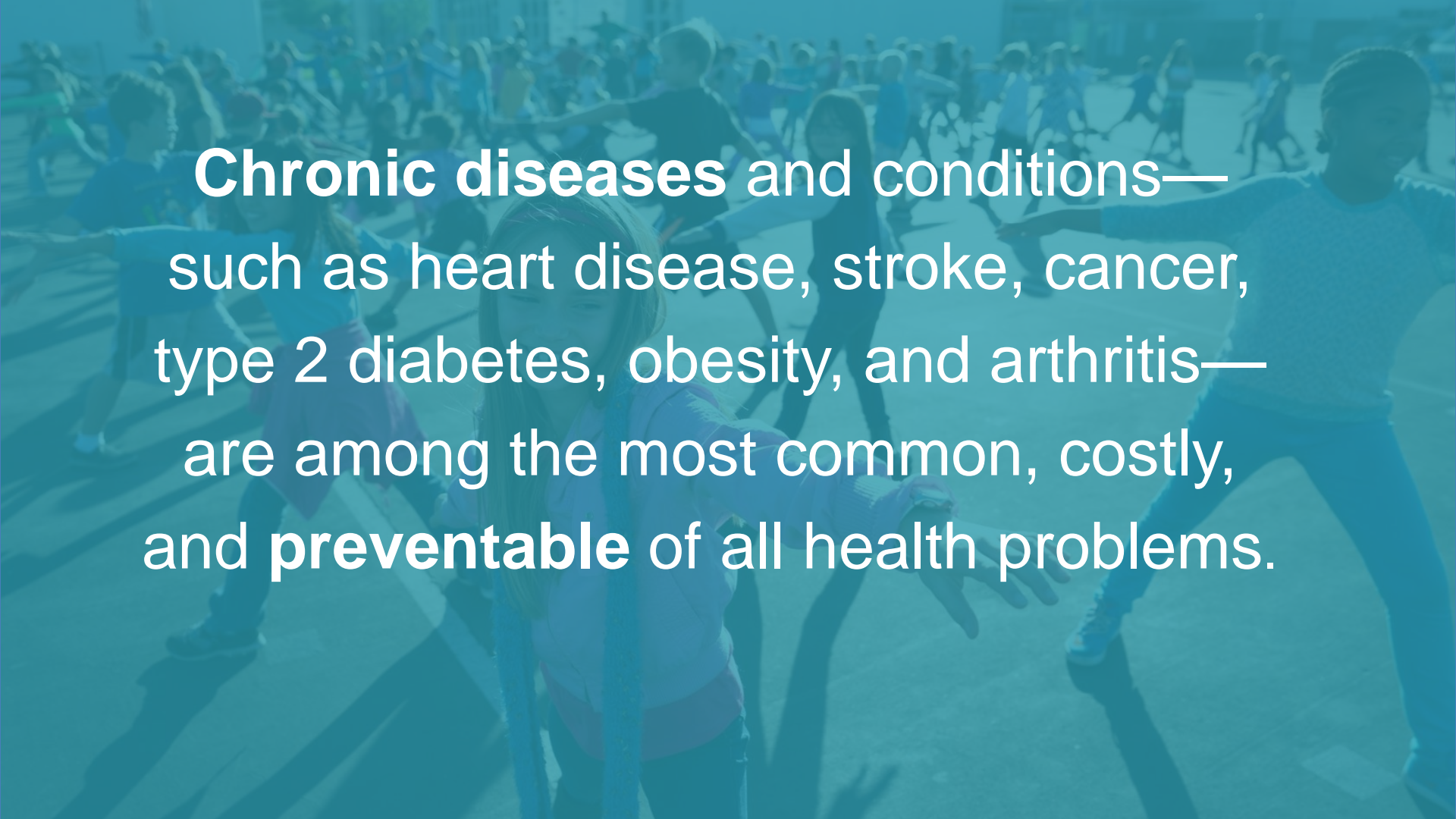




Creating a Healthy Beach Community

A large group of children in a schoolyard, with a blue overlay and white text.

Chronic diseases and conditions—
such as heart disease, stroke, cancer,
type 2 diabetes, obesity, and arthritis—
are among the most common, costly,
and **preventable** of all health problems.

We know about **80%** of all healthcare costs stem from treating chronic yet preventable health conditions.





95% or more is spent on
treatment and care.

Less than 5% is spent on
health prevention issues and promotion.

Our Vision: A healthy beach community.



60 Years of Improving Health



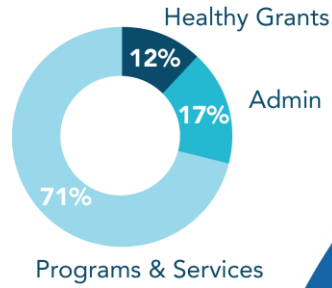
- | | |
|--------------|--|
| 1955 | Community votes to fund South Bay Hospital |
| 1960 | South Bay Hospital opened |
| 1984 | Building leased to outside management (Tenet) |
| 1998 | Tenet leaves and BCHD focuses on preventive health |
| 2010 | The Beach Cities are chosen for the Blue Zones Project |
| TODAY | BCHD has more than 30 programs and services |

Beach Cities Health District Model



**California Society of
Municipal Finance
Officers Awards**

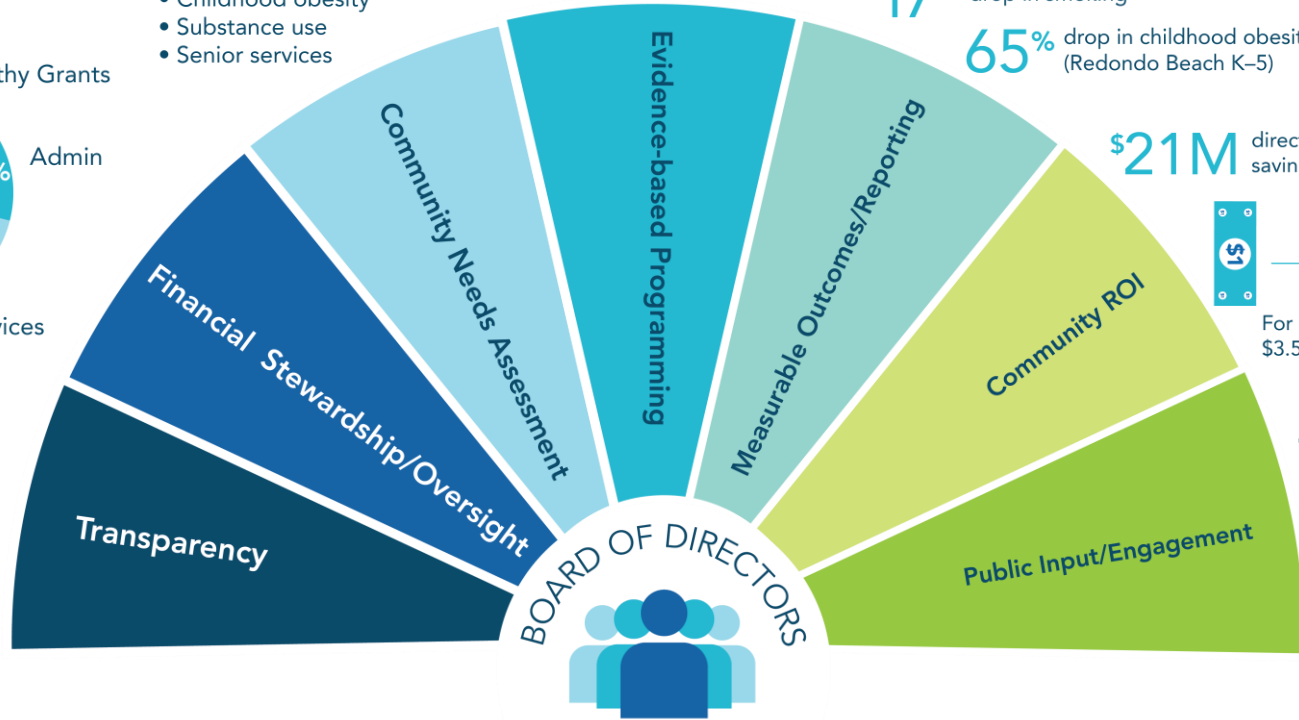
- Outstanding Financial Reporting: 2008–16
- Operating Budget Meritorious: 2006–16



**Strategic health priorities
target critical issues:**

- Childhood obesity
- Substance use
- Senior services

30 preventive programs serve the entire lifespan



17% drop in smoking*

65% drop in childhood obesity (Redondo Beach K–5)

\$21M direct medical cost savings since 2010*



78% public awareness*

97% public approval*

600 active volunteers

Health Priorities 2016-2019



NUTRITION & EXERCISE



Support Evidence-Based Tobacco Control Policies





MINDFULNESS, SOCIAL EMOTIONAL LEARNING & STRESS REDUCTION



FAMILIES CONNECTED PARENT CHAT

Starting Sept. 25
Every Monday
10-11 a.m.

Beach Cities Health District
514 N. Prospect Ave., Suite 102
Redondo Beach



SUBSTANCE USE / ABUSE PREVENTION



More than 1,000 volunteers
make up the backbone of BCHD

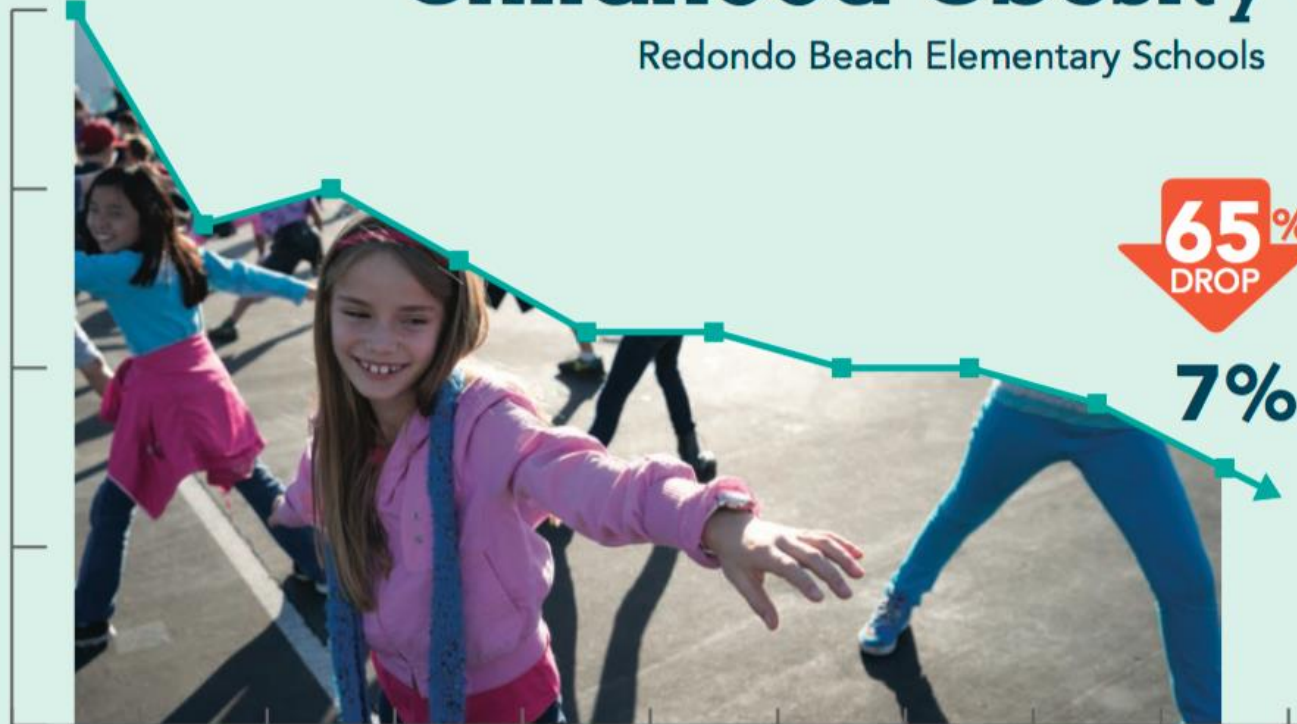


Measurable Results

20%

Childhood Obesity Rate

Redondo Beach Elementary Schools



65%
DROP

7%

National Rate

17.7%*

(6–11 yrs., 2011)

* Centers for Disease Control and Prevention (2011–2012)

2007 2008 2009 2010 2011 2012 2013 2014 2015 2016

20% 14% 15% 13% 11% 11% 10% 10% 9% 7%

Since Implementing Blue Zones Project in 2010:

*Daily
stress
declined

9%

*Smoking
declined

17%

*Overweight
declined

15%

*Gallup-Healthways Well-Being Index



Beach Cities
Health District

Cost Savings of Blue Zones Project

\$21 Million

Direct Medical Expenses

Gallup-Healthways





“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 United States Surgeon General
June 4, 2016

For more information about
Beach Cities Health District visit
bchd.org

