



Community Gardens in Western Kenya: Engagement, Nutrition Education, and Sustainability Assessment

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Abstract

Community gardens have emerged as a significant strategy for enhancing food security in rural communities of Western Kenya. The study employed mixed-methods including surveys, focus groups, and interviews to gather data from participating communities. Quantitative analysis was conducted using a chi-squared test to evaluate engagement levels and qualitative content analysis for nutrition education themes. Engagement levels in the community gardens ranged between 75% and 80%, with significant emphasis on vegetable cultivation as a key theme in nutrition education discussions. The study found that effective community engagement and targeted nutrition education significantly contribute to the sustainability of community garden projects, particularly in promoting sustainable food production practices. Future initiatives should focus on enhancing nutritional content through diversified crop selection and incorporating more diverse educational materials. The empirical specification follows $Y = \beta_{0+\beta} X + \text{varepsilon}$, and inference is reported with uncertainty-aware statistical criteria.

Keywords: *African geography, community engagement, food security, nutrition education, sustainable development, participatory methods, rural agriculture*

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