

WELL-BEING while Gardening at Home

BY THE NUMBERS

Why Study Household Gardening: Many cities are implementing the goals set out by the **Milan Food Pact**, which promotes urban gardening. While there are many implied benefits to urban gardening, very few studies have quantified these benefits, especially when studying Emotional Well-being while gardening at home. Our study is the first to explore Emotional Well-Being while gardening across gardener type, demographics, companionship, and in the context of other daily activities.

total participants in study:

370

those who garden at home:

118

Knowledge Gaps:

- Exploration of well-being while gardening at home
- Urban gardening in the context of other human-infrastructure interactions and daily activities
- Equity implications of gardening across race, household income, and gender

Percent of Population Engaging at least once over the week

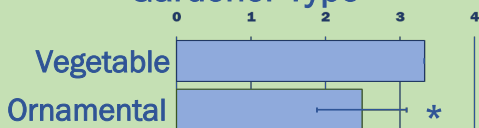
31% Gardening | **19%** Biking | **85%** Walking

Participants' Time Spent Gardening Per Week

1 hr 26 min

0 hr 30 mins Biking | **1 hr 41 mins** Walking

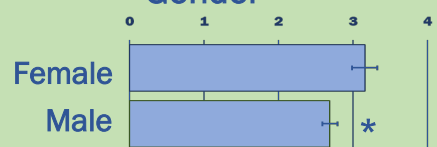
Average Emotional Well-Being Scores by: Gardener Type



Household Income



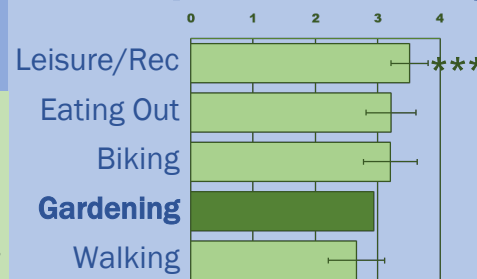
Gender



* Denotes significant difference

Emotional Well-Being Outcomes: Among all three average EWB measures, gardening is among the top 5 out of 15 activities assessed, and, is not statistically different from biking, walking and eating out. All four of these activities fall behind other leisure/recreation activities, which ranks first.

Top 5 Activities by Net Affect Score



To the right, we report one of the five EWB measures outlined in our paper.

Net Affect combines all six emotions into one measure and is the average of positive emotions minus the average of negative emotions. A positive score reflects a dominance of positive emotions while engaging in the activity.

3 Key Takeaways

- Household gardening is associated with high-EWB, similar to Biking and Walking; yet, cities mainly invest in bike and walking infrastructure.
- Vegetable gardening is associated with higher Emotional Well-Being than ornamental gardening. This could be related to the meaning and/or satisfaction of growing one's own food. With this in mind, cities should consider policies focusing on the promotion of vegetable gardening.
- Household gardening is the only activity, in this study, where women and low-income participants report higher Emotional Well-Being than men and medium/high-income participants respectively. suggesting gardening has implications for equity.

Paper Title: Is gardening associated with greater happiness of urban residents? A multi-activity, dynamic assessment in the Twin-Cities region, USA.

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