Margi Lennartsson
Garden Organic
Growing Health

• Project run by Garden Organic and Sustain, funded by The Tudor Trust
• Vision - community food growing to be a natural part of the health service and routinely used to deliver health improvement
• Identify barriers & solutions
• Finding ways to make it happen
Why isn’t food growing commissioned?

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

Food Growing Groups
• Don’t have the contacts or awareness of routes to commissioning
• Not always set up to make commissioning easy – define the service, work in partnerships and provide evidence of impact
Finding ways to make it happen

• Supporting community groups to get commissioned
• Raising awareness amongst commissioners and health professionals
• Collating and sharing evidence of the benefits of community food growing on health
• Growing Health Network and communication
Community growing groups

• Share and learn events
  - Routes to commissioning
  - Building partnerships
  - Measuring outcomes

• Case studies

• On-line tool kit

• Evidence of the benefits of food growing for health

• Guide to tools for measuring outcomes

www.growinghealth.info
Evidence for health and wellbeing

The benefits of gardening and food growing for health and wellbeing

By Gordon Organic and Susan
Ullrich Schmidt, Marg Leander, Sarah Williams, Mara Devenschi and Sarah Davies
April 2014

Gardening and food growing help to achieve and maintain healthy weights by following:
- Fruit and vegetable consumption
  (Nevins et al., 2007; Adams et al., 2006; Nevins et al., 2006)
- Physical activity (Haskell et al., 2007; Haskell et al., 2008)
- Body mass index (Kop et al., 2010)

Background
The Government’s obesity strategy, Healthy Lives, Healthy People, calls for action on obesity in England. Levels of obesity among adults are growing at an alarming rate and, at its current rate, obesity is predicted to affect 40% of the population by 2040. Obesity is related to the acquisition of excess body fat, which is a major risk factor for diseases such as type 2 diabetes, heart disease, and breast cancer. Moreover, obesity increases the risk of many medical conditions, including heart disease, diabetes, and some cancers. In addition, obesity can also negatively affect mental health and well-being.

Gardening and food growing for healthy weight

Evidence of the impact of gardening and food growing on:
1. Fruit and vegetable consumption
   - Evidence of a positive impact on weight loss and maintenance of healthy eating, specifically related to willingness to try new foods and food preferences (Haskell et al., 2007; Draper and Frean, 2010).
   - For example, a study carried out by the University of Cambridge (2014) found that students who participated in a gardening programme for four months showed an improvement in their fruit and vegetable intake.

Gardening and food growing for people with dementia

Evidence of benefits of horticultural therapy for people with dementia

The UK National Institute for Health and Care Excellence (NICE) recommends the use of horticultural therapy to address the needs of people with dementia. Benefits include improved mobility, social interaction, and well-being. The therapy aims to help people with dementia to engage in meaningful activities and maintain their cognitive function.

Evidence of benefits of horticultural therapy for people with dementia

The UK National Institute for Health and Care Excellence (NICE) recommends the use of horticultural therapy to address the needs of people with dementia. Benefits include improved mobility, social interaction, and well-being. The therapy aims to help people with dementia to engage in meaningful activities and maintain their cognitive function.

For more information, visit www.growinghealth.info.
Health Professionals / Commissioners

• Raise awareness
• Seminars – food growing groups/commissioners
• Evidence of the benefits of food growing for health
Growing Health Network communications

• Growing Health Network
• Growing Health Working Party
• Growing Health Champions
• e-newsletter
• Website – www.growinghealth.info
• Social Media
  Twitter- @growing_health
  Facebook - Growing Health

www.growinghealth.info
Thank you

mlennartsson@gardenorganic.org.uk
www.growinghealth.info