

### Title

Kinder gestalten ihren Naschgarten (Children make their own garden)

### Short description

Living – Green spaces

Consuming – food

### Topic

Neighborhood, local/regional intervention

### Characteristics (type, level)

Private

### Country/Countries of implementation

Germany

### Aims and Objectives

Overweight, misdirected developments in the nutritional behaviour, as well as increasing movement deficits are considered a health problem in children and adolescents. The consequences of this development appear also in the town of Holzminden. The data of the school entrance examinations of district for the public schools showed that in the years 2003-2005 an average of approximately 20 percent of children at school (5 to 7 years) were overweight.

The project combines girls and boys nature experience with planting of natural fruit and vegetable and provides open experience, exercise and game rooms and their participatory involvement.

On a 8,000 square meters of land the children are actively involved in the planning and design of their living environment. The girls and boys interested get insight into a healthy diet and learn about panting of natural fruits and vegetable.

### Target Group

Children aged between 3 and 12 years are the target group of the project. In particular, participation in the project is possible also for children from socially disadvantaged families.

### Status

Ongoing

### Start and Completion dates

2007-today

### Lifestyle and Behavior Change

The project promotes healthy development of children by healthy eating, increased physical activity and a shaping of their living environment against the background that many children know little or nothing about the origin and cultivation of food and barely know the taste of fresh fruit and vegetables.

### Effects on:

<b>Health and Wellbeing</b>	healthy development of children by healthy eating, increased physical activity and a shaping of their living environment
<b>Vulnerable populations</b>	are included in the target group having the project in the neighbourhood
<b>Environment</b>	by shaping the living environment in more green spaces

### Initiated and/or implemented by

The project was initiated through an initiative of the company Symrise. The fragrance and flavor producer Symrise provided support within the framework of its commitment to social responsibility in the town where the company's headquarters in Holzminden for a project for with healthy eating. The University of Fulda developed a project concept which was further developed together with local cooperation partners.

### Stakeholders and sectors involved

Public-Private-Partnership

### Financial support

Fragrance and flavor producer Symrise

Landesvereinigung für Gesundheit und Akademie für Sozialmedizin Niedersachsen

### Evidence-base

Overweight, misdirected developments in the nutritional behaviour, as well as increasing movement deficits are considered a health problem in children and adolescents. The consequences of this development appear also in the town of Holzminden. The data of the school entrance examinations of district for the public schools showed that in the years 2003-2005 an average of approximately 20 percent of children at school (5 to 7 years) were overweight.

### Main activities

The "garden" is a 8,000 sqm plot located in the centre of Holzminden in the living environment of the target group. The residential area consists mostly of small apartments without gardens. In the framework of the project the children should actively be involved in the planning and design of their living environment and learn from the new experience. Contributing own ideas and planning own "garden", but also its maintaining e.g. cultivation and harvesting of fruit and vegetables were up to the children. The implementation began in 2008 with a children's party, action planning with a joint brainstorming supported by the council decision of city of Holzminden. Each participating institution was given an own garden plot in April/May 2008. The design and planting of plots began following the principle "Ideas are generated while doing". Berry bushes, fruit trees, herbs and pumpkins were planted. Since then different competitions (pumpkin, potatoes etc.) have been implemented.

### Evaluation

University of Fulda evaluated the project from 2007 to 2009  
Project development follows the Public Health Action Cycle

### Main results

Children between 3 and 12 (even 14), kindergartens, schools and families from the neighbourhood are involved in planting of natural fruit and vegetable. The project provides open experience, exercise and game rooms and gets their participatory involvement.

### Key success factors and barriers

The project is successful because its public-private-partnership nature. Securing funding would be the most important challenge to let the practice further ongoing.

### INHERIT Perspective

This initiative has a potential to improve children's health by changing their eating patterns through learning to plant vegetables and fruits. In the long run, it influences the individual behaviour and lifestyle. Children make their own garden is a practice combining two primary interventions 1) involving children and families to combine their nature experience with planting of natural fruit and vegetable and provide open experience, exercise and game rooms and 2) developing spaces in green spaces.

### More information

<http://www.gesundheitliche-chancengleichheit.de/good-practice/kinder-gestalten-ihren-naschgarten/>

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