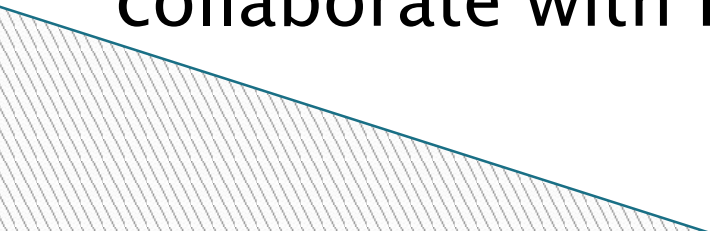


# Health Center Garden

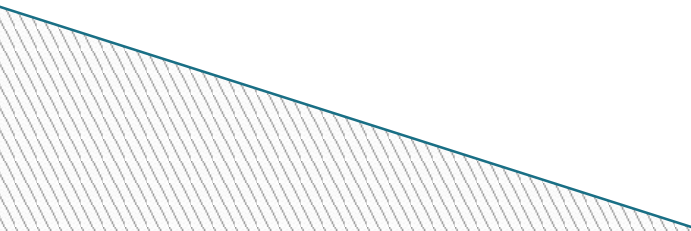


**Irene O'Hayer, RD**  
**Leaders in Health**  
**June 6, 2013**

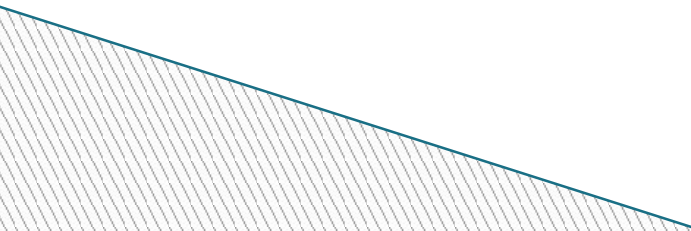
# Background

- ▶ 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 time line, garden layout, purchase, lesson plan, implement!

- ▶ Long term action steps:

- Confirm future funding, engage group annually

# WIC group nutrition classes

- ▶ 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

- Individ vs. population approach
- Social ecological model
- CBPR



# Conclusion

