

Beach Cities Health District, established in 1956 (pictured), is celebrating 60 years of public health service to Hermosa Beach, Manhattan Beach and Redondo Beach residents.





Letter from the CEO

Here's to 60 more

IN OUR 60 YEARS OF CREATING A HEALTHY BEACH COMMUNITY, Beach Cities Health District (BCHD) has never shied away from healthy change – whether we are creating it at the community level, or embracing it internally to maximize our impact on health. Our culture of flexibility, combined with a willingness to follow current health research, has been integral to our recent success in lowering childhood obesity rates, slashing the prevalence of smoking and using mindfulness and purpose workshops to address alarmingly high levels of stress, anger and worry in the Beach Cities.

It's equally important, though, to recognize and celebrate the stabilizing community forces that make creating a healthy beach community possible.

Visionary Board Members

BCHD is only as effective as the dedicated men and women serving on our publicly elected Board. Well-known community health advocate and former Board member Pat Dreizler and current Board President Vanessa Poster, in her 20th year on the Board, are just two examples of what it means to be a true public servant.

Progressive School Districts

Healthy kids grow up to be healthy adults. And nobody embraces the relationship between health and academics more than Redondo Beach Unified School District (RBUSD), led by Superintendent Dr. Steven Keller. RBUSD's commitment to supporting the "whole child" has led to a 55 percent decline in the childhood obesity rate in its elementary schools during the last decade.

BOARD OF DIRECTORS

Michelle Bholat, M.D. Lenore Bloss Noel Chun, M.D. Jane Diehl Vanessa Poster

CHIEF OFFICERS

Susan Burden Chief Executive Officer Jackie Berling Chief Wellness Officer

Volunteers

Six hundred community volunteers form the backbone of BCHD. These talented men and women administer some of our most critical community services, including helping frail older adults exercise at home, guiding kids safely to school on the Walking School Bus, providing mental health support to isolated residents and so much more. Simply put: We couldn't do what we do without our volunteers.

City Governments that Care

It's practically unheard of for multiple city governments to collaboratively address public health issues. But that's exactly what happened in 2010 when each of the Beach Cities wholly embraced the district-wide implementation of the Blue Zones Project[®].

What's Next

With 60 successful years behind us, it's important to focus on the future. Two key health issues BCHD plans to address in the coming years include reengineering our community into an environment where seniors can age well, and investing the necessary resources to combat rising levels of alcohol and drug abuse in our community.

We look forward to your continued support, and hope you will encourage your friends and family to take a leading role in furthering the health of our beautiful beach community.

In health,

Susan Burden

Chief Executive Officer

Beach Cities Health District

Susan M. Burden





IN MEMORY OF Dr. Robert Grossman

1948 – 2015

Beach Cities Health District (BCHD) Board Member Robert Grossman, M.D. – a lifelong advocate for public health and a well-respected cardiologist – passed away on July 23, 2015, from injuries sustained from an accidental fall at his home. He was 67.

Dr. Grossman is best remembered as a devout father, an innovative thinker, a talented and caring physician, a light-hearted joker and a tireless supporter of health in the South Bay. Dr. Grossman will be greatly missed, but he leaves behind a legacy of community health.

BCHD wants to extend a special thanks to everyone who contributed to the Dr. Robert Grossman Memorial Fund. While on the BCHD Board, Dr. Grossman served as a strong, passionate voice for the health of young people in the Beach Cities and was a driving force in bringing innovative nutrition and physical education curriculum into the classroom. In honor of his tireless efforts, all proceeds are being used to restore student gardens to Hermosa

View Elementary.

"He loved life. He lived it to the fullest. He loved people. He was funny and smart. People say he's the smartest person they know; it was certainly true for me."

— Carol Weiss-Fleischer, sister

"Robert possessed an outsized commitment to life and to the health of the community. He saw the early potential of Blue Zones and was instrumental to bringing it to the Beach Cities. I will miss him."

— Dan Buettner, Blue Zones Project founder

"He was like a big brother to me. It was nothing but laughs with him. He always kept you smiling." — Steve Cannella, friend and fellow canoer

"He was warm, had a generosity of spirit and I think he had a unique perspective on resolving community health issues ... That's lots of breadth and depth there that's going to be missing."

— Dr. Michelle Bholat, friend and BCHD board member

January 11, 1955

A special election determines the first South Bay Hospital District Board.



September 18, 1956

Voters pass a bond for the funding of the construction of the South Bay District Hospital with a 6,601 to 3,242 vote.

September 11, 1985

The Board approves the first funds for school health programs, a senior citizen service and the Wellness Community.

1998

The Board of Directors votes to shift BCHD from a primary care facility to a preventive health agency.

September 2004

LiveWell Kids
— a childhood
obesity prevention
program — debuts
in Redondo Beach
elementary schools.



of Improving Health

Beach Cities Health District has been working to advance the health and wellbeing of Hermosa Beach, Manhattan Beach and Redondo Beach residents for 60 years. In commemoration of its "Diamond Anniversary," BCHD hosted a brunch to honor its 600 sparkling volunteers and community partners – all of whom are making healthy changes possible.



(Pictured L-R) Redondo Beach Councilman Jeff Ginsburg, State Assemblyman David Hadley and Redondo Beach Councilman Christian Horvath.



Business Partner in Health awardwinner and Redondo Beach Chamber of Commerce President and CEO Marna Smeltzer, alongside current BCHD Board Members (L-R) Jane Diehl, Vanessa Poster and Dr. Michelle Bholat.



October 2010

Beach Cities Health District signs contract in partnership with Blue Zones Project®.

October 2013

Beach Cities Health District becomes an official enrollment site to assist residents with health insurance through Covered California™.



November 2015

BCHD continues to serve Beach Cities residents as one of the largest preventive health agencies in the nation.



(L-R) Former BCHD Board Members Pat Aust (2004-06), Virginia Fischer (1972-92), Jean McMillan (1980-90), Pat Dreizler (1990-98) and Walt Dougher (2006-09).



Beach Cities Health District staff



BCHD Board President Vanessa Poster (center) accepts a proclamation from Los Angeles County Supervisor Don Knabe's representative, Steve Napolitano (left) – alongside event emcee and former board member Walt Dougher (right).

▶ DID YOU KNOW?

BCHD was founded and built in 1955 as the South Bay Hospital on a former pig farm.





Childhood Obesity Stats

- 1 in 3 children are overweight or obese in the U.S. (CDC)
- Obese children are 60% more likely to be obese adults
- Inactivity is a leading cause of childhood obesity
- Children ages 6–17 need at least 60 minutes of physical activity per day (CDC)
- Children spend 6 waking hours a day sitting (National Institutes of Health)

Quick Activity Breaks Help:

- Cognitive performance (attention & concentration)
- Classroom behavior and time spent on-task
- Educational outcomes (standardized test scores, reading literacy scores & math fluency)
- Energy and productivity
- Social skills and peer-to-peer interaction

Tips to Keep Kids Active

- Consider ways for children to "earn" TV, computer, iPad, etc., screen time
- Set a daily family limit for screen time
- Make bedrooms TV- and computerfree zones
- Encourage participation in household chores like setting the table or taking the garbage
- Choose gifts such as a scooter, skateboard, basketball or kite to encourage active play
- Get off the couch and lead by example

Beach Cities Health District and its community partners host a variety of events and programs to help Beach Cities residents live healthier, happier lives. Here's a snapshot of what's being offered in the next few months.

Covered California Open Enrollment Free enrollment assistance at BCHD. Call (310) 374-3426, ext. 256







November 24, 2015

Mindfulness for Seniors (50+) Tuesdays, 4 – 4:45 p.m. at Hermosa 5-0 410 Pier Ave. Hermosa Beach 310-318-0280 or www.hermosabch.org

January 2016

Grand Opening of **Toddler Town at** AdventurePlex 1701 Marine Ave.,





January 12, 2016

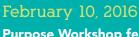
Wine @ Five



January 16, 2016

Open House at the Center for Health & Fitness 8 a.m. – 1 p.m.

514 N. Prospect Ave. Redondo Beach beachcitiesgym.org



Purpose Workshop featuring best-selling author Richard Leider 6 – 8:30 p.m.

Hermosa Beach Community Center 710 Pier Ave, Hermosa Beach



OMWCZNIE

Volunteer & Get Involved

Older Adult Services

Volunteers help staff vital support services for aging and disabled adults in the community. Opportunities range from running errands and providing social support to in-home exercise assistance and peer counseling.

Garden Angels

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 to help Redondo Beach elementary students learn about nutrition and maintain schoolbased gardens. It's only a two-hour commitment on a weekday.

Center for Health & Fitness

Volunteers are needed to staff the front desk and greet members of BCHD's community gym – the Center for Health & Fitness in Redondo Beach. Volunteers help members check in and direct them to fitness classes and resources onsite.

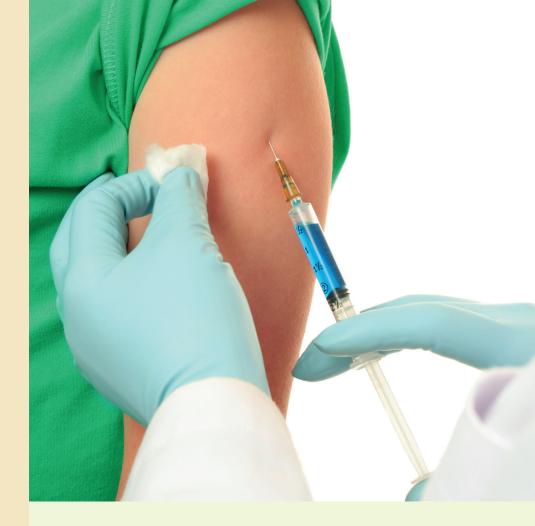
BCHD Front Desk

Friendly and helpful people are needed to serve as the primary point of contact for visitors to BCHD's main campus. Front desk volunteers direct visitors to the appropriate offices or buildings on campus and help answer questions as needed. A variety of different times and shifts are available to choose from

For more information and to see a complete list of volunteer opportunities, please visit bchd.org/volunteer. You can also contact Volunteer Services at (310) 374-3426, ext. 246 or volunteers@bchd.org.

Spring/Summer Internships

BCHD has a variety of upcoming Spring/Summer internships open to qualified college students. Visit bchd.org/volunteer to see the complete list of opportunities. Resumes can be sent to hr@bchd.org.



3 Ways to FIGHT FLU

- **1. Get a Flu Vaccine.** Everyone six months of age and older should get a flu vaccine especially at-risk populations like young children, pregnant women, people with chronic health issues and anyone 65 and older.
- 2. Use Preventive Actions. Some of the easiest ways to lower your risk of contracting the flu include washing your hands regularly with soap and water; avoiding contact with sick people; avoiding touching your eyes nose and mouth; and covering your mouth and nose with a tissue when you sneeze. See a complete list at cdc.gov/flu.
- **3. Take Flu Antiviral Drugs** (if prescribed to you). If you get the flu, antiviral drugs can be prescribed to help treat your illness especially if you're in a high-risk category. Ask your doctor about your options.

Find providers near you that offer the flu vaccine by visiting bchd.org or vaccine.healthmap.org.

Around the World in 100

The Blue Zones Project healthy restaurant movement has officially reached the century mark in the Beach



FRESH BROTHERS

These family owned restaurants are best-known for pizza, salad and wings — but with a healthy twist that includes options like The Fresh Kids Special Sauce (vegetable), whole wheat MegaGrain Crust and Vegan Tenders.

DID YOU KNOW?

Good Stuff was the first designated Blue Zones **Restaurant and Chicken** Maison was the 100th.



Blue Zones Restaurants each complete a designation process that helps them enhance their menus, dishes and dining environment to make healthy choices easier for customers.



Signature lean meats (pictured), delicious acai bowls, grilled veggies and salads are made with Brazilian flair at this local favorite on Pier Plaza.

HERMOSA BEACH

Abigaile Copacabana Dia de Campo El Gringo **Good Stuff**

Greenbelt Gum Tree Café

Hermosa Beach Fish Shop

Hot's Kitchen

Mediterraneo My Fit Foods

New Orleans Cajun Cafe

Ocean Diner

Pedone's Pizza & Italian Kitchen

Poulet Du Jour Sabra Beirut Mix Silvio's Brazilian BBQ

Spice Six

The Rockefeller

The Source Café

The Spot

Watermans

Zanes

MANHATTAN BEACH

Le Pain Quotidien

Brooklyn Brick Oven Pizza China Grill DOMA Kitchen El Gringo Four Daughters Kitchen Fresh Brothers India's Tandoori

Lido di Manhattan

Little Sister

Mama D's

Manhattan Bread & Bagel

Manhattan Country Club Dining Room

Manhattan Country Club Poolside Bar & Grill

Marine Street Cafe OB's Pub & Grill

Old Venice

O-Sho Japanese Restaurant

Second Story at the Belamar Hotel

Sesame Moe's

Sloopy's Beach Café

Sushi Akatora

The Kettle

The Original Rinaldi's Italian Deli The Rockefeller Manhattan Beach

Blue Zones Restaurants

Cities — meaning there's something healthy and delicious for nearly every taste bud the world over.

China



TURQUOISE

A medley of freshly made Hummus, Masto-Laboo, Baba Ghanoush and Torshe Anbeh (pictured) are favorites at this Pan-Mediterranean eatery in Redondo Beach.



Ws CHINA BISTRO **Authentic Chinese** cuisine like Moogoo Gai Pan (pictured) draws people from all over the South Bay to this Redondo Beach hotspot.

FLYIN FIN

Fresh sushi is always on the menu at Flyin Fin in the Riviera Village, including its popular Pipeline Wrap with seared tuna. mango, avocado and onions (pictured).



SPICE SIX **Traditional Indian** dishes like Lamb Korma with Basthis hidden gem in Hermosa Beach.

mati Rice (pictured) are on the menu at

Tin Roof Bistro Zinc @ Shade

REDONDO BEACH

Al Hamra Halal Café Baleen Barney's Beanery Bluewater Grill Captain Kidd's Casa Arigato Catalina Coffee Chicken Maison Coyote Cantina Eat at Joe's El Gringo

Fitch's Kitchen

Fresh Brothers

Flvin' Fin

Giuliano's Delicatessen & Bakery

Good Stuff Happy Veggie Havana Mania Hostaria Piave Jersey Mike's Subs

Jus' Poke

King Shabu Shabu

L&L Hawaiian Barbecue Locale 90

Made By Meg

Napoli Pizza and Pasta

Natureba Ocean Tava

Ocho Mexican Grill

Orlando's Pho Show Phuket Thai R10 Social House **Red Chopsticks** Redondo Beach Café **Rock & Brews** Redondo Union H.S. Cafeteria Sacks on the Beach Silverado Beach Café Splash Bistro Superbowl Açaí & Brazilian Juice Bar Tapas y Vino The Green Temple Turquoise Valentino's Shark Shack Pizza Wildflower Café Ws China Bistro Yum Thai Bistro Zayna Flaming Grill

Quality Seafood



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Beach Cities Health District

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GRAND OPENING JANUARY 2016



- Indoor Play
- Classes
- Birthdays

AdventurePlex's Toddler Town is a farm-to-table indoor play area where toddlers can discover, explore and play their way to good health!

Sign up for the latest news at adventureplex.org/toddlertown