

# livewell

Fall 2014

**FREE  
FITNESS  
THIS FALL**

**WALKING  
SCHOOL BUS  
STEPS OUT  
OCT. 8**

**HEALTHY  
SCHOOL  
LUNCH  
IDEAS**

**HELP FUND  
LOCAL SCHOOLS**

**PREPARE FOR  
FLU SEASON**

The Walking School Bus launches October 8 throughout the Beach Cities. Start a route in your neighborhood (page 6).



*Beach Cities*  
**Health District**

514 N. Prospect Ave., 1st Floor, Redondo Beach, CA 90277 • 310-374-3426 • [bchd.org](http://bchd.org)



# Supporting the 'Whole' Child

A decade ago, Beach Cities Health District launched LiveWell Kids at Lincoln Elementary in Redondo Beach. The program, which includes nutrition education, access to fresh fruits and vegetables, school-based gardens and daily physical activity, was created in response to alarmingly high obesity rates at the time among students in the Redondo Beach Unified School District.

Within five short years, only 13 percent of RBUSD students were obese, down from 18.2 percent in 2004, and LiveWell Kids had spread to every elementary school in Redondo Beach. The ball was officially rolling, thanks in large part to the visionary leadership exhibited by RBUSD Superintendent Dr. Steven Keller and his school board, who understand the relationship between student health and success in the classroom.

Today, Beach Cities Health District programming like LiveWell Kids, LiveWell Tots and the Walking School Bus, can be found in nearly every Hermosa Beach, Manhattan Beach and Redondo Beach elementary school, and children throughout the Beach Cities are learning and modeling healthier behaviors.

Last year, 6,430 local students participated in LiveWell Kids, 424 preschoolers learned to make healthy choices in LiveWell Tots and thousands of students walked 45,155 miles and burned 1.8 million excess calories through participation in the Walking School Bus.



*Students at Madison Elementary in Redondo Beach make a salad bar using vegetables harvested from their school garden.*

This community progress could not have been achieved without the leadership and foresight of our local school leaders – the superintendents, principals, teachers and PTAs. And with classes back in session for another year, it's an opportune time to thank these men and women for pushing student health and wellness to the forefront and supporting the development of the whole child. One thing is very clear: kids who learn healthy habits at a young age are better positioned to succeed in the classroom and to live longer, healthier lives.

We urge all Beach Cities residents to continue advocating for the health of our community, especially our young people. Together we can truly make a difference in the health and well-being of our beautiful beach community.

## BOARD OF DIRECTORS

Noel Chun, M.D.  
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In Service,

A stylized, handwritten signature in black ink, likely belonging to Noel Lee Chun, M.D.

Noel Lee Chun, M.D.  
President, Board of Directors  
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A stylized, handwritten signature in black ink, likely belonging to Susan M. Burden.

Susan Burden  
Chief Executive Officer  
Beach Cities Health District



# Life

Programs for every stage of



## YOUTH

- Nutrition & Garden Education
- Social-Emotional Learning
- Physical Activity
- Substance Abuse Prevention
- Daily Physical Activity



## ADULTS

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



## OLDER ADULTS

- Planning for Successful Aging
- Assistance to Maintain Independence
- Peer Counseling
- In-Home Exercise
- Errand Assistance
- Social/Conversational Support

## Fund Local Schools by Taking the Blue Zones Pledge



By Lauren Nakano,  
BCHD's Blue Zones Project Director

Beach Cities Health District (BCHD) is granting additional funding to local schools in exchange for Beach Cities residents pledging to improve their personal health.

Effective immediately, for every new Blue Zones Pledge completed before November 14, BCHD will award \$1 to the Parent-Teacher Association (PTA) of the pledgee's choice.

Beach Cities residents ages 13 and older can complete the Blue Zones Pledge online at [bchd.org/bzppledge](http://bchd.org/bzppledge). Once the form is completed, a prompt will appear that allows the pledgee to select the school PTA they wish to benefit. Paper pledges will also be available to fill out at most school events. Please contact your local PTA for a list of these events. If you have already taken the pledge, please encourage your friends, family and co-workers who live in the Beach Cities to do so.

BCHD annually gives more than \$600,000 in grants to Hermosa Beach, Manhattan Beach and Redondo Beach school districts. The grants fund outcomes-based programming that supports the mental, physical and social-emotional health of students. This pledge drive is meant to be a healthy alternative to the standard cookie dough and bake sale fundraisers.

"We know healthy kids do better in school and are more prepared to become lifelong learners and productive citizens," said BCHD Chief Medical Officer Dr. Santora, who oversees BCHD's Youth Services. "The pledge drive is a great way for community members to take control of their personal health and to model healthy behaviors for our young people, while at the same time helping fund local schools. It's a win-win."

For more information on the pledge drive, please visit [bchd.org/bzppledge](http://bchd.org/bzppledge).

# Flex's Tips to Keep Kids

# Active!

After a summer filled with family trips to the beach, swimming, summer camps and bike rides, your kids are headed back to the classroom, where the majority of their time will be spent behind a desk.

Subsequently, physical activity tends to drop during the school year as homework, music lessons and club activities take priority. Public health research warns that cutting back on exercise has negative health effects on children, both physically and mentally. Here are tips to make sure your kids get the recommended sixty minutes of daily physical activity throughout the school year, compliments of AdventurePlex's fun-loving and hard-playing mascot, Flex!



  
A Beach Cities Health District Program

## **Step (or jog!) away from the screens.**

Take a break from TV, video games and social media and instead head to the beach or go for a walk or bike ride. Limit screen time and find active ways to play instead.

## **Exercise should be a family affair.**

Kids learn by watching their parents. Lead by example and model the healthy behaviors that you want your kids to adopt.

## **Make it fun.**

Take your kids to a healthy play facility like AdventurePlex in Manhattan Beach. They can climb a ropes course and rock walls, crawl through obstacle courses or take an active class, like basketball or hip-hop dance. When exercise is made fun, kids don't even realize they're doing it.

## **Go outside.**

We are lucky to have sunshine practically year-round, so take advantage of it. Ride bikes on the strand, toss a Frisbee or take the dog for walks.

## **Park the car and encourage active transportation.**

If you live within a mile of school, take the Walking School Bus with your child. Beach Cities Health District organizes Walking School Bus routes around nearly all elementary schools in the Beach Cities. Contact your local school to see if a route is in your area. (See page 6 for ways to create a route in your neighborhood.)



Discover more ways for families to play their way to good health at **AdventurePlex.org**.



# 5 Healthy School Lunches



By Dianne Staso, BCHD Registered Dietitian

For moms like me, September marks the beginning of school ... lunches. For the next 10 months, we practically rip our hair out trying to pull together healthy meals our kids will actually eat.

This school year I've done some of the work for you, outlining five nutritious brown bag ideas. Each of these healthy options meet the dietary requirements of a 9- to 13-year-old, who needs roughly 6 ounces of grains, 2 ½ cups of vegetables, 2 cups of fruit, 6 ounces of protein and 3 cups of non-fat or low-fat dairy per day.

**Bon appetit!**



## Turkey and cheese pita pocket

- 2 slices of roasted turkey breast with a slice of low-fat cheese
- Sliced tomato and romaine lettuce
- Grapes
- Handful of pretzel sticks
- 2 Fig Newtons

## Hummus wrap

- 1 sprouted or whole-wheat tortilla with 3 Tablespoons of hummus, with shredded carrots, baby spinach, cucumbers and bell pepper strips
- Handful of baked pita chips
- Vanilla Greek yogurt
- Blueberries or raspberries



## Soup

- Examples include: Amy's organic lentil vegetable, black bean soup or Healthy Choice Hearty Chicken
- Handful of whole-grain tortilla chips
- 1 low-fat cheese stick
- Sliced cantaloupe



## Pasta Salad

- Use spirals, shells or other fun-shaped pasta. Toss in pieces of broccoli, peas, cherry tomatoes, shredded carrots, cut-up cheese and cooked chicken. Add some low-fat salad dressing and you're done.
- Sliced watermelon
- 2 ginger snap cookies



## Cheese sampler lunch

- Whole wheat crackers
- Slices of reduced fat cheddar and Swiss
- Cut-up cucumber, cherry tomatoes and mini carrots
- Grapes
- Handful of almonds
- 2 small pieces of dark chocolate

To book a nutrition consultation with Dianne, call 310-374-3426, ext. 116 or email [dianne.staso@bchd.org](mailto:dianne.staso@bchd.org).

# Walking School Bus to Re-launch Oct. 8



By Dr. Denise Bevly, BCHD Senior Manager, Youth Services

For the fourth consecutive school year, thousands of tiny feet will again drive the Walking School Bus along local sidewalks throughout Hermosa Beach, Manhattan Beach and Redondo Beach. Beach Cities Health District (BCHD) launched the healthy walk-to-school initiative in 2010 as a way to curb rising childhood obesity rates and reduce car trips. Since then, the program has since grown to include 3,000 children from 13 elementary schools in the Beach Cities.

Last school year alone, children who regularly walked in the program logged a staggering 45,155 miles – enough to make nearly two trips around the earth – and burned 1.8 million calories, or the equivalent of 150,000 Cheetos™.

"The Walking School Bus greatly benefits students by creating a healthy environment that helps them grow socially, emotionally and physically," said Dr. Steven Keller, superintendent of Redondo Beach Unified School District. "And healthy kids do well in the classroom. So the program really supports

the development of the 'whole child,' which is the overarching mission of RBUSD."

The 2014 launch of the Walking School Bus is scheduled for International Walk to School Day on the morning of October 8. Participating Redondo Beach elementary schools include Alta Vista, Beryl Heights, Birney, Jefferson, Lincoln, Madison, Tulita and Washington; Hermosa View in Hermosa Beach; and American Martyrs, Grand View, Pacific and Robinson in Manhattan Beach.

The Walking School Bus complements a variety of additional BCHD programs in local schools, including LiveWell Kids, a program implementing evidence-based strategies focused on nutrition education, daily physical activity, funding for fresh fruits and vegetables, and school-based gardens; and LiveWell Tots, the first comprehensive obesity prevention program in the nation for preschoolers.

For more information on the Walking School Bus and other BCHD programs, visit [bchd.org](http://bchd.org).



Redondo Beach Mayor Steve Aspel (left) leads Tulita Elementary's Walking School Bus in Redondo Beach.



# Create a Walking School Bus Route

**Step 1:** Talk to other parents in your neighborhood to find out who's interested in starting a route and/or already walking.

Starting a Walking School Bus (WSB) route for students in your community is a walk in the park ... or neighborhood. Just follow these simple steps.

**Step 2:** Pick a safe route and take test walks. When choosing a route, consider the following factors:

- Traffic flow
- Size of sidewalks
- Safe street crossings
- Safety of the overall environment

**Step 3:** Decide how often the group will travel together. It can be as many as five days a week or as few as one.

**Step 5:** Connect with the WSB Coordinator at your school to discuss your new route.

Visit [www.bchd.org/wsb](http://www.bchd.org/wsb) for more information or contact Staci Boretzky at [staci.boretzky@bchd.org](mailto:staci.boretzky@bchd.org).

**Step 4:** Assign at least two adults to "drive" the Walking School Bus each day.

Note: The Centers for Disease Control recommends one adult per three students for children ages 4 to 6 and one adult for six children for older elementary students ages 7 to 9.

**Step 6:** Let other parents know the Walking School Bus schedule so their kids can join.

**Step 7: START WALKING!**

**Questions?** Contact Staci Boretzky at [staci.boretzky@bchd.org](mailto:staci.boretzky@bchd.org)





More than 4,300 participants took advantage of free fitness this year.

# Free Fitness Finale

The annual Beach Cities Free Fitness Series has officially come to a close for the year, but here's a look back at what was Beach Cities Health District's most successful series yet.

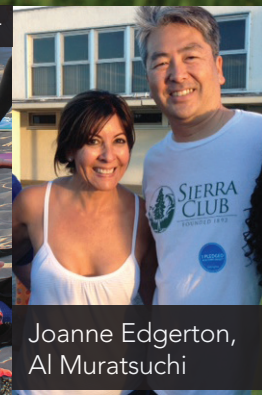


Michael DiVirgillio

Elected officials who attended included Hermosa Beach Mayor Michael DiVirgillio, Hermosa Beach City Manager Tom Bakaly, Assemblymember Al Muratsuchi, and BCHD Board Members Vanessa Poster and Joanne Edgerton.



Vanessa Poster



Joanne Edgerton,  
Al Muratsuchi



Since the series began in 2012, 10,000 participants have broken a healthy sweat in Yoga, Zumba and Boot Camp.

BCHD volunteers logged 370 hours.

430 community members attended Zumba in the Park on July 28 alone.

535 children danced their way to better health.



### Visit Sand Dune Park in Manhattan Beach

Test your mettle by running up the last remaining exposed sand dune in Manhattan Beach. The public park has a play area for children and offers a great view of the city from the top of the dune. Bring your workout shoes and be prepared to sweat!



# Free Fitness Ideas for Fall

The Beach Cities Free Fitness Series has ended for the year, but stay tuned for more creative free fitness offerings from Beach Cities Health District. In the meantime, here are some free ways to work out this fall.



### Hit the Greenbelt Running Trail

This 3.5-mile trail cuts through the heart of Hermosa Beach and offers runners a natural woodchip trail. The trail begins at a large parking lot off of Rosecrans and Sepulveda and ends at the intersection of Herondo St. and Valley Dr.

### Do Your Best Rocky Impersonation at Avenue C

It's not the Philadelphia Museum of Art, but workout junkies can get their heart rate up by climbing the steep stairs at Avenue C in Redondo Beach. Park near the intersection of Ave. C and Esplanade and head to the beach.



### Break a Sweat at Bruce's Beach

The oldest park in Manhattan Beach offers sweeping ocean views, a basketball court and fitness equipment, including pull-up bars and sit-up benches.



# Prepare for Flu Season



By Dr. Lisa Santora, BCHD Chief Medical Officer

Last year, our community experienced the death of a pregnant mother and her unborn child as a result of influenza A (H1N1). Los Angeles County confirmed 101 additional influenza-associated deaths, and 65 percent occurred among adults between 18-64 years old. Many of these individuals had high blood pressure, were overweight or obese, or were current or past smokers. Among Intensive Care Unit (ICU) hospitalizations, 15 percent had no other medical condition besides obesity.

To help prevent the flu, it's highly recommended that everyone six months and older receive the flu vaccine. In addition, below are everyday preventive tips as well as special flu-related information for some of our most at-risk populations.

## Everyday Preventive Tips

- Wash hands regularly with soap and water or an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth.
- Do your best to avoid sick people.
- Practice good health habits – eat nutritious meals, exercise, manage stress and get plenty of sleep.
- Sneeze and/or cough into the crook of your arm.
- If you are sick, stay home. And especially avoid children/infants, pregnant women and older adults.

## Children and Infants

Children are at a greater risk for the flu because their immune systems are underdeveloped. Children with chronic illnesses are at an even higher risk of contracting the virus and experiencing complications.

- Children 6 months and older should be vaccinated.
- The nasal spray is recommended for children 2-8 years old.
- Parents and caregivers should all be vaccinated against the flu and wash their hands regularly.

## Pregnant Women

Pregnancy changes a woman's immune system, which increases her susceptibility to the flu. Contracting the virus is potentially dangerous to you and your unborn child, so take preventive measures to avoid it.

- The flu shot is the only approved vaccine for pregnant women, so do not get the nasal spray.
- Receiving the flu shot during your pregnancy provides some protection to your baby once he or she is born.
- Breastfeeding your child is the best way to keep him or her healthy during flu season. Breast milk contains crucial antibodies that help fight off infection.
- If you contract the flu, do not stop breastfeeding.

## Older Adults

Adults 65 and older are at a higher risk for contracting the flu due to declining immune function.

- Get the flu vaccination as soon as it's available in your area.
- Older adults have two options: the general flu shot or a higher-dose flu shot designed specifically for adults 65 and older. Talk to your health care provider about which shot is best for you.
- Flu often causes pneumonia in older adults, so talk to your health care provider about also getting the pneumonia vaccine.

Visit [bchd.org](http://bchd.org) for a list of sites offering flu vaccines in the Beach Cities, as well as other tips and resources.



# Volunteer Opportunities

Like to garden but don't have the space? Become a Garden Angel!

Grab a friend and join our LiveWell Kids obesity prevention program by volunteering as a Garden Angel to help Redondo Beach elementary students learn about nutrition. Garden Angels help maintain school-based gardens. Only a two-hour commitment on a weekday!



## Conversation Companions

Conversation Companions provide older and/or disabled adults with socialization, friendship, and a link to community resources. Minimum of one year commitment required with weekly visits.

## MoveWell Volunteers

MoveWell Volunteers lead simple in-home exercises once a week with frail seniors who live locally. These exercises help our clients remain independent in their homes. Minimum of one year commitment required with weekly visits not to exceed one hour.

## Errand Volunteers

Errand volunteers perform tasks such as picking up groceries, personal care items or prescriptions for older and/or disabled clients. Volunteers may escort clients on errands or run errands alone.



## Powerful Tools for Caregivers

A free self-care program for family caregivers who are currently involved with providing care to an older person.

Six Thursdays: October 16, 23, 30 and November 6, 13, 20  
9:30 a.m. – noon  
Joslyn Community Center  
1601 N. Valley Dr.  
Manhattan Beach

Registration required. Call USC Family Caregiver Support Center at 855-872-6060.

For more information visit  
[bchd.org/volunteer](http://bchd.org/volunteer)





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# Find Help in the Beach Cities

## Encontrar ayuda en Beach Cities

Beach Cities residents now have access to health insurance coverage through Covered California™. Covered California is a new marketplace where individuals and families may receive financial assistance to secure health coverage.

*Ahora residentes de Beach Cities tienen acceso con la cobertura de seguro de salud a través de Covered California. Covered California es un mercado nuevo donde individuales y sus familias podran obtener ayuda financiera para que la cobertura sea más asequible y económica.*

**Open Enrollment is November 15, 2014 – February 15, 2015**

**La Inscripción Abierta es de Noviembre 15, 2014 – Febrero 15, 2015**

For more info, visit [bchd.org/covered](http://bchd.org/covered)

Para mas información, visita [bchd.org/covered](http://bchd.org/covered)

### Need help getting insured?

*¿Necesita ayuda para solicitar cobertura de cuidado de salud?*

Call a certified enrollment counselor today at (310) 374-3426, ext. 256, to schedule an appointment.

*Para hacer una cita hoy, llame a una consejera certificada de inscripción al (310) 374-3426, ext. 256.*

