



Healthy Living Campus Project
Community Working Group
May 15, 2017

Why We're Here

- BCHD is planning to upgrade its 11-acre campus into a Healthy Living Campus
- The Community Working Group serve as a key resource to BCHD staff and the Board of Directors throughout the planning process
- Meeting Agenda:
 - Introduce BCHD
 - Explain the role of the Community Working Group
 - Provide an overview of the Healthy Living Campus Project
 - Questions and Answers

Project Staff Introductions

Planning

- Leslie Dickey, Executive Director of Real Estate

Health Programming & Services

- Kerianne Lawson, Director of Lifespan Services

Community Outreach

- Eric Garner, Communications Manager

Beach Cities Health District: Who We Are & What We Do

60 Years of Improving Health



- 1955 Community votes to fund South Bay Hospital
- 1960 South Bay Hospital opened
- 1984 Building leased to outside management (Tenet)
- 1998 Tenet leaves and BCHD focuses on preventive health
- 2010 The Beach Cities are chosen for the Blue Zones Project
- TODAY** BCHD has more than 25 programs and direct services

Our Vision: A healthy beach community.



Beach Cities Health District (BCHD)

About Us

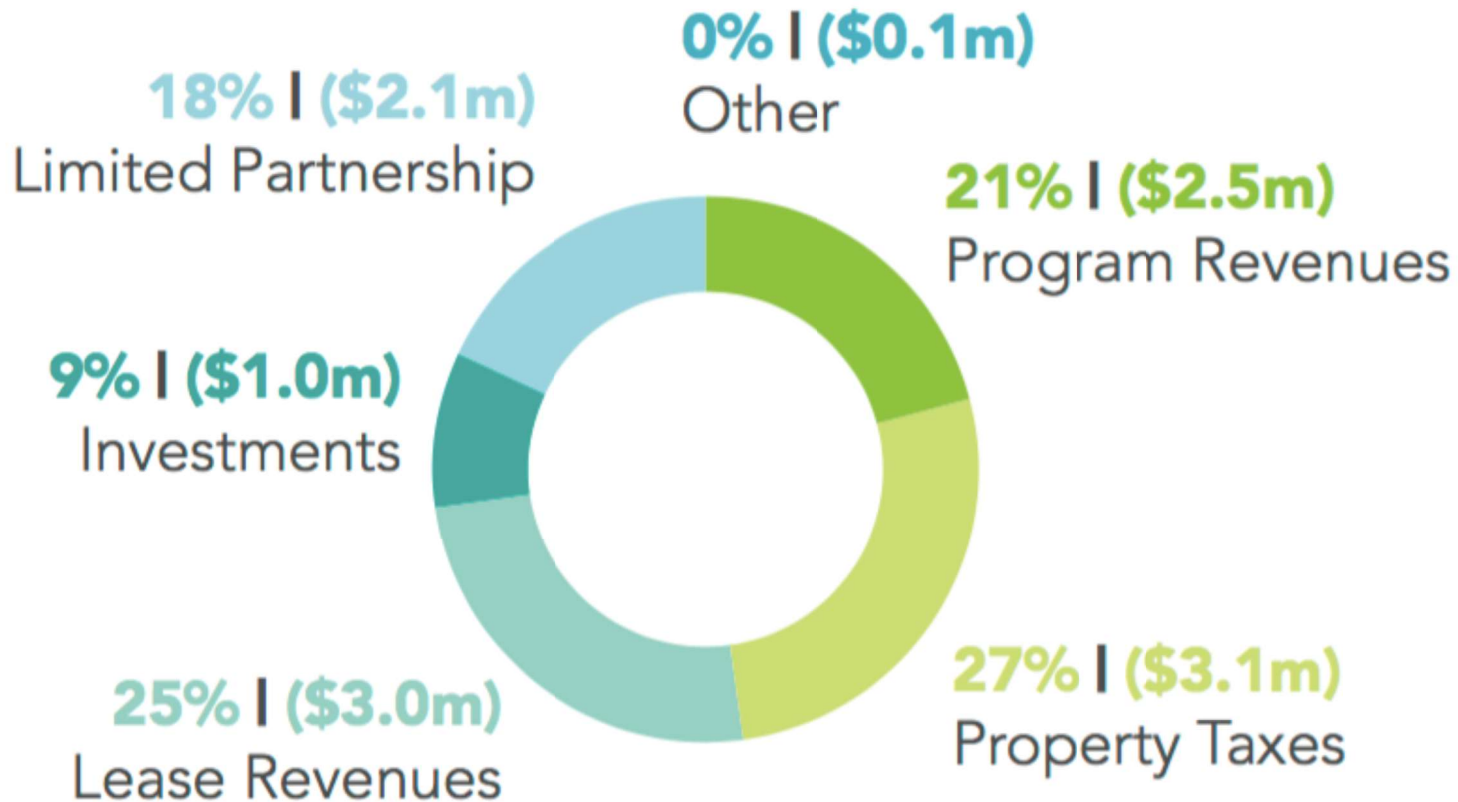
- Serve the communities of Hermosa Beach, Manhattan Beach, and Redondo Beach
- Governed by a publicly-elected board

Mission:

To enhance community health through partnerships, programs and services for people who live and work in Hermosa, Manhattan and Redondo Beach.

Resources to Improve Health

Incoming Funding



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

BCHD Programs & Services

Youth

LiveWell Tots
LiveWell Kids
Walking School Bus
Daily Morning Activities
Classroom Activity Breaks
MindUp
High School Purpose Series
Substance Use Prevention
Youth Volunteer Program
AdventurePlex

Adults & Adults 65+

Care Management + In-Home Services
Health Insurance Resource & Referrals
Covered CA
Support Groups
 Caregiver Support
 Memory Club
 Adaptive Mobility
 The Gathering Place
 Mindfulness Meditation & Aging
Health Classes & Workshops
 Healthier Living
 Powerful Tools for Caregivers
 LiveWell, DieWell

Blue Zones Project
 Restaurants
 Purpose
 Moai – Walking/Potluck
 Community Policy
Free Fitness Series
Mindfulness Workshops
Center for Health & Fitness
Volunteer-led Programs
 Conversation Companion
 MoveWell
 Errand Volunteers
 Garden Angel
 Parent Docents

BCHD: Successes



BCHD: Successes



BCHD: Successes

Savings of Blue Zones Project

\$21 Million

Direct Medical Expenses

BCHD: Successes



BCHD care managers and volunteers successfully reduced the fall rate among isolated and disabled seniors to a six-year low of 5.3%

430

Clients in case management

Community Working Group: What it is and How it Operates

Community Working Group: Overview and Purpose

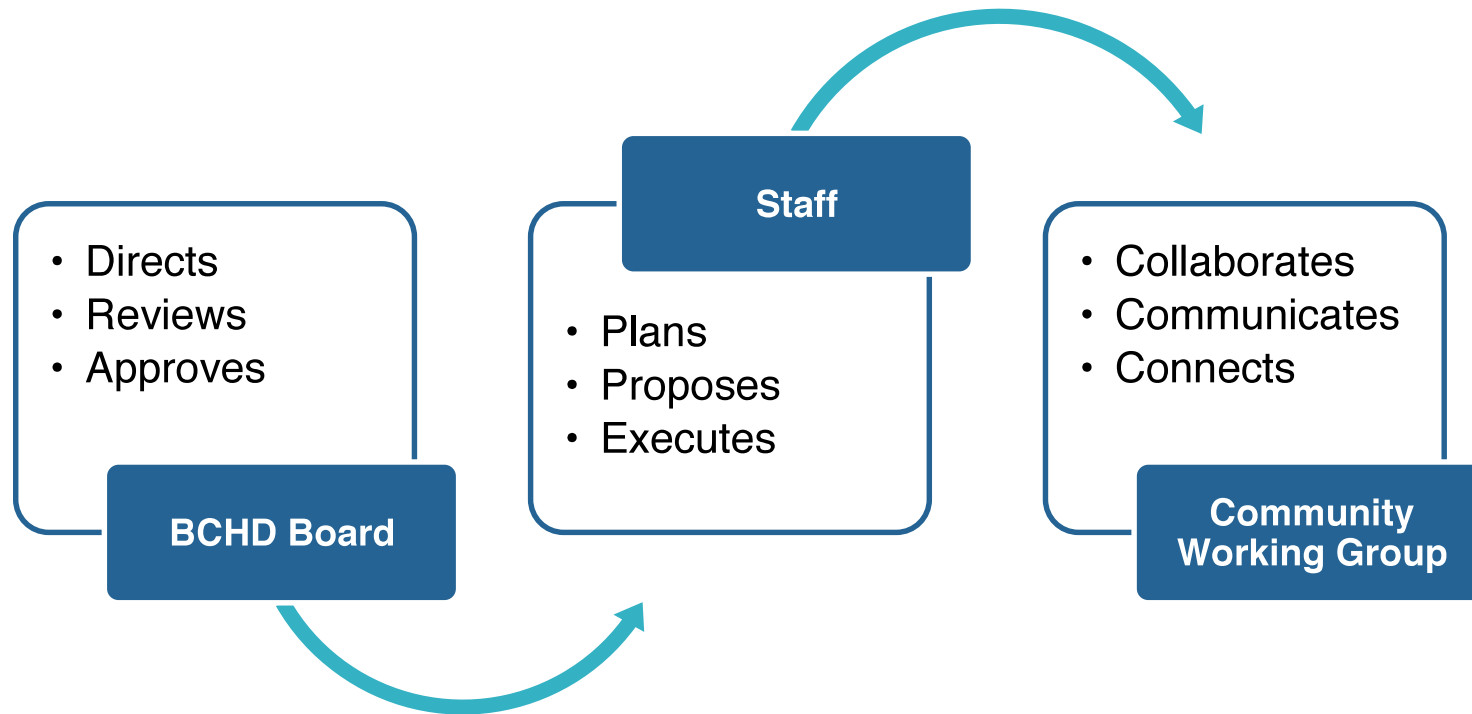
Purpose:

- Provide insight and feedback
- Receive updates and information
- Disseminate project and public meeting information to constituencies

Members are:

- An important resource for BCHD staff
- Invited to participate
- Voluntary contributors
- Representatives of key community stakeholder groups
- Ambassadors between the project and respective groups

Community Working Group: Organization



Community Working Group: Roles and Responsibilities

- Work within the established guiding principles of the project
- Provide input on:
 - best methods to reach and engage respective constituencies
 - perceptions and feedback received from broader constituencies
 - refinements to the project
- Consider the interests of local and wider community
- Participate in open communication among differing parties
- Help move the planning process forward in the spirit of cooperation
- Regularly participate in Working Group meetings
- Understand the role of BCHD as a public organization and its regulatory obligations

Healthy Living Campus Project: Guiding Principles

- Develop community for older adults
- Create integrated hub of well-being
- Incorporate Blue Zones Project concepts
- Focus on emerging technologies and innovation
- Grow the enterprise to support the mission
- Actively engage community/stakeholders
- Prioritize environmental sustainability and accessibility
- Create open/green space by shifting parking to the perimeter

Healthy Living Campus Project: Meeting Community Needs

Healthy Living Campus Project: Community Needs

Demand Study and Surveys (2016): Housing for Older Adults

- “Silver Tsunami”: seismic increase in over-65 population by 2020
- Limited options for 15,000 older adults in Beach Cities
- Assisted and independent housing for older adults in Beach Cities at or near capacity
- Wait lists for assisted-living facilities up to 3 years
- Lack of housing that provides a continuum of care (mixed independent and assisted)

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
- 94% want to stay in their community
- Up to three-year waiting list for older adult communities
- Isolation
- Transportation challenges
- Health care

Healthy Living Campus

A Continuum of Care Approach



Healthy Living Campus Project: Need/Feasibility

Existing 514 N. Prospect facility built in 1955

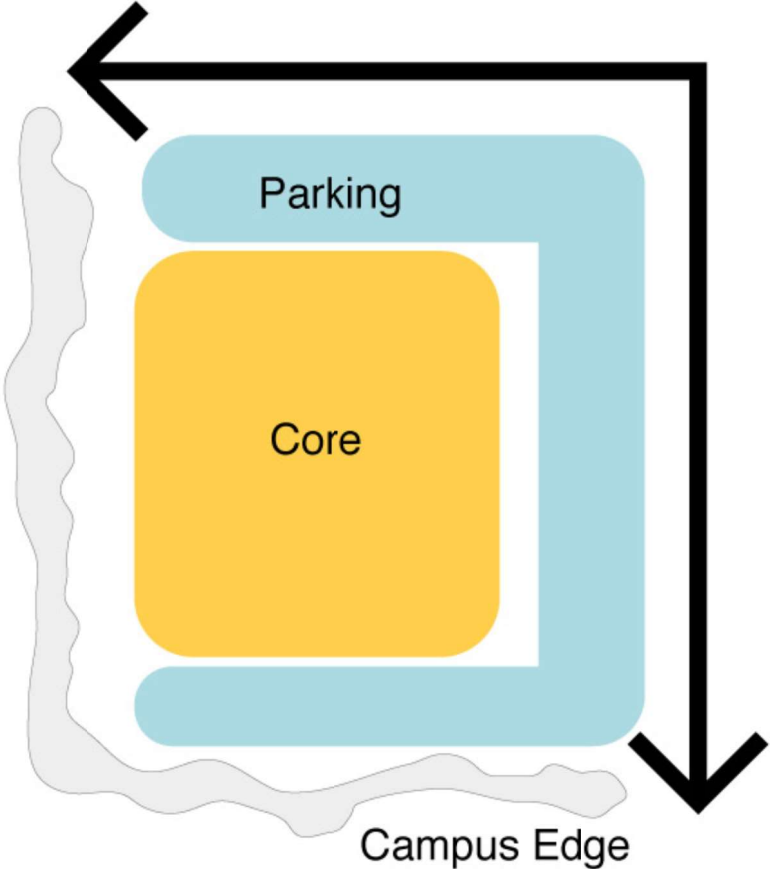
- Repair costs increase as building ages
- Aging systems in need of modernization
- Maintaining current 90% lease rate requires improvements

Preliminary Analysis:

- Initial Market Demand Study
- Community Needs Assessment (snapshot)
- Topographic Survey
- Geotechnical Assessment
- Design-Build Authority at State Level, Assembly Member Al Muratsuchi (AB 994)
- Campus Discussion with staff at Strategic Planning Meeting
- Board Planning Sessions

Healthy Living Campus Parking Approach

CONCEPT



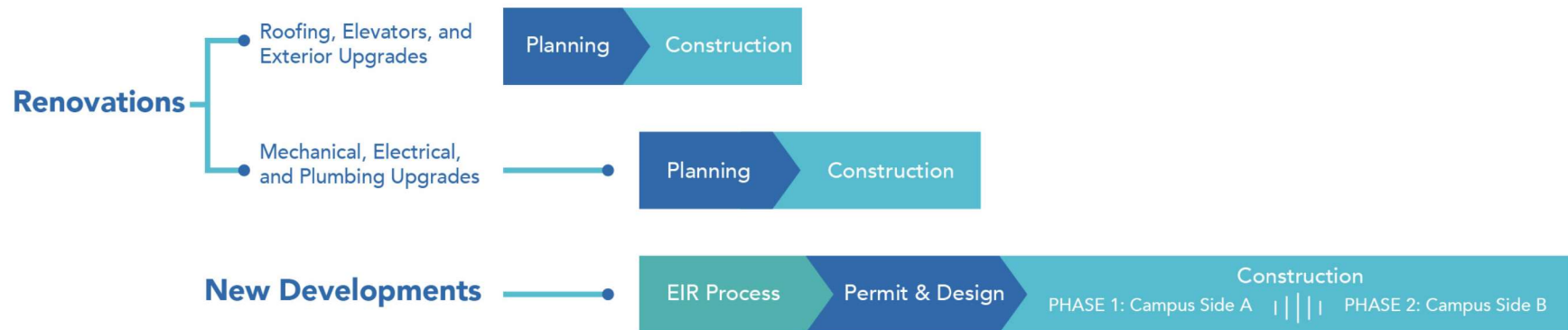
Healthy Living Campus Project: Regulatory Framework

Project is subject to regulations from:

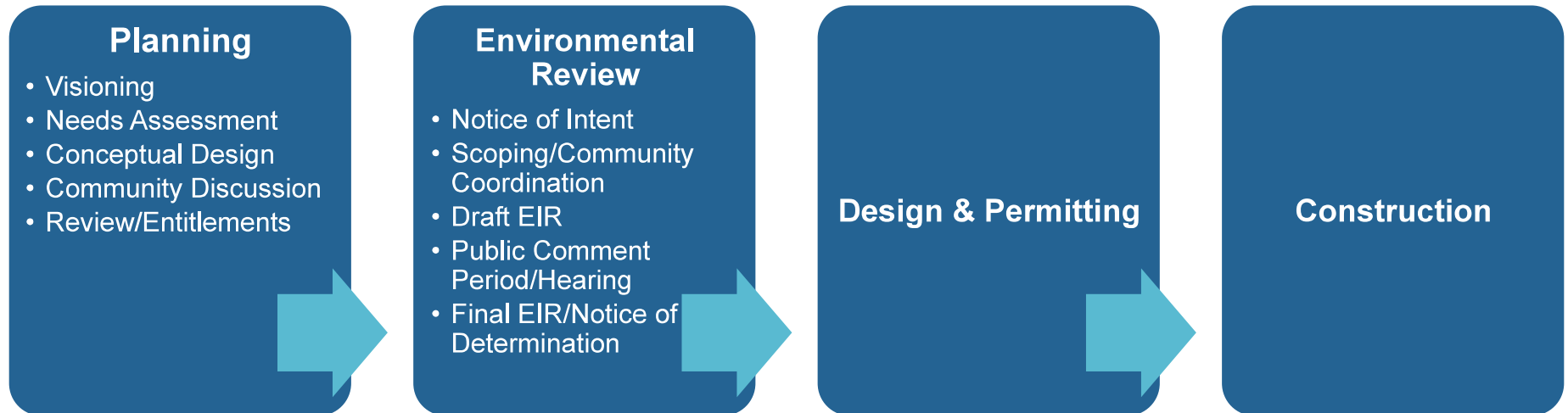
- BCHD Board
- City of Redondo Beach
- California Environmental Quality Act
- Taxpayers
- Other local, county, and state entities

Healthy Living Campus Project: Process Overview

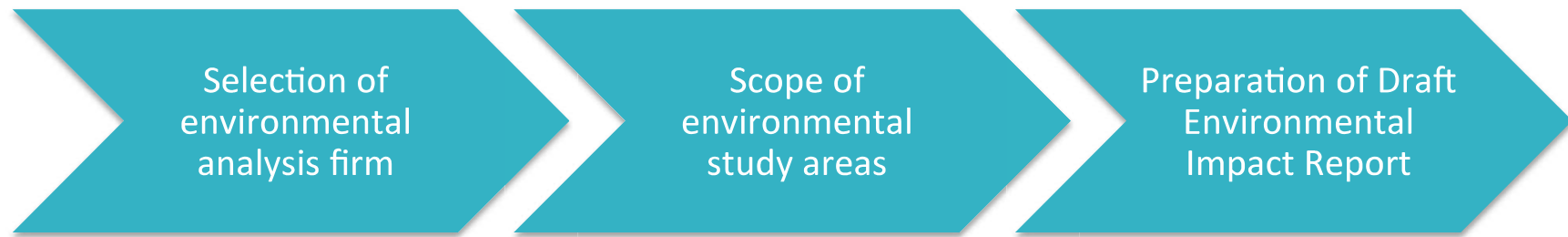
Phased Construction to Mitigate Impact



Healthy Living Campus Project: Process Overview



Environmental Review Process Administered by City of Redondo Beach



Contact Information

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bchd.org/HealthyLivingCampus