

livewell



Beach Cities
Health District



Year in Review

Dear Beach Cities Resident,

This has been a great year for Beach Cities Health District (BCHD). What amazed me the most in my first year as CEO of the health district, are the productive partnerships that exist between the community, the three Beach Cities and our local school districts. We are truly working together on a district-wide level to create a healthy beach community.

In a word: Awesome.

Inside this annual report, you will see a variety of information and evidence-based data that demonstrates where we are in relation to our 2016-2018 Health Priorities. While there is still work to be done, BCHD continues to make progress and lead the way in community health and preventive health practices.

In my new role, I've also learned the extent to which Blue Zones Project has helped shape who we are as a community and health district during the past seven years – particularly in how we approach community engagement and environmental health changes in the Beach Cities. As we move forward, we will continue to apply the lessons learned from the success of Blue Zones Project to our key health priorities, including mindfulness, social-emotional learning and stress reduction. Our goal is to continue decreasing stress levels in our community, and in turn, also reduce the prevalence of unhealthy behaviors linked to stress, such as substance use and bullying among our youth and substance abuse among the adult population.

Additionally, we've completed a significant amount of conceptual planning with the community on our proposed Healthy Living Campus. The project, which is currently in the planning and community input phase, calls for renovating our 60-year-old hospital building and optimizing our 11-acre campus by adding much-needed assisted and independent living residences for older adults. We are also utilizing Blue Zones Project concepts like placemaking and livability to create a hub of well-being onsite that, combined with existing services, will benefit the entire community.

Learn more at bchd.org/healthylivingcampus. I'm very proud to be a part of the true community effort happening in the Beach Cities to proactively and transparently address our evolving healthcare needs. I hope you take the time to explore the programs, services and outcomes outlined in our annual report.

In health,

Tom Bakaly
Chief Executive Officer
Beach Cities Health District

Life

Programs for every stage of



YOUTH

- Nutrition & Garden Education
- Social-Emotional Learning
- Physical Activity
- Substance Use Prevention
- Walking School Bus
- Walking Wednesdays



ADULTS

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



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
- Dementia Support
- Healthier Living Workshops

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

Michelle Bholat, M.D.
Vish Chatterji
Noel Chun, M.D.
Jane Diehl
Vanessa Poster

CHIEF OFFICERS

Tom Bakaly
Chief Executive Officer
William Kim, M.D.
Chief Medical Advisor
Monica Suua
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

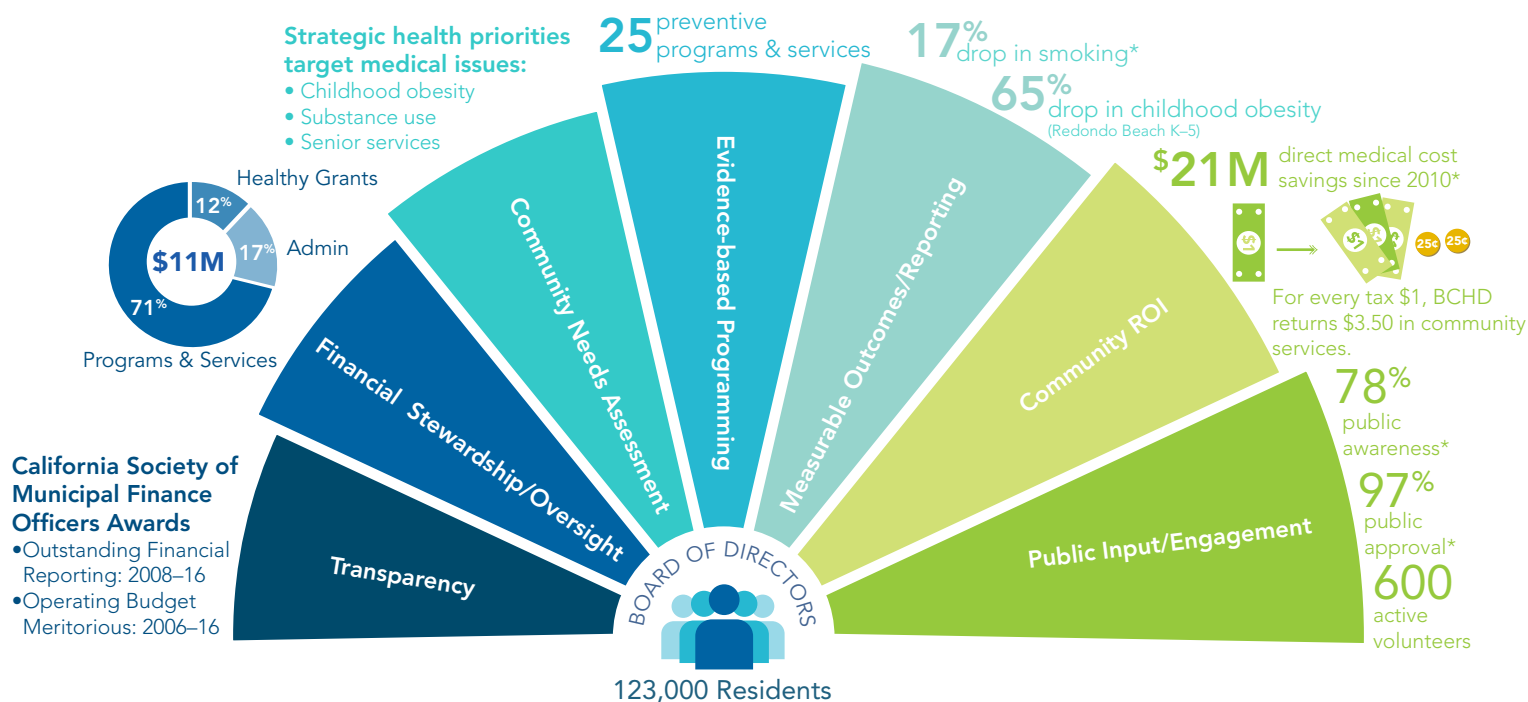
Health Priorities 2016–2019



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



Beach Cities Health District Model



“WE TEND TO BELIEVE THAT AMERICA’S HEALTH PROBLEMS ARE TOO BIG AND INTRACTABLE. YOU HAVE PROVEN THAT COMMUNITIES CAN TAKE CHARGE AND REVERSE THE TREND.”

— DR. VIVEK MURTHY, FORMER UNITED STATES SURGEON GENERAL
JUNE 4, 2016

* SOURCE: GALLUP- SHARECARE



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.

Teen Wellness & Substance Use Prevention

Working in partnership with school districts and South Bay Families Connected to provide families with health resources, workshops and subject-matter experts to prevent substance use and improve social and emotional wellness.

Social-Emotional Learning

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 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 promote safe and active transportation to schools.



THE NEED

45%

of Manhattan Beach 11th graders report using alcohol or other drugs within the past 30 days

31%

of Redondo Beach 11th graders report using alcohol or other drugs within the past 30 days

50%

of Hermosa Beach 7th graders report experiencing harassment or bullying in the past 12 months

* California Healthy Kids Survey Data
2015-16 (Manhattan Beach & Redondo Beach)
2014-15 (Hermosa Beach)

MindUP Matters: Social-Emotional Learning in Schools

With parental stress on the rise and growing pressure on kids to excel academically, many local students are feeling the burn. Fortunately, schools in the Beach Cities are reinforcing their commitment to help young people regulate their mental well-being and thrive through continued emphasis on social-emotional health.

The MindUP program is delivered to all K-5 students in Hermosa Beach, Manhattan Beach and Redondo Beach. MindUP is an evidence-based curriculum that fosters social and emotional awareness, enhances psychological well-being and promotes academic success. BCHD has provided Beach Cities schools with funding to implement MindUP since 2010. To further support these efforts, Beach Cities Health District (BCHD) staff facilitated two “MindUP Day” workshops for more than 350 7th and 8th graders at Hermosa Valley School.

“The most useful or valuable aspect of the seminar was learning to take purpose and gratitude out of the classroom and into the world and really think about what we are thankful for,” noted one participant. Sessions included team building activities, reflections on purpose and a gratitude action plan that helps students find ways to give back to the community. Focusing on gratitude has been proven as an effective method to train the brain to have a more optimistic perspective.

In addition, all 6th graders participated in the Mastermind program, which focuses on easing the transition into middle school. Mastermind accomplishes this by teaching organizational skills, prioritization and stress reduction techniques, as well as lessons on creating greater self-awareness.

But it isn’t just students benefitting. Parents now have access to a variety of wellness resources through an innovative partnership between BCHD and South Bay Families Connected. Learn more at bchd.org/mindup or at southbayfamiliesconnected.org.

Hermosa Beach MindUP Days Overview

BCHD staff led the students through various mindful activities and workshops including:

- Team building activities focusing on perspective taking, communication and collaboration.
- A Purpose Workshop where students identified their interests, values and gifts, explored their individual purpose and drafted a purpose statement.
- A Gratitude Workshop where students discussed gratitude and its benefits. Students then identified things they are grateful for and how they could translate their gratitude into action. Each class was given a Gratitude Jar and wrote down a gratitude action they would complete within a month.
- At the end of MindUP Day, the entire grade came together to reflect on the day’s activities and share their purpose statements and gratitude action plans.

Outcomes

More than 350 Hermosa Valley 7th and 8th grade students completed MindUP Day. Of the 56% of students who responded to the survey:

85% of 8th graders

83% of 7th graders

Would recommend MindUP Day.

80% of 8th graders

73% of 7th graders

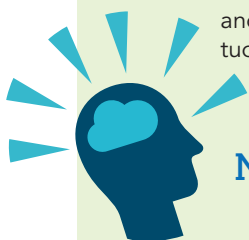
Learned something new about themselves.

82% of 8th graders

86% of 7th graders

Changed their way of thinking after MindUP Day.

Number of Beach Cities students trained in MindUP: **10,600**





Keeping Adults Healthy

Blue Zones Project was introduced in 2010 by Beach Cities Health District to measurably improve the health of the Beach Cities by reengineering the local environment and culture to encourage residents to adopt the nine key healthy lifestyle behaviors exhibited by the world's longest-living people. Since that time, the Beach Cities have been successfully optimized for well-being through innovative partnerships with local restaurants, grocery stores, worksites, schools and the cities of Hermosa, Manhattan and Redondo Beach. These joined efforts resulted in the Beach Cities becoming the largest certified Blue Zones Community® in the U.S. in 2016 and earning the top Gallup-Sharecare Well-Being Index score in the nation in 2015.



INDIVIDUALS

2016-17 HIGHLIGHT:

565 people participated in monthly "Social Hour" events designed to strengthen community connectedness.



POLICY

2016-17 HIGHLIGHT:

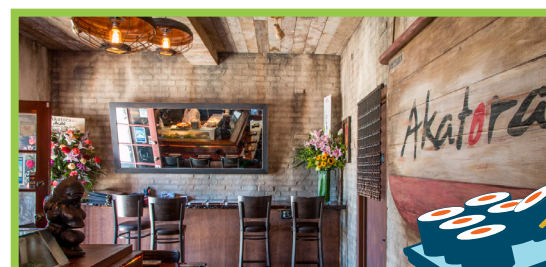
100 volunteers distributed 700 lawn signs, 1,000 door hangers and 1,000 safety brochures as part of the safe "Streets for All" campaign.



RESTAURANTS

2016-17 HIGHLIGHT:

500 people sampled healthy dishes from 23 Blue Zones Restaurants at the "Taste of Blue Zones" event.



SCHOOLS

2016-17 HIGHLIGHT:

10,600 students received MindUP training to support social-emotional well-being.



BLUE ZONES PROJECT[™]
by HEALTHWAYS



Beach Cities
Health District
A Public Agency

Presented by



Volunteer

Lending a Healthy Hand

Beach Cities Health District's (BCHD) volunteer program helps to improve community health across the entire lifespan, beginning with the volunteers themselves. BCHD volunteers form valuable social connections through their work while simultaneously bettering their individual health and well-being. Volunteering is also linked with finding purpose, which increases longevity, provides greater life satisfaction and greater functional ability. Though many begin volunteering to serve others, they find that the happiness they receive from it is unmatched.

**FOR VOLUNTEER OPPORTUNITIES, VISIT
BCHD.ORG/VOLUNTEER**

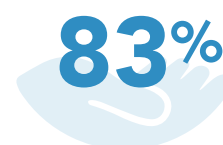
BCHD BY THE NUMBERS



in **volunteers**
since last year



89 FAMILIES
volunteered
for events and
service projects



of **volunteers**
provide direct
services to the
COMMUNITY



1,098
VOLUNTEERS



35,152
HOURS

**EQUAL
TO**



\$969,843
IN SERVICES



Project Overview

Beach Cities Health District's (BCHD) mission is to provide preventive health programs and services that address the ever-changing health needs of the Beach Cities. Accordingly, we are taking a holistic approach to creating a Healthy Living Campus that will be a hub of well-being for all Beach Cities residents. BCHD is investing for the future by modernizing our existing 11-acre campus in Redondo Beach – with plans ranging from renovating our 62-year-old medical building to developing a residential Community for Older Adults onsite.

Guiding Principles



- Include a Community for Older Adults
- Create an integrated hub of well-being
- Incorporate Blue Zones Project concepts
- Focus on emerging technologies and innovation
- Grow the enterprise to support the mission
- Actively engage community/stakeholders
- Prioritize environmental sustainability and accessibility
- Create open space at the campus core by shifting parking to the perimeter.

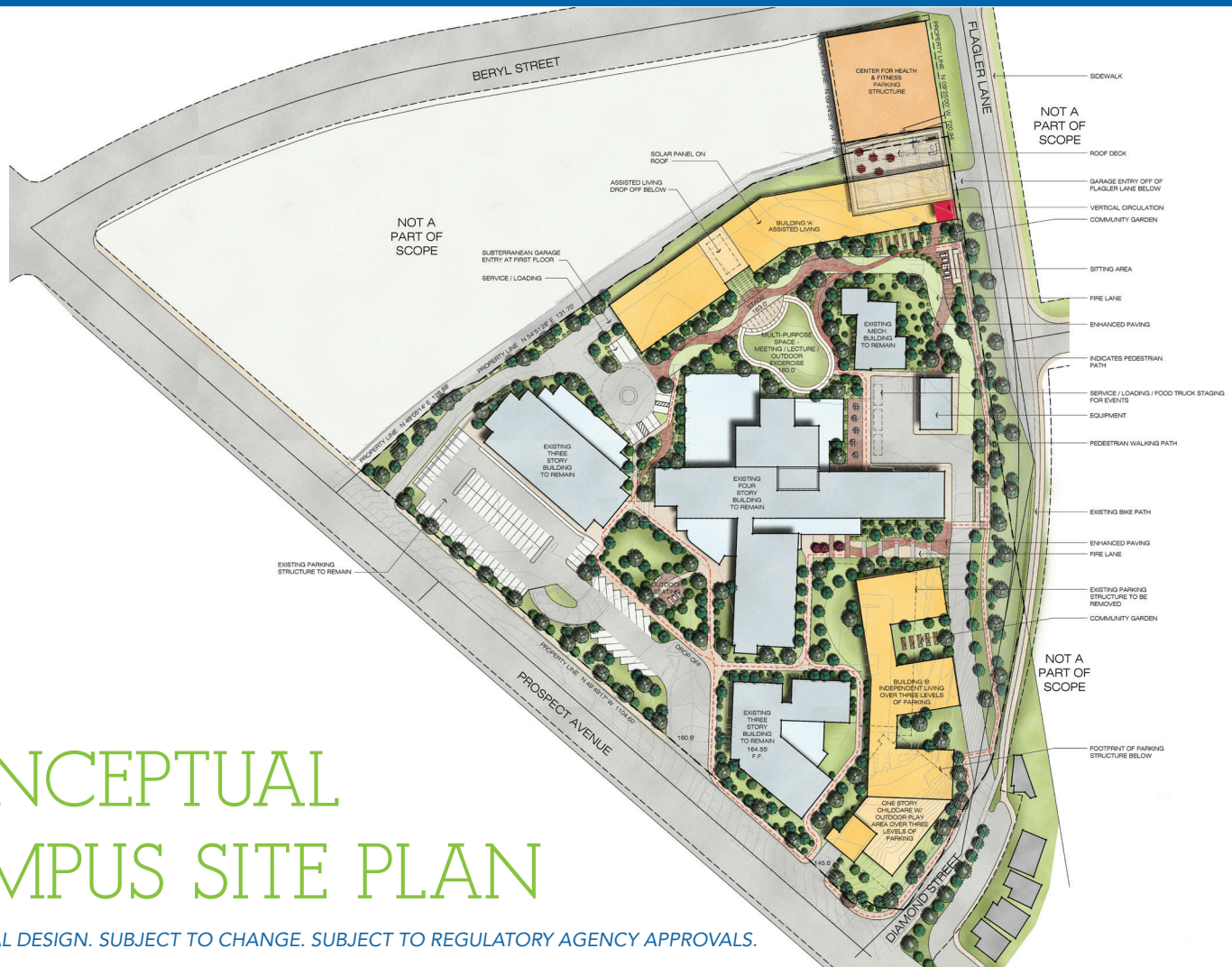
Meeting the Need for Older Adult Living

Housing for older adults is a significant Beach Cities issue. According to our 2016 Community Needs Snapshot, 94% of older adults in the Beach Cities report they want to remain living in their community, however, independent and assisted living complexes are at capacity, with waiting lists of up to three years. A 2016 demand study further confirmed significant unmet need for residential older adult living in the Beach Cities.

Consistent with our mission, BCHD is working to fulfill the void for older adult housing with a solution that focuses on well-being and quality of life. The Healthy Living Campus project includes:

- Renovating and updating our 62-year-old medical building located at 514 Prospect Ave.
- Residential living with onsite health care and services for aging members of our community who can no longer live safely and independently in their own homes, but want to age in place and remain in their community.
- Continuum of care with services and facilities onsite that promote health and graceful aging, including geriatric social workers, healthcare enrollment counselors, dementia care, cancer care, pharmacies, surgery centers and medical providers like UCLA Health, Providence and Torrance Memorial.
- Keeping our local families intact by providing residential living options that support independence and foster active, yet simplified lifestyles.
- Creating green space at the core of the campus and consolidating parking on the perimeter.
- Walkable distances to services like grocery stores, restaurants, pharmacies and dry cleaners.
- Integrating Blue Zones Project principles to improve walkability and bikeability.
- Increasing campus connectivity, sustainability and accessibility for all residents.





CONCEPTUAL CAMPUS SITE PLAN

*CONCEPTUAL DESIGN. SUBJECT TO CHANGE. SUBJECT TO REGULATORY AGENCY APPROVALS.

Community Working Group

- Sue Allard, Manhattan Beach
- Pat Aust, Redondo Beach
- Jan Buike, Manhattan Beach
- Craig Cadwallader, Manhattan Beach
- Walt Dougher, Manhattan Beach
- Pat Dreizler, Redondo Beach
- Patrick Flannery, Redondo Beach
- Jacqueline Folkert, Redondo Beach
- Laurie Glover, Redondo Beach
- Darryl Kim, Redondo Beach
- Jim Light, Redondo Beach
- Jean Lucio, Redondo Beach
- Dency Nelson, Hermosa Beach
- Mark Nelson, Redondo Beach
- Lisa Nichols, Hermosa Beach
- Justin Pioletti, Redondo Beach
- Cindy Schaben, Redondo Beach
- George Schmeltzer, Hermosa Beach
- Joanne Sturges, Manhattan Beach
- Kambria Vint, Hermosa Beach





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.

Dementia Support

Social workers and volunteers support dementia patients and caregivers through the Memory Club support group and Brain Buddies, a volunteer program providing evidence-based socialization and support techniques in the home.



Creating a healthy beach community.



**BCHD
SOCIAL
WORKERS
PROVIDED**

1,389

**Community Requests for
Information**

1,272

**Care Management
Visits**

474

**Home Exercise
Sessions**

690

Volunteer Hours

BCHD-City Partnerships to Improve Older Adult Health

List of programs, services and workshops offered by city

Manhattan Beach

- Ask a Care Manager
- Lunch Bunch/Dine N' Discover
- Healthier Living Workshops
- Powerful Tools for Caregivers
- Police & Fire Dept. Outreach/ Memory Impaired File Support
- Senior Nutrition Series
- Community Services Briefings
- Senior Fitness Classes



Hermosa Beach

- Senior Nutrition Series
- Mindfulness, Meditation & Aging
- Senior Fitness Classes



Redondo Beach

- Ask a Care Manager
- Mindfulness, Meditation & Aging
- Healthier Living Workshops
- Powerful Tools for Caregivers
- Adaptive Mobility
- Community Services Briefings
- Senior Nutrition Series
- Senior Fitness Classes



For more information or to register, call (310) 374-3426, ext. 256.



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
adventureplex.org



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
beachcitiesgym.com





Funding a Healthy Beach Community

\$1,380,988 IN BCHD GRANTS FUND

HEALTHY AGING

\$101,225

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

HEALTHY SCHOOLS

\$743,321

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

Hermosa Beach School District 107,000

Manhattan Beach School District 217,429

Redondo Beach Unified School District 418,892

COMMUNITY HEALTH PROGRAMS

\$272,838

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 39,813

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

\$263,604

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

Senior Health Fund 222,000

Teen Substance Use Prevention 30,000

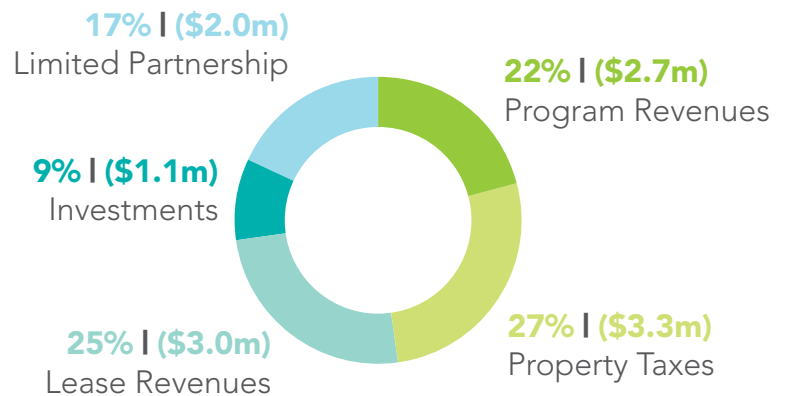
Adult Medical Services 6,204

Child Medical Services 5,400

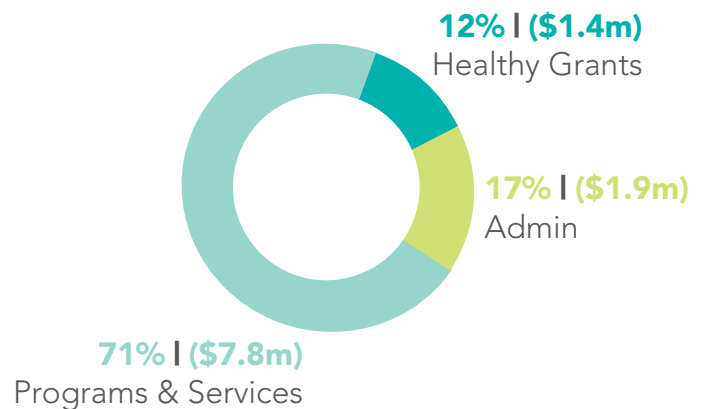


For every **\$1** received in property taxes, BCHD provides **\$3.50** in services back to the Beach Cities community.

INCOMING FUNDING



OUTGOING FUNDING



Actual (\$ Millions)

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



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

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Redondo Beach
CA 90277
PERMIT NO. 53

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

Want to Help Make a Difference?

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.

bchd.org/volunteer



facebook.com/BeachCitiesHealth



twitter.com/bchd



instagram.com/BeachCitiesHealth