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 Daines, Maria Devereux, Maggi Lennon, and Sarah Williams
April 2014

www.growinghealth.info
Case studies

Sydenham Garden
Sydenham, London Borough of Lewisham

Growing Health Case Study
Health area: Mental health and dementia
The work of planting, health care, and community engagement aims to
support local food growing in the community to provide health benefits.

Brighton & Hove Food Partnership: Harvest
Brighton & Hove

Growing Health Case Study
Health area: Healthy eating, physical activity and mental wellbeing
The project in Brighton & Hove aims to support local food growing in the community to provide health benefits.