



# Lummi Island Health and Wellness Forum

---

Lummi Island Health and Wellness Committee



# Introductions

## LIHWC Commitee members

- Bob Anderson (Co-Chair)
- Pam Gould (Co-Chair)
- Jane Phillips (Secretary)
- Tom O'Brien (Commitee Member)
- Chris Thompson (Commitee Member)
- Kim Wolfe (Commitee Member)



Thank you for joining our community forum to review the results of the Lummi Island Health and Wellness survey and capture input for next steps in the advancement of wellness efforts on the island.

## **Desired Outcomes**

Share health and wellness survey trends and insights

Collect additional community input into community priorities

Generate momentum for upcoming efforts and gatherings



# Survey Purpose

Gather info on **Islander health and wellness needs and priorities.**

The Lummi Island Health & Wellness Committee (LIHWC) **aims to enhance the health and wellness system on the island**, ensuring it effectively **supports residents of all ages** in becoming more resilient in the face of life's changes and challenges.

Goal was to learn more about health service accessibility, importance of various health issues, and barriers to receiving care to **inform planning and resource allocation.**



# Survey Overview

**Total Response 269**

Distribution  
Bulk mailing  
Flyers  
Next Door Neighbor  
Paper surveys at Islander and Library  
Saturday farmers market  
Rummage sale  
Islander electronic bulletin board  
Island social events (e.g. LICA picnic, Elderberries, Friday coffee chats)



# Respondent Demographics

---

## Gender Identity

63% Women  
36% Men  
1% Prefer not to say

## Residency Status

83% Full-Time  
16% Part-Time

## Age

Average years old 69  
Ranging from 30s to 90s

## Residency Status

4% Less than 1 year  
17% 1-5 years  
79% More than 5 years

**Average Household Size** 2



# Key Findings

---



## Most Important health issues

1. Access to healthcare services (187)
2. Preventive care and screenings (124)
3. Dental health (65)

## Most challenging access barriers

1. Hard to get an appointment (120)
2. Transportation (33)
3. Overwhelmed when you are feeling ill (31)

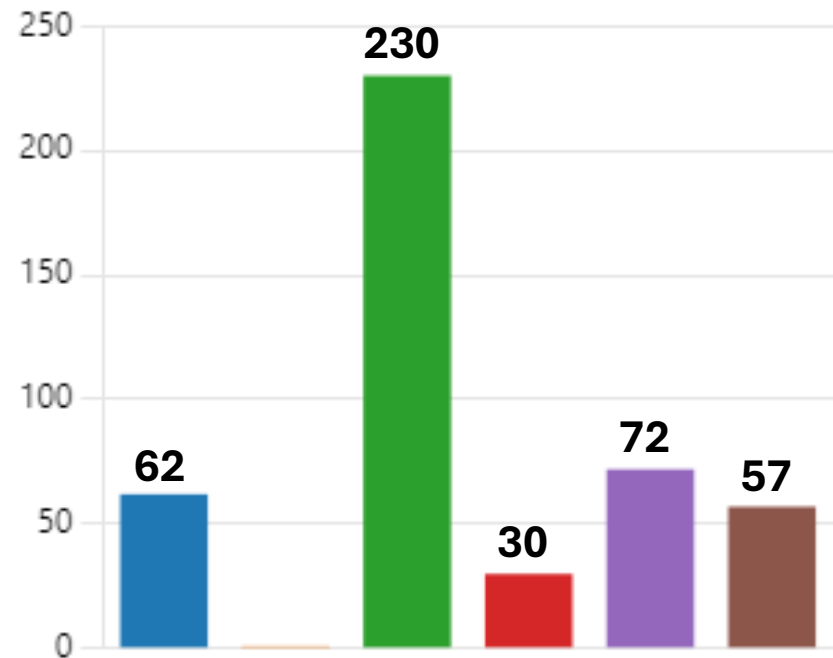


# Key Findings

---

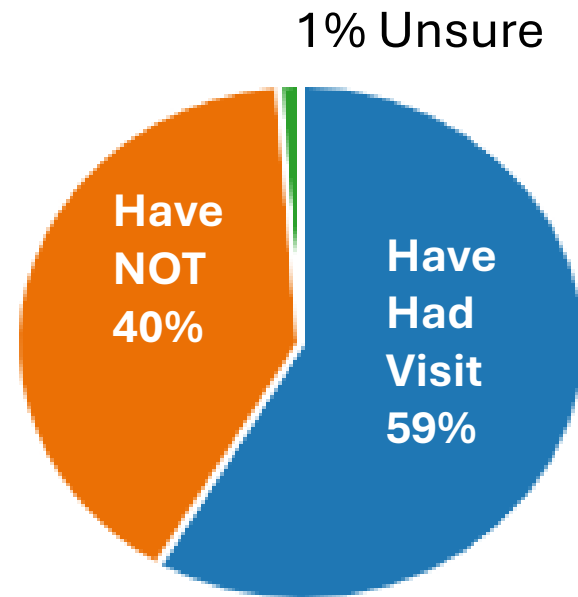
## Where are healthcare services typically accessed?

1. At healthcare provider's office/ clinic (230)
2. Online through virtual/telehealth visit (72)
3. At complementary care site (62)
4. Urgent Care (57)
5. Hospital emergency department (30)



# Key Findings- Telehealth

## Telehealth Visits in Past Year



## What kept you from having a telehealth visit?

1. Preference for in person visits (58)
2. Medical condition requires in person visit (22)
3. Difficulty navigating technology (12)
4. Healthcare provider does not offer telehealth (11)

"Build on the Island culture to take care of ourselves and others by adding services, such as telehealth connectivity at an Island clinic"

"Help folks navigate and educate them as to options to receive care ( including telehealth on Island)"



# Key Findings– Supportive Services

---

## What types of services residents want on Island?

1. Physical/ Occupational therapy (105)
2. Blood draw services (96)
3. Health and wellness classes (90)

*"Health and wellness classes such as yoga, meditation, and Tai chi taught by knowledgeable practitioners. "*

*"Tai Chi, strength training, emphasis on plant based eating, Mediterranean diets and blue zone eating, some afternoon or evening classes, weight loss and nutrition training assistance."*

*"Exercise classes, walking clubs, maybe a weekly dance exercise "class" (take turns picking the dance music)."*

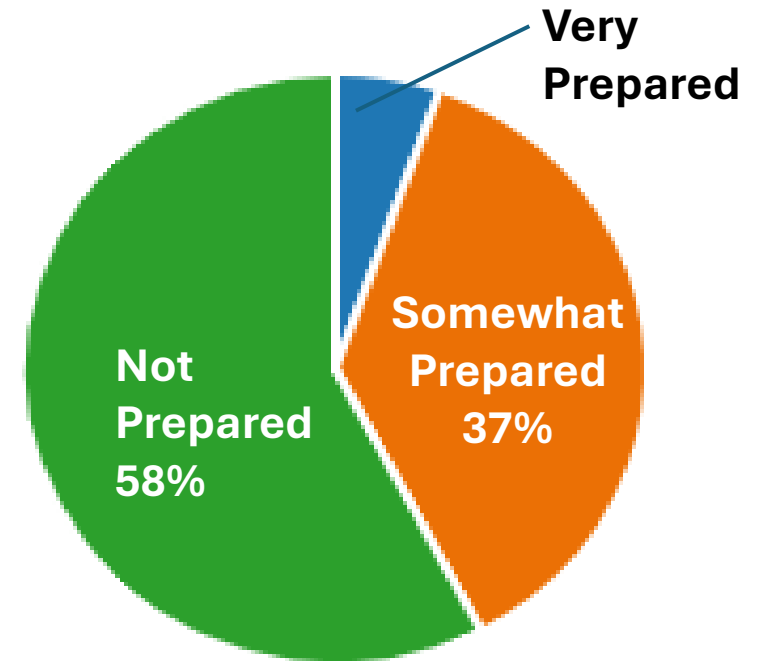


# Key Findings: Emergency Preparedness

Stayed on Island during dry dock because...

1. Did not want/need to leave
2. Did not have transportation to mainland
3. Could not afford a parking space off Island

5-month passenger ferry preparedness



*"Our fire/emergency department is excellent. I think info regarding Life flight and Air Lift Northwest should be available to all islanders."*



# Breakout Group Discussions

---

What do you most want Committee members to consider as they develop plans?



# From the Committee

---

Gratitude

Committee in action

Immediate plans for actions

- Build on partnerships & community strengths
- Increasing awareness of resources
- Emergency Preparedness
- Facilitating telehealth

## Acting on your ideas

"Bulletin Boards with Health and income related Resources (Energy assistance etc... N.W.R.C.)"

"Resource Bulletin Boards in Gathering Place"

"Resource Bulletin Board + N.W.R.C. presentations of resources"

"Services on island. Chiropractic, mental health, meals and continue to build community"

"Need more info about food security. Don't know how to use the food bank."

"Packet of information given to new residents (could be just a card with a website address listed with the information)."



# The Gathering Place Clinic Space

"Telehealth is a great benefit to islanders"



# Questions and Comments

