



A Public Agency

Beach Cities
Health District



2019 – 2022

Beach Cities Health District Community Health Report

Table of Contents

<u>EXECUTIVE SUMMARY</u>	3
<u>LETTER FROM THE CHIEF MEDICAL ADVISOR</u>	5
<u>BEACH CITIES HEALTH DISTRICT OVERVIEW</u>	6
<u>2016-2019 HEALTH PRIORITIES & ACCOMPLISHMENTS</u>	7
<u>STRATEGIC PLANNING PROCESS</u>	9
<u>METHODS AND DATA SOURCES</u>	11
<u>COMMUNITY AT A GLANCE</u>	13
<u>2019-2022 HEALTH PRIORITIES</u>	20
<u>HEALTH PRIORITY: NUTRITION AND EXERCISE</u>	21
<u>HEALTH PRIORITY: SOCIAL-EMOTIONAL HEALTH</u>	26
<u>HEALTH PRIORITY: SUBSTANCE USE</u>	29
<u>HEALTH PRIORITY: COGNITIVE HEALTH</u>	34
<u>REFERENCES</u>	36

Prepared by:

Kerianne Lawson, LCSW, MSG – Chief Programs Officer
Ali Steward, MPH – Director, Youth Services
Lauren Nakano – Director, Blue Zones Project®
Melissa Andrizzi-Sobel – Director, Community Services
Tessa Garner, MPH – Project Manager
Jacqueline Sun, MPH – Senior Policy Analyst
Ronnie Kuwahara, MPH – Health Promotions & Communications Specialist
Kelvin Chung – Senior Graphic Designer



Executive Summary

Beach Cities at a Glance

The Beach Cities includes the communities of Hermosa Beach, Manhattan Beach and Redondo Beach, totaling a population of 123,000 residents. Adults 18-64 years old make up the largest proportion of the population, while 13% are over the age of 65. Approximately 77% of the Beach Cities population identify as white. The median household income is higher than that of Los Angeles County and the median home price has steadily increased since 2000, outpacing the increase of housing costs in Los Angeles County. Beach Cities residents overwhelmingly work outside of the area with commute times of at least thirty minutes. Beach Cities residents have high rates of health insurance, education and civic engagement.

Prioritizing the State of our Health

Beach Cities Health District is committed to developing programming and partnerships in our community that use effective, evidence-based interventions to target each of these four health priorities. Our goal is to measurably improve the community’s health in the next three years. We hope you’ll work with us to improve your health, along with the health of your family and community.



Nutrition and Exercise



Social-Emotional Health



Substance Use



Cognitive Health

The Beach Cities continues to achieve reductions in childhood and adult obesity. Rates of exercise and fruit and vegetable consumption remain high. Residents say they eat healthy and encourage others to be healthy. Despite this, our data reflect some stagnation for being a certified Blue Zones Community® and **Nutrition and Exercise** remains a health priority.

Our Beach Cities communities are physically healthy but continue to reflect high rates of stress, bullying and substance use. Suicidal ideation and missing school due to feelings of sadness, anxiety, stress or anger are high for our 11th graders. Adult suicide rates are higher than Los Angeles County and our rate of stress remains equal to post-Katrina New Orleans, while our anger rate is on par with Detroit, Michigan in 2010. While prevalence of diagnosed depression remains low, just under 15% of our community reports feeling depressed, sad and worried. Focusing on **Social-Emotional Health** across the lifespan represents an opportunity for dramatic improvement in well-being.

We continue to see reductions in adult smoking, yet vaping is on the rise with our youth. Youth substance use, including alcohol, marijuana and vaping, continues to increase and doubles between 9th and 11th grade. One-fifth of Beach Cities adults have more than seven alcoholic drinks in a week, while almost 30% use marijuana. **Substance Use** is too common in the Beach Cities and represents a significant threat to our overall health.

Health across the lifespan is cumulative. Early positive health behaviors set our bodies and brains up for good health and longevity. Negative behaviors – lack of exercise, poor nutrition, overuse of alcohol and drugs – all produce negative cumulative effects for our brains. As our community and the nation ages, maintaining **Cognitive Health** and building strong, resilient brains from childhood to adulthood will be crucial for healthy aging.

LiveWell.



Letter from the Chief Medical Advisor

In 2005, Beach Cities Health District (BCHD) created a data-driven strategic planning process to prioritize funding and program implementation. The strategic plan calls for creating a community needs assessment, critically analyzing community health data and cultivating strategic partnerships to advance and realize BCHD's vision and goals.

One such partnership is BCHD's long-standing, successful relationship with the Blue Zones Project. The national community well-being initiative, launched in the Beach Cities in 2010, provides BCHD with unique access to a wealth of community-level data through the bi-annually administered Gallup-Sharecare Well-Being Index™ (WBI). The WBI is a widely acclaimed measure of community, state and national well-being which BCHD uses to inform the development of strategic programs and policies aimed at measurably improving public health and well-being in the Beach Cities. In addition, BCHD also incorporates strategic directions and target priorities from the National Prevention and Health Promotion Strategy and Healthy People 2020.

The following report addresses our primary strategic planning goal of measurably improving the health and well-being of Beach Cities residents across the lifespan. Based on the evidence-based process outlined above, our 2019-2022 health priorities will include:

- **Nutrition and Exercise**
- **Social-Emotional Health**
- **Substance Use**
- **Cognitive Health**

To advance the priority of **Nutrition and Exercise** we will work to increase fruit and vegetable consumption and exercise participation. The goal is to actively reduce the percentage of children and adults who are obese or overweight.

With respect to **Social-Emotional Health**, we will focus on increasing stress management across the lifespan while simultaneously reducing the prevalence of bullying and suicidal ideation.

Substance Use involves addressing rates of alcohol and drug use among youth, including the prevalence of vaping, and maintaining our community's low percentage of adult smokers.

Cognitive Health will center on promoting brain health across the lifespan and supporting the cognitively frail in our community.

Contents of this report are available at bchd.org/healthreport.



In health,

William Kim, M.D.
Chief Medical Advisor



Beach Cities Health District Overview

District

Beach Cities Health District is a California Healthcare District serving the Beach Cities of Hermosa Beach, Manhattan Beach and Redondo Beach.

Vision

A healthy beach community

Mission

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.

Jane Diehl

Vish Chatterji

Vanessa Poster

Noel Chun, M.D.

Core Values

Compassion, Integrity, Accountability, Excellence

Strategic Planning Goals (not in priority order)

- Provide all residents with enhanced health services of demonstrated effectiveness ranging from prevention and education to intervention
- Improve the capacity of the District and its partners to assess and respond to individual and environmental factors that affect community health
- Further the District's standing as a trusted and valued community health resource
- Develop and manage District assets to increase value and maximize efficiencies

Location

The Beach Cities of Hermosa Beach, Manhattan Beach and Redondo Beach located in Los Angeles County, California

Population

123,398



2016-2019 Health Priorities and Accomplishments

Since our previous Community Health Report in 2016, the following accomplishments have been achieved in each of the prior health priorities.

Nutrition and Exercise

- Decreased childhood obesity by 11%
- Decreased adults above normal weight by 11%
- Expanded school gardens to Hermosa Beach, Patricia Dreizler Continuation High School and Redondo Union High School
- Developed and implemented farm-to-table play curriculum for Toddler Town at AdventurePlex, resulting in 591 toddler memberships
- Increased insurance-based memberships at the Center for Health and Fitness by 18%
- Achieved medical fitness accreditation at the Center for Health and Fitness, the only Certified Medical Fitness Center in California

Social-Emotional Learning, Stress Reduction and Mindfulness

- Assisted in the establishment of district-wide social-emotional wellness councils in all three school districts
- Supported expanding recognition of mental health issues in youth and on-site counseling support for schools
- Developed and implemented mindfulness exercises for middle school students
- Established coordination of curriculum implementation and fidelity across all three school districts
- Supported students in developing and implementing Mental Health Awareness weeks on the high school campuses
- Hosted five community mindfulness workshops for nearly 650 participants

Substance Use Prevention (Youth)

- Founded the Beach Cities Partnership for Youth
- Established the Youth Advisory Council
- Partnered with South Bay Families Connected to present the Families Connected Speaker Series

Substance Abuse Prevention (Adults)

- Established Families Connected Parent Chat in collaboration with South Bay Families Connected and Thelma McMillen Center at Torrance Memorial Center
- Established Families Connected Parent Advisory Group and Parent Connection Group
- Introduced Small-Group Parent Workshops on the topics of cyber safety, anxiety and depression
- Reached 5,232 parents in parent education events

Evidence-Based Tobacco Control

- Decreased adult smokers by 2% from already low smoking rates
- Supported Hermosa Beach in 2016 as it expanded their smoke-free policy to ban smoking in all public places, including electronic smoking devices and marijuana
- Supported Hermosa Beach in 2019 as it adopted their tobacco retail license which curbs youth access to tobacco products, which prohibits the sale of flavored tobacco products and new retailers from being within 500 feet of youth-sensitive areas
- Hosted vaping education events for more than 1,000 students and families

Bullying

- Assisted in launching and maintaining character- and skill-building programs including MindUP and character recognition ceremonies for elementary schools
- Assisted in launching peer-mentoring programs such as Link Crew and WEB (Where Everybody Belongs) for middle and high schools

End of Life Planning

- Hosted workshops with the Providence Institute of Human Caring for more than 300 community members

Dementia

- Founded the Dementia Education Consortium and provided six community lectures to 550 participants
- Initiated the Healthy Minds Initiative to study the effect of lifestyle interventions on cognitive health
- Hosted four Brain Health Workshops



“We tend to believe that America’s health problems are too big and intractable. You have proven that communities can take charge and reverse the trend.”

**- Dr. Vivek Murthy
Former U.S. Surgeon General**



Strategic Planning Process

Beach Cities Health District has developed this Community Health Report, which assesses the overall health of the Beach Cities. This report will guide BCHD's strategic planning process and health priorities and provide an opportunity to evaluate current programming. The report is updated every three years and 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.



At Beach Cities Health District, our planning system involves using data to first identify our health priorities. We then use evidence-based programming to drive our budget and programmatic decision-making.





Methods and Data Sources

Beach Cities Health District utilized a variety of data sources and health promotion strategies to prepare this Community Health Report.

The **California Healthy Kids Survey** is administered to school-aged youth in 5th, 7th, 9th and 11th grade in the three Beach Cities school districts – Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District. Key indicators are aggregated across the three school districts.

The **Gallup-Sharecare Well-Being Index (WBI)** uses various indices to understand the well-being of individuals and populations. Gallup surveyed an oversampling of Beach Cities residents in 2010, 2013, 2015 and 2017, providing local data for the Community Health Report. The WBI provides data on physical, community, financial, social and purpose well-being.

The **Los Angeles County Health Survey** conducted by the Los Angeles County Department of Public Health, tracks sixty-five common indicators across the County. The Department of Public Health provided BCHD with the data for the cities of Hermosa Beach, Manhattan Beach and Redondo Beach as well as aggregate data. For some indicators, only aggregate data is available due to sample size. The Department of Public Health publishes **City and Community Health Profiles** for Manhattan Beach and Redondo Beach. The City of Hermosa Beach is not large enough to have its own profile.

The **Southern California Association of Governments Local Profiles** are reports that provide demographic, economic, education, housing and transportation information about cities that are part of the planning area. There are local profile reports for all three Beach Cities.

The **American Community Survey** is a nationwide, continuous survey conducted by the **U.S. Census Bureau**. Data was assessed using the zip codes of the three Beach Cities and Los Angeles County as a comparison point. This data is used to report demographic information, including population, race, income and housing.

BCHD initiated its own **Community Health Survey** for this Community Health Report. The Community Health Survey invited community members to respond to questions about the health of the community and their personal health.

Other individual data points are cited from sources and included in the text and references. Full data sets are available on bchd.org/healthreport.

Selection of Key Indicators

Key indicators were selected for presentation in the Community Health Report if:

- The Beach Cities numbers were better or worse than county, state and national numbers
- There were upward or downward trends in the numbers

Not every data source measured each indicator and, even when they did, it may be difficult to make direct comparisons due to differences in methodology. There is the least amount of data for older adults compared to the youth and adult populations.



Community at a Glance

The determinants of health include the social and economic environment, the physical environment and the person's individual characteristics and behaviors. These include, but are not limited to, income and social status, education, physical environment, social support networks, genetics, health services and gender (World Health Organization, 2019a). The Beach Cities traditionally trend toward a more affluent community with high levels of educational achievement. While these two factors can serve as protective factors from negative health outcomes, Beach Cities residents are not immune to unique negative and positive health outcomes.

Higher income and social status are linked to better health outcomes (CDC, 2018b). The Beach Cities have a significantly higher median household income than Los Angeles County and the median housing prices are significantly higher than the rest of the county and state. Factors such as housing burden and financial stress can have a negative impact on health, including increased stress levels, high blood pressure and anxiety.



Loneliness and isolation continue to be an issue not only in the Beach Cities older adult population (65+ years old), but also in the older adult population nationwide. Greater support from families, friends and communities is linked to better health – this can be seen in the Blue Zones Communities around the world (e.g., Okinawa, Japan). Increased access to transportation, community services and centers as well as open space for people to gather can help address loneliness and isolation in all age groups.

Beach Cities Demographics

	Total Beach Cities		Redondo Beach		Manhattan Beach		Hermosa Beach	
	#	%	#	%	#	%	#	%
Total population	123,398	-	67,950	55.1%	35,698	28.9%	19,750	16.0%
Youth (under 18 years old)	27,126	22.0%	14,670	21.6%	8,934	25.0%	3,522	17.8%
Adults (18-64 years old)	80,083	64.9%	45,102	66.4%	21,013	58.9%	13,968	70.7%
Older Adults (65+ years old)	16,189	13.1%	8,178	12.0%	5,751	16.1%	2,260	11.4%
Male	62,025	50.3%	34,482	50.7%	17,466	48.9%	10,077	51.0%
Female	61,373	49.7%	33,468	49.3%	18,232	51.1%	9,673	49.0%
White	94,816	76.8%	49,392	72.7%	28,486	79.8%	16,938	85.8%
Black or African American	2,447	2.0%	2,007	3.0%	204	0.6%	236	1.2%
American Indian & Alaska Native	504	0.4%	235	0.3%	71	0.2%	198	1.0%
Asian	13,434	10.9%	8,445	12.4%	3,798	10.6%	1,191	6.0%
Native Hawaiian & Other Pacific Islander	62	0.1%	62	0.1%	0	0.0%	0	0.0%
Other	4,619	3.7%	3,408	5.0%	940	2.6%	271	1.4%
Two or more races	7,516	6.1%	4,401	6.5%	2,199	6.2%	916	4.6%
Total with a disability*	8,135	6.6%	4,957	3.1%	1,936	5.4%	1,242	6.3%
Under 18 years with a disability*	798	2.9%	457	5.3%	280	3.1%	61	1.7%
18-64 years with a disability*	3,528	4.4%	2,394	25.9%	645	3.1%	489	3.5%
65+ years with a disability*	3,809	23.6%	2,106	7.3%	1,011	17.6%	692	30.6%
Total below poverty level**	5,567	4.5%	3,273	4.8%	1,365	3.8%	929	4.7%
Under 18 years below poverty level**	981	3.6%	441	3.0%	327	3.7%	213	6.1%
18-64 years below poverty level**	3,733	4.7%	2,281	5.1%	818	3.9%	634	4.5%
65+ years below poverty level**	853	5.3%	551	6.8%	220	3.8%	82	3.6%
Total Uninsured*	5,423	4.4%	3,787	5.6%	832	2.3%	804	4.1%
Under 18 yrs uninsured*	604	2.2%	356	2.3%	177	1.9%	71	2.0%
18-64 yrs uninsured*	4,789	6.1%	3,425	7.7%	642	3.1%	722	5.2%
65+ yrs uninsured*	30	0.2%	6	0.1%	13	0.2%	11	0.5%
Median Household Income	-	-	\$104,548	-	\$148,899	-	\$124,849	-
Mean Household Income	-	-	\$134,928	-	\$233,316	-	\$186,004	-

Source: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

* Calculated based on civilian non-institutionalized population

** Calculated based on population for whom poverty status is determined

Community Profile

Income



Median household income

Redondo Beach	Manhattan Beach	Hermosa Beach	LA County
\$104,548	\$148,899	\$124,849	\$61,015

Source: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

Poverty: Percentage of the population with household incomes less than 100% Federal Poverty Level

Redondo Beach	Manhattan Beach	Hermosa Beach	Beach Cities	LA County
4.8%	3.8%	4.7%	4.5%	17.0%

Source: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates



Beach Cities residents have significantly higher median household incomes and lower poverty rates than Los Angeles County as a whole.

Transportation



Commute Times

	Redondo Beach	Manhattan Beach	Hermosa Beach	LA County
2000	31 minutes	32 minutes	36 minutes	29 minutes
2016	31 minutes	33 minutes	34 minutes	33 minutes

Source: Southern California Association of Governments, Local Profiles Report, May 2017

Percentage people who live in the city where they work

Redondo Beach	Manhattan Beach	Hermosa Beach
9.0%	12.1%	8.1%

Source: Southern California Association of Governments, Local Profiles Report, May 2017

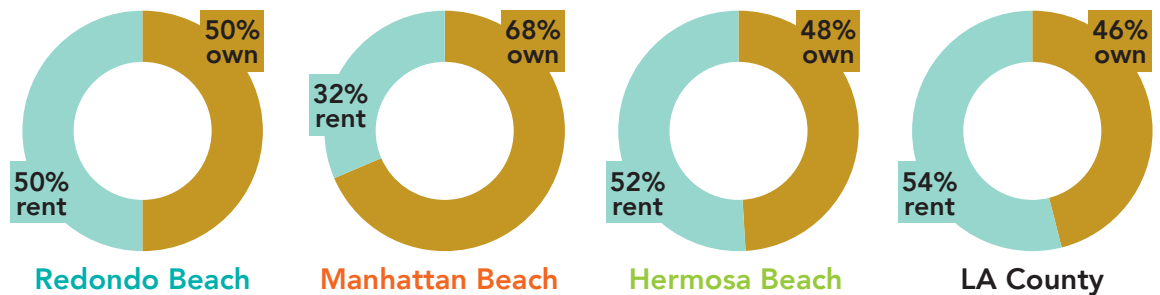


Research shows that each additional minute of commuting correlates with increased health risks (Schaefer, 2005).

Housing



Percentage of people who own and rent their homes



Source: U.S. Census Bureau, 2011-2015 American Community Survey 5-Year Estimates

Median Home Prices

	Redondo Beach	Manhattan Beach	Hermosa Beach	LA County
2000	\$360,000	\$720,000	\$506,000	\$228,000
2016	\$915,000	\$2,040,000	\$1,430,000	\$520,000
% increase	154%	184%	182%	128%

Source: Southern California Association of Governments, Local Profiles Report, May 2017

Percentage of People Experiencing Housing Burden: Defined as paying 30% or more of your income on housing costs

Redondo Beach	Manhattan Beach	Hermosa Beach	LA County
38%	33%	35%	49%

Source: U.S. Census Bureau, 2011-2015 American Community Survey 5-Year Estimates



Despite higher than average housing costs in the community, the Beach Cities still has a lower housing burden than Los Angeles County as a whole.

Estimated Number of Homeless Individuals: Total population of sheltered and unsheltered homeless persons

	Redondo Beach	Manhattan Beach	Hermosa Beach
2000	216	4	20
2016	154	40	23

Source: Los Angeles Homeless Services Authority, Greater Los Angeles Homeless County by Community, 2016 and 2018



Since 2016, homelessness has decreased in Redondo Beach and increased in Manhattan Beach. From 2010 to 2017, homelessness in Los Angeles County increased 42%. In 2018, for the first time in four years, the homeless population decreased in Los Angeles County.

Uninsured



Total Uninsured Population

Redondo Beach	Manhattan Beach	Hermosa Beach	Beach Cities	LA County
5.6%	2.3%	4.1%	4.4%	13.3%

Source: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

Education



Adults 25 and older that have a bachelor's degree or higher

Redondo Beach	Manhattan Beach	Hermosa Beach	LA County
57%	74%	71%	30%

Source: US Census Bureau, American Community Survey, 2011-2015



Residents of the Beach Cities have high levels of education relative to the rest of Los Angeles County. Education is an important social determinant of health and high levels of educational attainment is linked with improved health throughout the lifespan (CDC, 2018b).

Community



Voting: Percentage of registered voters who voted in the 2012 general election

Redondo Beach	Manhattan Beach	Hermosa Beach	LA County
73%	78%	75%	61%

Source: University of California, Berkeley Statewide Database



Civic participation is associated with higher levels of social cohesion and sense of purpose and is correlated with positive emotional and psychological well-being (Healthy People, 2020).



Leadership: When asked if they agreed with the following statement, “There is a leader in your life who makes you enthusiastic about the future,” Beach Cities residents scored second-lowest in the country compared to other metropolitan areas.

Beach Cities	California	U.S.
51.1%	60.4%	60.6%

Source: Gallup-Sharecare Well-Being Index, 2017

Beach Cities Well-Being Index

The Gallup-Sharecare Well-Being Index measures well-being through five domains: sense of purpose, social relationships, financial security, relationship to community and physical health. The Beach Cities Well-Being Index Composite Score exceeds both national and state levels. If assessed as a standalone metro area, the Beach Cities would have the third-highest score nationally.



Beach Cities

65.8



California

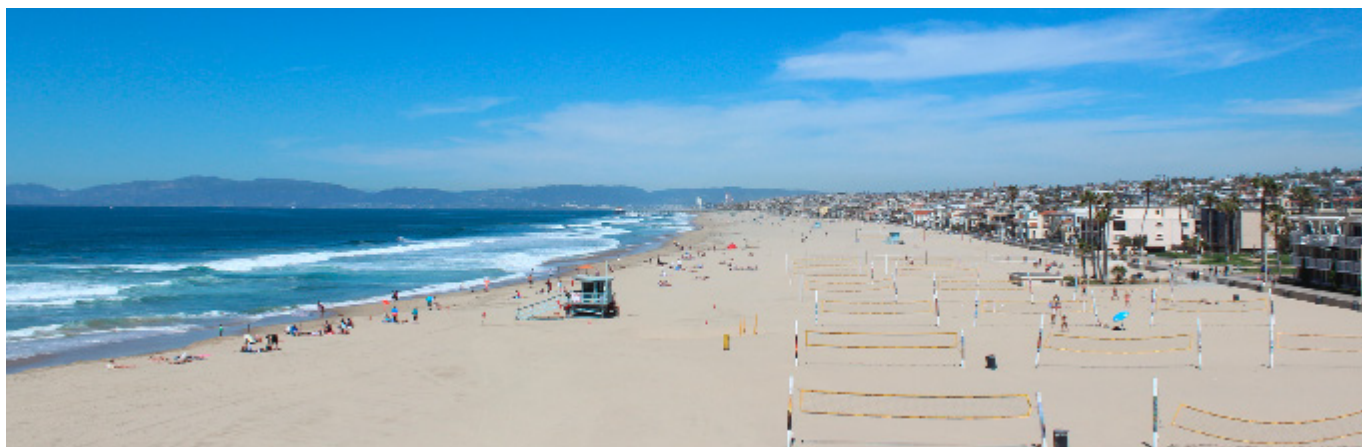
62.3



U.S.

61.5

Source: Gallup-Sharecare Well-Being Index, 2017



Community's View of Health

We asked the community their thoughts about the health of the community. Words in green are the words that appeared more frequently in the responses. Here are the themes that emerged:

"What is your vision of a healthy community?"



"From your perspective, what are the biggest health issues in your community?"



"From your perspective, what are the biggest social issues in your community?"



Source: Community Health Survey, Beach Cities Health District, 2018



2019-2022 Health Priorities

Beach Cities Health District identified four health priorities for the next three years.



Nutrition and Exercise

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



Social-Emotional Health

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



Substance Use

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



Cognitive Health

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

Note: These objectives are examples and do not represent an exhaustive list.



Health Priority: Nutrition and Exercise

The Beach Cities consistently reports higher than average physical activity compared to Los Angeles County, California and the rest of the United States (Gallup-Sharecare Well-Being Index, 2017). The Beach Cities has the advantage of temperate weather, easy-to-access outdoor spaces like the Strand and various parks. Overall, the physical activity of Beach Cities residents remains a high priority, with a majority of Community Health Survey respondents stating that their vision of a healthy community includes exercise, a healthy lifestyle, being active and low levels of obesity (Community Health Survey, Beach Cities Health District, 2018).

In addition to an emphasis on physical activity, Beach Cities residents also emphasize healthy eating practices. The Blue Zones Project promotes healthy eating by partnering with local restaurants to offer healthy options like plant-based dishes. The food environment in the Beach Cities is different than that of many areas in Los Angeles County, the state and nationally. Food environment is defined as the physical presence of food that affects a person's diet as well as a person's proximity to food store locations (CDC, 2014). Beach Cities residents have adequate access to diverse food choices, including many healthy, nutrient-rich foods from both grocery stores and food establishments.

Access to healthy food choices and safe spaces to exercise both positively impact the residents of the Beach Cities. This can be seen through the lower prevalence of childhood and adult obesity and chronic obesity-related illnesses.

Parks



Available recreational space (acres per 1,000 population): Recreational space includes beaches, marinas, recreational centers, regional parks and gardens.

Redondo Beach	Manhattan Beach	Hermosa Beach	LA County
2.03	4.56	5.34	8.10

Source: LA County Community Health Profiles, LA County Geographic Information Systems Data Portal, Los Angeles County Land Types, 2015; City of Hermosa Beach, PLAN Hermosa: Integrated General Plan and Coastal Land Use Plan, 2017

Walkability score



Walk Score analyzes walking routes to nearby amenities. A score of 70 and above is considered very walkable.

Redondo Beach	Manhattan Beach	Hermosa Beach	U.S.
74	70	84	43

Source: City Health Dashboard; Walk Score



Access to green space like parks and increased community walkability can contribute to a higher rate of physical activity in both children and adults.

Adult Obesity – BMI



Percentage of adults who fall into the "Overweight" and "Obese" category

Beach Cities (2010)	Beach Cities (2017)	U.S. (2017)*
60.0%	44.9%	63.6%

Source: Gallup-Sharecare Well-Being Index, 2010 and 2017

*U.S. (2017) data is derived from 3rd quarter reports



Body mass index (BMI) is a measure of body fat based on height and weight. "Normal or Healthy Weight" is defined as a BMI between 18.5-24.9. "Overweight" and "Obese" is defined as a BMI above 25.

Ate healthy all day



Percentage of adults who answered "yes" to eating "healthy all day yesterday"

Beach Cities (2010)	Beach Cities (2017)
70.4%	66%

Source: Gallup-Sharecare Well-Being Index, 2010 and 2017



This 2017 indicator is statistically worse than 2010.

5 or more servings of fruits or vegetables 4 or more days of the week



Percentage of adults who answered "yes" to consuming 5+ servings of fruits or vegetables 4+ days of the week

Beach Cities (2010)	Beach Cities (2017)	U.S. (2017)*
59.9%	63.6%	57.8%

Source: Gallup-Sharecare Well-Being Index, 2010 and 2017
*U.S. (2017) data is derived from 3rd quarter reports

30 or more minutes of exercise



Percentage of adults who answered "yes" to exercising 30 or more minutes per day 3+ days per week

Beach Cities (2010)	Beach Cities (2017)	U.S. (2017)*
60.7%	65.5%	56.2%

Source: Gallup-Sharecare Well-Being Index, 2010 and 2017
*U.S. (2017) data is derived from 3rd quarter reports

Breakfast



Percentage of students who responded "yes" to "Did you eat breakfast today?"

83.6%

of Beach Cities
7th graders

72%

of Beach Cities
9th graders

64.5%

of Beach Cities
11th graders

Source: California Healthy Kids Survey, 2017-18

2 or more days of poor health keeping you from usual activities



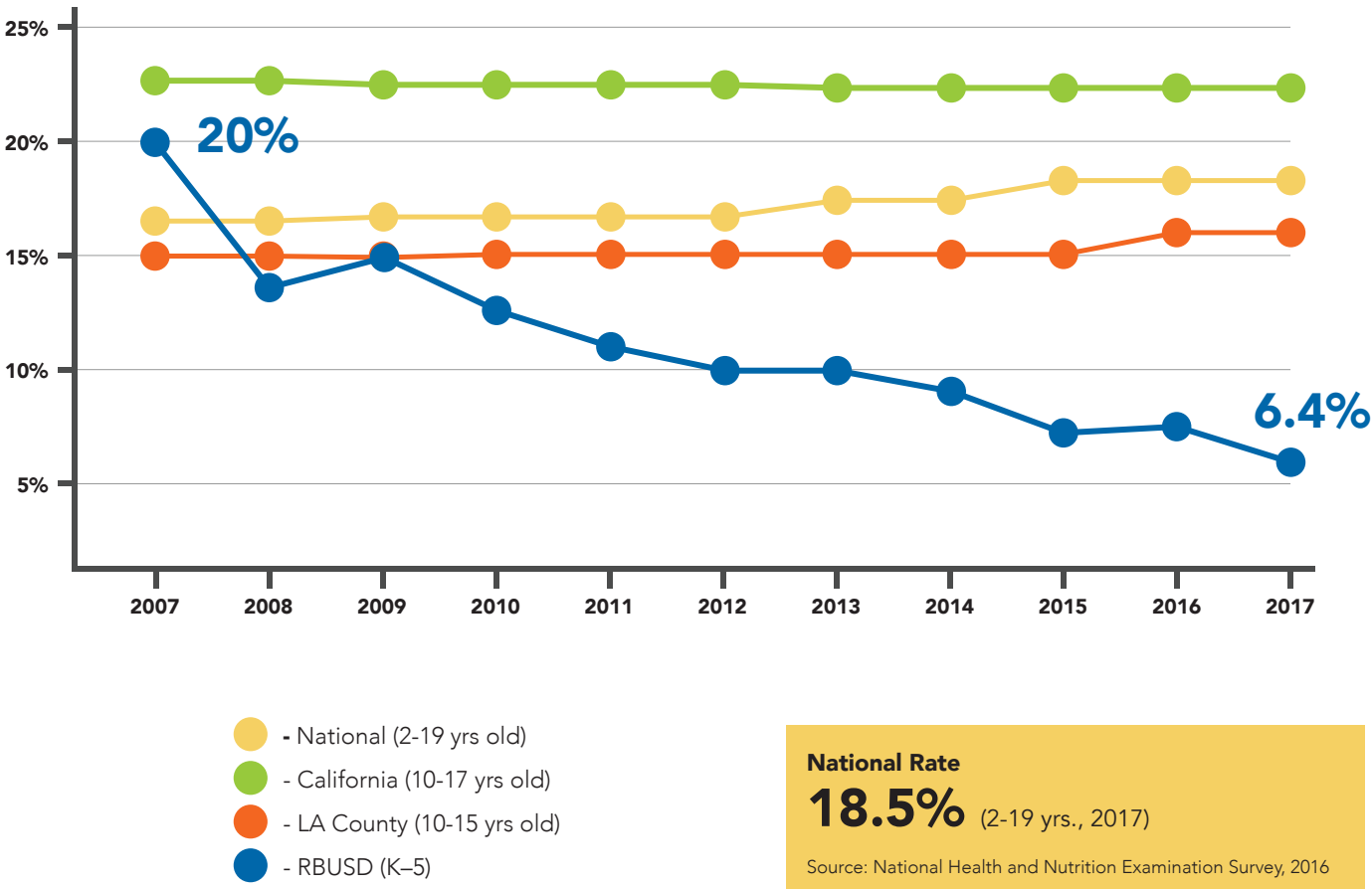
Percentage of adults who answered "yes" to having 2+ days of poor health keeping them from usual activities in the last 30 days

Beach Cities (2017)	California (2016)	U.S. (2016)
20.7%	25.0%	25.0%

Source: Gallup-Sharecare Well-Being Index, 2017

BMI Trends in Redondo Beach Unified School District

Overall, obesity rates among Redondo Beach Unified School District (RBUSD) kindergarten, 1st, 3rd and 5th grade students have been declining since 2007, and are far below the county, state and national childhood obesity rates. Since 2007, there has been a 68 percent decline in RBUSD student obesity. While there may be other factors contributing to this decline, including policy changes in school lunch programs and increased overall awareness and education of childhood obesity in the population, this decline is associated with the implementation of BCHD healthy school programs in partnership with RBUSD. Programming includes LiveWell Kids Nutrition and Garden education, Walking School Bus, Walking Wednesdays, School Wellness Councils, 8-Minute Morning Exercises, Classroom Activity Breaks and Alliance for a Healthier Generation designations.



BMI trends of overweight and obesity rates since BMI assessments began in 2007.

Physical Fitness Test

Children in the Healthy Fitness Zone are considered to have sufficient fitness for good health.

Aerobic Capacity



Aerobic capacity measures the capacity of the cardiorespiratory system through endurance exercises.

Percentage of students who are in the Healthy Fitness Zone

91.3%

of RBUSD 5th graders

91.3%

of RBUSD 7th graders

84.1%

of RBUSD 9th graders

Source: Physical Fitness Report, California Department of Education, 2017-18

Body Composition



Body composition is an estimate of body fat.

Percentage of students who are in the Healthy Fitness Zone

78.5%

of RBUSD 5th graders

80.6%

of RBUSD 7th graders

82.2%

of RBUSD 9th graders

Source: Physical Fitness Report, California Department of Education, 2017-18



Health Priority: Social-Emotional Health

Health is not just the absence of disease, but a state of complete physical, mental and social well-being (World Health Organization, 2019b). The data for people experiencing daily stress in the Beach Cities is statistically worse than the rest of the United States (Gallup-Sharecare Well-Being Index, 2017). Increased levels of social-emotional health-related stressors can lead to negative health outcomes including high blood pressure, loss of sleep and anxiety. In addition, research is showing the negative health risks associated with social isolation and loneliness.

Youth

Missed school



Percentage of students who reported missing school in the past 30 days due to feeling very sad, anxious, stressed or angry

4%

of Beach Cities
7th graders

9%

of Beach Cities
9th graders

15%

of Beach Cities
11th graders

Source: California Healthy Kids Survey, 2017-18

Bullying



Percentage of 7th graders who reported experiencing harassment or bullying within the past 12 months

Beach Cities	California
40%	34%

Source: California Healthy Kids Survey, 2015-2017 and 2017-18

Suicide



16%

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

Source: California Healthy Kids Survey, 2017-18

Sleep



24%

of **Beach Cities 11th graders** reported missing school due to not getting enough sleep in the past 30 days

Source: California Healthy Kids Survey, 2017-18

Adults

Stress and worry



Stress: Percentage of Beach Cities adults who reported experiencing significant daily stress

Beach Cities (2017)	California (2016)	U.S. (2017)
43.4%	39.9%	40.0%



Worry: Percentage of Beach Cities adults who reported experiencing significant daily worry

Beach Cities (2017)	California (2016)	U.S. (2017)
33.1%	30.9%	32.0%



Beach Cities stress and worry declined in 2015, but returned to 2010 rates in 2017.

Source: Gallup-Sharecare Well-Being Index, 2017

Sadness



Percentage of Beach Cities residents who reported experiencing sadness

Beach Cities Adults	Beach Cities Older Adults (65+)	California (2016)	U.S. (2017)
15%	12.6%	18.6%	17.5%

Source: Gallup-Sharecare Well-Being Index, 2017

Depression



6.2%

of Beach Cities adults reported being currently diagnosed with depression

13.7%

of Beach Cities adults reported being diagnosed with depression at some point in their lifetime

Source: Gallup-Sharecare Well-Being Index, 2017

Volunteering



67%

of Beach Cities adults reported volunteering



Volunteerism is linked with positive health effects including better physical health, mental health, life satisfaction and social well-being (Yeung et al., 2017).

Source: Gallup-Sharecare Well-Being Index, 2017

Social Support



Someone in your life who encourages you to be healthy: Percentage of Beach Cities adults who agreed with the statement

75.1%

2015

71.8%

2017

Source: Gallup-Sharecare Well-Being Index, 2015 and 2017



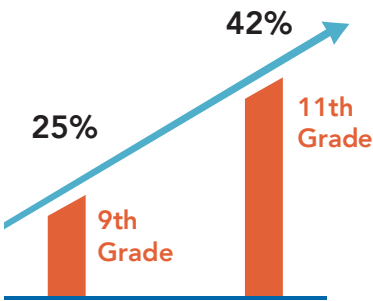
Health Priority: Substance Use

The Beach Cities have a significantly higher proportion of alcohol retail outlets than Los Angeles County. Increased access to alcohol retail outlets, along with varying levels of adherence to alcohol retail laws and policies, can lead to an increase in alcohol consumption by both adults and youth. Consumption of alcohol, whether underage or of legal age, increases the risk of accidents, sexual assault, changes in mood and behavior, lack of coordination and death as well as a multitude of negative health impacts. Additionally, consuming drugs or alcohol during the teenage years could interfere with normal adolescent brain development (National Institutes of Health, 2018).

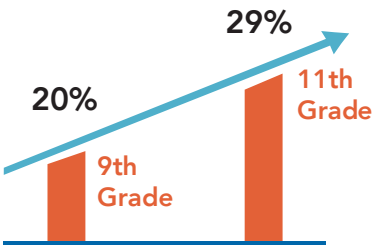
While the incidence of cigarette smoking has decreased in the Beach Cities, the use of electronic cigarettes (e-cigarettes) has been steadily increasing. Beach Cities e-cigarette use remains significantly higher than county and state levels. According to the National Institute on Drug Abuse (NIDA), teen e-cigarette users are more likely to start smoking combustible tobacco products than non-users, with a reported 30.7% of e-cigarette users starting smoking within six months of e-cigarette initiation. Currently, e-cigarette manufacturers are not required to report their ingredients. This lack of transparency can lead to individuals unknowingly consuming harmful or toxic ingredients (NIDA, 2016).

Beach Cities students report a higher incidence of marijuana use than both the county and state. Marijuana can have a unique impact on the adolescent brain, particularly because the brain is not fully developed until the mid-20s. The Centers for Disease Control and Prevention (CDC) reports negative side effects of teen marijuana use including: difficulty thinking and problem solving, problems with memory and learning, impaired coordination and difficulty maintaining attention. Additionally, adolescent marijuana use may negatively impact a teen's school and social life (CDC, 2017). California state legislature legalized the use of recreational marijuana for individuals over the age of 21 in 2016, presenting a unique set of challenges regarding access and regulation.

Youth Alcohol



Percentage of **Beach Cities** students who reported using alcohol or drugs in the past 30 days



Percentage of **California** students who reported using alcohol or drugs in the past 30 days

Source: California Healthy Kids Survey, 2015-17 and 2017-18

Vaping



Percentage of 11th graders who reported using e-cigarettes or other vaping devices in the past 30 days

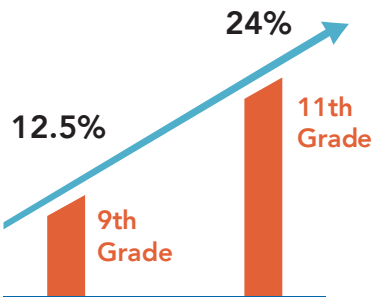
Beach Cities	LA County	California
28%	7%	10%

Source: California Healthy Kids Survey, 2015-17 and 2017-18



Three percent (3%) of Beach Cities 11th graders reported using cigarettes in the past 30 days. While cigarette use continues to decline among youth, vaping rates have increased.

Marijuana



Percentage of **Beach Cities** students who reported using marijuana in the past 30 days

16%

of 11th graders in California reported using marijuana in the past 30 days

Source: California Healthy Kids Survey, 2015-17 and 2017-18

Adults

Alcohol



Percentage of adults who reported having 7 or more alcoholic drinks per week

Beach Cities	U.S.
20.1%	12.4%

Source: Gallup-Sharecare Well-Being Index, 2017

Alcohol Retail Density



On-premises and off-premises alcohol outlet density per 10,000 population

Redondo Beach	Manhattan Beach	Hermosa Beach	LA County
25.5	32.6	47.7	15.1

Source: Alcohol Outlet Density and Alcohol-Related Consequences by City and Community in Los Angeles County, 2013; Substance Abuse Prevention and Control, Los Angeles County Department of Public Health, November 2016



On-premises outlets serve alcohol to be consumed on-site (e.g. bars). Off-premises outlets sell alcohol in sealed containers to be consumed off-site (e.g. liquor or grocery stores). All three Beach Cities are considered to have “high alcohol retail density” relative to other cities in Los Angeles County.

Smoking



Percentage of Beach Cities adults who identify as tobacco smokers

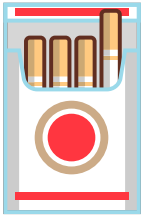
Redondo Beach	Manhattan Beach	Hermosa Beach
7.5%	4.2%	8.5%
Beach Cities (2017)	California (2016)	U.S. (2017)
6.8%	13.5%	18.2%

Source: Gallup-Sharecare Well-Being Index, 2017



Hermosa Beach and Manhattan Beach have comprehensive smoke-free public places policies.

Tobacco Retail Density



	Redondo Beach	Manhattan Beach	Hermosa Beach	LA County
Number of Tobacco Retailers	72	21	23	9972
Retailers per 1,000 population	1.1	0.6	1.2	1.0
Retailers within 500 ft of schools	5	1	0	1517

Source: Licensed Tobacco Retailers, California State Board of Equalization, June 2016



Greater concentration and higher numbers of tobacco retailers, as well as retailers’ proximity to schools, have been associated with higher rates of youth smoking, higher rates of cigarettes smoked per day and lower rates of quitting (Changelab Solutions, Tobacco Retailer Density, 2019).

Marijuana



28.3%

of LA County adults report using marijuana in the past 30 days

Source: California Health Interview Survey, 2017

Use of drugs or medications to alter mood

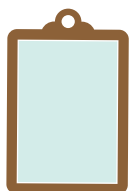


Percentage of adults who answered “yes” to using drugs or medications to alter their mood almost every day

Beach Cities	California	U.S.
14.8%	16.1%	18.9%

Source: Gallup-Sharecare Well-Being Index, 2017

Policy Status



Best Practices in Tobacco Control

	Redondo Beach	Manhattan Beach	Hermosa Beach
Comprehensive Smoke-free Public Places Policy		√	√
Tobacco Retail License		√	√
Smoke-free Multi-Unit Housing Policy		√	
Tobacco Control Grade	F	A	D*

Source: American Lung Association in California, State of Tobacco Control 2018: California Local Grades
 *Note that Hermosa Beach's grade does not reflect the January 2019 adoption of their Tobacco Retail License



The American Lung Association issues annual grades for local cities based on policies for smoke-free outdoor air, smoke-free housing and reducing the sale of tobacco products. These policies help protect citizens from the deadly effects of tobacco use.

Social Host Ordinance

	Redondo Beach	Manhattan Beach	Hermosa Beach
Adopted Social Host Ordinance		√	√



Social Host Ordinance is a law that holds non-commercial individuals responsible for hosting, or knowingly providing a place for underage drinking to occur.



Health Priority: Cognitive Health

Cognitive health is built across the lifespan and refers to the ability to remember, learn, concentrate and maintain a clear and active mind. All health behaviors that support a healthy body also support and maintain cognitive health. Cognitive health is cumulative and the healthy behaviors we choose as children and young adults will build resiliency in our brains across the lifespan. Yet, in an aging population, the risk of cognitive impairment or disease is high. One in three adults over the age of 85 will have dementia in their lifetime (CDC, 2018a). As the Beach Cities community ages, the burden of cognitive diseases like dementia and Alzheimer's will grow. The challenge of cognitive health is twofold: how do we care for those who are frail and support their caregivers; and how do we prevent cognitive decline?

Disability / Caregiving



14%

of Beach Cities adults
reported a disability

7%

of Beach Cities adults
reported having a spouse
or partner with a disability

2%

of Beach Cities adults
reported a disability for
both self and spouse

21%

of Beach Cities adults
reported caring for
someone with dementia;
15% of those care for
someone with Alzheimer's

11%

of Beach Cities adults
reported looking for
someone to talk to

69%

of Beach Cities adults
would turn to BCHD
who reported that
they were looking for
support

Source: Community Health Survey, Beach Cities Health District, 2018

Aging in Place



58%

of **Beach Cities adults** reported it is very important to stay in their community

29%

of **Beach Cities adults** reported it is somewhat important to stay in their community

58%

of **Beach Cities adults** reported it is very important to stay in their home

23%

of **Beach Cities adults** reported it is somewhat important to stay in their home

38%

of Beach Cities adults reported it is likely or very likely they will move

Reasons for moving:

- **37%** are looking for a home that will help independence
- **34%** are looking for a different home size
- **31%** are looking for a lower cost of living

Source: Community Health Survey, Beach Cities Health District, 2018



Aging in place is defined as the ability to live in one's own home and community safely, independently and comfortably, regardless of age, income or ability level (CDC, 2009). Aging in place helps older adults maintain independence, community support systems and social connections.

Alzheimer's Disease



Alzheimer's disease-specific **death rate** (per 100,000 population)

Beach Cities	LA County
42.4	33.7

Source: Beach Cities Core Indicators for Community Health Needs Assessment, Los Angeles County, 2018



References

- American Lung Association in California. (2018). State of Tobacco Control 2018: California Local Grades. Retrieved from <https://www.lung.org/local-content/california/documents/state-of-tobacco-control/2018/2018-sotc-california-full.pdf>
- Beach Cities Health District. (2018). Community Health Survey.
- California Department of Education. (2017-18). Physical Fitness Report, Redondo Beach Unified District. Retrieved from <https://data1.cde.ca.gov/dataquest/PhysFitness/PFTDN/Summary2011.aspx?r=0&t=2&y=2017-18&c=19753410000000&n=0000>
- California Healthy Kids Survey, 2015-17: Data Dashboard. WestEd Health & Human Development Program for the California Department for Education.
- California Healthy Kids Survey, 2017-18: Main Report. WestEd Health & Human Development Program for the California Department for Education. Hermosa Beach City Elementary School District, Manhattan Beach Unified School District, and Redondo Beach Unified School District.
- Centers for Disease Control and Prevention. (2009). Healthy Places Terminology. Retrieved from <https://www.cdc.gov/healthyplaces/terminology.htm>
- Centers for Disease Control and Prevention. (2014). Healthy Places: General Food Environment Resources. Retrieved from <https://www.cdc.gov/healthyplaces/healthtopics/healthyfood/general.htm>
- Centers for Disease Control and Prevention. (2017). Marijuana use and teens. Retrieved from <https://www.cdc.gov/marijuana/factsheets/teens.htm>.
- Centers for Disease Control and Prevention. (2018a). Alzheimer's Disease. Retrieved from <https://www.cdc.gov/aging/aginginfo/alzheimers.htm>
- Centers for Disease Control and Prevention. (2018b). Social Determinants of Health: Know what Affects Health. Retrieved from <https://www.cdc.gov/socialdeterminants/index.htm>.
- ChangeLab Solutions. (2019). Tobacco Retailer Density. Retrieved from <http://www.changelabsolutions.org/publications/TRL-density-equity>.
- City of Hermosa Beach. (2017). PLAN Hermosa: Integrated General Plan and Coastal Land Use Plan.

- Gallup-Sharecare Well-Being Index. (2010, 2015 and 2017).
- Licensed Tobacco Retailers, California State Board of Equalization. (June 2016). Retrieved from California Community Health Assessment Tool, Stanford Prevention Research Center and GreenInfo Network.
- Los Angeles County Department of Public Health. (2018). Beach Cities Core Indicators for Community Health Needs Assessment.
- Los Angeles County Department of Public Health. (June 2018). City and Community Health Profiles: Manhattan Beach.
- Los Angeles County Department of Public Health. (June 2018). City and Community Health Profiles: Redondo Beach.
- Los Angeles Homeless Services Authority. (2016 and 2018). Greater Los Angeles Homeless County by Community. National Health and Nutrition Examination Survey. (2016).
- National Institute on Alcohol Abuse and Alcoholism. (2018). Alcohol's Effects on the Body. Retrieved from <https://www.niaaa.nih.gov/alcohol-health/alphabets-effects-body>.
- National Institute on Drug Abuse. (2016). Teens and E-Cigarettes. Retrieved from <https://www.drugabuse.gov/related-topics/trends-statistics/infographics/teens-e-cigarettes>.
- Office of Disease Prevention and Health Promotion, Healthy People 2020. (2019). Civic Participation. Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/civic-participation>.
- Schaefer, A. (October 2005). Commuting Takes its Toll. Scientific American Mind. Retrieved from <https://www.scientificamerican.com/article/commuting-takes-its-toll/>
- Southern California Association of Governments. (May 2017). Local Profiles Report 2017 of the City of Hermosa Beach, Manhattan Beach, Redondo Beach, and Los Angeles County.
- Substance Abuse Prevention & Control, Los Angeles County Department of Public Health. (November 2016). Alcohol Outlet Density and Alcohol-Related Consequences by City and Community in Los Angeles County, 2013. Retrieved from <http://publichealth.lacounty.gov/sapc/MDU/SpecialReport/AODC2013.pdf>
- UCLA Center for Health Policy Research. AskCHIS. (2017). Last time used marijuana. (Los Angeles County). California Health Interview Survey.
- University of California, Berkeley Statewide Database. (2012). General Election Geographic Data. Prepared by Public Health Alliance of Southern California. Retrieved from <https://healthyplacesindex.org>.
- U.S. Census Bureau. (2011-2015). American Community Survey 5-Year Estimates.
- U.S. Census Bureau. (2013-2017). American Community Survey 5-Year Estimates.
- Walk Score. (2018). City Health Dashboard. 500 Cities Project.
- World Health Organization. (2019a). The determinants of health. Retrieved from <https://www.who.int/hia/evidence/doh/en/>.
- World Health Organization. (2019b). What is the WHO definition of health? Retrieved from <https://www.who.int/suggestions/faq/en/>.
- Yeung JWK, Zhang Z, Kim TY. (July 2017). Volunteering and health benefits in general adults: cumulative effects and forms. BMC Public Health. 2017;18(1):8.



Creating a healthy beach community.



bchd.org