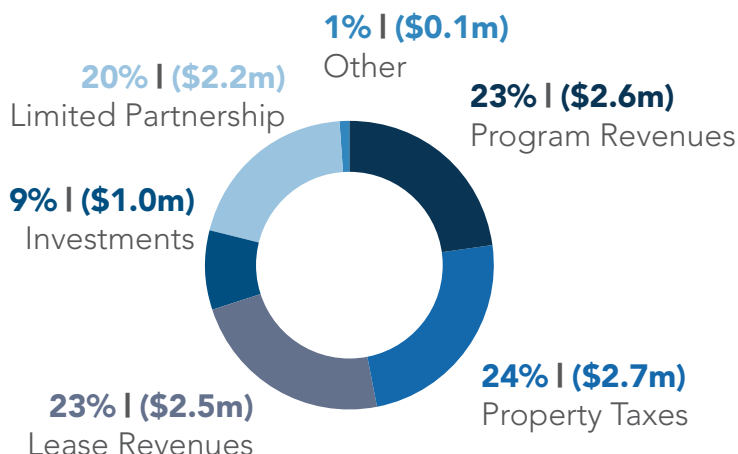
COMMUNITY HEALTH & WELLNESS ACCESS \$592,251

Child Medical Services	\$38,500
Adult Medical Services	\$105,200
Long-Term Support Services for Older Adults	\$190,000
YMCA Nutrition Services for Older Adults	\$20,000
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	\$45,000
The Wellness Community/	
Cancer Support	\$45,402
Hospice Foundation/	
The Gathering Place	\$40,800
St. Andrew's Church for Homeless/	
Needy	\$2,616
South Bay Youth Project Touch	\$32,991

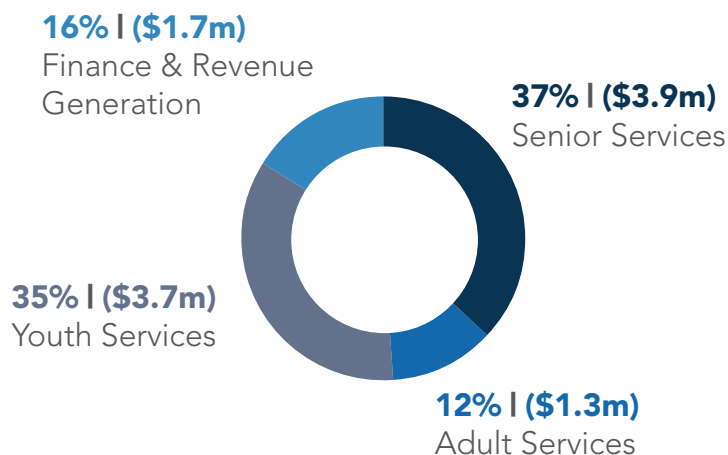


For every **\$1** received in property taxes, BCHD provides **\$3.98** in services back to the Beach Cities community.

INCOMING FUNDING



OUTGOING FUNDING



Actual (\$ Millions)

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

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

Life

Programs for
every stage of



YOUTH

- Nutrition & Garden Education
- Social-Emotional Learning
- Physical Activity
- Substance Abuse Prevention
- Fitness Classes



ADULTS

- Blue Zones Project®
- Covered California™
- Public Health Initiatives
- Low-Cost Health Club Memberships
- Health Referrals for the Underinsured/Uninsured
- Volunteer Opportunities



OLDER ADULTS

- Planning for Successful Aging
- Assistance to Maintain Independence
- Peer Counseling
- MoveWell In-Home Exercise
- Errand Assistance
- Social/Conversational Support
- Health Referrals for the Underinsured/Uninsured



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