



# I.F. HEALTH

Immigrant & Family Health, Inc.

## ANNUAL REPORT 2019



*What IF Health Came First?*

# MESSAGE FROM THE EXECUTIVE DIRECTOR:



## IMMIGRANT AND FAMILY HEALTH, INC. DURHAM, NC

Dear Friends,

Thank you for taking the time to learn more about Immigrant and Family Health, Inc. and our work to helping friends, families, and immigrants in navigating our complex healthcare system.

Established in December of 2016, our vision was to find ways to positively impact immigrants and families in the Chapel Hill and Durham community. Over the few years, we have done just that.

With that in mind, every year we at I.F.Health, Inc. strive to make an impact on our community and ask the question, what if health came first? We hope to continue to be a light to those around us and help assisting those who need it the most. I want to thank each and every person who supported us and continues to support us today. If you or anyone you know is in need of assistance in navigating the healthcare system, please contact us and we will work diligently on your behalf to ensure your right to a healthy life.

Help us make a society where #IFHealthCameFirst.

In Health,

*John Tuong*

Immigrant and Family Health,  
2019 Executive Director







## OUR MISSION

Every day, many immigrants and their families face difficulties and hardships navigating the complex US health system. Others often have resources, but do not know that they are readily available.

***We're on a mission to change that.***

I.F. Health, Inc., aims to overcome barriers to quality health within immigrant communities and promote healthy lifestyles for all families.

We want to work diligently to break barriers in our complicated healthcare system by creating a friendlier atmosphere for families and immigrants. We hope to assist immigrants and their families in using the healthcare system to its fullest potential.

## OUR VISION

We believe that prevention and awareness are the foundation of a holistic approach to health. We at I.F. Health, Inc. strive to create inclusive, engaging events that educate the public about preventative measures for living a healthy life. Through our health screenings, we link families and immigrants to information, tools, and community resources to increase health awareness and help bridge the gaps in the healthcare system.

We envision a community where everyone has equal access to quality healthcare, despite their background and/or ethnicity. A community where health is not a luxury, but a human right.





# 2019 AT A GLANCE

HEALTH SCREENINGS HOSTED

5

COMMUNITY RESOURCES SHARED

6

TOTAL IMMIGRANT CLIENTS  
REACHED

76 PEOPLE

TOTAL STUDENTS REACHED

62 STUDENTS

TOTAL COMMUNITY MEMBERS  
REACHED

120 COMMUNITY MEMBERS







# COMMUNITY WORK

## HOW WE DO - WHAT WE DO

### HEALTH SCREENINGS

Health screenings are a large part of what we do as an organization. Providing free health screenings at health fairs, health conferences, community fairs, and events are essential in how we reach our community members. This year, we have been heavily involved in providing health screenings at the Durham Flea Market. We also provided screenings at an annual culture event, led by UNC student organization Lambda Phi Epsilons, called Lambda Night Market, where different cultures came together to cook and share food.

During our health screenings, we assist people in checking their blood pressure, body mass index, and weight. We believe these health status can improve with a healthy lifestyle, which is why we focus on focusing on these three measures. In addition to individual's health status, we provide infographics and brochures on how to lead a healthy lifestyle, along with resources in the community for follow up care.. While we are not healthcare providers, we offer these preventative screenings and education for people in our community so they can be informed and make appropriate decisions for their own health.



### INFOGRAPHICS AND EDUCATION

I.F. Health, Inc. prioritizes providing education and information to the people and communities that we serve. Through a combination of social media, community members, and infographics, we try our best to consistently provide information on a variety of topics. This year we shared 4 different resource awareness infographics which covered: leading health lifestyles, health resources, and immigrant resources. In order to be diverse as possible, we often translate our infographics, and at times, other mainstream content, in many different languages (Spanish, Korean, Vietnamese, Chinese, etc.). Let us know if you want one of our infographics in your language.





# COMMUNITY WORK

## HOW WE DO - WHAT WE DO

### UNC CHAPEL HILL - AFFILIATE CHAPTER

The UNC Chapter is our first affiliated collegiate chapter and was created to aid in promoting our mission and to provide an opportunity for post-secondary students to gain public health experiences. Our UNC Affiliate Chapter works closely with our National Staff to continually think of new and better ways of how to connect with and to positively impact our community. The UNC Chapter is led by President, Deep Upadhyay, and has volunteers readily available to assist in programs, events, or health fairs. Our affiliate chapter is important in many ways and is vital in our success to reaching students, immigrants, and their families.

If you are interested in starting a chapter at your university, please contact us at [info.ifhealth@gmail.com](mailto:info.ifhealth@gmail.com)



### COMMUNITY PARTNERSHIPS AND SPONSORS

As a health organization, it is important for us to connect with other organizations to better engage, collaborate, and help our surrounding community. For the past 3 years, I.F. Health, Inc. has attended several community health fairs, the most consistent one being the annual health fair at Saint Thomas More (STM) Church, a Catholic Church with a huge Latinx population, located in Chapel Hill. STM's Annual Health Fair is one of many events where we provide our health screenings.

Several individual donors make our work possible. Most recently, we were generously supported by Ally Banking. They believe in our mission and have provided volunteer hours and financial support to our cause.





# FINANCIALS: OUR BREAKDOWN

## DONORS AND MONEY

As a non-profit, we thrive primarily off a combination of donations and fundraisers from our friends, families, and supporters.

A huge and wonderful thanks to all of our donors. You all make an impact on the community and we cannot do the work without your support.

If you would like to donate to Immigrant and Family Health, Inc., please visit [www.ifhealth.org/donate](http://www.ifhealth.org/donate) or find us on **Facebook**. Please also consider supporting us on **Amazon Smile**, set us “Immigrant and Family Health, Inc.” of Chapel Hill, NC, as your charity and a portion of your purchases will be donated to I.F. Health, Inc. **at no additional cost to you**. The link to your left will bring directly to supporting us on Amazon Smile. Remember to shop through Amazon Smile! You can change your setting on your phone App as well to automatically shop from Amazon Smile.

*I.F. Health, Inc. is a 501c3 non-profit; hence, all donors receive tax credit for their donations.*





## I.F. HEALTH'S VISIONARIES

### 2019 Board of Directors

Nae Won, MPH, Founder & Chair

Breanne Lesnar, MPH, Community Program & Vice Chair

Brian Kim, MBA, Treasurer

### 2019 National Staff

John Tuong, Executive Director

Tony Lieu, Financial Director

Philip Huynh, Social Media Manager

Daniel Kim, Senior Web Developer

Lucy Thames, Program Director

The Board of Directors and the National Staff work hand in hand to ensure that Immigrant and Family Health, Inc., is an organization that fulfills its duty to the greater community. While the Board of Directors work to create the vision and mission of I.F. Health, the National Staff works to ensure those mission and vision are completed.







## SINCE 2017, IMMIGRANT AND FAMILY HEALTH, INC. HAS:



Attended a total of 9 community health fairs



Provided over 200 free health screenings and workshops such as family services and a science workshop at a local elementary school



Reached more than 400 people in the community and have over 50 volunteers



Shared 24 resource awareness infographics in 5 languages



Connected through Facebook, Twitter, and Instagram with over an average of 10,000 views



Conducted a Community Needs Assessment in NC for evidence-based programming



# PLANS FOR 2020, WHY YES WE DO.

## 2020 VISION

Immigrant and Family Health, Inc. envisions a world where immigrants and families can easily overcome healthcare barriers through education and by taking full advantage of all available resources. We plan on continuing strong and growing our reach in 2020.

## 2020 GOALS

A few of our 2020 goals include:



Host our first I.F. Health, Inc. Immigrant Health Workshop, educating and informing students who may be navigators for the immigrant community on various health topics and resources.



Reaching 200+ people through our community outreach events, with at least 150 people being immigrant clients, as well as increasing in sharing more infographics, community resources, and hosting more health screenings in diverse settings to increase reach of different ethnic groups



Continue to build, grow, and maintain our social media presence

If you would like to volunteer, please visit [www.ifhealth.org](http://www.ifhealth.org). Feel free to follow, contact, and support us through here as well:



*Click on any of these images to check us out!*

