

PCRI/NorTex Projects*Healthy Harvest continued*

the Fall on the impact of the garden for church and community members.

The mission of the Healthy Harvest project is to improve the quality of life of inner-city Dallas residents and reduce health disparities by providing access to healthy food alternatives through an innovative 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. It is expected that each community garden will provide 1 ton of fresh vegetables annually, and that training provided by Gardeners In Community Development will encourage additional sources of fruits and vegetables into the community such as farmer's markets, connecting with urban farmers, and back-yard 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)



Pictured is Healthy Harvest Coordinator, Dr. Heather Kitzman-Ulrich and Charlie Campbell, a Garden Liaison, standing amidst the Christian Stronghold Baptist Church Garden.

Funded by Intramural Grants

Racial / Ethnic Differences in Stress Age Among Women

The purpose of the “Racial/Ethnic Differences in Stress Age among Women” study is to delve into the role stress age plays in health disparities among women. Differences in health status and disease disparity exist among racial/ethnic groups, particularly in women. While these disparities are not fully understood, one concept suggests that African American women may “age” quicker than Caucasian women due to experiences of lifelong stress and stressful

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