

## America's Best in Medicine Profiles Emily Haynes Cooper, MD, MHA: Charlotte's Friendly Neighborhood Family Physician

Building Healthy Communities One Family at a Time Through Dominion Health Family Wellness Center



**Charlotte, North Carolina Mar 6, 2026 ([IssueWire.com](https://www.IssueWire.com))** - Emily Haynes Cooper, MD, MHA, is a dedicated Family Medicine physician committed to delivering comprehensive, compassionate care that strengthens families and communities alike. With a career rooted in service, leadership, and health

equity, Dr. Cooper continues to expand access to inclusive primary care while advancing innovative models that address both medical and social determinants of health.

Born and raised in Chesapeake, Virginia, Dr. Cooper began her academic journey at Virginia Polytechnic Institute and State University, earning a Bachelor of Science in Education in Health Education in 1995. She later completed a Master of Science in Biology at Old Dominion University in 2001. Her passion for medicine and leadership led her to the VCU School of Medicine, where she earned both her Doctor of Medicine and Master of Health Administration degrees in 2006. She completed her family medicine residency at Carolinas Medical Center in Charlotte, North Carolina, and further strengthened her administrative expertise through a residency with the Chief Medical Officer at Sentara Healthcare in Norfolk, Virginia.

Following residency, Dr. Cooper returned to the Tidewater region to practice outpatient medicine with Riverside Health System and Sentara Healthcare, serving patients in Newport News and Chesapeake. Driven by a deep commitment to underserved populations, she later rejoined Atrium Health (formerly Carolinas Healthcare) to develop a new care delivery model in rural Anson County, North Carolina. Her work focused on expanding access and addressing barriers to care in medically underserved communities.

Her success in Anson County led to her recruitment as Medical Director at Atrium Health Biddle Point, a multidisciplinary clinic serving patients with limited healthcare access. There, Dr. Cooper played a key leadership role at the site of the system's first Food Pharmacy, an innovative program designed to address food insecurity and other social determinants impacting patient health. Through collaborative care and community partnerships, she helped create a model that integrated primary care with broader wellness initiatives.

In 2024, Dr. Cooper founded Dominion Health Family Wellness Center in Charlotte, North Carolina, with a vision of providing holistic, family-centered primary care. Her practice emphasizes scientific rigor balanced with empathetic understanding, guided by her faith and dedication to community service. She believes that community health begins within the family and that accessible, relationship-driven care is essential to long-term well-being.

Dr. Cooper's clinical interests include adolescent health, women's health, geriatrics, and in-office procedures. Beginning in 2026, she will expand her services through telehealth to support women navigating menopause and perimenopause, ensuring greater access to specialized midlife care. This expansion reflects her ongoing commitment to meeting patients where they are and addressing evolving healthcare needs with flexibility and innovation.

Dr. Cooper attributes her professional success to building strong, lasting relationships with her patients and remaining deeply engaged in the communities she serves. Her approach centers on personalized, whole-person care that considers mental, emotional, and physical well-being. Health equity remains a cornerstone of her mission, as she works to eliminate disparities and ensure quality healthcare is accessible to all.

"I truly enjoy building meaningful relationships with my patients," says Dr. Cooper. "Listening to their stories, understanding their concerns, and partnering with them to improve their health is the most rewarding part of my work. My faith also guides me in providing compassionate care, and being actively involved in the community I serve has been a deeply fulfilling aspect of my practice."

Outside of medicine, Dr. Cooper enjoys reading and scrapbooking. She resides in a Charlotte suburb

with her husband, Brian, their daughter, Dillon, her mother, and their spirited American Bully. A proud member of Alpha Kappa Alpha Sorority, Inc. for more than 30 years, she also remains active in her church community in Concord, North Carolina.

Through professional leadership and personal dedication, Dr. Emily Haynes Cooper exemplifies a lifelong commitment to family, faith, and the health of her community.

### **Learn more about Dr. Emily Haynes Cooper:**

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/emily-cooper>, or through her website, <https://dhfwc.com/>

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