



# 2024 Survey Summary

## Lummi Island Health & Wellness Committee

### Introduction

The goal of this survey was to learn about health service accessibility, importance of various health issues, and barriers to care to inform planning and resource allocation. It was distributed both online and as physical copies through July–August 2024.

### Respondents: 246

- 63% women
- Average age: 69
- Age range: 30s–90s
- 83% full-time residents
- 79% residents for 5+ years
- Average household size: 2

### Key Findings

#### Most important health issues

- Access to healthcare services (187)
- Preventive care & screenings (124)
- Dental health (65)

#### Most challenging barriers to access

- Hard to get an appointment (120)
- Transportation (33)
- Overwhelmed when feeling ill (31)

#### Services desired on-island

- Physical/Occupational Therapy (105)
- Blood draw services (96)
- Health and wellness classes (90)

#### 5 month Ferry outage preparedness

- Majority do not feel prepared
  - 58% not prepared
  - 37% somewhat prepared

#### Telehealth visits

- 59% had Telehealth visit in the past year
- Most common reasons for not having a Telehealth visit:
  - Preference for in person visits (58)
  - Medical condition requires in person visit (22)
  - Difficulty navigating technology (12)
  - Healthcare provider does not offer Telehealth (11)

### Recommendations

| Key Area                   | Strategy   |
|----------------------------|--|
| Access to Healthcare       | Use the Gathering Place clinic to provide privacy, technological support, & some health measurements |
| Preventive & Social Health | Begin exercise gatherings or health & wellness classes   |
| Resource Navigation        | Compile resources and share information on how to access key services                                |