Dear Beach Cities Resident,

It isn’t a “swan song,” but as I reflect on 12 years as CEO of Beach Cities Health District (BCHD) and prepare for retirement in October, I find myself singing praises for the measurable outcomes, community cooperation and commitment to health realized in the Beach Cities — especially in the past year. I’m honored to be passing the torch at a time when the quality and impact of our programs, services and staff have never been greater.

Here are a few accomplishments of note from 2015–16:

**Childhood Obesity Dropped ... Again.**
While obesity rates continue to surge nationally, obesity in Redondo Beach elementary schools dipped for the third consecutive year to just 7 percent — the lowest point in decades (see page 7).

**Beach Cities Earned Blue Zones Community Certification.** Six years of dedicated work performed in concert by staff, community partners and residents resulted in the Beach Cities becoming the nation’s largest Certified Blue Zones Community. During the same period, the Beach Cities experienced a 17 percent reduction in smoking, 15 percent drop in overweight individuals and the number one Well-Being score in the country (see pages 8–9).

**Senior Services Expanded.** Our “LiveWell, DieWell” advanced healthcare directive program launched in 2016 to help raise awareness and provide support for end-of-life planning, especially among the older adult population.

I hope you will take a minute to read through our Annual Report and learn about the healthy changes achieved, as well as the top priorities and strategies for further improving community health moving forward.

Your partner in health,

Susan M. Burden
Chief Executive Officer
Beach Cities Health District

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**YOUTH**
- Nutrition Education
- School Gardens
- Social-Emotional Learning
- Physical Activity
- Substance Abuse Prevention
- Fitness Classes
- Walking School Bus

**ADULTS**
- Blue Zones Project®
- Covered California™
- Low-Cost Health Club Memberships
- Health Referrals for the Underinsured/Uninsured
- Volunteer Opportunities

**OLDER ADULTS**
- Planning for Successful Aging
- Assistance to Maintain Independence
- Peer Counseling
- MoveWell In-Home Exercise
- Errand Assistance
- Social/Conversational Support
- Health Referrals for the Underinsured/Uninsured
BEACH CITIES HEALTH DISTRICT IS ONE OF THE LARGEST preventive health agencies in the nation, and 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 and facilities to promote health and prevent diseases across the lifespan – from pre-natal and children to families and older adults.

VISION
A healthy beach community.

MISSION
To enhance community health through partnerships, programs and services for people who live and work in Hermosa Beach, Manhattan Beach and Redondo Beach.

BOARD OF DIRECTORS
Michelle Bholat, M.D.
Lenore Bloss
Noel Chun, M.D.
Jane Diehl
Vanessa Poster

CHIEF OFFICERS
Susan Burden
Chief Executive Officer
William Kim, M.D.
Chief Medical Advisor
Monica Suua
Chief Financial Officer
Jackie Berling
Chief Wellness Officer
Every three years, Beach Cities Health District (BCHD) prepares a Community Health Snapshot to determine the overall health of the Beach Cities. The Snapshot informs and guides BCHD’s strategic planning process and key health priorities, and provides data by which to evaluate current programming. The Snapshot and health priorities are updated every three years and are rooted in evidence-based public health practices which, according to the Centers for Disease Control and Prevention, are defined as the integration of science-based interventions with community preferences for improving population health.

**Health Priorities 2016–2019**

<table>
<thead>
<tr>
<th>YOUTH</th>
<th>ADULTS</th>
<th>OLDER ADULTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition and exercise</td>
<td>Nutrition and exercise</td>
<td>Nutrition and exercise</td>
</tr>
<tr>
<td>Mindfulness, social-emotional learning and stress reduction</td>
<td>Mindfulness, social-emotional learning and stress reduction</td>
<td>Mindfulness, social-emotional learning and stress reduction</td>
</tr>
<tr>
<td>Substance use prevention</td>
<td>Substance abuse prevention</td>
<td>Substance abuse prevention</td>
</tr>
<tr>
<td>Support evidence-based tobacco control policies</td>
<td>Support evidence-based tobacco control policies</td>
<td>Support evidence-based tobacco control policies</td>
</tr>
<tr>
<td>Bullying prevention</td>
<td>End-of-life planning</td>
<td>Dementia programing</td>
</tr>
</tbody>
</table>

Source: Satterfield JM et al
www.cdc.gov/pcd/issues/2012/11_0324.htm
TAKE AN ACTIVE ROLE IN YOUR COMMUNITY by joining forces with the 600 men and women who make up our active volunteer network in the Beach Cities. Our volunteers are truly the backbone of Beach Cities Health District (BCHD) and play a critical role in measurably improving community health across the entire lifespan. Below are just a few of the many ways to get involved. For more information and to see a complete list of opportunities, go to bchd.org/volunteer.

**Youth Opportunities**
Help grow a healthier generation of children by donating your time and talents to one of BCHD’s many youth-focused volunteer programs, including Garden Angels, Nutrition Docents, Walking School Bus and Toddler Town at AdventurePlex.

**Community Opportunities**
To keep residents actively engaged in health, BCHD participates in more than 100 community events each year where volunteers help connect people with vital programs like Blue Zones Project, Free Fitness, mindfulness workshops and more.

**Older Adult Opportunities**
Volunteers have the opportunity to leave a meaningful and lasting impact on the lives of older adults in the Beach Cities through evidence-based programs like MoveWell In-home Exercise, Conversation Companions, Errand Volunteers and more.

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**Volunteer Numbers**
- **573 volunteers**
- **33,510 hours**
- **$789,497 in services**

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Beach Cities Health District Annual Report 2016
Healthy habits developed at a young age can last a lifetime, so Beach Cities Health District (BCHD) offers an array of youth programs and services to help grow a generation of healthy kids.

**LiveWell Kids**
A childhood obesity prevention program providing elementary students with nutrition education, daily physical activity and increased access to fresh fruits and vegetables through school gardens.

**LiveWell Tots**
A childhood obesity prevention program for preschoolers that combines nutrition education and mindful learning activities in the classroom.

**Project Alert**
A substance abuse prevention program for 7th and 8th graders in every Hermosa Beach, Manhattan Beach and Redondo Beach public school.

**MindUP**
Behavioral health education focused on teaching kids to be more mindful through social and emotional learning, as well as bullying prevention and education for grades K–5.

**Classroom Activity Breaks**
A physical activity program providing 2,470 students and teachers with the skills/training to integrate activity breaks into their daily schedule.

**Walking School Bus**
Kids, parents and volunteers catch the Walking School Bus on mornings throughout the Beach Cities. The walk-to-school program is part of an ongoing effort to lower childhood obesity rates.

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**THE NEED**

40% of Hermosa Beach & Manhattan Beach 5th graders reported being hit or pushed on school property

42% of Manhattan Beach 11th graders reported using alcohol or drugs in the past 30 days

108% increase in alcohol use by Redondo Beach students as they transition from 9th to 11th grade

*California Healthy Kids Survey, 2013–14
IN PARTNERSHIP WITH REDONDO BEACH UNIFIED SCHOOL DISTRICT, Beach Cities Health District (BCHD) is successfully implementing two innovative nutrition programs to nudge elementary and preschool students toward healthy behaviors and slash the prevalence of childhood obesity. Since 2004, obesity in Redondo Beach elementary students fell from 20 percent to 7.2 percent — while state and national numbers continue to rise.

LiveWell Kids
BCHD launched LiveWell Kids in 2005 in response to a high rate of childhood obesity in Redondo Beach elementary schools consistent with national trends. Now in its 12th year, the program places BCHD staff and volunteer nutrition docents into schools throughout Redondo Beach and Hermosa Beach, where they annually teach 6,000 elementary students about proper nutrition, unhealthy food marketing ploys and gardening, while also engaging them in daily exercise and improving access to fresh fruits and vegetables.

Since the program's implementation, the obesity rate in Redondo Beach elementary schools decreased from 20 percent to just 7 percent.

LiveWell Tots
In 2010, LiveWell Tots — a comprehensive obesity prevention program for preschool-aged children — debuted in Redondo Beach. LiveWell Tots was created to expand on the success of LiveWell Kids by adapting science-based lessons to fit the learning levels and physical requirements of three- to five-year-olds. The goal was to slow the number of children entering kindergarten overweight or obese.

Since 2010, the rate of overweight or obese kindergarten students dropped from 28 percent to 15 percent.

Childhood Obesity in Redondo Beach Drops for Third Straight Year

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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
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.
A Visit from the United States Surgeon General

On June 4, 2016, the Surgeon General of the United States, Vivek Murthy, M.D., and his staff visited the Beach Cities to learn more about the measurable health outcomes Blue Zones Project is spurring throughout Hermosa Beach, Manhattan Beach and Redondo Beach since launching in 2010, including a 17 percent drop in smoking, a 15 percent decline in overweight and the number one community well-being score in the nation.

During the visit, Dr. Murthy and his wife, Dr. Alice Chen — along with his Chief of Staff and Director of Science and Policy — attended an informational community round-table, hosted by Blue Zones Founder Dan Buettner and Beach Cities Health District CEO Susan Burden; stepped out for a walking meeting along The Strand with local city officials and a Blue Zones “moai”; and capped the day by sampling healthy eats at Blue Zones Restaurant Good Stuff in Hermosa Beach.

On the following page are photos from Dr. Murthy’s visit as well as a few examples of the many ways Blue Zones Project is making the Beach Cities a healthier place to live, work, learn and play.
Cycling advocate Jim Hannon (left) spoke about the impact Blue Zones Project is having on creating walkable, bikeable and people-friendly streets in the community. Since 2010, the Beach Cities have been awarded $8.1 million for livability projects.

Sona Kalapura Coffee, Manhattan Beach Environmental Programs manager, discussed Blue Zones Project’s influence on smoke-free policies. Since declaring all public spaces and multi-unit housing smoke-free, Manhattan Beach jumped from a “D” to an “A” Grade from the American Lung Association.

Dr. Murthy greeted members of the “Birney Steppers Walking Moai,” who met through Blue Zones Project and have been walking and socializing together weekly for the last six years.

Dr. Murthy took a walking meeting with (L-R) Hermosa Beach Councilmember Hany Fangary, Redondo Beach Councilmember Christian Horvath and City of Redondo Beach Assistant City Manager Mike Witzansky, who discussed how Blue Zones Project brought a “Living Streets” mentality to city planners and the recently finished Harbor Gateway Improvement Project.

Dr. Murthy’s visit concluded with a stop at Good Stuff in Hermosa Beach. BCHD’s Blue Zones Project Director Lauren Nakano (left) spoke about the more than 100 Blue Zones Restaurants dishing up healthier meals in the Beach Cities.
Keeping Older Adults Healthy

The Beach Cities have a growing population of older adults who need assistance to maintain their health and well-being. Beach Cities Health District’s (BCHD) team of social workers and volunteers support aging and disabled residents through a variety of evidence-based programs and services – each designed to help older adults live safely and independently at home.

**Care Plans for Independent Living**
Older and disabled adults receive in-home visits and assessments from social workers, who create care plans to lower the risk of injuries and falls.

**Social-Emotional Support**
Volunteers — known as Conversation Companions — make weekly visits to isolated older adults in need of social support, friendship and conversation.

**In-Home Exercise**
Highly trained volunteers visit frail and homebound older adults to help them perform physician-approved exercises in the comfort of their home.

**Errand Assistance**
Volunteers help older adults with errands required for daily living, including grocery shopping and pharmacy visits.

**Health Care Assistance**
Older adults, as well as families and children, receive low-or no-cost medical, counseling and dental assistance through BCHD. Enrollment counselors are available at no-cost to help residents secure health insurance through Covered California.

**LiveWell, DieWell**
Subject-matter experts in the field of end-of-life planning provide assistance and guidance for adults and older adults in the Beach Cities.

Stress, Worry and Sadness in the Beach Cities

### Stress, Worry and Sadness in the Beach Cities

<table>
<thead>
<tr>
<th>Age Groups</th>
<th>Stress</th>
<th>Worry</th>
<th>Sadness</th>
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</thead>
<tbody>
<tr>
<td>18–29</td>
<td>59.3%</td>
<td>45.8%</td>
<td>19.5%</td>
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<tr>
<td>30–44</td>
<td>49.2%</td>
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<td>45–64</td>
<td>38.8%</td>
<td>32.3%</td>
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<tr>
<td>65+</td>
<td>21.4%</td>
<td>19%</td>
<td>14.2%</td>
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<table>
<thead>
<tr>
<th>In-Home Assessments</th>
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<tbody>
<tr>
<td>In-Home Exercise Hours</td>
<td>592</td>
</tr>
<tr>
<td>Home Exercise Visits</td>
<td>670</td>
</tr>
</tbody>
</table>

BCHD SOCIAL WORKERS PROVIDED

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Beach Cities Health District Annual Report 2016
Dealing with Dementia

SIX YEARS AGO, BEACH CITIES HEALTH DISTRICT (BCHD) launched Memory Club — an innovative community program assisting those afflicted by dementia symptoms as well as caregivers and family members.

Nearly 25 percent of older adults (65+) receiving health services through BCHD suffer from dementia, which commonly include loss of memory, judgment, complex motor skills and other intellectual functions due to the degradation of nerve cells in the brain. Alzheimer’s disease is the most common cause of dementia in older adults — representing nearly 60 percent of all cases.

What is Memory Club?
A supportive environment where families, caretakers and patients can connect, learn and better adjust to life with dementia. During each eight-week session, participants receive:

- Information and resources, including legal referrals, community resource guides and access to subject matter experts
- Social connectedness and support, as well as valuable coping skills and daily living strategies to maximize quality of life

Meetings are held throughout the year. Call (310) 374-3426, ext. 256, for upcoming dates and to register.

Volunteer in the Fight against Dementia
BCHD Conversation Companions volunteers, each of whom complete a special training course, provide activity-based visits to older adults suffering from dementia in the Beach Cities. Volunteers engage clients in mentally and physically stimulating activities, like art, music, games and light exercise, intended to increase quality of life and slow the onset of symptoms.

Visit bchd.org/volunteer or call (310) 374-3426, ext. 246, to get involved.

DEMENTIA: BY THE NUMBERS

- An estimated 1 in 3 adults (85+) will have dementia in their lifetime
- Dementia care costs were as high as $215 billion in 2010
- Prevalence of Alzheimer’s disease is expected to reach 50.1% among baby boomers by 2050
AdventurePlex is the place where kids and families play their way to good health. Our mission is to be a fun place for families to play, learn and grow. There’s something for everyone, so drop in any day of the week for some heart-pounding fun!

Drop-in play
Rock Wall & Ropes Course
Seasonal Camps
Toddler Town

Classes
Birthday Parties
Teambuilding Activities

Yoga & Pilates
Group Exercise
Personal Training
Registered Dietitian on-site

Wellness & Meditation
Massage Therapists on-site
Childcare
65+ Programs

Ph: 310-546-7708
1701 Marine Ave.
Manhattan Beach, CA 90266
www.adventureplex.org

Beach Cities Health District’s Center for Health and Fitness is the most comprehensive fitness center in the South Bay. Whether you’re devoted to exercise, completely new to fitness or have special needs, our fitness specialists will design a program to help you achieve your goals.

Ph: 310-374-3426, ext. 147
514 N. Prospect Ave., 2nd floor
Redondo Beach, CA 90277
www.beachcitiesgym.com
For every $1 received in property taxes, BCHD provides $3.50 in services back to the Beach Cities community.

INCOMING FUNDING

- **Healthy Aging**: 18% ($2.1m) Limited Partnership
- **Healthy Schools**: 9% ($1.0m) Investments
- **Community Health Programs**: 25% ($3.0m) Lease Revenues
- **Health Access**: 35% ($3.8m) Finance & Revenue Generation
- **Blue Zones Project**: 7% ($0.7m)
- **Community Services**: 19% ($2.1m)
- **Youth Services**: 15% ($1.7m)
- **Other**: 0% ($0.1m)

OUTGOING FUNDING

- **Health Access**: 24% ($2.7m) Fitness Programs
- **Youth Services**: 15% ($1.7m) Health Access
- **Community Services**: 19% ($2.1m) Blue Zones Project
- **Finance & Revenue Generation**: 7% ($0.7m)
- **Healthy Schools**: 25% ($3.0m) Lease Revenues
- **Healthy Aging**: 18% ($2.1m) Limited Partnership
- **Healthy Schools**: 9% ($1.0m) Investments

BCHD’s audited financials and operating budget are publicly available online at **bchd.org**.
INTRODUCING THE NEW
BCHD.org

Access vital health and wellness resources, discover community events, explore a comprehensive health blog and so much more.

facebook.com/BeachCitiesHealth  twitter.com/bchd  instagram.com/BeachCitiesHealth

Search 100+ local health services on our resources page