

Margi Lennartsson Head of Programmes Garden Organic









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
- Advisory group
- 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

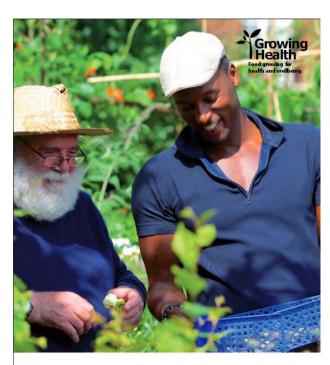
- Evidence of benefits literature and practical examples
- Tools to measure outcomes
- Case studies
- Reaching health professionals and health commissioners
- Support for food growing groups







Evidence for health and wellbeing



The benefits of gardening and food growing for health and wellbeing

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

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 wi dementia, with structured the rapeutic gardening activities having a positive impact on some of weithein cognitive abilities, communication and engagement Deteroite et al. 2012 and thenit et al. 2013.

Background

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Gardening and food growing for healthy weight



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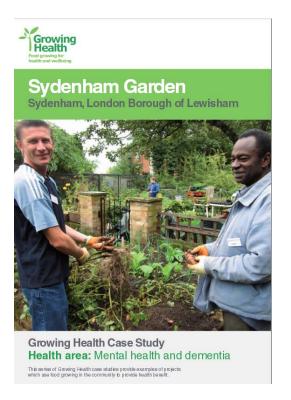








Case studies











Welcome







