

## Why Should I Participate?

Growing a garden may help cancer survivors eat better, get more exercise, and live a healthier, more enjoyable life after treatment.

96% of previous participants told us they were pleased with the study and would do it again.

*"Harvest for Health is a wonderful program all on its own... I don't know if any participant — past, present, or future — will love Harvest for Health as much as my family. That original garden continues to enrich our lives years later."*

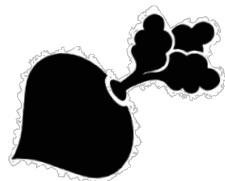
*—Previous participant*

FOR MORE INFORMATION  
CONTACT US TOLL-FREE

**1-844-476-9478**

OR

**Harvest4Health@uab.edu**



### Harvest for Health Team

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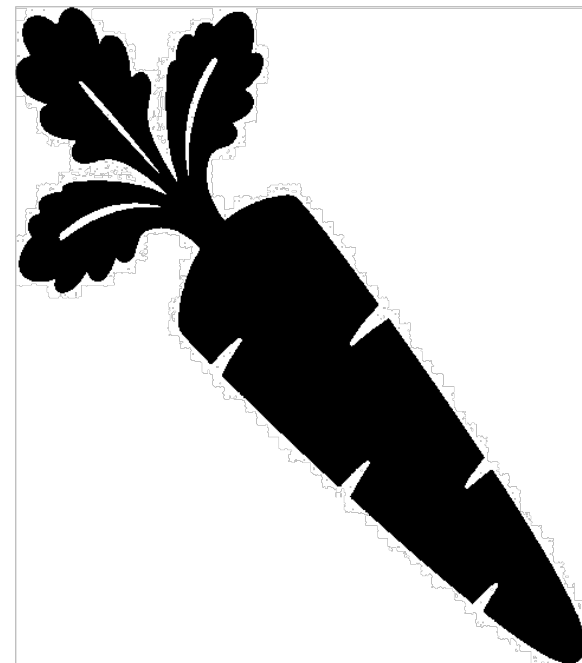
[www.facebook.com/Harvesting4Health](http://www.facebook.com/Harvesting4Health)

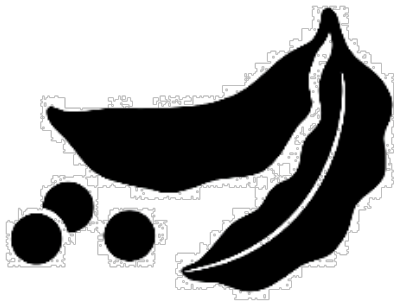


## HARVEST FOR HEALTH

**An At-Home Vegetable  
Gardening Study**

*We provide cancer survivors with the supplies and guidance to grow a successful home vegetable garden and measure its benefits.*





## What is Harvest for Health?

This study explores the benefits of a gardening intervention for cancer survivors in Alabama who have completed their cancer treatment.

We provide:

- \$500 worth of gardening supplies
- Yearlong mentorship by a local Master Gardener
- Cash reimbursement for every questionnaire completed
- At-home data collection visits (no travel required)

We measure:

- Diet quality
- Physical activity
- Quality of life
- Physical function (grip strength, walking speed, balance test)
- Markers of inflammation & healthy aging in the blood and nails

Give us  
a call!

**1-844-476-9478**

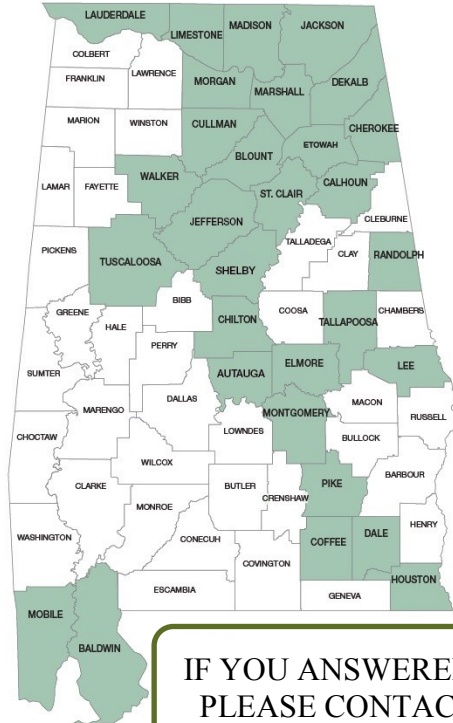
## Do I Qualify?

Are you...

- Age 60 or older?
- Done with primary cancer treatment for one of these cancers?

- |                                  |                              |
|----------------------------------|------------------------------|
| • Bladder                        | • Leukemia (CLL, ALL, & CML) |
| • Breast                         | • Melanoma                   |
| • Colon/Rectum                   | • Multiple myeloma           |
| • Gastric cardia                 | • Oral Cavity/Pharynx        |
| • Gynecologic cancers            | • Prostate                   |
| • Hodgkin & Non-Hodgkin Lymphoma | • Soft tissue sarcoma        |
| • Kidney/Renal Pelvis            | • Testis                     |
| • Larynx                         | • Thyroid                    |

- Living in one of the counties shaded below?



**IF YOU ANSWERED YES,  
PLEASE CONTACT US!**

## What to Expect?

- This study is done completely at your home — no need to travel.
- You will receive all the supplies needed to grow three successful vegetable gardens over a 1-year period, including a raised bed garden or 4 container gardens, soil, plants, seeds, and gardening tools.
- A Master Gardener from the Cooperative Extension will visit your garden and contact you each month for a year. They are experts who can help you become a great gardener.
- UAB study staff will make three home visits to determine the effects of the garden on your health. One of these visits will occur at the start, another a year later, and the last one two years later. After each of these visits, you will receive \$20. During each home visit, we will do the following:
  - Measure your weight & waist size
  - Ask questions about your health and wellbeing
  - Draw two tablespoons of blood
  - Measure your grip strength and do other tests of your physical functioning

