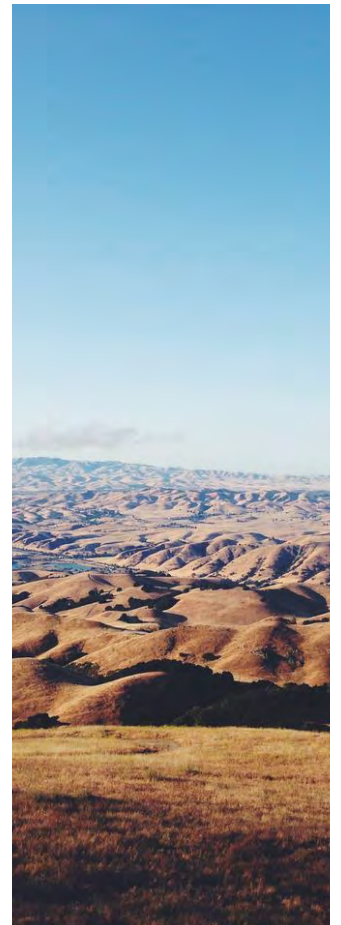




I.F. HEALTH

— IMMIGRANT & FAMILY HEALTH —

ANNUAL REPORT



What #IFHealthCameFirst?

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Message from the Executive Director

Immigrant and Family Health, INC.
Durham, NC

To immigrants and families,

Our sole purpose and mission is to reduce barriers to quality health while promoting an engaging and healthy lifestyle within families. We, at I.F. Health, believe that health is a human right and everyone is entitled to quality healthcare services. As such, our goal is to minimize any barriers, such as language difficulties, you or your loved ones may have which may hinder access to quality services.

Healthcare services in the United States is a complicated system. Yet, it is one of the most crucial areas that impacts everyone. As an immigrant, myself, I have directly experienced the hardships many families, particularly immigrant families, face when seeking healthcare services. I.F. Health promotes a professional, friendly, and welcoming environment to all families and provide services that will help connect and bridge families with healthcare services accessible within the local community.

If you are in need of any services we provide and are looking to get connected to healthcare resources, please contact us and we will work diligently on your behalf to ensure your right to a healthy life is protected and provided.

Help us make a society where #IFHealthcamefirst.

In Health,

Nae Won

Immigrant and Family Health
Founder & 2017 Executive Director

Message from the Executive Director



Mission

The mission of Immigrant and Family Health (I.F. Health) is to promote healthy lifestyles and prevent diseases focusing on families and immigrants in hopes of enabling the community and answering the question "what if health came first?" I.F. Health works diligently to break barriers towards a complicated healthcare system and to create a friendlier, approachable, and inviting atmosphere for families and immigrants, so that they can take full advantage of existing healthcare systems.

I.F. Health believes that knowledge is power and, as such, we also host fun and engaging awareness events where families and immigrants will be able to learn how to live a healthier lifestyle and become more aware of their health status. We are an organization that believes that prevention and awareness is the first step to any treatment. I.F. Health works diligently **"To overcome barriers to quality health within immigrant communities and promote healthy lifestyle for all families."**



The I.F. Health Way

Vision

Immigrant and Family Health (I.F. Health) believes that prevention and awareness is the foundation of a holistic approach to health. We at I.F. Health strive to create inclusive, engaging awareness events that emphasize family collaboration and teach healthy lifestyle habits and health awareness strategies so that families and immigrants have the tools and resources they need to bridge the existing gaps in the healthcare system to heal mentally, physically and socially.

To make a community that is more aware and live a healthier lifestyle. To make a community where everyone has equal access to quality healthcare, despite their background and/or ethnicity. To make a community where health is not a luxury but a human right.

Accomplishments

December 26, 2016: Immigrant and Family Health, INC. was created

February 2017: Established first affiliated collegiate chapter at UNC - Chapel Hill

March 2017-September 2017: Conducted an immigrant health needs assessment in NC to define need and perceived barriers

April 14, 2017: Immigrant and Family Health was granted 501c3 status through IRS public charity 509(a)2

April 2017: GoFundMe Donation Drive

August 2017: Launched Immigrant Health Helpers Program

September 2017: First volunteer training workshop

November 2017: Healthy Families Workshop at a local Elementary School (Topic: Brain Health)

December 2017: #10DaystoCoverage Campaign on Affordable Care Act enrollment

January 2018: Annual Training and 2018 Planning Session

January 14, 2017: 1st Board of Directors were formed in Chapel Hill, NC and voted in Bylaws/ Articles of Incorporation

February 20, 2017: Immigrant and Family Health, INC. was officially incorporated in the state of NC

April 2017: Joined the Orange County Health Department Latino Health Coalition and Refugee Health Coalition

April 19, 2017: First I.F. Health benefit night at Buns!

June 2017: Internal Audit

September 2017: Launched Healthy Families Workshop (Topic: Nutrition)

September 10, 2017: First I.F. Health health fair attendance at St. Thomas More

November 2017: #GivingTuesday Donation Drive

December 2017: Hired a new Executive Director and Program Director

February 2018: Writeup and review of publication for journal submission on NC immigrant community needs assessment

2017 I.F. Health Financial Statement

PERIOD ENDING

DEC 31, 2017

MAR 31, 2013

DEC 31, 2017

Statement of Activity

Operating Activities, Cash Flows Provided by or Used In:

Revenue and Support:

Unrestricted Individual Donations	2,910	621	790.00
Fund raiser	18,838	17,236	195.67
Restricted Individual Donations	37,896	19,822	113.82
Other Unrestricted Contributions	----	----	128.13

Net Cash Flow from Production Activities

1227.62

Expenses:

Administrative Fees	(3,011)	(3,724)	335.00
Technology	(75,483)	(71,388)	120.00
Printing	(593)	17,039	99.60
Event Supplies			33.97

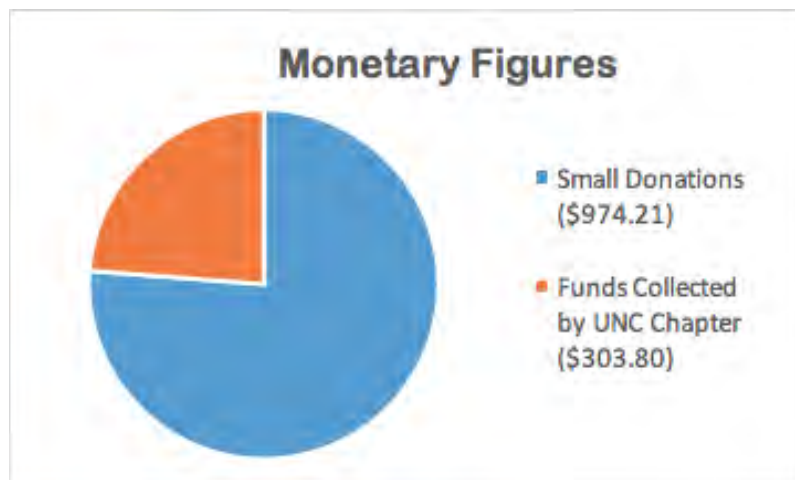
Net Cash Flow from Operating Activities

588.57

Donation Figures



September 2017: Healthy Foods



Donors

Thank you to all our donors.

You all are making an impact on the community and we couldn't have done it without your support.

If you would like to **donate** to Immigrant and Family Health, please visit www.ifhealth.org or find us on Facebook/GoFundMe.

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

Statistics on Reach

- Community Health Needs Assessment Total Reach: 192 Participants
- 2 Healthy Families Workshop Reach: 202 People
- 3 Community Health Fairs Attended
- Enrolled with 2 Health Department Coalitions
- 1 Volunteer Training: Gained 10 Volunteers
- 235 Likes on Facebook
- #10DaystoCoverage Campaign to inform those to get covered under ACA; reached 1,031 Individuals
- Online Hurricane Resource Efforts reached: 51 Individuals
- UNC Dental Screening Publicity reached 918 Individuals

2017
Donors
Who Have
Made An
Impact
&
Reach
Statistics

2018 Board of Directors



Nae Yeon Won

Founder and Chair

"IF Health is an opportunity for me to help families like mine. My goal in working with IF Health is to alleviate health related tragedies from happening that can be prevented."

Breanne Lesnar

Vice Chair

I dream of a world in which all people have equal access to the resources necessary to live a healthy life and feel empowered to utilize these resources. Until this dream becomes a reality, it is our role as a community to work together and support one another in relentless pursuit of health.

John Tuong

Board of Director

"It is important to me to be able work closely to those who care and want to serve those in the community who are underrepresented."



Top left to right: Daniel Kim, John Tuong, Brian Kim, Jeremiah McLeod

Bottom left to right: Bobbie Nguyen, Nae Won, Breanne Lesnar

Bobbie Nguyen

Board of Director

"I enjoy being in an environment where I am surrounded by like-minded and driven people who all care deeply about their community."

Jeremiah McLeod

Board of Director

"IF Health has been an incredible opportunity to make a tangible difference in the community alongside a group of charismatic leaders."

Brian Kim

Board Treasurer

"I feel lucky to be able to bring positive impact to our community while gaining valuable experience with financial matters."

Daniel Kim

Board Secretary

"I have worked on designing and creating the main IF Health website currently accessible by <https://www.ifhealth.org>. I have also been in charge of setting the technology vision and stack to ensure that all of the technology requirements of IF Health are fully met."

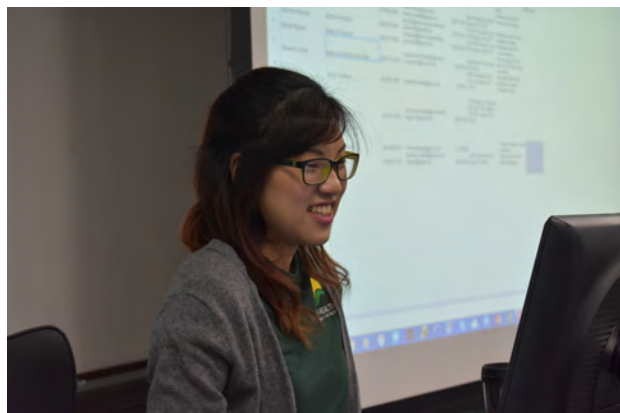
Introducing our **UNC-Chapel Hill Affiliate Chapter!**



Top left to right: Peter, Sarah Dancausse, Pankti Patel,
Bottom left to right: Jennifer Li, Gauri Joshi, Kathy Chan, Nia Cox, Ellen Davis,
Esther Lee

In order to help spread our mission, we established our first affiliated collegiate chapter at the University of North Carolina at Chapel Hill to aid promoting our mission and to provide an opportunity for collegiate students to gain public health experiences

Increasing Our Reach and Spreading the Word



Featuring: Nae Won, talking at the annual training

All our staff and chapter representatives are required to attend an annual training to be fully equipped with knowledge and resources to better serve our community. At this year's training, we covered: community resources, insurance knowledge, non-profit leadership, social impact on health, etc.

If you are interested in starting a chapter at your university, please contact us at info.ifhealth@gmail.com



Left to right: Breanne Leshar, Lucy Thames, Jeremiah McLeod Bobbie Nguyen, attending the annual training

2018! What Do We Have in Store?

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 growing our reach in 2018.

Goals

A few of our 2018 Goals include:

- Reach 300 people through our Immigrant Health Helpers Program
- Reach 1,000 students through our Health Families Workshop
- Work with 2 more schools to improve family health
- Collaborate with 20 different organizations in the community
- Obtain 2 partnerships
- Obtain consistent sponsors and donors

Thank you to all of the volunteers!

We couldn't have done it without you.

If you could like to **volunteer**, please visit **www.ifhealth.org**.

Feel free to follow us and contact us through here:



www.ifhealth.org



<https://www.facebook.com/immigrantandfamilyhealth/>



http://instagram.com/if_health



http://twitter.com/IF_Health