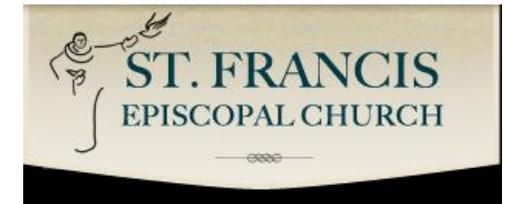


# Using Photovoice to capture the meaning of gardening and what motivates refugees to participate in gardening activities

Ruth B. Grubestic



# International Community Garden: “Capturing the Meaning of Gardening”



University United Methodist Church



# History of Project

- St. Francis Episcopal Church vision to work with refugee population
- Refugee population interest in community gardening
- UTHSCSA faculty involvement
  - Neighbors helping Neighbors
  - Reaching out Wednesday night at Wurzbach Manor
  - Development of bi-monthly clinic
  - Community garden committee

# Inception of International Community Garden





# Background

- Barriers were found in motivating people to participate in gardening activities
  - Lack of access to land
  - Dislike of gardening
  - Lack of social network
- Understanding what motivates those who actively participate in gardening activities will be useful to encourage others to participate and gain the benefits from gardening



# Purpose

- To collect qualitative data, utilizing a technique called Photo Voice, to determine what motivates people to participate in gardening activities.
- 3 study questions
  - Why do you participate in gardening activities?
  - Does access to fresh produce from the garden affect food choices?
  - How does gardening impact or affect you and your family?



## Working with Refugees

- Fifteen adult participants agreed to participate in the program
- 7 Bhutanese (5 female, 2 male)
- 8 Burmese (all female)
  
- IRB approval from UTHSCSA IRB committee
- Information sheets prepared in both languages
- Consents for photos prepared in both languages



# Setting

- International Community Garden at St. Francis Episcopal Church in San Antonio, Texas started in the summer of 2011





# What is photovoice?

- Photovoice is a qualitative method of data collection and analysis that:
  - “ provides participants an opportunity to take photographs that address a concern and present them in group discussion thus empowering them to reflect on personal and community strengths, create critical dialogue, share knowledge about personal and community issues, and develop and host a forum for the presentation of their lived experiences and priorities through self-identified images, language, and context”
- Reference: Wang, 1999



# Study Design

- Training session on purpose of study, research questions and use of Photovoice
- Training session on how to properly use digital cameras
- 4 weeks of photo sessions supervised by the PI and two nursing students, writing reflections about each photo in a notebook
- Session to view photos, organize photos, select 5 photos that answer the research questions, and provide captions for each photo
- PI arranged each participant's photos with captions and prepared a poster display
- Community presentation



# Themes

- Five themes emerged from the captions on the photos
  - 75 captions total (15 participants, 5 photos each with captions)
  - 1. Gardening is good for one's health
  - 2. Vegetables are tasty
  - 3. It is peaceful to garden
  - 4. There is pride in growing and harvesting one's own vegetables
  - 5. Gardening provides an opportunity to socialize with family/friends



# Gardening is good for health

“Beans have vitamins”

“Asian vegetables have vitamin C, iron, and potassium”

“Vegetables have lots of vitamins”

“Pumpkins have lots of vitamins”

“Our vegetables are organic and good for our health”

“The vegetables I get from the garden are good for health”





# Vegetables are tasty

“Peppers taste good”

“I like the taste of the vegetables from the garden”

“Green leafy vegetables taste good”

“Hot pepper pickle tastes good with my food”

“Vegetables are tasty”





# Gardening is peaceful

“I like to work in the garden...it is peaceful”

“I am happy when I work in the garden”

“I enjoy being outside in the garden”

“Gardening reminds me of home”





# Pride in growing and harvesting vegetables

“I need a basket for all of the vegetables that I harvest”

“This is my beautiful pumpkin”

“I get to feed my daughters vegetables and it makes me happy”

“I am proud of what I have grown”

“I cook and feed fresh vegetables to my family”

“I give some vegetables to my friends”

“I am happy with the harvest”



# Socialization occurs while gardening

“My daughter works with me when I garden”

“My grandson helps me in the garden”

“I like being with my friends in the garden”

“the community gathers and we sit and talk after picking vegetables”

“It is fun to be in the garden with friends”

“We sit together and eat vegetables with my family”



# Community Presentation and Reception

- December 2011
- A community presentation with all fifteen posters and participants was provided to share experiences with family, friends and the community
- Encourages understanding of what garden participants are doing and encourages future support





# Community Presentation





## Discussion

- Similar garden themes emerged in the literature
- All 15 participants actively participated in all training sessions and taking photos
- Development of an intervention study utilizing results obtained



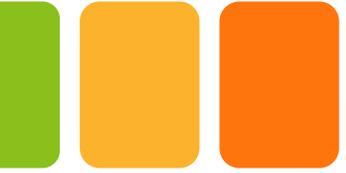
# Limitations

- Time
- Language
- Budget



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# Thank you!

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