



2024 ANNUAL REPORT

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OUR MISSION

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

Letter from the Chairman of the Board and Executive Director

As we think about our work and our lives over this past year, we are reminded about how we are all interconnected. The South African word for this is “Ubuntu,” which is roughly translated as “humanity” or “I am because we are.” Ubuntu is the belief there is a universal bond that connects us all together as humans. It is the belief that all people are worthwhile and have something important to share. It is the belief that recognizing, celebrating, and using our differences, our uniqueness makes us better as people and as a society.

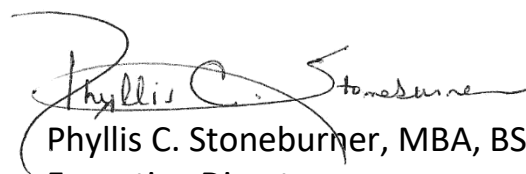
That is why bringing people together - *convening* - is so valuable. When we come together to work, to solve problems, to create programs, to develop policy, convening creates a forum for ideas, diverse perspectives, and experiences to be represented and respected. Convening helps us reach shared understanding. It helps us create ownership. It helps shape the path forward and drive meaningful actions and change for all. It helps strengthen our human connection. It helps us know that we cannot be humans by ourselves – *we need each other*.

We owe thanks to our community members, partners (public, private, profit, nonprofit), volunteers, contractors, and employees that bring their unique selves and skills to make things better for everyone we collectively serve. Convening and taking action together is not only impactful today, it creates the tone and promise of the future.

We are because WE are. May this next year be defined by the positive impact we have on the lives of others.



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



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

Our Team

BOARD OF DIRECTORS

Brian C. Martin, Chairman

*Associate Dean for Academic Affairs
Joint School of Public Health initiative*

Macon & Joan Brock Virginia Health Sciences at Old Dominion University

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Chesapeake Regional
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*Executive Director
Chesapeake Integrated
Behavioral Healthcare*

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*Fire Chief/Coordinator of
Emergency Management,
Chesapeake Fire Department*

John C. Kownack

*Executive Director,
Chesapeake Redevelopment
and Housing Authority*

Cecil Jenkins

*President, Cecil Jenkins
Insurance Agency, Inc.*

Robert G. MacDonald, JD

*Judge, Chesapeake Circuit Court,
1st Judicial Court of Virginia*

Amy Charnley Paulson, MPH, AE-C

*CINCH Director and Instructor,
Dept. of Pediatrics
Macon & Joan Brock Virginia
Health Sciences at Old Dominion
University*

Ingrid “Jo” Phillips

*MIH Program Manager
Chesapeake Fire Department*

Mary Riley

*Community Programs
Administrator Chesapeake
Department of Human Services*

Jaleh Shea

Chesapeake Citizen

Mark G. Solesky

*Chief of Police, City of
Chesapeake*

Nancy M. Welch, MD, MHA, MBA

*Health Director, Chesapeake
Health Department*

STAFF

Phyllis Stoneburner

Executive Director

Teresa Licato

Healthy Chef Program Manager

Susanna Petersen

Strategic Development Manager

Danielle Porzig

CARE Program Manager

Laura Puckett

HUB Coordinator

Cathy Rosenberger

Administrative Services Manager

Jaelin Wright

Sous Chef

Johnny Wright

Head Chef

Our Coalition

Healthy Chesapeake *convenes multiple stakeholders* to achieve health equity by addressing health disparities and health inequities.



AARP
ABBA List
Agape Feast Homeless Outreach /
Prince of Peace Catholic Church
Ahoy Acres Shopping Center Business & Churches
American Cancer Society
American Heart Association
Atlantic Shores Christian School
Bibbs Firm/Sylver Strategies
Brock Institute for Community and Global Health
Buffalow Family and Friends Community Days
Cambridge Square Senior Apartments
Catholic Charities
Chesapeake Care Clinic
Chesapeake Commission on Health & Wellbeing
Chesapeake Commissioner of the Revenue
Chesapeake Fire Department & Emergency Services
Chesapeake Human Services
Chesapeake Integrated Behavioral Health
Chesapeake Juvenile Services
Chesapeake League of Advocates
Chesapeake Master Gardeners
Chesapeake Meals on Wheels
Chesapeake Medical Reserve Corps
Chesapeake Mobile Integrated Health Program
Chesapeake Planning Department
Chesapeake Police Department
Chesapeake Public Library
Chesapeake Public Schools
Chesapeake Redevelopment & Housing Authority
Chesapeake Sherriff's Department
Chesapeake Task Force on Aging
Chesapeake Thrives
Chesapeake We Care Homeless Center
Chesapeake Cares Resource Center – Airline Blvd.
Children's Health Investment Program (CHIP) –
South Hampton Roads
Church at Hampton Roads
Community-Based Public Safety Collaborative
Culinary Institute of Virginia
Cypress Landing
The Daily Planet

Deep Creek Ruritan Club
Eastern Virginia Medical School
First Baptist Church South Hill
Foodbank of Southeastern Virginia &
the Eastern Shore
ForKids
Governor's Pointe Apartments
Grace Worship Center
Hampton Roads Community Foundation
Hampton Roads Mothers Against
Senseless Killing (HR-MASK)
Hampton Roads Workforce Council
Healthier 757
Impact Church South Norfolk
Just Serve
Kemet House
Kin and Kids Consulting
Messiah United Methodist Church
Minus 9 to 5 Program (EVMS)
Neighborhood
The Neighborhood Harvest
Norfolk Southern Corporation
Now You're Cooking
Old Dominion University
Professional Community Intervention
Training Institute (PCITI)
Project Nana
Rotary Club of Chesapeake
The Sankofa Family Center
Senior Services of Southeastern Virginia
Southeast Virginia Community Foundation
Southeastern Cooperative Educational Program
Southeastern Virginia Training Center
Southside Baptist Church
St. Paul's United Methodist Church
Susan G. Komen, Stand for H.E.R.
Tidewater Community College
United Methodist Family Services
United Way of South Hampton Roads
Virginia Cooperative Extension
Virginia Department of Health
Warren Farms

Our Work: A Culture of Wellness

Healthy Chesapeake is committed to building a culture of wellness that supports, sustains and advocates for a healthier Chesapeake. The work of Healthy Chesapeake is best understood as advancing health equity within a population health framework.

The population health of a community is directly tied to its political and social structures. A variety of factors, including financial strain, limited access to healthy foods, transportation, and/or unmanaged chronic health conditions, can prevent community members from seeking healthcare.

In addition to the moral imperative and the surge in regulatory oversight, prioritizing population health offers communities a strategic advantage as the health care industry begins to grapple with transformative changes in cost, reimbursement and compliance. Healthy Chesapeake works to advance health equity by addressing health disparities and health inequities.

Health Equity

Means that everyone has a fair and just opportunity to attain their optimal health regardless of race, ethnicity, disability, gender identity, sexual orientation, or socioeconomic status. Advancing health equity is a process of addressing limited access to economic resources, education, housing, etc.

“Advancing Health Equity.”

Giving everyone the opportunity to be healthy, recognizing that many factors impact health.

Health Disparities

Are avoidable differences in health outcomes experienced by people with one characteristic (race, gender, sexual orientation) as compared to the socially dominant group (e.g. white, male, cis-gender and heterosexual). Measuring disparities can help benchmark progress towards equity.

Health Inequities

Are differences that are unfair and unjust without comparison to another group (e.g. inequitable access to transportation means there is an unjust lack of transportation for the population being discussed; a disparity in access to transportation means that one group has less access than another).

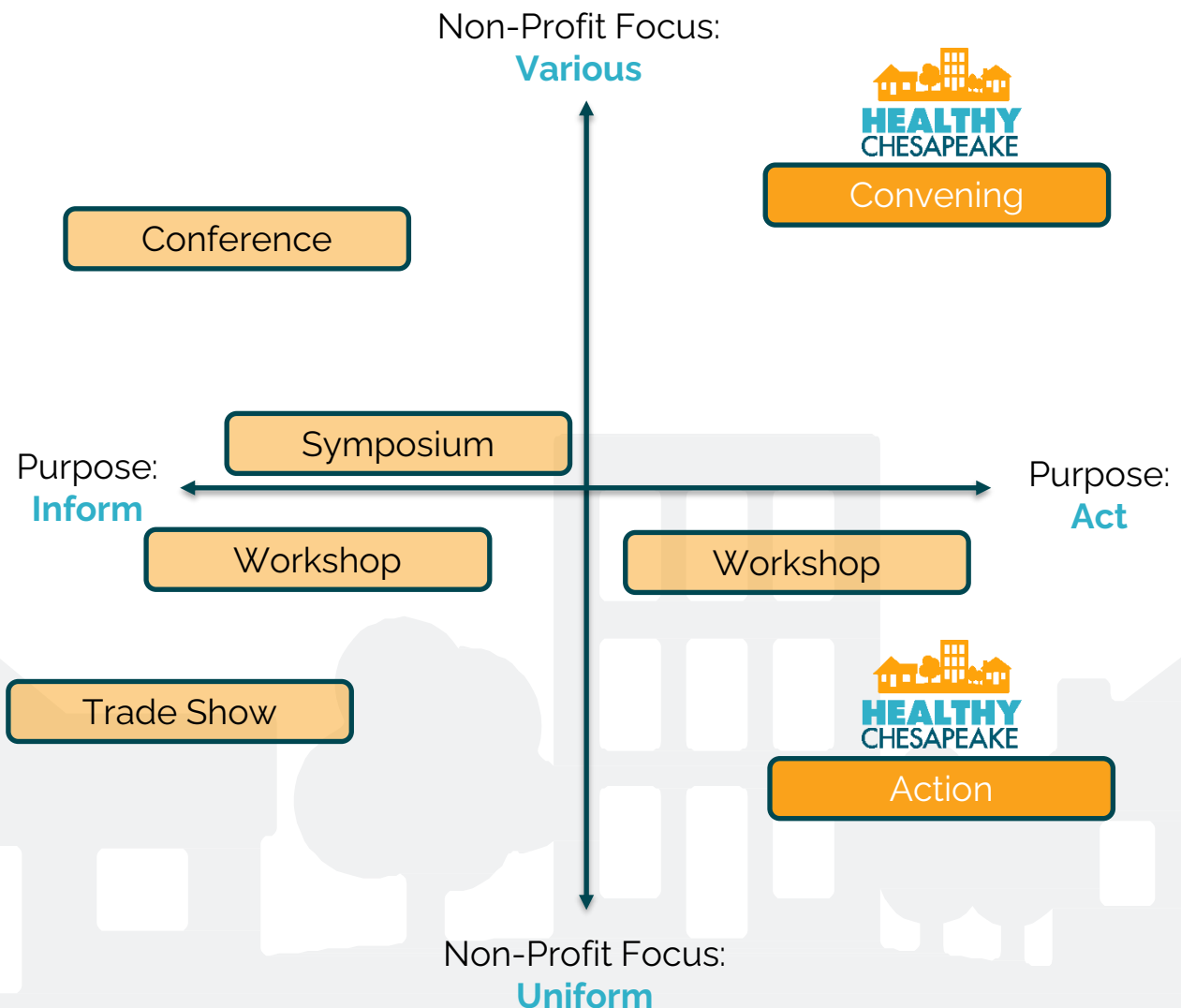
Our Approach: Convening & Action

Convenings are particularly important to the work of Healthy Chesapeake. A convening is a “space” created for varied stakeholder groups to gather *to influence the future collective and individual solution-oriented actions on a particular topic*.

“Face-to-face convenings provide an emotional and intellectual safe space that allow delegates to recognize what may be holding them back—or what may help accelerate their effectiveness.” Sarah Zak Borgman, Director, Community and Convenings at the Skoll Foundation

While many of our coalition partners focus on particular issues and challenges within the community, Healthy Chesapeake *convenes multiple stakeholders* to achieve health equity by addressing health disparities and health inequities. Convenings help build capacity, connections, the reputation of stakeholders, and drive action toward solving collective problems.

Understanding Different Types of Non-Profit Work



Our Impact

This year, Healthy Chesapeake convened public health initiatives to support health outcomes in the City with focus on access and utilization of healthy foods, diabetes, hypertension, maternal/infant health, and the impacts of poverty. The Executive Director continually serves on and leads multiple community initiatives dedicated to convening various stakeholders within Chesapeake.

For example, the Executive Director served on the planning team and participated in panel presentations for the City of Chesapeake's Second Annual Chesapeake Thrives Forum: *Thriving through Change – Putting All of the Pieces Together*. With funds from the original Norfolk Southern Hampton Roads Community grant, Healthy Chesapeake purchased and installed equipment for the mobile kitchen at Chesapeake Juvenile Services (CJS) enabling staff to continue the course. The program has become self-sufficient and is now being taught by CJS staff.

Healthy Chesapeake also convened area businesses at Lake Ahoy Shoppes in a Back2School event with over 400 attendees. With assistance from the City of Chesapeake, and community partners, backpacks were filled with crayons, rulers, notebook paper, highlighters, earbuds, and water bottles. The Foodbank of Southeastern Virginia and the Eastern Shore provided food for 248 individuals. It was a day filled with laughter and community. Healthy Chesapeake was also able to provide translators to help parents navigate getting their children ready for school.

Over \$18,000 raised through grants and donations.

Over 10,000 people served across program initiatives.

Over 700 community members attended healthy cooking classes.

Over 60,000 meals served to ForKids participants.

The HUB

DIABETES & HYPERTENSION MANAGEMENT PROGRAM

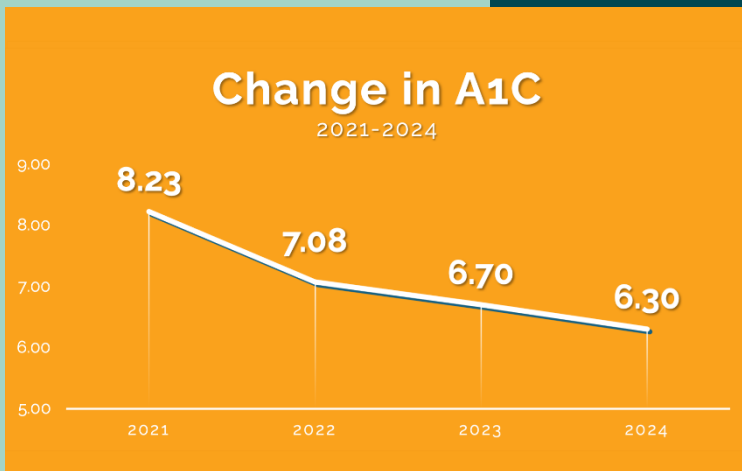


The HUB is a joint diabetes management program with Coalition partners Chesapeake Regional Healthcare (CRH), Kin n' Kids, and the Chesapeake Health Department. Healthy Chesapeake continues to operate the HUB site at Southside Baptist Church.

In addition to providing no-cost medical management to low-income individuals with uncontrolled diabetes and hypertension, the HUB addresses the medical, transportation, and social needs of referred patients.

HUB clients are often seen over many years and participants have recorded an average 20% reduction in A1C levels, a test measuring average blood sugar levels over the past 3 months. The higher the levels, the greater a client's risk for developing diabetes complications. The lower a client's A1C, within the normal range of 4% - 5.9% or the individualized age-adjusted rate, the better.

Over the past year, we have conducted over 700 visits (both on site and home visits) for our 41 participants. We estimate that the reduction in A1C over the past four years has led to an estimated \$95,530 reduction in healthcare spending on HUB participants since 2021.



Food Connection

FOOD INSECURITY AND HEALTHY EATING



Food Connection addresses food insecurity and promotes healthy eating. These objectives reduce chronic disease, improve quality of life and lower costs to individuals, businesses and government.

We seek to provide opportunities for individuals to have the resources to grow their own food or have access to healthy foods via products grown in the city's 19 community gardens. These gardens are in schools, libraries, detention centers, senior housing, and businesses. The teams that care for these gardens are passionate about educating others and providing healthy food for their clients, neighbors, or donating to food pantries.

Working with the Cuffee Innovation and Outreach Library, we doubled the size of the community garden, filling it with vegetables that the neighbors requested.

Our newest garden partner, Warren Farms, donated a portion of land to create the Warren Farms, Virginia Cooperative Extension, and Healthy Chesapeake Community Education and Production Garden. In our first 8 days, more than 350 pounds of produce were distributed to our HUB clients and VCE's Plant a Row for the Hungry. We have also received a grant to pilot an on-site education program.

"The neighbors are picking tomatoes as they are ripe! Lots of excitement in South Norfolk. Just wanted to let you know...and say thanks to Healthy Chesapeake for making this possible."

~Phil Peek, Master Gardener



Community Engagement

COLLABORATIVE EFFORTS TO IMPROVE HEALTH



Our partnerships with the Chesapeake Public Library and Chesapeake Public Schools continue to grow. We served over 1,000 participants at various activities. We participated in many outreach events to increase knowledge of healthy living and hosted nutritional education classes for children and seniors alike.

We lead the Prenatal to 5 Coalition with the goals to improve the quality of care provided to pre- and postnatal women and increase referrals to home visitation programs that provide support for families. Early results of a questionnaire distributed at CRH's Obstetric Emergency Department indicates that non-Hispanic Black women make up approximately 71% of those with significant Social Determinant of Health needs.

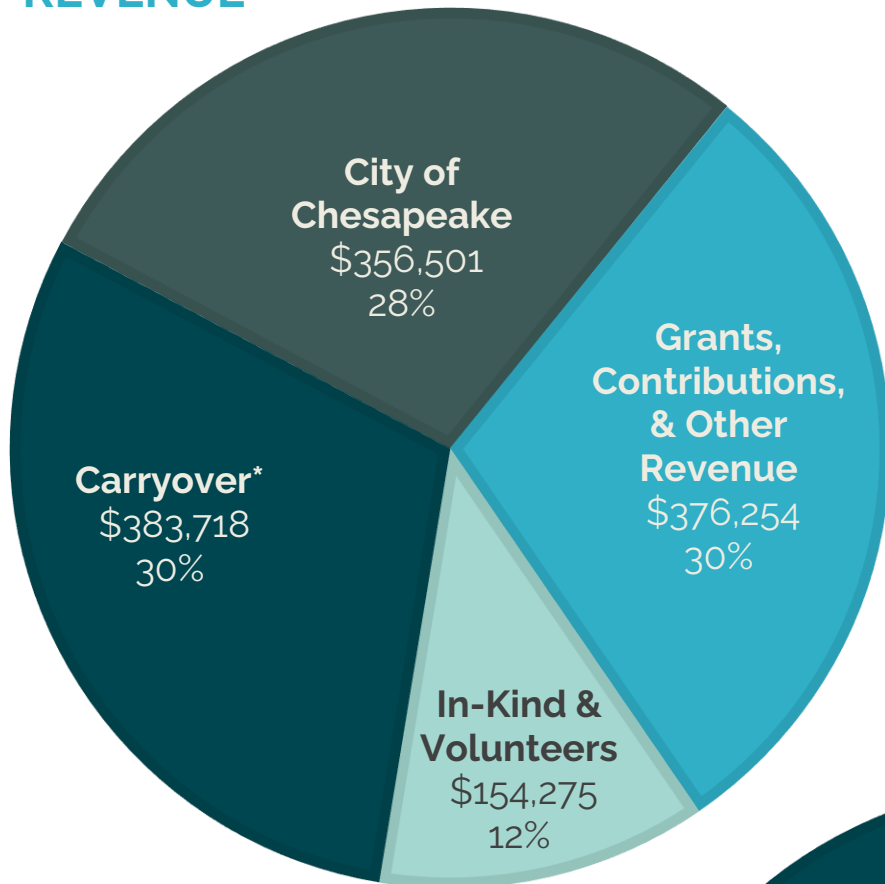
Healthy Chesapeake collaborated with Chesapeake Regional Healthcare and the Rotary Club of Chesapeake and obtained a Rotary International Grant for CRH to purchase a mobile clinic. The clinic will be utilized for the residents in the underserved neighborhoods in CRH's service area, which includes Chesapeake and Northeastern North Carolina. The clinic will become operational in 2024-2025.

Based on the Prenatal to 5 Coalition questionnaire, we helped develop new assessment tools, improved the distribution of needed supplies, and improved programming for fathers.

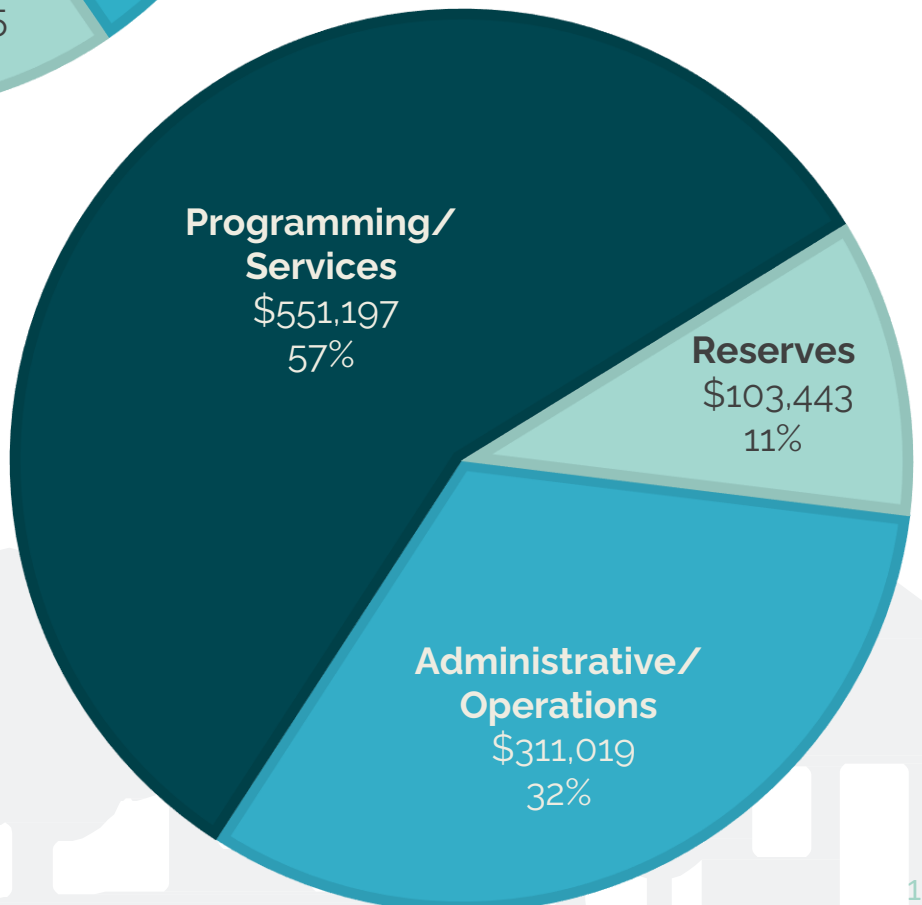


Financials

REVENUE



ALLOCATION OF EXPENSES



*Note: Carryover includes a grant (\$176k) received June 2023.

OUR FUTURE

AND SO WE PRESS ON
UNTIL WE ATTAIN OUR VISION THAT
CHESAPEAKE IS THE HEALTHIEST CITY IN
VIRGINIA

It was nearly a decade ago that our coalition formed. We made a commitment to make Chesapeake the healthiest city in Virginia and Healthy Chesapeake continues to convene, advocate, collaborate, and improve the health of Chesapeake.

Thanks to our coalition partners and continued support from the City of Chesapeake, the Chesapeake Health Department, and Chesapeake Regional Healthcare, we continue to power through highs, lows, and learning curves. We are halfway through 2024 and we are looking forward optimistically to our tenth year in 2025.

Thank you for your continued support.



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Health Sciences Bldg, Room 3132
Norfolk, VA 23529



Annual report developed by:
Pomory Creative, LLC

*Please contact us for more information and to review
the full evaluation reports of our programs*

About Healthy Chesapeake

Healthy Chesapeake is committed to building a culture of wellness that supports, sustains and advocates for a healthier Chesapeake. Please see <https://healthychesapeake.org> to learn more about our work.

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