

2022 – 2025

Beach Cities Health District Community Health Report



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Executive Summary

Beach Cities at a Glance

The Beach Cities include the communities of Hermosa Beach, Manhattan Beach and Redondo Beach, totaling a population of 122,462 (Source: U.S. Census Bureau, 2019 American Community Survey 5-Year Estimates). Adults 18-64 years old make up the largest proportion of the population, while 14% of the population is over the age of 65. Approximately 75% of the Beach Cities population identifies as White. The median household income is higher than that of Los Angeles County and the median home price has steadily increased since 2000. Beach Cities residents overwhelmingly work outside of the area with commute times of at least thirty minutes. Beach Cities residents have high rates of health insurance, education and civic engagement.

Prioritizing the State of our Health

The data compiled in this report reflect our community's health across the lifespan. While each stage of life may present unique challenges, the data identify common areas of concern that we have organized into four health priorities: Mental Health, Physical and Brain Health, Public Health and Safety, and Substance Use.

Our Beach Cities community is healthy on the outside but continues to reflect high rates of stress, bullying and substance use. Suicidal ideation and feelings of chronic sadness/hopelessness are high for our 11th graders. Adult suicide rates are higher than Los Angeles County and our rate of stress remains equal to post-Katrina New Orleans while our anger is on par with Detroit, Michigan. Instances of diagnosed depression among adults has risen to 20% during the COVID-19 pandemic. Focusing on **Mental Health** across the lifespan presents an opportunity for dramatic improvement in well-being.

Health across the lifespan is cumulative. Early positive health behaviors set our bodies and brains up for good health and longevity. The Beach Cities continue to achieve reductions in childhood and adult obesity. Rates of exercise and fruit and vegetable consumption remain high. Residents say they eat healthy and encourage others to be healthy. Yet our scores reflect some stagnation for being a certified Blue Zones Community® and **Physical and Brain Health** remains a health priority.

The COVID-19 pandemic has broadened awareness of the public health issues that can face a community. Beach Cities Health District (BCHD) has a role to play in supporting the community and

responding to the next public health crisis. In support of this and other community needs, such as reducing homelessness and increasing walking and biking infrastructure, BCHD is adding the health priority of **Public Health and Safety**.

We continue to see reductions in adult smoking, and after peaking in 2018, vaping among youth continues to decline. Youth substance use, including alcohol, marijuana and vaping, has steadily fallen since 2018, but use by Beach Cities youth continues to be above county and state rates. One-fifth of Beach Cities adults have more than seven alcoholic drinks in a week while almost 30% use marijuana regularly. **Substance Use** is high in the Beach Cities and represents a significant threat to our overall health.

Beach Cities Health District is committed to develop programming and partnerships in our community that use effective, evidence-based interventions to target each of these four health priorities. We recognize that these health priorities and all aspects of health are interconnected in the life of our community. Our goal is to measurably improve the community's health in the next three years. We hope you'll work with us to improve your health, your family's health and our community's health.

LiveWell.
February 2022





Letter from the Chief Medical Advisor

In 2005, Beach Cities Health District (BCHD) created a data-driven strategic planning process to prioritize funding and program implementation. The strategic plan calls for creating a community needs assessment, critically analyzing community health data and cultivating strategic partnerships to advance and realize BCHD’s vision and goals.

One such partnership is BCHD’s Beach Cities Partnership for Youth Coalition, which was awarded a federal Drug-Free Communities Grant in 2019. Since January 2017, BCHD has convened five stakeholder groups to address student mental health and well-being, including students, parents, school leaders, healthcare providers and the community at large. In addition, BCHD also incorporates singular strategic direction and target priorities from the National Prevention and Health Promotion Strategy and Healthy People 2030.

The following report addresses our primary strategic planning goal of measurably improving the health and well-being of Beach Cities residents across the lifespan. Based on the evidence-based process outlined above, our 2022-2025 health priorities will include:

- **Mental Health**
- **Physical and Brain Health**
- **Public Health and Safety**
- **Substance Use**

With respect to **Mental Health**, we will focus on increasing stress management across the lifespan while simultaneously reducing the prevalence of bullying, anxiety, depression and suicidal ideation.

To advance the priority of **Physical and Brain Health**, we will continue to work to increase fruit and vegetable consumption and exercise participation. The goal is to actively reduce the percentage of children and adults who are obese or overweight and to promote brain health across the lifespan.

The COVID-19 pandemic highlighted the need for local public health response in coordination with broader county efforts. Additionally, services for those experiencing homelessness and issues around safe streets and community engagement are top of mind for our community. Under the new health priority of **Public Health and Safety**, BCHD will work to increase the community’s capacity to respond to public health crises, reduce homelessness and improve walking and biking infrastructure.

Substance Use involves addressing rates of alcohol and drug use among youth, continuing to reduce the percentage of adult smokers and reducing adult substance abuse.

Contents of this report and full data sets are available at bchd.org/healthreport.



In health,

William Kim, M.D.
Chief Medical Advisor



Beach Cities Health District Overview

Beach Cities Health District is a California Healthcare District serving the Beach Cities of Hermosa Beach, Manhattan Beach and Redondo Beach.

Vision

A healthy beach community

Mission

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.; Noel Chun, M.D.; Jane Diehl; Martha Koo, M.D; Vanessa Poster

Chief Officers

Tom Bakaly (Chief Executive Officer); William Kim, M.D. (Chief Medical Officer); Monica Suua (Chief Financial Officer); Kerianne Lawson (Chief Programs Officer); Cristan Higa (Chief Health Operations & Communications Officer); Megan Vixie (Chief Engagement Officer)

Core Values

Compassion, Integrity, Accountability, Excellence

Strategic Planning Goals (not in priority order)

- Provide all residents with enhanced health services of demonstrated effectiveness ranging from prevention and education to intervention
- Improve the capacity of the District and its partners to assess and respond to individual and environmental factors that affect community health
- Further the District's standing as a trusted and valued community health resource
- Develop and manage District assets to increase value and maximize efficiencies

Location

The Beach Cities of Hermosa Beach, Manhattan Beach and Redondo Beach located in Los Angeles County, California

Population

122,462 (Source: U.S. Census Bureau, 2019 American Community Survey 5-Year Estimates)



Strategic Planning Process

Beach Cities Health District (BCHD) has developed a Community Health Report to determine the overall health of the Beach Cities. This report will guide BCHD's strategic planning process and health priorities and provide an opportunity to evaluate current programming. The report is updated every three years and focuses on 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.



Additionally, BCHD uses Healthy People 2030 (and previously Healthy People 2020) to align with national priorities for disease prevention and health promotion. Healthy People 2030 establishes more than 355 data-driven objectives for health and well-being. Aligning with Healthy People 2030 allows BCHD to demonstrate how our priorities, goals and outcomes map to the national goals, provides national data to set targets and provides national benchmarks for the monitoring of progress.

BCHD uses data to identify our health priorities and then uses evidence-based programming to drive our budget and programmatic decision-making. Metrics identified in this report will be incorporated into program goals and tracked through the District's priority based budgeting process. Health priorities are specifically chosen to be broad, leaving the opportunity for many different strategies and tactics to be employed, and many community partners to be engaged. This allows the District to pivot intervention focus during the three-year planning period in response to changing community needs.





2019-2022 Health Priorities and Accomplishments

Nutrition and Exercise

- Increase fruit and vegetable consumption
 - Maintained 100+ Blue Zones Project Approved™ restaurants that optimize healthy options
 - Lazy Acres Natural Market was the first major grocery store chain to be Blue Zones Project Approved, promoting Blue Zones® principles and healthy options
 - Provided senior nutrition classes in the Hermosa Beach, Manhattan Beach and Redondo Beach Senior Centers
- Increase exercise participation
 - Exercise has increased 12 percentage points since 2010 (Source: Gallup National Health & Well-being Index (WBI), 2020)
 - Nearly one in five Beach Cities residents report that it has become easier to move about their community by walking or biking since 2010, with Redondo Beach residents agreeing the most (Source: Gallup National Health & Well-being Index (WBI), 2020)
 - Achieved Medical Fitness Association certification for the Center for Health & Fitness
 - More than 1,600 participants for Beach Cities Summer Free Fitness Series, Zumba in the Park and Yoga on the Beach
 - Provided senior exercise classes in the Hermosa Beach, Manhattan Beach and Redondo Beach senior centers
- Reduce percentage of children who are obese or overweight
 - The childhood obesity rate in Redondo Beach Unified School District elementary schools dropped from 20% in 2008 to 6.4% in 2019
- Reduce percentage of adults who are obese or overweight
 - Above normal weight is down 18 percentage points since 2010 to 42%, compared to the U.S. at 66% (Source: Gallup National Health & Well-being Index (WBI), 2020)
 - Obesity levels remain steady and less than half the U.S. average (11% compared to 32%) (Source: Gallup National Health & Well-being Index (WBI), 2020)
 - Achieved a 65% employee participation rate in the comprehensive BCHD WorkWell worksite wellness program

Social-Emotional Health

- Increase stress management across the lifespan
 - 82% of residents report that they get to use their strengths to do what they do best every day, a 15 percentage point improvement since 2015 (Source: Gallup National Health & Well-being Index (WBI), 2020)
 - Launched the Mental Health and Happiness initiative in 2020 to reduce stress and loneliness through workshops and other activities
 - Supported more than 20 Blue Zones Project® Moais® – social groups that promote connectedness through healthy activities like walking, potlucks and purpose
 - Provided social connection and emotional support to more than 400 unduplicated Care Management clients and their caregivers each year
- Decrease bullying
 - Average percentage of Beach Cities 7th graders who reported mean rumors or lies spread about them on the internet is 13%, versus the Los Angeles County average of 38% (Source: California Healthy Kids Survey, 2021)
 - Supported anti-bullying initiatives, such as Kindness Week(s), and secondary school-based programs including Link Crew and WEB (Where Everybody Belongs) across all Beach Cities school districts
- Decrease suicidal ideation
 - Percentage of people reporting they are thriving in life evaluation is significantly higher than the U.S. average with Beach Cities at 77% versus the U.S. average of 53% (Source: Gallup National Health & Well-being Index (WBI), 2020)
 - Since 2010, there has been a 13 percentage point increase in people who are “thriving” (Source: Gallup National Health & Well-being Index (WBI), 2020)
 - Percentage of Beach Cities 11th graders who report seriously considering attempting suicide in the last 12 months is 15% versus the national average of 18% (Source: California Healthy Kids Survey, 2021)

Substance Use

- Reduce alcohol and drug consumption in youth
 - Youth Advisory Council developed “Don’t Drink, Rethink” campaign
 - The percentage of Beach Cities 9th graders who reported using alcohol or drugs in the past 30 days is 9% in 2021, compared to 18% in 2018 (Source: California Healthy Kids Survey, 2018-2021)
- Reduce vaping in youth
 - Youth Advisory Council developed “Escape the Vape” campaign
 - The percentage of Beach Cities 11th graders who reported current use of electronic cigarettes is 15% in 2020, compared to 28% in 2018 (Source: California Healthy Kids Survey 2018-2020)
- Maintain low percentage of adult smokers
 - Smoking dropped 5 percentage points since 2010 to just 6%, compared to the U.S. 2020 smoking rate of 16% (Source: Gallup National Health & Well-being Index (WBI), 2020)
 - All three Beach Cities enacted tobacco control policy adoption and implementation to limit tobacco sales in the retail environment and reduce exposure to second-hand smoke
 - Manhattan Beach was the 2nd city in the U.S. to adopt a complete retail ban on tobacco and vaping products and was recognized with the World Health Organization’s “World No Tobacco Day Award” for their accomplishments in tobacco regulation

Cognitive Health

- Promote brain health across the lifespan
 - Introduced the Healthy Minds Initiative and provided cognitive health education
- Support the cognitively frail
 - Supported older adults with cognitive impairment and their caregivers through BCHD's Care Management Program
 - Dementia Education Consortium provided dementia-related educational presentations in partnership with local experts in the dementia health field

COVID-19 Response



BCHD's COVID-19 vaccine efforts included **74 clinics**, with more than **23,100 doses** administered.



2,616 errands were completed for those safer at home and needing assistance during COVID-19.



More than **16,800 vaccine doses** were administered to people aged 12+.



4,712 meals were delivered to Beach Cities residents.



More than **6,200 vaccine doses** were administered to 5-11 year olds at **18 clinics**.



More than **500 volunteers** volunteered with BCHD to support COVID-19 efforts.



55% of vaccine doses were administered to Beach Cities residents.



More than **10,800 calls** were received by our Assistance, Information and Referral line.



BCHD's COVID-19 testing site was in operation **401 days**, administering **155,684 tests**.



More than **1,700 calls** received by our School Well-Being Line to provide COVID-19 support for students and school staff, along with ongoing mental health information and referrals.



After BCHD's community testing site closed, BCHD worked with school districts to provide ongoing testing for students and employees. **More than 4,200** COVID-19 tests have been provided to our school partners.



18,484 well-being calls were made to Care Management Clients to provide social connection, emotional support and to ensure their basic needs were met.



8 South Bay school districts utilized the Symptom Assessment Tool, presented by Children's Hospital Los Angeles and BCHD, with **356,860 total uses** of the screener for students and staff to safely access campus.



172 business pledges were secured for the Safe in the South Bay program.



185 vaccine doses were administered to **90 individuals** in their homes. 83% were Beach Cities residents.




More than **45,000 webpage** views for bchd.org/coronavirus and more than **597,000 webpage views** for all COVID-19 webpages combined from 1/1/20 through 12/31/21.



Methods and Data Sources

Beach Cities Health District (BCHD) utilized a variety of data sources and health promotion strategies to inform this Community Health Report.

Beach Cities Health District initiated its own **BCHD Community Health Survey** for this Community Health Report. The Community Health Survey invited community members to respond to questions about the health of the community and their personal health. The survey was collected between August 2 - August 30, 2021, via Survey Monkey. A total of 1,304 community members responded to the survey with 923 respondents residing in the cities of Hermosa Beach, Manhattan Beach and Redondo Beach. Of those who provided zip codes, 86% of respondents reside in the Beach Cities. Indicators from the Community Health Survey are identified by .

In September 2021, Beach Cities Health District initiated three staff-led **BCHD Focus Groups** (one was virtual and two were in-person): “Let’s Talk Woman to Woman” in Manhattan Beach with nine participants, “Steve’s Discussion Group” in Manhattan Beach with ten participants and “Social Hour with a Care Manager” in Redondo Beach with four participants. Participants in each focus group did not necessarily live in the city where the focus group took place in. Participants were residents of either Hermosa Beach, Manhattan Beach, Redondo Beach or a surrounding city.


The **California Health Interview Survey (CHIS)** is conducted by the UCLA Center for Health Policy Research in collaboration with the California Department of Public Health and the Department of Health Care Services. It is the nation’s largest state health survey with approximately 20,000 Californians interviewed each year. The web and telephone surveys provide representative data on all 58 counties in California.

The **California Healthy Kids Survey (CHKS)** is administered to school-aged youth in 5th, 7th, 9th and 11th grades in the three Beach Cities school districts – Hermosa Beach City School District (HBCSD), Manhattan Beach Unified School District (MBUSD) and Redondo Beach Unified School District (RUSD). Key indicators are aggregated across the three school districts. 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 during the 2020-2021 school year in these school districts. Data displayed as “2020” was

collected in Spring 2020 (RBUSD) and Fall 2020 (HBCSD and MBUSD), with data collected again in all three districts in Spring 2021.

The **California Healthy Places Index (HPI)** is a tool developed by the Public Health Alliance of Southern California to explore factors that predict life expectancy and compare community conditions across California. The HPI score is a sum of eight weighted Policy Action Areas: Economic, Education, Transportation, Social, Neighborhood, Housing, Clean Environment and Healthcare Access. Cities are ranked based on percentiles, for example, if a city has an HPI score of 96.8, it has healthier community conditions than 96.8% of other California cities.

The **Gallup National Health & Well-being Index (WBI)** uses various indices to understand the well-being of individuals and populations. Gallup surveyed an oversampling of Beach Cities residents in 2010, 2013, 2015, 2017 and 2020, providing local data for the Community Health Report. The WBI provides data on physical, community, financial, social and purpose well-being.

Healthy People 2030, developed by the Office of Disease Prevention and Health Promotion in the United States Department of Health and Human Services, sets data driven national objectives to improve health and well-being. The objectives include: 1) Overall Health and Well-Being Measures (OHMs) which are broad, global outcome measures intended to assess the Healthy People 2030 vision. OHMs can be used to summarize and evaluate progress toward achieving Healthy People objectives; 2) Leading Health Indicators (LHIs) - a small subset of high-priority objectives selected to drive action toward improving health and well-being; and 3) Social Determinants of Health - objectives that highlight how personal, social, economic and environmental factors can impact people's health. Indicators in this report that align with the Healthy People 2030 framework are marked with  **HP2030**.

The Los Angeles County Department of Public Health administers a population-based telephone survey called the **Los Angeles County Health Survey**. The survey provides information concerning the health of Los Angeles County residents. The relatively large sample size allows users to obtain health indicator data for large demographic subgroups and across geographic regions of the County, including Service Planning Areas (SPAs) and Health Districts. The Beach Cities falls under SPA 8 and the Torrance Health District. The Torrance Health District consists of the cities and communities of Carson, Harbor Gateway, Harbor City, Hermosa Beach, Lomita, Manhattan Beach, Palos Verdes Estates, Rancho Dominguez, Redondo Beach, Torrance and West Carson. Data used in the Community Health Report is from the 2018 Los Angeles County Health Survey. The survey has not been updated by the Department of Public Health due to the COVID-19 pandemic. The Department of Public Health publishes **City and Community Health Profiles** for Manhattan Beach and Redondo Beach. The City of Hermosa Beach is not large enough to have its own profile. In 2018, the Los Angeles County Department of Public Health also provided BCHD with city-specific data on the sixty-five common health indicators being tracked across the County for Hermosa Beach, Manhattan Beach and Redondo Beach as well as aggregate data for all three cities. For some indicators, only aggregate data is available due to sample size. In the Community Health Report, data from this source will be cited as the **Beach Cities Core Indicators for Community Health Needs Assessment**.

Throughout the 2020-2021 school year, the Beach Cities school districts partnered with BCHD to survey students in grades 6-12 using **Panorama Education (Panorama)**. Panorama helps schools and districts support student social-emotional learning with research-backed surveys and actionable data reports.

Teachers and counselors can also deliver real-time social-emotional programming and interventions utilizing the Panorama Playbook. The survey sample included three school districts, 17 schools and more than 6,300 students. Students responded to questions about Diversity & Inclusion, Sense of Belonging and Mental Health (Self-Management, Positive Feelings, Emotion Regulation and Challenging Feelings) throughout the 2020-2021 school year. Parents have the opportunity to opt their student out of the survey.

The **South Bay Joint Information Center (JIC) COVID-19 Community Survey** was created in partnership with Alert South Bay, Beach Cities Health District and 14 participating cities of the South Bay JIC, to better understand community needs during the COVID-19 pandemic. A series of three online surveys were distributed via Survey Monkey. The first survey was issued March 31, 2020, receiving 6,674 responses. The second survey was issued April 8, 2020, with 5,543 responses. The third and final survey was issued July 29, 2020, with 7,064 responses.

The **Southern California Association of Governments (SCAG) Local Profiles** are reports that provide demographic, economic, education, housing and transportation information about cities that are members of the association. There are local profile reports for all three Beach Cities.

The **American Community Survey** is a nationwide, continuous survey conducted by the U.S. Census Bureau. The 2019 five-year estimates used in this report provide the largest sample size and are more reliable than one- or three-year estimates. Data was assessed using the zip codes of the three Beach Cities. This data is used to report demographic information, including population, race, income and housing.

Other individual data points are cited from sources and included in the text and references.

Selection of Key Indicators

Key indicators were selected for presentation in the Community Health Report if:

- The Beach Cities numbers were better or worse than county, state and national numbers
- There were upward or downward trends in the numbers

Not every data source measured each indicator and, even when they did, it may be difficult to make direct comparisons due to differences in methodology. According to the Institute of Medicine, by creating this Community Health Report, the community will be able to maintain a broad strategic view of its population's health status and factors that influence health in the community. It is not expected to be a comprehensive survey of all aspects of community health and well-being, but it should be able to help a community identify and focus attention on specific high-priority health issues. The background information provided by a health profile can help a community interpret data on those issues. When presented with similar indicators from different data sources, the team made decisions to choose the most updated and local data from the most reliable sources. There is the least amount of data for older adults compared to the youth and adult populations.

Data presented has been rounded to the nearest whole percentage, with decimal values of 0.5 or greater rounded up and less than 0.5 rounded down. Due to this rounding, totals percentages may not equal 100%.



Community at a Glance

Demographics:

	Hermosa Beach		Manhattan Beach		Redondo Beach		Total Beach Cities	
	#	%	#	%	#	%	#	%
Total population	19,539	--	35,500	--	67,423	--	122,462	--
Youth (under 18 years old)	3,490	18%	9,486	27%	14,804	22%	27,780	23%
Adults	13,635	70%	20,004	56%	43,706	65%	77,345	63%
Older Adults (65+ years old)	2,414	12%	6,010	17%	8,913	13%	17,337	14%
Male	10,501	54%	17,155	48%	34,025	50%	61,681	50%
Female	9,038	46%	18,345	52%	33,398	50%	60,781	50%

Race

White	16,526	85%	27,766	78%	47,853	67%	92,145	75%
Black or African American	192	1%	191	1%	2,328	3%	2,711	2%
American Indian & Alaskan Native	120	1%	79	0%	284	0%	483	0%
Asian	1,013	5%	4,787	13%	9,139	13%	14,939	12%
Native Hawaiian & Other Pacific Islander	0	0%	34	0%	63	0%	97	0%
Some Other Race	328	2%	667	2%	2,661	4%	3,656	3%
Two or more races	1,360	7%	1,976	6%	5,095	7%	8,431	7%
Hispanic or Latino	1,831	9%	2,838	8%	10,771	16%	15,440	13%
Not Hispanic or Latino	17,708	91%	32,662	92%	56,652	84%	107,022	87%

Hermosa Beach		Manhattan Beach		Redondo Beach		Total Beach Cities	
#	%	#	%	#	%	#	%

Poverty

Total below poverty level*	877	5%	1,149	3%	2,633	4%	4,659	4%
Under 18 years below poverty level*	206	6%	294	3%	378	3%	878	3%
18-64 years below poverty level*	574	4%	648	3%	1,845	4%	3,067	4%
65+ years below poverty level*	97	4%	207	3%	410	5%	714	4%

Disability

Total with a disability**	1,295	7%	1,999	6%	4,369	7%	7,663	6%
Under 18 years below poverty level**	129	4%	147	2%	189	1%	465	2%
18-64 years below poverty level**	459	3%	572	3%	2,214	5%	3,245	4%
65 years and older below poverty level**	707	29%	1,280	21%	1,966	22%	3,953	23%

Source: United States Census Bureau, 2019 American Community Survey 5-Year Estimates

* Poverty status in the past 12 months. Percentages calculated based on total population for whom poverty status is determined.

** Percentages calculated based on total civilian noninstitutionalized population.

Languages Spoken at Home :



Adults ages 18+ who only speak English and no other language at home

Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County	California
89%	83%	75%	43%	56%

Source: California Health Interview Survey, 2018

Income:



Median Household Income

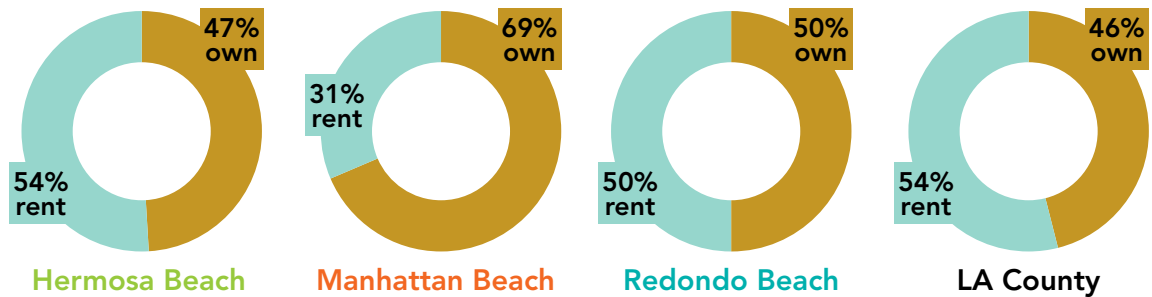
	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
2000	\$81,023	\$100,850	\$68,500	\$42,189
2010	\$99,976	\$131,723	\$91,737	\$55,476
2018	\$124,849	\$148,899	\$104,548	\$61,015

Source: Southern California Association of Governments, Local Profile Report, May 2019

Housing:



Percentage of people who own and rent their homes



Source: Southern California Association of Governments, Local Profile Report, May 2019



Manhattan Beach has a larger proportion of residents who own their homes than the other Beach Cities and Los Angeles County.

Median Home Sale Prices

	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
2010	\$915,000	\$1,400,000	\$650,000	\$333,000
2018	\$1,618,000	\$2,350,000	\$1,100,000	\$598,000

Source: Southern California Association of Governments, Local Profile Report, May 2019



From 2010 to 2018, median home sale prices increased 69% in Redondo Beach, 77% in Hermosa Beach and 68% in Manhattan Beach, compared to an 80% increase in Los Angeles County.

Education:



Adults ages 25+ completing high school and Bachelor's degree or higher

	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
High school or higher	98%	99%	97%	78%
Bachelor's degree or higher	74%	75%	58%	31%

Source: Southern California Association of Governments, Local Profile Report, May 2019



Residents of the Beach Cities have high levels of educational attainment relative to the rest of Los Angeles County. The proportion of Redondo Beach residents that have completed a Bachelor's degree or higher is lower than the other Beach Cities. Education is an important social determinant of health, as people with higher levels of education are more likely to be healthier and live longer (Healthy People 2030).

Transportation:



Average Travel Time to Work

	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
2000	36	32	31	29
2010	36	32	31	31
2018	33	31	30	31

Source: Southern California Association of Governments, Local Profile Report, May 2019



Average travel times to work for Beach Cities residents have decreased since 2000. Longer commute times are linked with poorer health outcomes including reduced physical activity and sleep problems (Halonen JI, Pulakka A, Vahtera J, et al., 2020).

Percentage of people who live in the city where they work

Hermosa Beach	Manhattan Beach	Redondo Beach
8%	12%	9%

Source: Southern California Association of Governments, Local Profile Report, May 2019

Community:

Civic participation contributes to positive physical and psychological well-being and can include activities such as voting, volunteering and participating in community activities. Meaningful civic participation builds social cohesion and a sense of belonging, increases physical activity and creates a sense of purpose (Healthy People 2030).



Adults ages 18+ who performed volunteer work or community service in the past year

Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County	California
51%	49%	47%	39%	45%

Source: California Health Interview Survey, 2018



Levels of community service are higher in the Beach Cities than in Los Angeles County or California.



Percent of residents who indicated they were proud of the community where they lived

Beach Cities	United States
79%	62%

Source: Gallup National Health & Well-being Index (WBI), 2020



BCHD Community Health Survey Questions

- 56%** of survey respondents agree with the statement, "I feel a strong sense of connection to the community where I live"
- 38%** of survey respondents agree with the statement "When it comes to changes within my community, my opinion matters"

Source: BCHD Community Health Survey, 2021

Built Environment:

There is a strong connection between where someone lives and their health and well-being. The built environment influences a person’s level of physical activity—whether there are safe and accessible park spaces, sidewalks, walking paths and bike lanes—but can also play a large role in our social-emotional and mental health by promoting social connections and our sense of belonging.

Walk Score & Bike Score

The walk score analyzes walking routes to nearby amenities. A walk score of 70 and above is considered very walkable. Bike score measures whether an area is good for biking, calculated by measuring bike infrastructure, hills, destinations and road connectivity and number of bike commuters. A bike score of 70 and above is considered very bikeable.



	Hermosa Beach	Manhattan Beach	Redondo Beach
Walk Score	87	72	74
Bike Score	70	52	64

Source: Walkscore.com

Distracted Driving: Among adults who drove in Los Angeles County in the past month, percentage who reported “sometimes” or “often” texting or emailing while driving.



Torrance Health District	SPA 8	L.A. County
13%	12%	15%

Source: LA County Health Survey, 2018

Available recreational space (acres per 1,000 population): Recreational space includes beaches, marinas, recreational centers, regional parks and gardens.



Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
5.34	4.56	2.03	8.10

Source: LA County Community Health Profiles, LA County Geographic Information Systems Data Portal, Los Angeles County Land Types, 2015; City of Hermosa Beach, PLAN Hermosa: Integrated General Plan and Coastal Land Use Plan, 2017

Healthy Places Index:

Cities are ranked based on percentiles. For example, if a city has an HPI score of 96.8, it has healthier community conditions than 96.8% of other California cities.



Healthy Places Index Score:

Hermosa Beach	Manhattan Beach	Redondo Beach
94.5	96.8	90.5

Source: California Healthy Places Index, 2018

Community View on Health:

The BCHD Community Health Survey was administered from August 3 – August 30, 2021. The survey was promoted through BCHD’s communication channels, through the Beach Cities’ newsletter and social media updates, and promoted by elected officials, Chambers of Commerce and community organizations. A total of 1,304 community members responded to the survey, with 923 respondents residing in the cities of Hermosa Beach, Manhattan Beach and Redondo Beach.

Survey Demographic Comparisons

When comparing demographic data of Beach Cities residents (US Census data, 2019: ACS 5-Year Estimates) survey respondents were fairly representative of the Beach Cities population based on a breakdown of respondents by city, race and household income, with survey respondents skewing more

female than the Beach Cities population, and with fewer children, and more older adults responding to the survey. Youth under 18 are underrepresented in the survey, but robust data for this population can be found in the California Healthy Kids Survey.

Comparison by City

	Beach Cities Population		Survey Respondents	
	Population by City	Percentage of total Beach Cities population	Number of Survey respondents by City	Percentage of total survey respondents
Total in Beach Cities	122,462	--	923	--
Hermosa Beach	19,539	16%	171	19%
Manhattan Beach	35,500	29%	310	34%
Redondo Beach	67,423	55%	442	48%

Comparison by Race

	Race Breakdown of Beach Cities	Race Breakdown of Survey Respondents
White	75%	78%
Hispanic, Latino or Spanish Origin	13%	6%
Asian	12%	11%
Black or African American	2%	2%
American Indian & Alaskan Native	0%	2%
Native Hawaiian & Other Pacific Islander	0%	2%

*Note that survey respondents were asked to mark all that apply for their racial breakdown and Census data is based on those who identified as one race. In addition, where the Community Health Survey question included "Hispanic" as a racial background option, the Census data has a separate question regarding Hispanic or Latino race, where 13% of Beach Cities residents identify as "Hispanic or Latino race," and 87% identify as "Not Hispanic or Latino race."

Comparison by Age

	Age Breakdown of Beach Cities	Age Breakdown of Survey Respondents
Youth (Under 18)	23%	<1%
Adults (18-64)	63%	66%
Older Adults (65+)	14%	34%

Comparison by Gender

	Gender Breakdown of Beach Cities	Gender Breakdown of Survey Respondents
Female	50%	71%
Male	50%	26%

Comparison by Household Income

	Household Income of Beach Cities	Household Income of Survey Respondents
Less than \$35,000	7%	7%
\$35,000 – \$74,999	18%	15%
\$75,000 – \$99,999	14%	12%
Greater than \$100,000	61%	67%

- Thinking about both physical and mental health, how would you rate the overall health of your community?
 - 84% of respondents indicated that the overall health of the community is good or excellent
- Compared to most people your age, how would you rate your health?
 - 87% of respondents indicated their health was good or excellent.
- What are the biggest health and social issues in the community?
 1. Mental health (e.g. depression, anxiety, isolation) — 72%
 2. Social-emotional health (e.g. community engagement, mindfulness, stress management) — 53%
 3. Substance abuse (e.g. alcohol, tobacco) — 46%
 4. Homelessness and poverty — 38%
 5. Emergency preparedness (e.g. earthquake, tsunami) — 32%
- Which groups in the community need the most help?
 1. Teens (13-18) — 66%
 2. Older adults (60+) — 62%
 3. Individuals experiencing homelessness — 48%
 4. People with disabilities — 47%
 5. Individuals experiencing poverty — 35%



2022-2025 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 obese or overweight



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 abuse among adults

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



Health Priority: Mental Health

According to the Centers for Disease Control and Prevention (CDC), mental health is an important part of overall health and well-being. It includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make healthy choices.

Mental health is important across the lifespan, from childhood and adolescence through adulthood. Starting from a young age, many schools incorporate social-emotional health and learning into their education. According to the Collaborative for Academic, Social and Emotional Learning, social and emotional learning (SEL) is the process through which all young people and adults acquire and apply the knowledge, skills and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. The identification and regulation of emotions support mental health. It is also important for children and their families to have access to mental health providers for early diagnosis and referral to appropriate services.

Mental health and physical health are connected and contribute to one's overall health. For example, depression increases the risk for many types of physical health problems like diabetes, heart disease and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness. It's important to note that mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with a mental illness (CDC, 2021).

Overall, there is much room for improvement in mental health among Beach Cities students and adults. They are feeling more stressed, sad, hopeless and disconnected from one another. These increased feelings of stress are associated with feeling anxious/worried, irritable and tired (BCHD Community Health Survey, 2021).

Well-Being Index Score:



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Beach Cities (2020)	California (2018)	United States (2020)
68.3	62.2	61.2

Source: Gallup National Health & Well-being Index (WBI), 2018 and 2020



The Well-Being Index score comprises five interrelated and complementary elements that people need to thrive in their lives: purpose, social, financial, physical and community.

Stress:



Percentage of adults who experienced feelings of stress during a lot of the day yesterday

Beach Cities (2010)	Beach Cities (2020)	United States (2010)	United States (2020)
45%	49%	40%	49%

Source: Gallup National Health & Well-being Index (WBI), 2010 and 2020



Nearly half of Beach Cities adults report experiencing feelings of stress during a lot of the day yesterday.

28%



of respondents report having above average levels of stress on an average day.

32%



of respondents reported they are uncomfortable at their current level of stress.

Source: BCHD Community Health Survey, 2021

Percentage of respondents who reported the following as a current cause of their stress

COVID-19	49%
Family	37%
Job	33%
Parenting	27%
Health	26%
Not enough time	26%
Money	25%

Source: BCHD Community Health Survey, 2021

Percentage of respondents who reported the following stress management or coping techniques

Exercise	57%
Talk to friends	49%
Listen to music	35%
Read	35%
Sleep	30%
Hobby/project	26%
Overeating	21%
Alcohol	19%

Source: BCHD Community Health Survey, 2021

Chronic Sad or Hopeless Feelings:



Percentage of Beach Cities students who reported chronic sad or hopeless feelings in the past 12 months

	2018	2019	2020	2021
7th grade	20%	23%	29%	29%
9th grade	30%	28%	34%	41%
11th grade	35%	40%	41%	45%

Source: California Healthy Kids Survey, 2018-21

Sense of Belonging:



44% of Beach Cities 6th-12th grade students report a sense of belonging



A score of “44% favorable” means that 44% of respondents selected a favorable answer choice. The above percentage is an aggregate of five questions. For example, the favorable answer choices for the question, “Overall, how much do you feel like you belong at your school?” are “belong quite a bit” and “completely belong.”

Source: Panorama Education, 2020

Depression:



Percentage of adults who have ever been told by a physician or nurse that they had depression

Beach Cities (2010)	Beach Cities (2020)	United States (2020)
12%	15%	24%

Source: Gallup National Health & Well-being Index (WBI), 2010 and 2020



Percentage of respondents who have ever been told by a physician or nurse that they have the following:

Anxiety	25%
Depression	20%
Other mental health disorder	4%

Source: BCHD Community Health Survey, 2021

Suicide:



Percentage of Beach Cities students who reported seriously considering attempting suicide in the past 12 months

	2018	2019	2020	2021	L.A. County 2017-19	California 2017-19
7th grade	N/A	10%	10%	13%	14%	N/A
9th grade	17%	13%	13%	16%	16%	16%
11th grade	16%	18%	15%	15%	15%	17%

Source: California Healthy Kids Survey, 2018-21

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Percentage of adults with diagnosed depression and suicide rate per 100,000

City/Community	Percentage of Adults with Diagnosed Depression	Suicides (Per 100,000)
Manhattan Beach	17%	9.6
Rancho Palos Verdes	8%	9.0
Redondo Beach	11%	8.9
Torrance	6%	10.2
Carson	6%	5.9
Gardena	6%	5.3
Lawndale	7%	--
Hawthorne	8%	7.6
Inglewood	7%	4.1
Los Angeles City Council District 15	8%	8.7
Westmont	7%	--
Los Angeles County	9%	7.6

Source: Los Angeles County Department of Public Health, City and Community Health Profiles, June 2018.

Emergency Response to Suicide

An audit of Redondo Beach Fire Department calls coded as “intoxication,” “behavioral psych” and “assault violence” reveal that 5% of calls involved active suicide attempts and an additional 5% of calls resulted in an involuntary psychiatric hold under police code 5150 in 2020. In 2021, 4% of calls involved active suicide attempts while 10% of calls resulted in an involuntary hold under police code 5150. This data was not available from Hermosa Beach and Manhattan Beach.

Needing Help:



Percentage of adults ages 18+ who needed help for emotional/mental or alcohol/drug problem in past 12 months

Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County	California
27%	24%	24%	19%	20%

Source: California Health Interview Survey, 2018



There are more adults in each of the three Beach Cities who reported a need for help for emotional/mental health or alcohol/drug problems compared to both the County and State.

Views of Older Adults

Beach Cities Health District conducted focus groups with older adult senior center members from Redondo Beach, Hermosa Beach and Manhattan Beach. When asked how participants like to engage with their community, all participants stated they prefer in-person, engaging in exercise classes offered at their local senior centers and in-person activities like Dominoes and Rummikub. Due to COVID-19, participants learned how to use Zoom, a video conferencing platform, as it was the only option possible for some time. Most participants shared that they know how to use Zoom and don't mind connecting with others on this platform. However, they shared that they know many friends and family members their age who do not use Zoom, either because they don't know how, or they do not want to engage in this way. There was a general consensus that isolation among older adults is a major concern and has worsened throughout the pandemic.

A focus on outreach was a common theme in each of the focus groups. Participants shared that although they know programs exist, they are not sure how community members are being reached. One participant suggested that more advertisements in newsletters and newspapers might increase volunteer participation, while another suggested the utilization of message boards in the senior centers and other buildings that get more foot traffic. Multiple participants expressed interest in volunteering but believed there is not a clear way to find volunteer opportunities all in one place.

BCHD's Response

Strategic Objectives:

- 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



Health Priority: Physical and Brain Health

The World Health Organization (WHO) defines health as a state of “complete physical, mental and social well-being and not merely the absence of disease or infirmity.” In the Beach Cities, physical health not only includes physical expressions of disease, such as obesity, diabetes and asthma, but also includes diseases of the brain such as Alzheimer’s and dementia.

While the Beach Cities remains a physically active community with a low overall obesity and diabetes rate, other physical ailments such as heart disease, Alzheimer’s and dementia remain elevated in adults ages 18+.

Health Outcomes:



Heart Disease – Adults ages 18+ who were ever diagnosed with heart disease by a doctor

Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County	California
7%	8%	7%	6%	7%

Source: California Health Interview Survey, 2018

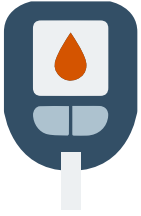


Asthma – Adults ages 18+ who were ever diagnosed with asthma by a doctor

Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County	California
17%	17%	16%	15%	16%

Source: California Health Interview Survey, 2018

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Diabetes – When asked if you have ever been told by a healthcare provider that you have diabetes

Beach Cities (2010)	Beach Cities (2020)	United States (2010)	United States (2020)
6%	5%	11%	13%

Source: Gallup National Health & Well-being Index (WBI), 2010 and 2020

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Obesity + Overweight

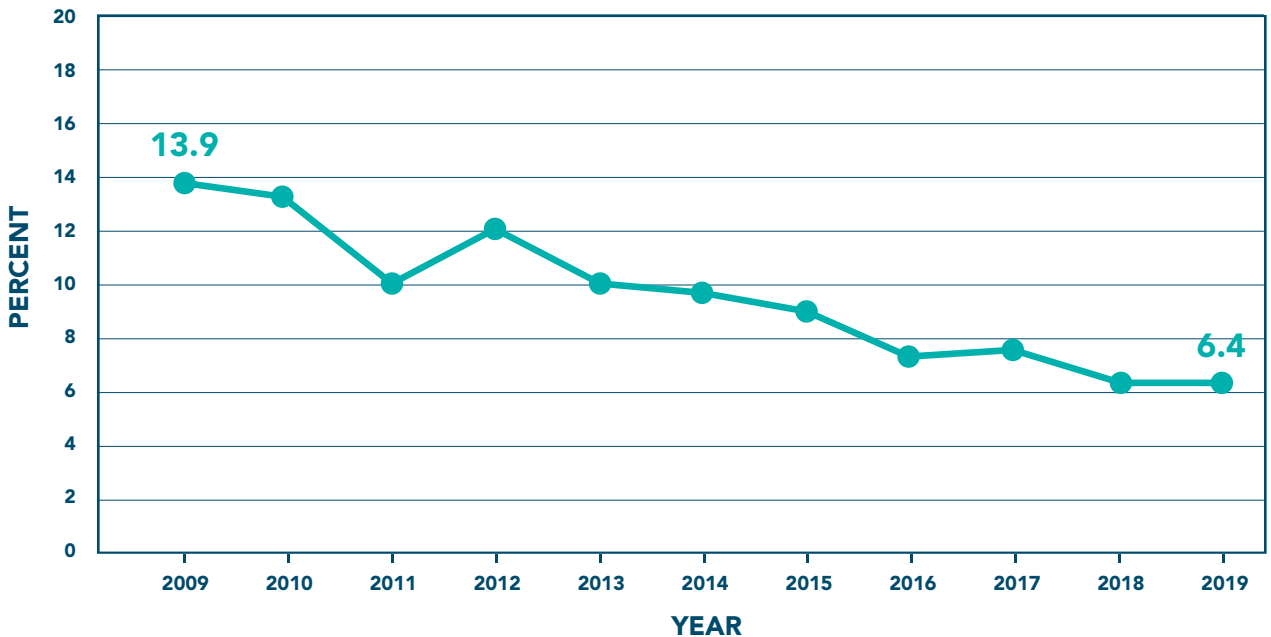
	Beach Cities (2010)	Beach Cities (2020)	United States (2010)	United States (2020)
Obesity	13%	11%	25%	32%
Obesity and Overweight	60%	42%	60%	66%

Source: Gallup National Health & Well-being Index (WBI), 2010 and 2020



Calculated based on self-reported height and weight. Overweight is categorized as BMI between 25.0 and 29.9, and obesity is categorized as BMI of greater than 30.

BMI Trends in Redondo Beach Unified School District

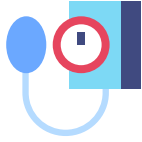


Source: Los Angeles County Department of Public Health in partnership with Beach Cities Health District. Recent Trends in Childhood Obesity Prevalence in the Redondo Beach Unified School District: A Case Study; June 2020.



From 2009 to 2019, the prevalence of obesity among students overall decreased from 13.9% to 6.4%.

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High Blood Pressure – When asked if you have ever been told by a healthcare provider that you have high blood pressure

Beach Cities (2010)	Beach Cities (2020)	United States (2010)	United States (2020)
22%	23%	31%	36%

Source: Gallup National Health & Well-being Index (WBI), 2010 and 2020

★ HP2030



High Cholesterol – When asked if you have ever been told by a healthcare provider that you have high cholesterol

Beach Cities (2010)	Beach Cities (2020)	United States (2010)	United States (2020)
24%	26%	27%	32%

Source: Gallup National Health & Well-being Index (WBI), 2010 and 2020

Alzheimer’s disease-specific death rate (per 100,000 population)



Beach Cities	L.A. County
42.4	33.7

Source: Beach Cities Core Indicators for Community Health Needs Assessment, Los Angeles County, 2018



1 in 5 respondents are caring for a family member or friend experiencing cognitive memory issues with 13% of those persons being cared for being diagnosed with Alzheimer’s or another type of dementia (BCHD Community Health Survey, 2021)

Percentage of respondents who have ever been told by a physician or nurse that they have the following:

Anxiety	25%
Arthritis	24%
Vision Problem	23%
Hypertension	21%
Depression	20%
Dental problems	13%
Hearing problems	13%
Cancer	12%
Autoimmune disease	11%
Chronic pain	11%
Osteoporosis	9%
Cardiovascular disease	8%
Respiratory disease	4%
Mental health disorder	4%
Kidney disease	3%
Sexually transmitted infection	3%
Substance use disorder	1%
Dementia	1%
Stroke	1%
None of the above	22%
Other *	5%

*Represented in the word cloud below



Have you ever been told by a physician or nurse that you have any of the following? (Check all that apply)



Source: BCHD Community Health Survey, 2021

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Life Expectancy

City/Community	Life Expectancy At Birth (years)
Manhattan Beach	84.0
Rancho Palos Verdes	85.4
Redondo Beach	83.9
Torrance	83.5
Carson	81.3
Gardena	83.1
Lawndale	81.5
Hawthorne	80.4
Inglewood	81.0
Los Angeles City Council District 15	81.2
Westmont	76.6
Los Angeles County	82.3

Source: Los Angeles County Department of Public Health. City and Community Health Profiles. June 2018.

Health Behaviors:

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Physical Activity – Percentage who exercised for 30+ minutes 3 or more days in the last week

Beach Cities (2010)	Beach Cities (2020)	United States (2010)	United States (2020)
61%	72%	52%	61%

Source: Gallup National Health & Well-being Index (WBI), 2010 and 2020



Nutrition – Percentage who ate 5 or more servings of produce 4 or more days last week

Beach Cities (2010)	Beach Cities (2020)	United States (2010)	United States (2020)
60%	61%	58%	61%

Source: Gallup National Health & Well-being Index (WBI), 2010 and 2020



Adults who report walking in their neighborhood

Torrance Health District	SPA 8	L.A. County
74%	74%	69%

Source: LA County Health Survey, 2018



How survey respondents get around for things like shopping, running errands and going other places

Driving	93%
Walking	41%
Cycling	19%
Transit	4%

Source: BCHD Community Health Survey, 2021



Sleep

64%



64% of survey respondents report getting the recommended 7-9 hours of sleep every night

Source: BCHD Community Health Survey, 2021

Percentage of Beach Cities students who reported missing school in the past 30 days due to not getting enough sleep

	2018	2019
7th grade	7%	7%
9th grade	12%	9%
11th grade	24%	20%

Source: California Healthy Kids Survey, 2018 and 2019

Disability:

	Hermosa Beach		Manhattan Beach		Redondo Beach		Total Beach Cities	
	#	%	#	%	#	%	#	%
Total with a disability*	1,295	7%	1,999	6%	4,369	7%	7,663	6%
Under 18 years below poverty level*	129	4%	147	2%	189	1%	465	2%
18-64 years below poverty level*	459	3%	572	3%	2,214	5%	3,245	4%
65 years and older below poverty level*	707	29%	1,280	21%	1,966	22%	3,953	23%

Source: United States Census Bureau, 2019 American Community Survey 5-Year Estimates

* Percentages calculated based on total civilian noninstitutionalized population.



13% of survey respondents report having a disability that keeps them from fully participating in work, school, housework or other activities. (Source: BCHD Community Health Survey, 2021)

BCHD's Response

Strategic Objectives:

- 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 obese or overweight



Health Priority: Public Health and Safety

The COVID-19 pandemic has highlighted the need for local public health response in coordination with broader county efforts. Additionally, services for those experiencing homelessness and issues around safe streets and community engagement are top of mind for our community. BCHD also has a long history of financially supporting the local Fire Departments and the Redondo Beach Police Department Domestic Violence program as well as the local Citizen’s Emergency Response Teams (CERT). These established relationships were vital to the community response to COVID-19. The pandemic has broadened awareness of the public health issues that can face a community. BCHD has a role to play in supporting the community and responding to the next public health crisis.

Social determinants of health are defined by the Centers for Disease Control and Prevention as conditions in the places where people live, learn, work and play that affect a wide range of health risks and outcomes. Similarly, the World Health Organization defines social determinants of health as the conditions in which people are born, grow, live, work and age. These circumstances are shaped by the distribution of money, power and resources at global, national and local levels. They state social determinants of health are mostly responsible for health inequities – the unfair and avoidable differences in health status seen within and between countries. The data in this section is presented in the five key areas identified in the Healthy People 2030 report: Neighborhood and Built Environment, Social and Community Context, Economic Stability, Education Access and Quality and Healthcare Access.

Neighborhood and Built Environment

Neighborhood Safety – Percent of adults who perceived their neighborhood to be safe from crime

SPA	Percent	Estimated Number
Antelope Valley (SPA 1)	97%	272,000
San Fernando (SPA 2)	91%	1,604,000
San Gabriel (SPA 3)	85%	1,206,000
Metro (SPA 4)	76%	718,000
West (SPA 5)	89%	496,000
South (SPA 6)	69%	531,000
East (SPA 7)	87%	866,000
South Bay (SPA 8)	88%	1,067,000

Source: Los Angeles County Health Survey, 2018

Serious Crime and Homicide

City/Community	Serious Crimes (Per 100,000)	Homicides (Per 100,000)
Manhattan Beach	150.7	--
Rancho Palos Verdes	62.9	--
Redondo Beach	230.8	--
Torrance	175.9	2.1
Carson	538.7	7.5
Gardena	557.1	8.9
Lawndale	581.2	--
Hawthorne	745.1	9.3
Inglewood	713.3	14.9
Los Angeles City Council District 15	696.6	10.7
Westmont	1,513.6	31.5
Los Angeles County	551.0	5.7

Source: Los Angeles County Department of Public Health. City and Community Health Profiles. June 2018.



Emergency Preparedness – Percentage of households that are prepared for a large-scale disaster or emergency

Torrance Health District	SPA 8	L.A. County
58%	63%	62%

Source: LA County Health Survey, 2018

BCHD Community Health Survey Question:



In case of an emergency or major disaster, do you have an emergency plan including emergency supplies (e.g. water, contact information, prescription medications, etc.)?

Yes: 64%

COVID-19:

How worried are you about the impact of COVID-19 on you personally?

	Survey 1	Survey 2	Survey 3
Extremely worried	23%	14%	18%
Very	36%	29%	32%
Somewhat	32%	39%	35%

Source: South Bay Joint Information Center Surveys, 2020

What are the TOP THREE biggest challenges you are currently facing?

	Survey 1	Survey 2	Survey 3
Top 1	General anxiety about the impact of the coronavirus on my life 63%	General anxiety about the impact of the coronavirus on my life 58%	Frustration with other community members not following the health guidance 58%
Top 2	Purchasing supplies (eg. Toilet paper) 50%	Social isolation/lack of places to go 56%	Social isolation/lack of places to go 49%
Top 3	Social isolation/lack of places to go 46%	Purchasing supplies (eg. Toilet paper) 43%	General uncertainty of the future 49%

Source: South Bay Joint Information Center Surveys, 2020

If a COVID-19 vaccine becomes available, would you opt to get the vaccine?

Note: This question was asked in July 2020 before COVID-19 vaccines were available.

Yes	65%
No	8%
Unsure	28%

Source: South Bay Joint Information Center Survey #3, 2020

Percentage of population age 5+ vaccinated with at least one dose (As of January 31, 2022)



Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
89%	92%	88%	81%

Source: Los Angeles County Department of Public Health COVID-19 Vaccine Data Dashboard

COVID-19 cases and deaths in the Beach Cities (As of February 7, 2022)

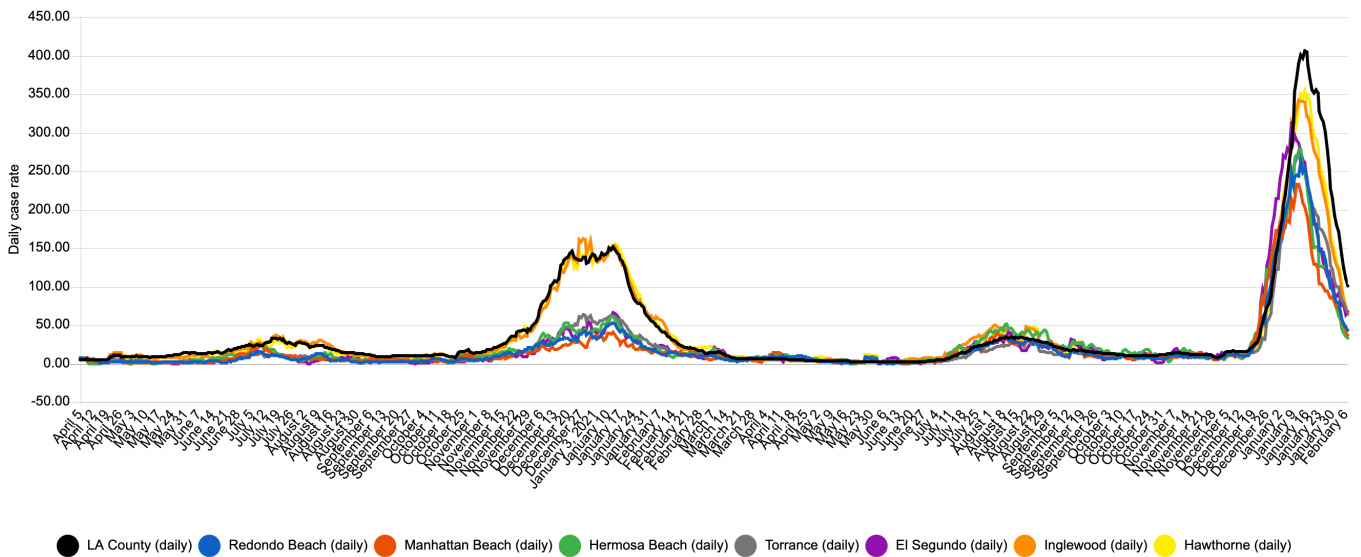


	Hermosa Beach	Manhattan Beach	Redondo Beach	Beach Cities Total
Cases by City in the Beach Cities	3,129	4,657	9,458	17,244
Deaths by City in the Beach Cities	12	24	64	100

Source: Los Angeles County Department of Public Health COVID-19 Vaccine Data Dashboard

COVID-19 daily new cases per 100,000 (past 7 day avg) in the South Bay (As of February 7, 2022)

Daily new cases per 100,000 (past 7 day avg)



Source: Los Angeles County Department of Public Health COVID-19 Vaccine Data Dashboard

Built Environment/Traffic Safety

Traffic Safety: Crash Rankings

Victims Killed and Injured in 2018			
Type of Crash	Hermosa Beach	Manhattan Beach	Redondo Beach
Total Fatal & Injury	61	80	272
Alcohol Involved	12	8	34
Pedestrian	12	6	29
Bicyclists	2	12	20
Speed Related	13	12	41
Ranking	40/103	52/94	18/105

Source: California Office of Traffic Safety Crash Ranking Results, 2019



Rankings based on total number of fatality and injury crashes. Rankings are based on a group of cities with similar population size. The lower the number of the ranking, the worse the city ranks relative to other cities in their group.

Redondo Beach ranks in the lowest quartile for total fatal and injury crashes relative to other cities with similar population sizes in California.

Perceptions of Safety from the BCHD Community Health Survey

71%



of respondents reported that from a traffic safety perspective, they felt safe walking and biking in the Beach Cities.

56%



of respondents reported that if changes were made to improve pedestrian infrastructure, they would walk more.

50%





of respondents reported that if there were changes made to improve biking infrastructure, they would bike more.


Aging in Place


Aging in place is defined as the ability to live in one's home and community safely, independently and comfortably, regardless of age, income or ability level (CDC). Aging in place helps older adults maintain independence, community support systems and social connections.

BCHD Community Health Survey Perspective:

80%  of respondents rated their city as a good or excellent place to live as they age.

91%  of respondents indicated that it was important to remain in their home as they age.

93%  of respondents indicated that it was important to remain in their city as they age.

48%  of respondents indicated that it is likely that they will move to a different home in their city as they age.

Have the following types of modifications or improvements been made to your home to enable you to stay there?

- Accessibility into home (ramp, chairlift, wider doorways, etc.): **10%**
- Bathroom modifications (grab bars, handrails, higher toilet seat, etc.): **20%**
- Putting bedroom, bathroom or kitchen on the first floor: **11%**
- Improved lighting: **12%**

If you were to consider moving, why would you do so? (Check all that apply)



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Social and Community Context

Discrimination

How adults reported they were treated at work compared to people of other races in the past year

	SPA 8	L.A. County
Worse than other Races	8%	8%
Same as other Races	84%	85%
Better than Other Races	8%	7%

Source: Los Angeles County Health Survey, 2018

Diversity and Inclusion:

80% of Beach Cities 6th–12th grade students responded favorably to the question: How diverse, integrated, and fair is school for students from different races, ethnicities or cultures?



A score of “80% favorable” means that 80% of respondents selected a favorable answer choice. The above percentage is an aggregate of six questions. For example, the favorable answer choices for the question, “How fairly do students at your school treat people from different races, ethnicities, or cultures?” are “quite fairly” and “extremely fairly.”

Source: Panorama Education, 2020

BCHD Community Health Survey Question

18%



of respondents feel that they need help but have trouble accessing it

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Economic Stability

Poverty

	Hermosa Beach		Manhattan Beach		Redondo Beach		Total Beach Cities	
	#	%	#	%	#	%	#	%
Total below poverty level*	877	5%	1,149	3%	2,633	4%	4,659	4%
Under 18 years below poverty level*	206	6%	294	3%	378	3%	878	3%
18-64 years below poverty level*	574	4%	648	3%	1,845	4%	3,067	4%
65+ years below poverty level*	97	4%	207	3%	410	5%	714	4%

Source: United States Census Bureau, 2019 American Community Survey 5-Year Estimates

* Poverty status in the past 12 months. Percentages calculated based on total population for whom poverty status is determined.

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Food insecurity – Adults ages 18+ who are low-income food insecure

Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County	California
2%	2%	3%	7%	6%

Source: California Health Interview Survey, 2018

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Free and reduced lunch eligibility in school-aged population

Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County	California
2%	2%	3%	7%	6%

Source: California Department of Education, 2020-21



Homelessness – Homeless counts in the last 3 years by city

	Hermosa Beach	Manhattan Beach	Redondo Beach	Beach Cities
2018	23	41	154	218
2019	25	22	173	220
2020	28	15	176	219

Source: Los Angeles Homeless Services Authority, 2020 Homeless County by Community/City

People Experiencing Homelessness in SPA 8

2020 Homeless Count Data	
Individuals	3,686
Families	286
Chronically Homeless	2,059
Total	4,560
Black	28%
Latino	32%
White	34%
Substance Use Disorder	35%
Serious Mental Illness	20%
Physical Disability	24%
Intimate Partner Violence Experience	29%

BCHD Community Health Survey Question

75%



of respondents indicated that they feel they are in control or consistently in control of their household budget (e.g. housing, transportation, food, utilities).

Education Access and Quality



Adults ages 25+ completing high school and Bachelor's degree or higher

	Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
High school or higher	98%	99%	97%	78%
Bachelor's degree or higher	74%	75%	58%	31%

Source: Southern California Association of Governments, Local Profile Report, May 2019



Residents of the Beach Cities have high levels of educational attainment relative to the rest of Los Angeles County. The proportion of Redondo Beach residents that have completed a Bachelor's degree or higher is lower than the other Beach Cities. Education is an important social determinant of health, as people with higher levels of education are more likely to be healthier and live longer (Healthy People 2030).

Healthcare Access



Uninsured – Percentage of Population that are Uninsured

Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
3%	2%	3%	10%

Source: US Census, ACS 2019 5-year estimates

Percentage of Adults Reporting Difficulty Accessing Healthcare

City/Community	Percentage of Adults Reporting Difficulty Accessing Healthcare
Manhattan Beach	9%
Rancho Palos Verdes	8%
Redondo Beach	11%
Torrance	16%
Carson	18%
Gardena	19%
Lawndale	18%
Hawthorne	13%
Inglewood	16%
Los Angeles City Council District 15	23%
Westmont	31%
Los Angeles County	24%

Source: Los Angeles County Department of Public Health, City and Community Health Profiles, June 2018.

BCHD Community Health Survey Questions

99%



99% of survey respondents indicated that they have health insurance/access to health providers.

When asked what the barriers are to get health care or social services for themselves or a family member, the top 3 responses are scheduling, financial constraints and lack of quality health care. Other answers indicated in the world cloud.



BCHD's Response

Strategic Objectives:

- 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



Health Priority: Substance Use

Substance use in the Beach Cities is higher than county and state levels for both adults and youth, yet more than 70% of respondents believe that substance use in the Beach Cities is about the same as other communities in Los Angeles (BCHD Community Health Survey, 2021). There are many factors that contribute to substance use in a community including alcohol and tobacco retail density, public policies and laws, and perception of drug use.

The alcohol retail density in the Beach Cities is higher than that of other cities in Los Angeles County. This means a higher number of alcohol retail outlets, which increases the access, acceptability and potential consumption of alcohol in both youth and adults. Regardless of whether someone is of legal age, drinking alcohol may cause a range of negative consequences such as increased risk of injury, physical or sexual assault, impaired judgment that may lead to dangerous behavior and a number of chronic and acute health conditions. Underage drinking has also been shown to interfere with brain development and increase an individual's risk for developing alcohol use disorder (National Institute on Alcohol Abuse and Alcoholism, 2021). BCHD's increased efforts around youth and adult substance use contributed to the decline in use of all substances by Beach Cities residents since 2018.

More than 25% of licensed tobacco retailers in California are found in Los Angeles County, 90 of which are located within the Beach Cities (California Tobacco Health Assessment Tool). While tobacco use in Beach Cities adults has decreased in the past decade and remains lower than state levels, use of electronic cigarettes (e-cigarettes) in the Beach Cities is higher than state levels. What is currently known about e-cigarettes is that they contain cancer-causing chemicals, can cause unintended injuries and specifically for youth can increase the chances of using other tobacco products in the future (CDC).

Marijuana use among Beach Cities youth has declined since 2018. However, with the potential for the introduction of retail marijuana in the community, this decline in use is at risk. Since California legalized the recreational use of marijuana for individuals over the age of 21 in 2016, the perceived risk/harm of both occasional and daily use of marijuana by Beach Cities youth decreased across all three grades surveyed in the CHKS. The human brain is not fully developed until age 25, leaving it vulnerable to the negative effects of marijuana when used during adolescence. The U.S. Surgeon General reports frequent marijuana use in adolescents leads to negative effects including difficulty with memory and attention, impaired learning, increased rates of suicide attempts and risk for psychotic disorders (Office of the Surgeon General).

Alcohol and Other Drugs



Youth – Percentage of Beach Cities students who reported using alcohol or drugs in the past 30 days

	2018	2019	2020	2021
7th grade	4%	4%	2%	3%
9th grade	18%	17%	12%	9%
11th grade	42%	37%	31%	25%

Source: California Healthy Kids Survey, 2018-21

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Adult – Percentage of adults who have more than 7 alcoholic drinks in a typical week

Hermosa Beach	Manhattan Beach	Redondo Beach	Beach Cities	United States
30%	22%	17%	20%	12%

Source: Gallup National Health & Well-being Index (WBI), 2017



24% of respondents report alcohol consumption that exceeds recommended levels (BCHD Community Health Survey, 2021)

Marijuana



Youth – Percentage of Beach Cities students who reported using marijuana in the past 30 days

	2018	2019	2020	2021	L.A. County (2017-2019)	California (2017-2019)
7th grade	1%	1%	<1%	<1%	3%	4%
9th grade	13%	11%	6%	4%	10%	10%
11th grade	27%	24%	19%	15%	13%	16%

Source: California Healthy Kids Survey, 2018-21



Adult – Percentage of adults (Ages 18 Years and Older) who reported ever using any form of marijuana in the past year

Torrance Health District (2015)	Torrance Health District (2018)	SPA 8 (2015)	SPA 8 (2018)	L.A. County (2015)	L.A. County (2018)
12%	17%	13%	17%	12%	18%

Source: LA County Health Survey 2015 Department of Public Health - Health Assessment Unit - Data Topics 2015 (lacounty.gov) and 2018

Incidence of Substance Use in Emergency Response

An audit of Redondo Beach Fire Department calls coded “intoxication,” “behavioral psych” and “assault violence” found that alcohol and drugs were present in 41% of the calls with alcohol accounting for 27% and other drug use accounting for 14% in 2020. These ratios remained consistent in the data from 2021 with alcohol accounting for 30% of calls and other drug use accounting for 12% of calls. This data was not available from Hermosa Beach and Manhattan Beach.

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Tobacco



Youth – Percentage of Beach Cities students who reported current use of electronic cigarettes

	2018	2019	2020	2021	L.A. County (2017-2019)	California (2017-2019)
7th grade	3%	2%	<1%	1%	4%	4%
9th grade	14%	13%	6%	4%	9%	9%
11th grade	28%	25%	15%	10%	10%	11%

Source: California Healthy Kids Survey, 2018-21



Adult – Percentage that answered “Yes” to “Do you smoke?”

Beach Cities (2010)	Beach Cities (2020)	United States (2010)	United States (2020)
11%	6%	20%	16%

Source: Gallup National Health & Well-being Index (WBI), 2010 and 2020



Adults ages 18+ who have used an e-cigarette in the last 30 days

Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County	California
8%	7%	7%	5%	5%

Source: California Health Interview Survey, 2018



Survey data points to accessibility, cultural acceptability, stress and peer pressure as contributing factors to youth substance use in the Beach Cities (BCHD Community Health Survey, 2021). Survey respondents perceive that there is less substance use by adults in the Beach Cities than the data shows.

Alcohol Retail Density



On-premises and off-premises alcohol outlet density per 10,000 population

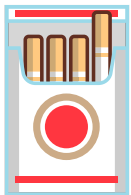
Hermosa Beach	Manhattan Beach	Redondo Beach	L.A. County
47.7	32.6	25.5	15.1

Source: Alcohol Outlet Density and Alcohol-Related Consequences by City and Community in Los Angeles County, 2013; Substance Abuse Prevention and Control, Los Angeles County Department of Public Health, November 2016



On-premises outlets serve alcohol to be consumed on-site (e.g. bars). Off-premises outlets sell alcohol in sealed containers to be consumed off-site (e.g. liquor or grocery stores). All three Beach Cities are considered to have “high alcohol retail density” relative to other cities in Los Angeles County.

Tobacco Retail Density



Licensed Tobacco Retailers

Hermosa Beach	Manhattan Beach	Redondo Beach
16 3 within 1,000 feet of schools	17 3 within 1,000 feet of schools	57 13 within 1,000 feet of schools

Source: California Tobacco Health Assessment Tool, 2020 <https://cthat.org/#>



In the Beach Cities, 21% of tobacco retailers are within 1,000 feet of schools. Studies have shown that children are more likely to smoke when they live or go to school in neighborhoods with a high density of tobacco retailers. Tobacco control policy best practices include limiting tobacco retailer density and proximity to youth-oriented areas. (Source: ChangeLab Solutions, Tobacco Retailer Density)

Policy Status

Local Substance Use Policy Adoption

The Beach Cities have made advancements in tobacco control policies to place regulations in the retail environment and on secondhand smoke. All three cities have adopted comprehensive smoking bans in all public places and tobacco retail license aimed at addressing youth access to tobacco products. These best practices have been shown to protect the community from the deadly effects of tobacco products.

In 2020, Manhattan Beach became the second city in the United States to adopt a full tobacco retail ban ordinance prohibiting the sale of all tobacco products and electronic smoking/vaping devices in the city. They were recognized with the World Health Organization’s “World No Tobacco Day Award” for their accomplishments in tobacco regulation.

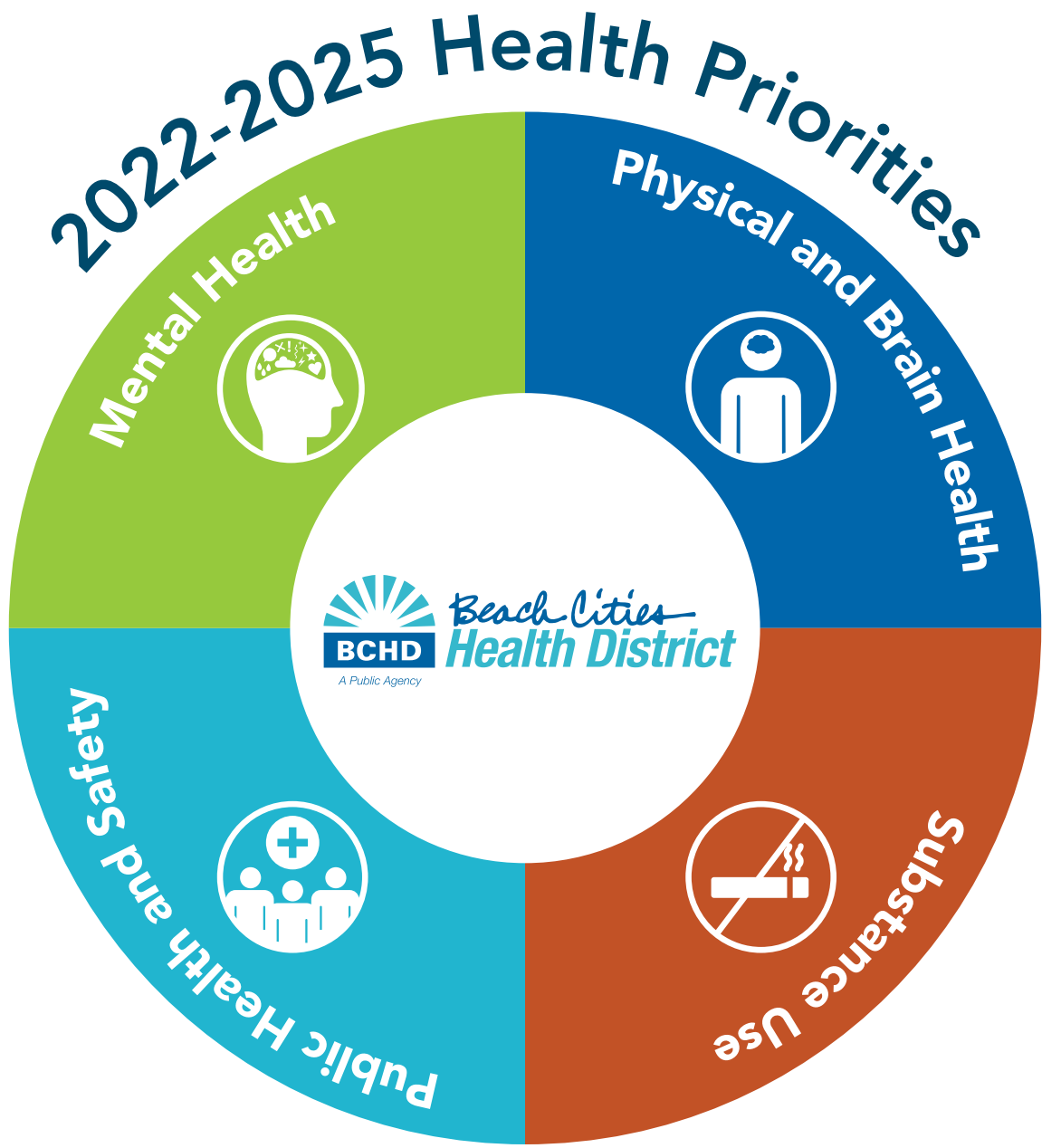
	Hermosa Beach	Manhattan Beach	Redondo Beach
Tobacco Control			
American Lung Association State of Tobacco Control 2021 Grade	B	A	C
Comprehensive Smoking Ban in Public Places	✓	✓	✓
Tobacco Retail License	✓	✓	✓
Ban on the sale of all flavored tobacco products	✓	✓	✓
Flavor ban includes adult-only stores	✓	✓	✓
Density and proximity of tobacco retailers in youth areas	✓	✓	X
Ban on the sale of electronic smoking devices	✓	✓	X
Regulations on Smoking in Multi-Unit Housing	X	✓	X
Ban of the Sale of all Tobacco Products	X	✓	X
Alcohol			
Social Host Liability Ordinance	✓	✓	X
Marijuana			
Ban on recreational marijuana dispensaries and manufacturing within city limits	✓	✓	✓

Source: American Lung Association in California, State of Tobacco Control 2021: California Local Grades

BCHD's Response

Strategic Objectives:

- 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 abuse among adults





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For full data sets, visit www.bchd.org/healthreport.

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