

The Community Garden – Service, Research, and Student Education

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Greetings from Athens!

Ohio University

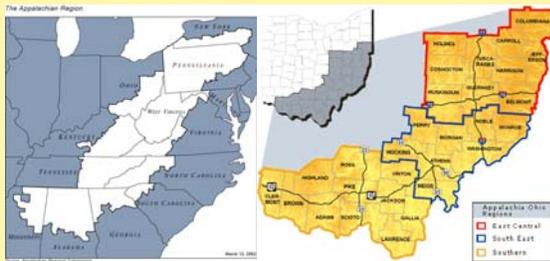
- School of Applied Health Sciences and Wellness
- Athens, Ohio



Appalachia

www.arc.gov www.firstohio.com

- Distressed County (FY 2013)



Objective

- To assist participants in understanding how community gardens can be used for service, research, and student education.
 - Sustainable Food System
 - Food Security
 - Community Gardens
 - Examples of community programs increasing access to healthy foods in an Appalachian Ohio community.

Objective

- The **ECO**HO GARDEN Project



The Local Food System

- “The health of eaters reflects the health of the food system.... Healthy individuals, healthy families, healthy farms, healthy communities, and healthy ecosystems are a result of a vibrant, resilient, and sustainable food system” (Tagtow and Harmon, 2009).

The Local Food System

- Developing resiliency within the food system is critical for ensuring a future food supply that protects both human and environmental health (Tagtow and Harmon, 2009).

Sustainable Food Systems Model www.eatright.org

Model is built on the foundation of human, natural, and economic capital.

Inputs must be ecologically sound, socially acceptable, and economically viable.

Food Security Concepts

- Food Availability
- Food Access
- Food Utilization

Food Access = Food Security

- An essential, universal dimension of household and personal well-being.
- All people at all times have access to enough food for an active, healthy life.
- This includes the ready availability of nutritionally-adequate, safe foods and the assured ability to acquire them in socially acceptable ways.

Source: Anderson 1990

Food insecurity is evident when...

...families or individuals:

- Lack access to food.
- Depend on food assistance programs.
- Skip meals.
- Substitute nutritious foods with less expensive alternatives.
- Seek assistance from soup kitchens and food pantries.

Food Security in the United States

Sources: ERR-141, ers.usda.gov



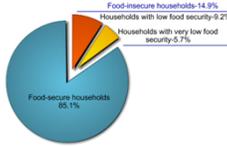
Most recent data...

- 85.1% of American households (101.6 million) were food secure throughout calendar year 2011.
- 14.9% (17.9 million) of households were food insecure.
 - 9.2% (11.0 million) of households had low food security.
 - 5.7% (6.8 million) of households had very low food security.
 - These households were uncertain of having, or unable to acquire, enough food due to insufficient money or other resources.

2011-Household Food Security

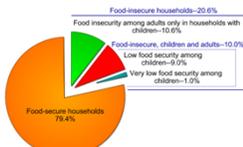
Sources: ERR-141, ers.usda.gov

U.S. households by food security status, 2011



Source: Calculated by ERS using data from the December 2011 Current Population Survey Food Security Supplement.

U.S. households with children by food security status of adults and children, 2011

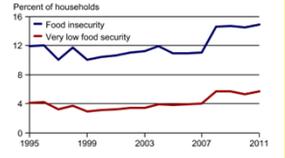


Source: Calculated by ERS using data from the December 2011 Current Population Survey Food Security Supplement.

2011-Household Food Security

Sources: ERR-141, ers.usda.gov

Trends in prevalence rates of food insecurity and very low food security in U.S. households, 1995-2011



Prevalence rates for 1996 and 1997 were adjusted for the estimated effects of differences in data collection screening protocols used in those years.
Source: Calculated by ERS based on Current Population Survey Food Security Supplement data.

Those with less severe food insecurity...

- Used a variety of coping strategies.
 - Eating less varied diets.
 - Participating in Federal food assistance programs.
 - Getting emergency food from community food pantries.

Households At Risk



Households At Risk

- Income < 185% of poverty level
- Female-headed with children
- Male-headed with children
- Black or Hispanic
- Living in central cities or rural areas
- Living in south or west



Community Garden

- “Any piece of land gardened by a group of people.”
 - Location: Urban, suburban, or rural
 - Grow: flowers, vegetables or community.
 - Style/Form:
 - One community plot or can be many individual plots
 - School, hospital, or in a neighborhood
 - Series of plots dedicated to "urban agriculture" where the produce is grown for a market.

Source: American Community Gardening Association (<http://www.communitygarden.org/learn/>)

Community Gardening (CG) Literature

- Robinson-O'Brien, et al., 2009
 - Garden-based Youth Nutrition Interventions
 - CGs, 3 of 11 programs
 - “Well-designed, evidence-based, peer-reviewed studies to determine program effectiveness and impact” are needed.
- Ahonen, et al., 2012
 - Interprofessional outdoor classroom CG
 - Development and implementation
 - Nursing: Community Program Planning

Community Gardening (CG) Literature

- Weltin, et al., 2012
 - CG Improve DM control, Pacific Islander immigrants living in midwest?
 - CG participants had better glycemic control, compared to those not participating (small)
- Shacham, et al., 2012
 - Implementation of community-based urban farming intervention, HIV with distress symptoms
 - Not significant, additional programs



Athens Farmers Market www.athensfarmersmarket.org

Chesterhill Produce Auction www.ruralaction.org

Other

Nutrition in the Community Class

- Community nutrition, needs assessment, agriculture, sustainability
- Needs Assessment Project
 - Group of interest
 - Nutritional needs
 - Intervention must be a garden that meets nutritional needs of the group of interest

Nutrition in the Community Class

Nutrition in the Community Class

The ECOHIO GARDEN Project

- The **ECO**HIO GARDEN Project



The ECOHIO GARDEN Project – Principle?

- Underlying Principle of Program
 - Everyone Can [in OHIO] Garden [plants] And Rake Dirt [to] Enhance Nutrition = ECOHIO GARDEN.



The ECOHIO GARDEN Project—Why?

- Gardening has the potential to improve both produce intake and physical activity, two foundations of good nutritional health for sustaining the human capital of a community.
- When sustainable practices are used, gardening has the potential to positively impact the environment and enhance the local food system.



The ECOHIO GARDEN Project—Goal?

- The overall goal of The ECOHIO GARDEN Project:
 - To enhance the local food system of Athens, Ohio.



The ECOHIO GARDEN Project—Tactics?

- This will be accomplished through:
 - 1) hands-on gardening training;
 - 2) planting a community garden plot at the Athens Community Garden;
 - 3) planting fruit permaculture (permanently planted trees and shrubs) at hubs of activity within the community; and
 - 4) creating a map of edible fruit trees and shrubs on municipal land.



The Program

- A half-day, hands-on organic gardening workshop
 - Participants: university and community stakeholders (high school and university students, community members, child development center directors, senior citizen center directors).
 - Speakers: university faculty and community-based organization employees and volunteers, including master gardeners.

The Program

The Program

The Program

- Apply skills learned at the workshop
 - Community garden plot at the Athens Community Garden.

The Program

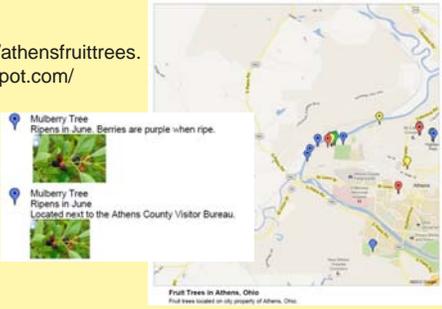
- Apply skills learned at the workshop
 - Fruit permaculture (permanently planted trees and shrubs) at hubs of activity within the community.
 - Ohio Ecohouse, a university-owned residence that “demonstrates affordable green technology and sustainable living in order to inform, engage and inspire both residents and visitors”
 - Athens Community Garden, Ohio University Child Development Center Children’s Garden, and other locations.
 - Fruit permaculture will be maintained by the organizations where they are planted.

The Program

- Develop map of edible fruit trees and shrubs on municipal land will be conducted in partnership with an environmental studies graduate student and community food initiatives.
 - Fruit trees on municipal lands are untapped sources of nutritious food for community members.
 - Promote an increased awareness of the location and season of the fruit for picking and consumption.

The Program

- Map
 - <http://athensfruittrees.blogspot.com/>



The Program

- Video of Fruit Tree Planting
 - <http://www.youtube.com/watch?v=jOV5i-La13A&noredirect=1>

Questions?

