



Staff Report

City of Manhattan Beach

TO: Honorable Mayor Tell and Members of the City Council

THROUGH: David N. Carmany, City Manager

FROM: Richard Thompson, Community Development Director

DATE: August 2, 2011

SUBJECT: Status Report and Presentation of the Vitality City Program Initiative Sponsored by Beach Cities Health District

RECOMMENDATION:

Staff Recommends that the City Council accept presentation by Vitality City Manager and Receive and File this Report.

FISCAL IMPLICATION:

There are no direct fiscal implications associated with participating in the Vitality City Initiative, which is a 3-year program. The Beach Cities Health District has committed \$1.8 million to the initiative, and Heathway's is contributing up to \$3.5 Million in value to the initiative.

BACKGROUND:

On May 4, 2010 City Council approved a letter of support to become a Vitality City with a goal of improving the well-being of Beach City residents and City employees.

On October 19, 2010 City Council approved the City's participation in this program.

DISCUSSION:

As a Vitality City, the beach cities, Redondo Beach, Hermosa Beach and Manhattan Beach, have access to national experts to evaluate our community, propose large- and small-scale changes to improve the health and well-being of its residents, and then coordinate existing and new efforts to drive the most impactful changes. Vitality City initiative goals include:

1. Lower health care costs
2. Improved well-being, as measured by the Gallup-Healthways Well-Being Index
3. Receive national recognition and positive media attention
4. Increase civic engagement in community-based preventive health activities
5. Increase workforce productivity and attract new employers

The Human Resources Department is working with representatives of Healthways-Blue Zones/Vitality City regarding the “Vitality Employer” portion of the initiative. The program offers online services for employees that include:

- Well-Being Assessment
- Well-Being Plan
- Tobacco Cessation Resources and Social Community
- Social and Emotional Health Behavior Change Modules
- Vitality Compass

We are evaluating these services and will roll them out to City employees in the next few weeks.

Attached is information received from the Vitality City Program Manager for the Beach Cities, Veronica Flores. She will attend tonight’s meeting, present a status report and answer questions.

- Attachments:
- A. Vitality City Platform
 - B. Vitality City Initiative
 - C. Vitality City Employee Program
 - D. Executive Summary

The state of our Manhattan Beach and that of the Beach Cities

In October 2010, Gallup conducted a survey to determine the Well-being Index of the beach cities. Results showed that emotional health scores related to stress, anger and worry were comparable to some of the lowest performing cities in the U.S. While its overall well-being ranking is high, the beach cities is like the valedictorian of a failing class, with significant room for improvement. For example:

- 40% of residents do not get regular exercise
- 40% of residents do not eat fruits and vegetables
- 60% of residents are obese or overweight, not much better than the rest of the nation
- Residents of the beach cities are **among the most stressed out people in the country** (rank 176 out of 188 cities)

As a community we can change these disappointing numbers and take charge of our health and wellbeing. Healthways | Blue Zones Vitality City is a community-wide well-being improvement initiative in partnership with the Beach Cities Health District to create healthier, happier and more productive citizens.

Restaurants, city government, schools and local businesses are working together to create positive changes so that healthy choices become the easy choice. Examples of changes are paths for walking and biking, safety improvements, tools and resources for employers to create healthy work environments and healthier options in local and worksite vending machines and restaurant menus. By making the healthy choice the easy choice, the Beach Cities of Manhattan Beach, Redondo Beach, and Hermosa Beach will create a community where people can live longer, better.

Evidence shows that making these types of changes can lower health care costs, improve the well-being of residents and make the beach cities an even more desirable place to live, work and play. In short, it's an investment in social, environmental, economic and physical well-being.

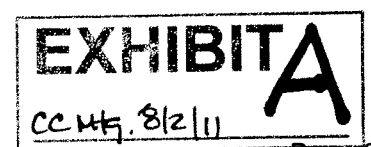
Gallup will be measuring our wellbeing yearly until 2013. We want the needle to move in the direction of improvement. Our city can be better!

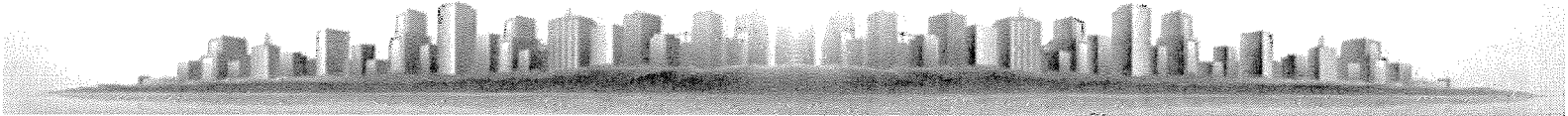
At the city level, this is my commitment

- Residents will have an opportunity to chat with me every Tuesday afternoon by joining the Mayor's Walking Moai Team
- We have provided recommendations to the Vitality City Bike/Walk Plan and will ...
- We will be replacing all city vending machine offerings to include healthy choices
- We will continue to pursue opportunities to create tobacco free zones
- We have signed up as a Vitality Employer and will be moving forward to create changes
- A Vitality City update will appear in our City's quarterly newsletter

As a family

You and your family can benefit from an array of programs and events that will support your well-being. So, go ahead, demand vitality! The first step is to register up at www.vitalitycity.com. Once you register, you will:



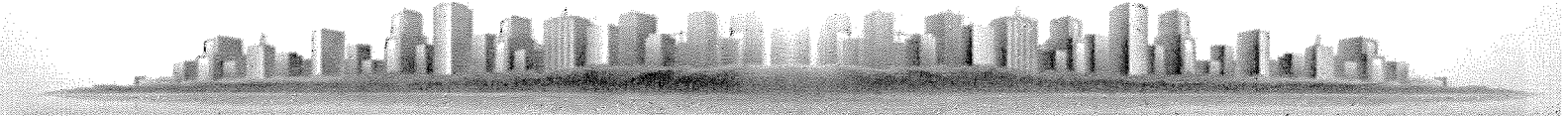
- 
- Be able to take the Vitality Compass which provides you a personal estimate of your projected longevity
 - I signed the personal pledge, and this is what I am doing: _____. I encourage you to do the same.
 - Access recommendations and tools that will show you how to turn your house into a Vitality environment
 - Be connected to a community of people wanting to create positive change; for example, on Facebook be sure to “like” Vitality City
 - Find or redefine your life’s purpose by participating in the upcoming Vitality City Purpose Workshops in the fall. Once you sign up at vitalitycity.com you will receive updates on when these workshops are coming and how you can participate.
 - Get involved... sign up to volunteer in your community with a group of neighbors or with your family! Be a change agent and help Vitality City promote and organize these amazing opportunities for our city. For ways to get involved with Vitality City, please register at www.vitalitycity.com.
 - At our summer neighborhood block parties, use the Blue Zones Block Party guide to make this a fun and healthy event.

As a business

Healthways is providing a set of online well-being tools and resources to every employer in the beach cities, regardless of size or industry sector, **at no cost**. Being a Vitality City employer translates to becoming an employer of choice, where employees look forward to being at work and the company benefits by having more productive employees and lower healthcare costs.

Here are some of the ways you can create change:

- Have employees use the Well-Being Assessment so that they get an in-depth understanding of their well-being.
- It’s time for the annual company picnic, and the committee is deciding on the lunch menu. You suggest fresh vegetables instead of chips.
- Who lives in your neighborhood that works where you work? Join forces with them to bring Vitality City changes to your worksite, create a worksite Walking Moai, or get to know your co-workers by signing up for a Vitality City cooking class together.
- Your staff has a weekly meeting to go over deadlines and upcoming projects. You spend the first 15 minutes of the meeting in your usual conference room going over a power point presentation and documenting important updates. The rest of the meeting is conducted while walking outside. Your team is able to get some exercise while moving naturally while discussing business. They are also able to think more creatively by getting out of the office and this business meeting also turns into a team bonding experience.
- Encourage healthy eating at work. Remove candy jars and unhealthy snacks and replace them with a fruit bowl.
- Replace vending machines with machines that offer healthy choices
- Encourage your employees to sign up for the MeYou Health Daily Challenge

- 
- On July 28th, Vitality City is offering restaurant owners, managers, and chefs a series of workshops, based on emerging research, on ways to sell more healthy food while increasing the number of customers without hurting the bottom line. For restaurants who make changes and get certified, Vitality City will provide free marketing we can find healthy options that support our commitment to wellbeing.

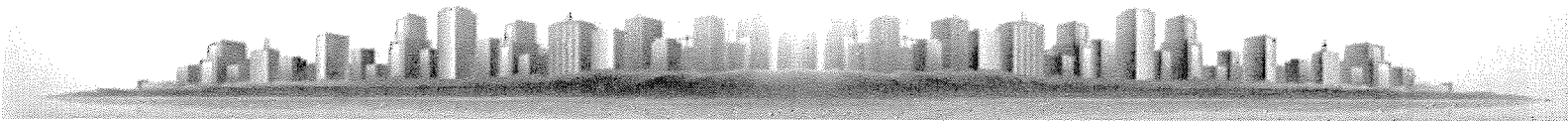
This is what you can do:

- Visit the Vitality City certified restaurants in your neighborhood and check out the healthier menu items.
- Ask managers at the restaurants you visit if they are a certified restaurant help spread the Vitality City message.

As a community

Vitality City is working in all fronts to make the healthy choice, the easy choice. You can:

- Join a Walking Moai Team in your area and become part of the over 100 teams, representing over 1,000 people, that are changing their lives. These are neighbors walking and socializing together, becoming more engaged in their community and with each other. The second Vitality City Walking Moai is set to launch on July 23rd.
- Make sure your children are part of a walking school bus. Include your children in the walking school bus program that is being piloted at Grand View/Robinson/Pennekamp/American Martyrs School(s) which Vitality City will launch in October. A walking school bus is a group of children walking to and from school with the oversight of screened and trained adults volunteers.
 - Here's a fun fact: it's been shown that children to walk to school have a higher GPA and lower body mass index. Plus teachers report the students are less squirrely at the start of the day...and we love it when our teachers are happy!
- Vitality City is promoting healthy food classes offered by existing local cooking schools and business. The goal is to promote healthy food classes with emphasis on plant based dishes.
 - Host a Vitality City cooking class at your house and invite your neighbors to partake in the experience. Sign up for a local cooking class with your whole family or with the people on your block. Start a recipe trade on your block using Vitality City recommended food items.
- Vitality City is partnering with the South Bay Bicycle Coalition and the South Bay Bicycle Master Plan to create coordinated livability, pedestrian and bicycle master plans. Join your neighbors on July 11th and provide input on the bike/walk plan for your city. There will be plenty of opportunities to get involved and become an advocate in your community in the coming months.
- In order to increase access to healthy foods and low intensity exercise, Vitality City proposes we increase gardening throughout Beach Cities. If you are an avid gardener, host a container garden class for your neighbors and find ways to share the bounty from each other's gardens. Let us know if you want to use what you grow and turn it into a plant based cooking class.
- Schools are powerful places to shape the health, education and well-being of our children. Our school district is committed to creating healthier environments for our children. Vitality City is working with Manhattan Beach Unified School District to identify and implement improvements based on best practices in the areas of nutrition, physical activity and worksite wellness. In the



new school year, you can support the school district by being a champion for the changes happening in the schools and by using the Vitality City tools that support healthy habits in your home that you'll find when you sign up at www.vitalitycity.com

Vitality City Goals

- Measurably improve well-being
- Change environments so that the healthy choices are the easy choices
- Engage 30,000 people in the beach cities in Vitality City initiatives over a three year period

Problem Statement

The Healthways | Blue Zones Vitality City™ initiative is committed to measurably improving well-being among residents of Hermosa Beach, Manhattan Beach, and Manhattan Beach, collectively known as the beach cities. **Well-being** is measured by the quality of one's physical, social, and emotional health.

In October 2010, Gallup conducted a survey to determine the Well-being Index of the beach cities. Results showed that emotional health scores related to stress, anger and worry were comparable to some of the lowest performing cities in the U.S. While its overall well-being ranking is high, the beach cities are like the valedictorian of a failing class, with significant room for improvement.

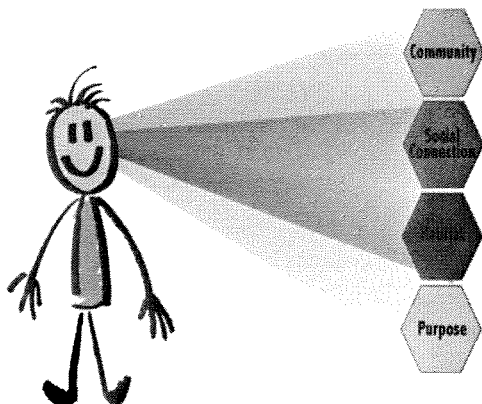
For example:

- 40% of residents do not get regular exercise
- 40% of residents do not eat fruits and vegetables
- 60% of residents are obese or overweight, not much better than the rest of the nation
- Residents of the beach cities are **among the most stressed out people in the country** (rank 176 out of 188 cities)

The Vitality City team dedicated the first four months to assessing the well-being of the beach cities community, engaging stakeholders in conversations to understand current conditions and resources, and then mapping out initiatives and strategies which have the greatest likelihood of improving well-being. At the community level, Vitality City is recommending policies and programming that addresses various aspects of emotional improvement as well as overall well-being.

Environmental Change Framework

Vitality City initiatives seek to make healthy the choices the easy choices by helping people create environments that promote well-being.



Community: The ability for community members to be physically active is majorly dependent on their environment, as guided by City government policies for road and building design, bike lanes, sidewalks, graffiti, and parks.

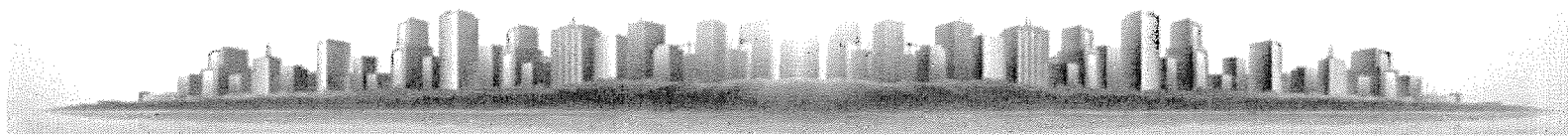
Social Connection: Our friends and their friends have a direct impact on our well-being, often influencing the decisions we make.

Habitat: The places where we spend time including home, school, work, restaurants need to be set up so that healthy choices are easy.

Purpose: People who have a sense of purpose and express it live longer, healthier lives.

PURPOSE	
Volunteering	Through Vitality City purpose workshops and other activities, participants will identify areas in their life about which they are passionate. A process will be created to seamlessly connect these participants with new or existing volunteer options that align with their passions.
Purpose	Vitality City's national purpose experts have designed a mix of experiences to engage beach cities residents in a process to clarify their purpose or life work. This will include a blend of workshops and small group activities in early fall 2011.
HABITAT	
Worksites	Employers in beach cities, regardless of size or industry sector, have access a set of online well-being tools and resources at no cost. By creating worksites that use the Vitality City well-being principles, the business community will benefit from the sustained well-being of employees – resulting in improved human performance and ultimately, improved business performance.
Schools	The Vitality City schools strategy will leverage programs that the public schools of Beach Cities have implemented directly or through private and public partnerships. We are working with the school districts to identify and implement 3-5 improvements based on best practices in the areas of nutrition, physical activity and worksite wellness.
Restaurants	On July 28 th , Vitality City is offering restaurant owners, managers, and chefs a workshop, based on emerging research, on ways to sell more healthy food while increasing the number of customers without hurting the bottom line. The purpose is to train restaurants to become a Vitality City Certified. The goal is to have 50 Vitality City Certified Restaurants by the end of September.
SOCIAL CONNECTION	
Walking Moai Teams	There are over 100 Vitality City Walking Moai Teams, which include over 1,000 people throughout the beach cities. These are neighbors walking and socializing together, becoming more engaged in their community and with each other. The second Vitality City Walking Moai is set to launch on July 23, with additional kick-offs July 29 and August 4. Another wave is planned for October 2011.

Walking School Buses	Vitality City will kick off its Walking School Bus program this fall, starting with three elementary schools, one in each school district and expanding outward, over time. A Walking School Bus is a group of children walking to and from school with the supervision of one or more adults. The goal is to increase student's daily physical activity, engage volunteers and promote inter-generational interaction with seniors and other supportive adults. This will also reduce car traffic and congestion on city streets.
Cooking Classes	In the month of July, Vitality City kicked-off its healthy cooking classes throughout the beach cities. These are classes provided by local vendors and cooking schools to promote healthy food classes with emphasis on plant based cooking. Scheduled classes to date are July 21, August 16, 23 and September 28 with more to come.
National Night Out (August 2 and throughout the month of August)	Encourage block parties within the scope of the Neighborhood Watch Program so neighbors get to know each other and add a Blue Zones twist to National Night Out.
COMMUNITY	
Bike/Walk Livability Plan	Vitality City is partnering with the South Bay Bicycle Coalition (SBBC) and the South Bay Bicycle Master Plan to create coordinated livability, pedestrian and bicycle master plans. On July 11 th , National Livability expert Alan Burden presented the Vitality City Livability Plan at a community forum, alongside the SBBC, to garner public input which will become a document that the cities can adopt as best practices and policies. We will pursue adoption by city council during August and September.
Food Gardens	In order to increase access to healthy foods and low intensity exercise, the Vitality City Initiative proposes to increase gardening throughout beach cities. Ideally, all three communities will create or add community garden plots, adopt policies to allow gardening in front yards and other spaces, and support utilization of container gardens. This strategy is due to launch April of 2012.
City Policies	<p>City Wide Plan/Ordinance/Code</p> <ul style="list-style-type: none"> - Tobacco-Free Policy for City Public Places - Complete Streets Policy <p>City Property Guidelines</p> <ul style="list-style-type: none"> - Healthy Vending Standards

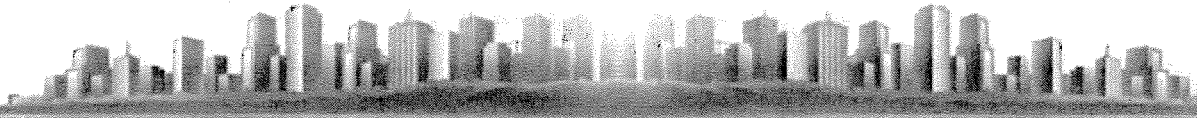


Call to Action

The beach cities are officially on their way to becoming a Vitality City: a place where people are making easy, everyday changes that will radically improve their longevity and well-being. We encourage all beach cities residents to sign-up online and become involved in this exciting movement that will help make positive changes in individual's lives and the communities overall. By signing up for Vitality City, residents will be able to take the Vitality Compass, utilize online tools to Blue Zones their Kitchen, Tribe and Home and will receive the latest information on updates and upcoming events and activities.

As City Council members, this is what you can do today:

1. Each of you sign up at www.vitalitycity.com so that you can be an example to the community
2. Help us reach targeted employers
3. Help us promote engagement within your community



Manhattan Beach Vitality Employers

Below is a listing of Manhattan Beach employers that have registered on the Vitality City website for the employer tools.

Company Name	Total # of Employees	Total # of Employees Registered on Vitality City Website
City of Manhattan Beach	280	3
MBUSD	665	4
Grow	10	1
Jan Rhees Properties	3	1
MB Chamber of Commerce	3	1

* Above companies have registered but have not yet engaged employees to register or utilize tools.

The following is a target list of Manhattan Beach employers for 2011:

Sketchers

The Zislis Group (Shade Hotel, Mucho, Rock'n Fish)

Belamar Hotel

Simmzy's

The Tin Roof

MB Post

Manhattan Beach Country Club

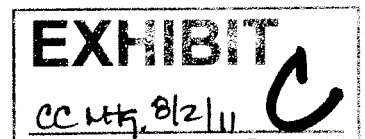
John Elway Manhattan Beach Toyota

Manhattan Beach Village Mall

Raleigh Studios

Downtown Manhattan Beach Business Association businesses

Any MB restaurant that wants to become a Vitality City Certified Restaurant



Update:

- Meeting with Helen Duncan and Jennifer Goldstein at Manhattan Beach Chamber of Commerce in April. - Presented Employer tools, asked for support in engaging the business community and asked them to sign up as a Vitality Employer. They signed up this week.
- Articles in Chamber newsletters 3x since April.
- Charles Gale, previous chair of the Chamber wrote an article supporting VC and encouraging businesses to register in previous Chamber newsletter.
- Presented to MB Rotary
- Presented to Downtown MB Business Association
- Attended various Chamber events, mixers, Women in Business, Chamber Installation events and used these events to speak to local businesses and connectors in the community.
- Bibi Goldstein (board member for the chamber) is including Vitality City updates in the chamber newsletter.
- Enrolled MBUSD as Vitality City Employer. Will be rolling out to their staff before the next school year begins.
- Ongoing outreach to local businesses encouraging them to register.

Challenges faced:

- Some businesses do not think they are in need of the well-being tools/resources or that the city really supports it.

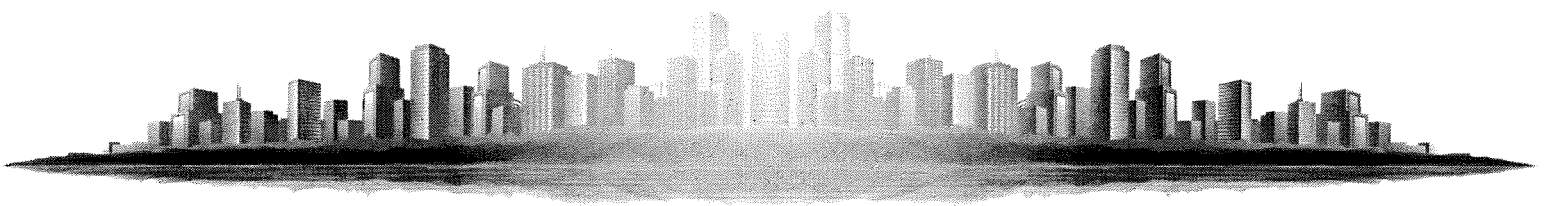
How City Council can help:

- Have the Mayor and City Council send a letter to the top MB businesses asking them to register for the employer tools on our website
- Encourage Chamber to give us a space in the monthly newsletter. (currently they give us space only when it's available which has been every 2-4 months)
- Ask influential people in community to promote employer tools to the business community.



HEALTHWAYS | BLUE ZONES
VITALITY CITY[®]

PRESENTED BY **Beach Cities Health District**



www.vitalitycity.com



How Do We Achieve Success?

Innovation Strategies for 2011-2013

Vitality City strategies begin in 2011 but will grow and change over the following two years. Based on local research, a number of innovations are already identified for development and testing in 2011 for implementation in 2012. These will include work with neighborhood block parties, grocery stores, faith-based organizations, medical providers, and more.

Engagement of Citizens

Vitality City will identify volunteers to serve as ambassadors to invite friends and contacts. Ambassadors are essential, as the most powerful invitation is from someone known. In order to reach every formal and informal group, Vitality City will select a speakers bureau to give presentations when requested. In short, it will be hard not to feel invited to get involved.

Leadership Development

To support and equip these leaders, Vitality City is preparing a leadership training program for the many volunteer leaders. Taking lessons from social movements in recent history, we are creating a core training program that will equip people to be effective leaders of initiatives within one's own organization or in the community at large.

Why Become a Vitality City?

The Beach Cities well-being scores show a place where in many ways people are doing well, but there is significant room to do better. With a quickly aging population, ongoing economic changes, and other challenges, maintaining the wonderful community that attracted people to live here decades ago will take work. The Vitality City Beach Cities Blueprint designs the course for strengthening the social connections, improving the infrastructure, and making healthy choices, easy choices for a vibrant, vital community. In doing so, we expect the community to achieve:

- lower health care cost trends
- improved human capital performance (e.g. engagement, productivity, etc.)
- national recognition as an innovator
- improved economic and social vitality



Longevity + Well-Being = Vitality

Walking Moai Team Strategy

Vitality City Walking Moai Teams are social walking groups of approximately six people that will be formed in neighborhoods throughout the Beach Cities. Walking Moai Teams will function for ten weeks by bringing neighbors together, matching those with similar interests, and providing incentives that promote continued team participation.

Walking School Bus Strategy

Vitality City will promote elementary school students using Walking School Buses — a group of children walking to and from school with the oversight of one or more adults. This strategy will increase student's daily physical activity, engage volunteers, and promote inter-generational interaction with seniors and other supportive adults.

Cooking Class Strategy

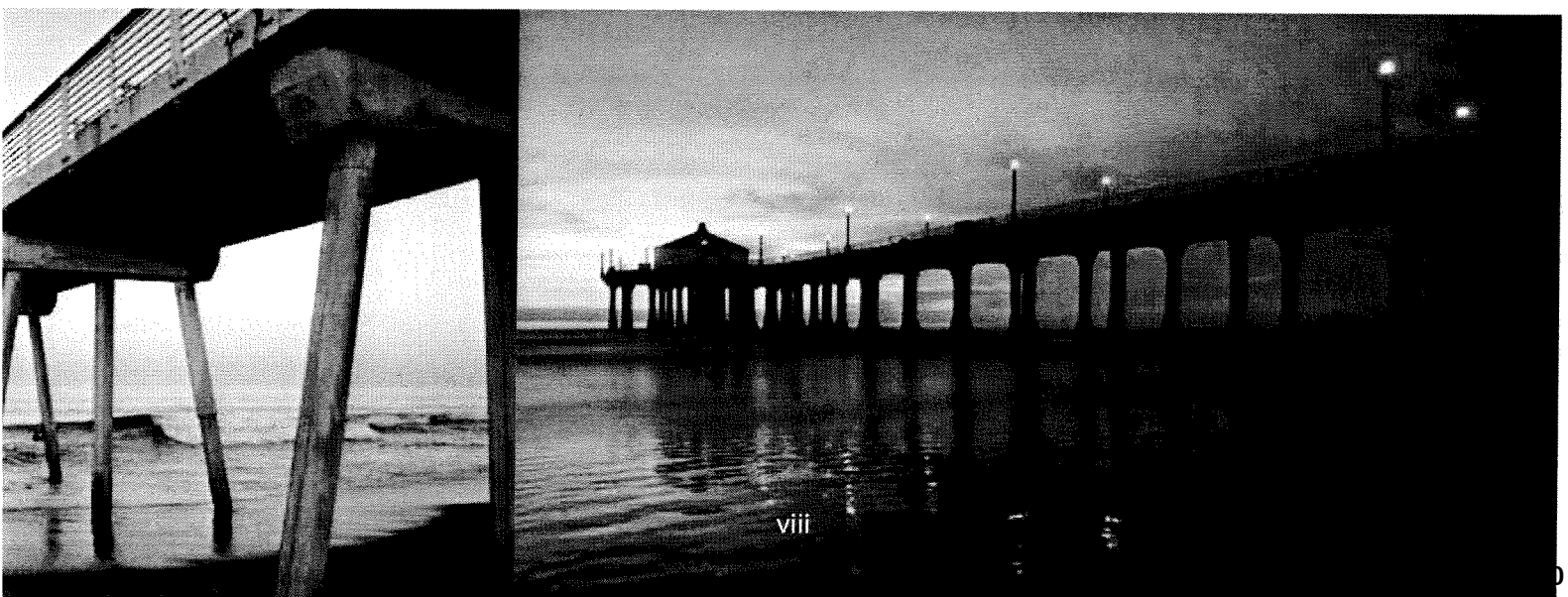
This Vitality City strategy proposes the creation or addition of healthy cooking classes throughout the Beach Cities. We will promote healthy food classes offered by existing local cooking schools.

Bike/Walk Policy Strategy

Vitality City is partnering with the South Bay Bicycle Coalition and the South Bay Bicycle Master Plan to create coordinated livability, pedestrian, and bicycle master plans. National livability expert Dan Burden will augment the South Bay Bicycle Master Plan with a livability and walkability analysis which will guide cities to adopt best practices and policies.

Food Gardens Strategy

In order to increase access to healthy foods and low intensity exercise, the Vitality City Initiative proposes to increase gardening throughout the Beach Cities. Ideally, all three communities will create or add community garden plots, adopt policies to allow gardening in front yards and other spaces, and support utilization of container gardens.



2011 Strategies

Purpose Strategy

Vitality City's national purpose experts will design a mix of experiences to engage Beach Cities residents in a process to clarify their purpose or life work. This will likely include a blend of workshops and small group activities in late summer or early fall 2011.

Volunteering Strategy

Through Vitality City purpose workshops and other activities, participants will identify areas in their lives about which they are passionate. A process will be created to seamlessly connect these participants with new or existing volunteer options that align with their passions.

Worksite Strategy

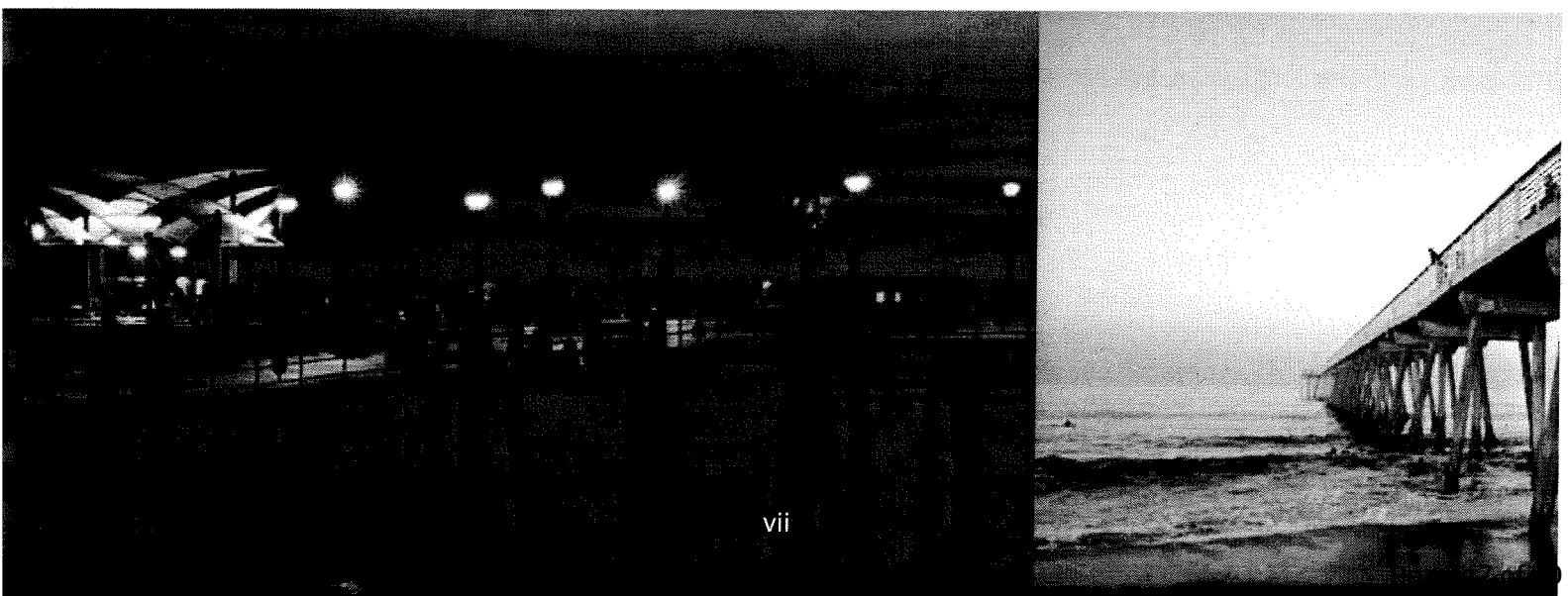
Healthways is providing a set of online well-being tools and resources that will be available to all employers in the Beach Cities, regardless of size or industry sector. By creating worksites that use the Vitality City well-being principles, the business community will benefit from the sustained well-being of employees – resulting in improved human performance and ultimately, improved business performance.

School Strategy

The Vitality City schools strategy will leverage programs that the public schools of the Beach Cities have implemented directly or through private and public partnerships. Over the next years, we will work with the school districts to identify and implement 3-5 improvements based on best practices in the areas of nutrition, physical activity, and worksite wellness.

Restaurant Strategy

Vitality City will offer restaurant owners, managers, and chefs a series of workshops to teach them emerging research on ways to sell more healthy food while increasing the number of customers.



An Environmental Approach

There is no silver bullet for improving well-being. But there may be silver buckshot... through a coordinated strategy that reaches across age groups, interests, income levels, and industry sectors.

Vitality City uses strategies that fall into four general environments that are best described as the prism through which we live our daily lives:

- *Purpose*: People who have a sense of purpose and express it, live longer, healthier lives.
- *Habitat*: The places where we spend time such as home, school, work, and restaurants, need to be set up so that healthy choices are easy.
- *Social Connection*: Our friends and their friends have a direct impact on our well-being, often influencing the decisions we make.
- *Community*: The infrastructure as built by local cities and guided by City/County government and school district policies has a major impact on physical activity, e.g. road and building design, bike lanes, sidewalks, and parks.

An environmental approach seeks to create permanent and policy changes that make healthy choices, easy choices.

How Do We Reach Everyone?

In April, the Vitality City team will begin a coordinated effort to invite residents and employers of the Beach Cities to participate. Beach Cities residents can expect a mix of web, social media, email, and direct mail invitations that encourage Beach Cities citizens to **register** and stay engaged. There are numerous opportunities to volunteer and to **participate** in individual, group, and community programs. And

participants will be encouraged to become advocates by sharing their involvement with their friends and family.

What's the Plan?

Vitality City strategies draw upon research-backed models. These models are often woven together with existing community initiatives to form new applications. The strategies were developed using the four environments lens and are designed to have maximum impact.

Initiatives for 2011 were selected based on a number of criteria.

- *Scalability*: Our goal is to actively engage 30,000 people in Vitality City initiatives. To accomplish this, we needed to identify approaches that can grow or be delivered to large groups.
- *Existing Momentum*: We are eager to support and advance the work of existing Beach Cities organizations where our goals align.
- *Visibility*: Some initiatives for 2011 were selected because their visible impact can motivate and inspire people to participate.
- *Research Based*: For 2011, the initiatives are tied to research suggesting their impact on well-being, or proof of success in previous community health efforts.



Executive Summary

What Is Vitality City?

The Beach Cities of Hermosa Beach, Manhattan Beach, and Redondo Beach are choosing to create a community where people can live longer – better. We call this a Healthways |Blue Zones Vitality City. The purpose of this initiative, a partnership between Healthways, Blue Zones, and the Beach Cities Health District, is to improve the well-being of the Beach Cities by optimizing the physical environment, policy, and social connections. Our goal is to make the healthy choice the easy choice. The Blueprint is a plan which identifies specific actions for 2011 and likely innovations for 2012–2013 that will engage 25% of the Beach Cities’ residents and lead to improved longevity and well-being of the population as measured by the Gallup–Healthways Well-Being Index®.

What are Blue Zones?

There are places on Earth where people live vibrant lives well into their hundreds. Dubbed “Blue Zones,” these communities share nine traits that not only help people live longer, but also better.

Our approach is to work with the communities to adopt these principles, called the “Power 9,” through changes to environment, policy and social connections. One fact is true: It’s how you live that matters. According to the Danish Twins Study, genes only determine 25 percent of your longevity.

Evaluating Well-Being

This Blueprint is informed by many research-based sources, including the Gallup–Healthways Well-Being Index® – the largest and most comprehensive well-being survey of its kind (www.well-beingindex.com). In October 2010, Gallup surveyed Beach Cities residents to gather a baseline of well-being data. Subsequently, Vitality City, along with the Beach Cities Health District, met with hundreds of beach cities residents through focus groups and other meetings to gather input.

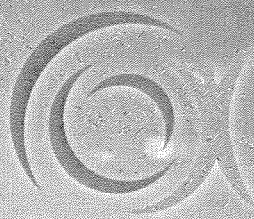
Well-being is all the things that are important to how we think about and experience our lives, including physical, emotional, and social health.

How Healthy Are We Now?

Beach Cities’ overall well-being score is a 73 out of a possible 100. This is better in nearly every domain of well-being when compared to most U.S. cities. However, the well-being data also reveal that the population is highly stressed, worried, and angry – with some emotional health scores among the lowest in the nation. Despite having all of their basic needs met, Beach Cities residents exhibit less than optimal eating behaviors and have low levels of physical activity. These poor health behaviors are reflected in the Beach Cities’ obesity rate which is not much different from the rest of California and the nation. The combination of strained emotional health and less than optimal behaviors can be considered warning signals for bigger problems to come.



Beach Cities *Blueprint for 2011*



HEALTHWAYS | BLUE ZONES

VITALITY CITY

PRESENTED BY **Beach Cities Health District**

March 22, 2011