

Fact Sheet



Overview: Beach Cities Health District (BCHD) has successfully served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. BCHD offers a range of public health and wellness services, programs and facilities to promote health and prevent diseases across the lifespan.

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

Vision: A healthy beach community.

Population of Hermosa, Manhattan & Redondo Beach: 130,000



GENERAL FACTS

Volunteers: **1,000+**

Programs & services: **40+**

Annual budget:
\$12.4 million

BCHD provides \$3.48 in community programs and services for every tax dollar received.



Budget Breakdown:
25% property taxes
75% self-generated

HEALTHY FACILITIES

Providing children and adults with low-cost access to healthy play and exercise facilities.

Center for Health & Fitness members: **3,000**

Average CHF member age: **66**

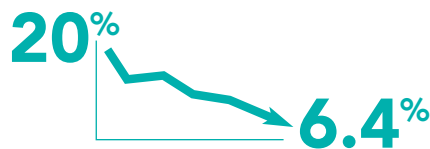
Annual AdventurePlex visitors: **35,000+**



YOUTH SERVICES

BCHD partners with Beach Cities school districts to deliver more than 15 programs that increase physical activity, improve nutrition, decrease substance use and enhance social emotional well-being.

2007–2017 childhood obesity decline in Redondo Beach (grades K–5):



BLUE ZONES PROJECT

BCHD's Blue Zones Project focuses on making healthy choices easier for residents where they live work learn and play through evidence-based environmental changes and outreach.

Since 2010:

Smoking down **36%**

Above normal weight down **25%**

Healthy eating and exercise up nearly **10%**

COMMUNITY SERVICES

BCHD's team of social workers connect residents with health resources, assist with healthcare enrollment and provide care management services to help seniors live independently.

Last year, social workers provided:

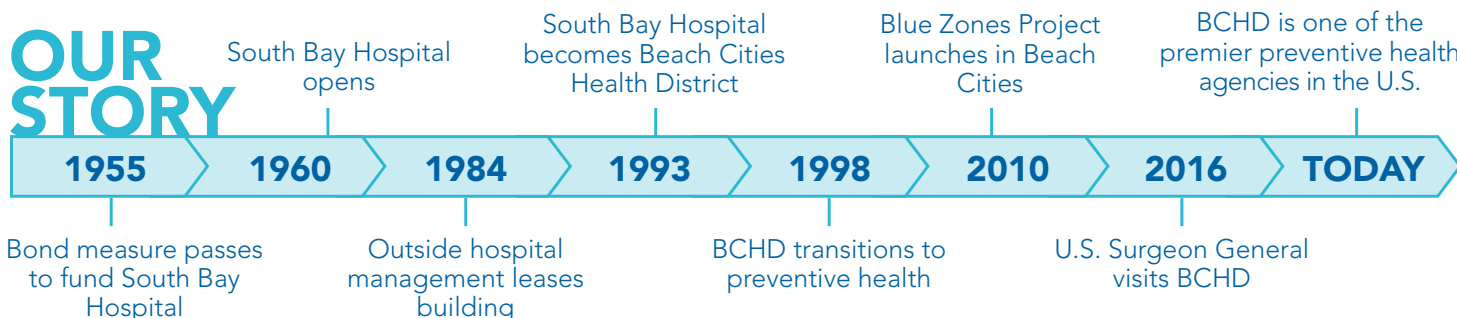
1,115 care management visits

1,426 requests for health information

793 home exercise sessions

818 community classes and programs

OUR STORY

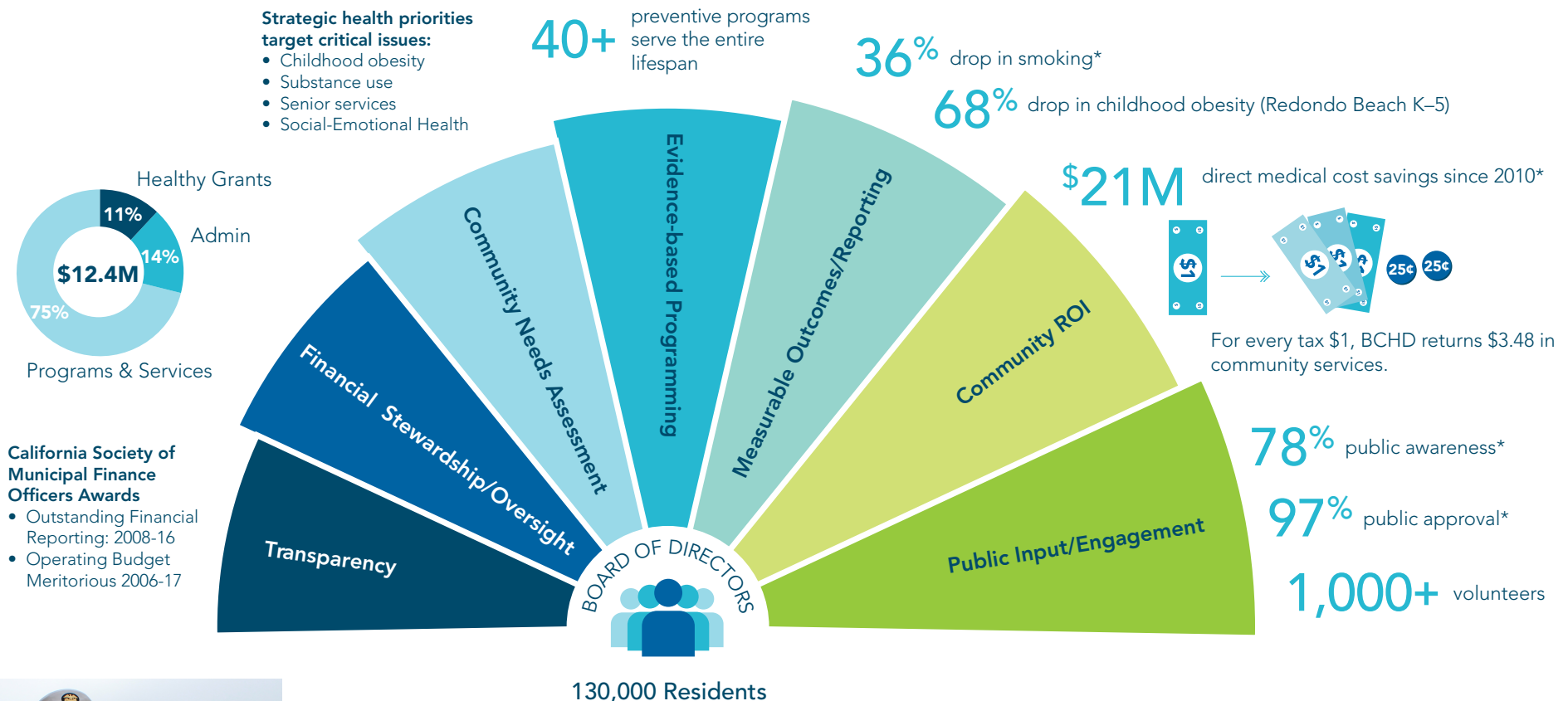


Beach Cities Health District Model

Vision: A healthy beach community.



bchd.org



"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, United States Surgeon General
June 4, 2016

* Source: Gallup-Sharecare