



2024 – 2025

School District Health Report

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Introduction

Creating a Healthy Beach Community

Beach Cities Health District (BCHD) 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, facilities and partnerships to promote physical health, mental well-being and prevent diseases across the lifespan – from pre-natal and children to families and older adults.

BCHD partners with the Hermosa Beach City School District (HBCSD), Manhattan Beach Unified School District (MBUSD) and Redondo Beach Unified School District (RBUSD) to offer programs to increase physical activity, improve nutrition and promote social-emotional well-being. This summary report includes programmatic outcomes and measurable results from the 2024-25 school year. This report also includes best practices all three Beach Cities school districts have implemented across their respective districts to address the health and well-being of students, families and staff.

In 2005, BCHD created a data-driven strategic planning process to prioritize and outline funding and programmatic decisions. The strategic planning goals strive to measurably improve the health and well-being of Beach Cities residents. These goals have indicators unique to the demographics of youth, adults and older adults.



2025-2028 BCHD Health Priorities



Mental Health & Substance Use

1. Decrease anxiety, depression and suicidal ideation
2. Reduce substance use (e.g. alcohol, cannabis, nicotine) across the lifespan
3. Increase community education for mental health and substance use prevention and access to early intervention services
4. Increase social connectedness to address loneliness and social isolation
5. Enhance stress resilience, positive coping strategies and mental well-being



Physical Health

6. Promote habits and practices to increase restful and restorative sleep
7. Improve health and quality of life for people with dementia, including Alzheimer's disease, and their caregivers
8. Maintain healthy eating habits and low percentage of residents who are obese or overweight
9. Improve biking and walking safety
10. Maintain high levels of physical exercise participation



Key Health Indicators

California Healthy Kids Survey

Beach Cities Health District collaborates with the three school districts in the Beach Cities to offer programs that increase physical activity, improve nutrition and promote social-emotional well-being. To determine the community needs of school-aged youth in the Beach Cities, data from the California Healthy Kids Survey (CHKS) is aggregated across the three school districts. The key indicators of health are included below.



Chronic Sadness/Hopelessness: Percentage of Beach Cities students who reported experiencing chronic sadness/hopelessness in the past 12 months

	Beach Cities 2018	Beach Cities 2019	Beach Cities 2020	Beach Cities 2021	Beach Cities 2022	Beach Cities 2023	Beach Cities 2024	Beach Cities 2025	LA County 2021-23	CA 2019-21
7th grade	20%	24%	27%	29%	22%	17%	19%	18%	32%	32%
9th grade	30%	29%	34%	41%	30%	25%	20%	14%	35%	37%
11th grade	35%	39%	40%	46%	37%	27%	25%	17%	36%	42%



Suicide: Percentage of Beach Cities students who reported seriously considering attempting suicide within the past 12 months

	Beach Cities 2018	Beach Cities 2019	Beach Cities 2020	Beach Cities 2021	Beach Cities 2022	Beach Cities 2023	Beach Cities 2024	Beach Cities 2025	LA County 2021-23	CA 2019-21
7th grade	N/A*	10%	11%	12%	8%	6%	6%	8%	12%	14%
9th grade	16%	13%	12%	16%	14%	9%	6%	4%	13%	16%
11th grade	16%	17%	15%	15%	18%	10%	8%	6%	13%	16%

*Question was not asked in one or all school districts, unable to average



Current use: Percentage of Beach Cities students who reported the use of alcohol or drugs in the past 30 days

	Beach Cities 2018	Beach Cities 2019	Beach Cities 2020	Beach Cities 2021	Beach Cities 2022	Beach Cities 2023	Beach Cities 2024	Beach Cities 2025	LA County 2021-23	CA 2019-21
7th grade	4%	4%	3%	3%	3%	2%	2%	2%	3%	4%
9th grade	17%	16%	12%	9%	11%	7%	6%	6%	9%	10%
11th grade	43%	35%	30%	23%	30%	18%	17%	12%	15%	19%



Current use: Percentage of Beach Cities students who reported using e-cigarettes or other vaping devices in the past 30 days

	Beach Cities 2018	Beach Cities 2019	Beach Cities 2020	Beach Cities 2021	Beach Cities 2022	Beach Cities 2023	Beach Cities 2024	Beach Cities 2025	LA County 2021-23	CA 2019-21
7th grade	4%	2%	1%	<1%	<1%	<1%	<1%	1%	3%	2%
9th grade	13%	12%	6%	4%	4%	1%	2%	2%	4%	6%
11th grade	28%	24%	15%	9%	13%	7%	5%	4%	6%	10%



Current use: Percentage of Beach Cities students who reported the use of marijuana in the past 30 days

	Beach Cities 2018	Beach Cities 2019	Beach Cities 2020	Beach Cities 2021	Beach Cities 2022	Beach Cities 2023	Beach Cities 2024	Beach Cities 2025	LA County 2021-23	CA 2019-21
7th grade	2%	2%	<1%	<1%	<1%	<1%	0%	1%	2%	2%
9th grade	12%	11%	6%	4%	4%	3%	2%	2%	4%	6%
11th grade	27%	23%	19%	15%	16%	7%	5%	6%	7%	12%

Due to COVID-19, CHKS data was unable to be collected in Spring 2020 in MBUSD and HBCSD. In order to account for this gap, survey data was collected twice throughout the 2020-2021 school year in these school districts. Data displayed as "2020" was collected in Spring 2020 (RBUSD) and Fall 2020 (HBCSD and MBUSD), with 2021 data collected in all three districts in Spring 2021.

Sources:

California Healthy Kids Survey: Main Report. (2018-2025). Hermosa Beach City Elementary School District, Manhattan Beach Unified School District and Redondo Beach Unified School District. San Francisco: WestEd for the California Department of Education.

Beach Cities Tri-District Student Survey

The Beach Cities Tri-District Student Survey was designed to analyze longitudinal data from students in Manhattan Beach, Hermosa Beach, and Redondo Beach. Its goal is to gather insights and view trends in the data that will help develop programs and support our youth. This survey will focus on the following areas:

- Positive Feelings
- Student Inclusion
- Sense of Belonging

	Most days, I'm excited to go to school.	Overall, I feel like I belong at my school.	I am treated fairly by adults at my school.
5th grade	55.2%	79.8%	81.9%
7th grade	32.2%	71.1%	77.4%



Mental Health and Substance Use

Beach Cities Partnership for Youth Coalition

Beach Cities Health District leads more than 200 local partners in the Beach Cities Partnership for Youth Coalition ("the Coalition") that collaborates to achieve measurable outcomes in improving student mental health and well-being and reducing substance use. The Coalition is comprised of five stakeholder workgroups: 1) Youth Advisory Council, 2) Health and Wellness Parent Liaisons, 3) School Advisory Board, 4) Provider Task Force and 5) Community Policy Workgroup.

The Coalition hosted two meetings during the 2024-25 school year to bring together Coalition members from across the 12 community sectors identified as essential components to successful community-level substance use prevention within the Drug-Free Communities Program (DFC). Attendees included students, parents, school administrators and superintendents, emergency responders, substance use professionals, mental health providers and elected officials from across the three Beach Cities.

During the fall meeting on October 17, 2024, it was announced that the Coalition received another five years of grant funding from the DFC Program, and attendees later had the chance to brainstorm ways the Coalition can expand on environmental strategies during the next grant period. A Youth Advisory Council member shared the Naloxone Training Video that she and her peers worked on during the summer to help the community better understand the opioid crisis, recognize the signs of an overdose, administer naloxone and provide critical support until professional help arrives.

At the spring meeting on May 20, 2025, attendees were presented the updated District health priorities, 1) Mental Health and Substance Use and 2) Physical Health, that were included in the latest 2025-28 Community Health Report. Members of the Youth Advisory Council played an integral role in

this meeting from the planning to the implementation. Students presented on youth engagement efforts, latest data on key Beach Cities health indicators and participated in a fishbowl discussion that highlighted the youth perspective on youth alcohol use in the Beach Cities. Attendees then participated in small group discussions to reflect on what was shared by the student panel and provided ideas from their perspective on how the Coalition can better support youth in making healthier choices around alcohol use.

Fentanyl Awareness Efforts



Since February 2023, BCHD has been raising awareness around the dangers of fentanyl through a multi-pronged approach that includes education, training and harm reduction strategies for all members of the community ranging from students, parents, school staff and administrators. BCHD has been a recipient of free naloxone, the potentially life-saving opioid overdose reversal medication, since October 2023 through the California Department of Health Care Services' Naloxone Distribution Project. This year, BCHD was able to expand their harm reduction strategies to include fentanyl test strips in their overdose prevention kits that are available at allcove Beach Cities for free to anyone in the South Bay.

In the 2024-25 school year, the Coalition educated nearly 3,200 students across all seven Beach Cities secondary schools on the dangers of youth substance use during



assemblies that included a film screening of “Come Back Home,” a fentanyl documentary, followed by a panel discussion with young people with lived experience.

To promote conversations between families on substance use and mental health topics, BCHD partnered with South Bay Families Connected, the three Beach Cities school districts and local chapters of the National League of Young Men and National Charity League to host community education forums and naloxone trainings that reached more than 500 parents and their children. Attendees at each of these events had the opportunity to take home a free overdose prevention kit. To date, nearly 2,800 kits have been distributed to ensure all Beach Cities school sites have naloxone on campus and community members are equipped with the knowledge and medication to save lives.

Youth Advisory Council



Beach Cities Health District’s Youth Advisory Council (YAC) members serve as youth health ambassadors, working to promote the well-being of their peers. This 2024-25 school year, their project focused on creating interactive workshops on 10 key topics—Substance Use, Healthy Relationships, Stress Management, Public Speaking, Emotions in Ink, Digital Wellness, College Knowledge, Health’s Kitchen, Social Connections, and Mindfulness. These workshops, hosted at allcove Beach Cities in March and April 2025, provided an opportunity for YAC members to engage other youth in the community.

teen Mental Health First Aid Training

teen Mental Health First Aid (tMHFA) teaches teens in grades 10-12, or ages 14-18, how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers. The course demonstrates how young people can have open conversations with their peers about mental health and substance use challenges, teaches the common signs and symptoms teens should look out for, and how to seek the help of a responsible and trusted adult. This 4.5-hour training takes place over three in-person trainings.

Number of trainings:	9
Number of participants:	69

Parent Education and Engagement

Health & Wellness Parent Liaisons

The Health and Wellness Parent Liaisons is one of the five workgroups in the Beach Cities Partnership for Youth Coalition. The group met four times throughout the 2024-25 school year, with topics including digital citizenship, nutrition and food choices, and parental stress & burnout. This group of parents and caregivers continues to provide on-the-ground insight into challenges parents are facing in real time.



Screenagers

BCHD hosted parent education events at each of the 16 Beach Cities elementary schools with showings of "Screenagers: Elementary School Age Edition." The new version of the original documentary provided updated research and perspective focused on issues faced by elementary school-aged kids, parents and educators navigating the current digital age – smartwatches in class, unhooking from and monitoring video gaming, social media pressures and early exposure to the tech world. Participants engaged in post-screening discussions to share strategies and explore BCHD’s family media plan worksheet.





allcove Beach Cities

allcove Beach Cities is part of an innovative network of integrated youth mental health centers designed with, by and for youth that reduce stigma, embrace mental wellness, increase community connection and provide access to culturally responsible services. allcove centers welcome young people ages 12 to 25 with mild to moderate needs, providing a unique space for them to access services, with resources and support for friends, family and the larger community.

Utilization Overview

Since opening in November 2022, there have been more than 13,000 visits from young people and more than 1,500 people have enrolled in services.

City	# Enrolled in allcove Services	# Visits*
Hermosa Beach	5.2% (81 young people)	5.4% (705 young people)
Manhattan Beach	14.3% (223 young people)	13.8% (1,800 young people)
Redondo Beach	35.2% (548 young people)	36.5% (4,763 young people)

*Numbers through 6/30/25

South Bay Leadership & Wellness Conference



The second annual South Bay Leadership & Wellness Conference on May 31 saw more than 80 young leaders from local youth organizations connect, collaborate and uplift their voices together. Through workshops and engaging wellness activities, the Conference was an opportunity to develop and expand their leadership skills and gain innovative tools to engage their peers in conversations that matter to them.

Johnny Crowder, the founder of Cope Notes, a telehealth-based mental health service, was the keynote speaker for the conference. Breakout sessions included "Leading with Strengths and Navigating Leadership Styles," led by BCHD's Megan Vixie; "Youth Advocacy in Action" by Mona Cho, youth activist and Mira Costa HS student; and "Different Minds, Shared Strength: Care in Mental Wellness" by allcove Youth Advisory Group members Leilani Tran & Sofia Faccini and allcove Peer Specialist John Hooper.





Participating youth organizations:

- Beach Cities Health District Youth Advisory Council
- allcove Beach Cities Youth Advisory Group
- allcove San Gabriel
- Redondo Union High School: Link Crew, Wellness Center
- Adams Middle School: ASB
- Mira Costa High School: allcove club, ASB
- Manhattan Beach Middle School
- Manhattan Beach Youth Advisory Council
- Rancho Palos Verdes Youth Advisory Group
- Animo Leadership Charter High School
- Girl Scouts
- Indivisible Arts
- Impact Makers
- NAMI Club
- Surfrider, South Bay Chapter





Physical Health

LiveWell Kids

LiveWell Kids, a comprehensive school well-being program developed specifically for elementary school students in kindergarten through 5th grade, includes both garden and nutrition education. It is comprised of six interactive lessons focused on educating students about the process and benefits of growing their own food, improving nutritional knowledge and making healthy eating choices. All lessons are delivered in the fresh air of the school gardens by more than 340 trained volunteers. The curriculum also incorporates mindful breathing at the beginning of each lesson and mindful eating during tastings, connecting physical health to mental health.

The LiveWell Kids program was delivered to kindergarten through fifth grade students at eight RBUSD elementary schools, three HBCSD schools and one MBUSD elementary school. More than 5,850 students across these campuses had the opportunity to participate in the program over the course of the 2024-2025 academic year.

This year, Alta Vista Elementary School, Birney Elementary School and Lincoln Elementary School received new sheds for their LiveWell Kids school gardens. The LiveWell Kids sheds provide a secure space for program supplies and materials.



Walk and Roll to School Day

Walk and Roll to School Day is an international event that involves communities encouraging children and families to use alternative modes of transport to school – whether that is walking or rolling on a bicycle, scooter or skateboard. The three Beach Cities school districts participated in this year's event on October 9, 2024. More than 2,300 people, including BCHD staff, students and families, school administrators, volunteers and local officials, laced up their sneakers and started the day walking or rolling to school.



Garden Angels

More than 25 dedicated volunteers, known as Garden Angels, support the LiveWell Kids program and other BCHD garden-related efforts. They are responsible for maintaining each LiveWell Kids school garden year-round, prepping program supplies and building, assembling, replacing and repairing garden components and structures. Many of the Garden Angels also donate their knowledge, expertise and skills to benefit the LiveWell Kids program in other ways, such as helping with spreadsheets, inventories and carpentry. Garden Angels also worked with RBUSD students every week as part of the RBUSD School-to-Career Program. Supervised by the Garden Coordinator, this group of dedicated volunteers is able to make a direct impact on their community through their talents and gifts.



Beach Cities Volunteer Day

More than 120 volunteers, including local organizations and clubs, BCHD Garden Angels and staff members, came together on August 7, 2024 to tend to elementary school gardens in Hermosa Beach and Redondo Beach. Volunteers worked in all LiveWell Kids school gardens to prepare for the launch of the program in the 2024-25 school year. As in years past, harvested produce was donated to local charitable organizations.



Garden Projects

Pacific Elementary School

Each month, students and caregivers had the opportunity to participate in an after-school garden club hosted by Pacific Elementary parent volunteers, BCHD's School Garden Coordinator and a dedicated Garden Angel. Topics included seasonal planting, soil building, pollination and botany.

Robinson Elementary School

Ten volunteers from Propelus worked together with Robinson Elementary School LiveWell Kids program volunteers to clear a hillside of shrubs and brush in preparation for their future fruit tree guild. The school has since obtained a gift of four fruit trees from a local garden organization, Hermosa Beach Garden Club. The school hopes to complete the next phase of this project, constructing the fruit tree guild, during the upcoming school year.

Adams Middle School: Fruit Tree Guild

Approximately eight fruit trees have all been rehabilitated to accommodate a sustainable fruit tree guild. This includes mulch, fertilization and preparation. They have also planted an herb garden for the students of Adams to use.



School-To-Career Program: Workability

For the past three years, BCHD has supported Redondo Union High School's School-to-Career Program by creating a job skills learning opportunity for two students per school year. They spend two class periods per week learning a variety of skills as they work with the BCHD Garden Coordinator and Garden Angels in the work yard. Activities included feeding and maintaining worm bins, making worm tea, transplanting seedlings to BCHD's LiveWell Kids Demonstration Garden, producing compost, helping prep supplies for the LiveWell Kids program and other special events, growing seedlings as well as growing and managing their own garden bed.





BCHD | School District Funding and Support

BCHD provides funding to the Beach Cities school districts to promote wellness and focus resources on BCHD's Health Priorities, Mental Health & Substance use and Physical Health. This support, established through each school district's respective Healthy Schools Service Agreement with BCHD, was able to be applied towards programming that includes campus counseling services, employee wellness, nurse and health aide staffing, child nutrition services, physical education and youth drug use prevention.

School District	Funding
Hermosa Beach City School District	\$84,682
Manhattan Beach Unified School District	\$170,568
Redondo Beach Unified School District	\$338,385



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