

Cultivating Well-being

Unpacking the health and well-being benefits of home growing for NHS staff

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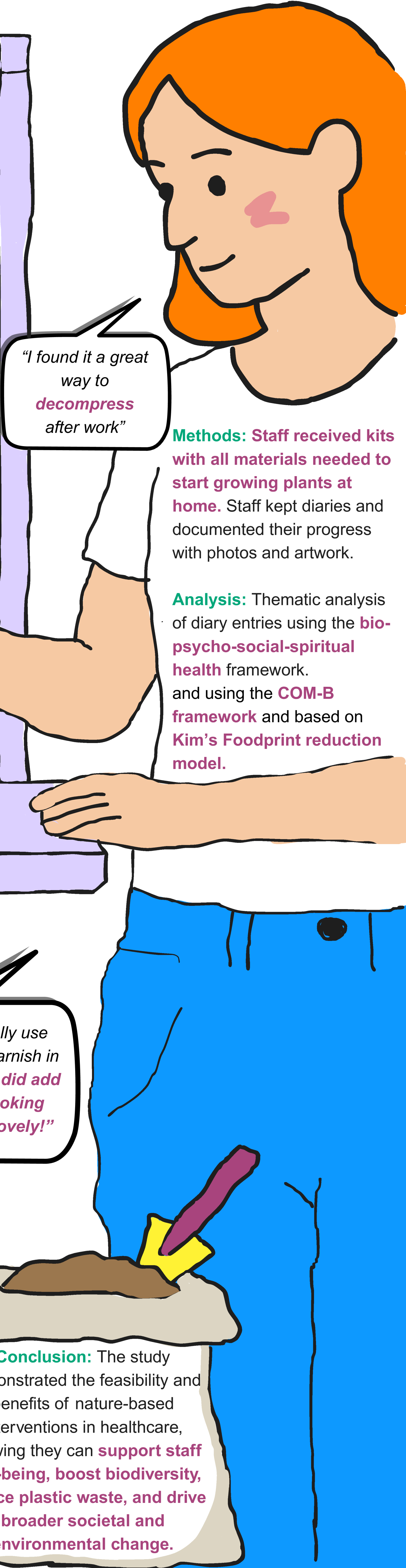
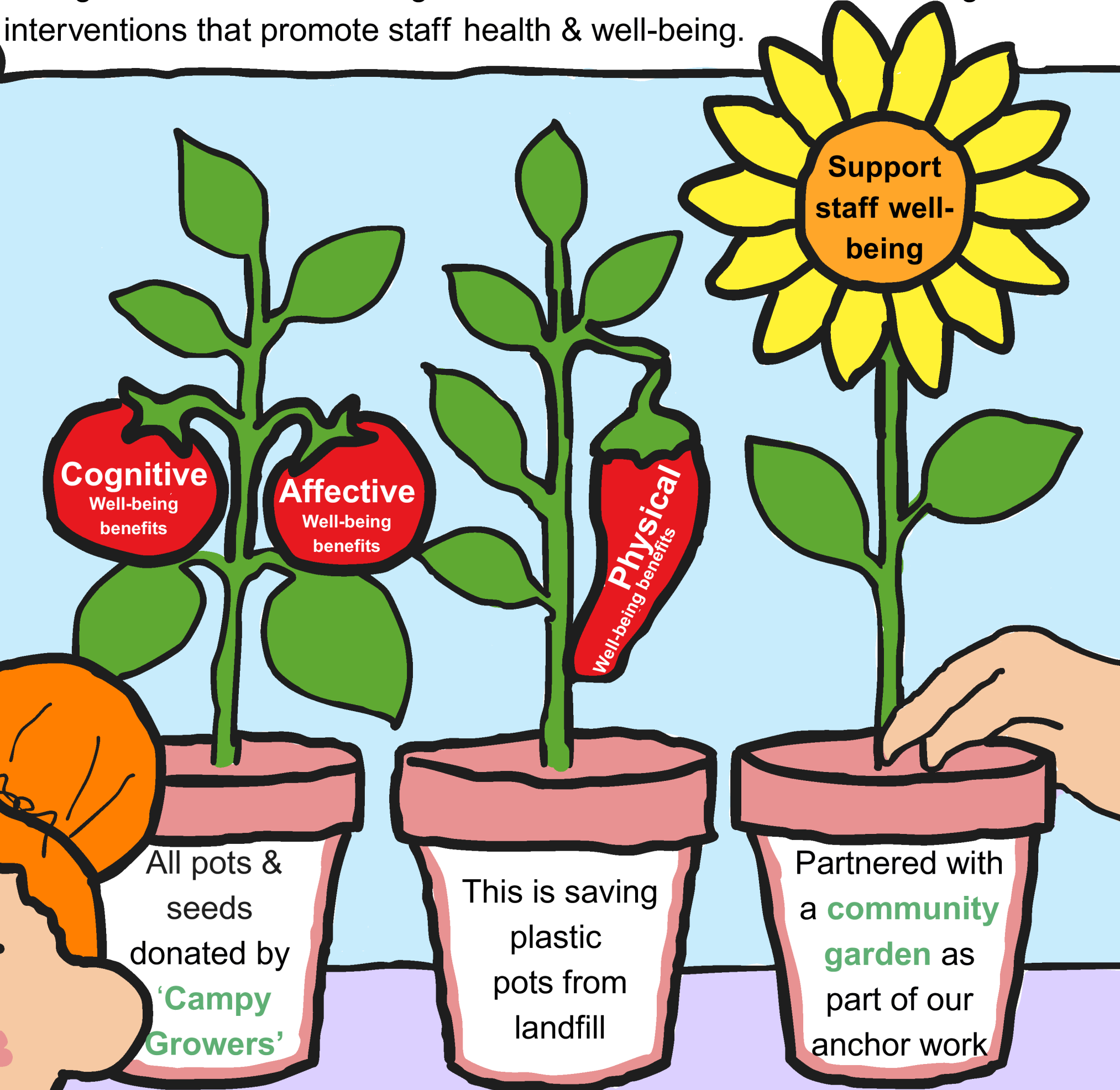


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Abstract: In response to the planetary and societal crises impacting health and wellbeing, **NHS 24 and DesignHOPES** are exploring the potential of home growing for increasing participants' **connection with food, nature, impacts on health and wellbeing, and pro-environmental behaviour change.**

Following a comprehensive feasibility study, 60 staff members have signed up to participate. The study demonstrated that healthcare providers can play a vital role in addressing planetary and societal crises by leading transformative change. This includes shifting behaviours and societal norms through interventions that promote staff health & well-being.



Methods: Staff received kits with all materials needed to start growing plants at home. Staff kept diaries and documented their progress with photos and artwork.

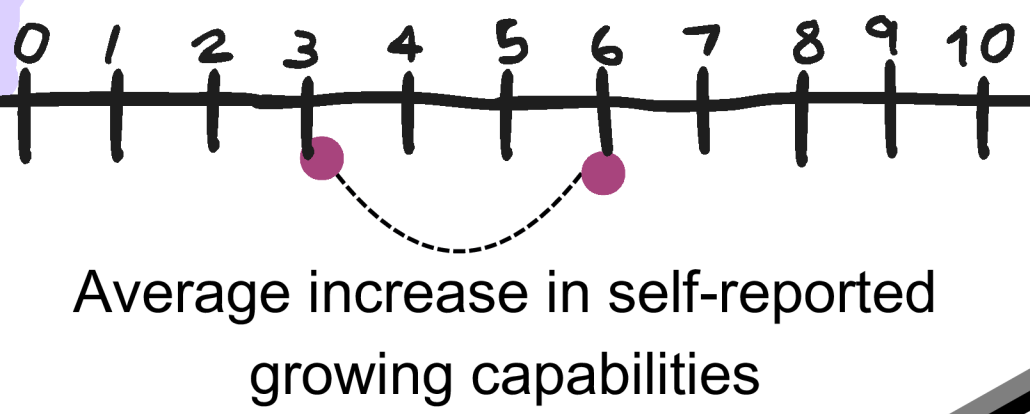
Analysis: Thematic analysis of diary entries using the **bio-psycho-social-spiritual health** framework, and using the **COM-B framework** and based on **Kim's Foodprint reduction model.**



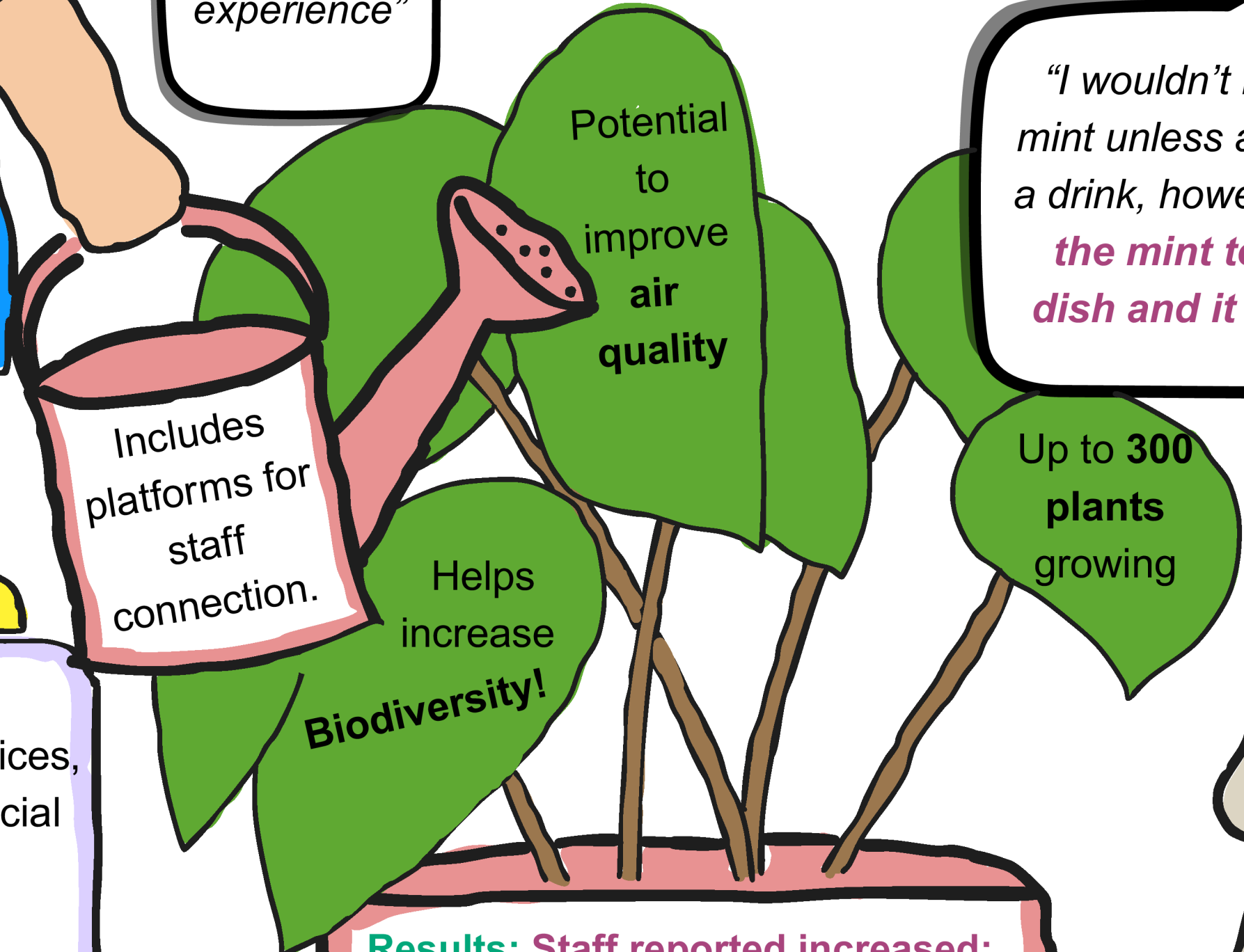
Cultural factors: In order to deliver services, NHS24 staff are required to work anti-social hours. This can be demanding and impact staff well-being.

This project is specifically designed to **support the health and well-being of NHS24 staff** in recognition of the unique pressures they face.

"This was a **happy and relaxing** experience"



"I wouldn't normally use mint unless as a garnish in a drink, however, I did add the mint to a cooking dish and it was lovely!"



- Results: Staff reported increased:**
- Growing **capabilities**
 - **Connection** to nature
 - Feelings of **relaxation & happiness**
 - **Social connections** with family & colleagues
 - Change to **dietary intake**

Conclusion: The study demonstrated the feasibility and benefits of nature-based interventions in healthcare, showing they can **support staff well-being, boost biodiversity, reduce plastic waste, and drive broader societal and environmental change.**