



I.F. HEALTH

Immigrant & Family Health, Inc.

ANNUAL REPORT 2022



What IF Health Came First?

MESSAGE FROM THE EXECUTIVE DIRECTOR:



IMMIGRANT AND FAMILY HEALTH, INC. CHAPEL HILL, 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.

2022 has been quite the year - a year of learning, growth, and finding new ways to better help the Chapel Hill and Durham community. With each passing year, we work towards collaborating with more organizations and serving and impacting more people in our community. We hope to continue improving each and every year to continue to help those who need it the most. I want to continue to thank each and every person who has 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,
2022 Executive Director





Click
me on
any page!



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.

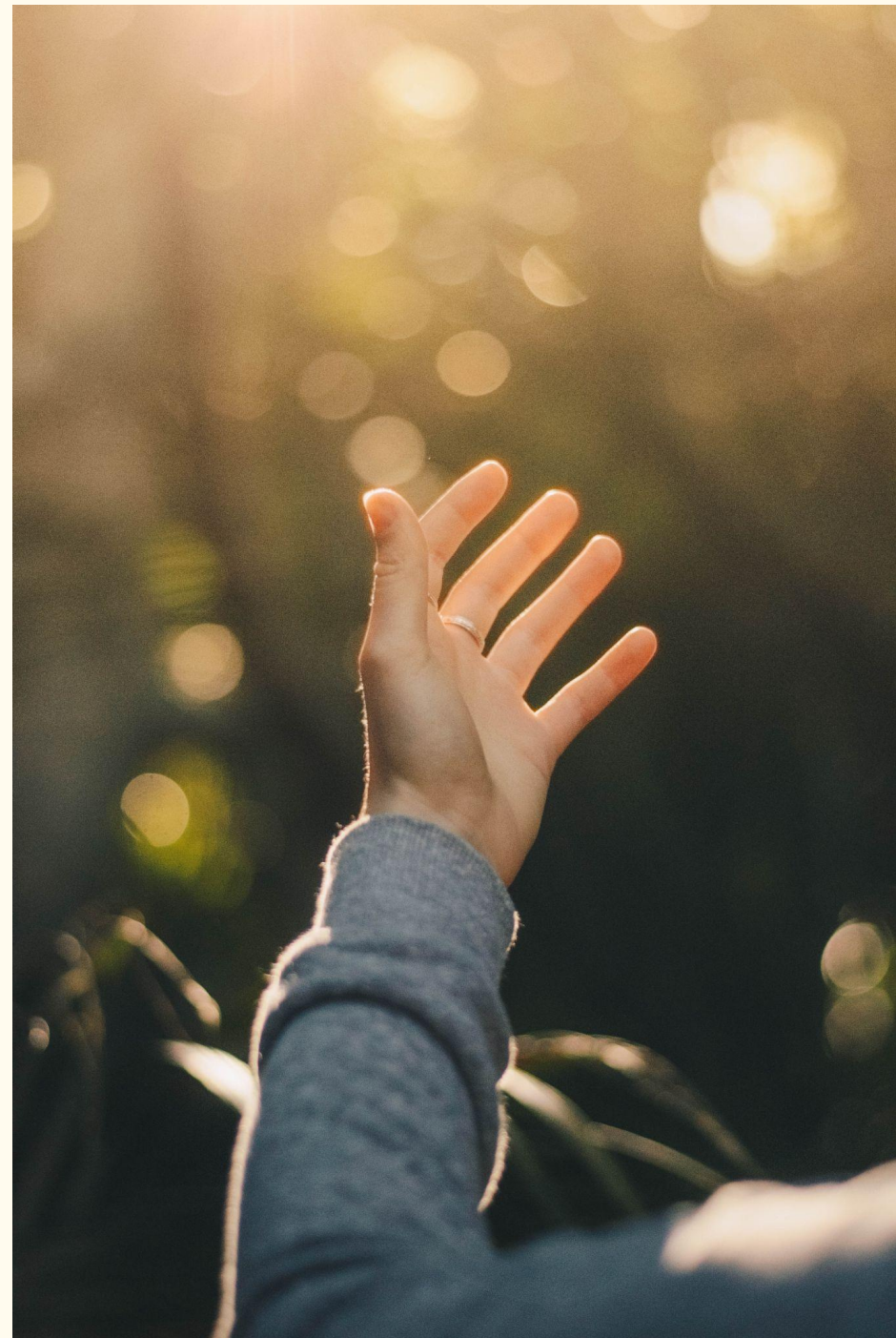
I.F. Health, Inc., aims to overcome barriers to quality health within immigrant communities and promote healthy lifestyles for all families.

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.





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. We are heavily involved in providing health screenings at the Durham Flea Market. Due to COVID-19, this year we focused on providing resources online, especially related to COVID-19.

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 infographics on topics related to COVID-19, such as COVID vaccine eligibility, steps to receive COVID the vaccine, COVID tips and COVID fraud. Given our mission to reach the immigrant community, 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!

COVID-19 FRAUD ALERT

- CHECK EMAIL SENDER
 - I.E. TYPICALLY THESE EMAILS WON'T COME FROM YAHOO OR GMAIL-BASED EMAILS.
 - USUALLY FROM @.GOV, @.ORG, OR @.EDU
- YOU WILL NOT BE ASKED FOR:
 - SOCIAL SECURITY NUMBER, PAYMENT, DRIVER'S LICENSE, OTHER PERSONAL DETAILS, INCLUDING MEDICARE AND INSURANCE INFORMATION, ETC.
 - MONEY TO ENHANCE YOUR VACCINATION ELIGIBILITY.
- DO NOT RESPOND OR OPEN HYPERLINKS FROM UNKNOWN INDIVIDUALS.
- DO NOT SHARE COVID-19 VACCINATION CARDS ON SOCIAL MEDIA
- SAME RULES APPLY FOR COVID-19 TESTS.

If you suspect COVID-19 health care fraud, report it immediately online or call 800-HHS-TIPS (800-447-8477)

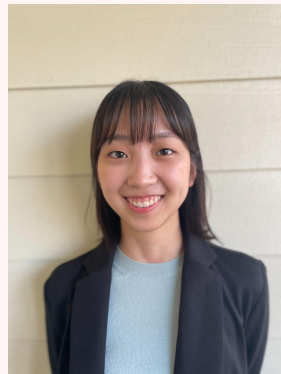
I.F. HEALTH





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, Elizabeth Flowe, 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



Pictured from left to right: Ethan Tart (Outreach Chair), Jinny Kwon (Secretary), Cassidy Riggs (Vice President), Elizabeth Flowe (President), Eric Gibson (Treasurer)





COMMUNITY WORK

HOW WE DO-WHAT WE DO

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 few years, I.F. Health, Inc. has attended several community health fairs, the most consistent one being the annual health fair at Saint Thomas More Church, a Catholic Church with a huge Latinx population, located in Chapel Hill. This year our efforts were tailored towards the online immigrant community, including online bulletin boards and communication groups of community associations and religious organizations in North Carolina.

Several individual donors and sponsors make our work possible. Most recently, we were generously supported by Ally Financial. They believe in our mission and have provided volunteer hours and financial support to our cause. Let us know if you are interested in supporting our cause or partnering with us.

SCHOLARSHIP

This year was the first year we decided to introduce our first year of our scholarship program. This scholarship will award \$250 to students (one incoming college student and one current college student - for a total of \$500) from immigrant families to support their educational journey. The purpose is to encourage and support our next generation of healthcare leaders.





FINANCIALS: OUR 2022 BREAKDOWN

EXPENSES

Our costs typically include a variety of: website maintenance, vendor rentals, community event expenses, as well as maintaining equipment to use for health screenings. This year our expenses included: scholarship fund (\$500.00) and website maintenance/renewal fee (\$20.00) totaling \$520.00.

REVENUE

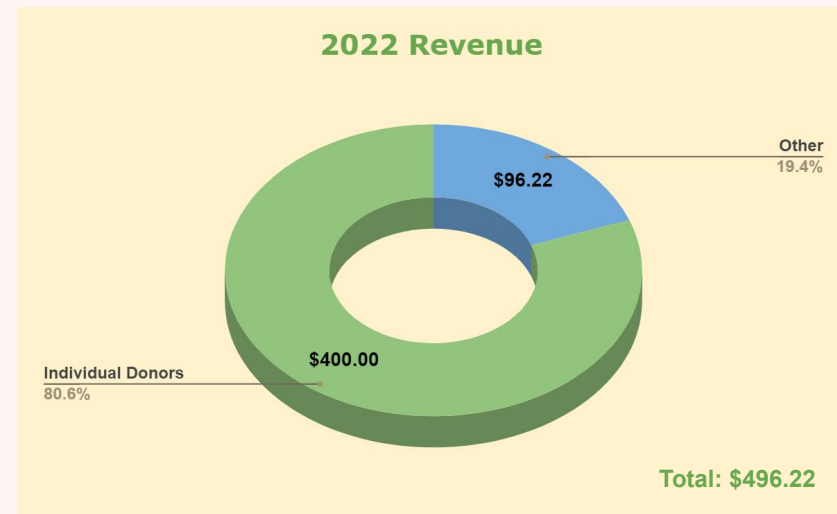
For our revenue this year, we have made a total of \$496.22, \$96.22 from AmazonSmile and \$400.00 from individual donations.

As a non-profit, we thrive primarily off a combination of fundraisers and donations 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 or find us on **Facebook**. If you have any issues or any questions regarding how to donate, please contact us at info.ifhealth@gmail.com.

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

2022 Expenses	
Item	Cost
Website Maintenance	\$252.00
Scholarships	\$500.00
<u>Total</u>	\$752.00





PLANS FOR 2024, HERE WE COME.

2023 VISION

Starting 2023, Immigrant and Family Health, Inc. will focus our efforts only on immigrant communities. We envision a world where immigrants 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 2023.

2023 GOALS

A few of our 2023 goals include:



Host our first I.F. Health, Inc. Immigrant Health Workshop in-person to educate and inform the next generation 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.

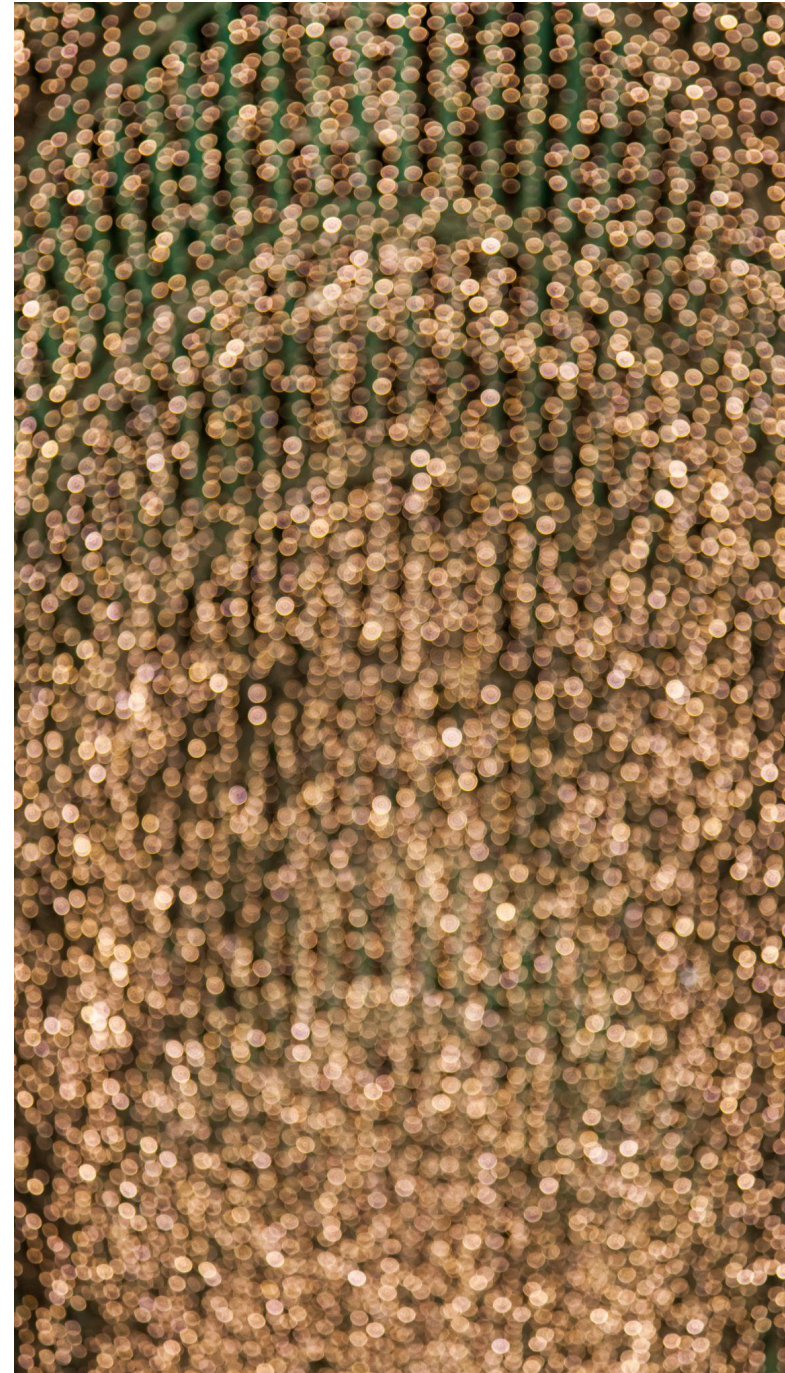


Continue to build, grow, and maintain our social media presence.

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



Click on any of these images to check us out!





I.F. HEALTH'S VISIONARIES

2022 Board of Directors

Nae Won, MPH, Founder & Chair

Brian Kim, CPA, Treasurer

Tony Lieu, Board Member

2022 National Staff

John Tuong, Executive Director

Tony Lieu, Financial Director

Duy Nguyen, Social Media Manager

Daniel Kim, Senior Web Developer

The Board of Directors and the National Staff work hand-in-hand to ensure that Immigrant and Family Health, Inc., is an organization that works diligently to fulfill 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.

