



 *Beach Cities*
Health District
A Public Agency

bchd.org/schools

2023 – 2024

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 2023-24 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 BCSD Health Priorities



Mental Health and Substance Use

- Decrease prevalence of anxiety, depression and suicidal ideation
- Increase social connectedness/connections
- Increase access to early intervention mental health services
- Reduce substance use (e.g. nicotine, alcohol, cannabis, vaping) among youth and adults
- Provide community education for prevention and early intervention



Physical and Brain Health

- Increase cognitive and physical exercise participation
- Promote healthy sleep and healthy eating habits
- Reduce percentage of children and adults who are obese or overweight



Public Health and Safety

- Increase community access to and education about preventive health programs and services
- Increase community capacity to respond to environmental and public health crises (e.g., earthquakes, COVID-19)
- Improve biking and walking safety



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	LA County 2019-21	CA 2019-21
7th grade	20%	24%	27%	29%	22%	17%	19%	32%	32%
9th grade	30%	29%	34%	41%	30%	25%	20%	38%	37%
11th grade	35%	39%	40%	46%	37%	27%	25%	44%	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	LA County 2019-21	CA 2019-21
7th grade	N/A*	10%	11%	12%	8%	6%	6%	12%	14%
9th grade	16%	13%	12%	16%	14%	9%	6%	13%	16%
11th grade	16%	17%	15%	15%	18%	10%	8%	13%	16%

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



Alcohol and Other Drugs: Percentage of Beach Cities students who reported using alcohol or other 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	LA County 2019-21	CA 2019-21
7th grade	4%	4%	3%	3%	3%	2%	2%	3%	4%
9th grade	17%	16%	12%	9%	11%	7%	6%	9%	10%
11th grade	43%	35%	30%	23%	30%	18%	17%	15%	19%



Vaping: 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	LA County 2019-21	CA 2019-21
7th grade	4%	2%	1%	<1%	<1%	<1%	<1%	1%	2%
9th grade	13%	12%	6%	4%	4%	1%	2%	4%	6%
11th grade	28%	24%	15%	9%	13%	7%	5%	6%	10%



Marijuana: Percentage of Beach Cities students who reported using 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	LA County 2019-21	CA 2019-21
7th grade	2%	2%	<1%	<1%	<1%	<1%	0%	1%	2%
9th grade	12%	11%	6%	4%	4%	3%	2%	5%	6%
11th grade	27%	23%	19%	15%	16%	7%	5%	9%	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 (RBUUSD) and Fall 2020 (HBCSD and MBUSD), with 2021 data collected in all three districts in Spring 2021.

Sources:

Hermosa Beach City School District. California Healthy Kids Survey, 2018–24: Secondary Report. San Francisco: WestEd Health & Human Development Program for the California Department of Education.

Manhattan Beach Unified School District. California Healthy Kids Survey, 2018–24: Secondary Report. San Francisco: WestEd Health & Human Development Program for the California Department of Education.

Redondo Beach Unified School District. California Healthy Kids Survey, 2018–24: 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 RBUUSD).

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 2023-24 school year, including a Sense of Belonging module.

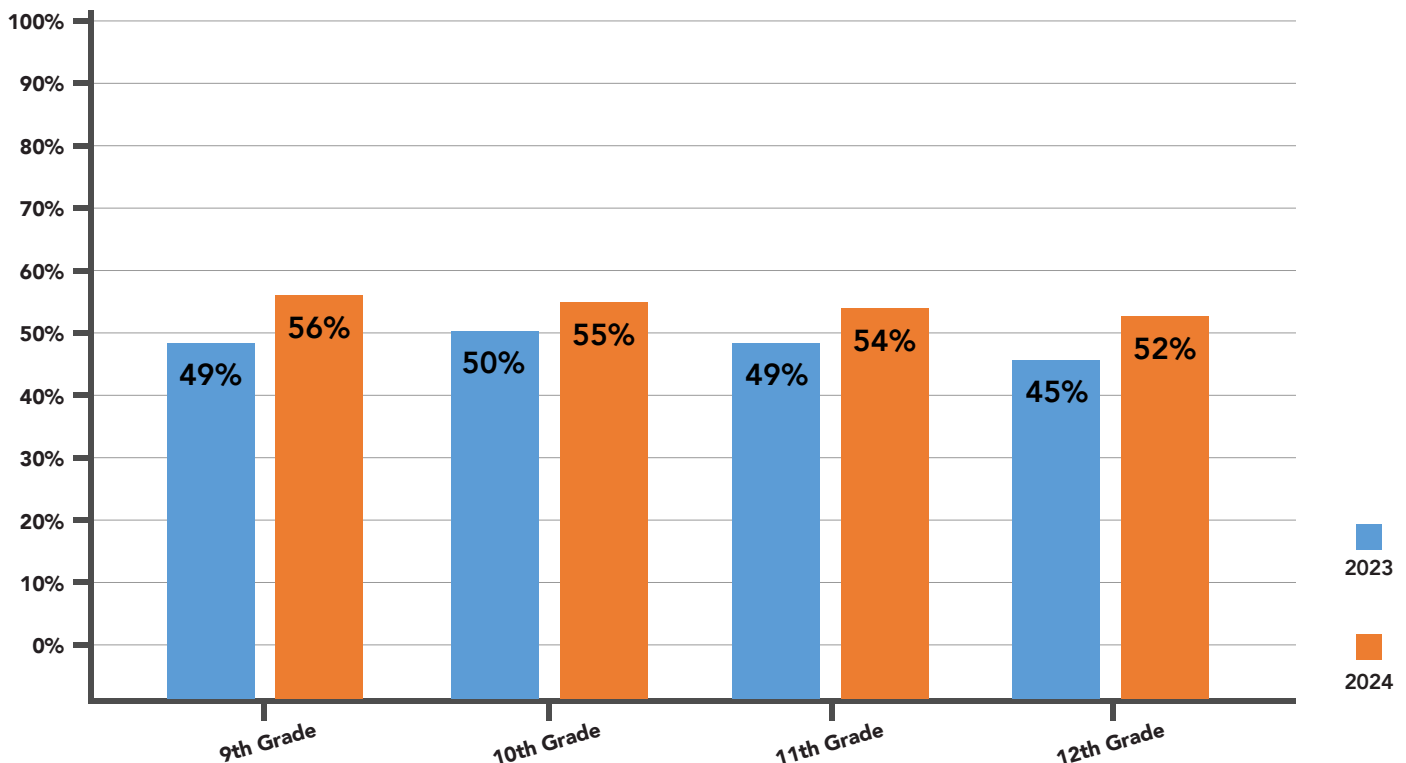
- Hermosa Beach City School District surveyed students in grades 3-8
- Manhattan Beach Unified School District surveyed students in grades 6-12
- Redondo Beach Unified School District surveyed students in grades 3-12

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?

2023-24 Panorama Ed: Sense of Belonging

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



*A Beach Cities average could only be calculated for grades 9 – 12 based on the 2023-24 data available at the time of this report. School district specific data can be found on their respective school websites



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.

On October 18, 2023, BCHD hosted 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. Members of the Youth Advisory Council’s Summer Workgroup shared more about the “Mindful Media Movement” campaign that intended to educate and bring awareness to social media’s impacts on youth mental health. Attendees were provided an update on the Coalition’s efforts to combat the threat of illicitly manufactured fentanyl, which included the announcement of Beach Cities Health District as a recipient of free naloxone, the potentially life-saving opioid reversal medication, through the California Department of Health Care Services’ Naloxone Distribution Project.

Youth Advisory Council



The 2023-24 Youth Advisory Council cohort was comprised of 52 students representing Redondo Union High School, Mira Costa High School, Hermosa Valley School, Manhattan Beach Middle School, Perras Middle School, Adams Middle School, Vistamar High School and Chadwick High School. Students on the Council were required to attend one monthly meeting and at least three events held at allcove Beach Cities. Throughout the 2023-24 school year, students participated in and supported a variety of events, including:

- South Bay Leadership & Wellness Conference
- Beach Cities City Council Meetings
- School Board Meetings
- allcove 1-year Anniversary Celebration
- teen Mental Health First Aid Training
- Naloxone Training
- Social-Emotional Learning Mini Video Series
- "What I Wish my Parents Knew: Dangers of Youth Substance Use and Fentanyl"
- "Screenagers: Under the Influence"
- Manhattan Beach Middle School Mental Health Fair

Grade	Number of Students
8th grade	5
9th grade	7
10th grade	15
11th grade	22
12th grade	13
Total:	52

Mindful Media Movement

The Summer Workgroup of BCHD's Youth Advisory Council developed the Mindful Media Movement campaign. Students developed this campaign to address the rise in the negative effects that they saw social media was having on teens in their communities. The goal is to educate and raise awareness about the effects of unrestricted social media consumption. They did not want to vilify social media but instead promote a mindful approach to its usage.

Substance Use Prevention Campaign

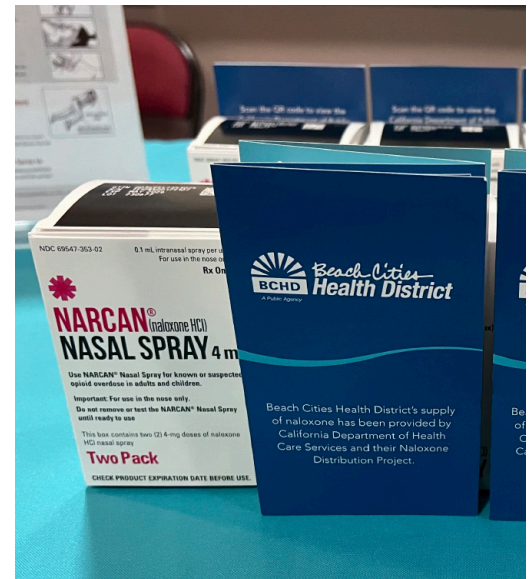
This year's Youth Advisory Council focused their time and efforts towards the development of five different substance use campaigns on fentanyl, cannabis, nicotine, hallucinogens and alcohol that tackled the dangers of substance use amongst teens. The creation of their posters and social media posts promoted informed decision-making and highlighted the long-term consequences of substance use in addition to empowering young people to lead healthy, substance-free lives. Council members presented their projects at the final meeting of the year.

Naloxone Assemblies and Training

To further address the threat of illicitly manufactured fentanyl and the risk it poses to Beach Cities youth, BCHD provided fentanyl education and training on the life-saving opioid overdose reversal medication, naloxone, to 565 teachers, administrators and staff of Beach Cities schools. Participants had the opportunity to take home a free naloxone kit at the end of each training.

In addition, nearly 800 Redondo Union High School juniors and seniors received a fentanyl presentation and naloxone training from BCHD staff across two days in May. The objective of the presentation was to empower young people to make informed decisions around substance use and to acquire the skills to recognize a potential overdose and administer naloxone. Students were directed to all over Beach Cities to pick up a free naloxone kit.

Nearly 900 middle school students across the Beach Cities received information on the dangers of fentanyl during school assemblies that included a film screening of "Dead on Arrival," a fentanyl documentary, followed by a panel discussion with young people with lived experience.



Professional Development with School District Staff

During the 2023-2024 academic year, BCHD supported educators and school staff across all three Beach Cities districts through in-service workshops and presentations on topics ranging from mental health awareness and substance use prevention. Interactive discussions covering tips for supporting students and professional self-care were provided to more than 100 Beach Cities counselors, teachers and administrators.



teen Mental Health First Aid

teen Mental Health First Aid (tMHFA) teaches teens in grades 9-12, 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 teaches 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. It is a 4.5-hour training that takes place over three in-person trainings of 90 minutes each.



Ten young people completed the training and received their certifications this year.

Parent Education and Engagement

In further support of HBCSD, MBUSD and RBUSD families, BCHD expanded its Parent Education and Engagement initiative this year by adding new programs and materials to its lineup.

Health & Wellness Parent Liaisons

The Health and Wellness Parent Liaisons is one of five workgroups in the Beach Cities Partnership for Youth Coalition. The members consist of Beach Cities parents and guardians who work together to achieve the Coalition's goals set for the parent workgroup. To engage these Beach Cities parents as ambassadors of health, BCHD held quarterly meetings which included presentations and workshops about school nutrition, stress reduction for adults, and fentanyl awareness along with a naloxone training. The group's feedback and perspectives on these and other health-related topics was valuable in helping BCHD keep a pulse on issues that are important to raising healthy youth in our area.

Talk About It

Since 2018, BCHD has been developing tip sheets that help facilitate important conversations between adults and youth on topics related to mental health, substance use and technology as part of the "Talk About It" campaign. Research shows that kids who talk to their parents and learn about the dangers of substance use are 50% less likely to use alcohol and drugs than those who do not have these conversations (National Council on Alcoholism and Drug Dependence, Inc., [NCADD]). This year, BCHD expanded and updated its collection of Talk About It sheets to include ways that adults can model positive health behaviors and tips to talk about topics by specific age groups. Healthy Relationships with Food and Digital Citizenship are the newest additions. Regardless of the topic, it is important to always keep conversations open and honest, come from a place of love and provide positive reinforcement.

Community Education Forums

To promote conversations between families on substance use and mental health topics, BCHD partnered with South Bay Families Connected and the three Beach Cities school districts to host six community education forums across five school sites.

More than 200 people attended the community viewings at Parras Middle School, Hermosa Valley School and Mira Costa High School of the documentary “Screenagers: Under the Influence,” a film that delved into how the tech revolution has reshaped adolescence and its effects on substance use. The film debunked myths and depicted strategies parents and schools can use to encourage healthy decision making, supporting teen mental health, setting limits and creating healthy home environments.

Nearly 100 parents learned about the dangers of youth substance use at the “What I Wish My Parents Knew” events hosted at Adams Middle School, Hermosa Valley School and Manhattan Beach Middle School that included a screening of the fentanyl documentary “Dead on Arrival,” followed by a panel discussion with young people who have overcome challenges with substance use. Key takeaways from the events included the importance of open and honest lines of communication between youth and parents, addressing underlying mental health struggles, and the positive influence that trusted adults and peers can have in a young person’s life.

Attendees at each of these events had the opportunity to take home a free naloxone kit (life-saving opioid overdose reversal medication) along with other resources provided by BCHD, South Bay Families Connected and all three Beach Cities.





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.

Utilization Overview

Since opening in November 2022, there have been more than 7,500 visits from young people and more than 850 young people have enrolled in services.

City	# Enrolled in allcove Services	# Visits*
Hermosa Beach	5.5%	6.1%
Manhattan Beach	11.7%	11.1%
Redondo Beach	38.7%	36.5%

*Data collected July 2024.

South Bay Leadership & Wellness Conference



Beach Cities Health District, in partnership with allcove Beach Cities and Indivisible Arts, hosted the first-ever South Bay Leadership & Wellness Conference on May 18, 2024. The conference aimed to foster collaboration and empower the next generation of young leaders from more than 30 youth organizations through conversations about advocacy, mental health, wellness and important topics facing young people today. Youth leaders from the BCHD Youth Advisory Council and allcove Beach Cities Youth Advisory Group were prepared, coached, empowered and supported by staff to lead workshops and strategic planning sessions during the conference. The main topics discussed during these breakout sessions were: Academic Pressure, Mental Health and Wellness, and the Influence of Tech & Social Media.





Physical and Brain 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 350 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 three HBCSD schools. A total of 5,128 students across these campuses had the opportunity to participate in the program over the course of the 2023-2024 academic year.



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, as well as 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, inventory and carpentry. Garden Angels also worked with RBUSD students every week as part of RBUSD's School-To-Career Program.



Beach Cities Volunteer Day

More than 100 volunteers, including organizations and clubs, BCHD Garden Angels and staff members, tended to elementary school gardens in both Redondo Beach and Hermosa Beach. Volunteers, which included school parents and students, worked in the 11 LiveWell Kids school gardens to prepare for the launch of the program in the 2023-24 school year.



Garden Projects

Beryl Elementary School - Approximately 40 volunteers from Simply Good Foods spent their morning, along with Garden Angels and a couple of Beryl Elementary School parents, installing 12 new garden beds. The project involved moving the soil from the previous garden plots, placing and leveling the newly constructed 12' long boxes, and filling them with amended soil. The Garden Angels returned later in the week to plant seedlings in the new beds, so students could harvest produce during their first LiveWell Kids lesson of the year.



Alta Vista Elementary School – El Camino College’s Firefighter Program provided their firefighters-in-training to weed the garden. The program requires each cohort to do a community service project. The group consisted of more than 25 students plus two instructors.

Adams Middle School – Students at the middle school received service points for helping out with projects on campus. Since they requested garden-related projects, we put them to work with some of the Garden Angels on three separate occasions. The first project was to clear away overgrowth in the Zen Garden. The second and third projects were to remove crabgrass around several of the fruit trees in the garden and create a barrier for improved tree health.

School-To-Career Program: Workability

BCHD 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. This year, 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, and growing and managing their own garden bed.



Body Mass Index (BMI) Assessments

Since 2007, RBUSD and BCHD have partnered to complete BMI assessments for all RBUSD kindergarten, 1st, 3rd and 5th grade classes. Trained BCHD staff measured students' height and weight to calculate their BMI. These assessments also gauged the prevalence of obesity at each school site as well as across the district.

The current childhood obesity rate for RBUSD students in the 2023-24 school year is 5%, far below county, state and national childhood obesity rates. While there may be other factors contributing to this decline, such as policy changes in school lunch programs and increased overall awareness and education surrounding childhood obesity in the population, this decline is correlated to healthy school program implementation including LiveWell Kids.

RBUSD District Level BMI Results

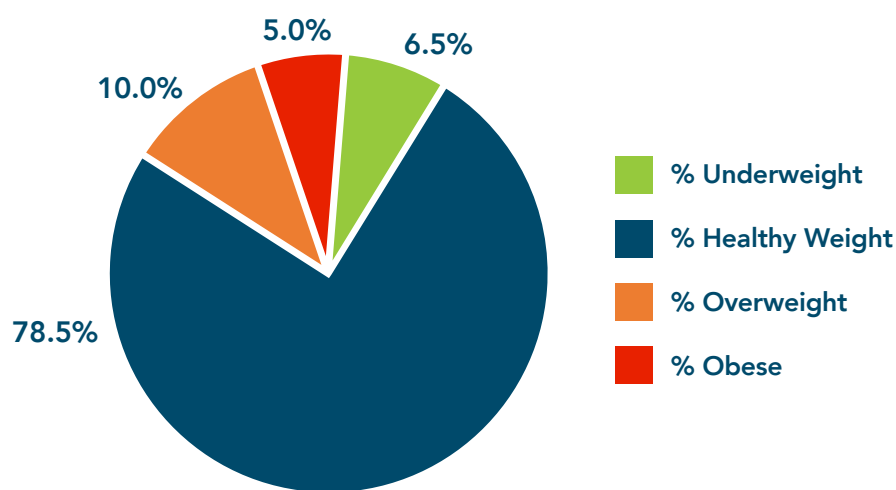


Figure 1: BMI results for RBUSD Elementary Schools from 2023-2024 BMI Assessments.

Data from the 2021-22 National Survey of Children's Health show that in California (16.8%) and nationally (20.2%) of children ages 6-11 are obese. Additionally, the UCLA Center for Health Policy Research found that 13.5% of Los Angeles County 2-to-11-year-olds are obese.

Comparing Obesity Rates

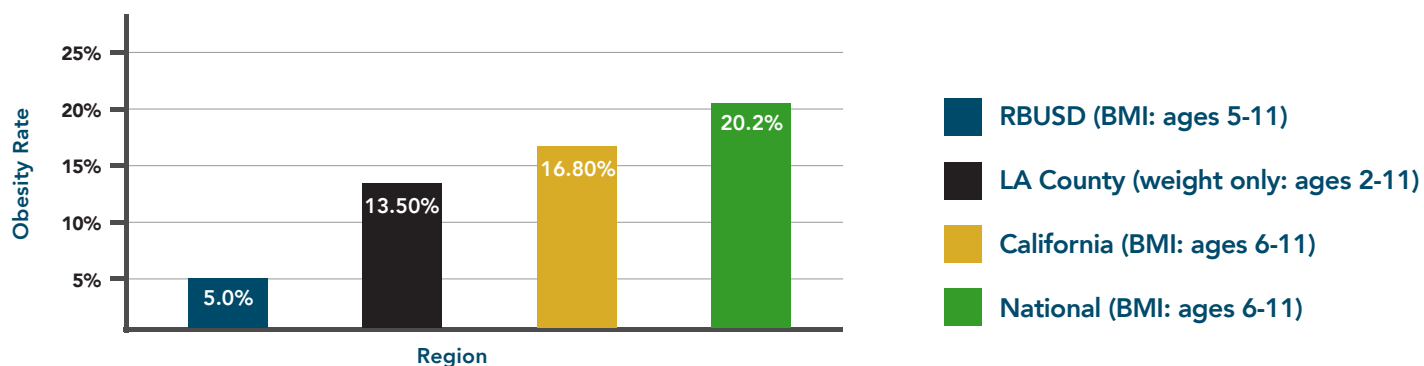


Figure 2: Comparing BMI obesity rates of RBUSD to state (CA) and national (US) rates. LA County reflects overweight for age only (weight \geq 95th percentile) and does not factor in height

BMI Trends in RBUSD (2007-2023)

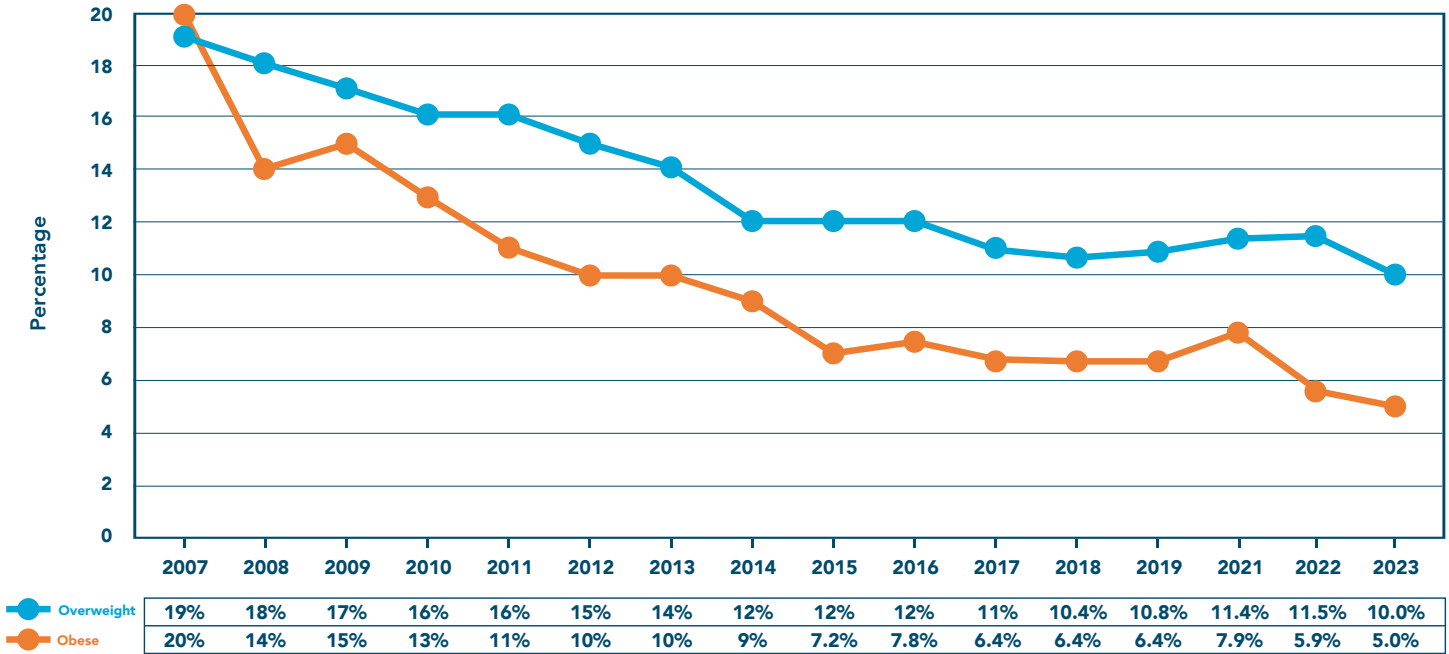


Figure 3: Since 2007, there has been a 75% decline in RBUSD student obesity among kindergarten, 1st, 3rd and 5th grade students.

Health and Wellness in Schools

Beach Cities Health District actively participated in several HBCSD, MBUSD and RBUSD activities, including but not limited to, a variety of school events, wellness councils and meetings with administration and parent volunteers. Additionally, the Youth Services team served as liaisons to each Beach Cities school, helping to strengthen the school-to-family bridge and providing health-related support to the school community.

BCHD offered a variety of in-kind resources, engagement activations and workshops that aligned with BCHD’s Health Priorities. As part of this Suite of School Support, we supplied:

- AdventurePlex Inflatable
- Obstacle Course Equipment
- Blender Bike
- Smart & Final Gift Card
- Zumba and yoga instructors from the Center for Health & Fitness
- Guided Stretch Breaks
- Guided Meditation Headsets
- Gratitude Jenga Set





Public Health and Safety

Walk & Roll to School Day

Walk and Roll to School Day is an international event that involves communities walking and rolling to school. The three Beach Cities school districts participated in this year's event on October 4, 2023. Nearly 2,800 people, including BCHD staff, along with students and their families, school administrators, volunteers and local officials, laced up their sneakers and started the day walking or rolling to school.



Redondo Beach Phase of the Diamond Street Bike & Pedestrian Path

In December 2023, BCHD completed construction on the Redondo Beach phase of the Diamond Street Bike & Pedestrian Path Project. This project installed a Class I bike path and Class III sharrows starting at the intersection of Diamond Street and Prospect Avenue heading northeast through the alley to the Redondo Beach city limits, which is a common route taken by students from Redondo Union High School or Perras Middle School to North Redondo Beach. Funded by a Measure M grant from Metro, the project added street and pedestrian lighting, bicycle video detection at the traffic signal, and new landscaping and trees to enhance safety, accessibility and connectivity to get students to school safely.



Community Diversion

Community Diversion offered through allcove Beach Cities is a collaboration between BCHD, local law enforcement in Manhattan Beach and partnerships with our school districts in Hermosa Beach, Manhattan Beach and Redondo Beach. This collaboration was established to identify and provide early intervention with the goal of utilizing a supportive lens for young people ages 12-17 who commit a school rule violation or receive a citation from law enforcement. The program aims to reduce transgressions by utilizing techniques that prompt behavior modification, conflict management and resolution. Community Diversion at allcove Beach Cities encourages young people to take responsibility and make amends.

A MODEL FOR SUCCESSFUL YOUTH DIVERSION

Adapted from "Youth Diversion in Los Angeles County: Advancing Evidence-Informed Policy to Improve Youth Outcomes, T. Schooley



"Community diversion provides healing, support and development opportunities. This model is informed by growing evidence on best and promising practices for supporting youth wellbeing and improving community safety."

- Los Angeles County Department of Youth Development



BCHD | School District Funding and Support

BCHD provides funding to the Beach Cities school districts to promote wellness and focus resources on the health priorities of 1) Mental Health and Substance Use, 2) Physical and Brain Health and 3) Public Health and Safety. This support established through each school district’s respective Healthy Schools Service Agreement with BCHD was able to be applied towards programming such as on campus counseling services, employee wellness, nurse and health aide staffing, child nutrition services, physical education and youth drug prevention.

School District	Funding
Hermosa Beach City School District	\$94,091
Manhattan Beach Unified School District	\$189,520
Redondo Beach Unified School District	\$375,983







bchd.org