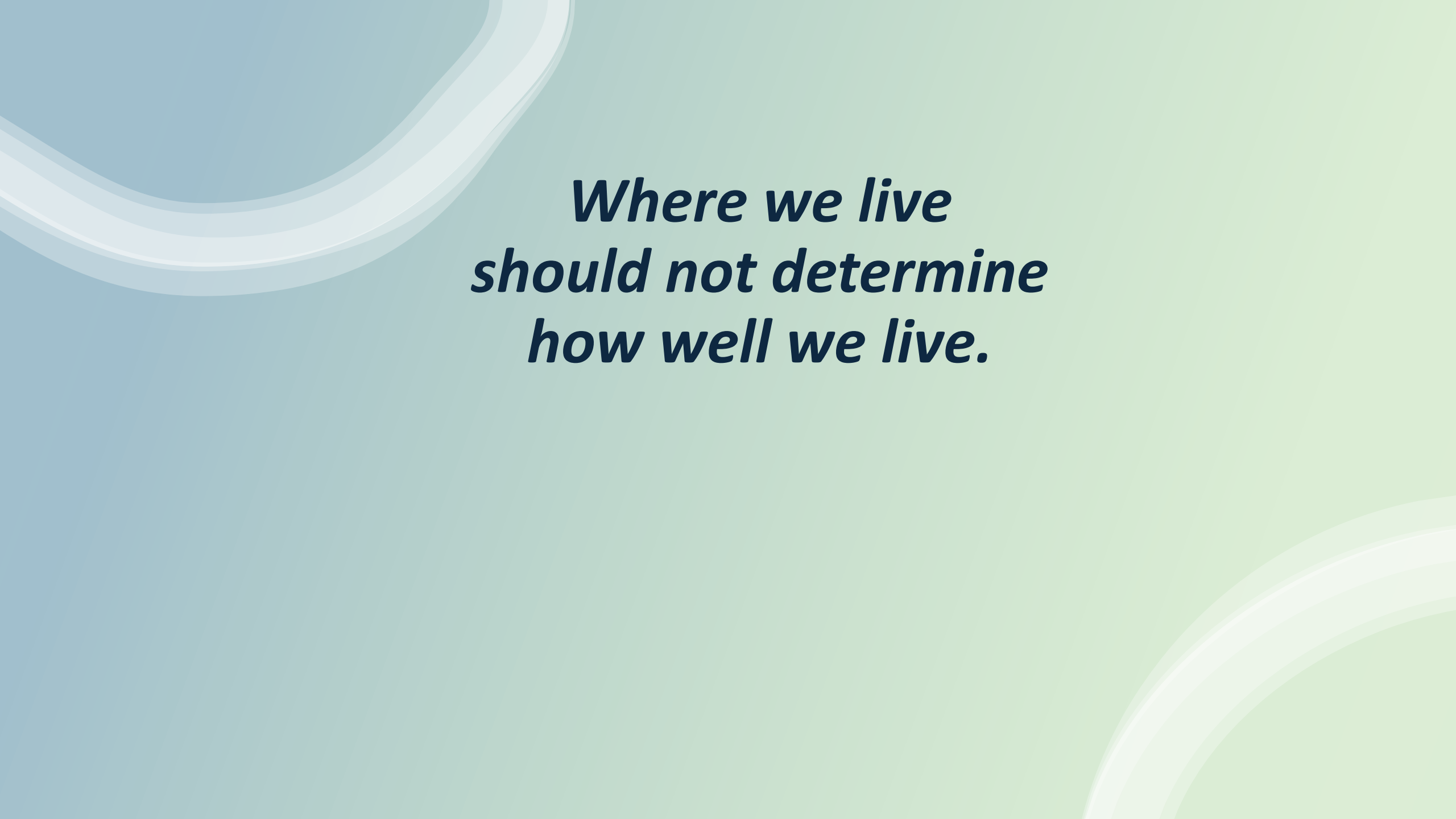


Lummi Island Health & Wellness

Transform, Rejuvenate, Celebrate Life Island-Style



The background features a light blue-to-green gradient. On the left side, there are several overlapping, curved, wavy shapes in shades of blue and white, resembling stylized waves or a coastline. On the right side, there are similar curved, wavy shapes in shades of green and white, also resembling stylized waves or a coastline. The text is centered in the upper half of the image.

***Where we live
should not determine
how well we live.***

Healthcare Challenges on Lummi Island

Medical Access

Residents of Lummi Island struggle with limited access to healthcare, especially for emergency and routine services.

Aging Population

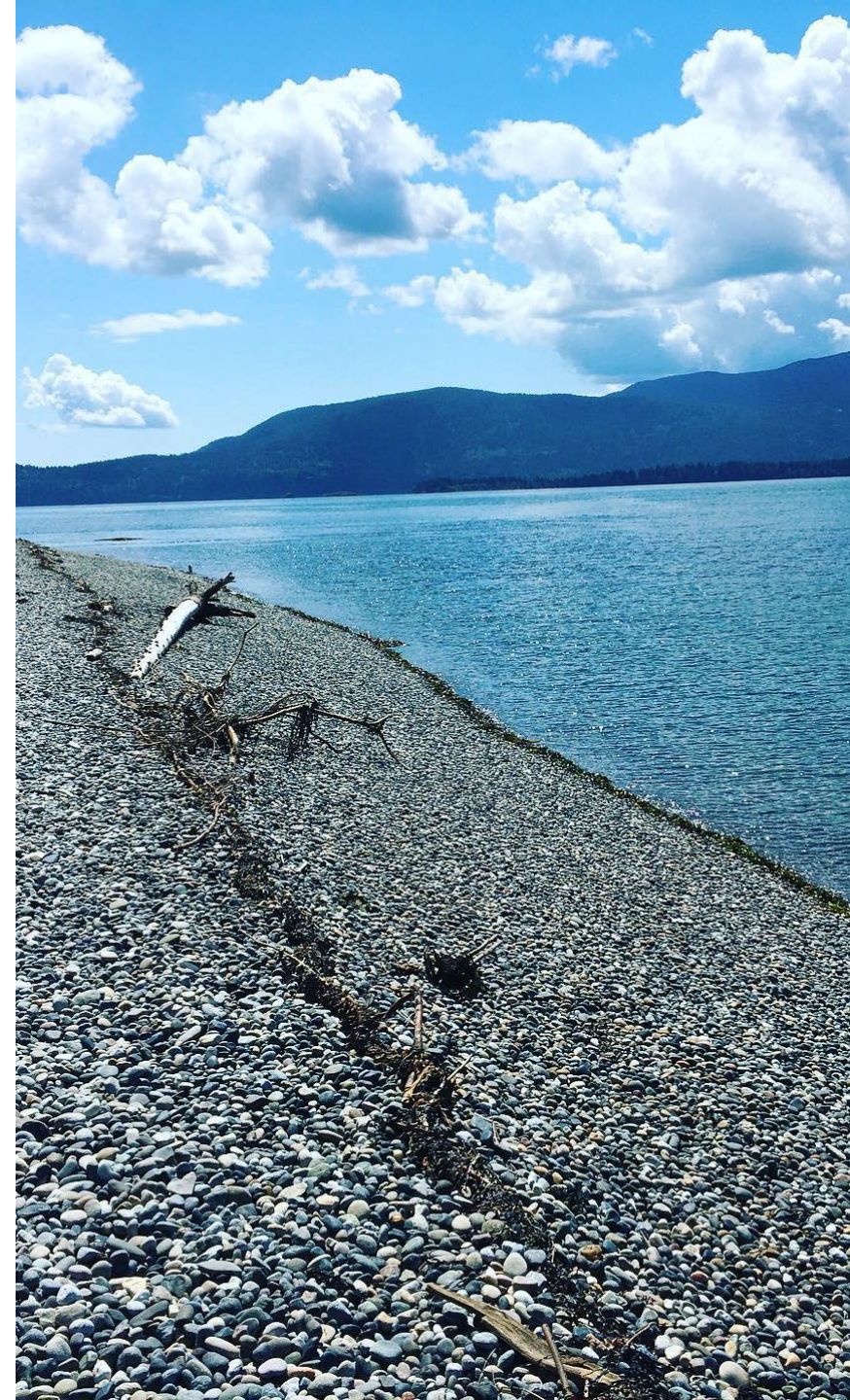
The average age on Lummi Island is 62.2 years compared to 38 for the county.

Limited Supply of Caregivers

With a population of 1000, the island lacks caregivers due to the cost of living and ferry access.

Healthcare Equality

The situation highlights the need for equitable healthcare access, regardless of geographic location.



Transforming Community Health – The Survey Results

Expanding Telehealth Services

Telehealth capabilities are being enhanced to improve access to quality care for community members, regardless of location.

Support for Aging in Place

Efforts focus on enabling older adults to live safely and comfortably in their own homes, supported by community programs.

Community and Social Connections

Building strong social networks encourages mental health and fosters a sense of belonging among community members.

Preventive Health and Wellness

The survey emphasized the importance of preventive health and wellness services to improve overall community well-being.



Lummi Island Health & Wellness Launch and Mission



Health Support for All Ages

Lummi Island Health & Wellness was launched in 2024 to serve residents of every age group with inclusive support.



Building Resilience and Adaptability

The mission fosters resilience and adaptability, helping residents face changes and challenges throughout life.



Programs and Wellness Activities

Programs include education, support networks, and community activities that strengthen overall health and well-being.

Enhancing Community Wellness

Health Resource Center Launch

The new resource center offers health information and support to community members for improved wellness.

Active Lifestyle Initiatives

Fitness classes and wellness events promote active lifestyles and foster stronger community engagement.

Accessible Health Services

Telehealth services and a foot care clinic provide essential, accessible care for diverse community health needs.



Empowering Community Success – A Model for Engagement



Training and Education Initiatives

We empower our community by providing targeted training and educational opportunities that boost skills and confidence for lasting success.



Expanding Through Partnerships

Strategic partnerships have allowed us to pool resources, broaden our reach, and maximize positive community outcomes.



Model of Sustainable Empowerment

Our commitment to self-belief and measurable results has made us a model for sustainable community growth and empowerment.

Keys to Our Success

Active Stakeholder Listening

Listening to stakeholders helps us identify needs and address them effectively for better outcomes.

Fostering Collaboration

Engaging with teams and partners builds trust and encourages collaborative problem solving.

Leveraging Tools and Resources

Using modern communication tools and available resources streamlines workflows and ensures clear, efficient information sharing.



Sustaining Early Success



Early Success Achieved

Programs have demonstrated effectiveness and impact without the need for public funding, showcasing initial success.



Long-term Sustainability Challenges

Maintaining momentum over time is difficult, especially with limited resources and growing needs.



Expanding and Seeking Support

There is a desire to share our model more widely and secure financial backing for continued growth.

Celebrating Impact: A Sincere Thank You

1 national and 5 local foundations, and
2 island organizations have supported
our robust set of programs.



Questions and Comments

