The impact of home gardening in upstate South Carolina
An abstract by Abby Odom

Background
It is known and has been claimed that community and home gardens can have a large impact on the health and diet quality of residents. However, the benefits of home gardening in a more rural state such as South Carolina has not been as thoroughly studied.

Objectives
The aim of this study is to determine the current rate of home gardening among adults as well as if this type of vegetable and fruit cultivation has any effect on daily and weekly food group consumption.

References

Methods
Fliers for study participation will be posted on public boards and social media. A coupon will be provided as an incentive for participation. The desired population is 50 20-40 year olds living in South Carolina with and without home gardens. Home gardens will be defined as the cultivation of vegetables, fruits, or grains in a home or yard. A sample of the questionnaire to be used can be viewed below.

Measurable Outcome/Analysis
The prevalence of adults with home gardens will be assessed and their diets, by food group, will be compared using basic statistical methods. Since there are no data available on the prevalence of home gardens in this population, the ability to analyze the results with statistical tests is limited.

Results
The proportion of gardeners to non-gardeners will be presented with the mean diet characteristics of each.

Conclusion
Differences in mean food group consumption between gardeners and non-gardeners will provide crucial information for the possible benefits of home gardening.

This study protocol required no funding.