Health Center Garden

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Leaders in Health
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Background

- Vegetable garden adjacent to main entrance of HC
- History
- Use: more interactive!
- My role: lead, recruit, plan, purchase, plant, collaborate with RD's, secure $
Aims & target population

- Aim: increase consumption of vegetables

- Big picture: reduce risk of chronic disease, lower BMI's

- Target population: overweight/obese pediatric patients + children on WIC, 85% hispanic, Jamaica Plain
Key activities & outcomes

- Healthy Lifestyles Clinic planting day
- WIC group nutrition class
- Short term: increase interest in eating vegetables, improve attitude toward vegetables, improve nutrition knowledge
- Intermediate: increase veg consumption, increase variety of veg in diet
- Long term: BMI's, chronic disease risk
HLC Planting Day

- Key strategies:
  - Ed/communication, participation + involvement, facilitation + support

- Short term action steps:
  - Meet with RD, create timeline, garden layout, purchase, lesson plan, implement!

- Long term action steps:
  - Confirm future funding, engage group annually
Key strategies: ed/communication, participation and involvement, facilitation + support, command + enlist

Short term action steps:
- Admin approval, create activity lesson plan with staff, choose staff to implement it

Long term action steps:
- Review game plan week of, implement
Leaders in Health Concepts

- Indiv vs. population approach
- Social ecological model
- CBPR
Conclusion