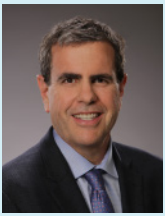




## ANNUAL REPORT

# 2019





Dear Beach Cities Resident,

It's already been three years since I joined Beach Cities Health District. It's been an amazing experience working with BCHD's dedicated volunteers and deeply committed staff to provide preventive health partnerships, programs and services that enhance community health for people who live and work in Hermosa Beach, Manhattan Beach and Redondo Beach.

From the outset, I knew I had to "walk the talk" at BCHD. Since 80 percent of all illnesses are preventable, I adopted a healthier lifestyle – applying Blue Zones Project principles, eating plant-slant meals, practicing mindfulness and working out at our Center for Health and Fitness, which has helped me shed 60 pounds.

#### Today

Since 1955, BCHD has responded to the evolving needs of residents to achieve our vision: a healthy beach community. Today, our emphasis is focused on prevention and promoting wellness across the lifespan, offering more than 40 health programs, services and education for residents of all ages. We do this while providing maximum value for every tax dollar received. (See page 18 for details.)

#### Tomorrow

While we have seen measurable success through our childhood obesity prevention program, supporting older adults living independently and enhancing our services via our passionate network of volunteers, we must continue to meet the evolving health needs in our community.

There is a growing imperative to address our students' mental health and well-being and to reduce substance use. The Beach Cities Partnership for Youth Coalition, with more than 200 community partners, was recently named a recipient of a \$125,000 per year federal Drug-Free Communities grant. The Coalition will continue to be a major BCHD initiative in 2020, and we will be presenting new and enhanced programs, including a focus on the dangers of vaping.

Our campus and 60-year-old former hospital building have generated a majority of BCHD's lease revenue and helps fund many of our free community health programs and services for the past few decades. But after reviewing the seismic state of the building and escalating maintenance costs, the building is at the end of its useful life. Ensuring our campus is safe and financially sound is critical to the future of BCHD and the residents we serve and compels us to act now.

By working with our 20-member Community Working Group and seeking feedback from residents, we changed our initial 2017 concept to address issues raised by the community and pursued a Master Plan approach. In June 2019, we started a comprehensive Environmental Impact Report process to evaluate potential effects for the proposed Healthy Living Campus Master Plan concept and we expect the Draft EIR to be released in spring 2020. We pride ourselves on making evidence-based decisions and the EIR process will provide vital data based on facts.

This once-in-a-generation project is our community's unique opportunity to chart the future of preventive health by purposefully building an intergenerational campus with a host of benefits to improve the health and well-being of residents and address the growing health needs of housing and caring for our older adult community. This includes active green and gathering spaces, Residential Care for the Elderly, a Community Wellness Pavilion with flexible meeting spaces, a demonstration kitchen and garden, health resources and a home for our 40-plus programs and services. (See pages 12-15 for details.)

Please take the time to read through our annual report; it outlines our successes, as well as the greatest health needs in our Beach Cities community.

In health,

Tom Bakaly, Chief Executive Officer

## BEACH CITIES HEALTH DISTRICT

is one of the leading 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 entire lifespan.

## 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

William Kim, M.D.  
Chief Medical Advisor

Jackie Berling  
Chief Operations &  
Innovation Officer

Monica Suua  
Chief Financial Officer

Kerianne Lawson  
Chief Programs Officer

Cristan Higa  
Chief Communications &  
Marketing Officer

Megan Vixie  
Chief Engagement Officer





# OUR IMPACT IN 2018-19



## \$1,082,872

In services provided by the 1,125 BCHD volunteers who donated their time

## 1,410

Free lessons, educational events and workshops delivered by BCHD



## 1,789

Community requests to BCHD for information or resources



## 5,000+

Students reached by mindfulness, garden and nutrition volunteers

## 40+

Free programs and services provided by BCHD to serve the residents of Hermosa Beach, Manhattan Beach and Redondo Beach



## 1

The only fitness facility in California certified by the Medical Fitness Association. Center for Health & Fitness is one of just 45 MFA-certified facilities in the United States



## \$3.70

For every \$1 received in property taxes, BCHD provided \$3.70 in services back to the Beach Cities community

## 3,359

Visits to older adult residents made by Care Managers and volunteers





# FY 18-19 Year in Review



BCHD's Center for Health & Fitness offered free fitness classes, health screenings and workshops as part of Active Aging Week (September) and National Senior Health & Fitness Day (May).



ToddlerTown at AdventurePlex helps teach our youngest residents about nutrition and about the farm-to-table food cycle.



Beach Cities' city council, school board and police department members walked to school with students for the annual Walk to School Day in October.



In August, more than 150 volunteers from 30 local organizations rolled up their sleeves to prepare gardens at nine elementary schools in Hermosa Beach and Redondo Beach for BCHD's annual Beach Cities Volunteer Day.



Nearly 150 community members attended BCHD's Healthy Living Campus Open House in March.



BCHD's annual Summer Free Fitness Series kicked off in June with Zumba at Alta Vista Park in Redondo Beach and continued in July with Mindful Yoga in Manhattan Beach.



BCHD teamed up with Beach Cities Cycling Club to teach local students how to ride their bikes ... and how to do it safely.



Members of the Beach Cities Partnership for Youth brainstorm what students, parents, schools, health providers and the community at large can do to help reduce youth substance use.



Lazy Acres Market in Hermosa Beach became the newest Blue Zones Project Approved™ Grocery Store.





The Center for Health & Fitness continues to be one of the top fitness facilities in the South Bay and earlier this year became the only fitness facility in California to be certified by the Medical Fitness Association.



(Left to right) Ann Yang, Executive Assistant to the City Manager, Kerianne Lawson, Chief Programs Officer for BCHD, Tom Bakaly, CEO of BCHD and Jeff Duclos, Hermosa Beach Council Member, pose following the Introduction to Youth Mental Health First Aid Training in Hermosa Beach.



BCHD's Care Managers attended the Manhattan Beach Older Adults' Health Fair and a variety of other community events throughout the year to provide resources to residents.



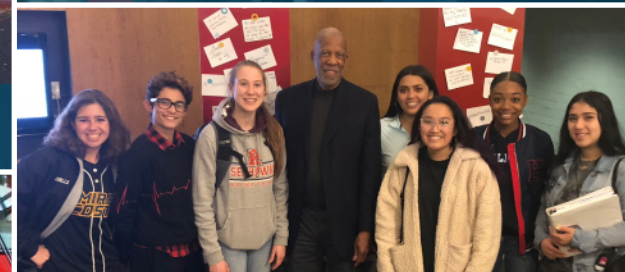
BCHD is one of more than 200 local partners in the Beach Cities Partnership for Youth Coalition that will be collaborating to achieve measurable outcomes in improving student mental health and well-being and reducing substance use.



More than 50 community stakeholders provided input at each of BCHD's Healthy Living Campus study circles in August. Topics covered were: Creating Community Gathering Spaces, Creating a Center of Excellence and Intergenerational offerings.



BCHD Care Manager Shiori Lange (far right) drops off holiday gift bags to members of the Manhattan Beach Fire Department who deliver the bags to local older adults during the holiday season.



Civil rights icon, Terrence Roberts of the Little Rock Nine, presented at the Families Connected Speaker Series.



For the eighth straight year, BCHD offered summer free fitness with Zumba at Alta Vista Park in Redondo Beach, plus Yoga on the Beach in Manhattan Beach and Yoga in the Park in Hermosa Beach.



RBUSD principals along with BCHD's Youth Services staff pose after their annual planning meeting to prepare for the school year.



The Ocean Walkers, one of BCHD's original walking moais, meets four times a week.



# Beach Cities Health District Program

Every three years, Beach Cities Health District assesses the overall health of the Beach Cities using a variety of the indication of health priorities and provides an opportunity to evaluate current programming. It focuses on integration of science-based interventions with community preferences for improving population health.

The 2019-2022 Health Priorities are:



## Nutrition and Exercise

- Increase fruit and vegetable consumption
- Increase exercise participation
- Reduce percentage of children who are obese or overweight

### Youth

- LiveWell Tots
- Livewell Kids
- School Gardens
- 8-Minute Morning Exercises
- Classroom Activity Breaks
- Walking Wednesdays
- Walking School Bus
- Streets for All
- AdventurePlex

### Adults / Adults 65+

- Blue Zones Project®
  - Restaurants/Grocery Stores
  - Community Policy
  - Social Hour
- Community Fitness
- Nutrition Classes
- Free Fitness Summer Series - Mindful Yoga/Zumba
- Free Fitness Weekends
- Adaptive Mobility Support Group
- MoveWell In-Home Fitness Program
- Center for Health & Fitness

### Volunteer Programs

- Garden Angels
- Nutrition & Garden Docents
- MoveWell Volunteers
- Restaurant Ambassadors
- Livability Committee
- AdventurePlex
- Center for Health & Fitness



## Social-Emotional Health

- Increase stress management across the lifespan
- Decrease bullying
- Decrease suicidal ideation

### Youth

- MindUp
- Youth Purpose
- Second Step
- Peer Mentoring Program

### Adults / Adults 65+

- Mental Health & Happiness Initiative
  - Mindfulness Workshops
  - Mindfulness Drop-in
- Blue Zones Project®
  - Moai® Social Groups
  - Purpose Workshops
- Intro to Youth Mental Health First Aid Training
- Errand Assistance

### Volunteer Programs

- Conversation Companion Volunteers
- Errand Volunteers
- Support Line
- Purpose Conveners
- Purpose Connectors
- Power 9 Committee

To learn more about the health priorities and to view the full Community Health Report, visit [bchd.org/healthreport](https://bchd.org/healthreport)

# ns & Services

of data sources to prepare a Community Health Report. This report guides our strategic planning process with evidence-based public health practices, which the Centers for Disease Control and Prevention defines as the



## Substance Use

- Reduce youth alcohol and drug consumption
- Reduce youth vaping
- Maintain low percentage of adult smokers

### Youth

- Beach Cities Partnership for Youth Coalition
- Families Connected Speaker Series
- Families Connected Parent Chat
- Project Alert
- Talk About It Small-Group Workshops

### Adults / Adults 65+

- Mental Health & Happiness Initiative
- Blue Zones Project - Tobacco Control Policy
- Care Management - Medication Management

### Volunteer Programs

- Beach Cities Partnership for Youth Coalition
  - Youth Advisory Council
  - Families Connected Parent Advisory Group
  - School Advisory Board
  - Student Mental Health Provider Task Force
  - Community Organization Workgroup



## Cognitive Health

- Promote brain health across the lifespan
- Support the cognitively frail

### Adults / Adults 65+

- Care Management
- Caregiver Support
- Brain Buddies
- Memory Club
- Powerful Tools for Caregivers
- Healthy Minds Initiative

### Volunteer Programs

- Brain Buddy Volunteers
- Support Line Volunteers
- Healthy Minds Initiative Volunteers

## BEACH CITIES HEALTH DISTRICT

- Healthy Living Campus
- Information & Referrals
- Covered California & Insurance Assistance
- Health Promotion (e.g. flu, Talk About It, etc.)
- Worksite Wellness
- Grants

### Volunteer Programs

- Holiday Gift Bags
- Campus Greeters
- Care and Aid for Patients (CAPS)
- Event Volunteers
- Professional & Admin Volunteers (BCHD, CHF, AdventurePlex)
- Board-Appointed Committees
  - Finance
  - Community Health
  - Strategic Planning



# Keeping Kids Healthy

Beach Cities Health District partners with the school districts of Hermosa Beach, Manhattan Beach and Redondo Beach to deliver programs 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 well-being.

## THE NEED:



# 34%

of Beach Cities 7th graders reported experiencing harassment or bullying within the past 12 months



# 18%

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



# 37%

of Beach Cities 11th graders have used drugs or alcohol in the past 30 days, on average



# 25%

of Beach Cities 11th graders reported using electronic cigarettes or other vaping devices in the past 30 days

Source: California Healthy Kids Survey 2018-19



### Did you know?

Since 2007, childhood obesity is down 68% in Redondo Beach elementary schools.

## THE IMPACT OF BCHD

# 8,040

Students received MindUp lessons this year

# 2,000

Parents were reached through the Families Connected Speaker Series

# 700+

Volunteers support school health programs and events, providing nearly 13,500 service hours this school year



# Teen Perspective: We're Ready to Put an End to Vaping



**By Chaya Houston** (Redondo Union High School Senior) and  
**Ella Scalabrini**, (Mira Costa High School Senior)  
*BCHD's Youth Advisory Council Co-Leads*

**V**aping is a youth epidemic nationwide. It's claimed the lives of 39 people and left more than 2,000 people sick from lung illness since April 2019.

Despite these harrowing facts, these deadly nicotine devices are widely used by Beach Cities youth. Teens congregate and vape in the bathrooms between classes to feed their habit that only gets worse with time. The smoke and smell of vape juice leaking out of the bathrooms normalize the use of vapes on and off campus. Outside of school, vaping is a common part of the party culture.

Aside from that, seeing adults vaping on the street, or seeing the vape shops that we have here in the Beach Cities is sending the wrong message to the youth, and making access to these devices easier.

We're ready for change. The real cost of vaping is beginning to emerge. Now is time for us to act and prevent the problem from worsening in the Beach Cities.

We need regulations as to where vapes can be sold and advertised, as well as stricter enforcement of the age restriction to limit teen use. The legal age for purchasing a vape is 18 years old, which should be implemented without exceptions.

Parents can also play a big role in prevention. The best way for parents to make a difference is to teach their kids about vaping at a young age. If you direct the narrative on how your kids see vaping, they won't learn about them from their friends.

Having an open dialogue, rather than a lecture, gives you the opportunity to hear what your kids think and feel, rather than guessing from the outside looking in. We're exposed to vaping by the time we're in middle school – that's 6th grade. Start the conversation now, it's never too early – or too late.

To learn more visit [bchd.org/vaping](https://bchd.org/vaping)





# Beach Cities Partnership for Youth Coalition

**M**ore than 200 community members and organizations join forces to improve student mental health and combat substance use and bullying

The Beach Cities Partnership for Youth Coalition (the Coalition) kicked off January 10, 2019 with more than 200 stakeholders representing a wide variety of sectors — youth, parents, businesses, media, schools, youth-serving organizations, law enforcement, religious/fraternal organizations, civic/volunteer groups, healthcare professionals, government agencies and other organizations involved in reducing substance use — to formalize into an official community Coalition with the goal of improving student mental health and well-being while reducing substance use and bullying in the Beach Cities.

Most of the attendees were active members of five committees — Youth Advisory Council, Parent Advisory Group, School Advisory Board, Student Mental Health Provider Task Force, Community Organization Work Group — that BCHD convenes on an ongoing basis to address concerns in the community. Each of the committees reported on their accomplishments to date and brainstormed within and across sectors to set priorities.



**More than 200 community stakeholders are part of the Beach Cities Partnership for Youth Coalition**



To get involved, follow the progress at [bchd.org/partnership](https://bchd.org/partnership)



# Keeping The Community Healthy

**Blue Zones Project®** was introduced to the Beach Cities in 2010 to improve the health of the Beach Cities by reengineering the local environment and culture to encourage residents to adopt the Power 9 Principles, 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 Beach, Manhattan Beach and Redondo Beach to help residents "trip" over healthy behaviors.



Eat at one of 100+ local Blue Zones Project Approved™ Restaurants



Attend a Blue Zones Project Cooking Show at Lazy Acres



Attend a monthly Mindfulness Drop-in



Join one of 50+ Moai Social groups



to Get Involved



Attend a monthly Social Hour at a Blue Zones Project Approved Restaurant

To get involved, visit [bchd.org/bzperks](https://bchd.org/bzperks)



## Did you know?

Beach Cities scored the **3rd highest** Gallup-Sharecare Well-Being Index™ score in the U.S.

## THE IMPACT OF BCHD



Beach Cities exercise and produce consumption are up since 2010



Above normal weight down 25% since 2010



Smoking down 36% to 6.8% (national rate is 18.2%)



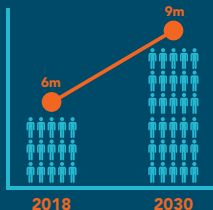
# Aging Boomers Causing a Shift in the Senior Landscape



With the Baby Boomer generation reaching retirement age, by the year 2030, the number of adults aged 65 and older in California is expected to grow by four million people, according to the Public Policy Institute of California (PPIC). The “Silver Tsunami” is gaining speed and heading directly toward communities across the state, including the Beach Cities.

The PPIC report also found that more than one million seniors statewide will require some assistance with self-care. According to the Bureau of Labor Statistics, the need for long-term support and services is expected to increase 41 percent over the next decade to accommodate the growing senior population.

### THE NEED:



The number of Californians aged 65 and up is expected to increase to 9 million – a 50% increase – by 2030, according to the California Dept. of Finance.



BCHD's 2018 Community Health Survey found 58% of Beach Cities adults felt it was very important to stay in their community.



AARP states that in 2010, there were more than seven potential caregivers for every person 80 and older. By 2020, there will be only four and by 2050 there will be less than 2.5.

For the last two decades, Beach Cities Health District has provided preventive health and wellness programs and services for its 123,000 residents of all ages. As part of our commitment to help our most vulnerable populations, including older adults, BCHD offers more than 13 senior-oriented programs, including Conversation Companions, Errand Volunteers and Memory Club. Last year, 3,359 home visits to local seniors were conducted by BCHD social workers and volunteers.

As a health district, it is imperative to address the rapidly growing need for caring for older adults in our community. Current assisted living facilities often have waiting lists for new residents and with the Silver Tsunami looming, that demand is forecast to dramatically increase over the next 10-20 years.

BCHD's proposed Healthy Living Campus calls for a unique environment where residents can receive necessary care while remaining socially and physically integrated into their community. They will be able to age gracefully and be active while remaining independent with the quality of life they deserve.

For more information about the proposed BCHD Healthy Living Campus, please see **pages 14-15**.

# Helping Hundreds Grow Old at Home

Our team of geriatric Care Managers has one mission: Help older and disabled adults in the Beach Cities live independently in their homes for as long as safely possible. Last year, these social workers interacted with nearly 400 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**.



## THE IMPACT OF BCHD

**1,426**

Community Requests  
for Information

**1,115**

Care Management  
Visits

**2,244**

Volunteer Visits

**818**

Community Classes  
and Programs

Beach Cities Health District's Health Access Fund supports income-qualified residents to help pay for a range of services, including caregiving, adult day care, homemaking, respite care, personal care, transportation, incontinence supplies and primary care.



# Facilities to Keep the Community Healthy

## Healthy Living Campus Update



Beach Cities Health District has been working closely with the community for more than two years to reimagine our medical campus—home to our 60-year-old former hospital building located at 514 North Prospect Avenue—into an inter-generational Healthy Living Campus. In continuing our longstanding mission to enhance community health, the Healthy Living Campus will be a place where Beach Cities residents of all ages can gather, learn and engage in healthy behaviors.

There is a growing imperative to address the health needs of our aging population, escalating maintenance costs as well as seismic and structural issues common with buildings built in the late 1950s. Since 2017, we’ve presented at more than 60 community meetings and collected more than 1,000 comments. Here are the key themes we’ve heard 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 surrounding neighborhood

These valued insights, as well as information gathered from structural and financial consultants formed the foundation of the Healthy Living Campus Master Plan concept.

## What We’re Doing

In March 2019, the Board of Directors voted to move forward with the state-mandated Environmental Impact Report (EIR) for the proposed 15-year Healthy Living Campus Master Plan concept. That process began this summer with five public scoping meetings, intended to identify the range of environmental impacts to be studied in the EIR process.

### THE NEED:



**60** year-old building

and former hospital site does not currently meet tenant needs and is in need of a seismic upgrade



**1-3** years

is our financial “Window of Opportunity” to address escalating building maintenance costs

## What's Next

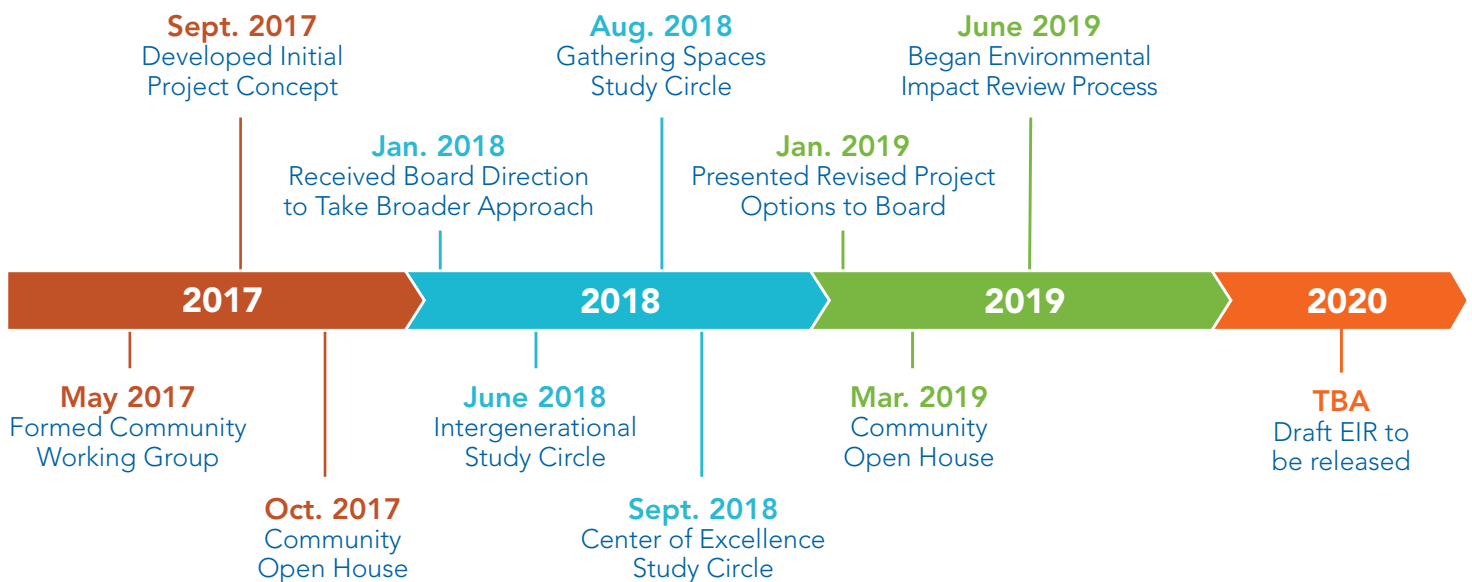
### Environmental Impact Report

The Healthy Living Campus EIR will analyze the Master Plan for significant environmental effects, alternatives will be identified and methods to reduce or avoid any adverse environmental issues will be considered. Findings will be released in the Draft EIR, expected to be made public in the spring of 2020.

Once the EIR is finalized, it will go to the board of directors of BCHD for certification, before being forwarded to the City of Redondo Beach Planning Commission.

### Financing

Consistent with our model of financial stewardship, BCHD is pursuing public-private partnerships to help fund a portion of the Healthy Living Campus. Any potential revenues generated by the Healthy Living Campus will be reinvested in the community, helping sustain and grow our health programs and services.



## 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, 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



# Facilities to Keep the Community Healthy



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  
ToddlerTown

Classes  
Birthday Parties  
Team Building Activities  
Memberships

Ph: 310-546-7708  
1701 Marine Ave.  
Manhattan Beach, CA 90266  
[adventureplex.org](http://adventureplex.org)



Annually voted Best of the Beach



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, and is the only fitness facility in California to be certified by the Medical Fitness Association. Our team of fitness specialists are eager 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](http://beachcitiesgym.com)





# Volunteer

## Lend a Healthy Hand

Our volunteer program improves 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](http://bchd.org/volunteer)

### BCHD BY THE NUMBERS

 **61%** of BCHD **volunteers** provided direct services to the community

 **1,222** **HEALTH LESSONS** were delivered to **5,000+** students by BCHD volunteers in local schools



#### Did you know?

44 businesses and community groups engaged in service projects to help school gardens or perform yard work for seniors

### THE IMPACT OF BCHD



**1,125**  
Volunteers

DONATED



**36,156**  
Hours

EQUAL  
TO



**\$1,082,872**  
In time & services



# Funding a Healthy Beach Community

Beach Cities Health District has served the evolving health needs of the community since 1955.

Based on our sustainable and transparent model of financial stewardship, BCHD continues to supply maximum value for every tax dollar received, through partnerships, volunteers and 40+ programs and services that enhance the health and well-being of Beach Cities residents of all ages.

## Power of Your Penny



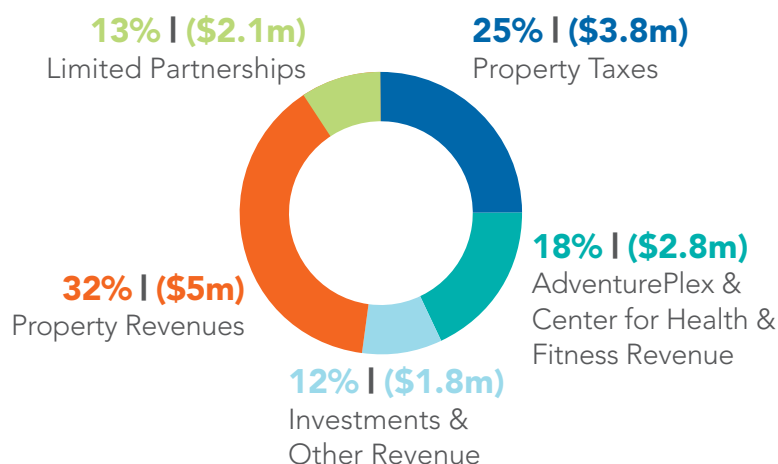
For every \$1 in property taxes collected, **BCHD receives \$0.0088** – less than a penny.

## Maximizing Your Tax Dollar



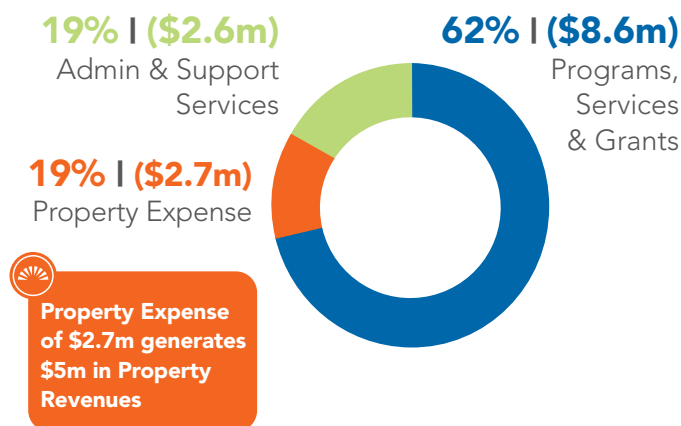
For every \$1 received in property taxes, BCHD provides **\$3.70 in programs and services** back to the community.

### INCOMING FUNDING



Actual (\$ Millions)

### OUTGOING FUNDING



BCHD is committed to being a transparent public agency and providing Beach Cities residents with information. We've repeatedly been recognized for accountability and transparency by exceeding the high standards of governmental budgeting and reporting. **BCHD's audited financials and operating budget are publicly available online at [bchd.org/transparency](http://bchd.org/transparency).**



Operating Budget Meritorious Award: 2007-2008 through 2017-2018  
Operating Budget Excellence Award: 2018-2019



BCHD has been honored by the California Society of Municipal Finance Officers (2010-11 to 2017-18) and the Special District Leadership Foundation (2007-08 to 2018-19) for excellence in financial reporting.

**\$1,367,437 IN BCHD GRANTS & SERVICE CONTRACTS FUND****HEALTH ACCESS****\$275,192**

*Beach Cities Health District's Health Access Fund supports income-qualified residents to help pay for a range of services, including caregiving, adult day care, homemaking, respite care, personal care, transportation, incontinence supplies and primary care.*

**SCHOOL DISTRICTS****\$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

**CITIES****\$117,180**

*Emergency Preparedness, Domestic Violence Prevention*

Manhattan Beach Paramedic Services	29,364
Redondo Beach Paramedic Services	48,000
Domestic Violence Prevention	39,816

**COMMUNITY GRANTS****\$252,471**

*Cancer Support, Assistance Programs*

**HEALTHY AGING****\$84,297**

*Adult Day Care, Senior Nutrition*

• South Bay Adult Care Center	9,324
• The Salvation Army Meals on Wheels	58,032
• YMCA – Senior Nutrition	16,941

**COMMUNITY HEALTH PROGRAMS****\$128,824**

• South Bay Families Connected	40,000
• St. Andrew's Church/Homeless & Needy	2,616
• Hospice Foundation/The Gathering Place	40,800
• Wellness Community/Cancer Support	45,408

**MICRO-ENRICHMENT GRANTS****\$39,350**

*Alta Vista Elementary School, The Financial Aid Shop, Grand View Elementary School PTA, Hermosa Beach Kiwanis Foundation, Kiwanis Club of Redondo Beach, Leadership Manhattan Beach, Madison Elementary School, Manhattan Beach Police Department, MBX Foundation, Pacific Elementary School PTA, Re+Active Physical Therapy & Wellness, Rebekah K. Chang, Redondo Beach Rotary Club*





514 N. Prospect Ave., Suite 102  
Redondo Beach, CA 90277  
310-374-3426 | [bchd.org](http://bchd.org)

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

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

# Health Information & Resources

Connect with BCHD professionals



## Need additional assistance?

Find health-related resources and information for adults and families within the South Bay and Greater Los Angeles area. Contact Beach Cities Health District's Community Services Department for a variety of community health resources and referrals:

Beach Cities Health District  
[bchd.org/resources](http://bchd.org/resources)  
310-374-3426, ext. 256

Your hub for health and well-being in the Beach Cities.

