Improving Culturally Competent Care for Vietnamese Families with Young Children: Introducing the Vietnamese Family Health Website

Family Well-Being

- In this section, you will learn more about:
- Vietnamese family structure and family relationships
- Vietnamese views about mental health and concerns related to stigma and discrimination
- · Cultural views related to signs and symptoms of depression
- Cultural views related to developmental concerns in young children
- Strategies to support family mental health with a focus on mothers of young children
- Culturally acceptable approaches to seeking help for mental health



Vietnamese

Family Health

Mental Health in the Vietnamese Community: Stigma & Discrimination thing in the Asian culture is believed to consist of an al balance of "yin" and "yang" or, in the Vietnamese tradition, as "hot" and "cold." <u>Read more</u>

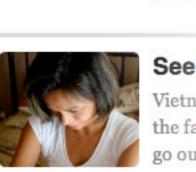


Post Partum Depression: Signs &

Vietnamese 📃

Family Health

in about 1 out of every 10 ne



or pers

Vietnamese Culture

Nutrition

In this section, you will learn more about:

- Health beliefs common among Vietnamese Americans
- Traditional healing techniques used by Vietnamese Americans
- Immigration patterns of Vietnamese Americans
- Traditional events celebrated by Vietnamese Americans

Health Beliefs and Healing Practices The causes of illness are understood through three different, although overlapping, models.

Publications

> View Brochure

> Download Brochure

Download Poster

igital Stories

Rena's Story

mily Well-Being

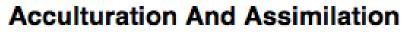
Vietnamese Culture

Maternal Depression Brochure and



Vietnamese Migration To The United States 1st wave: 1975 to 1979

2nd wave: 1980 to 1988 rd wave: 1990's to present









Celebrations

Ngày Đầy Tháng/ A Celebration Of The Baby's First Month <u> Tết Nguyên Đán/ Vietnamese New Year</u> <u> Tét Trung Thu/ Moon Festival</u>

<u> Lễ Hai Bà Trưng / Ha Ba Trung Anniversary</u>

Emily Feinberg ScD, CPNP

Vietnamese Family Health

This website is designed as learning tool to help health care and human services providers better serve Vietnamese families with young children. It focuses on family mental health and healthy nutritional practices.



To create this website, we conducted interviews and focus groups with members of the Vietnamese community and the professionals who serve them. We found that family mental health and nutritional practices were two areas where the care and services provided to Vietnamese families with young children are affected by a lack of cultural awareness. The website includes a variety of written and multimedia materials to encourage an understanding and appreciation of Vietnamese culture. They are presented on the website in interactive form and many are available for download. We hope professionals will use this information to develop collaborative and culturally sensitive strategies that improve communication with and services provided to Vietnamese families with young children.

The website is organized around three themes.

> Nutrition

> Family Well-Being

Presentation

Objectives



This narrated presentation introduc Vietnamese history, culture and h beliefs. Family structure, kinship va hierarchy of family and social relation discussed.

> View Presentation

Digital Stories

Bach Yen's Story



A Vietnamese woman describes h experience of separating from he and immigrating to the United State (Available in English & Vietnamese Thanh Mai Nguyen, MPH

Nutrition

Family Well-Being

Vietnamese Culture

> Vietnamese Culture



www.vietfamilyhealth.org

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School of Public Health