



*A Public Agency*

*Beach Cities*  
***Health District***

# Creating a Healthy Beach Community

Kerianne Lawson, Director of Lifespan Services

# 60 Years of Improving Health



# A Special Purpose District



Palo Verde Health Care District

Eden Township Healthcare District    Sequoia Health Care District

West Side Healthcare District    Fallbrook Healthcare District

Los Medanos Community Healthcare District    Camarillo Health District

Peninsula Health Care District    Desert Healthcare District

Redbud Healthcare District    Petaluma Health Care District

Grossmont Healthcare District    Del Norte Healthcare District



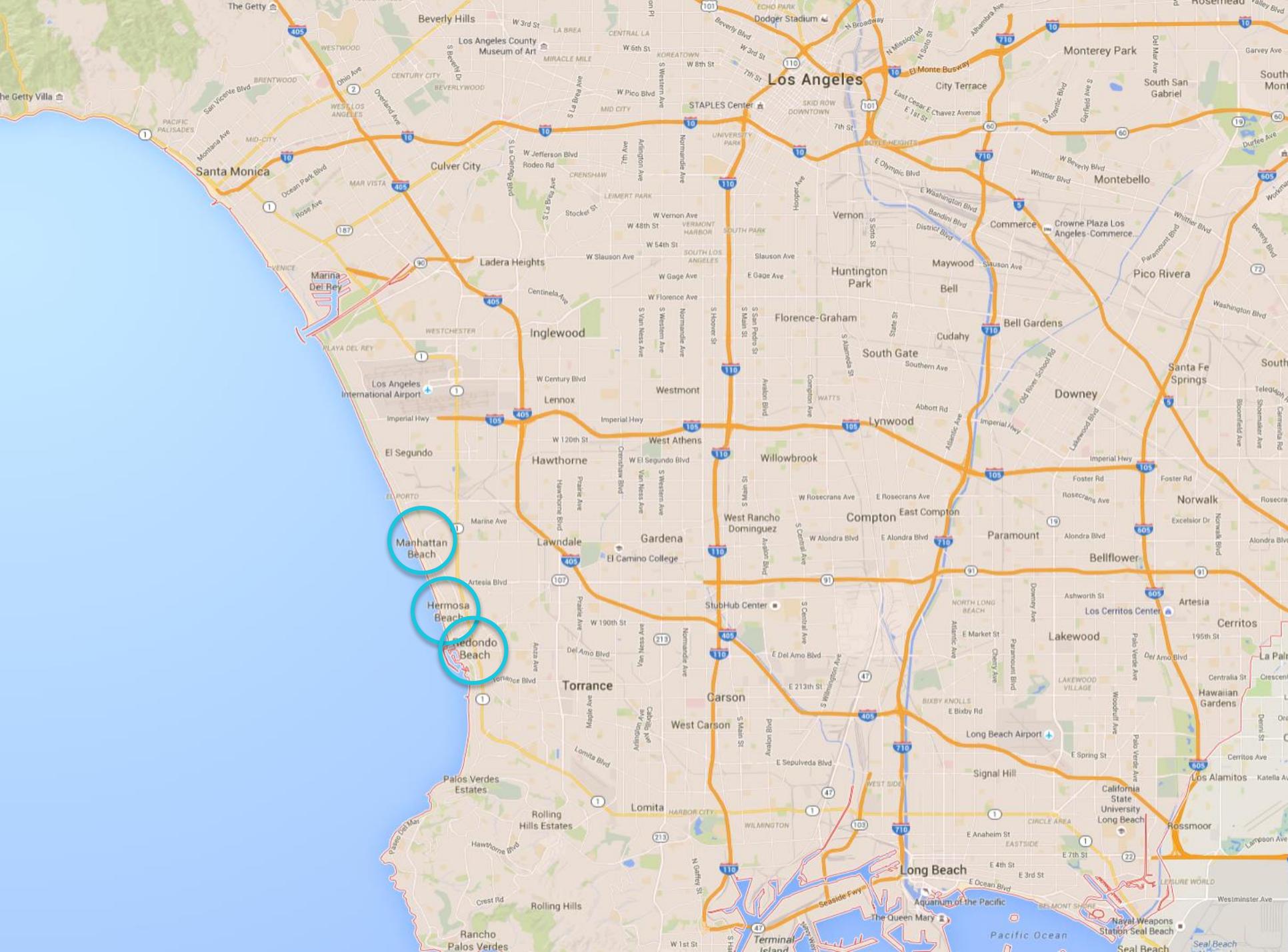
Marin Healthcare District

Corning Healthcare District

Mount Diablo Healthcare District

Mark Twain Healthcare District





# Los Angeles

Manhattan Beach

Hermosa Beach

Redondo Beach

Santa Monica

Culver City

Ladera Heights

Inglewood

Los Angeles International Airport

El Segundo

Hawthorne

Lawndale

Torrance

Palos Verdes Estates

Rolling Hills Estates

Rolling Hills

Rancho Palos Verdes

STAPLES Center

South Park

Florence-Graham

Westmont

West Athens

West Rancho Dominguez

Carson

West Carson

Lomita

Terminal Island

Vernon

Huntington Park

South Gate

Compton

West Carson

Long Beach

Signal Hill

Long Beach

Monterey Park

Montebello

Bell

Bell Gardens

Downey

Norwalk

Lakewood

Long Beach

California State University Long Beach

Seal Beach

South San Gabriel

Pico Rivera

Santa Fe Springs

Artesia

Cerritos

Hawaiian Gardens

Los Alamitos

Rossmore

Seal Beach

Marina Del Rey

Westchester

El Portero

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Del Amo Blvd

Hawthorne Blvd

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# Delivering Services Across the Lifespan

Infancy

Childhood

Adulthood

Older Adults



# Matching Programs to School Needs

- LiveWell Tots
- LiveWell Kids
- Alliance for a Healthier Generation
- MindUp
- Project Alert
- School Attendance Review Board



# A day in the life of a LiveWell Kid









LiveWell Kids  
A Good Life Health System Program

Director

Daily 6

Spelling Rules

Planning Sheet  
• Study Long Day 1 Day 2  
• Study Short Day 1 Day 2  
• Study Short Day 3 Day 3  
• Chorus

SENIOR KIDS

Good Life Health System



# The Needs of Our Adults in the Beach Cities



- 60% of residents are overweight or obese
- 40% don't exercise regularly
- 47% of residents are stressed
- Almost 20% of young adults lack health insurance
- Being a parent is a risk factor for poor health behaviors

# Helping Adults Stay Healthy

- Community Services – Information & Referral Resources
- Center for Health & Fitness
- Blue Zones Project

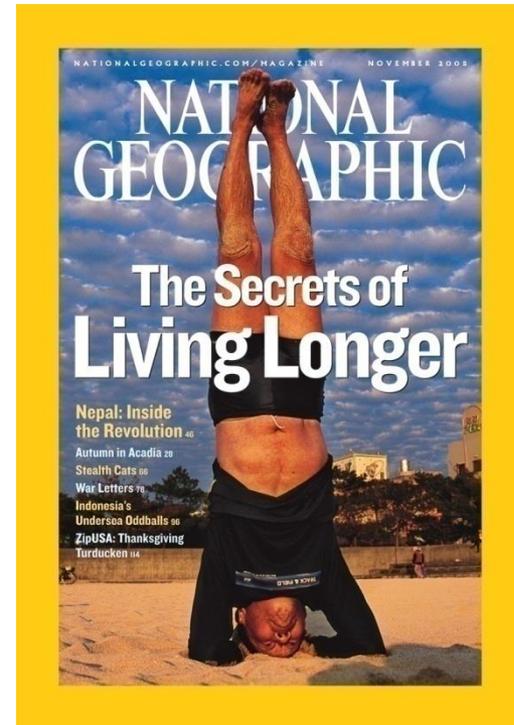
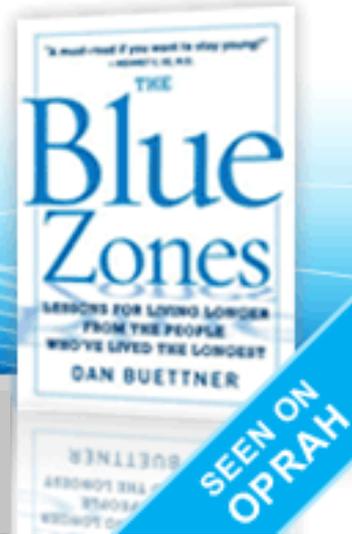


# Blue Zones Areas

**New York Times bestseller!**

***"A must read if you want to stay young,"***  
– Dr. Mehmet Oz.

***"Practical tips for living long and well,"***  
– Dr. Andrew Weil



CITIZENS



EMPLOYERS



RESTAURANTS



GROCERY



SCHOOLS



POLICY



23,000+ Beach Cities residents have taken the Blue Zones pledge

CITIZENS



EMPLOYERS



RESTAURANTS



GROCERY



SCHOOLS



POLICY



14 employers have created healthier work environments

CITIZENS



EMPLOYERS



RESTAURANTS



GROCERY



SCHOOLS



POLICY



100+ restaurants are now offering healthy options

CITIZENS



EMPLOYERS



RESTAURANTS



GROCERY



SCHOOLS



POLICY



5 grocery stores are highlighting healthier options

CITIZENS



EMPLOYERS



RESTAURANTS



GROCERY



SCHOOLS



POLICY



Kids hop aboard the Walking School Bus along 37 routes

CITIZENS



EMPLOYERS



RESTAURANTS



GROCERY



SCHOOLS



POLICY



Livability Plans have been adopted and smoking bans implemented in public spaces

# Challenges and Needs of Our Older Adults

- A doubling population
  - 32% of population is 60+
  - 52% of population is 85+
- Isolation
- Transportation challenges
- Health care



# Aging Healthy, Safely and Independently

- Care Management
- Caregiver Support
- Memory Club
- Conversation Companions
- Errand Volunteers
- MoveWell In-Home Exercise
- Volunteer Opportunities
- Coordination with police and fire



# Current Programs in the Community

## Hermosa Beach

- Healthier Living
- Agility, Balance and Coordination

## Manhattan Beach

- Healthier Living
- Tai Chi
- Meditation
- Senior Center Care Manager
- Educational events

## Redondo Beach

- Adaptive Mobility
- Healthier Living
- Meditation
- Adaptive Strength training
- Senior Center Care Manager
- Educational events

# Older Adult Engagement

- Meeting them where they are
- Out-stationing case management
- Creating continuum of engagement



Stay connected

[www.bchd.org](http://www.bchd.org)

