



WE CAN ALL BE
HEALTH LEADERS

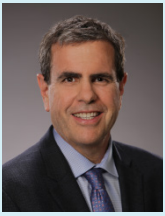


Beach Cities
Health District

A Public Agency

ANNUAL REPORT

2020



Dear Beach Cities Resident,

2020 was unnerving and challenging across the globe. Despite the numerous travails, we kept battling, hoping for brighter days and a coronavirus vaccine to stem the greatest health challenge since the Spanish Flu a century ago.

At Beach Cities Health District (BCHD), we initially addressed the potential for a pandemic with the January 2020 introduction of a COVID-19 webpage. Our staff and volunteers also received crisis response training from the state

Office of Emergency Management and FEMA.

By March, our team began shifting work and life schedules to handle operations as disaster service workers, while maintaining dozens of our regular preventive health and wellness services for residents across the district, though now in COVID-friendly forms.

And more than a year ago, on April 3, staff from BCHD, AdventurePlex and the Center for Health & Fitness began working the COVID-19 testing site at the South Bay Galleria, which ultimately moved to the BCHD campus on June 2020. By year's end, BCHD staff and volunteers also had:

- Administered more than 100,000 tests at COVID-19 drive-thru testing sites
- Created more than 200 exercise and "activities with kids at home" videos, plus 65 virtual Moai social groups to help residents stay physically and mentally active
- Fielded more than 4,000 calls (by our Assistance, Information & Referral team) regarding the pandemic

All this was accomplished while sustaining (and slightly altering) many of the district's normal operations. With social-emotional health positioned as a priority, these projects included:

- LiveWell Kids virtual nutrition and gardening lessons
- The Student Mental Health Provider Task Force with 83 mental health professionals identifying strategies and techniques to support Beach Cities students
- Center for Health & Fitness' Virtual classes and training
- Blue Zones Project virtual social hours and cooking shows
- The Safe in the South Bay Program – a partnership between BCHD and chambers of commerce in Hermosa Beach, Manhattan Beach and Redondo Beach – to focus on well-being in the workplace with 172 South Bay businesses

While nobody is sure what our post-pandemic world will entail, there are some certainties for BCHD. We'll help maintain the COVID-19 testing site on our campus and continue administering vaccines in conjunction with L.A. County as needed. We will also continue to liaise with local students, businesses and community-based organizations as well as county and state partners on topics ranging from tobacco and vaping control to healthy eating and proper exercise.

Beyond COVID-19, we will address a different sort of epidemic. On the heels of receiving a five-year "Drug-Free Communities" federal grant, BCHD will redouble its efforts on substance use prevention, with an emphasis on alcohol, marijuana and opioids. We will also be introducing an "allcove" Youth Wellness Center on our campus in conjunction with Dr. Steven Adelsheim, director of the Stanford Center for Youth Mental Health and Wellbeing.

We will also advance our mission to provide a continuum of care for residents of all ages as plans progress for our Healthy Living Campus in Redondo Beach (see page 19). We've created a revised master plan – with continued input from neighbors, residents and community leaders – that downsizes the overall campus footprint, including fewer assisted living units for older adults and substantially trimming construction time. The plan also contains approximately 2.5 acres of active green space; a new, expansive Center for Health & Fitness, aquatics center; and a Community Wellness Pavilion, a gathering place for residents. The Draft Environmental Impact Report for the project was released March 10, 2021 marking the beginning of a 90-day public comment period, which concludes June 10, 2021.

Our 60-year-old campus sorely needs upgrades due to seismic issues and the escalating maintenance costs we will incur to sustain our current level of preventive health programs and services for the community. Before campus buildings fall into disrepair, we are dedicated to creating a vibrant, modern Healthy Living Campus that serves residents of all ages as a hub of preventive health and wellness for generations to come.

Throughout 2020, I have been heartened and impressed by the unwavering dedication of our BCHD staff. Their willingness and capacity to adapt during the pandemic has lifted my spirits and helped all of us navigate this complex episode.

Best wishes to everybody for a happier, safer 2021.

Yours in health,

Tom Bakaly, Chief Executive Officer

BEACH CITIES HEALTH DISTRICT

is a healthcare district focused on preventive health and serves the communities of Hermosa Beach, Manhattan Beach and Redondo Beach. Established in 1955 as a public agency, 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.

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.
Noel Chun, M.D.
Jane Diehl
Martha Koo, M.D.
Vanessa Poster

CHIEF OFFICERS

Tom Bakaly
Chief Executive Officer

William Kim, M.D.
Chief Medical Advisor

Jackie Berling
Chief Operations & Innovation Officer

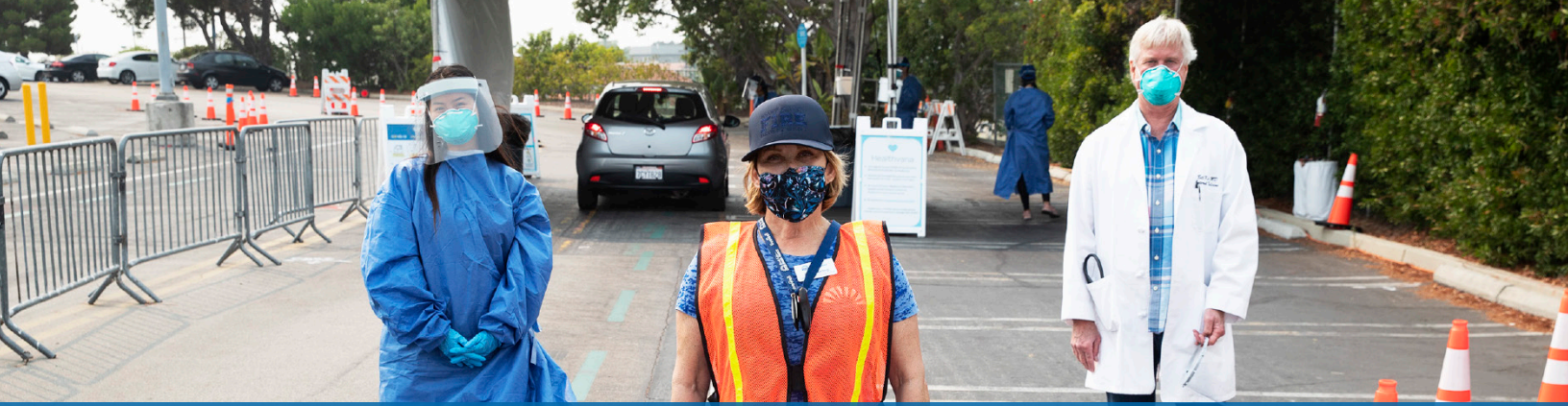
Monica Suua
Chief Financial Officer

Kerianne Lawson
Chief Programs Officer

Cristan Higa
Chief Communications & Marketing Officer

Megan Vixie
Chief Engagement Officer

This year's annual report covers Fiscal Year 19-20 (July 1, 2019 - June 30, 2020) regular programs and services, as well as COVID-19 services in 2020.



BCHD Helping the Community during COVID-19

Friday, March 13, 2020 was the last day of “normal” at Beach Cities Health District. That weekend, BCHD activated its Emergency Operations Center in response to the COVID-19 pandemic.

As schools sent their students home for what was thought to be an “extended spring break,” AdventurePlex and the Center for Health & Fitness temporarily closed and transitioned to offering virtual workouts and engagement videos. Employees of these facilities were re-assigned to support BCHD’s COVID-19 operations.

Some employees were assigned to the L.A. County COVID-19 testing site, which opened at the South Bay Galleria April 3, 2020 before moving to the BCHD Campus in June 2020. The site has administered more than 125,740 COVID-19 tests as of the end of January 2021.



Mishell Balzer, BCHD’s Garden Coordinator is part of reassigned staff providing errand and meal deliveries for Beach Cities residents.

Other employees were assigned to answer the phones for BCHD’s Assistance, Information & Referral line, providing timely information to the community, especially the vulnerable populations. Since March 16, the Assistance, Information & Referral line has taken more than 5,000 calls from members of the community seeking answers to questions about COVID-19 testing, health officer orders and more.



Nicole Lunde is part of the team that has fielded calls for BCHD’s Assistance, Information and Referral line.

Other BCHD staffers were re-assigned to run essential errands for residents, including delivering groceries and household essentials, meals and prescriptions to those in at-risk populations who are safer at home.

THE IMPACT OF BCHD THROUGH 12/31/20:

5,397

Calls to the x256 Assistance, Information and Referral line

1,267

Errands done by staff

2,482

Meals delivered by staff

105,754

Tests administered at the Galleria and BCHD testing site

Beach Cities Health District **Annual Report 2019/20** 3

COVID-19 BCHD's Response and Impact

To view BCHD's updated COVID-19 numbers, please visit bchd.org/coronavirus



Youth Services

BCHD's Beach Cities Partnership for Youth Coalition, made up of students, parents, school staff, community organizations and medical providers, is still meeting regularly virtually to achieve measurable outcomes in improving student mental health and well-being and reducing substance use. BCHD is also supporting schools with virtual curricula around gardening, nutrition and mindfulness. To support staff and students' return to school campuses, BCHD partnered with Children's Hospital Los Angeles to develop a Symptom Assessment Tool that can be accessed via smartphone to expedite entry to campuses. Additionally, BCHD has supported campuses with outbreak management, including contact tracing and mitigation efforts. For questions regarding school health and safety, BCHD has also established a School Well-Being Line for families and school staff. Please call 310-374-3426 and press option 2 on school days between 7:30 a.m. – 4 p.m. for assistance with COVID-19 testing and vaccines, information about health and safety at school, and mental health and social-emotional resources and referrals.



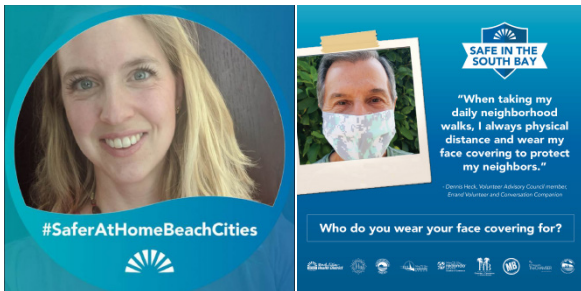
Health Information & Referrals

15 BCHD staff and 2 BCHD volunteers work BCHD's Assistance, Information & Referral line. Through December 31, BCHD has fielded nearly 5,400 calls. To find health-related resources and information for adults and families within the South Bay and Greater Los Angeles area, please contact us 310-374-3426, ext. 256, or visit us online at bchd.org/resources.



COVID-19 Vaccine

BCHD is working with Los Angeles County and the Cities of Hermosa Beach, Manhattan Beach and Redondo Beach, local healthcare partners and schools to facilitate vaccination distribution in the Beach Cities. As a registered vaccine provider, BCHD is in communication with the Los Angeles County Department of Public Health and the State regarding the standardizing and streamlining of vaccine prioritization, dose allocation, and vaccine administration. Through March 2021, more than 2,700 educators and school staff from 11 South Bay school districts have been vaccinated at AdventurePlex.



COVID-19 Health Promotion

Since the onset of the pandemic, BCHD has monitored the COVID-19 situation and provided residents with accurate and timely information including updates to Health Officer Orders, health guidance, testing, vaccines and more. Updates from public health officials are changing frequently – daily and even hourly. Information is shared regularly through BCHD's website, e-newsletters, social media and ads. The Safe in the South Bay campaign featured local community members to promote the importance of wearing face coverings and following the health guidance so that we can move forward through recovery as a community.



Safe in the South Bay

Held in partnership with BCHD and the local chambers, Safe in the South Bay is a program that highlights businesses that are open safely during COVID-19. Participating businesses take the Safe in the South Bay Pledge to commit to adhering to the COVID-19 LA County Health Officer protocols. In addition, residents are encouraged to take a Safe in the South Bay individual pledge and commit to doing their part to prevent the spread of COVID-19. For more information, visit bchd.org/safeinthesouthbay



COVID-19 Testing

On April 3, 2020, BCHD began operating a COVID-19 testing site at the South Bay Galleria in partnership with the L.A. County Department of Public Health, Providence Little Company of Mary, L.A. County Fire Department and the City of Redondo Beach. In June, 2020, the site relocated to BCHD's campus at 514 N. Prospect Ave. in Redondo Beach. 47 BCHD staff members and 18 BCHD volunteers have worked at the testing site. As of the end of January 2021, the site has done a total of 105,754 COVID-19 tests.



Errand Assistance & Meal Delivery

BCHD expanded its ongoing errand assistance program to help a growing number of Beach Cities residents who are safer at home due to COVID-19. The program helped provide essentials like groceries, household items and prescriptions, safely delivered to vulnerable populations. The program offered affordable, healthy meals for home delivery as well. 1,267 essential errands and 2,482 healthy meals were delivered to older and disabled adults in our community.

FY 19-20 Year in Review

*all photos besides April 2020 taken before COVID-19 restrictions



Summer 2019– More than 1,000 participants came out for BCHD's Summer Free Fitness Series. BCHD offered Zumba in Redondo Beach and Mindful Yoga in Manhattan Beach and Hermosa Beach.



December 2019 – Nine local Girl Scout troops, volunteers and local businesses helped BCHD provide 250 holiday gift bags for isolated older adults in the area.



August 2019 – 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.



July 2019-March 2020 – BCHD participated in 15 community events, including offering a recorded guided meditation as part of its mindfulness experience.



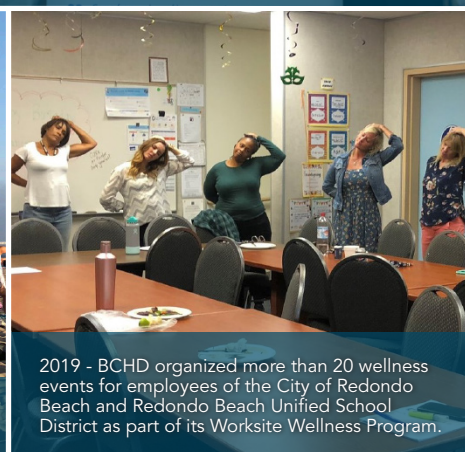
August 2019- June 2020 – 84 Students served on BCHD's Youth Advisory Council to improve youth well-being through student-led health initiatives.



October 2019 - Nearly 3,000 students across the Beach Cities participated in BCHD's Walk to School Day event.



Summer 2019 – Residents enjoyed BCHD's annual Yoga on the Beach in Manhattan Beach and Hermosa Beach.



2019 - BCHD organized more than 20 wellness events for employees of the City of Redondo Beach and Redondo Beach Unified School District as part of its Worksite Wellness Program.



2019 - Thank you to all of our community volunteers for their service! More than 77 BCHD volunteers donated 100+ hours of service in 2019

Fiscal Year 2019-2020: July 2019 – June 2020



August 2019 - Local students, parents, volunteers and BCHD staff tended 9 of BCHD's LiveWell Kids school gardens as part of Beach Cities Volunteer Day. The Girl Scouts and others pictured above worked at Jefferson Elementary in Redondo Beach.



January 2020 - Beach Cities Partnership for Youth Coalition, made up of more than 200 community partners, met during their kickoff meeting. The Coalition includes youth, parents, schools, health providers and local organizations.



April 2020 - BCHD opened a COVID-19 testing site at the Galleria in partnership with the L.A. County Fire Department, L.A. County Department of Public Health, Providence Little Company of Mary and the City of Redondo Beach.



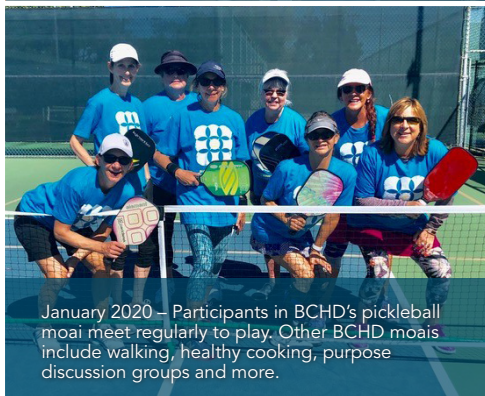
July 2019-February 2020 - BCHD's dedicated volunteer event ambassadors help engage with residents at a number of BCHD and community events including Free Fitness, Redondo Beach 10K, Lanakila Classic and more.



November 2019 - BCHD's Youth Services staff met with local school staff to coordinate efforts for student health programming, including implementing purpose workshops that reached nearly 200 students.



November 2019 - BCHD partnered with Lazy Acres Market to offer monthly healthy cooking classes attended by more than 200 participants.



January 2020 - Participants in BCHD's pickleball moai meet regularly to play. Other BCHD moais include walking, healthy cooking, purpose discussion groups and more.



February 2020 - BCHD staff and AdventurePlex mascot Flex encouraged kids and more than 1,000 runners at the Redondo Beach Super Bowl Kid's Run.



July 2019 - BCHD hosted a TedX Redondo Beach Video Salon on "Leadership and Happiness" at AdventurePlex that was attended by 75 people.

BCHD's Health Priorities



Every three years, Beach Cities Health District assesses the overall health of the Beach Cities using a variety of data sources to prepare a Community Health Report. This report guides our strategic planning process with the indication of health priorities and provides an opportunity to evaluate current programming. It focuses on evidence-based public health practices, which the Centers for Disease Control and Prevention defines as the 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



Social-Emotional Health

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



Substance Use

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



Cognitive Health

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

To learn more about the health priorities and to view the full Community Health Report, visit bchd.org/healthreport

BCHD's Committees

Beach Cities Health District's public advisory committees have a direct impact on the health programs and services provided in the Beach Cities.

To serve on a BCHD advisory committee, you must be a resident of Hermosa Beach, Manhattan Beach or Redondo Beach, submit a formal application and be appointed by the board of directors. High school students are also encouraged to participate on the committees, but serve a one-year term versus the standard two-year term for adult members. Active community recruitment for new committee members occurs each spring, however, applications are available year-round at www.bchd.org.

Committees:

Community Health Committee - Responsible for assessing community health and wellness concerns, monitoring the availability of community health resources, and recommending programs, service areas and business ventures to promote high-quality standards of health in the Beach Cities.

2019-2020 Committee Members:

- Vish Chatterji – BCHD Board Member
- Vanessa Poster – BCHD Board Member
- Kerianne Lawson – BCHD Chief Programs Officer
- Tom Bakaly – BCHD CEO
- Mary Drummer – Retired Nurse
- Howard Fishman – Former Hermosa Beach Mayor
- Virginia Green, Ph.D. – Family Therapist
- Jason Hove, M.D. – UCLA Health
- Marie Puterbaugh – Trinity Lutheran Church
- Amanda Williamson - Account Manager
- Sherah Wyly - Wellness Coach
- Katelyn Nguyen – Redondo Union HS Student
- Alexandra (Sasha) Popov – Mira Costa HS Student

Strategic Planning Committee - Assists the board in formulating and fulfilling BCHD's strategic vision, mission and goals on an annual basis. Additionally, the committee is responsible for overseeing the development of BCHD's strategic plan, which is updated every three years.

2019-2020 Committee Members:

- Noel Chun, M.D. – BCHD Board Member
- Michelle Bholat, M.D. – BCHD Board Member
- Jackie Berling – BCHD Chief Operations and Innovation Officer
- Tom Bakaly – BCHD CEO
- Gary Chuang, M.D. – Dermatologist
- Joey Farrales – Leadership Hermosa Beach
- Lyman Fox – Kaiser

- Vijay Jeste – Former Redondo Beach City Commissioner
- Charlotte LeBlanc - CPA
- David Liu - Landmark Health
- Ricardo Reznichuk, M.D. – Harbor/UCLA Medical Center, Retired
- Christian Wendland - Health Care Partners
- Joah Lee - Mira Costa HS Student
- Borna Niknahad – Mira Costa HS Student

Finance Committee - Responsible for budget oversight, audit review, setting investment policies and business plan development. Members are expected to have demonstrated experience in finance, business or banking.

2019-2020 Committee Members:

- Jane Diehl – BCHD Board Member
- Vish Chatterji – BCHD Board Member
- Tom Bakaly – BCHD CEO
- Monica Suua – BCHD CFO
- Tim Lilligren – Manhattan Beach Treasurer
- Matthew Briskin – Healthcare Strategy and Management Consultant
- Theresa Climaco – Healthcare Development Professional
- Gina DeRosa – California Society of CPAs
- Stacy Lentz – Attorney and Hospital Compliance Officer
- Wayne Powell – Former Manhattan Beach Mayor
- Doug Rodriguez – Redondo Beach City Planning Commission
- Carol Jo Sommers, Ph.D. – Campus Director and Professor
- Brecken Runquist – Redondo Union HS Student
- Sara Stienecker – Redondo Union HS Student

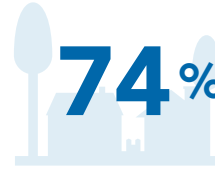
For more information, visit bchd.org/committee

Volunteer

Volunteer Highlights



IMPORTANT: Due to COVID-19, volunteer statistics dropped significantly in March 2020. Therefore, numbers in all areas appear lower than the previous fiscal year as volunteer recruitment and most volunteer programming was placed on hold from March – June 2020.



74% of BCHD **volunteers** provided direct services to the community



THE IMPACT OF BCHD IN FY19-20



996
Volunteers



28,197
Hours



\$888,487
In time & services

*Hour count does not include LiveWell Kids or MindUP docents
**Based on Independent Sector's monetary value for California average at \$31.51 per hour http://independentsector.org/volunteer_time

48

Students served on the Youth Advisory Council to raise awareness around mental health and substance use issues

83

Mental health professionals participated in the Student Mental Health Provider Task Force to identify ways to support student health

145

Check-in calls made to older adult clients by Support Line Volunteers

1,267

Number of volunteer errands

2,482

Number of volunteer meal delivery

For more information about our volunteer opportunities visit bchd.org/volunteer.

Volunteering During COVID-19



Beach Cities Health District (BCHD) volunteer and software engineer John Brayton operates the testing site software using his experience in developing biomedical software systems.

Brayton starts his day at 7:30 a.m. to get the testing site ready before it opens. As new patients register, he transfers their written questionnaires into the computers to speed up the efficiency of the operation.

"When the pandemic shut everything down, I felt the need to be more involved in helping others," said Brayton. "I really enjoy knowing that I am doing something constructive during these difficult times; it's so important for us all to maintain a positive state of mind and volunteering for BCHD has been a great way to do that."

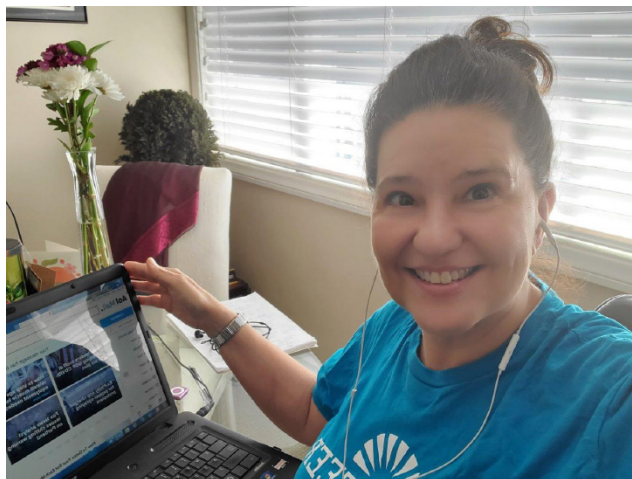
Brayton has also volunteered with BCHD's Healthy Minds Initiative.

As a retired nurse and member of the LA Medical Reserve Corps, BCHD volunteer Mary Drummer is a perfect fit for making callbacks to those who test positive for COVID-19 at the testing site. These vital calls prevent the spread in the community and ensure vulnerable residents are provided resources, support and any needed medical attention.

For some, the news is staggering and means they will be unable to work and afford groceries, prompting Drummer to provide information on food bank services and other resources.

"This program has been one of the most rewarding things I have ever done," said Drummer.

Though Drummer was the first volunteer to begin making these callbacks, BCHD has now had a total of 17 volunteers who've helped complete the calls. Drummer has also volunteered on BCHD's Community Health Committee and Volunteer Advisory Council.



Many volunteers also support BCHD's COVID-19 operations in other capacities, including:

- Fielding calls from BCHD's Assistance, Information & Referral Line
- Delivering healthy meals to at-risk populations staying home
- Running essential errands for older and disabled adults and others who are safer at home during the pandemic. This includes groceries, essential household items, prescriptions and more.

Keeping Older Adults Healthy

Helping Older Adults Grow Old at Home Care Management

The Beach Cities have a growing population of older adults who need assistance to maintain their health and well-being. Our team of geriatric Care Managers and Volunteers have one mission: Help older adults and adults with disabilities in the Beach Cities live safely and independently in their home while staying connected to their community. Last year, they worked with nearly 400 local residents in need through our Care Management program.

The Care Management program is available at no cost for eligible Beach Cities residents who are 60 and older, as well as adult (18-59) residents with disabilities. The program helps to address the challenges faced by this population –support with activities of daily living and social-emotional support - by pairing social service professionals with residents to develop customized care plans and connects them to vital resources and services. Depending on the individual needs of residents, these services may vary but range from errand assistance to support with bathing.

Care Plan for Independent Living

Older adults and adults with disabilities receive in-home visits and assessments from social service professionals, who create care plans to live safely and independently at home while staying connected to their community.

Social-Emotional Support

Care Managers and Volunteers – known as Conversation Companions and Support Line Volunteers – make weekly calls and visits to older adults in need of social support, friendship and conversation.

In-Home Exercise

Highly trained MoveWell volunteers visit 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 pick-ups.

Health Care Assistance

Enrollment counselors are available at no-cost to help residents secure health insurance through Covered California, Medi-Cal and other public benefits.

Dementia Support

Volunteers support clients with dementia and their caregivers through the Brain Buddies volunteer program, which provides evidence-based socialization and support techniques in the home. BCHD, in partnership with local community providers, provides education and advocacy on dementia related diseases through the Dementia Education Consortium.

THE IMPACT OF BCHD IN FY19-20

3,579

**Community Requests
for Information**

5,750

**Care Management
Visits and Calls**

2,165

**Volunteer Visits
and calls**

403

**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.

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.**

Keeping The Community Healthy

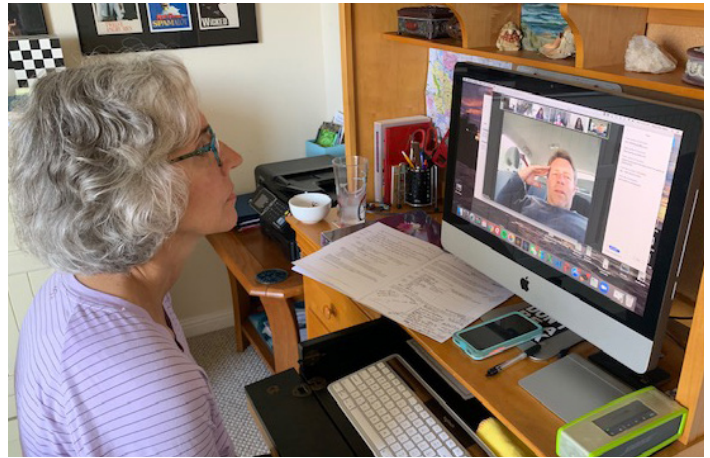
Mental Health: A Priority in the Beach Cities

According to the Gallup National Health and Well-Being Index (WBI) 2020, feelings of stress and worry run high in the Beach Cities. To address this, BCHD launched its Mental Health & Happiness Series in January 2020. On average, BCHD offers at least 8 free community programs each month. Events are now offered virtually due to COVID-19.

Monthly Virtual Community Programming

- Blue Zones Project Social Hour
- Blue Zones Project Cooking Show
- Mindfulness Drop-in
- Mental Health & Happiness Series Workshops
- Happiness Chats

65 Moai Social Groups are meeting virtually!
For more information on these events, visit bchd.org.



Tobacco Control Policies

BCHD advocates and partners with the cities of Hermosa Beach, Manhattan Beach and Redondo Beach to strengthen tobacco ordinances to make clean air possible for residents of all ages. This past year, the Beach Cities have adopted several tobacco control policies aimed at smoke-free public places, regulations in the retail environment and protections for youth.

MANHATTAN BEACH	American Lung Association State of Tobacco Control Grade: A	
Full Tobacco Retail Ban	Prohibits all tobacco and vaping products from being sold in the city of Manhattan Beach, effective January 1, 2021.	Adopted Feb 18, 2020
HERMOSA BEACH	American Lung Association State of Tobacco Control Grade: B	
Ban on electronic smoking devices and prohibiting the issuance of new tobacco retail licenses	Hermosa Beach City Council voted to prohibit the sale of all electronic smoking devices and vaping products and to cap the number of tobacco retail licenses to those retailers currently operating in the city.	Adopted Feb 11, 2020
REDONDO BEACH	American Lung Association State of Tobacco Control Grade: B	
Comprehensive Outdoor Smoking Ban	Prohibits smoking in all public places in the city and prohibits the use of electronic cigarettes wherever smoking is not allowed.	Adopted Oct 15, 2019
Full Tobacco Retail Ban	Establishes local Tobacco Retail License program to prevent illegal sales of tobacco products to minors, includes a prohibition on the sale of all flavored tobacco products (hookah lounges exempted).	Adopted Oct 15, 2019

Los Angeles County Department of Public Health Highlights Redondo Beach Childhood Obesity Plunge

County's Community Health Report shows drop in obesity among Redondo Beach students from 13.9% to 6.4%

During the 2005-'06 school year—a time when one out of every five students in Redondo Beach was obese—Beach Cities Health District (BCHD) and Redondo Beach Unified School District (RBUSD) debuted the LiveWell Kids program, an exercise and healthy eating curriculum. Since then, the results have been eye-opening—a dramatic drop in childhood obesity among Redondo Beach students (grades K-5th) from 13.9% in 2009 to 6.4% in 2019.

The Los Angeles County Department of Public Health (LACDPH) has taken notice and published a Community Health Report detailing the success and hoping to inspire other school districts to combat obesity and improve health among their students.

The report, titled "Recent Trends in Childhood Obesity Prevalence in the Redondo Beach Unified School District: A Case Study," notes data that showed children in Redondo Beach had higher obesity rates than the national average before the program began. Within a decade, the obesity rate in RBUSD fell from 15.0% to 7.5% for males and 12.8% to 5.1% for females — all while national averages continue to rise.



“The findings are particularly impressive because they were sustained and observed across all public elementary schools, grade levels and demographic groups. In addition, the findings suggest a reduction in disparities in child obesity prevalence across racial/ethnic groups, a result that has been rarely, if ever, achieved in other locales.”

The LiveWell Kids curriculum is typically delivered in classrooms and school gardens by 500 trained parent docents. It blends in-class nutrition lessons, mindfulness practices and garden education to instill healthy habits at an early age. In addition to LiveWell Kids, BCHD supports school health through 8-Minute Morning Exercises, School Wellness Councils, Walking School Bus, Walking Wednesdays and Youth Bicycle and Pedestrian Education.

Today, BCHD has adapted garden, nutrition and mindfulness programming to a virtual format in order to accommodate distance learning due to COVID-19. For more information about the LiveWell Kids program, visit bchd.org/LiveWellKids.

PLEASE NOTE: The analysis by LACDPH covered the period from the 2008-2009 school year to 2018-2019, using BMI data calculated for each RBUSD student based on their measured height and weight.

From 2009 to 2019, the prevalence of obesity among students overall decreased from 13.9% to 6.4% (Figure 1). Similar declines were observed among boys and girls although obesity prevalence was higher among boys than girls throughout the 10-year study period (Figure 2).

Figure 1. Trend in the prevalence of childhood obesity, 2009-2019

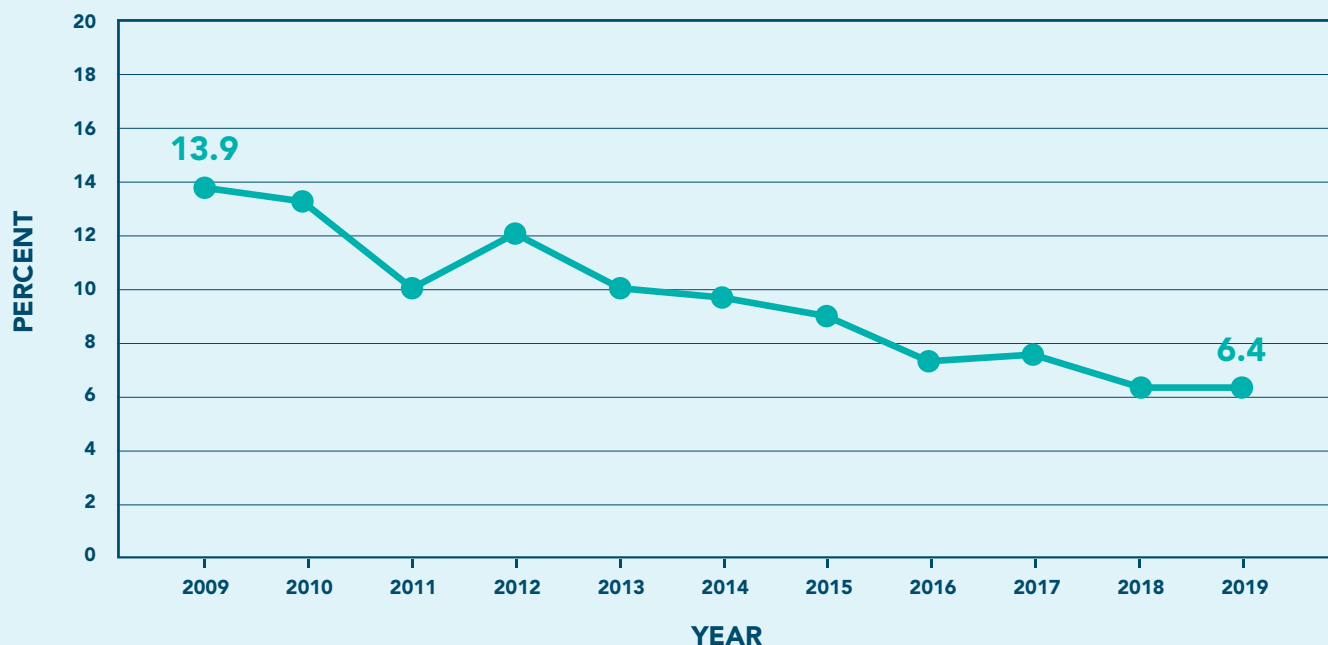
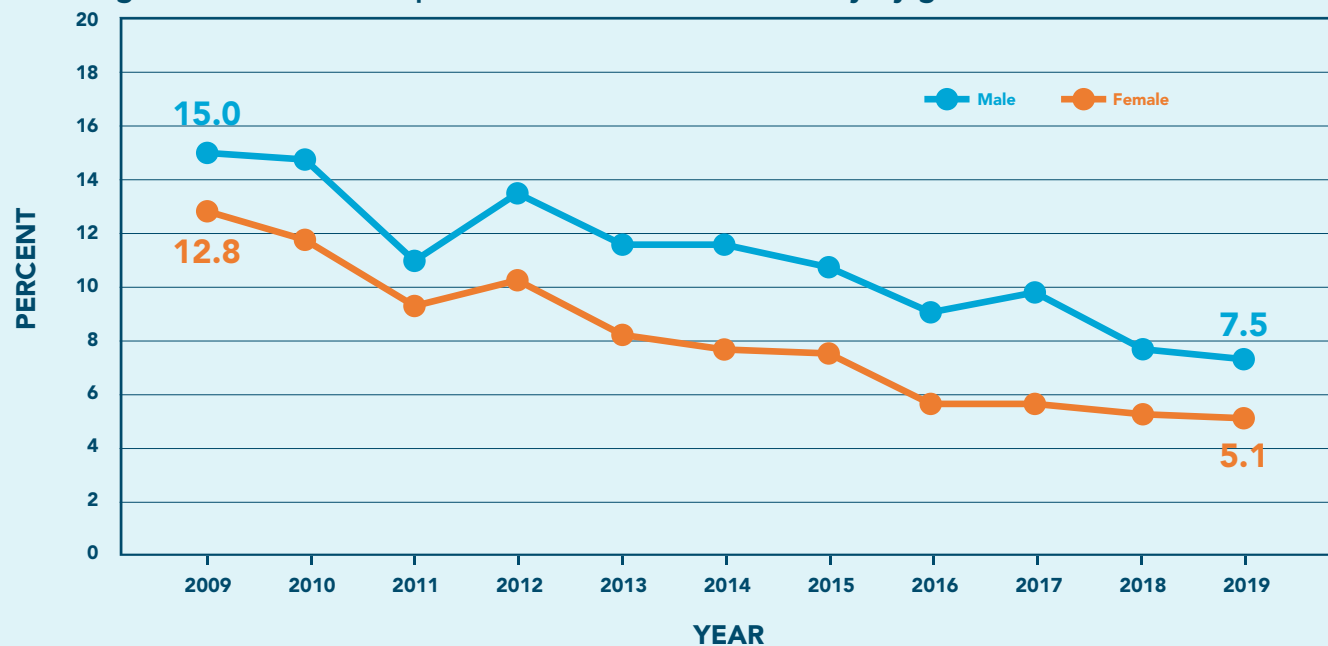


Figure 2. Trends in the prevalence of childhood obesity by gender, 2009-2019



Significant declines in obesity prevalence were also observed across all racial/ethnic groups included in the analysis. In addition to these improvements, racial/ethnic disparities in obesity prevalence became less prominent over time although they were not eliminated. In 2019, obesity prevalence remained highest among Latino students (10.1%), followed by black students (7.6%), white students (5.1%), and Asian students (5.0%).

Beach Cities Partnership for Youth Coalition Awarded \$625,000 Drug-Free Communities Grant

The Beach Cities Partnership for Youth Coalition was awarded a fiscal year 2019 Drug-Free Communities Program (DFC) grant in the amount of \$125,000 for five years by the White House Office of National Drug Control Policy, in cooperation with the Substance Abuse and Mental Health Services Administration.

The Beach Cities Partnership for Youth Coalition joins more than 150 community coalitions across the United States working to increase community-wide collaboration and decrease youth substance use. Recognizing that local problems need local solutions, DFC-funded groups engage multiple sectors of the community and employ a variety of strategies to address local substance use problems. BCHD is the lead agency for the Coalition and will administer the DFC grant in the Beach Cities. The grant term is five years with total funding expected to be \$625,000.

As part of the grant process, the Coalition was required to provide Involvement Agreements from the Coalition Steering Committee. The Coalition also received written support for the DFC Grant from Congressman Ted Lieu (CA – 33rd District) and representatives from publicly elected bodies in the Beach Cities – the city councils and school boards in Hermosa Beach, Manhattan Beach and Redondo Beach, along with the BCHD board.



*photo taken before COVID-19 restrictions



The Coalition was created in 2017 by creating five stakeholder groups: 1) Students, 2) Parents, 3) Mental Health Providers, 4) School Administrators and 5) Community Members to implement strategies to reduce youth substance use in a comprehensive, long-term manner.

For more information on the Beach Cities Partnership for Youth Coalition, visit bchd.org/partnership.

Beach Cities Partnership for Youth Coalition Steering Committee Members 2019-20:

- Stacey Armato, Councilmember, City of Hermosa Beach
- Michelle Bholat, MD, MPH, President, Beach Cities Health District Board of Directors
- Rachel Campbell, Campus Pastor, Flourishing Church, Hermosa Beach
- Jennifer Cochran, Clerk, Board of Trustees, Manhattan Beach Unified School District
- Kevin Cody, Publisher, *Easy Reader*
- Doug Gardner, Board President, Hermosa Beach City School District
- Moe Gelbart, PhD, Executive Director, Thelma McMillen Center for Alcohol & Drug Treatment, Torrance Memorial Medical Center
- John Gran, President, Redondo Beach Kiwanis
- Joan Stein Jenkins, Director, Beach Cities Juvenile Diversion Project
- Keith Kauffman, Chief, Redondo Beach Police Department
- Alice Kuo, MD, PhD, MBA, Professor and Chief, UCLA Internal Medicine and Pediatrics
- Laura McIntire, Founder, South Bay Families Connected
- Zachary Zawacki, Student and Youth Advisory Council Co-Chair, Mira Costa High School
- Kelly Stroman, CEO, Manhattan Beach Chamber of Commerce
- Anthony Taranto, EdD, Executive Director of Student Services, Redondo Beach Unified School District
- Gary Tsai, MD, Medical Director and Science Officer, Substance Abuse Prevention & Control, Los Angeles County Department of Public Health
- Angela Wilson, LMFT, Director of Mental Health Programs, South Bay Children's Health Center
- *City of Manhattan Beach Representative to be appointed

#EscapetheVape

The U.S. Surgeon General under President Trump, Vice Admiral Jerome M. Adams, MD, MPH, named vaping a youth epidemic in 2019. These electronic smoking devices have infiltrated the communities and lives of youth across the country, wreaking devastating havoc. Youth living in the Beach Cities are no exception.

In Los Angeles County, 1 in 10 high school students reported using e-cigarettes in the past 30 days. Use increases nationally, with 1 in 5 high school students reporting e-cigarette use. But here in the Beach Cities, youth use is even higher than the national rate. According to the California Healthy Kids Survey (2018-19), one in four (25%) 11th graders reported using electronic cigarettes, e-cigarettes or other vaping devices in the past 30 days and four in five (80%) 11th graders reported it is fairly easy or very easy to obtain these devices.

The Youth Advisory Council, one of the five groups of the Beach Cities Partnership for Youth Coalition, decided to tackle this epidemic head on. Alexa Ressler, three-year Youth Advisory Council member and Mira Costa High School student, gives her take on the #EscapetheVape campaign.

"The Youth Advisory Council dedicated much of its efforts during the 2019-20 school year on preventing youth vaping. Every member of the Council had useful insight into this epidemic, and we were fortunate to have tremendous support of the BCHD staff. To help reduce youth vaping in our community, we created anti-vaping slogans written to appeal to youth, using memorable phrases such as "Stay Woke, Don't Smoke," "Be Smart, Don't Start" and "Don't Be a Fool, Ditch Your JUUL." We printed postcards with these slogans on one side and facts on the other, such as "A JUUL pod-a-day habit can cost more than \$1,800 a year," and distributed these to Beach Cities schools. We also created a PhotoVape presentation containing facts on the adverse physical and psychological impacts of vaping, as well as data on youth vaping and ease of obtaining vaping products. We presented the PhotoVape to parents, elected officials and the larger community through several meetings, including a Hermosa Beach City Council meeting and the Families Connected Speaker Series "Vaping in 2020: What Parents Need to Know." Through our #EscapetheVape campaign, we wanted to make our peers and the larger community aware of the severity of the youth vaping epidemic and to encourage their support through enforcement, education and awareness."

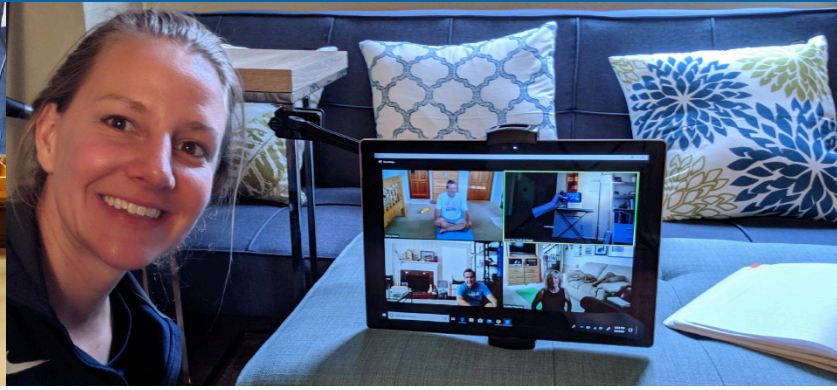
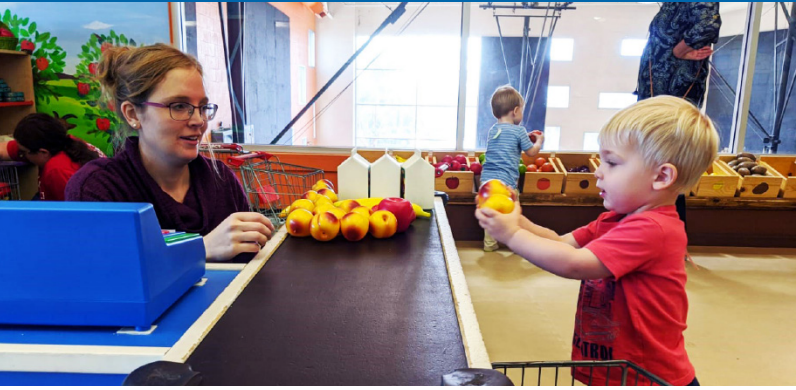
In addition to the Youth Advisory Council's #EscapetheVape campaign, BCHD developed a series of programs and events to raise awareness and educate the community:

- A vaping-specific web page with information and resources for e-cigarette users, parents and educators;
- Hosted public forums on vaping and e-cigarette use;
- Partnered with the Los Angeles County Department of Public Health and UCLA to inform clinicians in the South Bay about symptoms associated with vape use;
- Hosted a training for school nurses and health aides in local school districts;
- Produced a video titled "The Truth About Vaping" featuring students from the Youth Advisory Council;
- Encouraged parents to "Talk About It" with their children.

To learn more, visit bchd.org/vaping.



Facilities to Keep the Community Healthy



BCHD's Center for Health & Fitness (CHF) and AdventurePlex facilities are currently reopening. CHF is open for Small Group Training, Personal Training, Massage, Private Pilates, outdoor classes and indoor exercise equipment reservation. AdventurePlex will be opening for summer camp beginning June 21.



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



Annually voted Best of the Beach



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





Healthy Living Campus Update

The Healthy Living Campus project is preparing for its next step, as BCHD strives to reimagine our 11-acre campus and chart the future of preventive health in the Beach Cities. The plans for an intergenerational, vibrant modern campus are taking shape and the draft Environmental Impact Report (EIR) was released March 10, 2021.

The release of the Draft EIR will be followed by a 90-day public comment period, double what is required by the California Environmental Quality Act (CEQA), including three public comment opportunities.

A robust public outreach process has been ongoing since 2017, with neighbors, residents and community leaders providing their perspectives about the proposed project. These valued insights—as well as information gathered from expert structural and financial consultants—formed the foundation of the refined Healthy Living Campus draft master plan presented at the June 17, 2020 BCHD Board of Directors meeting.

The Board endorsed a project description to continue the EIR process — originally started in June 2019 — with the more compact Healthy Living Campus master plan as the basis of the project description. This blueprint will guide the EIR, inform the public and project decision-makers about significant environmental effects and identify possible ways to minimize or avoid those effects.

The updated, more compact Draft Master Plan includes:

- **A Community Wellness Pavilion** with public meeting spaces, demonstration kitchen, modernized Center for Health & Fitness, aquatics and more.
- **Program of All-Inclusive Care for the Elderly (PACE)**, a Medicare/Medicaid program that provides comprehensive medical and social services to older adults.
- **Fewer Units:** Residential Care for the Elderly (RCFE) units drop from 420 to 220 (60 memory care units exist today at Silverado). Pricing has yet to be determined. One plan being considered will offer 10 percent of units at below market rates.
- **Smaller New Building Area:** New on-campus building area drops 18 percent, from 815,000 sq. ft in 2019 to 665,820 sq. ft. in 2020.
- **Less Construction Time:** Active construction time is shortened from nine to five years in two phases (instead of three).
- **Approximately 2.5 acres of open space** for programming to replace acres asphalt.

In July 2019, BCHD began preparing an Environmental Impact Report (EIR) as the Lead Agency for its Healthy Living Campus as required by the California Environmental Quality Act (CEQA). Starting with five scoping meetings in July 2019, initial environmental analyses began that fall. The Draft EIR was released March 10, 2021 to be followed by a 90-day public comment period. Check bchdcampus.org/EIR to view the Draft EIR, get up-to-date information and to leave comments about the technical sufficiency of the Draft EIR impact analysis, mitigation measures, and alternatives. Comments will be accepted until June 10, 2021 at 5 p.m. PT.

Healthy Living Campus Update (Continued)

Community Outreach

A public outreach process has been ongoing since 2017, made up of a Community Working Group, meetings, open houses and study circles.

Valued insights from neighbors, residents, community leaders and organizations--as well as information gathered from structural and financial consultants--formed the foundation of revisions to BCHD's Healthy Living Campus.



Community Working Group May 2017 - December 2020

BCHD formed a Community Working Group made up of residents, leaders and stakeholders to help develop the project. The Group met 17 times.



Open Houses Oct. 2017 & March 2019

BCHD held two open houses to engage the community. The events enabled residents to provide comments directly to project team members.



Livability Design Expert May 2017

Blue Zones Director of Inspiration & Innovation and one of TIME Magazine's most important civic innovators in the world, Dan Burden met with BCHD to discuss how to create a healthy, vibrant and connected community.



Study Circle #1: Intergenerational Programs June 2018



Study Circle #2: Community Gathering Spaces Aug. 2018



Study Circle #3: Creating a Center of Excellence Sept. 2018

In 2018, BCHD took a broader look at the campus and held three study circles on Intergenerational Programs, Community Gathering Spaces and creating a Center of Excellence. Each study circle provided presentations on each subject and provided opportunities for participants to provide their perspectives and experiences to BCHD.

Overview of Proposed Plans

Healthy Living Campus planning has been a multi-year endeavor. The proposed project has undergone two major revisions based on community feedback and input from expert structural and financial consultants.

2017 Initial Concept

- 2017 Initial Concept (1) featured the addition of buildings with renovations to the existing hospital building.
- 2017 Revised Initial Concept (2 and 3) featured changes to the orientation and height of the structures based on community feedback.
- What we heard about the 2017 concept: concerns about density, reduce building heights, minimize impacts, add more green space and accessibility, integrate with community, create gathering spaces and intergenerational uses.



2019 Master Plan Concept

- After learning more about structural issues with the 514 building, BCHD took a broader look at the campus with a Master Plan approach.
- The 2019 Master Plan featured a whole-campus redesign with demolition of the 514 building, added 420 Residential Care for the Elderly (RCFE) units, a Community Wellness Pavilion and maximized open space.
- What we heard about the 2019 concept: reduce RCFE units, move buildings away from eastern edge/Torrance homes, decrease construction time, concerns over Flagler Lane traffic, potential environmental impacts and building orientation.



2020 Master Plan Concept

- The 2020 proposed plan will be analyzed in the Draft Environmental Impact Report, which
 - Shortens construction time from nine to five years (in two phases instead of three),
 - Reduces RCFE units from 420 to 220, and
 - Includes an aquatics center, youth wellness center and approximately 2.5 acres of open space.



Information and updates regarding the Healthy Living Campus can be found at www.bchdcampus.org or www.bchd.org.

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



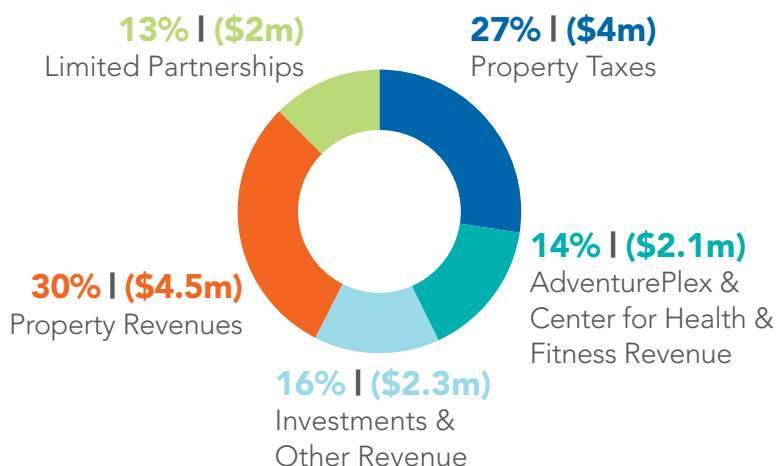
For every \$1 in property taxes collected, **BCHD receives \$0.0088** – less than a penny.

Maximizing Your Tax Dollar



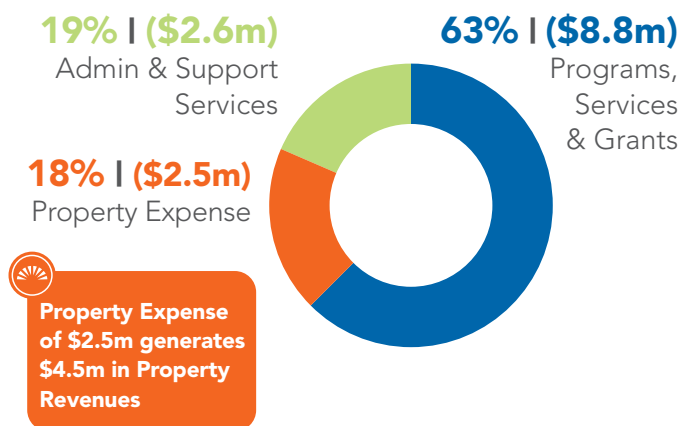
For every \$1 received in property taxes, BCHD provides **\$3.45 in programs and services** back to the community.

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.**



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.



Government Finance Officers Association Distinguished Budget Presentation Award: FY 19-20

\$1,495,570 IN BCHD GRANTS & SERVICE CONTRACTS FUND**HEALTH ACCESS****\$330,030**

Beach Cities Health District's Health Access Fund supports income-qualified residents to help pay for a range of services, including caregiving, adult medical, 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**\$127,170**

Emergency Preparedness, Domestic Violence Prevention

Manhattan Beach Paramedic Services	29,359
Redondo Beach Paramedic Services	58,000
Redondo Beach Domestic Violence Prevention	39,811

COMMUNITY GRANTS**\$315,776**

Community Assistance Programs

HEALTHY AGING**\$72,276**

Adult Day Care, Senior Nutrition

• The Salvation Army Meals on Wheels	72,276
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COMMUNITY HEALTH PROGRAMS**\$111,627**

• South Bay Families Connected	40,000
• Wellness Community/Cancer Support	26,204
• MB Community Counseling Center	7,077
• St. Paul UMC-Food Safety Net	6,813
• Manhattan Beach CERT	4,764
• SB Children's Health Center - Summer Programs	20,150
• RB Rotary Vision to Learn	4,000
• St. Andrew's Church Homeless/Needy	2,619

COVID-19 GRANTS**\$96,580**

• Hermosa Beach Unified School District	20,000
• Manhattan Beach Unified School District	25,000
• Redondo Beach Unified School District	27,000
• Pediatric Therapy Network	14,580
• Hermosa Beach Police Department	10,000

CEO/BOARD MICROGRANTS**\$20,391**

The Micro Enrichment Grant applications for Fall 2019 were awarded to seven projects. Grantees include: Lincoln Elementary Running Club, Pacific Elementary Occupational Therapy equipment, Grand View Elementary Occupational Therapy equipment, Beach Cities Walks, Erika Schweer-OTR/L, Creative Life Mapping and Redondo Beach Kiwanis.

BCHD RESIDENT COVID-19 HELP FUND**\$14,902**

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



NEED HELP?

During this time of heightened health concern, Beach Cities Health District (BCHD) is available to offer help and support. If you or someone you know in the Beach Cities needs assistance with errands, health-related information or referrals, please call our Assistance, Information & Referral line at **310-374-3426, ext. 256**

RESOURCES:

bchd.org/coronavirus

for information about COVID-19 or to
sign up for email updates from BCHD

bchd.org/resources

for information related to mental health and social-emotional health
for youth and adults, support groups and emergency services