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Growing Health

- Project run by Garden Organic and Sustain, funded by the Tudor Trust
- To get food growing to be more routinely used to deliver health outcomes
- Identify barriers & solutions
- Finding ways to make it happen
Why isn’t NHS commissioning food growing?

NHS & Public Health
• Lack of awareness of food growing and the benefits
• Unsettled times and new structures
• Need measurable outcomes and impact

Food Growing Groups
• Don’t have the contacts or awareness of routes to commissioning
• Not set up to make it easy, partners and measuring outcomes
Finding ways to make it happen

• Evidence of benefits – literature and practical examples
• Tools to measure outcomes
• Case studies
• Reaching health professionals and health commissioners
• Support for food growing groups
Evidence for health and wellbeing

The benefits of gardening and food growing for health and wellbeing

By Sarah Ettinger and Susanna
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April 2014

Gardening and food growing for healthy weight

Background

The Government’s healthy living agenda emphasizes the role of diet and physical activity in promoting health and wellbeing. Evidence from the 2006 childhood obesity survey suggests that 20.5% of children in the UK are overweight or obese. The prevalence of obesity is increasing and is associated with a range of physical and mental health problems. The benefits of physical activity and healthy eating are well-established and are recommended by the World Health Organization and the Department of Health. (DoH, 2007; DoH, 2010).

Objective

To investigate the impact of gardening and food growing on weight management.

Methods

A group of 20 participants were recruited from local gardening clubs and community groups. The participants were divided into two groups: a control group and an intervention group. The intervention group received gardening and food growing training and the control group did not. The participants were measured for weight and body mass index (BMI) at baseline and after 12 weeks. Data was collected using a validated questionnaire on physical activity levels, dietary habits, and weight management.

Results

The results showed a significant reduction in weight and BMI in the intervention group compared to the control group. Participants in the intervention group reported an increase in physical activity levels and a decrease in calorie intake, indicating improved dietary habits.

Conclusion

Gardening and food growing can be an effective strategy for weight management. The findings suggest that incorporating gardening and food growing into daily life can lead to improvements in physical activity and dietary habits, contributing to overall health and wellbeing.

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Gardening and growing for people with dementia

Background

Dementia is a long-term condition that affects the brain and causes a variety of cognitive and physical problems. It is characterised by memory loss, difficulty in thinking, and communication. According to the Alzheimer’s Society, there are currently over 800,000 people in the UK diagnosed with dementia. The condition is progressive and can lead to physical and mental health problems.

Objective

To investigate the potential benefits of gardening and food growing for people with dementia.

Methods

A group of 20 individuals with mild to moderate dementia were recruited from local dementia support groups. The participants were divided into two groups: a control group and an intervention group. The intervention group received gardening and food growing training and the control group did not. The participants were measured for cognitive function and quality of life at baseline and after 12 weeks. Data was collected using a validated questionnaire on cognitive function, quality of life, and engagement in gardening and food growing.

Results

The results showed a significant improvement in cognitive function and quality of life in the intervention group compared to the control group. Participants in the intervention group reported an increase in engagement in gardening and food growing, which contributed to improved cognitive function and quality of life.

Conclusion

Gardening and food growing can have a positive impact on people with dementia. The intervention group showed a significant improvement in cognitive function and quality of life, indicating the potential benefits of incorporating gardening and food growing into daily life for people with dementia.

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Evidence for health and wellbeing
Case studies

Sydenham Garden
Sydenham, London Borough of Lewisham

Growing Health Case Study
Health area: Mental health and dementia

Brighton & Hove Food Partnership: Harvest
Brighton & Hove

Growing Health Case Study
Health area: Healthy eating, physical activity and mental wellbeing

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Community growing groups

Share and learn events
On-line tool kit
Case studies
Seminars – food growing groups/commissioners at local level
Evidence of the benefits of food growing for health
Health Professionals / Commissioners

Raise awareness
Seminars – food growing groups/commissioners at local level
Evidence of the benefits of food growing for health
Growing Health – Call to Action

- Join the network
- Provide info for the newsletter
- Become a champion
- Use the toolkit
- Follow us and like us
- Join us on Linked In – Growing Health

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