Evidence review

Margi Lennartsson
Garden Organic
**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

mlennartsson@gardenorganic.org.uk