

2022 – 2023 School District Health Report



HERMOSA BEACH CITY SCHOOL DISTRICT



REDONDO BEACH

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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 children to families and older adults across the lifespan.

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 2022-23 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.



2022-2025 BCHD Health Priorities

The BCHD Health Priorities for the strategic planning period 2022-2025 are:



Mental Health

- Decrease anxiety, depression and suicidal ideation across the lifespan
- Decrease bullying across the lifespan
- Decrease isolation and loneliness across the lifespan
- Increase access to early intervention mental health services for youth
- Increase stress management across the lifespan to decrease stress



Physical and Brain Health

- Increase exercise participation across the lifespan
- Increase fruit and vegetable consumption across the lifespan
- Promote brain health across the lifespan
- Promote healthy sleep across the lifespan
- Reduce percentage of children and adults who are overweight and obese

Public Health and Safety

- Improve emergency preparedness
- Increase community access to and education about preventive health programs and services
- Increase community awareness and education, for the public and partner organizations, regarding social determinants of health and health equity
- Increase community capacity to respond to public health crises (e.g. COVID-19)
- Improve biking and walking infrastructure
- Increase equitable and inclusive delivery of BCHD programs and services
- Reduce homelessness



Substance Use

- Continue to reduce the percentage of adult smokers
- Reduce alcohol use, drug consumption and vaping in youth
- Reduce the number of victims of accidents involving alcohol/substance use
- Reduce substance use among adults

Objectives are included as examples of planning goals and are not meant to be an exhaustive list.



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

| | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 |
|------------|------|------|------|------|------|------|
| 7th grade | 20% | 24%* | 27%* | 29% | 22%* | 17% |
| 9th grade | 30% | 29%* | 34% | 41% | 30%* | 25% |
| 11th grade | 35% | 39%* | 40%* | 46%* | 37% | 27% |



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

| | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 |
|------------|------|------|------|------|------|------|
| 7th grade | N/A | 10% | 11%* | 12%* | 8%* | 6% |
| 9th grade | 16%* | 13% | 12%* | 16% | 14% | 9% |
| 11th grade | 16% | 17%* | 15% | 15% | 18% | 10% |



Alcohol and Other Drugs: Percentage of Beach Cities students who reported using alcohol or other drugs in the past 30 days

| | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 |
|------------|------|------|------|------|------|------|
| 7th grade | 4% | 4% | 3%* | 3% | 3% | 2% |
| 9th grade | 17%* | 16%* | 12% | 9% | 11% | 7% |
| 11th grade | 43%* | 35%* | 30%* | 23%* | 30% | 18% |



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

| | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 |
|------------|------|------|------|------|------|------|
| 7th grade | 4%* | 2% | 1%* | <1%* | <1% | <1% |
| 9th grade | 13%* | 12%* | 6% | 4% | 4% | 1% |
| 11th grade | 28% | 24%* | 15% | 9%* | 13%* | 7% |



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

| | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 |
|------------|------|------|------|------|------|------|
| 7th grade | 2%* | 2%* | <1% | <1% | <1% | <1% |
| 9th grade | 12%* | 11% | 6% | 4% | 4% | 3% |
| 11th grade | 27% | 23%* | 19% | 15% | 16% | 7% |

Sources:

Hermosa Beach City School District. California Healthy Kids Survey, 2018–23: Secondary Report. San Francisco: WestEd Health & Human Development Program for the California Department of Education.

Manhattan Beach Unified School District. California Healthy Kids Survey, 2018–23: Secondary Report. San Francisco: WestEd Health & Human Development Program for the California Department of Education.

Redondo Beach Unified School District. California Healthy Kids Survey, 2018–23: Secondary Report. San Francisco: WestEd Health & Human Development Program for the California Department of Education.

*Data has been updated based on weighted aggregate calculations.

N/A: data was not collected across all three school districts (HBCSD, MBUSD and RBUSD).

Panorama Education

Panorama Education is a U.S.-based education technology company that is committed to providing schools, districts and families with the tools to improve two key components of student success: academic progress and well-being.

All three Beach Cities school districts administered Panorama Education surveys throughout the 2022-23 school year, including a Sense of Belonging module.

- Hermosa Beach City School District surveyed students in grades 3-8
- Manhattan Beach Unified School District surveyed students in grades 6-12
- Redondo Beach Unified School District surveyed students in grades 3-12

The Sense of Belonging module includes the following five questions:

- How well do people at your school understand you as a person?
- How connected do you feel to the adults at your school?
- How much respect do students in your school show you?
- How much do you matter to others at this school?
- Overall, how much do you feel like you belong at your school?

2022-23 Panorama Ed: Sense of Belonging

How much students feel that they are valued members of the school community. Percentage of Beach Cities students who responded favorably.





Fall 2022

Beach Cities Volunteer Day

More than 100 individuals and ten organizations tended elementary school gardens in Redondo Beach. Volunteers, parents and students worked in eight of BCHD's LiveWell Kids gardens to prepare for the launch of LiveWell Kids lessons for the 2022-23 school year.

Hermosa View Elementary School Garden Prep Day

Volunteers helped with clearing garden beds, cultivating and amending soil and planting seeds in the Hermosa View Elementary School gardens.





Back-to-School Events

Beach Cities Health District supported HBCSD, MBUSD and RBUSD by attending beginning-of-theyear Parent Teacher Association (PTA) meetings, class posting events and back-to-school nights.

The Youth Services team serves as liaisons to each Beach Cities school, helping to strengthen the school-to-family bridge and provide health-related support to the school community.



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 250 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 all eight RBUSD elementary schools and Hermosa View Elementary School.

Garden Angels

More than 20 dedicated volunteers, known as Garden Angels, help maintain each LiveWell Kids school garden year-round.

Additionally, as part of the Redondo Union High School School-to-Career Program, Garden Angels worked with two RUHS students throughout the 2022-2023 school year. Activities included feeding and maintaining worm bins, preparing seedlings and garden maintenance tasks.



Walk & Roll to School Day

Walk & Roll to School Day is an event that promotes safe streets and human-powered transportation. The three Beach Cities school districts participated in this year's event on October 12, 2022. Nearly 2,800 people including BCHD staff, students and their families, school administrators, volunteers and local officials, laced up their sneakers and started the day walking or rolling in support of creating a safer and environmentally sustainable community.



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 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.

Support areas include:

- Mental health
- Physical health
- Supported education and employment
- Substance use
- Peer & family support
- Life skills and wellness
- Community
 - o Quiet space
 - o Social support
 - o Events



allcove Beach Cities Youth Advisory Group

The allcove Beach Cities Youth Advisory Group is made up of young people ages 16-25. The group provides feedback and input for shared decision-making with allcove staff to support the development of the allcove Beach Cities center, as well as its ongoing operations.

As members of the 2022-23 allcove Beach Cities Youth Advisory Group, four Mira Costa High School students contributed 221.75 hours of volunteer support, and three Redondo Union High School students contributed 189.5 volunteer hours.

During their service, these MBUSD and RBUSD students attended 24 meetings and multiple events on behalf of the center, offered tours to elected officials and stakeholders, and participated in outreach, community engagement and advocacy efforts. For their efforts, the Youth Advisory Group members were also awarded the Youth Award at the 2023 Beach Cities Health District Volunteer Recognition Brunch in May.



In May 2023, a new cohort of 2023-24 Youth Advisory Group members were announced. This new cohort includes four Mira Costa High School students and three Redondo Union High School students.

allcove Beach Cities celebrated "covefest", the grand opening festival, on Saturday, January 21, 2023. The event featured tours of the new center, live bands, a sound bath, yoga, games, chair massage, food and a variety of informational booths and activities. Around 500 people attended covefest and enjoyed performances by local bands Concave, Hallo Haus, The Pres and the Vlasics. Representative Ted Lieu (CA-36th District) and Los Angeles County Supervisor Holly Mitchell (Second District) attended the event in support of youth mental health.



Beach Cities Partnership for Youth Coalition

On November 9, 2022, we welcomed more than 50 participants to the Beach Cities Partnership for Youth Coalition meeting at AdventurePlex in Manhattan Beach. Attendees included students, parents, school administrators and superintendents, law enforcement, substance use professionals, mental health providers and elected officials from across the three Beach Cities. The Youth Advisory



Council featured their video project "Cannabis and Youth: What Beach Cities Students Want Parents to Know," which was part of the three-part Cannabis and Youth video series. Updates were delivered

on the current developments and election results on retail cannabis policy in each of the respective Beach Cities. A key takeaway from the gathering was an in-depth presentation on fentanyl poisoning and Naloxone intervention provided by representatives of the C.O.R.E. (Connecting to Opportunities for Recovery and Engagement) Center, part of the Los Angeles County Department of Public Health/ Substance Abuse Prevention and Control program.

Cannabis and Youth: What Beach Cities Students Want Parents to Know

Students from BCHD's Youth Advisory Council produced "Cannabis and Youth: What Beach Cities Students Want Parents to Know." This video, created by and starring members of the Youth Advisory Council, provides Beach Cities parents and caregivers with statistics, terminology and tangible takeaways to be more informed about youth cannabis use.





Winter 2022-23

State of Our Health: Cannabis and Youth

On December 13, 2022, the Beach Cities Partnership for Youth Coalition hosted the State of Our Health: Cannabis and Youth virtual education forum. This information session focused discussion and Q&A on the topics of local access and acceptability, the rising concern of high potency cannabis products and consequences of youth marijuana use.

The panel of health providers and student representation included Dr. Moe Gelbart (Executive Director at Thelma McMillen Recovery Center and Director of Behavioral Health at Torrance Memorial Medical Center), Dr. Alice Kuo (Professor and Chief of Medicine – Pediatrics and Preventive Medicine at UCLA Health), Howard Barker (Director of Community Outreach at Clear Recovery Center) and Kina (11th grade Mira Costa High School student serving as co-chair on this year's Youth Advisory Council). A total of 25 participants were in attendance. The event was recorded and made available to share with the community as a complement to our newly created Cannabis and Youth video series. For more resources and information, visit www.bchd.org/cannabis.

Youth Advisory Council

The 2022-23 Youth Advisory Council cohort was comprised of 51 students representing Redondo Union High School, Mira Costa High School, Hermosa Valley School, Manhattan Beach Middle School, Parras Middle School, Vistamar High School and Chadwick High School. Students on the Council were required to attend one monthly meeting held at allcove Beach Cities and highly encouraged to participate in a variety of events offered throughout the school year. Students participated in and supported a variety of events, including:

- State of our Health: Cannabis and Youth virtual education forum
- Youth panel at 23rd Annual General Assembly of the South Bay Cities Council of Governments
- Beach Cities City Council meetings
- Volunteering at "covefest"
- The Beach Cities Community Forum on Fentanyl at Redondo Union High School
- Mental Health is Health campaign events at Adams and Parras Middle Schools
- Youth-targeted fentanyl forum with Sebastian Martin from New Life House

The Youth Health and Wellness Series

This year's Youth Advisory Council focused their time and efforts toward a Youth Health and Wellness video project that addressed current issues that they collectively identified to be the most pertinent to Beach Cities youth. Students were divided into smaller groups and invested hours of research and collaboration to produce informational videos that brought awareness to 1) Stress Management, 2) Physical Wellness, 3) Substance Use, 4) Recovery and Prevention and 5) Promoting



Tolerance. Council members presented their projects at the final meeting of the year.

The Youth Advisory Council Leadership Group concluded the year by conceptualizing and delivering a Mental Health Awareness Month activity across Beach Cities secondary schools to encourage students to reflect on supportive behaviors and positive resources related to mental health and well-being.



The Youth Advisory Council provided more than 640 volunteer hours over the course of this past school year to advocate for youth substance use prevention, mental health and other health issues affecting the well-being of their peers in the Beach Cities.

| | Number of Students |
|------------|--------------------|
| 8th grade | 7 |
| 9th grade | 7 |
| 10th grade | 10 |
| 11th grade | 17 |
| 12th grade | 10 |
| Total | 51 |

E-Bike Education

Beach Cities Health District partnered with RBUSD, Redondo Beach Education Foundation (RBEF) and the Redondo Beach Police Department (RBPD) to host an E-Bike Rodeo on February 4, 2023, at South Bay Adult School. More than 50 e-bicyclists were taught the rules of the road, riding skills, traffic safety laws and ordinances, classifications, helmet use and maintenance.

In response to concerns around safety accompanying the rise of youth e-bike use across the three Beach Cities school districts, a "Promoting E-Bike Safety for Our Beach Cities Youth" education and information guide was developed specifically for parents and guardians, focusing on their role in helping their children understand the different class types of e-bikes, the types of risks, the responsibilities of riding as well as state and local road rules. This guide was shared and disseminated via our school partners to the families of HBCSD, MBUSD and RBUSD students prior to the winter recess. For more resources and information visit <u>www.bchd.org/streetsforall</u>.



Beach Cities Community Forum on Fentanyl

The Beach Cities Partnership for Youth Coalition and South Bay Families Connected hosted a community forum at Redondo Union High School that included a film screening of "Dead on Arrival," a fentanyl documentary by Dominic Tierno and Christine Wood, followed by a panel discussion with:

- Dr. Moe Gelbart, Executive Director at Thelma McMillen Center and Director of Behavioral Health at Torrance Memorial Medical Center
- Paul LeBaron, Police Chief at Hermosa Beach Police Department
- Sebastian Martin, Director of Recovery at New Life House

The event leveraged our partnerships with the school districts of HBCSD, MBUSD and RBUSD to provide students and their families with critical information and a deeper understanding of fentanyl's life-threatening dangers. Nearly 150 participants were in attendance including youth, parents, city elected officials, school administrators, health professionals, emergency responders and other community leaders. For more resources and information, visit <u>www.bchd.org/fentanyl</u>.





Spring 2023

Body Mass Index (BMI) Assessment

In spring of the 2022-23 school year, BCHD conducted its annual BMI assessments throughout RBUSD elementary schools. BMI is a screening tool used to determine a child's body composition. It involves measuring the height and weight of a child, then calculating their BMI score using their age, gender and the Center for Disease Control and Prevention's (CDC) BMI-for-age growth charts to compare to children around the nation of the same age and gender.

The goal of the assessments is to track childhood obesity rates in all RBUSD elementary school students. We do not assess individual children. The data collected is never seen by the students and is used primarily to track BMI trends and healthy behaviors in the student population over time. We encourage parents to schedule annual check-ups for their children with their primary care physicians to discuss all aspects of their child's health, including nutrition and lifestyle habits.

The childhood obesity rate for elementary school students in Redondo Beach has fallen to 5.9%, the lowest rate among RBUSD kindergarten, 1st, 3rd and 5th grade students in 16 years. BCHD and RBUSD have partnered on school health programs including LiveWell Kids and annual BMI assessments since 2007.

Even with a slight increase in the RBUSD obesity rate from 2019 to 2021 during COVID-19, overall, there has been a 70.5% decline in RBUSD student obesity since 2007 when the BMI rate was 20%. The current rate of 5.9% is far below county, state and national childhood obesity rates. Data from the 2019 California Department of Education physical fitness testing show that in California, 41.3% of 5th graders are obese compared to 45.6% in Los Angeles County.

BMI Trends in RBUSD (2007-2023)



Mental Health Trainings

Mental Health First Aid is a course that teaches people how to identify, understand and respond to signs of mental illnesses and substance use disorders. The blended training gives people the skills needed to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

Since November 2022, BCHD has hosted five Mental Health First Aid trainings resulting in 117 people being certified in Mental Health First Aid. This includes 58 BCHD staff and interns, 13 BCHD volunteers, 2 BCHD Board members and 44 community members.

Additionally, BCHD offered an in-person QPR (Question, Persuade, Refer) Suicide Prevention training to 13 Beach Cities parents on April 17, 2023.

The mission of QPR is to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training.

BCHD also provided professional development training to Mira Costa High School teaching staff and RBUSD leadership on Strategies for Supporting Youth Mental Health. Content and discussion included:

- How to Communicate Effectively with Youth
- Early Signs and Symptoms
- Coping Strategies and Exercises
- Roles and Responsibilities of Adults When Helping Youth
- Help for the Helpers

Youth Targeted Fentanyl Education

On May 10, 2023, BCHD continued its prevention education campaign with an on-campus assembly at Hermosa Valley Middle School to discuss the topic of illicitly manufactured fentanyl (IMF). The event was organized in partnership with Hermosa Beach City School District leadership and aimed to provide students and staff with critical information and a deeper understanding of fentanyl's life-threatening dangers.

More than 250 7th and 8th graders, accompanied by their teachers, watched "Dead on Arrival," a fentanyl documentary by Dominic Tierno and Christine Wood followed by a panel discussion with Chief Paul LeBaron (Hermosa Beach Police Department), Sebastian Martin (Director of Recovery at New Life House), Brooke Bauer (Program Director at Clarity Sober Living) and two young adults with lived experience in recovery from substance use.



Mental Health is Health Campaign

Beach Cities Health District applied for and was awarded a \$149,943 "Take Action for Mental Health Los Angeles County Mental Health Awareness Month Community Grant" from the California Mental Health Services Authority (CalMHSA). Our "Mental Health is Health" community-wide campaign partnered with all three school districts to decrease stigma, increase help-seeking behaviors, increase awareness of and access to resources for mental health, and build community capacity to support individuals who need mental health resources. Beach Cities Health District provided more than 1,700 sweatshirts with "Mental Health is Health" messaging, along with promotional materials and resources, to all three Beach Cities school districts. Teachers, staff and administrators were encouraged to wear their "Mental Health is Health" swag every Monday in May 2023 to increase awareness around mental health.

Parras Middle School Mindfulness Summit: More than 50 community members attended the Mindfulness Summit on May 6, 2023. In partnership with South Bay Families Connected, participants enjoyed a menu of nine interactive workshops and a resource fair with representation from 13 Beach Cities organizations.

Adams Middle School Health and Wellness Festival: More than 225 community members attended the Health and Wellness Festival on May 13, 2023. In partnership with the Parent Teacher Student Association (PTSA), BCHD provided an array of resources including the smoothie blender bike, AdventurePlex inflatable slide, a Zumba instructor, virtual reality meditation and wireless headphone mindful moment activities.







Hermosa Valley allcove Beach Cities Field Trip

Hermosa Valley 7th graders visited allcove Beach Cities on June 21 and 22, 2023 and participated in a day full of activities focused on healthy peer relationships, gratitude and kindness, empathy and compassion, purpose, mindful movement and physical wellness.







BCHD | School District Funding and Support

Juvenile Diversion Project

The Beach Cities Juvenile Diversion Project is a pre-arrest intervention. When a youth makes contact with law enforcement, school resource officer or school administrator after an infraction, code violation, misdemeanor or felony, they may be diverted to prevent further justice system involvement. Juvenile Diversion Project staff conducts intake assessment, develops individual diversion and development plans and links youth to services which may include:

- Drug and alcohol treatment
- Mental health counseling
- Enrichment activities
- Trauma-responsive preventive services
- Credible mentorship
- Family engagement and support
- Empathy-based community service



School District Funding

Healthy Schools Service Agreements

The purpose of the Healthy Schools Service Agreement is to support and encourage schools to implement health and wellness practices. Healthy Schools Service Agreement guidelines can be adapted for each school's strengths and areas for improvement to achieve sustainable, short-term and long-term success.

BCHD provides funding to public and non-profit agencies to promote health and wellness in the communities of Hermosa Beach, Manhattan Beach and Redondo Beach. Funding is awarded to organizations that provide health-related services and are distributed based upon evidence of program effectiveness, existing need and alignment with BCHD health priorities.

2022-23 Hermosa Beach City School District Funding:

| Hermosa Beach City School District | \$94,091 |
|---|-----------|
| Hermosa Beach City School District – Principal's Fund Grant | \$9,000 |
| Palos Verdes School Gardens | \$9,000 |
| TOTAL | \$112,091 |

2022-23 Manhattan Beach Unified School District Funding:

| Manhattan Beach Unified School District | \$189,520 |
|--|-----------|
| Manhattan Beach Unified School District – Principal's Fund Grant | \$21,000 |
| TOTAL | \$210,520 |

2022-23 Redondo Beach Unified School District Funding:

| Redondo Beach Unified School District | \$361,091 |
|--|-----------|
| Redondo Beach Unified School District – Principal's Fund Grant | \$36,000 |
| Redondo Beach Unified School District – School Attendance Review Board | \$14,892 |
| TOTAL | \$411,983 |







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