

Healthy Harvest

Currently the Healthy Harvest Project has four producing gardens in the South Dallas area and another garden is built and ready. Many of these Gardens are already providing food to families in the area. Focus group data began in the Fall detailing the impact of the garden for church and community members.

Each community garden may provide 1 ton of fresh vegetables annually and training provided by Gardeners In Community Development will encourage additional sources of fruits and vegetables in the community such as farmer's markets and backyard gardening. 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. (PIs: M DeHaven, H Kitzman-Ulrich; Funded by: Anonymous Donation)



Church members, community leaders and children learn how to garden for effective, healthy food production.

Stomp for Life

This study is a unique health promotion program for kids that uses the power of music and rhythm to help improve physical activity and nutrition. The program uses multiple activities to facilitate learning such as drumming, rap songs; movement to music and high energy games. The program was developed out of concern for the nation-wide epidemic in childhood obesity and is based on principles of brain-based learning to improve retention of nutritional information and healthy habit formation. This program is also designed as the vehicle to insure high interest and excitement for learning and applying health information for a lifetime to children who may otherwise consider health concepts as irrelevant or 'boring'. (PI: Dr. Susan Franks, PhD. Funded by the Coca Cola Foundation and UNT Health Science Center/TCOM Intramural Grant).

Imagery Training Program: Raising Human Consciousness in the Care of Cancer Patients

This project is designed to initiate a strategy for integrating imagery in the care of cancer patients through resource development for access through the TRIUMPH (Training Resources in Understanding My Power for Healing) materials which will be distributed to participating cancer centers nationwide and to evaluate the usefulness of TRIUMPH to consumers. This project was awarded in late December, 2010 and is currently being evaluated by the IRB.(PI: Dr. Susan Franks, PhD. Funded by private funds from the Scheidel Foundation).