



# ANNUAL REPORT

2020

## *Mission*

Healthy Chesapeake is committed to building a culture of wellness that supports, sustains, and advocates for a healthier Chesapeake

## *Vision*

To be ranked the healthiest community in Virginia per the Robert Wood Johnson County Health Ranking

## *Strategy*

Facilitate and provide support for *population health* programs and services developed and delivered by the Coalition in response to priorities identified by Community Needs Assessment, Chesapeake Neighborhood Quality of Life Study, Chesapeake Comprehensive Plans for Youth and 55 and Better, and other surveys.





Chesapeake Health Department's Population Health Manager

## A Message from the Executive Director

What a privilege it is to live in Chesapeake and be a part of Healthy Chesapeake; I'm always exhausted just reviewing all the things they do. While still adhering to our mission, the staff rallied to the added community needs brought on by the pandemic and in response to the requirements to isolate, make do with less income, be creative in staying safe, connected and sane! This report visually and compassionately documents how Healthy Chesapeake, without reservation, has continued to help care for our community in achieving wellness even in unpredictable and frightening times: Feeding the Feeders who prepared and delivered meals to children who were now confined at home and experiencing less available food; increased mental, physical and healthy programs (e.g. Activity Kits) for Seniors while still abiding by protective measures; enhanced residents' access to, and knowledge of, needed resources; maintain healthy connections with our HUB clients; contribute to Meals on Wheels and initiate an expanding mobile online Farmer's Market so fresh produce can still be readily available and we can support local farmers. WHEW!!! Healthy Chesapeake remains one of the best, healthy gifts to our fine city. Thank you, hard-working staff.

A handwritten signature in blue ink, appearing to read 'Nancy M. Welch', with a stylized, flowing script.

Nancy M. Welch, MD, MBA, MHA  
Interim Executive Director

## Overview

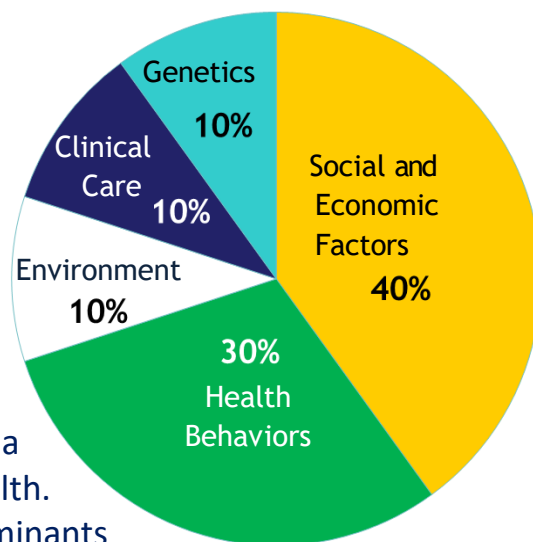
Healthy Chesapeake and our partners are working together to build a culture of health that provides everyone in Chesapeake a fair and just opportunity for health. We focus on the four key factors that are used to determine our community health, which are measured by the Robert Wood Johnson Foundation.

These four key areas include:

- Health Behaviors
- Clinical Care
- Social and Economic Factors
- Physical Environment

This ideology is commonly labeled the social determinants of health. The belief that these social determinants are factors that must all be addressed is a driving factor in our plan for building a culture of health.

We are committed to addressing these social determinants challenges and opportunities through programming that is outlined in our focus areas.



## Why do we do it?

- **Food Insecurity:** In 2018, overall food insecurity in Chesapeake was 8.5%. It is expected to rise to 13.7% in 2020 due to the economic crisis.<sup>1</sup>
- **Diabetes Prevalence:** Chesapeake saw a steady increase through 2016 peaking at 11.3%. 2017 showed a reduction to 10.4%. While higher than the state average of 9.6%,<sup>2</sup> we hope to continue to see a decrease.
- **Adult Obesity Prevalence:** In 2017, the most recent data available, the obesity rate in Chesapeake was 35% compared to the state average of 29.9%.<sup>2</sup> Chesapeake's obesity rates continue to increase.
- **Aging:** There is an expected 114 percent increase in the population 65 years + projected by 2040<sup>3</sup>

Source:

<sup>1</sup> [Feeding America](#): The Impact of Coronavirus on Food Insecurity

<sup>2</sup> Age Adjusted Rates, [Centers for Disease Control](#), 2017

<sup>3</sup> Weldon Cooper Population Center for Public Service, UVA

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## Financial Support Summary

Beyond the generous support from the **City of Chesapeake's** allocation of \$483,500, we are grateful to several other supporters who committed additional funding and in-kind support for Healthy Chesapeake's programming.

**Chesapeake Regional Healthcare** continues to provide approximately \$115,000 of in-kind support through their generous donation of hundreds of hours of staff support, 2,000 square feet of office space, and monthly website and technology access.

The **Chesapeake Health Department** provided almost \$50,000 for the Coalition's population health programs and more than \$5,000 of in-kind support and volunteer hours, in line with Healthy Chesapeake's role as the Chesapeake Health Department's population health manager.

**Walmart #3330** contributed \$1,000 which will allow us to provide low-income Chesapeake seniors with free art supplies to participate in our popular "Art of the Healthy Brain" classes.



We continue to manage existing grants, including carryover funding from grants earned in previous years, and seek additional funding support. We also work to refer appropriate funding opportunities to Chesapeake partner agencies and assist them with their grant applications for their organizations, as needed.

We were awarded \$5,000 from the **Southeastern Virginia Community Foundation** for a collaborative no-cost swimming instruction program. Healthy Chesapeake, the Greenbrier Family YMCA, and the Truitt Boys and Girls Club of Southeast Virginia will work together to support low-income youth from South Norfolk. When it is safe to resume, this will include lessons, daily transportation to and from the pool, and necessary swimming equipment.

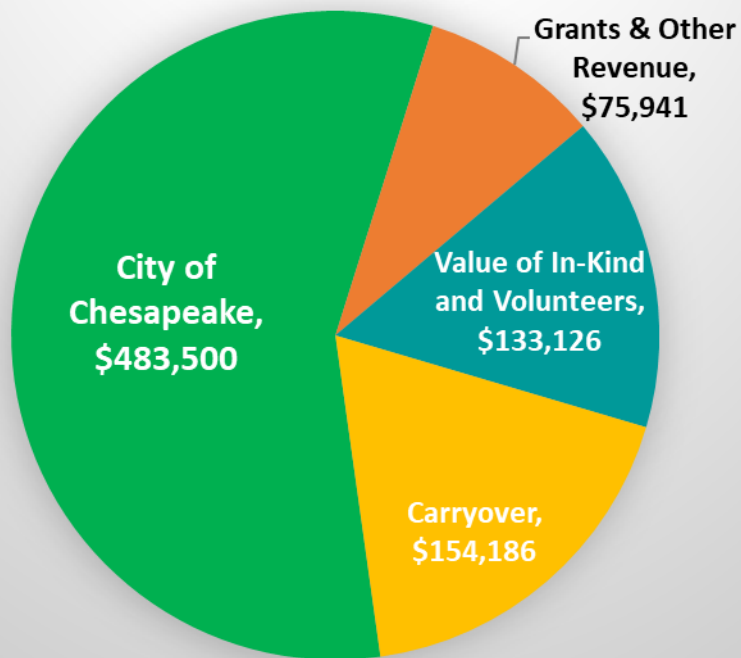
The **Glick Gives Fund** provided \$7,500 for Garden2Table and Healthy Chef initiatives including support of new/existing gardens and mobile cooking classes and \$4,000 to sustain and expand our COVID-response initiative distributing free Activity Kits to Seniors and Youth while homebound during the crisis.

We received \$2,000 from a private donor to build raised garden beds for our new senior community partners at The Crossings.

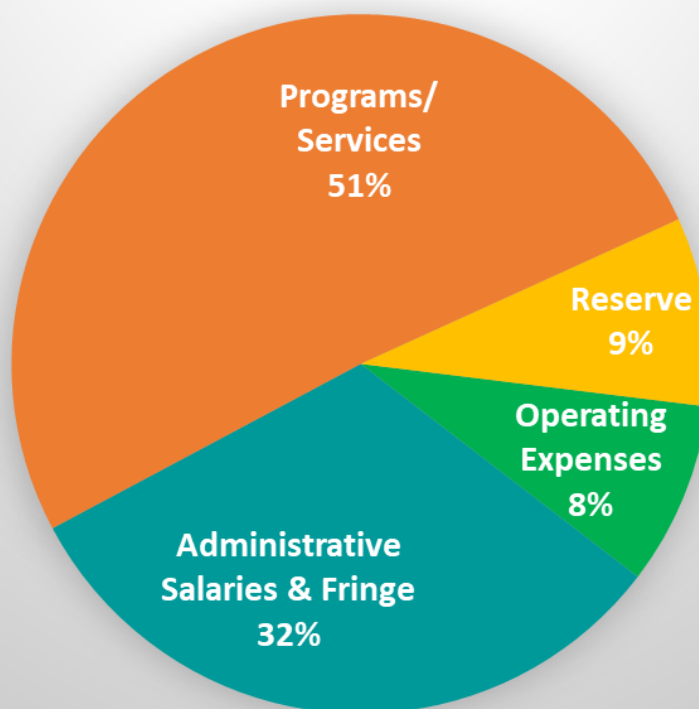
Through a **GoFundMe campaign**, \$2,000 was raised to provide lunch for our Feed the Feeders initiative: purchasing lunch for 45 members of the Chesapeake Public Schools cafeteria and transportation staff feeding students when schools were forced to close.

## Revenue and Expenses

Healthy Chesapeake Revenue and In-Kind



Healthy Chesapeake Expenses



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## Healthy Chesapeake Coalition

The Coalition is comprised of citizens and community partners working together to improve community health. Members give input to support the Healthy Chesapeake mission; actively participate in Coalition work teams; and make in-kind contributions of time, effort, and expertise to Healthy Chesapeake's initiatives. Members share in data, research, grants, and promotion opportunities. The Coalition worked with Healthy Chesapeake's staff to engage in many health- and education-focused outreach activities.

- Supported nine 8-week summer feeding sites in partnership with the Chesapeake Public Schools. Feeding sites were provided an activity trunk with art, fitness, and learning resources to support activities encouraging youth to participate in the summer meals program
- Provided funding for Art of the Healthy Brain, Sewing, Fitness, and Cooking Classes.
- Hosted senior cooking classes for up to 15 individuals, once a month, at two sites, in partnership with Virginia Cooperative Extension
- Supported Cambridge Square Apartments' annual Valentine's day dance with Seniors and the Chesapeake Youth Advisory Board
- Increased access to healthy snacks with 100% fruit smoothies at CPS Summer School locations in partnership with School Nutrition Services. More than 3,000 students participated.
- Partnered with City departments in a variety of events within the community promoting healthy and active lifestyles and distributing grow boxes.
  - National Night Out
  - Harbour North Community Day
  - Camelot Unity Day
  - Holly Cove Unity in the Community Day
  - Kids & Pros Football Camp at Oscar Smith High School
  - Buffalow Family & Friends Community Days, Impact Wednesday, Back2School Bash, and Warm & Fuzzy Event
- Launched a drum and dance pilot program at two summer youth sites to increase utilization of the summer lunch program as well as increase physical activity. Youth participants performed at the Buffalow Family Back2School Bash and Boys & Girls Club of Truitt's end of season banquet.
- Partnered with LIFT Fitness Foundation, to provide 41 children at Boys and Girls Club and 24 children at The Rivers Apartments at Harbour North the opportunity



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to participate in healthy activity sessions that included nutrition, yoga, games, sports, dancing, tasting new foods and more!

- Discussed volunteer opportunities and population health initiatives with Great Bridge High School National Honor Society
- Provided an informational tour on the benefits and opportunities of aquaponics to a Navy Retiree of Great Bridge
- In conjunction with Now You're Cooking Culinary Studio, participated in the Atlantic Shores Christian School, STEM Event
- Sponsored lunch and participated in South Norfolk Community Partners January Meeting

## Program Highlights

Operation of our HUB services – our diabetes and hypertension education and support program – continued in South Norfolk. Hub was established to provide clinical monitoring, assessment, and support to Chesapeake residents who have been diagnosed with the most common chronic diseases (i.e., hypertension and diabetes). This



partnership with the Chesapeake Health Department, Chesapeake Regional Healthcare, the Chesapeake Care Clinic, SEVHS: Liberty Street Clinic, the Diabetes Association, Norfolk State University, Virginia Eye Consultants, Chesapeake EMS, Hampton Roads Community Foundation, the Virginia Eye Foundation, and the Foodbank of Southeastern Virginia and the Eastern Shore, addresses the medical, transportation, and social



*"I love the fruits; I am able to use \$ [the money saved] for extra foods that are healthy."*  
—HUB Participant

needs of referred clients. Clients are predominately African American and all are low-income, higher risk individuals. Family members and neighbors are enrolling after hearing the positive feedback from current clients.

During the COVID-19 crisis, the program pivoted to a "supply focused" drive-thru outreach rather than in-person counseling. Clients were provided counseling via telephone, when needed. Thanks to the Foodbank, an average of 40 pounds of food per client is being distributed at each visit. More than 1,300 pounds of food have been distributed to date.

We continue to support community and production gardens. Interns, volunteers, and Coalition work team members provide technical assistance and financial support for



*GBHS Wildcat Gardens donated 10 pounds of cabbage and 6 pounds of peas to Now You're Cooking/BFFCD in May 2020*

garden planning, planting, cultivation, and harvesting, and develop distribution strategies. At least seven of our thirteen garden sites donate to local food pantries. The others provide food for their communities. Partnering with the Hampton Roads Workforce Council and NextGen, we supported paid internships throughout our programs. We also sponsored



*Girl Scouts Troop #15 harvested 300 sweet potatoes at Messiah United Methodist Church and donated them to the House of Blessings*

the creation of the National Young Farmer's Coalition – Hampton Roads Chapter.



Two mobile kitchens were purchased from Edible Education to teach local citizens how to prepare healthier food. These kitchens are stationed throughout the community and will be available for reservations. Our partners have had great success utilizing these to educate the public on healthy cooking methods and ideas.

Using the kitchens, Atlantic Shores Christian School hosted Healthy Cooking and Garden2Table Cooking Classes for students, preparing food they have grown through their *Shores Outdoors* program. Items grown included strawberries, kale, Swiss chard, mustard greens, beet greens, and purple sweet potatoes.

*Every class is eating the [purple] potatoes baked. They were so sweet they needed nothing on them! Over 40 pounds were harvested with over 270 tasters. Many took the potatoes home.*

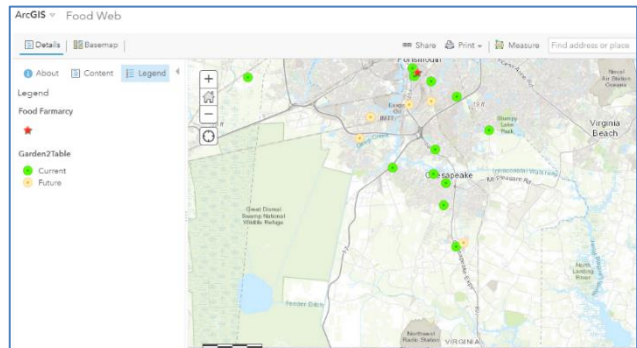
*--Jill Stiles, Shores Outdoors*

The Chesapeake Public Library Major Hillard Branch hosted Healthy Cooking demonstrations as part of their holiday festival. Participants discovered healthy holiday food preparation. The Culinary Institute of Virginia and the U.S. Coast Guard Communications Command (COMMCOM) in Chesapeake hosted a Healthy Cooking Thanksgiving Food Prep and Demo during their holiday support event. Approximately 40 service members learned healthier ways to prepare Thanksgiving dinner.

## Support During the Pandemic

The coronavirus pandemic presented significant changes in our community. Like many other organizations directly serving the community, Healthy Chesapeake has had to adapt programs to comply with the social distancing measures necessary to comply with public health considerations while striving to continue to meet the needs of those who rely on us. Coalition partners have taken on integral roles in delivering medical care, nutrition, and engagement to those most affected by the disruption of daily activity caused by this unprecedented pandemic. Despite physical distancing, we are working together, for the health of the whole community. We have developed new initiatives and successfully remained engaged with the community as an active participant in physical, mental, and emotional wellness in many areas.

- With our Feed the Feeder initiative, Healthy Chesapeake provided lunch each day for twelve weeks for 45 members of the Chesapeake Public Schools cafeteria and transportation staff who were feeding the children when school was cancelled. To bridge the gap, programming funds were reallocated, and a GoFundMe campaign was initiated to purchase food until the traditional start of CPS Summer Feeding Programs. The following community partners donated food and provided discounts to make this possible: Walmart-Hillcrest Parkway, Panera Bread, Southside BBQ, Alkalicious, Poppy's Top Dog, Jimmy Johns, and Domino's Pizza.
- With support from Access Partnership and ABBAList.org, the Healthy Chesapeake Coalition created a guide to enable those in our community in need to locate food resources in Chesapeake. This flyer was posted on various sites and hard copies were distributed with the Chesapeake Public Schools Grab & Go deliveries. An interactive map was also created by Mary Moneypenny, Chesapeake InfoTech Department, and broken down by planning area to clearly identify areas of need.



- Healthy Chesapeake began distributing Activity Kits in late March to local seniors and children in need, providing supplies that were difficult to find, as well as items to stay busy, informed and engaged, and to combat isolation. Each week, we filled bags with purchased and donated items and delivered to sites in need, such as Cambridge Square Senior Apartments, Senior Services of Southeastern Virginia, Meals on Wheels, and others. We also worked with Faith in Chesapeake to distribute Activity Kits to school feeding sites and to Buffalow Family & Friends, who also provide meals for families in need. Supplies were also given to Chesapeake Regional Medical Center's Transitional Care Clinic for senior CARE kits for their homebound/stroke/hospice patients and for distribution during community COVID testing. To date, more than 1,600 bags have been distributed. The following Community Partners have donated to the Activity Kits

- Bickford Senior Living of Virginia Beach
- C.A.S.T.
- Chesapeake Census Counts
- Chesapeake Commonwealth Attorney's Office
- Chesapeake Health Department
- Chesapeake Human Services
- Chesapeake Integrated Behavioral Health
- Chesapeake Police Department
- Chesapeake Public Library
- Chesapeake Regional Medical Center
- Chesapeake Task Force on Aging
- Virginia Cooperative Extension
- Zeta Phi Beta Sorority

*A very special thank you for the color activity books that were included in the lunches distributed by the Buffalow family. We had crayons left over from the summer reading program that they added to the bags. Healthy Chesapeake's contribution was very much appreciated.*

*—Joeann W., Civic League President*



- Tidewater Community College Horticulture program donated five truckloads of plants to Healthy Chesapeake and its Food Connection program. Vegetables and herbs by were grown by TCC Horticulture program students and were planted in community gardens to help families and senior citizens with food insecurities. [WAVY-TV interviewed](#) Andrea Tomlin, TCC Horticulture Program Head and Calib Miller, Healthy Chesapeake, Food Connection Program Manager.



- When the COVID-19 crisis prevented farmers markets and small farmers from selling their products in the manner in which they anticipated, we facilitated a robust, regional food economy by organizing community partnerships to provide nourishing local food to residents of Chesapeake through an online platform and specified pick-up areas. Customers request and prepay their orders online and pick up at designated areas throughout the city, staying in their vehicles. Representatives wear proper PPE and take extra caution loading in customers' vehicles. Our mobile market plans are extremely flexible and can adjust with the evolving COVID-19 regulations.



In partnership with STOP, Inc., a Youth Development Garden was created at Messiah United Methodist Church to help area youth with hands on learning to understand the value of a healthy lifestyle through the foods they eat.

The Cambridge Square Sewing Club has been busy making recycled woven plastic bags from animal feed and litter bags. They will be used as welcome bags for the next National Association of County Agriculture Agents – Annual Meeting & Professional Improvement Conference.



## Achievements

Healthy Chesapeake was, once again, selected to present at the 2019 American Public Health Association (APHA) conference in Philadelphia, PA. Calib Miller, Food Connection Program Manager, created a poster presentation highlighting the Women's Correctional Center Garden project, in collaboration with the Sheriff's Department, Virginia Cooperative Extension, ODU Center for Global Health, Southeastern Virginia Training Center, Chesapeake Master Gardeners, and Tidewater Mulch & Material. Danielle Porzig, CARE Program Manager, has been invited to present at the 2020 APHA conference discussing the *Community-Based Partnership for Chronic Disease Management – Case of Hub, a Pilot Study*.



Healthy Chesapeake was selected by the Chesapeake Environmental Improvement Council to receive the 2020 Community & Communications Award. The Environmental Awards Luncheon honors local individuals, community groups, schools, & businesses with recognition for their outstanding environmental projects. The Luncheon is part of the overall Chesapeake Conservation Conference, which brings together the environmental & conservation community for a day of networking, planning & learning.



Healthy Chesapeake worked with Operation Blessing to rescue food and provide it to seniors in the community. More than 185 residents received items weekly. Medical Reserve Corps volunteers also participated, seamlessly distributing the food.



## Outcomes and Evaluation

Evaluation for Healthy Chesapeake, Inc., is provided by the Old Dominion University Center for Global Health. The evaluation's findings provide insights into the Healthy Chesapeake, Inc. programs' ability to foster healthy eating and physical activities and support other behaviors that encourage community members to strengthen and maintain their health.

### HUB: DIABETES AND HYPERTENSION MANAGEMENT

Hub was established to provide clinical monitoring, assessment, and support to Chesapeake residents who have been diagnosed with the most common chronic diseases (i.e., hypertension and diabetes).

#### *Change in Clinical Metrics*

From June 2019 to June 2020, Hub has served 17 clients: 5 from the primary cohort and 12 new clients. The participants are Chesapeake residents who are 18 years and older and predominantly African Americans, 83% of whom are female and 17% male. Baseline data were collected on all new clients, but many could not participate in the second HbA1c round for comparison due to COVID-19 restrictions.

*"This program has really helped tremendously. My sugars are down almost 300; it was running 5-600. Now it's around 2-400s"*  
—HUB Participant

The figures below are based on data from five clients. One to two years after their enrollment in Hub, the average mean HbA1c level decreased by two points (see Figure 1). In addition, the mean arterial pressure decreased by 27mmHg (see Figure 2).

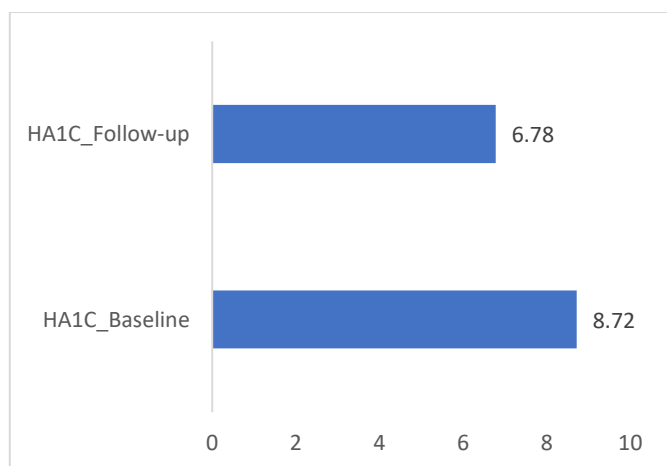


Figure 1. Change in HbA1c Measures

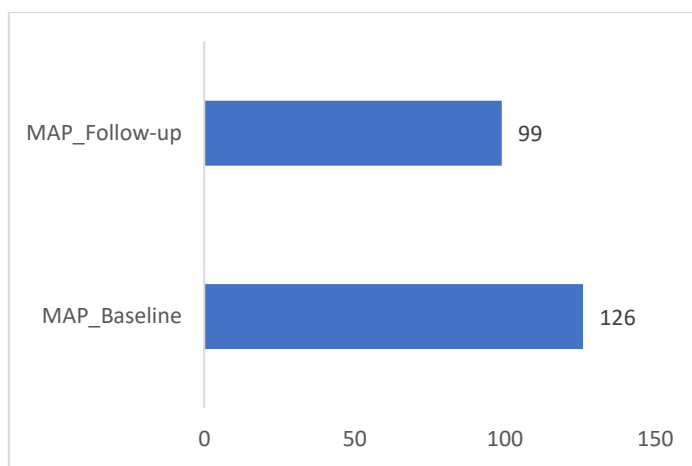


Figure 2. Change in Mean Arterial Pressure

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### ***Assessment of Diabetes and Hypertension Self-management***

Due to COVID-19, many Hub activities have stopped to ensure the program participants' safety because they are among those considered at a high risk of adverse outcomes. In May 2020, the evaluation team distributed a self-administrated survey among the participants, with special measures taken to collect the data safely. Some participants completed the survey electronically, while others completed them individually by following a safe process in conjunction with food collection. The survey's objective was to assess diabetes and hypertension management activities during the social distancing period.

All Hub clients responded to the survey. Of these, 92.12% (number [n] = 16) indicated that the assistance received (i.e., fruit, vegetables, and medication kits) was extremely helpful. The respondents were asked to list the activities they were doing to manage their health condition (i.e., diabetes and hypertension) during social isolation. Most indicated that they have continued taking their medication as indicated by their health providers, adhering to safety guidelines by staying home and wearing masks outside, checking their temperature daily, and exercising. They also make healthy meals using the vegetables received from Hub.

*"The obvious social distancing, wearing my facemask issued by the Chesapeake Fire Department, and checking my temperature every morning"*

*"Eating healthier and providing healthy meals for my family"*

*"I love the fruits, I am able to use \$ [the money saved] for extra foods that are healthy."*

*—Comments from HUB Participants*

### **SENIOR PROJECTS**

In 2019, Healthy Chesapeake, Inc. implemented a variety of projects in low Health Opportunity Index communities in Chesapeake, Virginia. The following subsections provide a synopsis of the projects and the associated data analysis.

#### ***Assessment of Coping with Social Distancing***

In 2018, Healthy Chesapeake, Inc. conducted interviews among senior citizens participating in Healthy Chesapeake projects to assess social inclusion among participants. The results reveal that engaging in program activities is quite helpful in terms of decreasing anxiety, stress, and depression. Due to COVID-19 guideline, all the programs were discontinued to ensure the residents' safety. Early in June 2020, a survey was administrated to a cohort of seniors at Cambridge Apartments to assess their coping methods during the social distancing period. Safety measures were implemented so that the survey could be taken without endangering the participants. The administration and collection were done by program managers, and the results were transmitted electronically to the evaluation team.

Of the 20 senior citizens surveyed, 55% (n = 11) indicated that they did not feel any emotional change during social isolation. The 45% (n = 9) who reported emotional impacts included 30% who felt anxious and isolated, 15% who experienced depression, and 20% who indicated feeling stressed (see Figure 1).

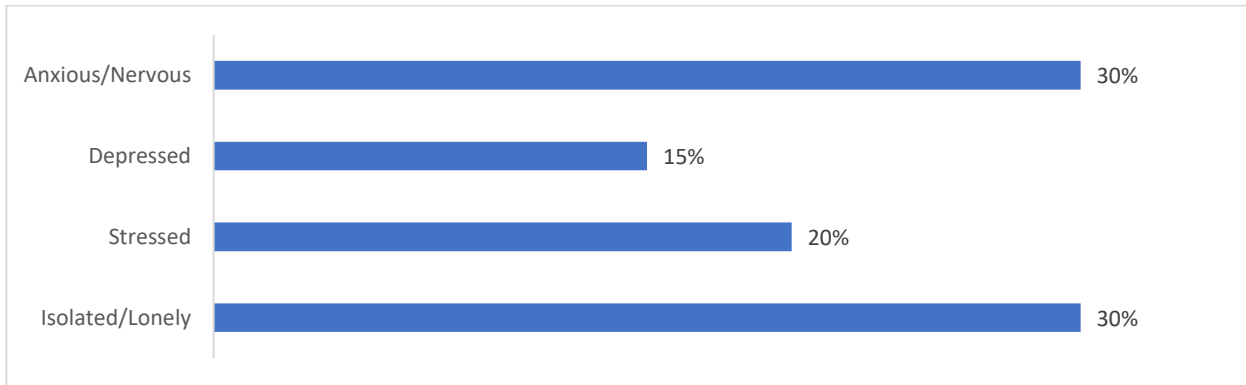


Figure 1. Feelings During Social Isolation

The participants were asked to list activities that helped them cope with isolation during the social distancing period. The respondents engaged in a variety of activities including drawing (i.e., art), sewing, doing physical activities, trying new recipes, reading, playing games, gardening, and watching television (see Figure 2). Approximately 45% of the senior citizens surveyed (n = 9) engaged in other activities such as crocheting, playing gospel songs, doing schoolwork, participating in Bible studies via Zoom, walking, and doing puzzles in books.

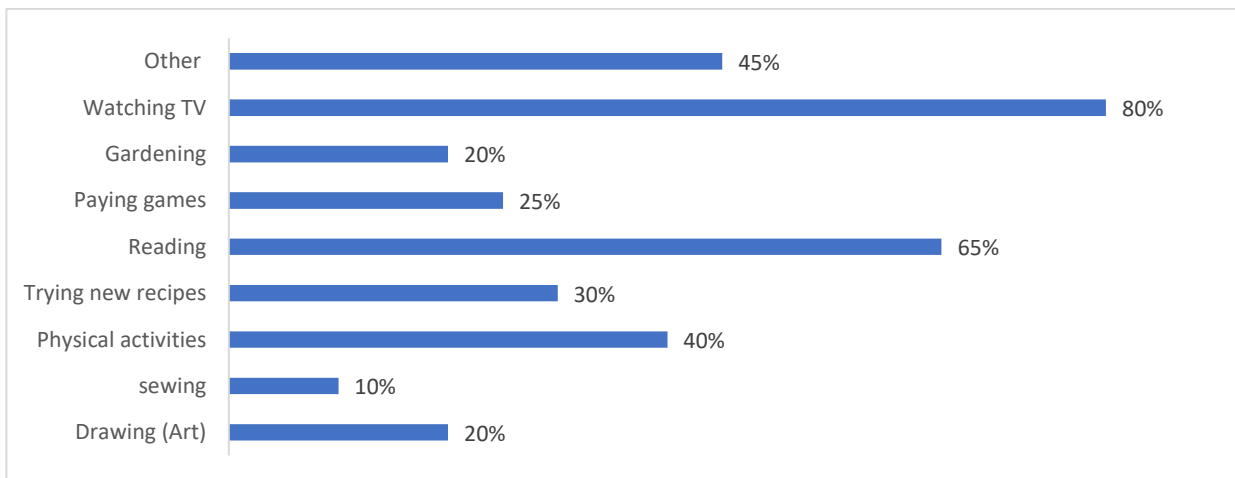


Figure 2. Coping Activities

These results highlight the importance of Healthy Chesapeake's programs for senior residents. Many activities conducted to help them cope with isolation are based on training provided by different Healthy Chesapeake partners to these participants.

## FOOD INSECURITY

### **Grow Box Project: Pilot**

In Summer 2018 and 2019, Healthy Chesapeake, Inc.—in collaboration with the Virginia Corporate Extension—distributed grow boxes in Chesapeake communities. In total, 35 people in 2018 and over 50 people in 2019 participated in the project. The average age of participants was 48 years old.

### **Perception of Safety for Growing Food**

At least 70% of the respondents reported that their neighborhood is safe enough to grow produce (see Figure 3). Overall, this project is extremely important to each family participant. It encourages fitness, promotes the sharing of healthy seasonal fresh vegetables and fruits, increases social interactions and a sense of community belonging, and expands gardening knowledge and expertise.

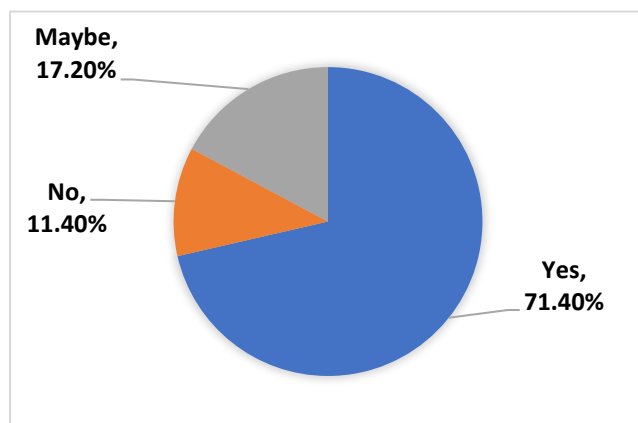


Figure 3. Perception of Safety of Neighborhood to Grow Food

### **Feedback from Pilot Participants**

In January 2020, the evaluation team conducted follow-up phone surveys asking participants if they had reused the grow boxes provided and, if so, what they had grown in them. Eleven participants agreed to provide feedback, giving a response rate of 31.4%. Among these respondents, 10 reused the box and grew produce such as tomatoes, cucumbers, herbs, basil, cherry tomatoes, green peppers, onions, and lettuce. When asked about their perceptions of the grow box project, the participants surveyed expressed an appreciation for the program, but they wished it had been more widely advertised within their communities.

### **Agricultural Workforce Training**

Healthy Chesapeake, Inc. implemented the gardening training program for inmates at the Chesapeake Correctional Center in early 2019. In total, five people have participated in the training program. Of these individuals, 60% are between 25 and 34 years old, 60% are African Americans, and 40% are European Americans. Approximately 40% have a high school diploma (i.e., GED or equivalent), while another 40% have some college courses and 20% have a college degree. Each participant has received 6 hours—3 indoor and 3 outdoor—of training by coalition

*"Hands on learning is what I most value. I told my family what I was doing and they decided to make their own raised beds at home. I am able to give them advice. I was able to put my failure to good use."*

members, 5 days each week for 2 months, in how to manage the garden. Inmates who have completed the program training received a Registered Technician Certificate for pesticides and a Horticultural Certificate. Table 1 indicates the participants' level of knowledge and skills before and after the training.

Survey Items: (scales: poor, average, good, excellent)	Wilcoxon Signed Ranked Test (Pre and Posttest) P-Value
How do you rate your knowledge in weed and perennials? <ul style="list-style-type: none"> <li>• Pretest (Average=40%; good=60%)</li> <li>• Posttest (Good=40%; Excellent=60%)</li> </ul>	0.041*
How do you rate your knowledge in taxonomy? <ul style="list-style-type: none"> <li>• Pretest (Poor=100%)</li> <li>• Posttest (Good=40%; Excellent=60%)</li> </ul>	0.038*
How do you rate your knowledge plant pathology? <ul style="list-style-type: none"> <li>• Pretest (Poor=100%)</li> <li>• Posttest (average=20%; Good=60%; Excellent=20%)</li> </ul>	0.039*
How do you rate your knowledge in butterfly gardens? <ul style="list-style-type: none"> <li>• Pretest (Poor=100%)</li> <li>• Posttest (Average=80%; Good=20%)</li> </ul>	0.034*
How do you rate your knowledge in water quality? <ul style="list-style-type: none"> <li>• Pretest (Poor=100%)</li> <li>• Posttest (Good=40%; Excellent=60%)</li> </ul>	0.038*
How do you rate your knowledge in small and tree fruits? <ul style="list-style-type: none"> <li>• Pretest (Poor=80%; average=20%)</li> <li>• Posttest (Average=20%; Good=80%)</li> </ul>	0.038*
How do you rate your knowledge in entomology? <ul style="list-style-type: none"> <li>• Pretest (Poor=100%)</li> <li>• Posttest (Good=80%; Excellent=20%)</li> </ul>	0.034*

Table 1. Gardening Knowledge and Skills Acquired

\*P-Value<0.050 signifies a statistical significance between knowledge and skills before and after the training program

The results indicate a statistically significant increase in knowledge and skills due to the training provided to project participants. The p-value is 0.05, and the Wilcoxon test results for the change between pre- and post-tests are less than 0.05, indicating a significant difference between pre- and post-test levels. These results show that the increase was significantly positive for all the items in Table 1, so the participants acquired significant levels of knowledge and skills from participating in the project.

### ***Satisfaction with Program***

80% of the participants affirmed that the training was extremely effective and met their educational needs. The training's main strengths according to the participants are hands on activities (i.e., gardening), positive instructors, all the instructors' expertise, and education for future jobs. Inmates who completed the program also were mentored, and they received assistance with finding local employment in new agricultural careers. This model has proved to be extremely beneficial to the community, local businesses, and city

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leaders, and the training can ensure that inmates develop valuable skills needed to facilitate their reentry into the local community.

### ***Food Distribution***

Healthy Chesapeake, Inc. worked with Buffalo Family & Friends Community Days to distribute food on the Impact Wednesday in low-income communities in Chesapeake. On average, 150 people (i.e., individuals and families) participate in the project each month, and the average quantity of produce received per person is 40 pounds.

The participants were asked to indicate other services they would like to have in addition to the current programs. The main services listed by the respondents are:

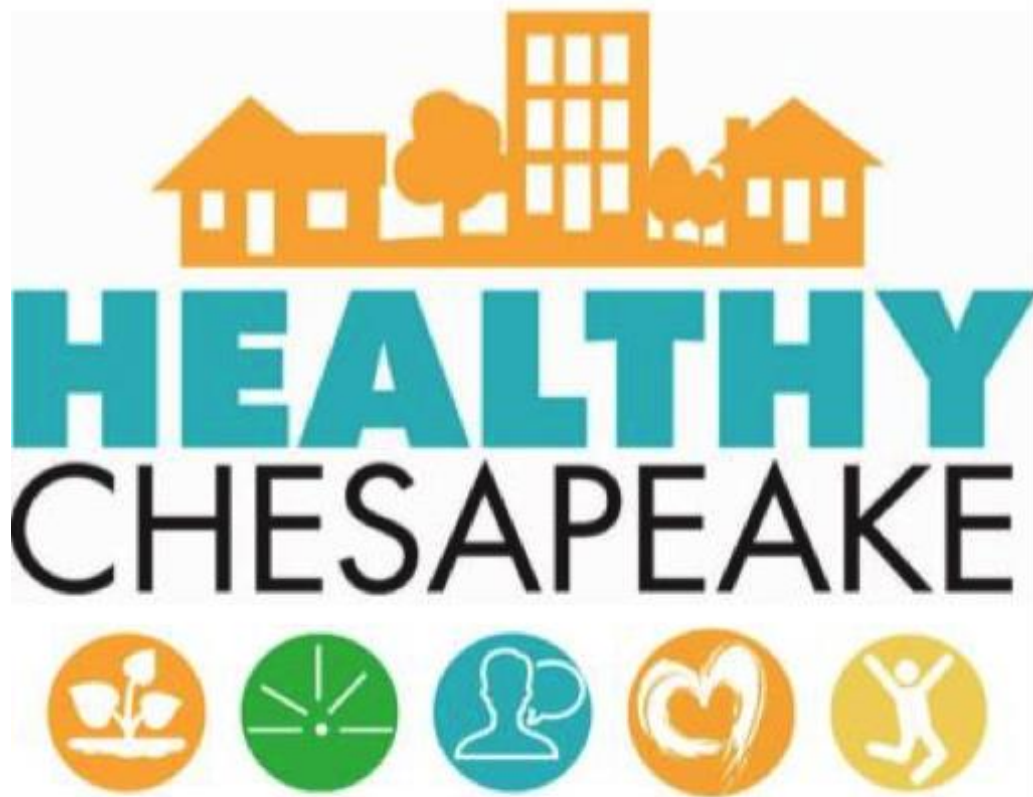
- Vision and dental services (over 45% of the participants)
- Education for healthy living
- Transportation services
- Grocery stores that sell fresh produce
- Senior activities

To review the full evaluation report please contact Healthy Chesapeake, Inc. at [info@healthychesapeake.org](mailto:info@healthychesapeake.org).

### ***Analysis provided by:***

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