



Celebrating 10 Years as a Blue Zones Community

Significant Breakthroughs in Community Health Policy and Innovative Partnerships





The Beach Cities – Hermosa Beach, Manhattan Beach and Redondo Beach – were named a nationally certified Blue Zones Community® in 2016. At the time, the Beach Cities were the largest community to achieve Blue Zones Community certification through the successful implementation of Blue Zones Project®. Blue Zones Project launched in 2010 to measurably improve the health of the Beach Cities by reengineering the environment and culture to encourage the healthy lifestyle behaviors exhibited by the world’s longest-living people.

Through collaboration between Beach Cities Health District (BCHD), local government, schools, restaurants, grocery stores and businesses, Blue Zones Project focuses on people, places and policy to create healthier communities. Blue Zones Project shapes the environments where people live, work and play by **making the healthy choice the easy choice**. By targeting places where we spend most of our time like worksites and schools, Blue Zones Project programming focuses on changes in our environments that can make a huge difference in well-being.

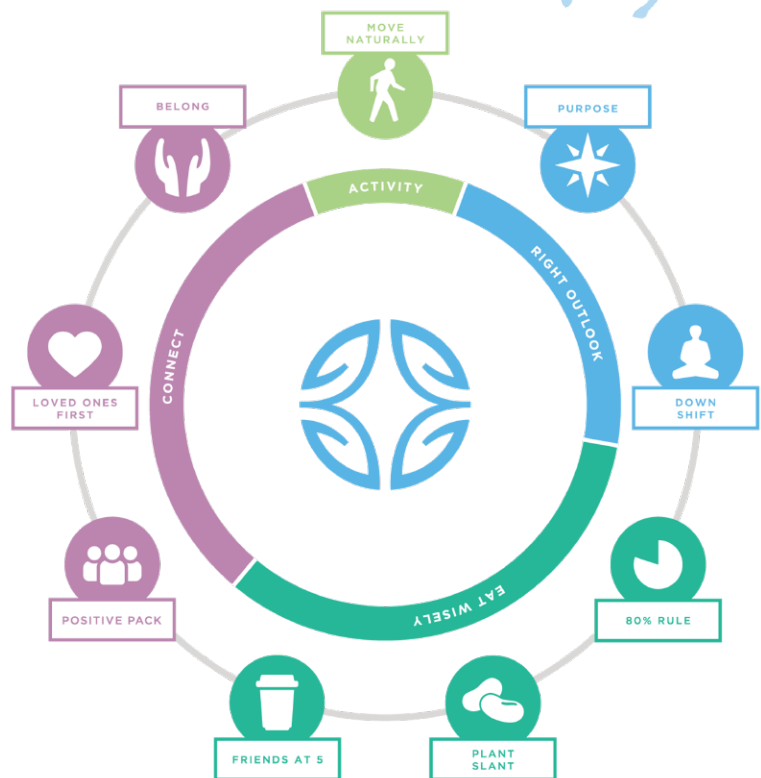


The Original 5 Blue Zones

In regions around the world where people are living to 100, researchers discovered key lifestyle behaviors that contribute to happier and healthier citizens. These regions were named “Blue Zones” and includes global destinations such as Okinawa in Japan, Sardinia in Italy, Ikaria in Greece, Loma Linda in California and the Nicoya Peninsula in Costa Rica.



Centenarians attribute their longevity to nine key principles that are embedded into everyday life – the Power 9® Principles: Move Naturally, Know Your Purpose, Down Shift, 80% Rule, Plant Slant, Friends at 5, Positive Pack, Belong and Loved Ones First. In daily life, these Power 9 Principles may show up as eating until you are only 80% full, taking a walk in the middle of the workday or simply showing up for the people in your life that you care deeply about.



For me, the Blue Zones Project came at the perfect time when I was looking for a new purpose and new social network in my life. It has provided both. I believe it has contributed positively to my physical and mental health over the past 15 years, and I recommend the principles to everyone who will listen.

- Teri Cannon

Blue Zones Project Power 9 Advisory Committee member and walking moai member

Impact of Blue Zones Project in the Beach Cities

The Beach Cities scored historic highs on the Gallup National Health and Well-Being Index (WBI) despite national declines, indicating that the Beach Cities continue to be among the healthiest places to live in the nation. The 2025 score of 69.5 was the Beach Cities' highest ever and substantially outpaced the national average score of 60.1.

The WBI surveys adults nationwide on five elements of well-being: career, community, financial, physical and social. These five anchors contribute to the overall WBI score; a high score means a life well-lived. The Beach Cities have had improvements in all five elements of well-being over the past ten years.



25%

reduction in above normal weight



29%

reduction in smoking



36%

increase in exercise



11%

increase in healthy eating



11%

decrease in stress

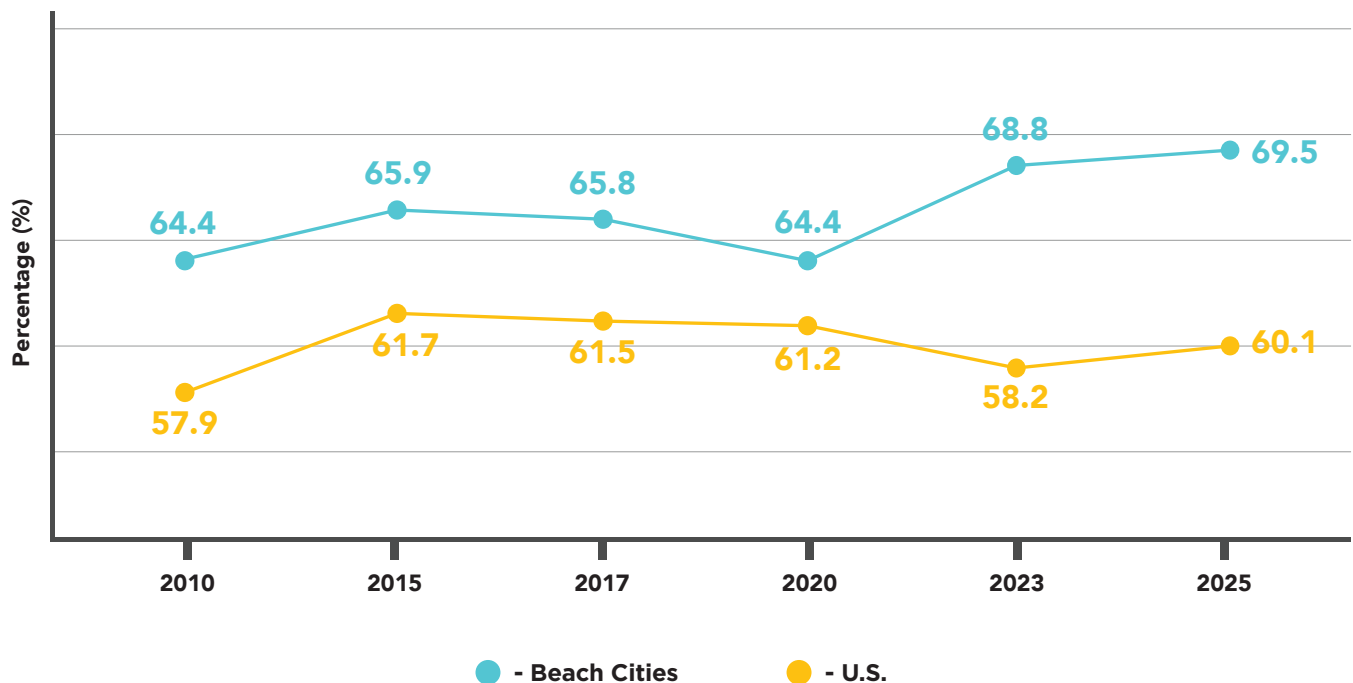


8%

increase in well-being index score

Source: Gallup National Health and Well-Being Index (WBI)

Comparing Well-Being Index Scores Between Beach Cities and U.S.



Adults living in the Beach Cities are estimated to save \$182.4 million on healthcare costs each year thanks to lower rates of obesity, diabetes and smoking (Gallup).

Blue Zones Project Successes



Adopted Living Streets
Policies and bicycle
master plan



Adopted strong
smoke-free and
tobacco retail policies



37 Walking School Bus
Routes established



Nearly 100 Blue Zones
Restaurants and
Grocery Stores



14 of the top 20 Beach Cities
employers achieved Blue Zones
Worksite designation



More than 24,000 residents have taken
the Blue Zones Project pledge



11 active moais with nearly
300 members



“

*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.*

”

- Former United States Surgeon General,
Vivek Murthy, M.D., 2016



History of Blue Zones Project in the Beach Cities

2010	The Beach Cities are selected to be the world's first Blue Zones Project by Healthways and Blue Zones from more than 70 other cities across the nation.
2011	- The Beach Cities adopts the Beach Cities Livability Plan and the South Bay Bicycle Master Plan, making our streets safer for walking and multi-modal transportation. - Moai® social groups launch, creating opportunities for community members to engage regularly in healthy hobbies and activities while forming lifelong social connections.
2012	- The Walking School Bus program encourages participants to walk 11,808 miles while saving 15,000 car trips. - BCHD hosts the first Purpose workshop helping people discover their talents, gifts and passions.
2014	Manhattan Beach passes a smoke-free policy for all public places.
2015	Redondo Beach completes construction on the Harbor Gateway and Bike Path Improvement Project creating a Class IV protected cycle track connecting the Strand bikeway in Hermosa Beach to the Redondo Beach Pier.
2016	- Hermosa Beach adopted a Comprehensive Outdoor Smoking Ban in all Public Places. 100 volunteers distributed 700 lawn signs, 1,000 door hangers and 1,000 safety brochures as part of the safe "Streets for All" campaign, spreading public education messages about street safety to residents of all ages. The Beach Cities became a Blue Zones Community. 
2019	Manhattan Beach bans vaping products and all flavored tobacco products, and Hermosa Beach and Redondo Beach both establish Tobacco Retail License program to prevent illegal sale of tobacco products to minors.
2022	BCHD partnered with Redondo Beach Unified School District and Manhattan Beach Unified School District to deliver the WorkWell program to 343 school district staff across 23 school sites.
2023	BCHD completed construction of the Redondo Beach phase of the Diamond Street Bike & Pedestrian Path project, installing a Class I bike path and Class III sharrows, with \$1.7 million of Measure M funding.
2024	More than 5,400 K-5th grade students participate in the LiveWell Kids program, resulting in a 75% decline in childhood obesity among Redondo Beach Unified School District students.
2026	BCHD celebrates 10 years of being a Blue Zones Community.



Collective Impact in the Beach Cities

Collective impact is an approach to cross-sector collaboration that aligns organizations and community partners around a shared vision, common goals and coordinated strategies to address complex community health challenges. It emphasizes shared measurement, coordinated activities and ongoing communication to achieve greater impact together than any one organization could alone.

To achieve certification as a Blue Zones Community, thoughtful and intentional collaboration was needed from schools, city governments and local businesses to engage community members and stakeholders. The partnerships that were formed during the early stages of the Blue Zones Project in the Beach Cities laid the foundation for ongoing collective impact work, creating a strong network of community partners that continues to evolve to meet the community's changing health needs.

COVID-19

BCHD activated its Emergency Operations Center in response to the COVID-19 pandemic in March 2020, mobilized employees and volunteers as disaster service workers, and partnered with Los Angeles County and South Bay cities, fire departments and school districts to establish local testing and vaccines resources.



2,616 errands were completed for those safer at home and needing assistance.



4,712 meals were delivered to disabled and older adults.



BCHD's COVID-19 testing site was in operation 401 days, administering 155,684 tests.



BCHD's COVID-19 vaccine efforts included 74 clinics, with more than 23,100 doses administered.



More than 500 volunteers volunteered with BCHD to support COVID-19 efforts.

Beach Cities Partnership for Youth Coalition

Coalition that collaborates to achieve measurable outcomes in improving student mental health and well-being and reducing substance use. The Coalition was created in 2017 through five stakeholder groups: students, parents, providers, schools and community at large. BCHD is a two-time recipient of the Drug-Free Communities Program (DFC) grant (total of \$1,250,000) from the Substance Abuse and Mental Health Services Administration.



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 responsive services. allcove welcomes 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. The center, which opened November 1, 2022, is a result of a collaboration between the Stanford Center for Youth Mental Health and Wellbeing, the State of California's Behavioral Health Services Oversight and Accountability Commission (BHSOAC) and BCHD.



15 *contracted service providers*



More than 2,300 *young people enrolled into services*



19,100 *visits by young people*



\$16,169,000 *secured for allcove*

As of October 2026

How to Get Involved with Blue Zones Project in the Beach Cities

Moais

A Moai (pronounced "Mo-Eye") is a group of people meeting for a common purpose and can include activities like walking, purpose discussions and potluck meals. Inspired by the longest-lived people in the world, this tradition promotes healthy behaviors and connection in the Beach Cities. Nearly 300 active Moai members in the Beach Cities belong to 11 Moai Social Groups. Learn how to join a moai at bchd.org/moai.



Joan Edelmann learned about the Blue Zones Project through the local newspaper when it first started and has been involved ever since. She currently leads the OceanWalkers, a walking group that enjoys great company and the occasional whale or dolphin sightings off the coast.



"We met people that we would not have otherwise met, who have become like family through both the great periods and the not-so-great periods. When a member of the moai needed help, other people were there to help them. We had one person who had breast cancer and she needed rides to chemo. People in the moai were literally arguing over who would get to take her. And when my husband passed, these same people showed up to help. They were all just a wonderful support group."

Restaurants and Grocery Stores

Blue Zones Restaurants and Grocery Stores encourage shoppers and diners to choose healthy options through evidence-backed actions that optimize our food environment. Whether it's removing saltshakers or offering fresh fruit for dessert, these Beach Cities businesses support a healthy beach community. Dine or shop at nearly 100 restaurants and grocery stores across the Beach Cities to support your well-being today! Find the full list of participating businesses at bchd.org/bzp.



Purpose Workshops

Renowned purpose expert Richard Leider asked retirees over age 65, "If given the opportunity to live life over, what would you do differently?" the majority of respondents said they would: 1) hit the "pause button" to reflect on their lives to make the most of the time they had; 2) taken more risks to pursue their dreams and life priorities; and 3) find their purpose earlier in life. Bottom-line: everyone wants their life, ultimately, to matter.

People with purpose live longer, have higher work performance and are happier. In the Beach Cities, we connect residents with opportunities to utilize their greatest gifts and talents and fulfill their purpose journey. Join a purpose moai at bchd.org/purpose.



Policy

Blue Zones Project shapes the policies and environments where people live, work and play, making the healthy choice the easy choice. This includes changes to the built environment that promote safe streets and active transportation, health-promoting land use and policies that support healthy communities, including smoke-free air and other substance use policies. These policy and environmental changes create systemic, lasting improvements that support community well-being.



BCHD Campus

Looking ahead, BCHD moves forward its campus redevelopment to create a place where people can go to be well. The redevelopment will integrate Blue Zones principles into the design to encourage community members of all ages to move naturally, eat healthy and spend quality time with loved ones. Amenities will include an outdoor community commons and indoor meeting spaces where people can attend wellness workshops, farmer's markets and host gatherings. In addition, people are welcome to walk along the wellness path which loops around the campus. Addressing the long-time community ask for aquatic programming, the campus will also have a pool for fitness classes and recreational activities. With community wellness at its core, the campus welcomes visitors to invest in their health and happiness.



