



# KWA XHO COMMUNITY GARDEN PROJECT



PRESENTED BY:  
LAKE COUNTY TRIBAL HEALTH



# OUR TEAM



GEMALLI AUSTIN



DAWN PAVLI



SONIA CHAMBERLAIN





# LAKE COUNTY





The background of the slide is a watercolor illustration of green pea pods and leaves. The pods are shown in various stages of growth, with some fully open revealing the peas inside. The leaves are vibrant green and have a slightly textured appearance. The overall style is soft and artistic, with a focus on natural elements.

# BACKGROUND

The Kwa Xho (Earth Food) community garden project was formalized in 2013.

It began as the vision of the Hinth'el Wellness Council to make healthy food options available to our Native patients and their families and to help minimize the prevalence of chronic conditions, including Diabetes and Obesity.

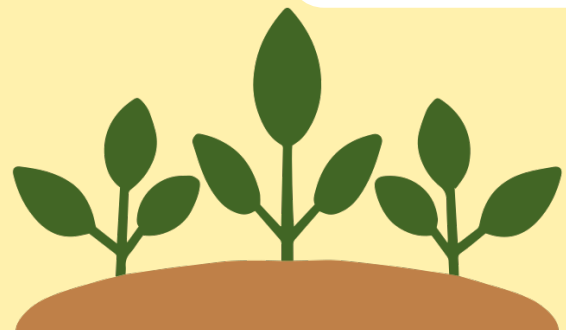
# COMMUNITY CHALLENGES

2023: Food Survey with 301 Native Adult Respondents living in Lake County

- Purpose: Learn about current experiences with food

Major Challenges

1. Access and Affordability
2. Preference and Experience
3. Chronic Health Conditions



# ACCESS AND AFFORDABILITY



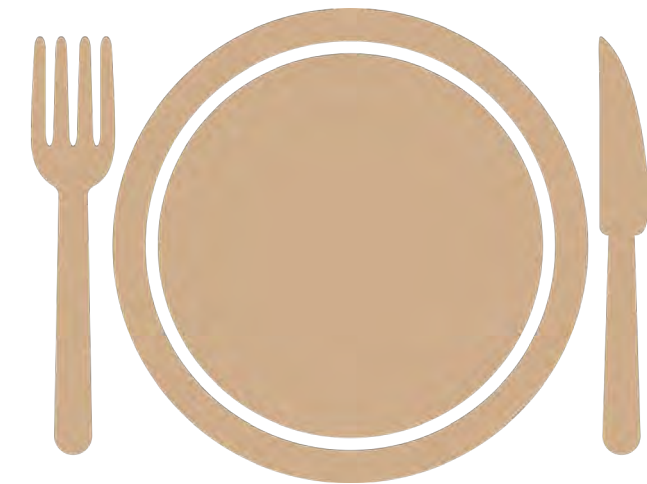
66%

Often true or sometimes true that they were unable to afford healthy food and eat balanced meals.



44%

Received food assistance in the last 30 days.



95%

Are not meeting the recommended intake of fruits and vegetables.

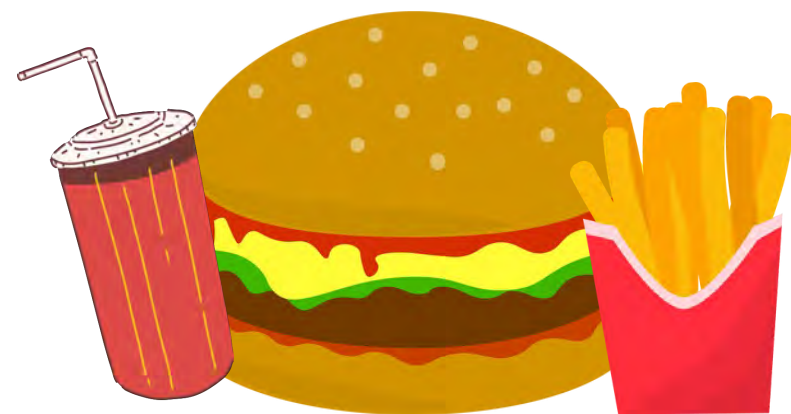


# PREFERENCE AND EXPERIENCE

More than

50 %

Reported eating fast food 2 or more times per week



Only

11%

Reported eating fruit daily



Only

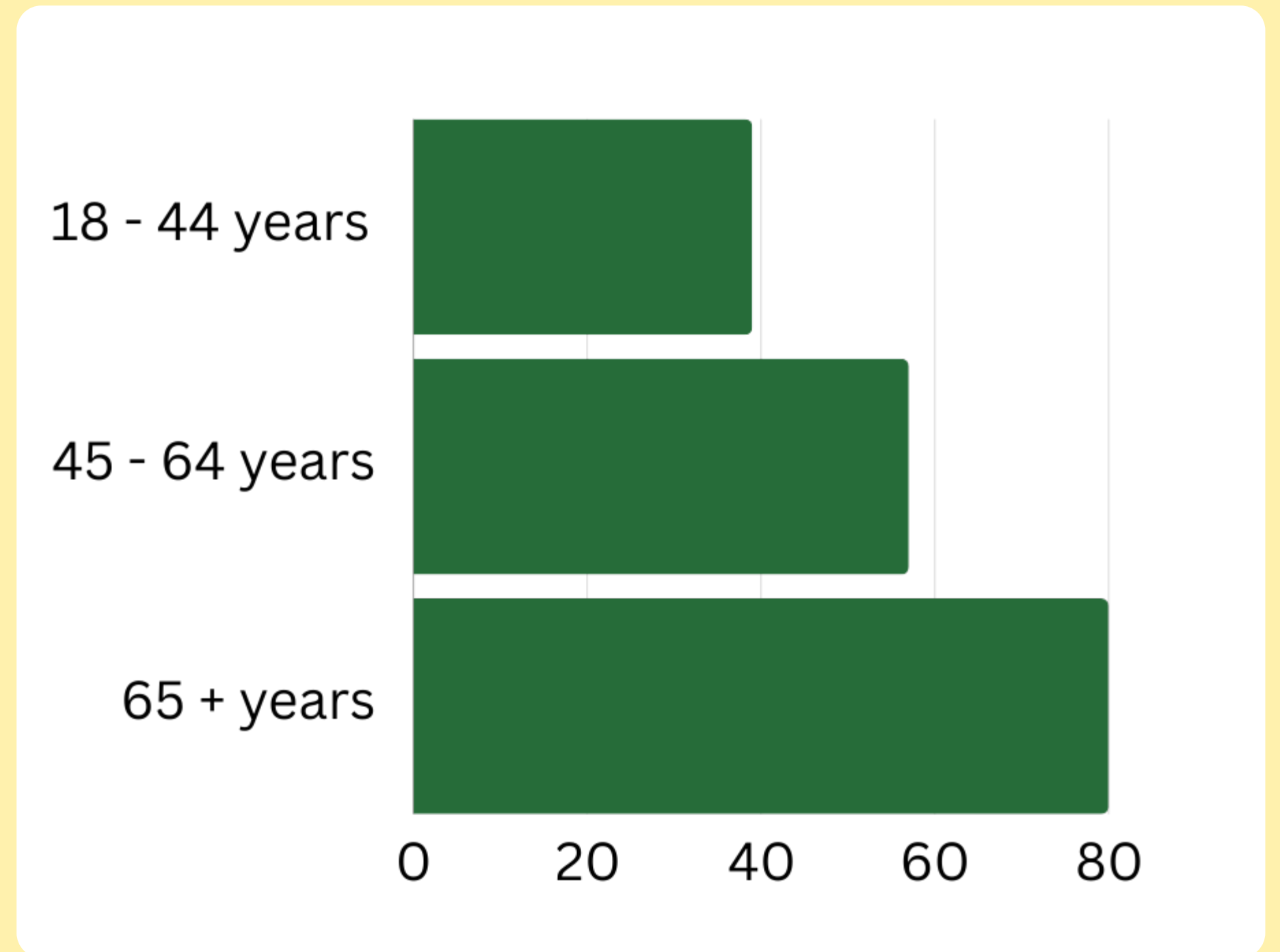
7%

Reported eating green leafy or lettuce salad daily



# CHRONIC HEALTH CONDITIONS

Many Respondents reported  
to have 2 or more  
**Diet-related Chronic Health  
Conditions.**



# OUR GARDEN PROGRAM

Garden Blessing  
Event

MA

Garden  
Classes

Youth Pumpkin  
Giveaway

OCT.

Plant  
Giveaway

Harvest  
Distribution

Celebratory Brunch



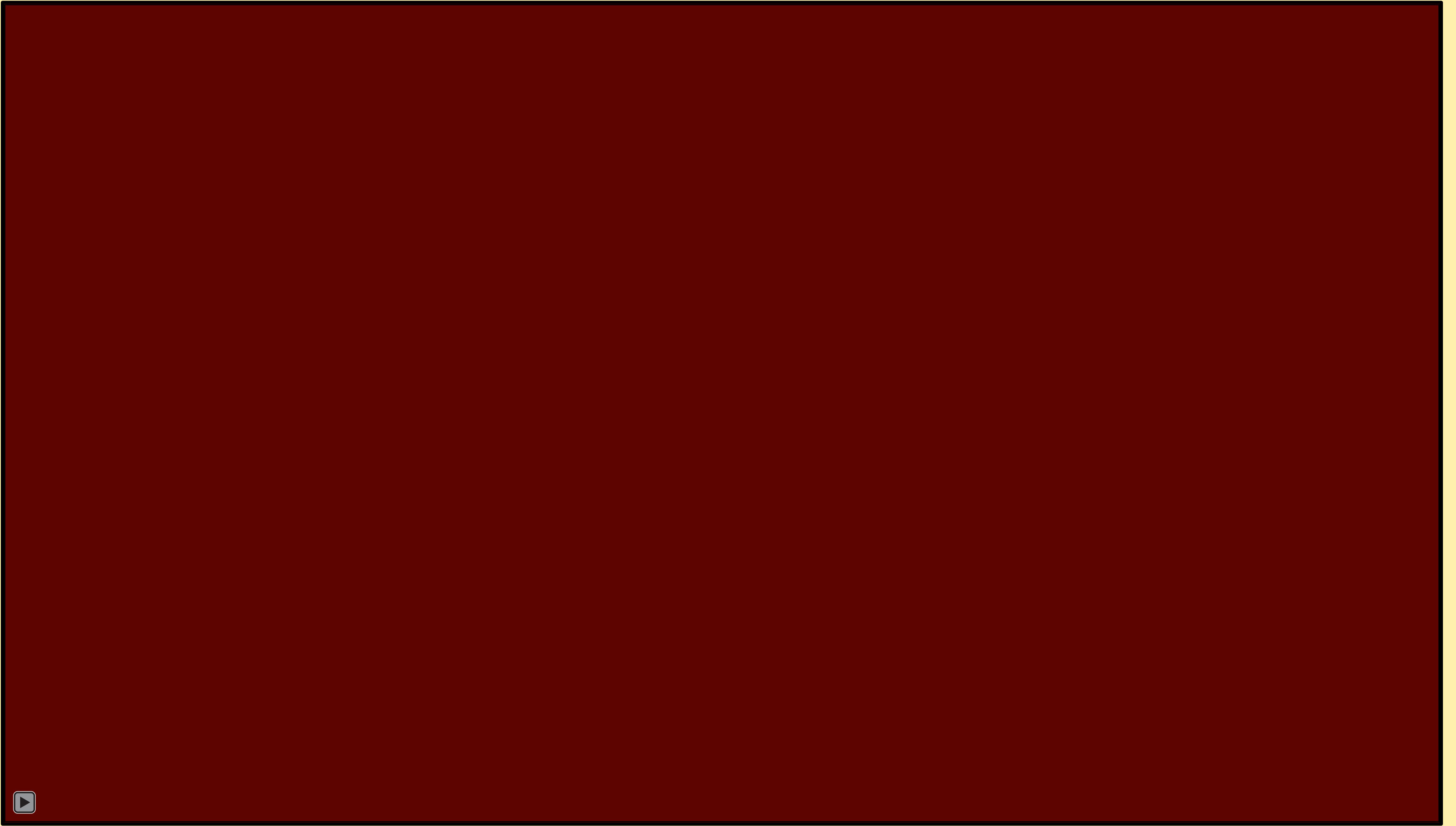
# GARDEN BLESSING AND STARTER PLANT GIVEAWAY











# GARDEN CLASSES







# HARVEST DISTRIBUTION



- Addresses the challenge of accessibility and affordability
- Last year we grew over 5000 lbs of produce distributed to our Native families
- More than 300 boxes were given away to over 230 individuals and their families
- We partner with other agencies in the clinic to deliver boxes







# HARVEST DISTRIBUTION SURVEY

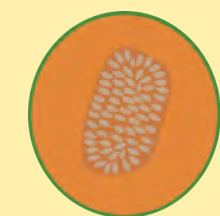


82%

Was important  
to their access  
to healthy  
foods

91%

Encouraged  
them to eat a  
healthy diet



# LESSONS LEARNED AND BEST PRACTICES

By building positive experiences around growing fresh food, learning about plants, receiving food support, and honoring Native traditions, we are creating a culture of wellness.



THANK YOU

