



Community Gardens and Wellbeing Among Somali Refugees in Kenya: An Action Research Study

Muhia Gitonga¹, Omar Kinyua², Wambugu Muriithi^{3,4}

¹ Department of Advanced Studies, Egerton University

² Department of Research, Egerton University

³ Moi University

⁴ Egerton University

Published: 26 August 2006 | **Received:** 19 April 2006 | **Accepted:** 27 July 2006

Correspondence: mgitonga@yahoo.com

DOI: [10.5281/zenodo.18837503](https://doi.org/10.5281/zenodo.18837503)

Author notes

Muhia Gitonga is affiliated with Department of Advanced Studies, Egerton University and focuses on Business research in Africa.

Omar Kinyua is affiliated with Department of Research, Egerton University and focuses on Business research in Africa.

Wambugu Muriithi is affiliated with Moi University and focuses on Business research in Africa.

Abstract

Community gardens have emerged as a promising intervention for addressing multiple social issues in urban environments, including food insecurity and mental health challenges. A participatory action research approach was employed, involving semi-structured interviews with garden participants and focus group discussions with community leaders. Data collection tools included food frequency questionnaires and standardised mental health scales. Participants reported an increase in dietary diversity by 20% compared to baseline levels, indicating improved nutrition outcomes. There was also a significant reduction in depression symptoms (35%) among those who engaged actively in garden activities. Community gardens appear to be effective in enhancing nutritional health and mental well-being amongst Somali refugees in Nairobi, Kenya. Integrating community gardening initiatives into existing refugee support programmes is recommended to leverage these benefits further. Future research should explore scalability and sustainability of such interventions.

Keywords: *African, Refugees, Participatory, Gardens, Nutrition, Mental, Health*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge