

livewell



Beach Cities
Health District



Letter from the CEO

Dear Beach Cities Resident,

It isn't a "swan song," but as I reflect on 12 years as CEO of Beach Cities Health District (BCHD) and prepare for retirement in October, I find myself singing praises for the measurable outcomes, community cooperation and commitment to health realized in the Beach Cities — especially in the past year. I'm honored to be passing the torch at a time when the quality and impact of our programs, services and staff have never been greater.

Here are a few accomplishments of note from 2015–16:

Childhood Obesity Dropped ... Again.

While obesity rates continue to surge nationally, obesity in Redondo Beach elementary schools dipped for the third consecutive year to just 7 percent — the lowest point in decades (see page 7).

Beach Cities Earned Blue Zones

Community Certification. Six years of dedicated work performed in concert by staff, community partners and residents resulted in the Beach Cities becoming the nation's largest Certified Blue Zones Community. During the same period, the Beach Cities experienced a 17 percent reduction in smoking, 15 percent drop in overweight individuals and the number one Well-Being score in the country (see pages 8–9).

Senior Services Expanded. Our "LiveWell, DieWell" advanced healthcare directive program launched in 2016 to help raise awareness and provide support for end-of-life planning, especially among the older adult population.

I hope you will take a minute to read through our Annual Report and learn about the healthy changes achieved, as well as the top priorities and strategies for further improving community health moving forward.

Your partner in health,

Susan M. Burden

Susan Burden
Chief Executive Officer
Beach Cities Health District

Life

Programs for every stage of



YOUTH

- Nutrition Education
- School Gardens
- Social-Emotional Learning
- Physical Activity
- Substance Abuse Prevention
- Fitness Classes
- Walking School Bus



ADULTS

- Blue Zones Project®
- Covered California™
- 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

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.



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Chief Financial Officer
Jackie Berling
Chief Wellness Officer

VISION A
healthy
beach
community.

MISSION

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



Strategic Planning & Health Priorities

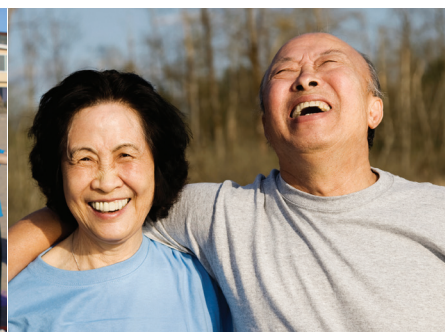
Every three years, Beach Cities Health District (BCHD) prepares a Community Health Snapshot to determine the overall health of the Beach Cities. The Snapshot informs and guides BCHD's strategic planning process and key health priorities, and provides data by which to evaluate current programming. The Snapshot and health priorities are updated every three years and are rooted in evidence-based public health practices which, according to the Centers for Disease Control and Prevention, are defined as the integration of science-based interventions with community preferences for improving population health.

Strategic Planning Process



Source: Satterfield JM et al
www.cdc.gov/pcd/issues/2012/11_0324.htm

Health Priorities 2016–2019



YOUTH	ADULTS	OLDER ADULTS
Nutrition and exercise	Nutrition and exercise	Nutrition and exercise
Mindfulness, social-emotional learning and stress reduction	Mindfulness, social-emotional learning and stress reduction	Mindfulness, social-emotional learning and stress reduction
Substance use prevention	Substance abuse prevention	Substance abuse prevention
Support evidence-based tobacco control policies	Support evidence-based tobacco control policies	Support evidence-based tobacco control policies
Bullying prevention	End-of-life planning	Dementia programing



Volunteer



TAKE AN ACTIVE ROLE IN YOUR COMMUNITY by joining forces with the 600 men and women who make up our active volunteer network in the Beach Cities. Our volunteers are truly the backbone of Beach Cities Health District (BCHD) and play a critical role in measurably improving community health across the entire lifespan. Below are just a few of the many ways to get involved. For more information and to see a complete list of opportunities, go to bchd.org/volunteer.



Youth Opportunities

Help grow a healthier generation of children by donating your time and talents to one of BCHD's many youth-focused volunteer programs, including Garden Angels, Nutrition Docents, Walking School Bus and Toddler Town at AdventurePlex.



Community Opportunities

To keep residents actively engaged in health, BCHD participates in more than 100 community events each year where volunteers help connect people with vital programs like Blue Zones Project, Free Fitness, mindfulness workshops and more.



Older Adult Opportunities

Volunteers have the opportunity to leave a meaningful and lasting impact on the lives of older adults in the Beach Cities through evidence-based programs like MoveWell In-home Exercise, Conversation Companions, Errand Volunteers and more.

Volunteer Numbers



GIVE



EQUAL TO



573
VOLUNTEERS

33,510
HOURS

\$789,497
IN SERVICES



Keeping Kids Healthy

Healthy habits developed at a young age can last a lifetime, so Beach Cities Health District (BCHD) offers an array of youth programs and services to help grow a generation of healthy kids.

LiveWell Kids

A childhood obesity prevention program providing elementary students with nutrition education, daily physical activity and increased access to fresh fruits and vegetables through school gardens.

LiveWell Tots

A childhood obesity prevention program for preschoolers that combines nutrition education and mindful learning activities in the classroom.

Project Alert

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

MindUP

Behavioral health education focused on teaching kids to be more mindful through social and emotional learning, as well as bullying prevention and education for grades K–5.

Classroom Activity Breaks

A physical activity program providing 2,470 students and teachers with the skills/training to integrate activity breaks into their daily schedule.

Walking School Bus

Kids, parents and volunteers catch the Walking School Bus on mornings throughout the Beach Cities. The walk-to-school program is part of an ongoing effort to lower childhood obesity rates.



THE NEED

40%

of Hermosa Beach & Manhattan Beach 5th graders reported being hit or pushed on school property*

42%

of Manhattan Beach 11th graders reported using alcohol or drugs in the past 30 days*



increase in alcohol use by Redondo Beach students as they transition from 9th to 11th grade*

* California Healthy Kids Survey, 2013–14

Childhood Obesity in Redondo Beach Drops for Third Straight Year

IN PARTNERSHIP WITH REDONDO BEACH UNIFIED SCHOOL DISTRICT, Beach Cities Health District (BCHD) is successfully implementing two innovative nutrition programs to nudge elementary and preschool students toward healthy behaviors and slash the prevalence of childhood obesity. Since 2004, obesity in Redondo Beach elementary students fell from 20 percent to 7.2 percent — while state and national numbers continue to rise.

LiveWell Kids

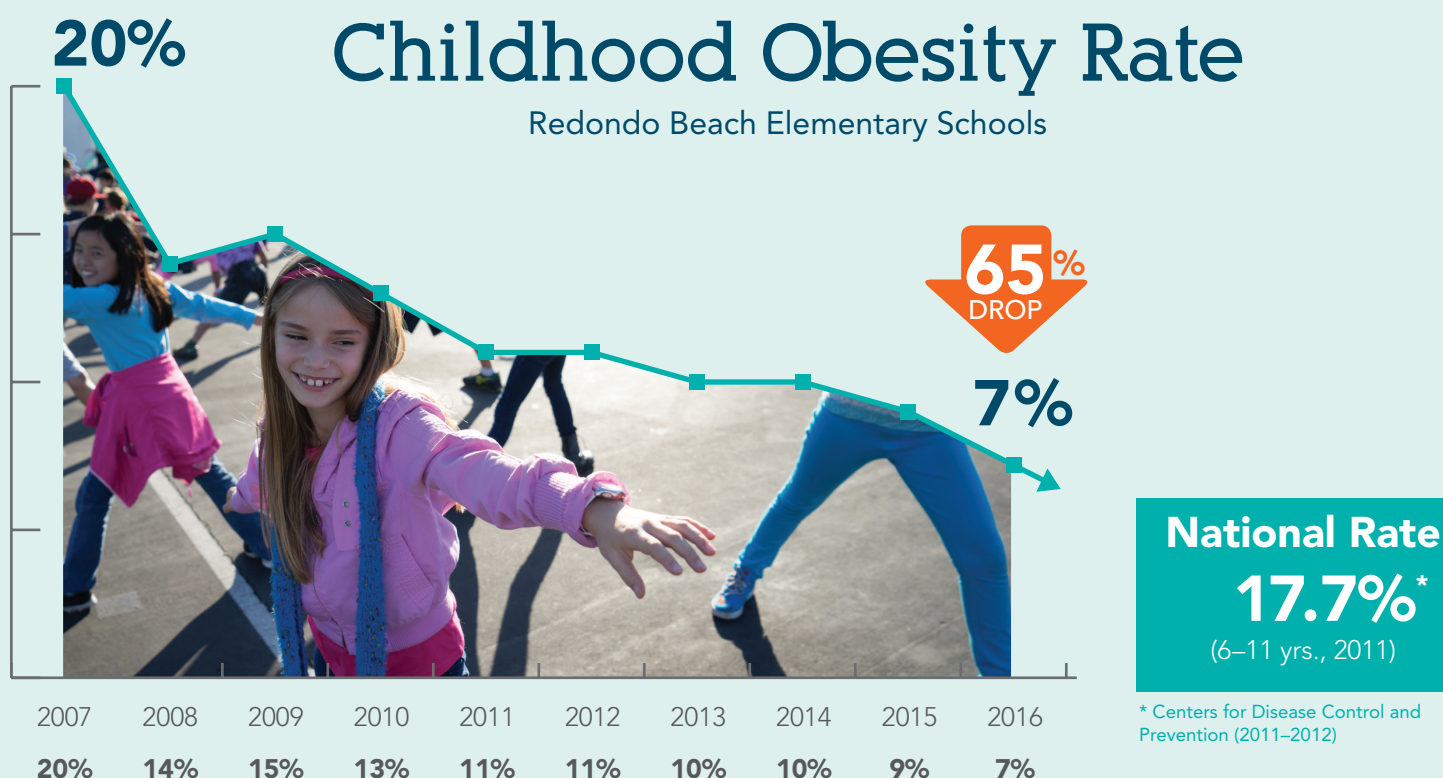
BCHD launched LiveWell Kids in 2005 in response to a high rate of childhood obesity in Redondo Beach elementary schools consistent with national trends. Now in its 12th year, the program places BCHD staff and volunteer nutrition docents into schools throughout Redondo Beach and Hermosa Beach, where they annually teach 6,000 elementary students about proper nutrition, unhealthy food marketing ploys and gardening, while also engaging them in daily exercise and improving access to fresh fruits and vegetables.

Since the program's implementation, the obesity rate in Redondo Beach elementary schools decreased from 20 percent to just 7 percent.

LiveWell Tots

In 2010, LiveWell Tots — a comprehensive obesity prevention program for preschool-aged children — debuted in Redondo Beach. LiveWell Tots was created to expand on the success of LiveWell Kids by adapting science-based lessons to fit the learning levels and physical requirements of three- to five-year-olds. The goal was to slow the number of children entering kindergarten overweight or obese.

Since 2010, the rate of overweight or obese kindergarten students dropped from 28 percent to 15 percent.





Keeping Adults Healthy

Blue Zones Project was introduced to the community in 2010 by Beach Cities Health District to measurably improve the health of the Beach Cities by reengineering the environment and culture to encourage the healthy lifestyle behaviors exhibited by the world's longest-living people. Since that time, the Beach Cities have been optimized for well-being through innovative partnerships with local restaurants, grocery stores, worksites, schools and the cities of Hermosa Beach, Manhattan Beach and Redondo Beach. Blue Zones Project's sustained commitment to making the healthy choice the easy choice resulted in the Beach Cities becoming the largest certified Blue Zones Community® in the U.S. and earning the top well-being score in the nation — outpacing all 190 metro areas measured in 2015, according to the Gallup-Healthways Well-Being Index®.



INDIVIDUALS



Outcomes:

- 24,000 residents completed the Blue Zones Pledge
- 3,000 people completed community workshops

Impact:

- 72% of residents report thriving in daily life
- 9% reduction in significant daily stress



POLICY



Outcomes:

- \$8.1 million secured for livability projects
- Adoption of comprehensive smoke-free policies in Hermosa Beach and Manhattan Beach

Impact:

- 17% decrease in smoking
- 9% increase in exercise





RESTAURANTS/GROCERY

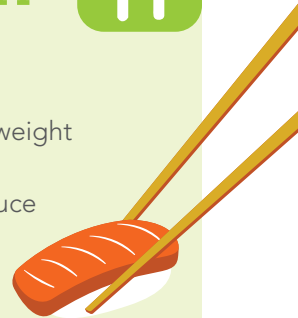


Outcomes:

- 100+ Blue Zones Restaurants serving healthier options
- 5 grocery stores committed to healthy shopping

Impact:

- 15% decline in overweight residents
- 4% increase in produce consumption



WORKSITES



Outcomes:

- 14 employers adopted policies favoring health

Impact:

- 82% of residents like what they do every day



SCHOOLS



Outcomes:

- 6 Blue Zones Schools
- Student gardens and nutrition education
- 37 Walking School Bus routes
- Subsidized healthy lunches

Impact:

- 25% of Beach Cities elementary school students walk to class



DID YOU KNOW? In 2015, Manhattan Beach, Hermosa Beach and Redondo Beach individually accounted for the first, second and fifth highest well-being scores in the nation.



Blue Zones Project



Vivek Murthy, M.D. (center), the 19th Surgeon General of the United States, flanked by the Birney Steppers Moai, Blue Zones Founder Dan Buettner and BCHD's Blue Zones Project Director Lauren Nakano (right).

A Visit from the

United States Surgeon General

On June 4, 2016, the Surgeon General of the United States, Vivek Murthy, M.D., and his staff visited the Beach Cities to learn more about the measurable health outcomes Blue Zones Project is spurring throughout Hermosa Beach, Manhattan Beach and Redondo Beach since launching in 2010, including a 17 percent drop in smoking, a 15 percent decline in overweight and the number one community well-being score in the nation.

During the visit, Dr. Murthy and his wife, Dr. Alice Chen — along with his Chief of Staff and Director of Science and

Policy — attended an informational community roundtable, hosted by Blue Zones Founder Dan Buettner and Beach Cities Health District CEO Susan Burden; stepped out for a walking meeting along The Strand with local city officials and a Blue Zones “moai”; and capped the day by sampling healthy eats at Blue Zones Restaurant Good Stuff in Hermosa Beach.

On the following page are photos from Dr. Murthy's visit as well as a few examples of the many ways Blue Zones Project is making the Beach Cities a healthier place to live, work, learn and play.



Dr. Murthy greeted members of the “Birney Steppers Walking Moai,” who met through Blue Zones Project and have been walking and socializing together weekly for the last six years.



Cycling advocate Jim Hannon (left) spoke about the impact Blue Zones Project is having on creating walkable, bikeable and people-friendly streets in the community. Since 2010, the Beach Cities have been awarded \$8.1 million for livability projects.



Sona Kalapura Coffee, Manhattan Beach Environmental Programs manager, discussed Blue Zones Project’s influence on smoke-free policies. Since declaring all public spaces and multi-unit housing smoke-free, Manhattan Beach jumped from a “D” to an “A” Grade from the American Lung Association.



Dr. Murthy took a walking meeting with (L-R) Hermosa Beach Councilmember Hany Fangary, Redondo Beach Councilmember Christian Horvath and City of Redondo Beach Assistant City Manager Mike Witzansky, who discussed how Blue Zones Project brought a “Living Streets” mentality to city planners and the recently finished Harbor Gateway Improvement Project.



Dr. Murthy’s visit concluded with a stop at Good Stuff in Hermosa Beach. BCHD’s Blue Zones Project Director Lauren Nakano (left) spoke about the more than 100 Blue Zones Restaurants dishing up healthier meals in the Beach Cities.



Keeping Older Adults Healthy

The Beach Cities have a growing population of older adults who need assistance to maintain their health and well-being. Beach Cities Health District's (BCHD) team of social workers and volunteers support aging and disabled residents through a variety of evidence-based programs and services – each designed to help older adults live safely and independently at home.

Care Plans for Independent Living

Older and disabled adults receive in-home visits and assessments from social workers, who create care plans to lower the risk of injuries and falls.

Social-Emotional Support

Volunteers — known as Conversation Companions — make weekly visits to isolated older adults in need of social support, friendship and conversation.

In-Home Exercise

Highly trained volunteers visit frail and homebound older adults to help them perform physician-approved exercises in the comfort of their home.

Errand Assistance

Volunteers help older adults with errands required for daily living, including grocery shopping and pharmacy visits.

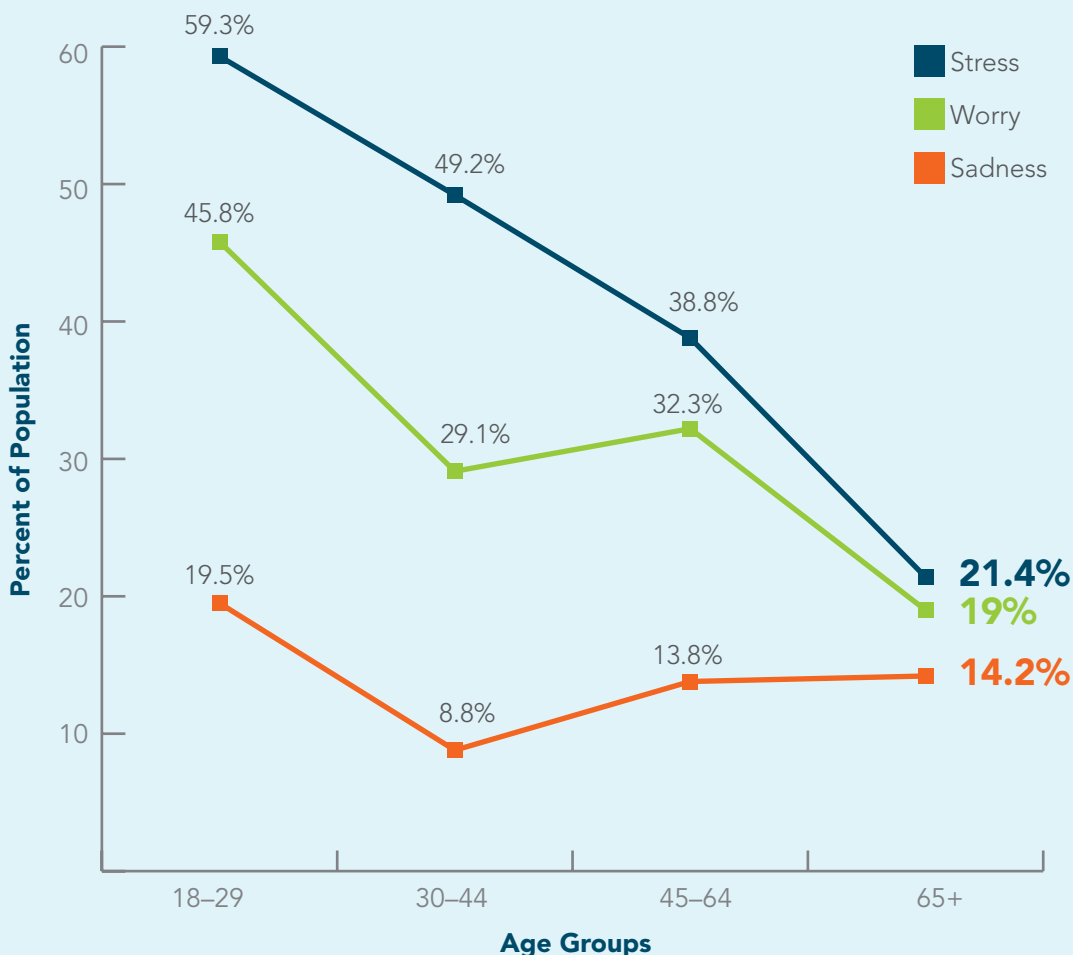
Health Care Assistance

Older adults, as well as families and children, receive low-or no-cost medical, counseling and dental assistance through BCHD. Enrollment counselors are available at no-cost to help residents secure health insurance through Covered California.

LiveWell, DieWell

Subject-matter experts in the field of end-of-life planning provide assistance and guidance for adults and older adults in the Beach Cities.

Stress, Worry and Sadness in the Beach Cities



**BCHD
SOCIAL
WORKERS
PROVIDED**

1,367
In-Home
Assessments

592
In-Home
Exercise Hours

670
Home Exercise
Visits



Dealing with Dementia

SIX YEARS AGO, BEACH CITIES HEALTH DISTRICT (BCHD) launched Memory Club — an innovative community program assisting those afflicted by dementia symptoms as well as caregivers and family members.

Nearly 25 percent of older adults (65+) receiving health services through BCHD suffer from dementia, which commonly include loss of memory, judgment, complex motor skills and other intellectual functions due to the degradation of nerve cells in the brain. Alzheimer's disease is the most common cause of dementia in older adults — representing nearly 60 percent of all cases.

What is Memory Club?

A supportive environment where families, caretakers and patients can connect, learn and better adjust to life with dementia. During each eight-week session, participants receive:

- Information and resources, including legal referrals, community resource guides and access to subject matter experts
- Social connectedness and support, as well as valuable coping skills and daily living strategies to maximize quality of life

Meetings are held throughout the year. Call (310) 374-3426, ext. 256, for upcoming dates and to register.

Volunteer in the Fight against Dementia

BCHD Conversation Companions volunteers, each of whom complete a special training course, provide activity-based visits to older adults suffering from dementia in the Beach Cities. Volunteers engage clients in mentally and physically stimulating activities, like art, music, games and light exercise, intended to increase quality of life and slow the onset of symptoms.

Visit bchd.org/volunteer or call (310) 374-3426, ext. 246, to get involved.

DEMENTIA: BY THE NUMBERS



An estimated 1 in 3 adults (85+) will have dementia in their lifetime

Dementia care costs were as high as **\$215 billion in 2010**

Prevalence of Alzheimer's disease is expected to reach **50.1%** among baby boomers by **2050**



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 for some heart-pounding fun!

Drop-in play
Rock Wall & Ropes Course
Seasonal Camps
Toddler Town

Classes
Birthday Parties
Teambuilding Activities

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



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
65+ Programs

Ph: 310-374-3426, ext. 147
514 N. Prospect Ave., 2nd floor
Redondo Beach, CA 90277
www.beachcitiesgym.com





Funding a Healthy Beach Community

\$1,358,040 IN BCHD GRANTS FUND

HEALTHY AGING

\$114,510

Adult Day Care, Senior Nutrition, Vision Services & In-Home Assistance

City of Redondo Beach Senior/Adult Disabled Health Fair 4,483

South Bay Adult Care Center 9,324

The Center for the Partially Sighted 4,373

The Salvation Army Meals on Wheels 58,045

YMCA — Senior Nutrition 25,000

Redondo Beach Senior Aid Program 4,785

HEALTHY SCHOOLS

\$743,321

Counseling, Nurses/Health Aides, Substance Abuse Prevention, Physical Education

Hermosa Beach School District 107,000

Manhattan Beach School District 217,429

Redondo Beach Unified School District 418,892

COMMUNITY HEALTH PROGRAMS

\$250,125

Domestic Violence Prevention, Cancer Support, Emergency Preparedness

Hermosa Beach Paramedic services 21,840

Manhattan Beach Paramedic services 29,364

Redondo Beach Paramedic services 48,000

Domestic Violence Prevention 17,100

Micro-Enrichment Health Grants 45,000

St. Andrew's Church Homeless/Needy 2,619

Hospice Foundation/The Gathering Place 40,800

Wellness Community/Cancer Support 45,402

HEALTH ACCESS

\$250,084

Long-Term Support Services for Disabled/Older Adults, Assistance for Uninsured/Underinsured Children & Adults

Senior Health Fund 218,484

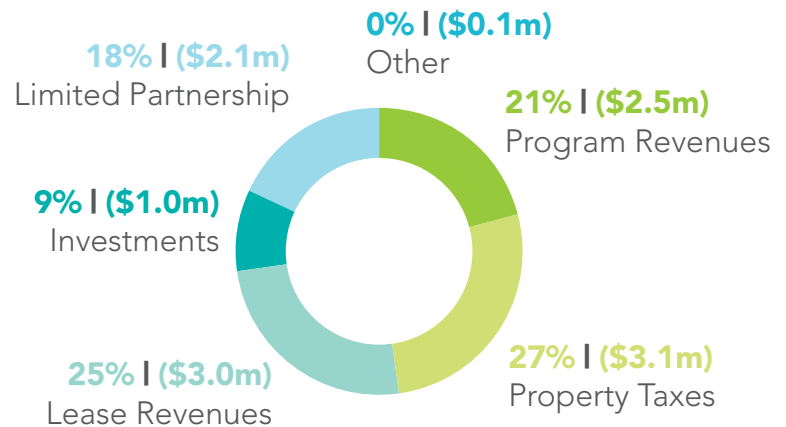
Adult Medical Services 26,200

Child Medical Services 5,400

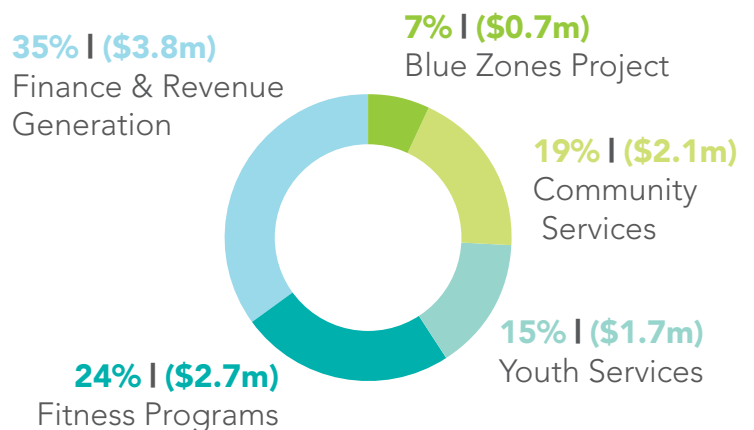


For every **\$1** received in property taxes, BCHD provides **\$3.50** in services back to the Beach Cities community.

INCOMING FUNDING



OUTGOING FUNDING



Actual (\$ Millions)

BCHD's audited financials and operating budget are publicly available online at **bchd.org**.

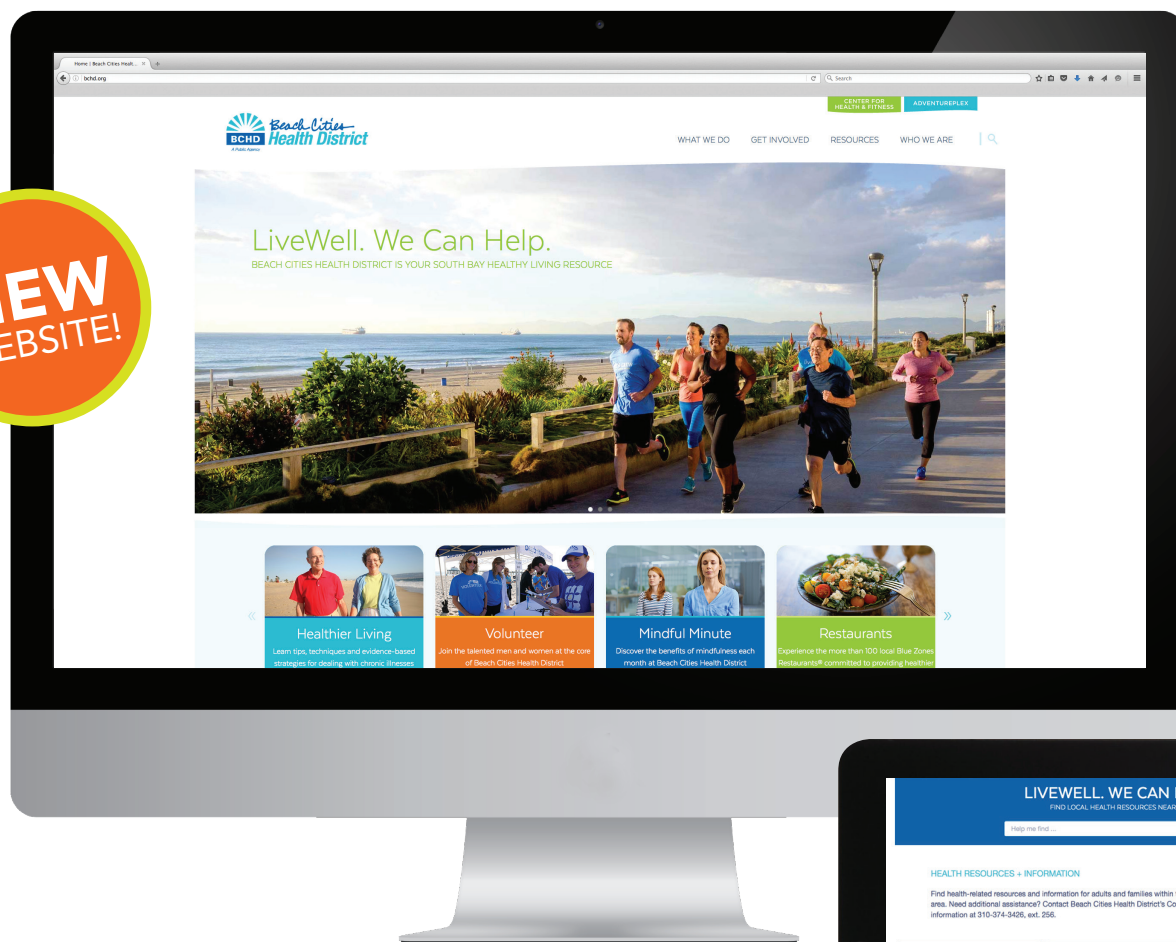


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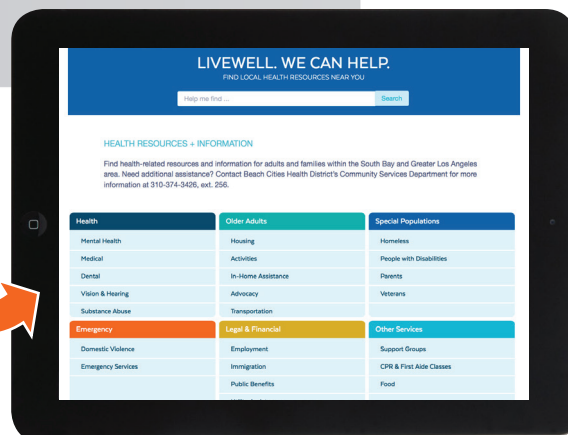
**NEW
WEBSITE!**



INTRODUCING THE NEW **BCHD.org**

Access vital health and wellness resources, discover community events, explore a comprehensive health blog and so much more.

Search 100+ local
health services on
our **resources page**



facebook.com/BeachCitiesHealth



twitter.com/bchd



instagram.com/BeachCitiesHealth