DuPage Community Gardens Workshop
August 16th, 2013
Spread the Word

Tweet us today at: 
#DuPageGardens
Vision
All children and families in DuPage County will achieve and maintain a healthy lifestyle.

Mission
FORWARD will lead DuPage County, through a broad-based community coalition, in promoting effective and sustainable policy, system, and environmental strategies for children and families to achieve a healthy weight.
Goals

Understand the prevalence in persons who are overweight and obese in DuPage County.

Understand the factors contributing to obesity within DuPage County Communities.

Identify evidence-based interventions to reduce obesity through policy, system, and environmental change.

Promote effective and sustainable policy, system, and environmental strategies to reverse the trend of obesity in DuPage County.
Prevalence of Overweight and Obesity in Grades K, 6, and 9 in DuPage County, 2011-2012 Academic Year (n=27,914)

- **Overweight or obese (≥ 85th percentile):** 31%
- **Obese (≥ 95th percentile):** 15%

Source: FORWARD Obesity Surveillance Report, 2011-2012 Academic Year
*Note: The Northeast Region had 48.3% participation; therefore, the Student Characteristics listed for the Northeast Region cannot be generalized to the entire region and only represent the participating schools and their students. All other regions had over 96.7% school and class participation.
Community Gardens: Nutritional Benefits

• Garden-based educational activities can influence children’s willingness to taste vegetables, knowledge of nutrition, and preference for fruit and vegetables.
• Community gardeners and their children eat healthier, more nutrient rich diets than do non-gardening families.
• People who garden (or live with a gardener) tend to eat more fruits & vegetables on a daily basis.
Community Gardens: Physical Activity Benefits

• Gardening is considered moderate to heavy intense physical activity, and has been linked to beneficial changes in total cholesterol, HDL cholesterol, and systolic blood pressure.

• Gardening motivates people to stay active longer than other activities. (i.e. participants spend more time gardening (225 minutes/week) vs. walking (160 minutes/week) and biking (170 minutes/week))
Community Gardens: Economic Benefits

- Community gardens have been shown to increase property values in the immediate vicinity where they are located.
- Developing and maintaining garden space is less expensive than parkland area, in part because gardens require little land and 80% of their cost is in labor.
- People who participate in community gardening have a significantly lower BMI—as well as lower odds of being overweight or obese—than do their non-gardening neighbors.

Get Involved

• Spread the word about FORWARD (Tweet us today at: #DuPageGardens)
• Join the FORWARD Coalition
• Share resources
  • Complete a community assessment
  • Connect with local leaders working to prevent obesity in DuPage County
• Offer your skills and talents to a committee
• Help identify funding or in-kind resources
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Next Steps

• Fill out Your 30/90 to track our progress
• Attend a “Fresh from the Farm” Training  
  (Add your name to the sign-in sheet )
• For farm to school consulting, and support  
  Contact: lindsey@sevengenerationsahead.org
• For more resources on starting a community garden in DuPage go to:  
  http://www.dupageco.org/CoolCounties
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