

Lauren Nakano
Biographical Summary

Lauren Nakano is a South Bay native who grew up in San Pedro and is now a long-time resident of the Beach Cities. She is the Director of the Blue Zones Project for the past seven years and has been on staff at Beach Cities Health District, the largest preventive health agency in the nation, for 20+ years. Her professional purpose and passion is transforming communities. Through the Blue Zones Project she has the honor of working with the organizations and individuals in Hermosa Beach, Manhattan Beach and Redondo Beach to implement an innovative population health initiative that focuses on environmental and policy change to measurably impact community well-being.