COMMUNITY GARDENS’ ROLE IN PEDIATRIC NUTRITION

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Learner Objectives

1. The learner will be able to recognize wellness issues related to obesity and malnutrition in children.
2. The learner will recognize the value of utilizing community gardens as part of a long term commitment to improve pediatric wellness and lasting health.

Purpose

Highlight the benefits of utilizing community gardens as part of a holistic approach to increasing pediatric nutrition and wellness.

Target Audience

Nursing students, nurses, educators, dietitians, nutritionists, social workers and healthcare personnel who may have an interest in making positive changes in pediatric wellness that will last through adulthood.

Problem

Childhood Obesity

• One out of three children are overweight or obese
• Obese children have 70 percent greater risk of being an obese adult
• Children living in poverty are at increased risk for obesity
• Families living in food deserts
• Inadequate consumption of fruits and vegetables

Resulting Health Issues

• Heart disease
• Diabetes
• Gastrointestinal pathologies
• Asthma
• Increased risk of cancer
• Social and psychological issues

Community Gardens

• Increase family vegetable and fruit consumption
• Increase exercise
• Decrease body mass index (BMI)
• Improve self image
• Improve social skills
• Enhance sense of community

Adult USDA Recommended Daily Fruit & Vegetable Intake

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<thead>
<tr>
<th></th>
<th>Community Gardeners</th>
<th>Home Gardeners</th>
<th>Nongardeners</th>
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<tbody>
<tr>
<td></td>
<td>56%</td>
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