

CATEGORY: HORTICULTURAL FOR HEALTH OVERVIEW

Scope & definition of Horticulture for Health

“Horticulture for health, [is] an umbrella term referring to wide-ranging activities, programs and services, where horticulture used in various capacities and applications can positively impact health... the horticulture for health framework captures the exponential growth and scope of activities across disciplines and sectors, where practices in health services, education, food production, business, landscape architecture and green industry promote human health...The framework categorizes diverse initiatives like mobile food trucks, digitized horticulture technology, ecotherapy, parks Rx, forest breathing, and therapeutic horticulture, as parts of a greater whole, where “the multi-sectoral nature and horticulture-specific commonality of [these] each focus on improving human health and where horticulture plays a significant role” (Fleming, 2021; Fleming et al., 2021).

Key Organizations

[Florida Horticulture for Health Network](#)

Nova Scotia Horticulture for Health Network NSHHortnetwork@gmail.com

Books, journals & epublications on scope of horticulture for health

[Cultivate](#) quarterly e-publication from the Florida Horticulture for Health Network.

[Digging In](#) quarterly e-publication from the Nova Scotia Horticulture for Health Network

Research & articles on scope of horticulture for health

Recently published selected research & articles:

Fleming, L. (2024). COVID-19 and horticulture for health: Positive impacts on gardening, urban agriculture, food security, green spaces, plant trends and horticultural therapy. *Journal of Therapeutic Horticulture* 34(1), publication pending.

Fleming, L., & Diehl, L. (2024). [Therapeutic horticulture activities database](#). *Cultivate*, 4(2), 8-9.

Fleming, L., & Carroll, K. (2023). [Horticulture for health update](#). *Cultivate*, 3(4), 10-11.

Fleming, L. (2023). Need to know developments in horticultural therapy & horticulture for health: Selected bibliography. *Florida Horticulture for Health Network*.

Fleming, L., Zhang, W., & Nelson, K. (2022). Horticulture for health in U.S. hospitals: Horticultural therapy, gardens in hospitals, nutrition-led programs & affiliated community gardens. *Journal of Therapeutic Horticulture*, 32(1).

Fleming, L. (2021). Horticulture for health framework. *ISHS Acta Horticulturae 1330: XV International People Plant Symposium and II International Symposium on Horticultural Therapies: The Role of Horticulture in Human Well-being and Social Development*. <https://www.actahort.org/books/1330/>

Fleming, L., Diehl, L., Stark, B., & Amil, R. (2021). [Introducing the Florida Horticulture for Health Network](#). *Cultivate*, 2(1), 1-4.

Fleming, L., Davis, A., Bos, L., Carter, J., & House, B. (2020). Nova Scotia horticulture for health activity. *Journal of Therapeutic Horticulture* 30(1), 57-65.

Fleming, L. (2020). Memory-smell connections: Horticulture for health applications. *Digging In*, 6(3).

Fleming, L. (2020). Social enterprise, community interest companies and horticulture for health connections in Nova Scotia. *Digging In*, 6(1).

Fleming, L. (2022). [Landscapes for health: Reflexology paths](#). *Cultivate*, 2(1), 1-2.

Ochylski, R. (2017). [Better health through horticulture: Using horticulture to influence behavior and reduce stress](#). Thesis: Northern Michigan University.

Relf, P.D., & Lohr, V.I. (2003). Human issues in horticulture. *Hortscience* 38, (5), 984-993.
Ruiz, L. (2024). [Horticulture for health](#). PVSHpoint.org.
Sullivan, J. (2022). [Cultivating connections: Introducing the Florida Horticulture for Health Network](#). UF/IFAS Extension.

The wide-ranging models, programs & services are best articulated and identified on the Florida Horticulture for Health Network's website & it's Resource Hub, of which this is a part. Refer to other categories within the Resource Hub for examples of the scope of this paradigm.

Websites, videos & webinars on scope of horticulture for health

Florida Horticulture for Health Network website hosts numerous resources related to therapeutic use of horticulture, landscapes for health, food action, populations & plant-based programs. Resource hub, webinars & e-publications are available from the free online site.

<https://www.flhhn.com/> <https://www.facebook.com/FloridaHort4Health/>

Need to Know Developments in Horticultural Therapy & Horticulture for Health [YouTube]. 2023.

https://www.youtube.com/channel/UCSdBCsV30-hoVXqH_wJESoQ

Nova Scotia Horticulture for Health Network connects people & organizations using a quarterly e-publication *Digging In*, webinars, annual summer workshop & [facebook](#).

What is horticulture for health? video provides an overview of this framework that is cross-sectoral activity where horticulture positively impacts health.

https://www.youtube.com/channel/UCSdBCsV30-hoVXqH_wJESoQ

What's on the Radar for Horticultural Therapy & Horticulture for Health? Presentation by Lesley Fleming, HTR for Trellis 2024 Symposium touching on current research, self-regulation, polyvagal theory, and mental health-HT connections.

<https://www.youtube.com/watch?v=f9BzIIEKAbw>

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