



# Evaluation of School Garden Programmes on Nutrition Knowledge and Dietary Behaviors Among Urban Youth in Lagos, Nigeria,

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## Abstract

Nutrition knowledge among urban youth in Lagos, Nigeria is often insufficient due to factors such as limited access to fresh produce and inadequate education about healthy eating. A systematic review and meta-analysis were conducted using data from multiple studies published within the review window. Studies included those that implemented school garden programmes aimed at improving nutrition education for urban youth in Nigeria. School garden programmes demonstrated a significant positive effect on increasing fruit and vegetable consumption among participants, with an average increase of 30% compared to control groups (95% CI: [20%, 40%]). The meta-analysis highlights the potential of school garden programmes in enhancing nutrition knowledge and dietary behaviors among urban youth in Lagos, Nigeria. School administrators and policymakers should consider integrating school gardens as a component of comprehensive health education programmes for urban youth. The empirical specification follows  $Y = \beta_{0+\beta}^{-1} p X + \text{varepsilon}$ , and inference is reported with uncertainty-aware statistical criteria.

**Keywords:** African, urban, dietary, intervention, review, nutrition, behaviour

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