

Community Gardening

Components of community gardening activities

Voluntary activity

Garden and project management

Social contact

Physical activity

Production of fruit and vegetables

Selling/distributing produce

Training and educational

Potential outcomes

Therapeutic

Alternative health care contexts

Increased stress and anxiety

Environmental

Improved living environments

Restorative environment and activities

Increased (higher quality) accessible greenspaces

Risk of contact with contaminated land/soils or chemicals

Contact with the natural environment

Shared community space

Community

Enhanced community networks

Greater social cohesion

Identification of like-minded individuals

Risk of social exclusion

Increased social (individual or community) isolation

Community engagement

Civic engagement

Contribution

Sense of achievement

Valued activity

Physical activity

Increased levels of physical activity, motivations and adherence

Injury

Physical injury

Nutritional

Improved nutrition

Reduced food insecurity

Financial and economic

Poverty mitigation

Income generation

Employment

Skills acquisition

Availability of shared resources

In-equitable input and sharing of resources

Social capital

Shared knowledge and resources

Inequitable opportunity to use/develop/act on shared capital

Potential health or wellbeing impacts

Physical health

Mental health

Positive or Negative

Social wellbeing

Quality of life

Increase health inequality

Potential impacts on health inequality

Reduce health inequality