



A Public Agency

Beach Cities **Health District**

Obesity down **68%**
in Redondo Beach Elementary Schools



Did you know?

Last year, **17,690** vegetables and herbs were planted in BCHD school gardens.



Year in Review

Dear Beach Cities Resident,

At Beach Cities Health District, we use evidence as the basis for our 40-plus health and wellness programs and services. In short, numerous findings and statistical studies during the last 12 months reveal the overall well-being and physical health in the communities of Manhattan Beach, Hermosa Beach and Redondo Beach continues to be good, although we have some areas to address.

1) Well-Being Index (WBI): Every two years Gallup measures the country's well-being. Beach Cities' WBI stats "greatly exceeded U.S. and state levels" in multiple categories, in 2017. However, we do have high levels of stress and substance use among youth, adults and older adults. (For more information, see pg. 11)

2) Childhood Obesity in Redondo Beach: Working in partnership with RBUSD, we've seen a 68% drop in childhood obesity among K-5th graders since 2007 and have become a model for the rest of the country.

In response to troubling social-emotional health statistics, we held a Youth Stress and Substance Use Summit. We also leveraged our community partnerships, school leadership, student representatives, the Families Connect Parent Advisory Group and more than 100 mental health, substance use and social-emotional professionals to begin a collective effort to address this growing community health issue among youth.

Keeping with mental health, we are also beginning a three-year longitudinal study. The Healthy Minds Initiative will analyze whether there is a relationship between healthy living and slowing the rate of dementia in older adults. We've teamed with two renowned neurologists – M.D.'s Dean and Ayesha Sherzai – who believe there is no better place for this potentially groundbreaking research.

Finally, we continue to examine options to modernize our campus in Redondo Beach. As you know, our mission has evolved from when the old South Bay Hospital was built 63 years ago, but our buildings haven't. So, we're currently working with the community to determine how best to redevelop our aging property into a Healthy Living Campus that serves the intergenerational health needs of our residents and reflects our organizational identity: trusted, welcoming, evidence-based, vibrant and encompassing. We plan to provide the community and our board with Healthy Living Campus concepts for consideration in early 2019.

We are very excited about all that is happening – and will happen – at Beach Cities Health District and appreciate the incredible partnership we have with you.

In health,

Tom Bakaly
Chief Executive Officer
Beach Cities Health District

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. We offer 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.

MISSION

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

BOARD OF DIRECTORS

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

CHIEF OFFICERS

Tom Bakaly
Chief Executive Officer
Jackie Berling
Chief Wellness Officer
William Kim, M.D.
Chief Medical Advisor
Monica Suua
Chief Financial Officer

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 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

Nutrition and exercise

Mindfulness, social-emotional learning and stress reduction

Substance use prevention

Support evidence-based tobacco control policies

Bullying prevention



ADULTS

Nutrition and exercise

Mindfulness, social-emotional learning and stress reduction

Substance abuse prevention

Support evidence-based tobacco control policies

End-of-life planning



OLDER ADULTS

Nutrition and exercise

Mindfulness, social-emotional learning and stress reduction

Substance abuse prevention

Support evidence-based tobacco control policies

Dementia programing

Healthy Living Campus Update

Overview

We are in the process of reimagining our current 11-acre medical campus in Redondo Beach, working closely with residents and stakeholders to design and build a modern center for excellence onsite that best serves the ever-changing preventive health needs of the Beach Cities.

What We're Hearing

In the past year, we've held more than 50 community outreach meetings and presentations and collected more than 200 comment cards. Here are some of the key themes we are hearing from the public.

- Mitigate potential project impacts, especially traffic.
- Keep building heights and density as low as possible.
- Integrate the campus with the surrounding community.
- Include broad community benefits.
- Focus on intergenerational programming and needs.
- Create useable open space for the community.
- Lessen impacts to the surrounding neighborhood.
- Consider offering below-market-rate RCFE units.



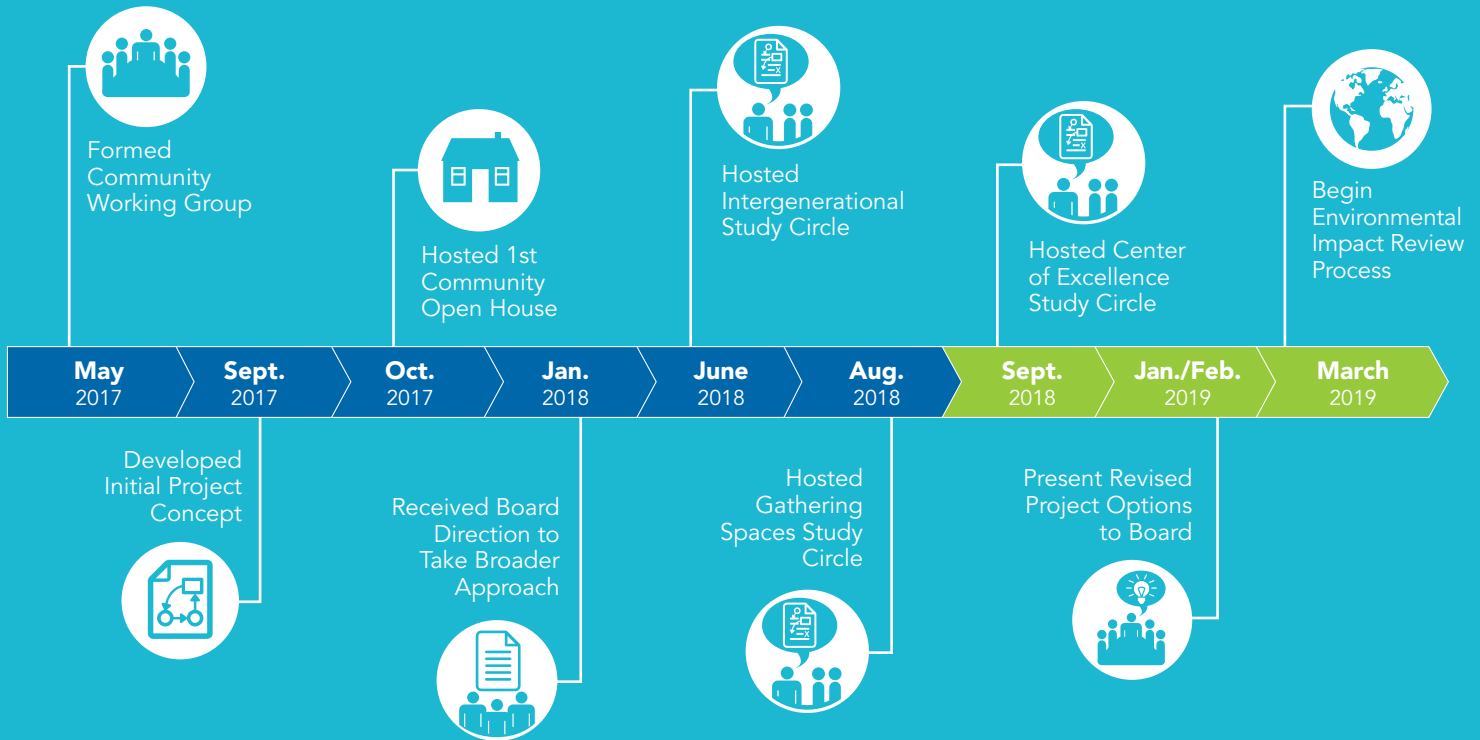
What We're Doing

In response to this feedback, as well as direction from our board of directors and project experts, we're pivoting to take a broader, more comprehensive look at our entire campus. This includes deepening public engagement in the planning process through community study circles and developing a long-term financial model.

What's Next

Following our final study circle in September, we plan to use the information, data and feedback collected to develop two or three project options for our board of directors to consider. Once a final concept is selected, we will move forward with a formal application and begin the Environmental Impact Review process.

Healthy Living Campus: Milestones



Healthy Living Campus: Project Pillars



Health

- Build a center of excellence, focusing on wellness, prevention & research
- Leverage the campus to expand community health programs & services



Livability

- Focus on emerging technologies, environmental sustainability, innovation & accessibility
- Create an intergenerational hub of well-being, using Blue Zones Project principles



Community

- Actively engage the community & pursue partnerships
- Grow a continuum of programs, services & facilities to help older adults age in their community

Youth Services

Beach Cities Health District (BCHD) partners with the Hermosa, Manhattan and Redondo Beach school districts to deliver more than 15 programs annually that measurably improve the health and well-being of Beach Cities students. These programs increase physical activity, improve nutrition, reduce substance use and encourage social-emotional wellness in our schools.

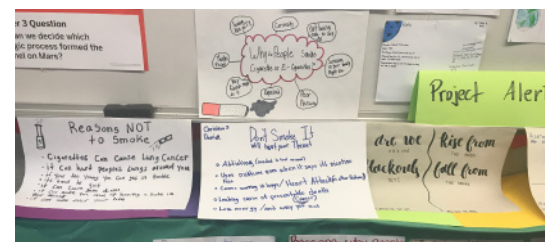
PHYSICAL ACTIVITY

- 8-Minute Morning Exercises
- Classroom Activity Breaks
- Walking School Bus
- Walking Wednesdays



SUBSTANCE USE PREVENTION

- Families Connected Speaker Series
- Families Connected Parent Chat
- Families Connected Parent Advisory Group
- Project Alert



SOCIAL-EMOTIONAL LEARNING

- MindUP
- Purpose Series
- Second Step
- Student Mental Health Task Force
- Youth Advisory Council



NUTRITION

- LiveWell Kids Nutrition and Garden
- LiveWell Tots
- School Gardens
- School Wellness Councils



Schools should play a prominent role in preventing obesity in students. Physical fitness and a healthy diet, like learning, should be part of a student's knowledge base, which can lead to building healthy life-long habits. When we partnered with BCHD back in 2006 and instituted their LiveWell Kids program, we all had lofty goals. Staff, parents, kids, the board of education as well as BCHD have all contributed to a program that continues to exceed those goals.

- Dr. Steven Keller, RBUSD Superintendent

Obesity Plunges in Redondo Beach

Here at Beach Cities Health District (BCHD), facts and data drive our decision-making process. We use measurement and outcomes to gauge the success of our programs and services. As such, we are proud to report that childhood obesity (K-5th grades) in Redondo Beach – part of Los Angeles County where 22.4 percent of students are obese – currently registers at a lean 6.4 percent, an astounding 68 percent decline since data collection began in 2007.

So how did this dramatic turnaround occur?

Our LiveWell Kids program, a physical activity and nutrition curriculum, debuted in the Redondo Beach Unified School District during the 2005-'06 school year – a time when one out of every five students in Redondo Beach was obese.

Since then, LiveWell Kids has emphasized nutrition and physical education for students, and the results are eye-opening. Los Angeles, statewide and national obesity levels are three times higher than Redondo Beach.

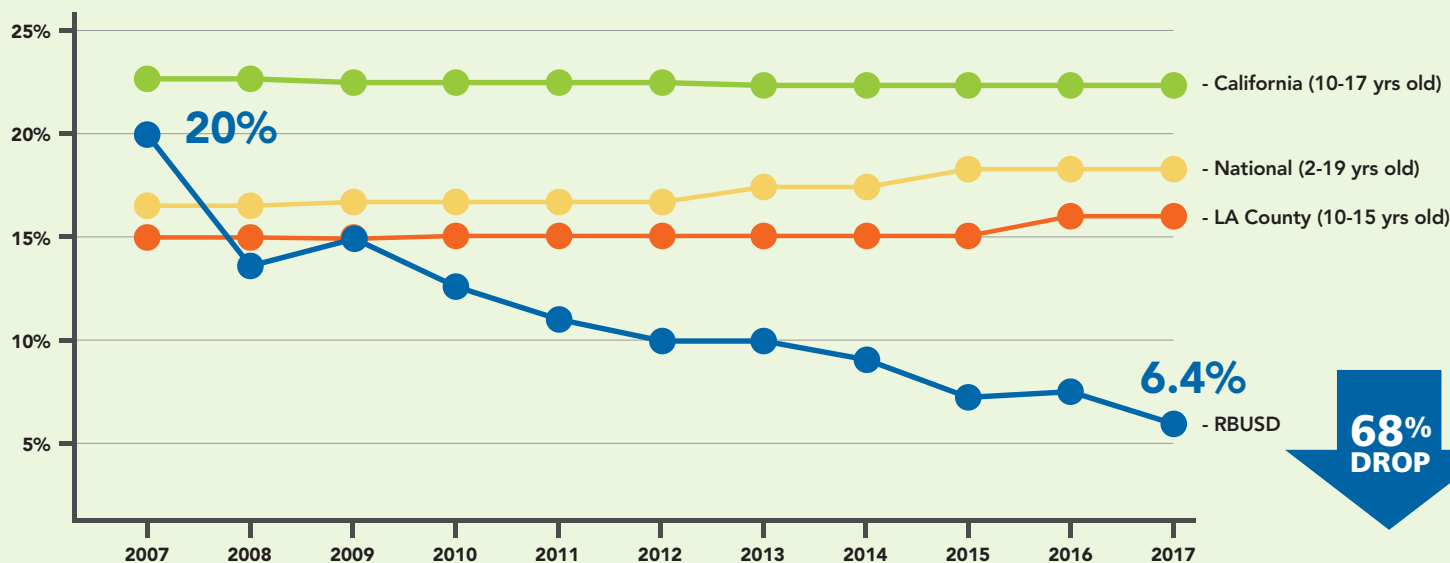
By bringing comprehensive health programming into schools – ranging from “the walking school bus,” to gardens at each of the eight Redondo Beach elementary schools – physical fitness and proper diets have become a regular facet of a Redondo Beach student's curriculum. Eight minutes of daily morning exercises and salad bars during school lunch are now commonplace. Better yet, nutrition lessons are delivered to classrooms by 400 trained parent-volunteers, who promote food literacy, mindfulness practices and garden education.

Research and clinical practice show that health habits develop very early in life and, once well established, are difficult to alter. We also know that obese children have up to a 60 percent chance of becoming obese adults and are more likely to suffer from chronic health conditions later in life.

Enabling healthy behaviors and lifestyles at an early age is the sweet-spot for LiveWell Kids. Through innovative partnerships and supportive volunteers, our program is setting Redondo Beach students up for a lifetime of healthy habits.



Childhood Obesity: How Redondo Beach Compares



Sources: NCHS (1999-2016); NSCH (2007-2016); LACDPH Key Indicators of Health by SPA (2009, 2013)

Student Mental Health & Well-Being

Beach Cities teens report higher than average rates of drug and alcohol use, bullying and missing school due to feelings like stress or anxiety, according to the California Healthy Kids Survey. In response, we are partnering with the school districts, South Bay Families Connected, parents, local leaders and organizations to lead a community-wide effort to proactively address these issues and help our kids be healthy, happy and thrive – in school and life. This collaborative, community-driven approach to solving complex social problems is known as the “collective impact model,” and it requires the five elements illustrated below to succeed.



THE CHALLENGE:

40%

of Beach Cities **7th graders** reported experiencing harassment or bullying in the past year

16%

of Beach Cities **11th graders** reported seriously considering suicide in the past 12 months

42%

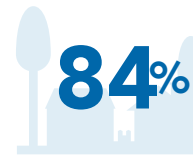
of Beach Cities **11th graders** reported using drugs or alcohol in the past 30 days

Lending a Healthy Hand

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

FOR VOLUNTEER OPPORTUNITIES, VISIT
bchd.org/volunteer

BCHD BY THE NUMBERS



84%

of BCHD **volunteers** provided direct services to the community



39

ORGANIZATIONS and

84

FAMILIES

volunteered with BCHD



1,222

HEALTH LESSONS

were delivered to **5,000+** students by BCHD volunteers in local schools



Did you know?

30 businesses and community groups engaged in service projects to help school gardens or yard work for senior client homes



1,070
VOLUNTEERS



GAVE



33,945
HOURS

EQUAL
TO



\$987,460
IN SERVICES

Blue Zones Project

In 2010, we launched the nationally acclaimed Blue Zones Project® in the Beach Cities to help measurably improve the health and well-being of our community. Our goal was, and still is, to make the healthy choice the easy choice in our community through impactful environmental changes modeled after the five areas of the world where people measurably longer, healthier lives – known as the “Blue Zones.”

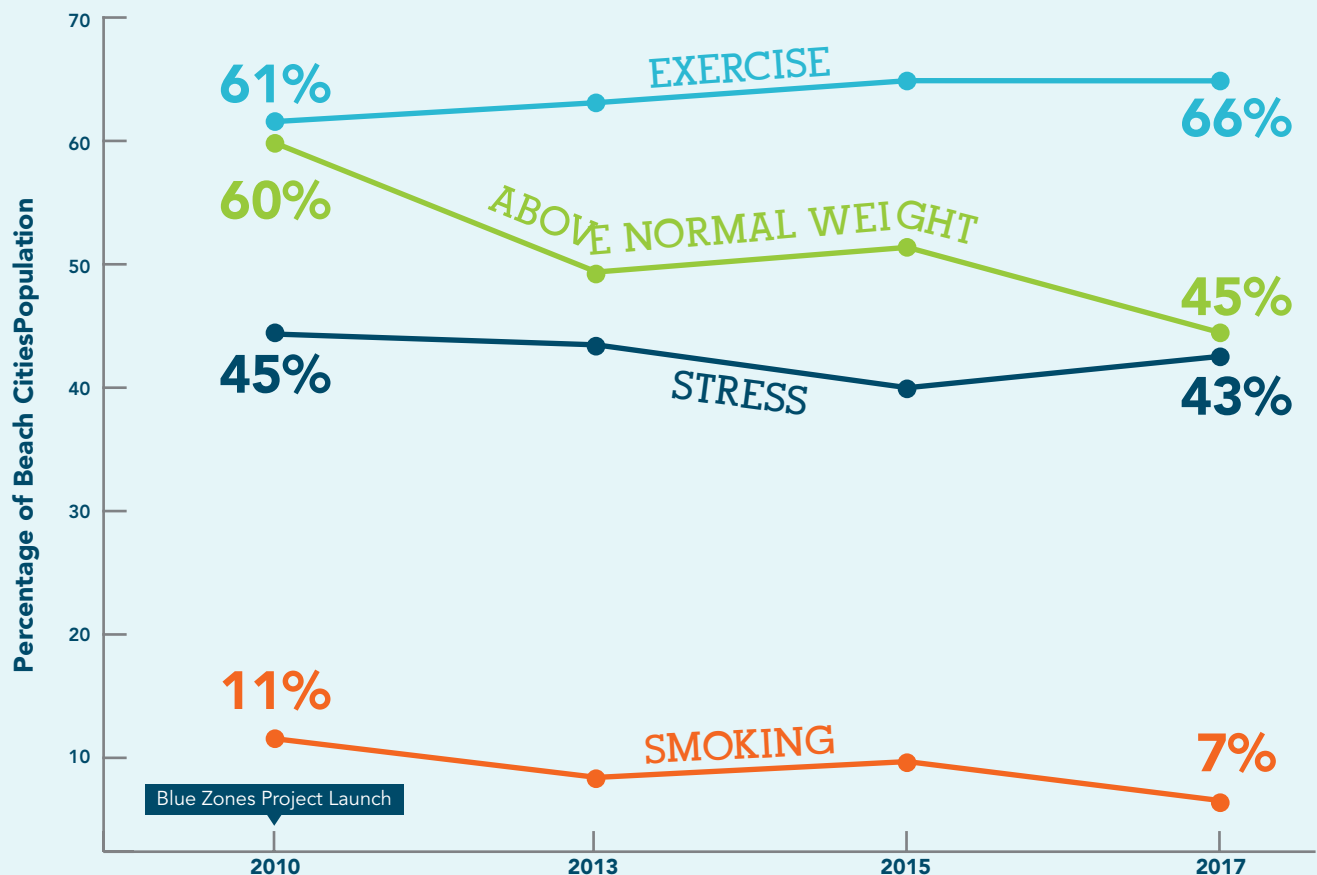
After eight years spent weaving health into the fabric of public policy, creating more livable streets, optimizing hundreds of restaurants for nutrition, growing community connectedness and supporting healthy school environments, the Gallup-Sharecare Well-Being Index (WBI) shows Blue Zones Project is spurring real, measurable change in the physical health of Beach Cities residents. Stress, however, remains a concern and will be a key area of focus for us moving forward.



THE BEACH CITIES
EARNED THE

#3 COMMUNITY
WELL-BEING
SCORE IN THE
U.S. IN 2017.

Impact of Blue Zones Project on Key Health Indicators: 2010 – 2017



Amid a Tumultuous Year for National Well-Being, the Beach Cities Shine Bright

In March, the 2017 Gallup-Sharecare Well-Being Index (WBI) was released. The nationwide poll of adults, which annually analyzes social, purpose, financial, community and physical health and welfare, carried some gloomy news for most of the U.S. That same WBI, though, reported that well-being in the Beach Cities was faring exceptionally well.

Across the U.S., compared to previous yearly WBI data, 21 states were experiencing a decline in well-being, zero states had improved, and stress and worry reached the highest national levels since 2009. Conversely, in 17 measurable WBI metrics, Hermosa, Manhattan and Redondo Beach outdistanced all of California and practically all of the country “by a meaningfully large amount,” according to Dan Witters, research director of the Well-Being Index for Gallup.

The WBI classifies the Beach Cities as part of the LA Metro region due to population. However, if the Beach Cities were measured as a standalone metro area, it would rank third nationally.

This is no anomaly. For more than 20 years, we’ve been helping our residents focus on prevention, not sickness, by offering more than 40 community-focused health and wellness programs that extend from promoting physical activity to providing health services for children, adults and seniors. A specific example is our Blue Zones Project, which, since 2010, has helped residents, schools, city government, restaurants and businesses learn and integrate health into their everyday lives. This concerted effort to blend nutrition, mental health and physical exercise, stress management and education helped Beach Cities become the first California community – and the largest in the U.S. – to earn Blue Zones Community certification.

The WBI, which equates elevated well-being statistics with “a life well-lived – all the things that are important to each of us, what we think about and how we experience our lives” – began measuring the Beach Cities in 2010. This also happens to coincide with a time when many of our community leaders began actively making long-term commitments to wellness. As the most recent WBI findings reveal, our healthy partnership with the community, which centers on making the healthy choice the easy choice where we live, work and play, is helping residents achieve a life well lived.

According to the Gallup-Sharecare Well-Being Index, well-being is comprised of five interrelated and complementary elements:



Purpose

Liking what you do each day and being motivated to achieve your goals



Social

Having supportive relationships and love in your life



Financial

Managing your economic life to reduce stress and increase security



Community

Liking where you live, feeling safe and having pride in your community



Physical

Having good health and enough energy to get things done daily

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 assist 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.



Did you know?

Beach Cities residents can access health services, information and referrals by calling (310) 374-3426, ext. 256

BCHD SOCIAL WORKERS PROVIDED

1,426

Community Requests
for Information

1,115

Care Management
Visits

793

Home Exercise
Sessions

2,244

Volunteer Visits

818

Community Classes
and Programs

Helping Hundreds Grow Old at Home

Our team of geriatric social workers have one mission: Help older and disabled adults in the Beach Cities live independently in their homes for as long as safely possible. Last year, they worked with more than 430 local residents in need through our Care Management program.

What is Care Management?

Many older and disabled adults in the Beach Cities need support to continue living in their homes. Our Care Management Program is designed to help address the challenges faced by this population – transportation, cleaning, chores, companionship, mobility – by sending social workers to the homes of residents in need to develop customized care plans and connect them to vital resources and services.

What types of services are available?

Services vary based on the individual needs of residents but range from errand assistance and housekeeping to fall prevention and bathing assistance.

Is there a cost for Care Management?

Care Management is free for all eligible Beach Cities residents.

Who is eligible?

Beach Cities residents who are 65 and older, as well as adult residents with disabilities.

How can I learn more and access services?

If you feel that you or your loved one could benefit from Care Management, or for more information, please call **(310) 374-3426, ext. 256**.



Did you know?

200 volunteers helped deliver
250 holiday gift bags to clients

RESIDENT TESTIMONIALS

"When I need help, my Care Manager is always there for me. Thank you for helping me and giving me so many meaningful moments."

–Ermina, Manhattan Beach

"They are concerned about me, offer support and will try to find anything that can help meet my needs. I'm very pleased with the level of service I've received from BCHD."

–Frank, Redondo Beach

"I love that BCHD exists to help out seniors like myself in this area. I am home bound, and if it was not for BCHD, I would not know how to get my needs met. BCHD is only a phone call away if I ever need any type of support."

–Elizabeth, Redondo Beach

"I can't thank you enough. You've been a godsend to me. You helped me out immensely with all of my issues. Thank you, Beach Cities Health District."

–Young, Redondo Beach



A Beach Cities Health District Program

AdventurePlex is 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
Team Building Activities

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



A Beach Cities Health District Program

Beach Cities Health District's Center for Health & 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

\$1,407,288 IN BCHD GRANTS FUND

HEALTHY AGING \$86,135

Adult Day Care, Senior Nutrition

South Bay Adult Care Center 9,324

The Salvation Army Meals on Wheels 58,032

YMCA — Senior Nutrition 18,779

HEALTHY SCHOOLS \$722,594

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

Hermosa Beach City School District 100,091

Manhattan Beach Unified School District 210,520

Redondo Beach Unified School District 411,983

COMMUNITY HEALTH PROGRAMS \$315,591

Domestic Violence Prevention, Cancer Support, Emergency Preparedness

South Bay Families Connected 40,000

Hermosa Beach Paramedic Services 20,619

Manhattan Beach Paramedic Services 29,359

Redondo Beach Paramedic Services 48,000

Domestic Violence Prevention 43,792

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 \$282,968

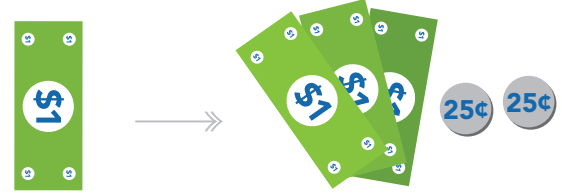
Long-Term Support Services for Disabled/Older Adults, Assistance for Uninsured/Underinsured Children & Adults

Senior Health Fund 280,314

Adult Medical Services 1,732

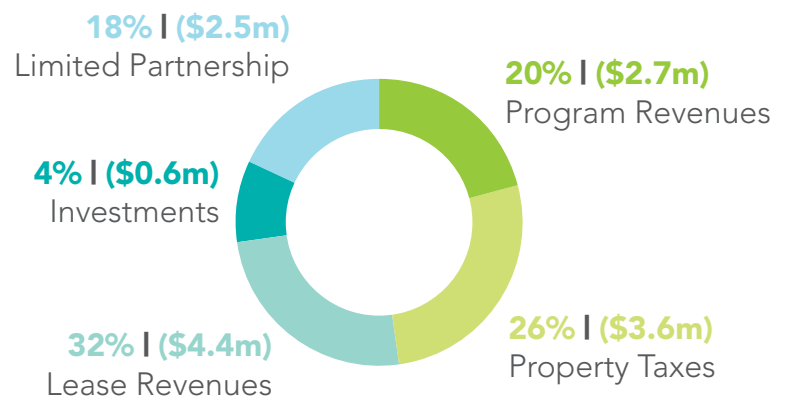
Child Medical Services 282

Child Dental 640

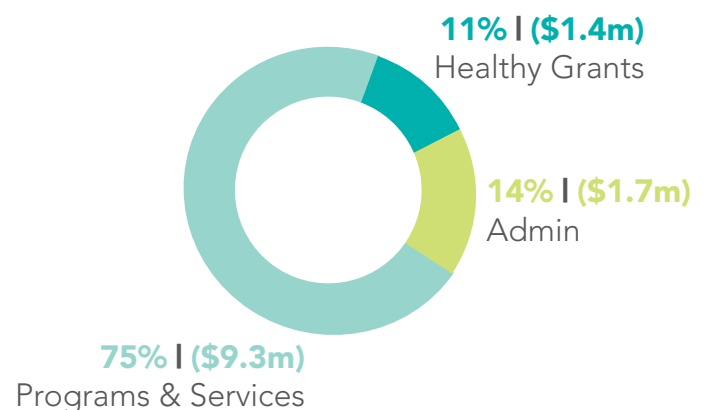


For every **\$1** received in property taxes, BCHD provides **\$3.48** in services back to the Beach Cities community.

INCOMING FUNDING



OUTGOING FUNDING



Actual (\$ Millions)

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



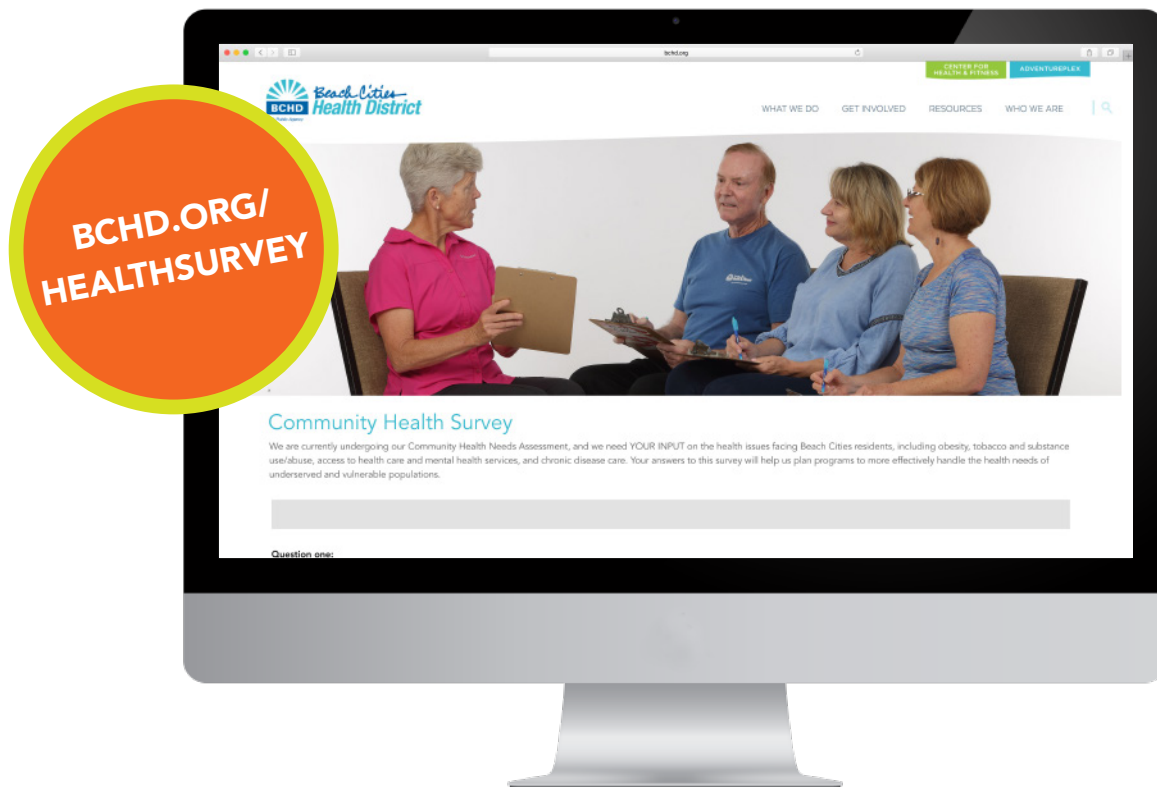
514 N. Prospect Ave., 1st floor
Redondo Beach, CA 90277
310-374-3426 | bchd.org

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CA 90277
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*****ECRWSEDDM****
POSTAL CUSTOMER

Take Our Community Health Survey

We want to hear from you!



We are undergoing our Community Health Needs Assessment, and we need **YOUR INPUT** on the health issues facing Beach Cities residents, including obesity, tobacco and substance use/abuse, access to health care and mental health services, and chronic disease care. Your answers to this survey will help us plan programs to more effectively address the health needs of our community.



facebook.com/BeachCitiesHealth



twitter.com/bchd



instagram.com/BeachCitiesHealth