

Evidence review

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Aim

Draw together and highlight the evidence on the benefits of community gardens, especially the benefits associated with active involvement in gardening and food growing.

Wider context

Health benefits of green spaces and nature
Active and passive engagement

Health issues - headings

- Allergies, asthma and intolerances
- Cancer
- Cardiovascular diseases, heart disease, stroke
- Dementia, Alzheimer's
- Diabetes
- Mental health, stress and depression
- Obesity, adult and childhood
- Sexually transmitted diseases
- Social health and wellbeing



Types of evidence

- Peer-reviewed papers
- Grey literature
- Case studies
- Personal stories

Please advise on additions and suggestions !



Thank you

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