

Maria Devereaux Project Officer Sustain









Growing Health

- 4 year project run by Sustain and Garden Organic, funded by the Tudor Trust
- To get food growing to be more routinely used to deliver health outcomes
- Identify barriers and solutions
- Finding ways to make it happen











Why isn't food growing commissioned?

NHS & Public Health

- Lack of awareness
- Unsettled times, structures, funding
- Need measurable outcomes and impact

Food Growing Groups

- Commissioning is confusing
- Not set up to make it easy, volunteer led, small projects, time poor, lack of measurement







Finding ways to make it happen

- Evidence of benefits literature and practical examples
- Tools to measure outcomes
- Case studies
- Awareness raising with health professionals and health commissioners
- Support for community food growing groups online tool kit, events

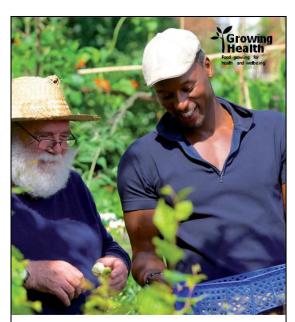








Evidence for health and wellbeing



The benefits of gardening and food growing for health and wellbeing

By Garden Organic and Sustain Ulrich Schmutz, Margi Lennartsson, Sarah Williams, Maria Devereaux and Gareth Davies April 2014

Gardening and food growing for healthy weight



Gardening and food growing help to achieve and maintain healthy weights by influencing: Fruit and vegetable consumption; Nelson et al., 2007; Alaimo et al. 2008; Nelson et al., 201 Body mass index Zick et al. 2013

The Government's obesity strategy 'Healthy Lives, Healthy People; a call to action on obesity in England' has identified that "overweight and obesity represent probably the most widespread threat to health and wellbeing" (Department of Health, 2011), 61% of adults are overweight or obese, and 23% of 4-5 year olds and 33% of 10-11 year old. The level of obesity in England. along with the rest of the UK, ranks as one of the most obese nations in Europe. It is the consequence of overweight and obesity that makes these statistics so serious, as excess weight is a major risk factor for diseases such as type 2 diabetes, cancer and heart disease. Alongside the serious ill-health it provokes, overweight can reduce peoples' prospects in life affecting self-esteem and mental health

Excess weight gain is the result of eating more calories than needed and/or unde insufficient levels of physical activity to match the calorie intake. Although this energy imbalance is driven by complex environmental, physiological and behavioural factors, changes in diet to reduce energy intake along with increasing physical activity are key to achieving and maintaining a healthy body weight. The National Institute for Health and Clinical Excellence (NICE) clinical quideline on obesity includes advice for people to eat at least five portions of fruit and vegetables each day in place of foods higher in fat and calories, and to make enjoyable physical activities part of everyday life. Engagement in gardening and food growing can address both of these recommendations and gardening is indeed recognised as moderate intensity physical activity that adults are advised to undertake 30 minutes or more of on five or more days of the week (NICE, 2006).

Evidence of impact of gardening and food growing on:

Reviews of academic studies from the UK and abroad, concluded that food growing programmes in schools can have positive impacts on pupil nutrition and attitudes towards healthy eating specifically related to willingness to try new foods and taste preferences (Nelson et al., 2011; Draper and Freedman, 2010). For example, a study carried out in the USA 11-12 year old students involved in food growing over a four month period found that students were more willing to taste, and ate, a greater variety of vegetables than those in the control group (Batcliffe et al., 2011). Lineberger and Zajicek (2000), also in the USA, reported more positive attitudes towards vegetables and increased spack preference for fruit and vegetables amongst 8-11 year old students involved in hands-on school gardening programmes. Evaluation of Food for Life Partnership (FFLP) in the UK showed significant associations between healthy eating and FFLP related behaviour (including participation in cooking and growing at school or at home); following their participation in FFLP the proportion of primary school-age children eating five or more portions of fruit and vegetables increased by 28% (Orme et al., 2011). Nelson et al. (2011) reported details of a number of studies demonstrating that pupils engagement in food growing activities resulted in increased consumption of vegetables, but also noted that most of the studies only considered whether pupils consumption habits had changed as an immediate effect of their involvement in growing and highlighted the lack of longitudinal evidence research confirming whether such programmes can change eating habits longer term.

For adults, Alaimo et al. (2008), reported that household members who participated in community gardening consumed fruits and vegetables 1.4 more times per day than those that did not and that they were 3.5 times more likely to consume the recommended 5 portions a day of fruits and vegetables. In the UK, the low-income diet and nutrition survey (Nelson et al., 2007) showed that men and women living in households that grew food consumed more fruit and vegetables that other men and women.

Gardening and growing for people with dementia



Being in a garden and taking part in horticultural activities has been shown to be of benefit for people with dementia, with structured therapeutic gardening activities having a positive impact on sense of weitbeing, cognitive abillies, communication and engagement. Detweiter of all, 2014 and Hewitt of al., 2014.

Dementia is a long-term condition with a high impact on a person's health, personal circumstances and family life. Alzheimer's disease is the most common form of dementia and is generally diagnosed in people over 70 years of age. Early-onset dementia refers to the onset of symptoms before the age of 65. As well as having profound impact on the individual, dementia can also have high impact on family members and friends. Dementia results in a progressive decline in multiple areas of function including needed to carry out daily activities. Alongside this decline, individuals may develop behavioural and psychological symptoms such as depression, psychosis, aggression and wandering, which complicate care.

The National Dementia Strategy (2009), aims to ensure that improvements are made to dementia services across three areas: improved awareness, earlier diagnosis and intervention, and a higher quality of care (Department of Health, 2009). The Alzheimer's Society statistics show that there are ourrently 800,000 people living with dementia in the UK, and it is predicted that this number will rise to over

currently costs the NHS local authorities and families £23 billion a year and this will grow to £27 billion by 2018 (Kane and Cook 2013). The Alzheimer's Society notes that the Welsh Assembly in its framework action recognises that low-level support services such as gardening clubs are vital, and reduce the need for more intrusive and costly care solutions (Kane and Cook, 2013).

Evidence of benefits of horticultural therapy for people with dementia

The UK National Institute for Health and Care Excellence (NICE) recommends that care plans should address activities of daily living that maximise independent activity, adapt and enhance function, and minimize need for support (NICE, 2011). The garden and the activity of gardening provides a non-pharmacological approach to address these coals and horticultural therapy can be utilized to improve the quality of life for the aging population and yielded high level patient/ carer satisfaction, possibly reducing costs of long-term al. 2012; Gitlin et al, 2012).

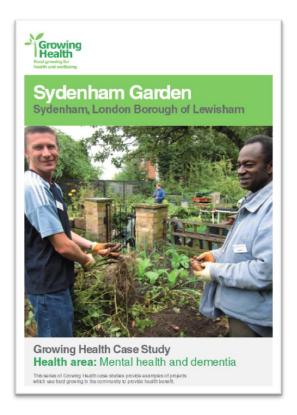








Case studies











Growing Health Network

- Website
- e-newsletter
- Social media
 @growing_health Facebook Growing Health
- PR
- Advisory group
- Growing Health Champions









Next steps

- Locate and map projects
- Work with social prescribing
- Encourage partnerships
- Guidelines for practice
- Awareness raising
- FUNDING









Thank you

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