



Blue Zones Project®



Blue Zones Project was introduced to the community in 2010 by Beach Cities Health District 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. Since that time, the Beach Cities have been optimized for well-being through innovative partnerships with local restaurants, grocery stores, worksites, schools and the cities of Hermosa Beach, Manhattan Beach and Redondo Beach. Blue Zones Project's sustained commitment to making the healthy choice the easy choice resulted in the Beach Cities becoming the largest certified Blue Zones Community® in the U.S. and earning the top well-being score in the nation — outpacing all 190 metro areas measured in 2015, according to the Gallup-Healthways Well-Being Index®.



INDIVIDUALS



Outcomes:

- 24,000 residents completed the Blue Zones Pledge
- 3,000 people completed community workshops

Impact:

- 72% of residents report thriving in daily life
- 9% reduction in significant daily stress



POLICY



Outcomes:

- \$8.1 million secured for livability projects
- Adoption of comprehensive smoke-free policies in Hermosa Beach and Manhattan Beach

Impact:

- 17% decrease in smoking
- 9% increase in exercise





RESTAURANTS/GROCERY



Outcomes:

- 100+ Blue Zones Restaurants serving healthier options
- 5 grocery stores committed to healthy shopping

Impact:

- 15% decline in overweight residents
- 4% increase in produce consumption



WORKSITES



Outcomes:

- 14 employers adopted policies favoring health

Impact:

- 82% of residents like what they do every day



SCHOOLS



Outcomes:

- 6 Blue Zones Schools
- Student gardens and nutrition education
- 37 Walking School Bus routes
- Subsidized healthy lunches

Impact:

- 25% of Beach Cities elementary school students walk to class



DID YOU KNOW? In 2015, Manhattan Beach, Hermosa Beach and Redondo Beach individually accounted for the first, second and fifth highest well-being scores in the nation.