



Vietnamese American Services
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The Vietnamese Community is a rapidly growing community in Montgomery County, and VAS team has witnessed the burden of diseases which are more common. Poor health outcomes experienced by Vietnamese Americans are attributed to limited access to healthcare and language barriers. VAS' goal is to address these complex issues and address the urgent healthcare related needs of the community in Montgomery County.

In 2022, HIF invested \$40,000 into VAS' Healthcare program and healthcare related services. This allowed VAS to address the concerns previously mentioned. With this, we were able to promote access to primary care services by assisting clients to enroll in health insurance as well as provide a variety of other services. Vas provided **over 500 healthcare enrollment services** and more than 2000 general healthcare related services.

VAS was also able to promote healthy lifestyles in the community. We hosted health education events and workshops which taught important information regarding lifestyle, mental illness, and chronic disease. VAS also hosted weekly Senior club meetings. These meetings emphasized physical and mental health & wellness. Every week seniors were fed nutritious meals as well as encouraged to dance, exercise, and socialize in order to balance both mental and physical health.

All of VAS' program coordinators and Program Managers are bilingual. This is so we are able to efficiently communicate with clients and completely understand and meet their needs. However, at VAS we strive to empower our clients and push them to be self-sufficient rather than reliant, so we encourage them to enroll in our english program which goes beyond basic english and teaches them self advocacy and important terms related to all aspects of their lives, including Healthcare.

VAS team will continue doing our best to provide the best healthcare connections & services to all community members for years to come.

Watch the [Youtube video Linked here](#) to see highlights of all our healthcare related services

