

Champion Alliance Program Partner Updates

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Vietnamese Community of Orange County

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Mission (started in 1979):

- ❑ To provide community services for individuals and families that enable them to thrive and become valuable and highly valued participants of Orange County's culture and society
- ❑ VNCOC is dedicated to helping all communities regardless of race, ethnicity or language and seeks to break down the barriers that prevent individuals from enjoying all that Orange County has to offer

Services:

- ❑ VNCOC provides a community senior service program, food commodities, citizen and immigration services, ESL, citizen and computer classes and senior non-emergency medical transportation

Progress & Impact

Event Date	Event Name	# of Attendees
4/23/16	Nutrition Workshop 1st: MyPlate & Brain Health	30
4/30/16	Nutrition Workshop 2nd: Choosing Healthy Beverages & Diabetes Education	17
5/7/16	Nutrition Workshop 3rd: MyPlate & Cutting Back on Salt & Sodium and Obesity	21
5/14/16	Nutrition Workshop 4th: Get Physical & Arthritis Education	22
5/21/16	Nutrition Workshop 5th: Choosing Healthy Beverages & Cancer Prevention	27
5/24/16	Nutrition Workshop 6th: MyPlate and Alzheimer's Education	39
5/25/16	Nutrition Workshop 7th: Get Physical – held at Mental Health Awareness Day Event	40
5/28/16	Nutrition Workshop 8th: Choosing Healthy Beverages	23
6/22/16	Nutrition Workshop 9th: Advocating for Fruits, Veggies & PA	31
	Total	250

Challenges & Solutions

Challenges:

- ❑ The majority of VNCOC's clients are newly arrived immigrants
- ❑ Newly arrived Vietnamese immigrants are very shy and do not have leadership skills to be Champions for Change so they require more training

Solution:

- ❑ Use our popular TV and radio shows to educate and emphasize the importance of making small changes to keep families healthy and active

Cultural Insights

- ❑ Implement our programs to include basic ethnic foods during food demonstrations
- ❑ Most members are more interested in food demos and not drinking water or physical activity
- ❑ Tailor our lectures based on their interests and health needs to keep community engaged and to continue improving health

Our Champions



Khanh Banh



“Over the years I have learned to laugh every day because it is the healthiest way to deal with stress and life .”