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Blue Zones Project

For a Healthier Beach Cities

2023 Results

GALLUP®



Beach Cities, California

Total

**Redondo
Beach**

**Manhattan
Beach**

**Hermosa
Beach**

The Well-Being Index™: What Is Well-Being?



CAREER

Liking what you do each day and being motivated to achieve your goals

SOCIAL

Having supportive relationships and love in your life

FINANCIAL

Managing your economic life to reduce stress and increase security

COMMUNITY

Liking where you live, feeling safe and having pride in your community

PHYSICAL

Having good health and enough energy to get things done daily

- High well-being means ***a life well-lived*** — all the things that are important to each of us, what we think about and how we experience our lives.
- Well-being is comprised of five interrelated and complimentary elements.

Methodology

FIELD PERIOD | Sept. 11-Oct. 23, 2023

ALL MAIL SURVEYS WITH WEB OPTION

98% coverage of adult population

Disproportionate Sampling Design

- Redondo Beach
- Manhattan Beach
- Hermosa Beach

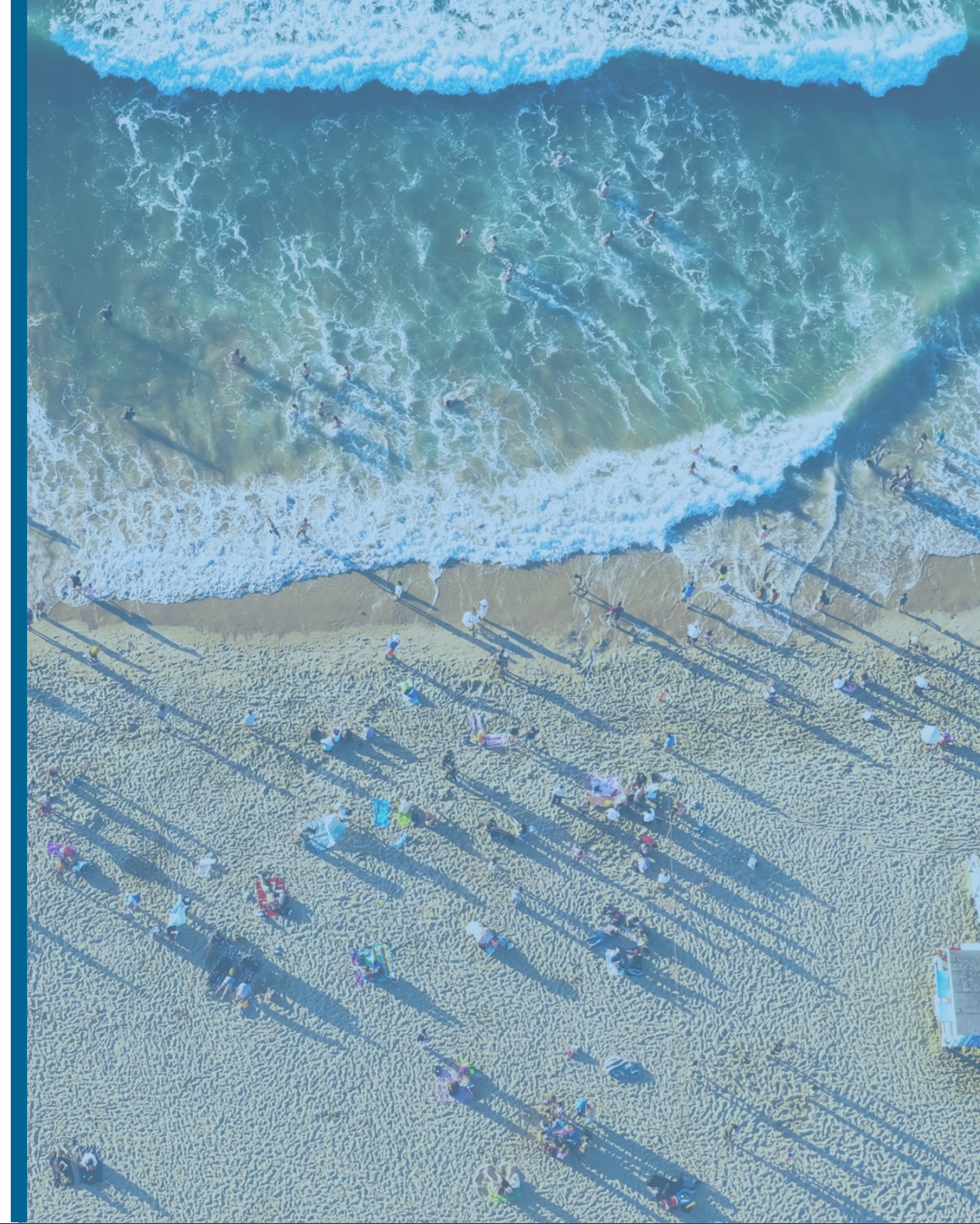
- Geography confirmed by ZIP code; \$1 incentive
- Weighting targets based on Nielsen demographic statistics.
- Weighting includes adjusting for disproportionate sampling.

Final n= 1,302

Total Questionnaires Mailed	6,850
Returned to Sender	134
Final Response Rate:	19.4%

Stability of Results

Sampling Area	Sample Size (Post Cleaning)	Maximum Error With 95% Reproducibility (including design effect)		
		For Responses Near 10%/ 90%	For Responses Near 50%	For WBI and Element Scores
Beach Cities	1,302	+/-1.4	+/-2.3	+/-0.7
Hermosa Beach	346	+/-3.0	+/-4.9	+/-1.5
Manhattan Beach	426	+/-2.6	+/-4.4	+/-1.3
Redondo Beach	530	+/-2.8	+/-4.7	+/-1.4



Beach Cities: Well-Being Index and Overall Element Scores Remain Very High

Manhattan tips the scales with a WBI score of 70.6, the highest community WBI measurement ever recorded. (Previous high was 70.4 for Manhattan Beach in 2020.)

	U.S. Total	Beach Cities Total	Redondo Beach	Manhattan Beach	Hermosa Beach
Well-Being Index	58.2	68.0	66.5	70.6	69.3
Career	56.1	62.4	61.0	64.4	64.2
Social	56.6	65.5	63.9	67.8	67.7
Financial	59.8	73.2	71.0	78.1	73.6
Physical	57.7	68.7	67.4	70.9	69.9
Community	59.5	71.0	69.7	73.0	72.9

Note: Blue and orange shading indicates statistically better or worse than the U.S. (p<.05); U.S. Source: Gallup, August-Sept. 2023

Since 2015 the Beach Cities Has Well Outperformed the U.S. in Wellbeing Indicators

Improvement across the board compared to significant declines nationally.

	Beach Cities (2023)	Beach Cities (2020)	Beach Cities (2015)	Beach Cities Δ '15-'23*	U.S. (Q3 2023)	U.S. (Q3 2020)	U.S. (2015)	U.S. Δ '15-'23*
Well-Being Index	68.0	68.3	65.9	+3.1	58.2	61.2	61.7	-3.5
Career	62.4	61.0	60.6	+1.8	56.1	58.6	60.5	-4.4
Social	65.5	64.7	62.3	+3.2	56.6	59.1	61.1	-4.5
Financial	73.2	76.1	69.3	+4.0	59.8	64.1	60.8	-1.0
Physical	68.7	69.3	65.5	+3.2	57.7	61.7	61.2	-3.5
Community	71.0	70.9	67.3	+3.7	59.5	61.4	60.9	-1.4

Note: **Green** and **Red** shading indicates that the change over time is statistically **better** or **worse** ($p < .05$)

Beach Cities BZP: Evidence-Based Improvement Metrics (2023 Results)

		U.S. Total	Beach Cities Total	Redondo Beach	Manhattan Beach	Hermosa Beach
Well-Being Index Overall Score		58.2	68.0	66.5	70.6	69.3
Career	Thriving in Life Evaluation	48.9	71.3	68.1	75.3	76.1
	Leader in Life Creates Enthusiasm for the Future (% agree)	28.2	33.4	30.3	36.1	40.4
	Reached Most of Your Goals in Last 12 Months (% agree)	30.9	45.6	41.4	52.6	50.0
	Use Strengths Daily (% agree)	45.7	58.7	57.6	58.3	63.3
	Learn/Do Something Interesting Daily (% agree)	45.5	56.6	54.8	56.6	63.1
Social	Friends and Family Give Positive Energy Every Day (% agree)	53.9	70.2	67.1	75.0	73.8
	Someone in Your Life Encourages You to Be Healthy (% agree)	51.5	66.8	65.2	68.9	69.4
Community	City or Area Where You Live is the Perfect Place for You (% agree)	50.1	76.7	73.8	79.5	83.1
	Proud of Community (% agree)	44.2	73.4	69.5	80.2	76.7
	Feel Safe and Secure (% disagree)	15.1	6.9	7.5	6.7	4.9
	In Last 12 Months, Have Received Recognition for Helping to Improve City/Area (% agree)	11.3	17.7	17.0	19.4	17.7

Note: Blue and orange shading indicates statistically better or worse than the U.S. (p<.05); U.S. Source: Gallup, August-Sept. 2023

Beach Cities BZP: Evidence-Based Improvement Metrics (2023 Results)

		U.S. Total	Beach Cities Total	Redondo Beach	Manhattan Beach	Hermosa Beach
Physical	Well-Being Index Overall Score	58.2	68.0	66.5	70.6	69.3
	Obese	38.4	13.3	17.2	7.3	8.9
	Obese + Overweight	71.3	45.5	50.5	36.5	42.1
	Smoking	10.9	3.4	5.2	0.8	1.3
	Exercise 30+ Minutes 3+ Days per Week	49.1	72.2	67.4	79.2	78.4
	Eat 5+ Servings of Produce 4+ Days per Week	42.0	61.7	60.1	67.2	58.3
	Current High Blood Pressure	30.3	19.4	20.8	18.9	15.2
	Current High Cholesterol	25.1	20.5	20.2	21.8	19.6
	Feel Active and Productive Daily Last 7 Days (% agree)	42.6	65.5	61.1	73.5	68.7
	Feel Good About Physical Appearance (% agree)	28.3	44.7	40.1	52.6	49.0

Note: **Blue** and **orange** shading indicates statistically **better** or **worse** than the U.S. (p<.05); U.S. Source: Gallup, August-Sept. 2023

Beach Cities BZP: Other Key Well-being Metrics

		U.S. Total	Beach Cities Total	Redondo Beach	Manhattan Beach	Hermosa Beach
Other Key Well-being Metrics	Well-Being Index Overall Score	58.2	68.0	66.5	70.6	69.3
	General Health (% Excellent or Very Good)	33%	86%	84%	91%	88%
	General Health (% Fair or Poor)	24	14	16	9	12
	% Experienced a lot of stress day before	45	46	49	42	41
	% Visited dentist in last 12 months	69	87	86	91	85
	% Satisfied with standard of living	59	84	86	91	80
	% Unable to buy food in last 12 months	19	6	7	5	5
	% Ate healthy all day the day before	47	62	62	62	59
	% Felt physical pain a lot of the day before	31	24	25	21	22
	Poor health prevents normal activity (Mean days in last 30)	3.8	2.0	2.1	2.2	1.6

Note: **Blue** and **orange** shading indicates statistically **better** or **worse** than the U.S.; p < .05; U.S. Source: Gallup, August-Sept. 2020

Beach Cities Key Metrics Change Since 2010 Compared to National Estimates

	Beach Cities 2023	Beach Cities 2010	Beach Cities Change (pct. pts.)	U.S. 2023	U.S. 2010	U.S. Change (pct. pts.)	Beach Cities Change vs. U.S. Change Absolute Difference (pct. pts.)
Well-Being Index Score	68.0	64.4	+3.6	58.2	57.9	+0.3	3.3
% Thriving in life evaluation	71.3	64.4	+6.9	48.9	53.2	-4.3	11.2
% Obese	13.3	12.8	+0.5	38.4	26.6	+11.8	11.3
% Above normal weight	45.5	60.0	-14.5	71.3	62.9	+8.4	22.9
% Smoker	3.4	6.8	-3.4	10.9	16.7	-5.8	2.4
% Exercise 30+ minutes 3+ days in prior week	72.2	55.8	+16.4	49.1	46.2	+2.9	13.5
% Ate healthy all day yesterday	61.6	59.0	+2.6	46.7	57.6	-10.9	13.5
% 5+ servings of produce 4+ days in prior week	61.7	52.6	+9.1	42.0	49.8	-7.2	16.3
% Significant daily stress	46.1	51.7	-5.6	45.0	45.8	-0.8	4.8

Note: **Green** and **Red** shading indicates that the change over time statistically **better** or **worse** the U.S. change, 2010 to 2023 (p<.05)

Note: **Blue** and **orange** shading indicates that the change over time in the Beach Cities is statistically **better** or **worse** the U.S. change, 2010 to 2023 (p<.05)

Mental health rated fair or poor by 14% of adult respondents in the Beach Cities

Little differences exist across major demographic groups. Including gender, age, and income.

How would you describe your own mental health or emotional well-being at this time?

	U.S. Total 2023	Beach Cities 2023	Redondo Beach 2023	Manhattan Beach 2023	Hermosa Beach 2023
Excellent	20%	35%	33%	40%	35%
Good	56	51	51	50	53
Only fair	21	12	14	9	10
Poor	3	2	2	1	2

U.S. Source: Gallup, Dec. 2023 (n=6,386)

Daily Loneliness Runs Somewhat Lower in the Beach Cities Than Nationally

Loneliness highest among those aged 18-44 nationally, but less so among their Beach Cities counterparts. Experiencing loneliness reduces the odds of feeling “very connected” to others by 76%.

Did you feel loneliness a lot of the day yesterday? (% yes)

U.S. Total 2023	Beach Cities 2023	Redondo Beach 2023	Manhattan Beach 2023	Hermosa Beach 2023
18%	14%	15%	13%	12%

	Men	Women	18-44	45-64	65+
U.S. Total	18%	18%	25%	16%	11%
Beach Cities	12	16	16	14	12

U.S. Source: Gallup, Dec. 2023 (n=6,386)

Nearly one in five residents report little or no connection to other people

Men report lower connectivity to other people than do women.

In general, how connected do you feel to people?

	U.S. Total 2023	Beach Cities 2023	Redondo Beach 2023	Manhattan Beach 2023	Hermosa Beach 2023
Very connected	26%	36%	32%	44%	38%
Fairly connected	48	47	48	45	47
A little connected	22	16	18	10	14
Not at all connected	3	2	2	2	1

U.S. Source: Gallup, Dec. 2023 (n=6,386)

55% of Beach Cities Residents Report Concerns Over Incivility (65% Nationally)

Concerns over incivility lower among younger adults.

In general, how concerned are you about the state of incivility and disrespectfulness shown to one another in your community?

	U.S. Total 2023	Beach Cities 2023	Redondo Beach 2023	Manhattan Beach 2023	Hermosa Beach 2023
Very concerned	31%	25%	25%	28%	22%
Fairly concerned	34	30	29	34	28
A little concerned	25	31	31	29	31
Not at all concerned	9	15	15	10	18

U.S. Source: Gallup, Dec. 2023 (n=6,386)

One in Eight Adult Residents are Regular Users of Mood-Altering Medication, Below National Levels

Regular use lower among college graduates.

How often do you use drugs or medications, including prescription drugs, which affect your mood and help you relax?

	U.S. Total 2023	Beach Cities 2023	Redondo Beach 2023	Manhattan Beach 2023	Hermosa Beach 2023
Almost every day	20%	12%	14%	10%	11%
Sometimes	10	11	11	10	13
Rarely	16	17	15	19	20
Never	54	60	60	61	55

U.S. Source: Gallup, Dec. 2023 (n=6,386)

Usage of Mood-Altering Medication Consistent Over Time in Beach Cities

Higher rates of “Never” expected via RDD outbound phone than Address-Based Sampling mail/web.

How often do you use drugs or medications, including prescription drugs, which affect your mood and help you relax?

	U.S. Total 2023	Beach Cities 2023*	Beach Cities 2017*	Beach Cities 2015*
Almost every day	20%	12%	15%	14%
Sometimes	10	11	6	5
Rarely	16	17	14	16
Never	54	60	64	65

U.S. Source: Gallup, Dec. 2023 (n=6,386)

* Beach Cities 2023 data collected via ABS mail/web; 2017 and 2015 captured via RDD outbound phone

Alcohol Consumption is 68% Higher in the Beach Cities Than in the U.S.

Drinks per week (5.2 to 3.1) and heavy drinking (8% to 2%) higher among men than among women.

Approximately how many drinks of any kind of alcoholic beverages did you drink in the past seven days?

	U.S. Total 2023	Beach Cities Total 2023	Redondo Beach 2023	Manhattan Beach 2023	Hermosa Beach 2023
Mean	2.5	4.2	3.9	4.4	4.9
Zero	51%	31%	35%	28%	22%
1-2	18	20	20	21	22
3-7	19	31	30	32	32
8-14	7	12	10	13	19
15+	4	5	5	5	4

U.S. Source: Gallup, Dec. 2023 (n=6,386)

Alcohol Consumption in Beach Cities Has Remained Steady Since 2015

Mode effects (i.e., means of data collection differences) not found in major national parallel studies.

Approximately how many drinks of any kind of alcoholic beverages did you drink in the past seven days?

	U.S. Total 2023	Beach Cities 2023*	Beach Cities 2017*	Beach Cities 2015*
Mean	2.5	4.2	3.5	4.4
Zero	51%	31%	34%	30%
1-2	18	20	23	20
3-7	19	31	26	28
8-14	7	12	12	14
15+	4	5	4	9

U.S. Source: Gallup, Dec. 2023 (n=6,386)

* Beach Cities 2023 data collected via ABS mail/web; 2017 and 2015 captured via RDD outbound phone

Daily Use of Cannabis Products Reported by 3% of Adults, the Half U.S. Rate

Men and younger adults (<45) are heavier users of cannabis products than are women and those over 45.

How many days in the last month have you used cannabis products to alter your mood and help you relax?

	U.S. Total 2023	Beach Cities Total 2023	Redondo Beach 2023	Manhattan Beach 2023	Hermosa Beach 2023
Mean	2.7	1.9	2.1	1.4	2.2
Zero	81%	80%	80%	80%	79%
1-2	5	7	6	9	10
3-9	5	7	8	7	4
10-29	4	4	4	4	4
30-31	6	3	4	1	3

U.S. Source: Gallup, Dec. 2023 (n=6,386)

Final Observations

- The Well-Being Index score and all five element scores are high across the board, consistent with past measurements.
- The Manhattan Beach WBI score of 70.6 is the highest ever measured at the community level.
- Wellbeing has improved since 2015 and held steady since 2020 amid substantial declines in wellbeing nationally.
- Long term trends for key individual metrics dating to 2010 substantially outpace national patterns.
- Familiarity with the Blue Zones Project in the Beach Cities is very good at 46%, up from 36% in 2020 and exceeding the goal of 40%.
- Leader in life creating enthusiasm for the future and daily stress are two key improvement areas.
- Mental health rated fair or poor by 14% of adult respondents, but below the 24% measured nationally.
- Over half (55%) are concerned about incivility in the community, modestly lower than the U.S. (65%).
- Greater alcohol consumption in the Beach Cities than nationally with two-thirds of adult residents reporting at least one drink in the prior seven days. BUT heavy drinking (15 or more weekly – 5%) matches U.S. levels (4%).

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