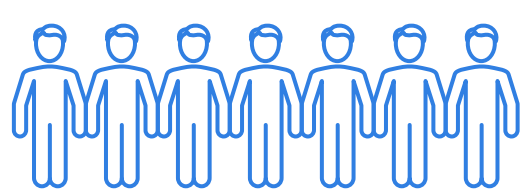


## FUTURE-FOCUSED ON A RETIREMENT COMMUNITY'S HEALTH NEEDS

The team at **Outer Banks Health** in North Carolina works to stay ahead of the changing needs of its community, a tourist and retirement-friendly destination.

A wide range of health services and a partnership with the only critical access hospital within 45 miles help meet demand. But it's not easy keeping up.



The Outer Banks population of 35,000 permanent residents swells to 250,000 people each summer.

### OBH seized the opportunity to use its community health assessment as a learning tool.

The organization analyzes CHA data to better understand and address its coastal community's health needs:



Providing critical services to an aging population.



Treating and preventing rising cases of substance use disorders.



Increasing health care access and closing gaps in transitional care.



Promoting health and wellness via education and activities.

### OBH developed solutions that were designed to meet the changing tides of its community:

Partnered with community stakeholders to develop a dementia coalition and became the first dementia-friendly hospital in N.C.

Organized volunteer companion groups to spend time with older adults and assist in their daily needs.

Provided customized iPads, ergonomic animal companions, as well as colorful cutlery and plates to increase comfort and food assistance to older adults during hospital stays.

Joined with community participants to create the Saving Lives Task Force to address substance use disorders.

Launched a free syringe program.

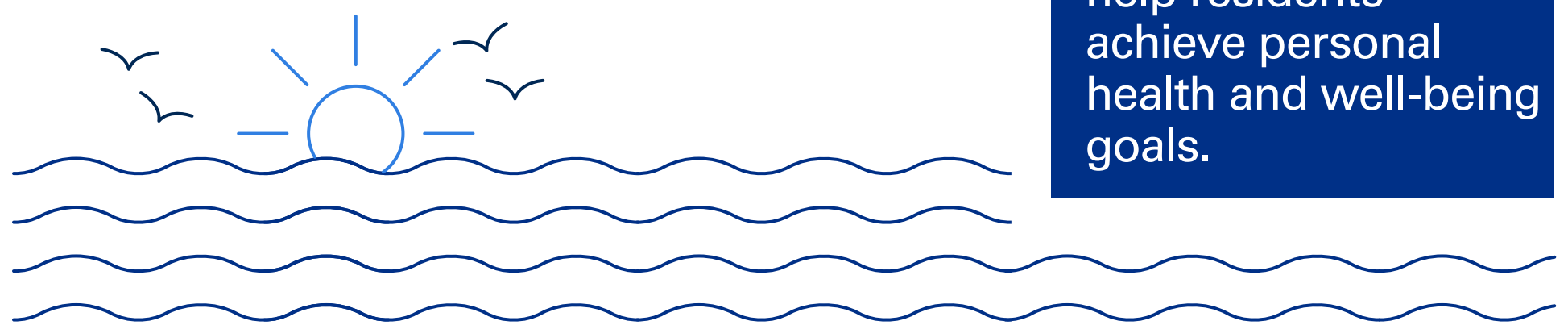
Increased free access to naloxone in the emergency department to combat drug use and overdoses.

Developed the Transitional Care Clinic to support caseworkers, social workers, nutritionists and other professionals who help patients with care transitions and follow-up services.

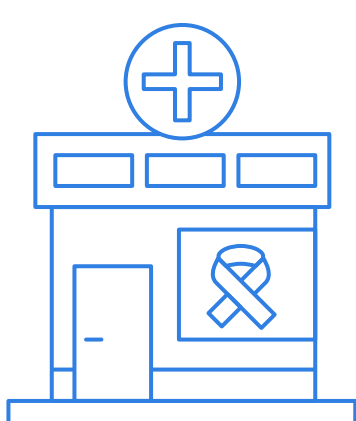
Helped establish and continue to financially support the Community Care Clinic, a free clinic that serves people without health insurance.

Launched the Health Coach, a wellness bus that travels around the Outer Banks to offer free health screenings.

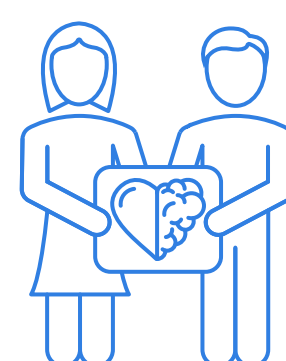
Created the Center for Healthy Living to help residents achieve personal health and well-being goals.



### More CHA-driven programs are in the works:



A new cancer center in 2024 to help ensure both residents and visitors receive consistent treatment



A mental health task group to encourage everyone from middle school students to older adults to speak up and ask for help