

## PCRI/NorTex Projects

*(Gardens, continued)*

The Healthy Harvest Partnership is the direct result of an existing collaboration of faith-based organizations made possible by a NIH grant directed by Dr. DeHaven called GoodNEWS. GoodNEWS is a comprehensive lifestyle enhancement program that works in partnership with faith-based organizations to reduce chronic diseases and improve the quality of life in predominately African-American South Dallas communities.



The mission of Healthy Harvest is to improve the quality of life of inner-city residents and reduce health disparities, by providing access to healthy food alternatives through a community garden network. Through a generous gift provided by a local philanthropist, Healthy Harvest will provide training and resources for 8 community gardens throughout South Dallas. Dr. Don Lambert and his team from GICD, experts on developing community gardens, will provide training based on years of experience in Dallas area community gardening. The GICD model has proven to be successful and sustainable, and provides strong community participation and management of urban food production projects such as community gardens.

Drs. DeHaven and Kitzman-Ulrich will study the effects of community gardening on improving the health of individuals. This unique analysis is expected to produce information leading to solutions to

America's increasing levels of chronic disease.

It is expected that each community garden will provide 1 ton of fresh vegetables annually, and that training provided by GICD will encourage additional sources of fruits and vegetables into the community such as farmer's markets, connecting with urban farmers, and back-yard gardening. Drs. Dehaven and Kitzman-Ulrich have recently submitted an NIH grant to The National Center on Minority Health and Health Disparities (NCMHD) to expand the scope of this project.

Through Healthy Harvest, the leaders hope to combat cardiovascular disease and Type 2 diabetes that are common among low-income population, predominately African Americans. The project will monitor the effectiveness of community gardening, fruit and vegetable consumption, and physical activity among inner-city gardeners. We hope to continue to use this model of program development at the PCRI to reduce health disparities, which is consistent with the PCRI's mission to combine clinical and public health strategies to promote health and well-being in underserved populations.

