



Creating a Healthy Beach Community

Tom Bakaly, CEO

Our Vision: A healthy beach community.



2016-2018 Health Priorities

YOUTH	ADULTS	ADULTS 65+
Nutrition and Exercise	Nutrition and Exercise	Nutrition and Exercise
Mindfulness, Social Emotional Learning and Stress Reduction	Mindfulness, Social Emotional Learning and Stress Reduction	Mindfulness, Social Emotional Learning and Stress Reduction
Substance Use Prevention	Substance Abuse Prevention	Substance Abuse Prevention
Support Evidence-Based Tobacco Control Policies	Support Evidence-Based Tobacco Control Policies	Support Evidence-Based Tobacco Control Policies
Bullying Prevention	End of Life Planning	Dementia

The Needs Our Youth

36%

11th graders who have
used drugs or alcohol in
the past 30 days,
on average



38% reported
experiencing harassment
or bullying within the past
12 months

16%

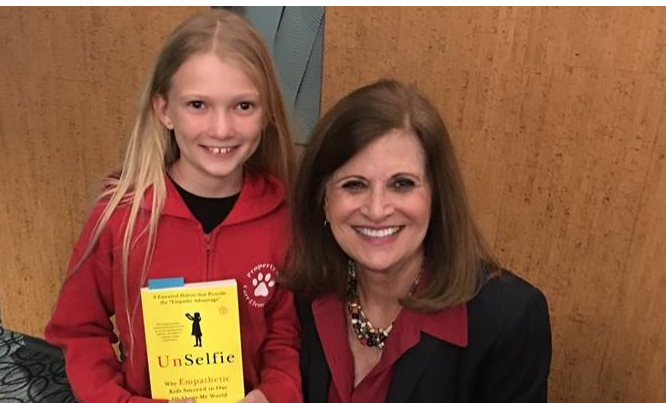
11th graders who reported
seriously considering
attempting suicide in the
past 12 months



School Leadership



Mindfulness



Student & Parent Engagement



Physical Activity



School Gardens



Student Stress & Substance Use Summit



The Needs of Our Adults



- 41.1% report significant daily stress
- Substance abuse among 18-29 year olds in the Beach Cities
 - 34.6% report 7+ alcoholic drinks in a typical week
 - 16.7% report 15+ alcoholic drinks in a typical week
 - 3.5% L.A. County report 15+ drinks in a typical week
- 50.8% of Beach Cities residents who are above normal weight (overweight or obese)



Challenges and Needs of Our Older Adults



- 12% of Beach Cities residents are 65 years or older
- 1 in 3 adults 85+ will have dementia in their lifetime
- Isolation
- Transportation challenges
- Health care

Measurable Results

\$12M savings in annual healthcare costs



 Gallup · Healthways
Well-Being Index™

Smoking in the Beach Cities

- Tobacco Retail License (TRL)
 - Tobacco policy effective in reducing the illegal sale of tobacco products to minors and can be a tool in limiting youth access to flavored products and e-cigarettes
 - 125+ local jurisdictions in California have passed TRLs
 - Includes licensing fees that funds enforcement programs

What's Next

- Healthy Living Campus
- Healthy Minds Initiative
- Fall Mental Health Summit



Mindful Minute

Jacqueline Sun
Blue Zones Project Policy Analyst