



Annual Report 2021



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



A Message from the Board Chair and Executive Director

*“If you want to go fast, go alone. If you want to go far, go together.”
– African proverb*

Wolfgang Mieder, a professor at the University of Vermont and an international scholar of proverbs, defines the word proverb as “a short, generally known sentence...which contains wisdom, truth, morals and traditional views....which has been handed down from generation to generation.” This proverb indeed contains wisdom, truth and reflects on what has been so important in 2020 and 2021 – the power of relationships and the power of partnerships.

This past year has been unprecedented. It has been a year of an extraordinary health crisis – a year of rapid and sometimes daily change – a year of social unrest. It has been a year that has tested us individually, as a community and as a country. It has also been a year where we have recognized the inequities that exist in our systems that need to be corrected, where we recognized that food insecurity must be fixed, where we even more fully recognized that health is just not physical, it is also mental, social, spiritual, and economic, and where we realized that we must start and continue to work together to create the changes we want to see.

Like every organization, Healthy Chesapeake, Inc. had to pivot. We worked with an impressive array of partners to create access to healthy foods for a growing group of people who were in need – beginning with the power of the seed.

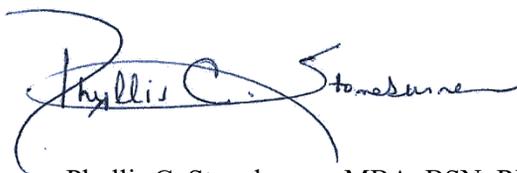
We worked with a fantastic array of partners to find new ways to deliver chronic disease education and testing. We distributed activity bags for seniors and youth to help combat isolation and depression. We did this because we understand the power of health.

This last year has certainly reinforced that it is the collective impact of the many that makes a difference – the power of community. In fact, Dr. Mark Hyman states it this way; “The power of the community to create health is far greater than any physician, clinic or hospital.” We need the physicians, the clinics, and our wonderful healthcare system – they are part of our community. It is truly the power of the entire community, working together, that has and will bring change.

It is true – if you want to go far, go together. Our many thanks to the incredible partners, community teams, individuals, and staff that have allowed all of us to collectively go far – to make a difference – to serve our city in new ways. We are devoted to you, today, and in the future. We look forward to our collective work to make Chesapeake the healthiest community in Virginia.



Brian C. Martin, Ph.D., MBA
Chairman of the Board



Phyllis C. Stoneburner, MBA, BSN, RN, NEA-BC
Executive Director

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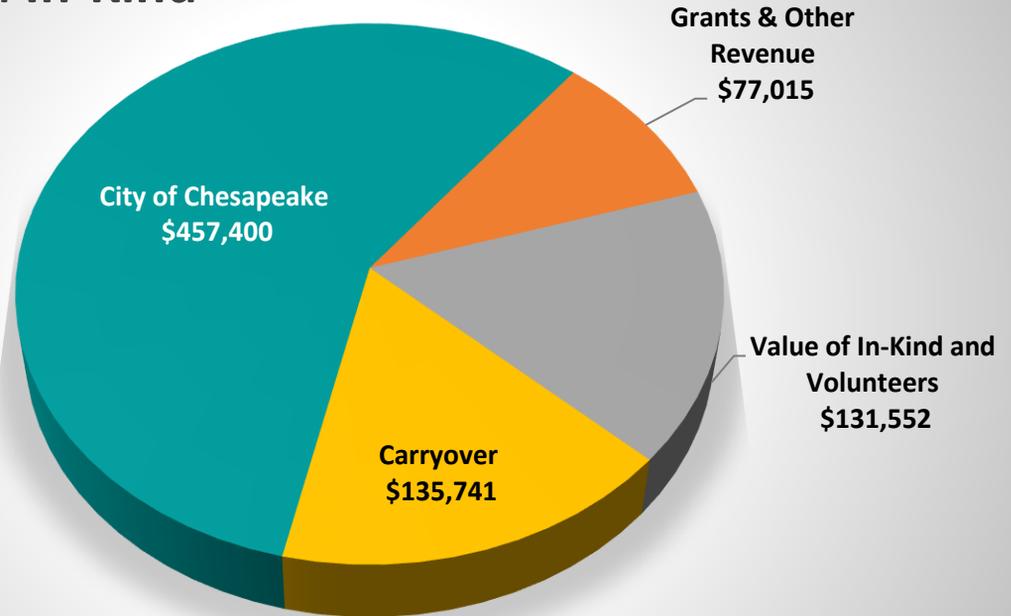
Strategic Development Manager

Cathy Rosenberger

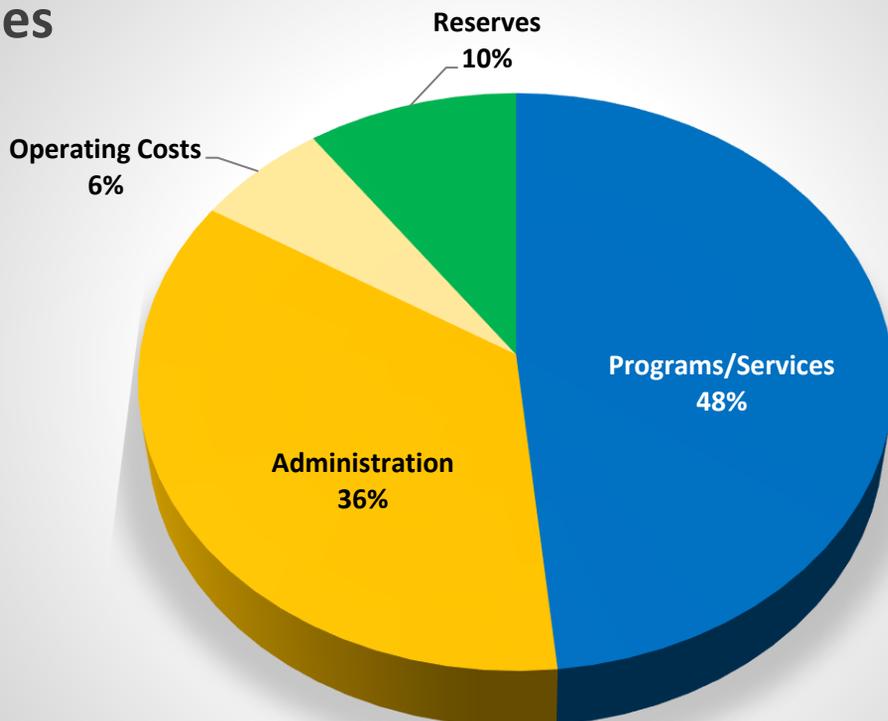
Administrative Services Manager

Financial Review

Revenue and In-Kind

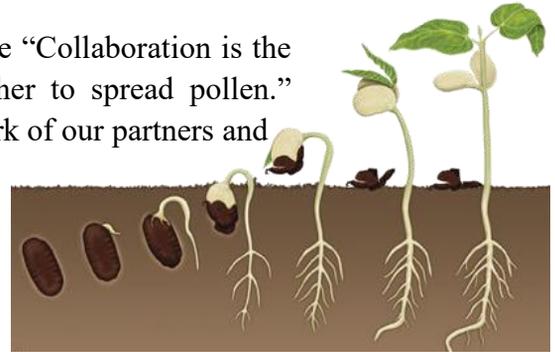


Expenses



The Power of the Seed

Dr. Amit Ray, noted scientist, philosopher and author, wrote “Collaboration is the essence of life. The wind, bees, and flowers work together to spread pollen.” Collaboration was and continues to be the essence of the work of our partners and Healthy Chesapeake as we continue to fight food insecurity and increase access to healthy foods. From the tiniest of seeds to the large seed of the palm tree, hope springs. Dig a little hole, place the seed gently in it, and cover it with soil. Water it. Fertilize it. Talk to it! Make sure it has light or shade, whichever it needs to grow best....and watch. That seed will powerfully push its way through the soil, no matter how deep, to bring beauty, to bring food, to bring security, and to bring hope. Our partners brought hope to so many!



The **Chesapeake Public Library**, **Chesapeake Master Gardeners**, **Virginia Cooperative Extension (VCE)**, **Southeastern Cooperative Educational Program (SECEP)**, and **Tidewater Community College** contribute in huge ways to the start of the growing process.



Chesapeake Public Library's new **Seed Library** allows residents to check out seeds for use in their home gardens. Seeds can be obtained at all seven libraries, and are sent via the interlibrary mail system, just like books. Seeds also get started at the dedicated hands of the Master Gardeners, VCE, SECEP, and TCC. The seeds are planted and nurtured into bedding plants, ready for the next steps of their incredible journey. In addition, SECEP, in collaboration with local garden leaders, built an aquaponics gardening system for both production and educational purposes.



Some of the seedlings become part of the Grow Bag Program, a portable garden that is literally grown right in the bag. VCE and the Master Gardeners found this unique way to make gardening fun and available at no cost to the public. This is perfect for those who have a small space and/or want to try their hand at gardening first.



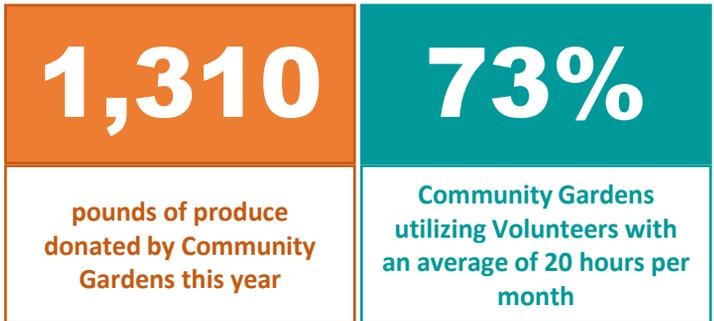
The Power of the Seed

The other seedlings make their way to the 19 community gardens by the wonderful staff and resident volunteers at the **Southeastern Virginia Training Center (SVTC)** and our staff. SVTC considers these deliveries an important service to the citizens of Chesapeake. We consider them another important link in the power of the seed.

The Garden2Table Network supports the community by gifting nonprofits and low-income neighborhoods with edible vegetables, herbs, and bedding plants. Each of the community gardens is unique in form and function...from school gardens (public and private) to the **ForKids** rooftop garden, from church and community gardens, to the police and the corrections center gardens, and many more. Some of the community gardens engage up to 400 participants. The gardens are a positive resource, helping community members, not only grow their food and have access to fresh vegetables and fruits, but also engage in active lifestyles and reduce social isolation. They become learning spaces and social places, nourishing not just the body but the spirit as well.

1. Atlantic Shores Christian School
2. Bethany Baptist Church
3. Buffalow Family and Friends Community Days
4. Cambridge Square Apartments
5. Chesapeake Crossings
6. Chesapeake Juvenile Services Garden
7. Chesapeake Police 2nd Precinct
8. Chesapeake Program Center Garden
9. ForKids Rooftop Garden
10. Great Bridge High School Wildcat Garden
11. Heron's Landing Gardens
12. Hickory Middle School
13. Historic South Norfolk Community Garden
14. Kemet House Gardens
15. Local Roots
16. Messiah United Methodist Church Garden
17. Now You're Cooking Culinary Studio
18. SECEP Greenhouses
19. SVTC Greenhouse & Community Seedbank

Community Gardens



Plants were donated to the Community Gardens by **Tidewater Community College's Horticulture Program**. **SECEP** students and staff eagerly helped unload and maintained them until they were distributed by **SVTC**.



The Power of the Seed

One of our first school gardens, the **Atlantic Shores Christian School (ASCS) Garden**, led by Jill Stiles, Instructor and Shores Outdoors Leader, became a pilot for us to assess the impact of a school garden on the students and their families. The ASCS garden is not only about gardening and healthy eating, but Ms. Stiles also includes STEM (Science, Technology, Engineering, and Math) lessons, cooking demonstrations, introducing students to new foods, and trying new recipes. This year also saw the addition of chickens! The objectives of the ASCS garden project were to build students' capacities in composting techniques, soil preparation, planting, watering, weeding, and pruning, while educating them about the benefits of healthy eating.



From November 2020 to April 2021, 157 students from the third through sixth grades participated (with parental consent) in an online survey. **Old Dominion University's Center for Global Health** conducted this survey to assess the changes in knowledge, attitudes, and behaviors of the students. The results are impressive and will help guide our future work with school gardens.

Survey Items	Strongly Agree / Agree (%)
<i>(Because I participate in the garden project...)</i>	
I have learned more about gardening.	93.00
I have learned about soil preparation, planting, watering, and weeding.	85.11
I have learned to correctly identify different fruits and vegetables.	78.34
I have learned the growth requirements of different plants.	74.35
I have learned to label the plants in a garden.	78.34
I eat more fruits and vegetables.	80.77
I have learned that eating fruits and vegetables every day keeps me healthy.	89.87
I like trying new fruits and vegetables.	80.71
My family eats less fast food.	70.96
I have learned that vegetables from the garden taste better than vegetables from the shop.	83.33
I have learned more about the environment.	87.26
I am more physically active.	88.39



What do students like most about the ASCS garden?

"We get a lot of food from the garden."

"[We get to see] the roosters and eating fruits and vegetables."

"[I can have] fun with my friends and [be] in a great environment."

"It helps me learn new things."



The Power of the Seed



Great Bridge High School's Wildcat Garden, led by Christopher Lessick, Instructor and National Honor Society Advisor, is also an amazing example of the importance of community.

Three years ago, Mr. Lessick and his students began the production garden, learning to plant and raise fruits and vegetables, as well as to care for the Earth. It is an outward demonstration of school pride and commitment. They are also working to feed people in their own city by donating food, realizing the difference that their contribution of time and talent make on the larger community. They have much to be proud of. We have much to be thankful for.

With the **Feed it Forward** initiative, Healthy Chesapeake also worked closely with **Chesapeake's Meals on Wheels, Operation Blessing**, and facilitated the donation of food to the **Virginia Cooperative Extension's Plant-A-Row** project.

11,220

pounds of food picked up from
Operation Blessing and
distributed to the Community

1,187

pounds of produce donated to
VCE's Plant-A-Row initiative
from the Virtual Farmer's
Market and Community Gardens

18

local seniors assisted who
qualified for Meals on Wheels
but were unable to afford the
one-time refundable deposit



A seed of hope is sometimes really a seed.

The Power of Health



Ralph Waldo Emerson said it best, “The first wealth is health.” Health is not just physical health. It is emotional and mental health. It is social health. It is spiritual health. It is intellectual health. It is financial health. It is environmental health. Health is holistic – it is about the whole you and the environment in which you live, learn, work, farm, and play.

The pandemic certainly impacted all of our health. Virtually overnight we went from handshakes and hugs to elbow bumps and masks. Many went from food security to food insecurity. We went from seeing people on a daily basis to being at home with our families, and, for some, being alone. Things we had always depended on changed to a virtual world.

All of us had to pivot. Our art and entertainment programs for youth and seniors became virtual or celebrated outside! With the help of our partners and with the financial support from **Glick Philanthropies**, we distributed over 2,108 activity bags for youth and seniors for events at **Holly Cove, Harbour North**, and several locations across the city. Items included coloring books, beanies, band-aids, facial tissue, lip balm, census bags, COVID-19 information, in-home exercise ideas, zipper assists, magnifying glasses, cups, library craft kits, hand sanitizers, and books.



Healthy Chesapeake and the **Girl Scouts of the Colonial Coast** worked together to assemble and distribute 100 senior birthday boxes. Items included hand sanitizers, jar openers, pencils, magnifying glasses, and pill organizers.

We partnered with many groups at COVID-19 Resource Fairs, distributing masks, hand sanitizers, food boxes, library books, grow bags, educational materials, youth crafts, and cleaning materials to those in need. As food pantries and community events went to drive-through events, we were there to help.

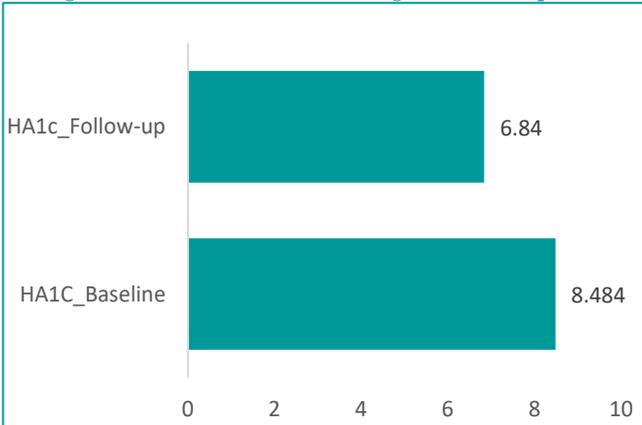


The Power of Health

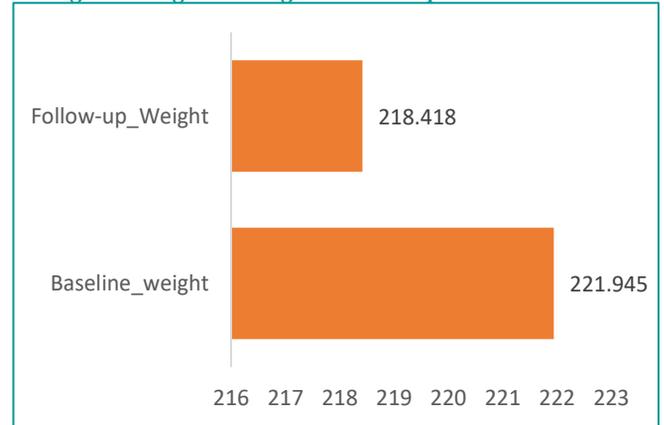
Working collaboratively with our partners – **Access Partnership, Chesapeake Health Department, Chesapeake Regional Medical Center, the Foodbank of Southeastern Virginia and the Eastern Shore, Kin and Kids Consulting, LLC, Chesapeake’s Emergency Management Services’ Mobile Integrated Healthcare Program (MIH), and Southside Baptist Church** – The Hub, Healthy Chesapeake’s diabetes and hypertension management and education program, continued to provide clinical monitoring, assessment, and social support to Chesapeake residents with those chronic conditions. The program’s goals help individuals better control their medical conditions, receive appropriate services and achieve desirable holistic outcomes.

Follow-up data for hemoglobin A1C (HbA1C) levels are collected every three months, while data concerning blood pressure metrics and weight are collected at every visit.

Change in HbA1C Measures Among Hub Participants

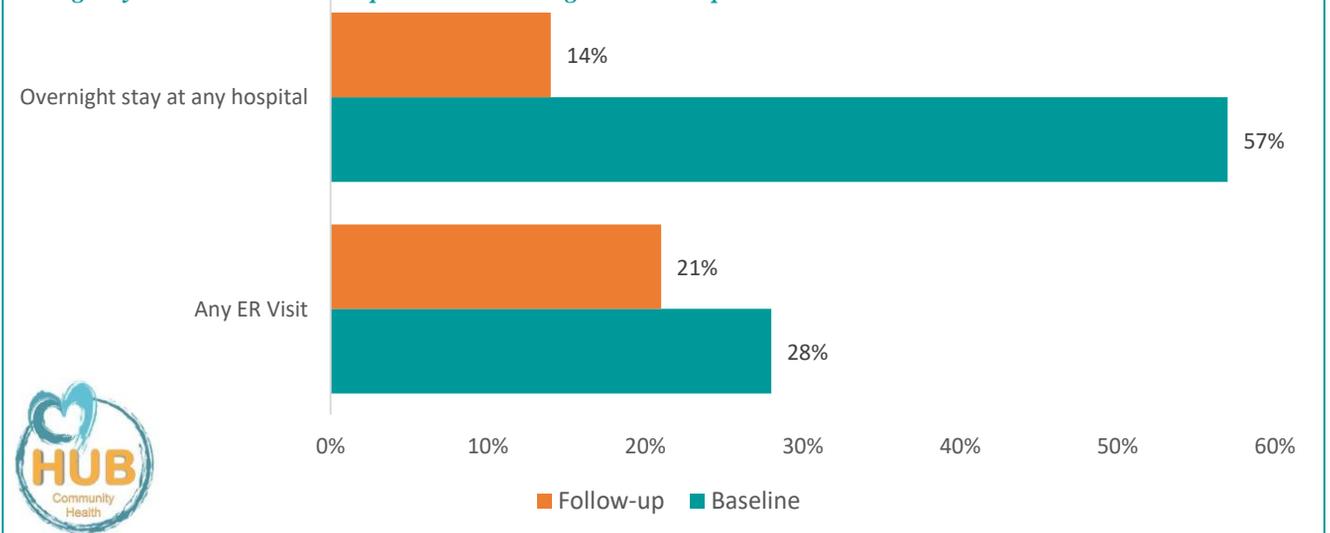


Change in Weight Among Hub Participants



When they first joined the Hub program, 57% of clients indicated that they had been patients in a hospital overnight at least once during the past three months. This rate decreased to 14% after they had been in the Hub program for a year.

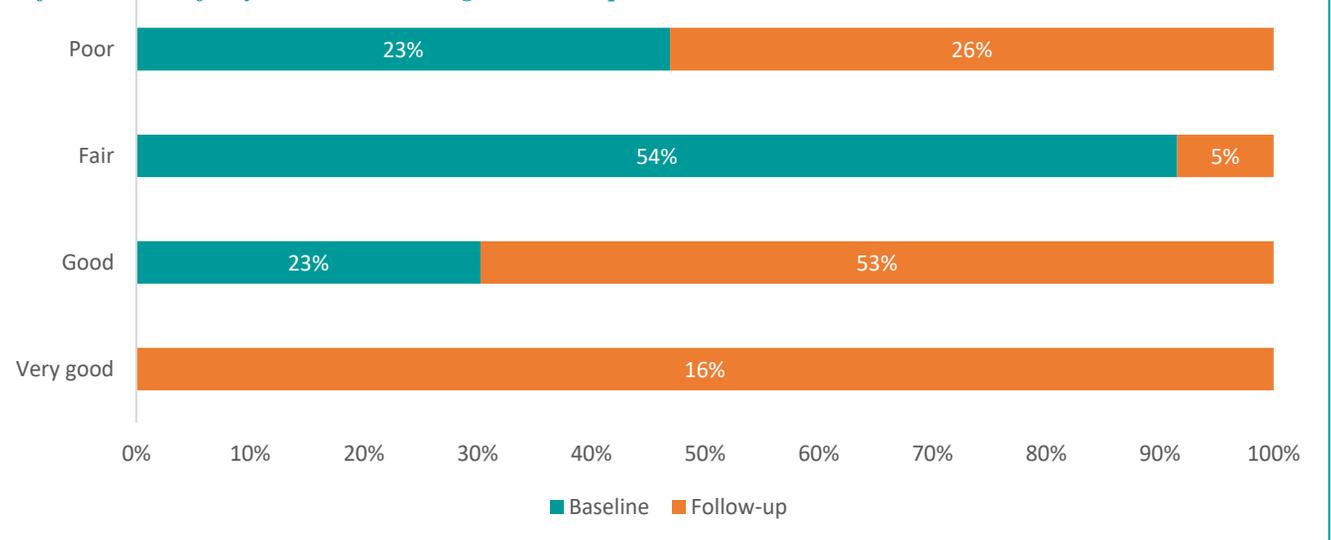
Emergency Room Visits and Hospitalization Among Hub Participants



The Power of Health

At baseline, approximately 77% of clients said their health status was “fair” or “poor,” and 23% indicated that their physical health was “good.” This assessment changed considerably after 12 months, as only 31% of clients claimed their physical health to be “poor” or “fair,” while 69% indicated that their physical health was “good” or “very good.” About 50% of participants did not engage in any exercise activities prior to joining the Hub program. However, after spending at least a year in the program, about 86% of the participants indicated that they exercised at least once or twice a week.

Self Assessment of Physical Health Among Hub Participants



“The staff [is very] friendly, very nice, and open. They make me feel very comfortable. I have been coming here for about two or three years now.”

“The program is very motivational. They teach me how to be disciplined and how to go about doing certain things. Someone checks in on me between visits.”

Because transportation is often a barrier in the underserved community, the Hub program leader partnered with the **Chesapeake Fire Department’s Mobile Integrated Healthcare Program (MIH)** to tackle this challenge. Through their program, MIH personnel assesses the individual’s home environment for safety and health needs, brings healthy foods, and communicates findings about the Hub clients.



The Power of Health

Approximately 78.6% of the Hub's participants are food insecure. These are individuals who indicated the following in their survey responses: "Over the past 12 months, they worried that their food would run out before they had enough money to buy more"; "Over the past 12 months, they found that the food they bought did not last, and they did not have enough money to get more food"; or "they cannot afford to eat balanced meals."



*The Foodbank of Southeastern Virginia and the Eastern Shore has been a critical partner in providing healthy foods to the participants in the Hub. Each visit, participants received approximately 30 to 40 pounds of meats, fresh fruits, and vegetables. This was been critical to helping minimize food insecurity and increase access to healthy foods. We celebrated the one-year mark of our **Food is Medicine** pilot, distributing more than 22,000 pounds of food supplied by the Foodbank.*

"They give me boxes with a lot of nutritious food in them. It helps me to maintain my weight, and I have changed my eating habits between the visits. So, I have something to work toward now."

"I watch how I eat and make sure I follow the requirements carefully because I know I'll be weighed once in every two weeks."



Most Hub survey respondents (92.3%) indicated that they were "very satisfied" with the project and the care they received. About 7.7% indicated that they were "satisfied" with the program. They believed that the staff genuinely cares about their health and wellbeing. Many respondents also said that the staff was "helpful and very friendly." They felt safe asking questions, and they were always given directions about the best practices to adopt. They received great feedback from the staff about how well they were doing, which motivated them to move forward. The support they received was also a great source of satisfaction for them.

The Power of Partnerships

Mother Teresa said, “I can do things you cannot, you can do things I cannot; together we can do great things.” That is the power of partnerships. It is working together to achieve goals and dreams. It is the commitment to find the best solutions, to make a difference in and for the lives of others. It is about the power we have when we share with each other and support each other. It is about compassion, love and kindness.

This pandemic year has been tough. We have learned many lessons. Working together with our community, we were able to reach out in different ways. We were able to augment and amplify each other’s work. We were able to help others.



- ABBA List
- Access Partnership
- Atlantic Shores Christian School
- Bethany Baptist Church
- Bickford Senior Living of Virginia Beach
- Buffalow Family and Friends Community Days
- Burfoot House
- Cambridge Square Senior Apartments
- Chesapeake Census Counts
- Chesapeake Area Shelter Team (C.A.S.T.)
- Chesapeake Commission on Health and Wellbeing
- Chesapeake Commonwealth Attorney’s Office
- Chesapeake Fire Department & Emergency Services
- Chesapeake Human Services
- Chesapeake Integrated Behavioral Health
- Chesapeake Juvenile Services
- Chesapeake Master Gardeners
- Chesapeake Meals on Wheels
- Chesapeake Medical Reserve Corps
- Chesapeake Mobile Integrated Health Program
- Chesapeake Police Department
- Chesapeake Public Library
- Chesapeake Public Schools
- Chesapeake School Nutrition Services
- Chesapeake Redevelopment and Housing Authority
- Chesapeake Regional Transitional Care Clinic
- Chesapeake Sheriff’s Department
- Chesapeake Task Force on Aging
- Church at Hampton Roads
- Disappearing Desserts
- Foodbank of Southeastern Virginia & the Eastern Shore
- ForKids
- Girl Scouts of the Colonial Coast

- Glick Philanthropies
- Governor’s Pointe Apartments
- Great Bridge Baptist Church
- Carol Heischober
- Hampton Roads Community Foundation
- Heron’s Landing
- Historic South Norfolk
- House of Blessings
- Hunters for Hungry
- Just Serve
- Kemet House
- Kin and Kids Consulting
- Local Roots
- Meals on Wheels
- Messiah United Methodist Church
- Now You’re Cooking
- Old Dominion University Center for Global Health
- Operation Blessing
- Portlock United Methodist Church
- Seed Saver’s Exchange
- Senior Living Guide
- Senior Services of Southeastern Virginia
- Southeast Virginia Community Foundation
- Southeastern Cooperative Educational Program
- Southeastern Virginia Training Center
- Southside Baptist Church
- Starling Village (Formerly The Crossings)
- St. Paul’s United Methodist Church
- Tidewater Arts Outreach
- Tidewater Community College
- The Utopian Seed Project
- Virginia Cooperative Extension
- Virginia Eye Consultants
- YMCA of South Hampton Roads

Our deepest appreciation to our partners and the citizens of Chesapeake!
Collectively we will make Chesapeake the healthiest community in Virginia.



Analysis provided by:
Old Dominion University Center for Global Health
Health Sciences Bldg, Room 3132
Norfolk VA 23529

To review the full evaluation report please contact us.

667 Kingsborough Square, Suite 102
Chesapeake, VA 23320

(757) 690-8970

<https://healthychesapeake.org>
info@healthychesapeake.org



Instagram: @healthychesapeake
Facebook: HealthyChesapeake
Twitter: @HealthyChes757