



2026 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

Dear Friends, Partners, and Supporters,

It is our privilege to share Healthy Chesapeake's Annual Report with you. As we look back on the past year, we are filled with gratitude—for the people we serve, the partners who stand beside us, and the community that continues to demonstrate what can be accomplished when we work together. Every day, we see the difference that access to healthy food, trusted information, coordinated care, and strong relationships can make in people's lives. Those experiences continue to shape our work and remind us that improving community health isn't accomplished by one organization alone—it's built through collaboration, trust, and a shared commitment to helping our neighbors thrive.

This year, we were proud to expand programs that support individuals and families across Chesapeake. From chronic disease prevention and management, maternal and family health initiatives, and food access programs to community gardens, educational outreach, and opioid prevention efforts, we remained focused on meeting people where they are and responding to the needs of our community. We also celebrated growth in our HUB program, strengthened our Food is Medicine initiatives, and continued building meaningful partnerships with healthcare providers, schools, libraries, faith communities, nonprofits, local government, and many others who share our vision of a healthier Chesapeake.

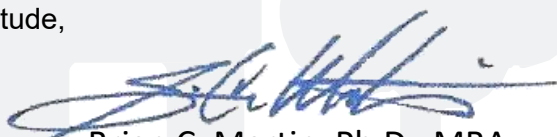
These accomplishments belong to all of us. They were made possible by the dedication of our staff, volunteers, board members, community partners, funders, and supporters who generously gave their time, expertise, and resources. Whether you volunteered, made a donation, shared your knowledge, provided funding, or simply believed in our mission, you helped make this work possible. Thank you. We are equally grateful for the many organizations that collaborated with us throughout the year. Together, we strengthened services, connected more people with the resources they need, and continued building a network of care that reaches across our community. Those partnerships remain at the heart of everything we do.

As Healthy Chesapeake continues to grow, we remain committed to being thoughtful stewards of the resources entrusted to us. Through successful grant management, new funding opportunities, and continued investment in innovative community programs, we are building a strong foundation for the future while remaining responsive to today's challenges.

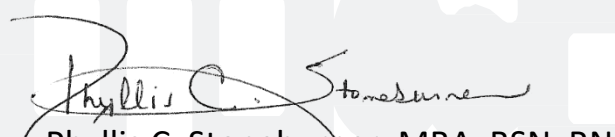
As you read this report, we hope you'll see more than numbers and milestones. We hope you'll see the stories of neighbors helping neighbors, organizations coming together around a common purpose, and a community that believes everyone deserves the opportunity to live a healthier life.

Thank you for being part of this journey. We are proud of what we've accomplished together, and we're excited about what lies ahead. With your continued partnership and support, we look forward to building an even healthier Chesapeake for years to come.

With gratitude,



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



Phyllis C. Stoneburner, MBA, BSN, RN
Executive Director

Our Team

BOARD OF DIRECTORS

Brian C. Martin, Chairman

*Associate Dean for Academic Affairs
Joint School of Public Health at
Old Dominion University and Norfolk State University*

Robert G. Culpepper

*Chief Administrative Officer
Chesapeake Regional
Healthcare*

Simone “Sam” Gulisano

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

Arthur Harbin

*Executive Director
Chesapeake Redevelopment
and Housing Authority*

Cecil Jenkins

*President, Cecil Jenkins
Insurance Agency, Inc.*

John C. Kownack

Chesapeake Citizen

Sammie Logan III

*Pastor
New Hope Baptist Church*

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
Joint School of Public Health at
Old Dominion University and
Norfolk State University*

Amanda Powell

Chesapeake Citizen

Randy A. Rhoad, Psy.D.

*Licensed Clinical Psychologist
Chesapeake Psychological
Associates*

Mary Riley

Chesapeake Citizen

Jaleh Shea

Chesapeake Citizen

Mark G. Solesky

*Police Chief
City of Chesapeake*

Jaylene Trueblood

*Assistant Director of Care
Coordination Programs
Chesapeake Integrated
Behavioral Healthcare*

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*

Cathy Rosenberger

*Administrative Services
Manager*

Alexa Kennedy

Line/Prep Cook

Mattie Owens-Caroon

Assistant Kitchen Manager

Laura Puckett

HUB Coordinator

Christina Reed

Lead Cook

Shawn Ryan

Line/Prep Cook

Our Partners

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
American Cancer Society
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
Centerwell Senior Primary Care
Chesapeake Care Clinic
Chesapeake Cares Resource Center (Steppingstone)
Chesapeake Cares Resource Center (Airline Blvd.)
Chesapeake Commission on Health & Wellbeing
Chesapeake Christian Church
Chesapeake Customer Contact Center
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 Parks, Recreation and Tourism
Chesapeake Police Department
Chesapeake Probation and Parole
Chesapeake Public Library
Chesapeake Public Schools
Chesapeake Redevelopment & Housing Authority
Chesapeake Re-entry Council
Chesapeake Rx
Chesapeake Sheriff's Department
Chesapeake Task Force on Aging
Chesapeake Thrives
Children's Health Investment Program (CHIP) –
South Hampton Roads
Church at Hampton Roads
The Church of St. Therese
Culinary Institute of Virginia
Dollar Tree, Inc.
Eastern Region Syphilis Taskforce
EVMS Strelitz Diabetes Center

First Baptist Church South Hill
Foodbank of Southeastern Virginia & the Eastern Shore
ForKids
GEICO Philanthropic Foundation
Glick Community Relief Foundation
Governor's Pointe Apartments
Hampton Roads Community Foundation
Hampton Roads Health Equity Collaborative
Hampton Roads Workforce Council
Healthier 757
Hospitality for the Homeless
Joint School of Public Health at Old Dominion University
and Norfolk State University
Just Serve
Kin and Kids Consulting
Kings Kid Youth Development Center
Lake Ahoy Shoppes Businesses & Churches
Lawson Family Foundation
Meals on Wheels Chesapeake
Messiah United Methodist Church
Minus 9 to 5 Program (EVMS)
The Mount Chesapeake
Neighborhood
Norfolk Health Department
Norfolk Southern Corporation
The Planning Council
Project Nana
Rotary Club of Chesapeake
The Sankofa Family Center
Senior Services of Southeastern Virginia
Sentara Foundation
Sokol Family Foundation
Southeast Virginia Community Foundation
Southeastern Cooperative Educational Program
Southeastern Virginia Training Center
Southside Baptist Church
St. Paul's United Methodist Church
Tidewater Community College
United Methodist Family Services
Virginia Cooperative Extension
Virginia Department of Health
Virginia Opioid Abatement Authority
Warren Farms

Our Impact

Healthy Chesapeake's work reflected a year of steady growth, deep collaboration, and measurable community impact across Chesapeake. Guided by a commitment to improving outcomes and addressing the conditions that shape health, the organization continued to build on its mission of improving community health by addressing both immediate needs and underlying drivers of poor health.

Programs emphasized access to healthy foods, chronic disease support, maternal and family wellbeing, public education, workforce development, senior engagement, and community safety. The organization's approach consistently combined direct service with collaboration, leveraging local partnerships to extend reach and create stronger pathways to care, prevention, and support.

Key Accomplishments

- Continued operation and growth of the HUB program to support residents managing diabetes and hypertension with ongoing food distribution, education, and coordinated care support. Heart Failure was added to the chronic diseases supported.
- Expanded access to healthy foods through pantry partnerships, community meal support, educational cooking efforts, and garden-based initiatives in multiple neighborhoods.
- Strengthened community engagement through participation in wellness fairs, school events, library programs, health education activities, and neighborhood-based outreach.
- Supported maternal and family health through Prenatal to 5 Coalition efforts, family resource center collaboration, educational materials, and healthy food support for parents and caregivers.
- Advanced opioid prevention and response work through Operation STOP!, including REVIVE! training, naloxone distribution, education campaigns, and strengthened citywide partnerships.
- Maintained a strong grant and partnership portfolio to support both direct service and longer-term community health strategies.

Over \$109,000 raised through grants and donations

Over 11,400 served across program initiatives

74,663 pounds of food provided through various programs

Utilizing Food Rescue US value of \$1.73/lb. for donated food, this equates to \$129,166

The HUB

2026 AT A GLANCE

- Participants are 19 to 93 years with a mean age of 62.5
- 63% African American, 27.8% Caucasian
- 55 participants with 489 visits
- Participants interact with a Nurse Practitioner, Registered Nurse, and/or Social Worker
- 70.4% were retired (29.6%), had disabilities (29.6%), or were unemployed (11.1%)
- 72.2% of participants had household incomes below 200% of the Federal Poverty Level
- Average HbA1c was **7.94%** at baseline and improved to **6.42%** throughout the program year. The recommended measure for diabetic patients is $\leq 7\%$ for these participants.

DIABETES & HYPERTENSION MANAGEMENT PROGRAM

The HUB remained one of Healthy Chesapeake's signature programs, supporting residents living with diabetes, hypertension, congestive heart failure (a newly supported diagnosis), and other chronic conditions through a high-touch, community-based model. Operating in partnership with Chesapeake Regional Healthcare, EMS, Kin and Kids Consulting, the Chesapeake Health Department, and other collaborators, the HUB addressed participants' medical, transportation, social, and nutritional needs. Home visits remained a successful component of care management across all diagnoses, helping participants stay engaged, addressing barriers to care, and improving overall health outcomes.

Throughout the year, Healthy Chesapeake continued to pair education with practical tools and supports, including healthy food bags, diabetic food boxes, recipes to support Food-Is-Medicine strategies, educational materials, and monitoring supplies to support chronic disease self-management.

Evaluated by Dr. Michele Kekeh, PhD, Clinical Assistant Professor, and her team at the Joint School of Public Health at Old Dominion University and Norfolk State University, a social well-being survey was administered for the first time this year. The survey assessed participants' perceptions of social connectedness, emotional support, and loneliness. The strongest positive responses were observed for

having someone who cares about how they feel, with 96.5% of respondents reporting either Agree (17.2%) or Strongly Agree (79.3%) — indicating that nearly all participants **felt emotionally supported** through the program. Similarly, 86.2% of respondents agreed or strongly agreed that they **felt like they belonged with others** and that they were able to talk and spend time with other people. These responses suggest that participants experienced a strong sense of connection, belonging, and emotional support through the program.



In partnership with the Joint School of Public Health at ODU and NSU and the Chesapeake Health Department, the HUB program was selected for two poster presentations.

- Virginia Public Health Association Annual Conference in Richmond
- American Public Health Association's Making the Public's Health A National Priority Conference

"Hi, just wanted to send you a quick message to thank you so much for the food and especially the birthday card. I really appreciate everything that you and all of you there do for me. T really goes out of her way to make sure I'm taken care of and I'm especially thankful for her as well as you!"

~HUB Client

Food Connection

INNOVATION IN FOOD INSECURITY



Healthy Chesapeake continued to make food access a visible and practical cornerstone of its work through pantry partnerships, shelter meal support, produce distribution, nutrition education, cooking demonstrations, community gardening, and educational events. These initiatives helped residents access healthier foods in familiar, community-centered settings while building the knowledge and skills needed to make healthy choices.



Partnerships with St. Paul United Methodist Church, ForKids, Chesapeake Public Library, the Women's Correctional Center Garden, the Southeastern Virginia Training Center, and the Foodbank of Southeastern Virginia and the Eastern Shore expanded the organization's reach, providing food support and nutrition resources to a diverse range of households and individuals.

The Healthy Chef and Garden2Table programs strengthened these efforts by combining food access with hands-on education and supporting 24 community gardens throughout Chesapeake.

Over 7,400 people were served with food related education, distribution, or support.



The community gardens at Warren Farms, Chesapeake Public Library locations, Cambridge Square, and other neighborhood sites were expanded to meet community needs. Together, these initiatives reinforced that improving food access involves not only providing nutritious food but also fostering knowledge, dignity, community ownership, and sustainable systems that support long-term health.

Healthy Chesapeake also managed meal preparation for families staying at ForKids and for children participating in the "Beyond the Bell" educational programs. Over 1,400 meals were served each week.

Healthy Chesapeake's CARE Program Manager was also invited to serve as a panelist at the Sustaining Together Summit, a regional summit presented by Dollar Tree, Inc. in partnership with the Foodbank of Southeastern Virginia and the Eastern Shore. The summit focused on advancing collaborative, long-term solutions to hunger and food insecurity.

BEGINNER GARDEN GUIDE



Salsa Garden

Tomatoes • Peppers
• Onions • Cilantro

Tip: Add marigolds to keep pests away



Herbal Tea Garden

Chamomile • Mint
• Lemon balm

Tip: Grow in pots for easy care



Sweet Snacks

Strawberries • Raspberries
• Cherry tomatoes
• Sugar snap peas

Tip: Plant in full sun



Pizza Garden

Tomatoes • Bell peppers
• Basil • Oregano • Garlic

Tip: Basil planted near tomatoes helps boost flavor



Salad Garden

Lettuce • Spinach • Chives
• Cucumbers • Radishes

Tip: Harvest often to keep it growing



Crunchy Grab & Gos

Banana peppers
• Cucumbers • Grape tomatoes
• Snow peas

Tip: Give plants space- crowding can affect growth



Community Engagement

COLLABORATIVE EFFORTS TO IMPROVE HEALTH



A HEALTHY PREGNANCY STARTS WITH YOU! WHY YOUR DOCTOR MAY RECOMMEND PRENATAL ASPIRIN DURING PREGNANCY

What is Prenatal Aspirin?

Prenatal aspirin is a low-dose (81 mg) form of aspirin. You may have heard low-dose aspirin called "baby aspirin". It's not the same dosage as regular aspirin used for pain relief. Instead, "baby aspirin" is a safe and helpful medicine used in certain pregnancies to help keep both mom and baby healthy.

Is it Safe?

Yes! Studies show that taking 81 mg of aspirin daily is safe for most pregnant women when started early in pregnancy (usually between 12-28 weeks) or as recommended by your doctor. Aspirin does not increase the risk of miscarriage or birth defects.

Talk to Your Healthcare Provider

Let your healthcare provider know if you are allergic to aspirin. Not all pregnant women need aspirin. It is very important to talk with your doctor or midwife about what's right for you. You and your doctor will decide if aspirin is a good fit for your pregnancy.

Ask your healthcare provider before starting or stopping any medication, including aspirin. Treatment with aspirin should not decrease or replace regular monitoring by your healthcare provider.

WHY TAKE ASPIRIN PRENATALLY? Your doctor may recommend baby aspirin if you have any high-risk factors, such as:

- History of Preeclampsia or Eclampsia (a condition that causes high blood pressure during pregnancy)
- History of or currently have high blood pressure
- Pregnant with more than one baby
- Pregnant and 35 years or older
- Type 1 or 2 Diabetes
- Kidney disease
- Autoimmune conditions (like lupus)
- History of pregnancy complications

Aspirin helps improve blood flow to the placenta, lowering the risk of problems with your baby's growth and development. It may delay or prevent the onset of preeclampsia. It is also a primary prevention against maternal heart disease.



HAVE QUESTIONS?

Talk to your OB provider today about how Aspirin can support a healthy pregnancy for you and your baby.



Healthy Chesapeake maintained a strong community presence through outreach events, health fairs, school and family programs, library activities, senior wellness initiatives, and partnerships with behavioral health, library, and public safety organizations. These efforts expanded access to health information, promoted preventive behaviors, increased the organization's visibility, and demonstrated its commitment to meeting residents where they are. Through activities such as fresh produce distribution, educational materials, healthy snacks, wellness demonstrations, and training opportunities, Healthy Chesapeake delivered practical public health support in familiar community settings.

Fostering healthier beginnings for families and throughout early childhood health with the Prenatal to 5 Coalition, including Healthy Chesapeake, CHIP-SHR's Home Visitation Program, Chesapeake Regional Healthcare, Chesapeake Health Department Baby Care Program, and Minus 9 to 5, the team enhanced support for parents, caregivers, infants, and young children by providing healthy meals for Parent Cafés, educational resources, community outreach, and coordinated assistance for prenatal and postpartum patients. In collaboration with local obstetricians, the Coalition developed an educational flyer on "Why Your Doctor May Order Prenatal Aspirin During Pregnancy." Aspirin helps improve blood flow to the placenta, lowering the risk of problems with babies' growth and development. It may delay or prevent the onset of preeclampsia. It is also a primary prevention against maternal heart disease. The flyer is available in English, Spanish, and French.

Healthy Chesapeake supports CRH's new OB-GYN Clinic in South Norfolk. Since the Clinic's inception in January 2025 through June 2026, the Clinic saw 147 patients for a total of 965 visits. Each patient receives educational information and supplies, including a sleep sack from CHIP-SHR, to help them post delivery.

Support is also provided to the Chesapeake Police Department's Crime Prevention Unit's new NRA's Refuse To Be A Victim® Seminar. The Seminar provides tips and techniques to be alerted to dangerous situations and to avoid criminal confrontation. It helps participants develop their own personal safety strategy before they need it.

Operation STOP!

AN OPIOID RESPONSE EFFORT



Healthy Chesapeake's leadership in Operation STOP! remained a significant component of its work during the year. In collaboration with Chesapeake Integrated Behavioral Health, City of Chesapeake leadership, the Chesapeake Health Department, community partners, and media partners, the organization advanced opioid overdose prevention and response through training, outreach, and education. REVIVE! trainings continued across the city, accompanied by naloxone distribution, family resource bags, educational materials, and targeted outreach in communities most affected by overdose risk.

Operation STOP! also reflected Healthy Chesapeake's broader strength in coalition-building and public education. The program included mixed-media prevention campaigns, community assessment work, partnership development, and efforts to connect residents with prevention, treatment, and recovery-related resources. Through this work, funded by the Virginia Opioid Abatement Authority, Healthy Chesapeake helped expand awareness, improve preparedness, and strengthen the city's collective response to overdose prevention and community safety.

The combined work blends prevention education, peer recovery support, multimedia outreach, and cross-sector partnership to reduce overdose deaths and dismantle the stigma surrounding substance use disorder.

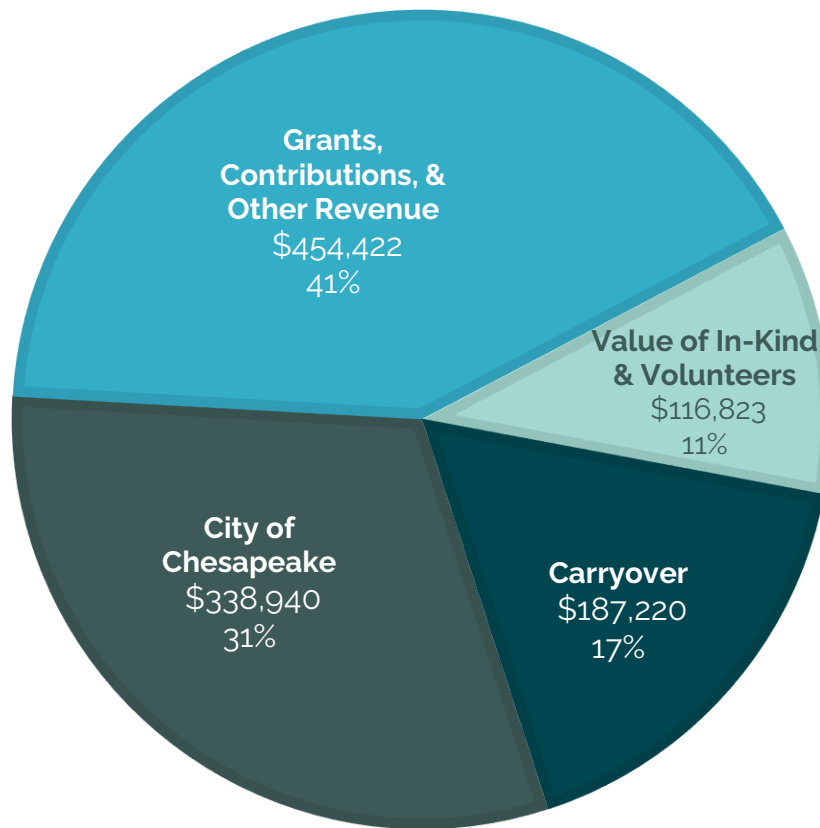
Results to Date

- **6.2M+** combined campaign impressions (Audacy) and **2.3M** billboard impressions in two months.
- **2,636** naloxone doses distributed.
- **Over 1,400** people trained to save a life.
- **0.12%** click-through rate, beating the 0.08% industry benchmark; OTT TV completion views above **98.2%**.
- Channel Reach:
4.0M radio, **1.03M** display, **621,845** streaming audio, and **565,518** OTT TV impressions.

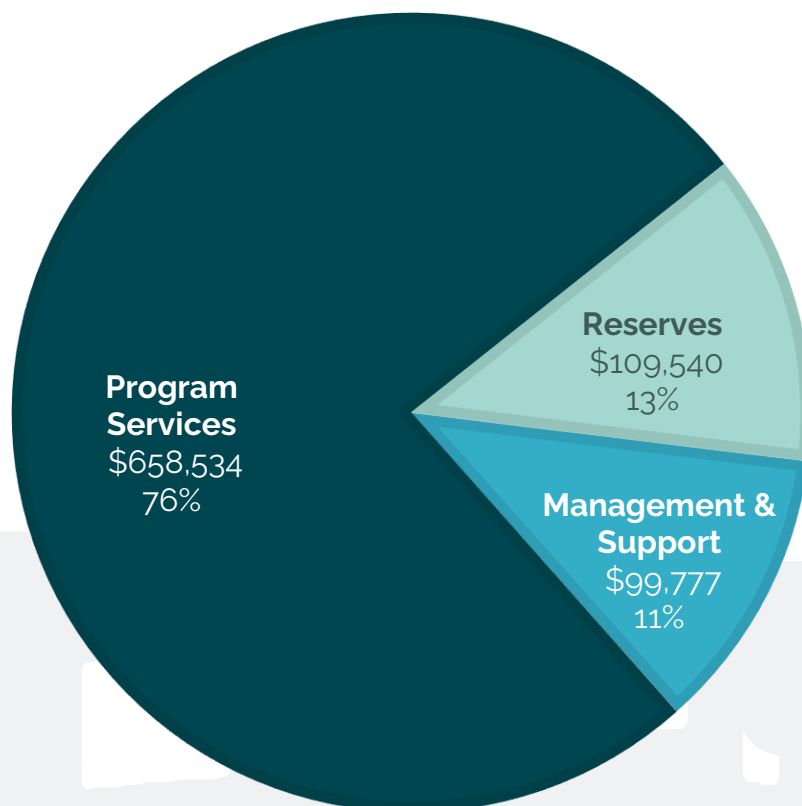


Financials

REVENUE



ALLOCATION OF EXPENSES



*Note: Carryover includes restricted and unrestricted funds.

THANK YOU

Healthy Chesapeake's year was marked by several visible strengths through community partnerships and effective teamwork with strong alignment to community priorities, a practical response to food insecurity and chronic disease, continued support for residents in vulnerable situations, and thoughtful growth in education and prevention programming. The team also maintained momentum in grant development, partnership cultivation, and cross-sector leadership. As a result, Healthy Chesapeake and its partners not only delivered services across the city but also helped shape a healthier, more connected support system for Chesapeake residents.

"We don't accomplish anything in this world alone... and whatever happens is the result of the whole tapestry of one's life and all the weavings of individual threads form one to another that creates something."

~Sandra Day O'Connor

Let the work continue.



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



Annual report design 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 visit our website or social media outlets to learn more about our work.

667 Kingsborough Square
Suite 102
Chesapeake, VA 23320
757-690-8970
info@healthychesapeake.org

Instagram: @healthychesapeake
Facebook: HealthyChesapeake
X: @HealthyChes757
<https://healthychesapeake.org>