

The James

The Ohio State University
Comprehensive Cancer Center –
Arthur G. James Cancer Hospital and
Richard J. Solove Research Institute



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

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TO: AASHE STARS

FROM: Felisha Lyons, Director JamesCare for Life, Arthur G. James Cancer Hospital and Richard J. Solove Research Institute, The Ohio State University

RE: AASHE STARS Innovation Credit endorsement for The Ohio State University Discovery Themes

It is my pleasure to endorse The Ohio State University Comprehensive Cancer Center - James Cancer Hospital and Richard J. Solove Research Institute's (OSUCCC – James) Garden of Hope program developed for cancer patients and their caregivers for the use in an Innovation credit proposal for AASHE STARS.

There is no routine cancer at the James, so why make any intervention routine? The Garden of Hope is a community garden for cancer survivors located at OSU's Waterman Farms – a 261 acre agricultural research center. It was first established in 2012 between OSUCCC – James, The Ohio State University College of Food, Agricultural and Environmental Sciences, and Wexner Medical Center. Operated by JamesCare for Life (JCFL) program, the garden initially began as a service to cancer survivors and offered fresh vegetables, herbs and fruit. With its proximity to The Ohio State University's central campus in a busy urban area, the garden quickly became known as an Urban Oasis by many cancer survivors. Since its humble beginnings, interest in the garden amongst survivors and OSU researchers has steadily increased. The Garden of Hope now serves as a "living laboratory" for evidence-based nutrition education and research to more than 400 survivors.

Utilizing the American Institute for Cancer Research (AICR) guidelines, the garden is designed to introduce cancer survivors to nutritional information and education regarding the benefits of a plant-based diet. The intervention is unique as physical, emotional, spiritual, and mental dimensions of a person are combined to positively impact behaviors while increasing knowledge on healthy lifestyle choices. How to properly harvest fresh garden produce, hands-on cooking classes, garden-side cooking demonstrations, recipes to help make the most of vegetables, and instructions on starting and maintaining a home garden are among some of the various methods utilized by JCFL to reach that goal. Licensed dietitians, medical dietetic and agricultural students, and experienced chefs ensure that survivors obtain the latest updates on the research and evidence to support a plant-based diet. With support from Waterman Farms manager, JamesCare for Life staff and volunteers manage the garden by coordinating the planting and maintenance to ensure a bountiful and phytonutrient rich harvest throughout the season.

There are many ways to provide the education needed to encourage change in the diets of cancer survivors. The Garden of Hope is a novel approach and the studies being conducted at the garden by OSU researchers further demonstrates this unique method to be effective. There are few, if any, programs like it in the country. Through the provision of experiential education, the garden program strives to increase healthy dietary patterns that over time will lead to better life outcomes. These outcomes support OSUCCC – James' goal towards a cancer-free world.



A Comprehensive Cancer
Center Designated by the
National Cancer Institute

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