

Results

The results speak for themselves. Help make a difference for someone by helping them garden.

- Average intake of daily fruit and vegetable increased by 113%
- Average BMI change= - 5.63% (measurement of body fat based on height and weight)
- Improved physical function in 70% of test over 12 months. (Chair stands, arm curl, step test, sit and reach, get up and go)



Contact Information

Renée Thompson

Cell: (334)826-1590

Email: thomprw@auburn.edu

Call 1-844-GROW-GR8

if you are a Cancer Survivor and would like more information about being included in our Gardening Intervention Study at UAB.



www.aces.edu

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer.



Harvest for Health

Renée Thompson
Outreach Coordinator



What is Harvest for Health?

Harvest for Health is a gardening intervention for cancer survivors through UAB and ACES. UAB recruits and designates the survivors and ACES partners them with Master Gardeners like yourselves helping these people learn how to garden. These studies have shown promising results in increased fruit and vegetable intake, physical function, and a decrease in body fat. This is important for the survivor because they are at a greater risk of getting second cancers or other worsening health conditions. Getting them active is vital!



What can you do to help?



Getting involved with this project could make a world of difference for you and the cancer survivor. We need approximately 425 volunteers over the next five years to help guide and mentor these survivors.

As a mentor you will be working for 12 months with your survivor. You will need to stay in contact with them. Call them and make time visit them a few times a month. Check in on their progress and offer advice or tips as the year progresses.

If you have questions about anything,

please feel free to contact Renee Thompson, your Extension agent or check ACES publications for answers. We also have a private Facebook page for you all to use to share ideas, recipes, and questions.

There will be a brief training event to get you started. But the main goal for you is to be there and encourage your survivor over the year.

Meet and Greet Events are held at the beginning of each cycle. You should get gardens prepped within two weeks of Meet and Greet. The project officially kicked off in February 2017.