



A Public Agency

Beach Cities
Health District

Healthy Living Campus Project

Community Need

Preliminary Studies and Analysis

Studies to Determine Need and Feasibility:

- Initial Market Demand Study
- Community Needs Assessment
 - BCHD strategic planning: emerging community health needs
- Topographic Survey
- Geotechnical Assessment
- Public Strategic Planning Meetings
- Board Planning Sessions
- Community Working Group Meetings

Housing *is* a Health Need

- By 2022, 50% of Beach Cities residents will be 55+
 - 10,000 Baby Boomers turn 65 every day in the U.S.
- 94% of older adults want to stay in their community
- Facilities in a 10-mile radius are filled to capacity
- Physical environment (home) influences health status and premature mortality, especially for seniors
- Change in living conditions is #28 on stress scale
 - Stress exacerbates underlying illnesses/conditions in older adults

Housing *is* a Health Need continued ...

- 70% of seniors will need long-term services and supports at some point
- In the U.S., 1/3 older adults fall annually resulting in:
 - 700K hospitalizations
 - \$34B in healthcare costs
 - 2.5M emergency department visits
- Only 3.8% of housing units in the U.S. are suitable for individuals with moderate mobility difficulties

When Older Adults Leave Their Community:

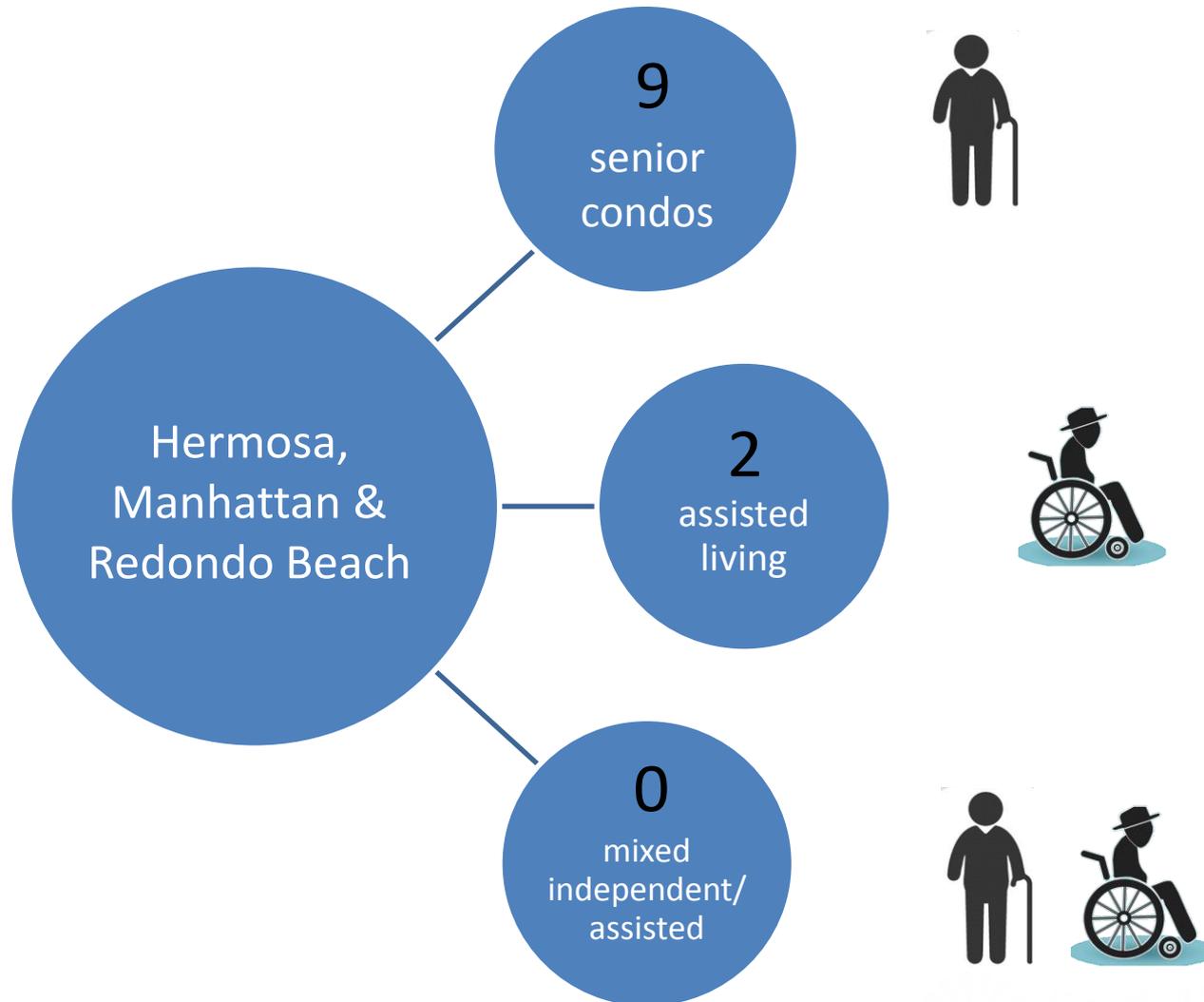
- Lose connections to vital social supports (friends, senior centers, faith groups, etc.)
- Can restrict access to primary care physicians
- Couples often separate to access different levels of care (assisted vs. independent vs. dementia)
- Heightened risk of isolation and depression
- Experience “transitional trauma” (symptoms of anxiety, confusion & hopelessness)

Beach Cities Senior (65+) Population

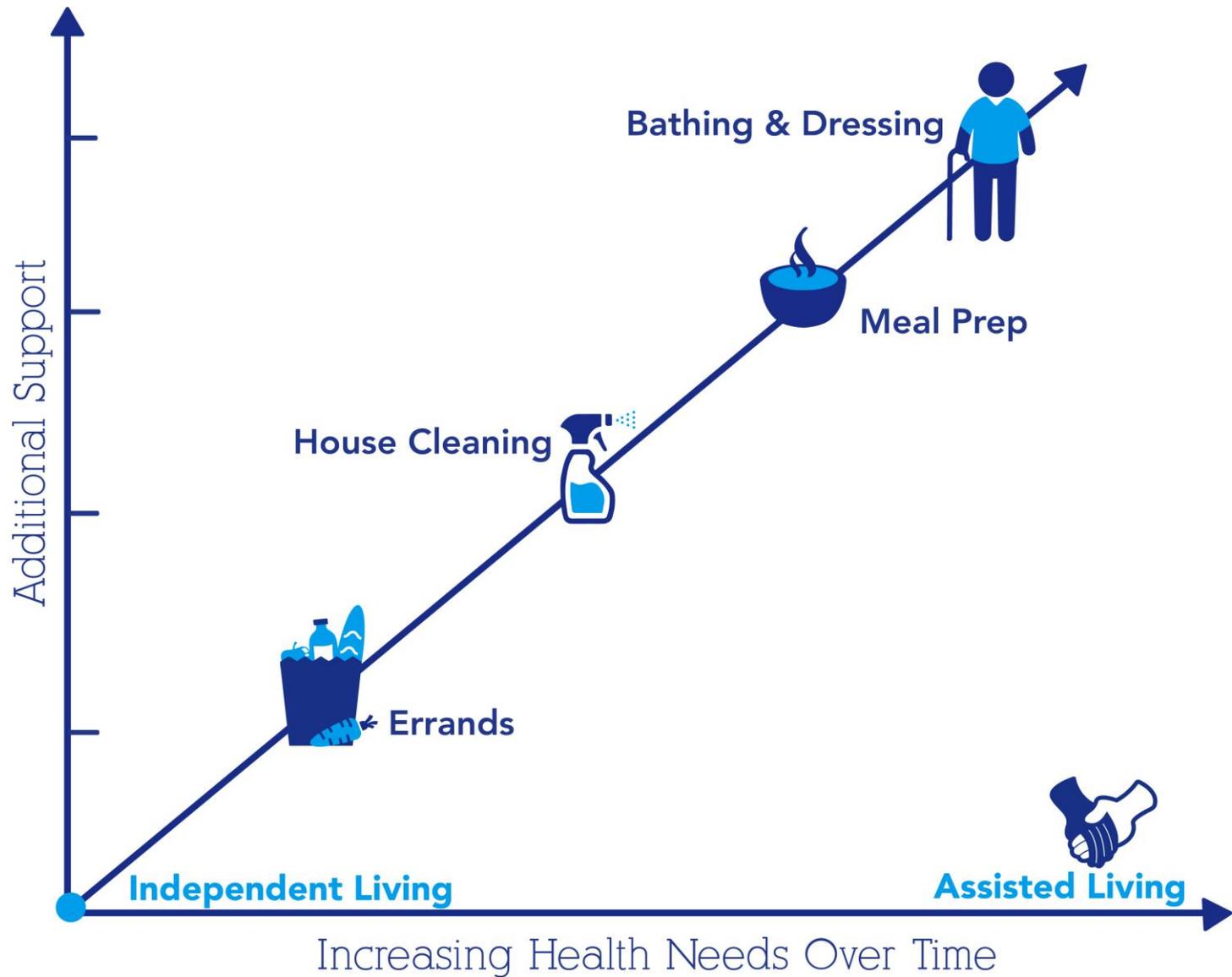
- Beach Cities Total: 14,683



Older Adult Housing Options



Independent vs. Assisted Living Needs



Healthy Living Campus

A Continuum of Care Approach



Benefits of a Continuum of Care

Aging in Place



- 94% of Beach Cities older adults wish to stay in our community as they age
- Maintaining social and family ties is critical to emotional and physical health
- Less moves = less stress

Keeping Couples Together



- Needs of couples often vary
- Mixed independent/assisted living keeps couples close
- Social companionship improves quality of life



“Health care leaders must work to accelerate the integration of health care and housing. The well-being and safety of millions of Americans are at stake.”

– Allyson Schwartz, Bipartisan Policy Center’s Senior Health & Housing Task Force Co-Chair

Sign-Up for Project Updates

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bchd.org/HealthyLivingCampus
(or visit the Comment Station)