

# live well

FALL 2016

## UCLA HEALTH:

How much sleep  
do kids need?

## Step Up for Safety:

Join 'Streets for All'

## Meet BCHD's New CEO:

Q&A with  
**TOM  
BAKALY**

Teen Substance  
Use High in  
Beach Cities



*Beach Cities*  
**Health District**

A Public Agency





# A Note from Our New CEO

IT IS MY DISTINCT PLEASURE TO BE JOINING BEACH CITIES Health District (BCHD) as the Chief Executive Officer. Thanks to 12 years of outstanding leadership and innovation from Susan Burden, who retired in October, I'm fortunate enough to be inheriting a high-performing organization with a sterling reputation, a talented staff and volunteer network, and a clear purpose: to create a healthy beach community for the residents of Hermosa Beach, Manhattan Beach and Redondo Beach.

As the former City Manager of Hermosa Beach, I've had the opportunity to work closely with BCHD throughout the years on a variety of health initiatives and programs, including the Blue Zones Project, public smoke-free ordinances and community mindfulness workshops. Community programs like these made a profound impact on the health of residents in recent years – namely a 17 percent decrease in smoking, a 9 percent drop in significant daily stress and the top community well-being score in the nation for 2015.

But we've only just begun.

BCHD's publicly-elected Board of Directors recently announced our strategic health priorities for the next three years. Key areas of focus across each major lifespan include:

- Curbing above-average rates of drug and alcohol use by Beach Cities teens, especially high school students. Read more about our partnership with South Bay Families Connected on page 4.
- Helping adults achieve the recommended amount of daily physical activity by making it easier and safer to walk and bike throughout the community. Learn more about our "Streets for All" campaign on page 8.
- Providing older adults with evidence-based programs and services — like Memory Club and LiveWell, DieWell — to ensure they age gracefully and independently for as long as possible. Read more at [bchd.org/health-services](http://bchd.org/health-services).

These are just a few of the many community health initiatives ahead for BCHD. The entire list of health priorities is posted on [bchd.org](http://bchd.org).

The health of the Beach Cities begins with the local partners, volunteers and leaders who make our community such a great place to live, work, learn and play – and I'm honored to support each of you as CEO of Beach Cities Health District.



In health,

Tom Bakaly  
Chief Executive Officer  
Beach Cities Health District

BEACH CITIES HEALTH DISTRICT IS ONE OF THE LARGEST preventive health agencies in the nation, and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. 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.

## Mission

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

## Vision

A healthy beach community.

### BOARD OF DIRECTORS

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

### CHIEF OFFICERS

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





# State of our Health 2016

**TWO-HUNDRED LOCAL LEADERS**, including city mayors, councilmembers, superintendents and police chiefs, were on hand the morning of October 20 for Beach Cities Health District's inaugural "State of Our Health" event at the Manhattan Beach Marriott. Topics explored included the Gallup-Healthways Well-Being Index results, BCHD's Community Health Snapshot data and three-year health priorities, and the Blue Zones Project in the Beach Cities. Attendees even participated in a quick physical activity break to get their blood pumping (pictured above).

*Dan Witters (right), research director of the Gallup-Healthways Well-Being Index, presented on the measurable outcomes and healthcare cost savings realized in the Beach Cities since the introduction of the Blue Zones Project in 2010.*



(Above) Blue Zones Project Founder and New York Times best-selling author Dan Buettner discussed the current state of the Blue Zones Project.



(Right) Kerianne Lawson, BCHD director of Lifespan Services, unveiled the Community Health Snapshot data and spoke about the key challenges facing youth, adult and older adult populations in the Beach Cities.

To see a complete list of BCHD's three-year health priorities as well as the Community Health Snapshot data, visit [bchd.org/snapshot](http://bchd.org/snapshot).





*Local parents and kids practicing stress-relieving mindfulness techniques at Pages bookstore during a recent workshop hosted by South Bay Families Connected and Beach Cities Health District.*

## South Bay Families Connected, BCHD Partner to Combat Teen Substance Use

**A HIGHER-THAN-AVERAGE RATE OF DRUG AND ALCOHOL** use among teens in the Beach Cities has been a lingering health problem that many organizations have been working to address for years. Yet, measurable successes have been few and far between, as evidenced by recent California Healthy Kids Survey (CHKS) data showing 40 percent of Beach Cities 11th graders reporting current drug or alcohol use — a 25 percent higher rate than students in the Los Angeles Unified School District.

“We’ve known the numbers in Redondo Beach and Manhattan Beach are higher than the county and state — and we’ve struggled to effectively address the issue for the past 10 years,” said Beach Cities Health District (BCHD) Chief Medical Officer Dr. Kim. “Recently, we took a hard look at current research and outside communities experiencing successes, and found that educating parents is just as important as substance use prevention programming in schools.”

Also supporting a parents-first approach were recent studies by the Substance Abuse and Mental Health Services Administration and the National Institute on Alcohol Abuse and Alcoholism that confirmed children are less likely to drink when their parents are involved in their

lives, and teens who eat with their family five to seven times per week are 33 percent less likely to use alcohol.

One organization already piloting a parent-centric method locally was South Bay Families Connected, a non-profit organization formed by parents and community leaders in 2015. The group funded the creation of the South Bay Families Connected project, which offers parents a modern way to access the information, resources and support needed to help their kids reach their full potential and live healthy lives. The website, [southbayfamiliesconnected.org](http://southbayfamiliesconnected.org), is a central component of the project — as thousands of parents have accessed its online parent and teen resource centers, shared their stories on its blog and discovered parent education events.

In addition to South Bay Families Connected, BCHD looked to Franklin County in Massachusetts, a rural area that was experiencing alarmingly high rates of alcohol and drug use among teens in grades 8-12, as a community case study of sorts.

Franklin County formed the Communities that Care Coalition in 2003 to bring county schools, parents, youth, and community leaders together to promote protective

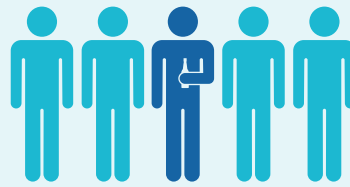


# Teen Alcohol & Drug Use in the Beach Cities (past 30 days)



42%

**of Manhattan Beach** Unified 11th graders report current alcohol or drug use – 33% higher than Los Angeles Unified School District (LAUSD)

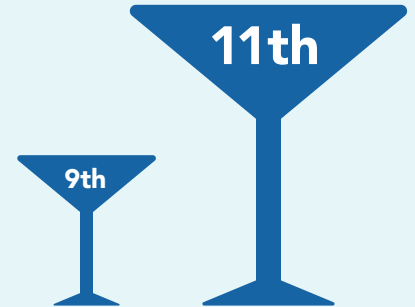


**One in five 11th graders** in the Beach Cities report binge drinking (5+ drinks in single sitting) – 42% higher than LAUSD



38%

**of Redondo Beach** 11th graders report current alcohol or drug use – 24% higher than LAUSD

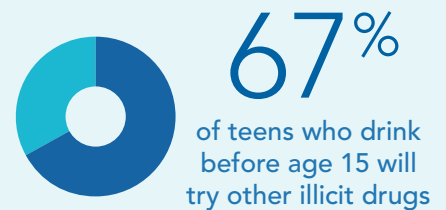


Alcohol and drug use nearly doubles from 9th to 11th grade in the Beach Cities

## Why it Matters to Delay Initiation

*Research from the American Medical Association*

The younger a person starts to drink, the higher the risk of addiction. Those who start before age 13 have a 45% chance of becoming alcohol dependent, compared to 7% for those who wait until age 21.



67%  
of teens who drink before age 15 will try other illicit drugs

factors, reduce risk factors and prevent substance use. Parent education and outreach was at the core of the coalition, which successfully reduced alcohol use by 37 percent, binge drinking by 50 percent and marijuana use by 31 percent in 10 years.

"When you look at the data, it's very evident what strategies work," said Dr. Kim. "As an organization, we are always going to go where the research leads, and that approach informed our decision to partner with South Bay Families Connected."

One of the ways South Bay Families Connected and BCHD are bringing families together is through monthly community wellness workshops at Pages bookstore in Manhattan Beach. The workshops, which are facilitated by subject-matter experts from accredited institutions, provide those in attendance with evidence-based strategies and tips, and encourage open dialogue about the issues facing parents today, like those recently expressed by Manhattan Beach mom, Lisa.

"Parenting two middle school kids is challenging and often feels overwhelming," she posted on the South Bay Families Connected blog. "MBMS Families Connected has

given me a wealth of resources for both parents and teens all in one place. It's also opened up a safe space for conversation between parents to discuss the tough topics such as drugs and alcohol, stress, and social media."

Dr. Kim added that the importance of parents communicating clear disapproval of underage drinking or drug use can't be understated, because even a small amount of perceived parental acceptability can trigger substance use. And the younger a person begins to use, the higher the risk of addiction.

"Parents have the ability to make the biggest impact on teen substance use, but the first step is education," said Dr. Kim, a father of three. "Once parents better understand the strategies that are proven to work and begin to utilize the many local resources available to them, that's when we will start seeing more positive results. It takes a united community to raise a healthy generation of kids."

For more information, including how you can help local students live healthy, fulfilled lives, visit:  
**[southbayfamiliesconnected.org](https://southbayfamiliesconnected.org)**



# MEET BCHD'S NEW CEO

**T**om Bakaly took the reins of Beach Cities Health District (BCHD) just weeks ago, but already the former City Manager of Hermosa Beach and Park City, Utah, says he is living out his purpose by helping to create a healthy beach community. We sat down with Tom to discuss, among a host of other topics: what local health issues he plans to address; his experience working with Mitt Romney on the 2002 Winter Olympics; and what lies ahead for BCHD.

*You helped organize the 2002 Winter Olympics, multiple Sundance Film Festivals, two Super Bowls and the World Cup during your career. How did those experiences shape you professionally?*

"It's a lot of work, but even more fun. Events were always something I gravitated towards; in fact, my old boss used to say I was like a 'moth to a flame,' because I wanted to be right in the middle of the action. Those experiences taught me a lot about teamwork and the importance of creating an organizational culture where all hands are on deck – which is right in line with the workplace at Beach Cities Health District."

*Did you work with Mitt Romney on the 2002 Winter Olympics?*

"I worked with him on several instances. He's a to-the-point guy, no nonsense. Likable enough, bright and a pretty dynamic leader – but you didn't want to make him angry."

*Word has it you're a big L.A. sports fan, so Trojans or Bruins?*

"Trojans. I went to grad school there, and my whole family still attends football games – although I was born and raised right down the road from the Rose Bowl in Pasadena. I'm also a Dodgers, Lakers, Kings and big LA Rams fan from way back."

*What compelled you to apply for the CEO position at Beach Cities Health District?*

"A chance to be part of the solution and make a difference in my community. I was drawn to the opportunity to

work for a respected community organization that has a clear purpose and vision: to create a healthy beach community. Additionally, BCHD's organizational culture and methodical approach to improving health, using research and measurement, really resonates with me."

*Why work in community health?*

"Community health just makes sense, and I find myself thinking about my own health more as I age, though I'm still a young 52. I was fortunate to be in a position in Hermosa Beach, and now at BCHD, where I could make a difference by supporting evidence-based efforts to improve public health, like stronger smoke-free policies, a social host ordinance to curb underage drinking and implementing Blue Zones Project to help people live longer. Now as I look at this opportunity with BCHD, I'm excited and honored to have the chance to make a positive impact and create a healthier environment where families can thrive."

*Can you expand more on your history with Blue Zones Project and smoke-free policies?*

"Well, I supported both because, again, they made sense for our community. As a former smoker who quit more than 20 years ago, I know the importance of creating a healthy environment and the positive





*The Bakaly family — Tom, Pam, Henry and dog Merlin — out for a walk along the Greenbelt in their hometown of Hermosa Beach.*

effect public smoke-free policies have on cessation and protecting people from second-hand smoke. And when Blue Zones Project came to my attention in 2012, I thought it was a no-brainer to support a community-wide, data-driven effort to create healthier schools, workplaces, public spaces and streets – not to mention it was a great chance to generate a little healthy competition with Manhattan Beach and Redondo Beach surrounding city certification.”

#### *What health challenges are you eager to address?*

“Ultimately, our goal at BCHD is to create an environment that supports healthy choices, because it’s all about personal choice. To achieve that, our Board of Directors recently outlined health priorities for the next three years, and the first one that jumps off the page to me is reducing the prevalence of teen substance use, especially among high school kids. That’s a challenge our community isn’t fully addressing yet, so that’s an area that needs more dialogue. And the other big

issue is helping older adults age gracefully by providing them with necessary resources like transitional housing, dementia support and end-of-life planning.”

#### *What about the Beach Cities do you enjoy most?*

“The culture, the beach, of course, but most of all the people and families who live here. They’re who make it a really special place to call home.”

#### *Anything else to add?*

“A few years ago, I discovered my purpose is to do the next right thing. Well, Beach Cities Health District is that next thing for me. I couldn’t be happier.”

#### **Did you know?**

Under Tom’s guidance, Hermosa Beach was the first of the Beach Cities to achieve Blue Zones Community Policy and Healthy Workplace designations.



# Help Create Safe 'Streets for All'

EACH WEEKDAY MORNING, THOUSANDS OF TINY FEET pound the pavement as Walking School Buses chug along more than 30 different mile-long routes to 14 elementary schools in the Beach Cities. In fact, numbers show nearly 25 percent of elementary students in Redondo Beach alone regularly walk to class – compared with just 11 percent nationally – and nearly all students in the community live within walking or biking distance of school.

This pronounced uptick in foot traffic, coupled with increasing safety concerns from school officials and 64 car crashes involving pedestrians or bicyclists near Redondo Beach schools from 2010 to 2013, is driving Beach Cities Health District (BCHD) to step out with a public safety campaign, aimed at motorists, pedestrians and cyclists alike, fittingly dubbed "Streets for All."

Designed in partnership with the City of Redondo Beach, Redondo Beach Unified School District, City of Hermosa Beach, Hermosa Beach City School District and Beach Cities Cycling Club, Streets for All – which officially rolled out in October with a community rally and door-knocking day – focuses on spreading public education messages about the rules of the road to users of all ages and transportation modes in the hopes of making city streets safer and more accessible for users.

The campaign is also spotlighting the need for increased safety measures along highly-trafficked corridors like Prospect Avenue – which cuts through six school zones and

impacts more than 5,500 students on a daily basis. City data shows 114 car crashes occurred between 2013 and 2015 on Prospect Avenue, with most taking place at its intersections with Beryl Street, Torrance Boulevard and Del Amo Street.

"As residents, we all share the responsibility to make Beach Cities streets safe for everyone, including those who use active transportation," said Tom Bakaly, Beach Cities Health District CEO. "Our goal is to create safe environments where people of all ages and abilities can walk, bike, scoot, stroll and drive without fear – but we need support and input from residents to make that a reality."

Local citizens can get involved with Streets for All in a variety of ways, including:

- Voicing concerns, support or personal stories about street safety in the community through BCHD's online portal. Feedback will be shared with city officials and planners. [bchd.org/StreetsForAll](http://bchd.org/StreetsForAll)
- Volunteering with the campaign to support outreach efforts and programs, including the Walking School Bus and local bike corrals.
- Signing your elementary school student up for the Walking School Bus program.
- Sharing Streets for All messages on social media using #StreetsForAll and tagging BCHD on Facebook (Beach Cities Health), Twitter (@BCHD) and Instagram (@BeachCitiesHealth).



**Brian, 7, and Mallory, 5**  
Tulita Elementary School Students

## Slow your roll.

Drive like your kids walk here.

[bchd.org/streetsforall](http://bchd.org/streetsforall)



# How Much SLEEP Does my Child Need?

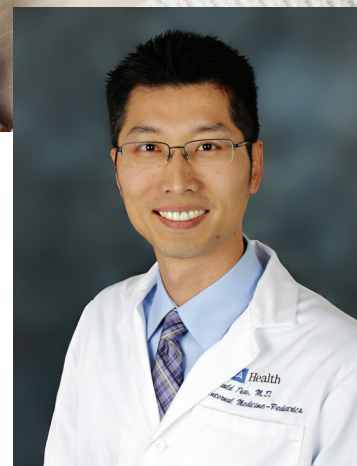


**DID YOU KNOW INADEQUATE SLEEP IS LINKED TO AN INCREASED RISK OF ACCIDENTS,** high blood pressure, obesity, diabetes and depression? With school in full swing, it's important parents make sure their children are getting the recommended amount of sleep. The American Academy of Sleep Medicine and American Academy of Pediatrics recommend the following for optimal health:

- Infants (4-12 months) should get 12 to 16 hours of sleep a day (including naps)
- Children (1-2 years) should get 11 to 14 hours of sleep a day (including naps)
- Children (3-5 years) should get 10 to 13 hours of sleep a day (including naps)
- Children (6-12 years) should get 9 to 12 hours of sleep a day
- Teenagers (13-18 years) should get 8 to 10 hours of sleep a day

Here are some helpful tips to help your children sleep their way to better health:

- For your young ones, try the "Brush, Book, Bed" program, which is endorsed by the American Academy of Pediatrics:
  - Each night, help your children to brush their teeth.
  - Read a favorite book (or two)!
  - Get to bed at a regular time each night.
- For your older ones:
  - Discourage use of cell phones, tablets and computers at least 30 minutes before bedtime. The blue light from these electronics can disturb their circadian rhythm and day/night cycle.
  - Remove the TV from the bedroom – studies have shown this leads to better and more sleep.



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Redondo Beach, CA 90277

**UCLA Health**

**UCLAhealth.org/redondobeach**  
(310) 937-8555

## Did you know?

Exercising regularly makes it easier to fall asleep and contributes to sounder sleep. Children and adolescents need at least 60 minutes of physical activity each day, according to the Centers for Disease Control.



# Volunteers DIG IN

## to Restore School Gardens

Discover how you can make a difference at [bchd.org/volunteer](http://bchd.org/volunteer).



Volunteers from Keller Williams Realty and Always Best Care taking a quick break from mulching at Lincoln Elementary School.

Volunteers from Fishing with Dynamite and Manhattan Beach Post restaurants constructing a worm bin to help teach students about composting at Jefferson Elementary School.



Redondo Beach Unified School District, Hermosa Beach City School District and Beach Cities Health District



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## Volunteer Voices

"I have more time than money, so the least I can do is give what I have, time. Volunteerism gives me purpose, a reason for being."

— Faye Gipson,  
Administrative Volunteer

"I enjoy being with my client and find myself thinking of things to do with her and topics of conversation even when we are not together."

— Gina Ruben,  
Conversation Companion Volunteer

"It's very beneficial to teach young children the value of how to grow their own vegetables."

— Toshi Nakamura,  
Garden Angel Volunteer

"You should volunteer because you will gain as much as you give. You will learn about your community ... and you can make a difference."

— Walt Dougher,  
Power 9 Advisory Board Volunteer



Nelson Perez from the Portofino Hotel & Yacht Club pulling crab grass at Washington Elementary School.

specially thank our Partners in Health for helping grow a healthier generation of kids and school gardens!







514 N. Prospect Ave., Suite 102  
Redondo Beach, CA 90277  
310.374.3426 | [bchd.org](http://bchd.org)

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Beach Cities  
Health District

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

# Spread *Cheer* This Year!

## *Meet* Darlene.

Each year, Darlene receives a little extra holiday cheer from a gift bag filled with everyday essentials.

## Give a *Holiday Gift Bag*

You can spread holiday cheer by giving to an older or disabled adult in the Beach Cities this year. The Beach Cities Holiday Gift Bag program gives more than 250 bags to homebound older adults filled with personal necessities like calendars, soap, kitchen towels, crossword puzzles, flashlights, band-aids and more!



## 3 Ways to Give

- 1. Donate.** Make a monetary contribution and receive a gift card to send to a friend or relative that lets them know a holiday gift bag was donated in their honor.
- 2. In-Kind Donation.** Give essential supplies to be included in the bags.
- 3. Deliver a Holiday Gift Bag.** Volunteer and deliver cheer to an older adult in the Beach Cities.

### Ready to Give?

Go to:  
[bchd.org/holidaygiftbags](http://bchd.org/holidaygiftbags)

### Questions? Contact:

Kate Ekman,  
Volunteer Services  
310-374-3426, ext. 199  
[Kate.Ekman@bchd.org](mailto:Kate.Ekman@bchd.org)

## First Aid, CPR/AED Trainings

Beginning in 2017, Manhattan Beach CERT is hosting free first aid and CPR/AED trainings for residents and employees working in the Beach Cities. Completed certifications are valid for two years.

### Saturdays (2017) from 8 a.m. to 3 p.m.

Joslyn Community Center  
1601 N. Valley Drive, Manhattan Beach  
RSVP to [1certraining@gmail.com](mailto:1certraining@gmail.com)



# Shoo the Flu Get Vaccinated

[www.vaccinefinder.org](http://www.vaccinefinder.org)