



Gardening and Family Health: Elucidating the Role of the Human and Environmental Microbiota

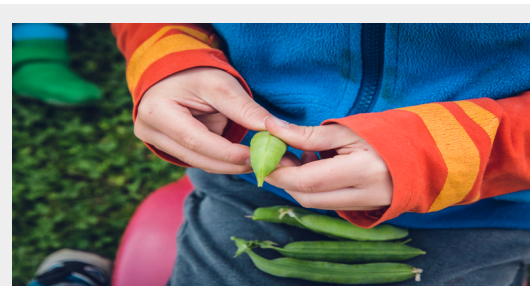
Overview

Gardening and Family Health is investigating the influence of gardening on individual health and to extend its benefits to family rituals and routines.

The research team will investigate the impact of gardening on family routines and rituals across diverse populations. It will also explore the effects of gardening on changes in the GI microbiota of the gardener in the household and family members. Finally, researchers will investigate the link between the soil microbiota and the GI microbiota of the gardener in the family.

Ultimately, the project is working to show that individuals and families that garden will engage in more healthful rituals and routines and exhibit greater abundance of physical and physiological benefits.

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RESEARCH TEAM

- Naiman Khan, PhD, RD, Assistant Professor, Department of Kinesiology and Community Health
- Matthew Browning, PhD, Assistant Professor, Department of Recreation, Sport and Tourism
- Andiara Schwingel, PhD, Assistant Professor, Department of Kinesiology and Community Health
- Hannah D. Holscher, PhD, RD Assistant Professor, Department of Kinesiology and Community Health

CONTACT

Dr. Naiman Khan
Principal Investigator
nakhan2@illinois.edu
217-300-2197

