Beach Cities Health District (BCHD) offers more than 40 health and wellness programs and services, and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. BCHD partners with the Redondo Beach Unified School District (RBUSD) to offer programs that increase physical activity, improve nutrition and promote social-emotional well-being.

Beach Cities Health District’s Youth Health Priorities

- Nutrition and Physical Activity
- Mindfulness, Social-Emotional Learning & Stress Reduction
- Bullying Prevention
- Substance Use Prevention
- Support of Evidence-Based Tobacco Policies

Key Indicators of Health
To determine the community health needs of school-aged youth in the Beach Cities, data from the California Healthy Kids Survey is aggregated across all three Beach Cities school districts.

- 40% of 7th graders reported experiencing harassment or bullying within the past 12 months
- 16% of 11th graders reported seriously considering attempting suicide in the past 12 months
- 42% of 11th graders have used drugs or alcohol in the past 30 days, on average

For more information about BCHD’s Youth Services programs, visit bchd.org/schools or call (310) 374-3426.
LiveWell Kids
LiveWell Kids is a nutrition and garden childhood obesity prevention program developed for elementary school students. The curriculum is delivered in classrooms and school gardens by trained parent docents.

8-Minute Morning Exercises
These moderate workouts take place each morning before class.

Alliance for a Healthier Generation
RBUSD schools are awardees of the Alliance’s landmark Healthy Schools Program, one of the nation’s largest school-based childhood obesity prevention initiatives.

Walking School Bus
Elementary students walk to school with their friends on a designated “bus route” accompanied by trained adult volunteers. Participants increase their daily physical and social activity while saving unnecessary car trips.

Walking Wednesdays
Families are encouraged to walk with their children to school on a weekly or monthly basis.

Youth Bicycle and Pedestrian Education
In partnership with Beach Cities Cycling Club, the program teaches students skills to be safe and confident pedestrians and cyclists. The interactive program is customized for grade levels and school needs.
Purpose Series
Offers students lessons to help identify their aptitudes, values and create a purpose statement and action plan towards a purposeful life.

Second Step
This research-based middle school program is designed to increase students’ school success and decrease problem behavior through social-emotional learning and competencies.

MindUP
This evidence-based program is grounded in neuroscience, mindful awareness, positive psychology and social-emotional learning, and is delivered in kindergarten-fifth grade at RBUSD.

Project Alert
This skills-based curriculum for RBUSD middle school students provides education and skill-building to decrease substance use.

South Bay Families Connected
A not-for-profit organization whose mission is to improve the social and emotional wellness of youth by supporting parents in their efforts to help their children reach their full potential and live healthy, fulfilled lives. BCHD partners with South Bay Families Connected to offer the Families Connected Speaker Series and Parent Chat. See RBUSDfamiliesconnected.org for resources.

Advisory Groups
BCHD convenes four advisory groups (Families Connected Parent Advisory Group, Youth Advisory Council, Social-Emotional Wellness School Advisory Board and Student Mental Health Provider Task Force) with representatives from all three Beach Cities school districts to work together and implement solutions to youth-related issues and topics.

School Wellness Councils
This committee sets health priorities for each school and are led by principals and are comprised teachers, staff, students, parents and community members to create an environment that promotes health and wellness.

For more information about BCHD’s Youth Services programs, visit bchd.org/schools or call (310) 374-3426.
More than 700 volunteers support school health programs and events across the Beach Cities, providing nearly 13,500 of service hours annually. Volunteers play an integral role in improving the health and well-being of students, school families and staff.

- LiveWell Kids Nutrition and Garden Docents
- Garden Angels
- Administrative Support Volunteers
- Walking School Bus Volunteers
- Families Connected Parent Advisory Group
- School Event Volunteers

Consider being part of our volunteer network and share your talents with those who need it most. To learn more visit bchd.org/volunteer or call (310) 374-3426 ext. 246.

Childhood Obesity Rate in Redondo Hits All-Time Low

Obesity rates among RBUSD kindergarten, 1st, 3rd and 5th grade students have been declining since 2007, and are far below the county, state and national childhood obesity rates. The childhood obesity rate for RBUSD students in 2017-18 is 6.4%. It is the lowest rate since measurement began in 2007.

Figure 5: BMI trends of overweight and obesity rates since BMI assessments began in 2007.