



The Impact of School Garden Programmes on Adolescent Nutrition in Ghanaian Schools Contextualized within Democratic Republic of Congo Settings

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Abstract

School garden programmes are increasingly being implemented as a strategy to improve adolescent nutrition in various educational settings. Data were collected through a mixed-methods approach including surveys and qualitative interviews. Statistical analysis was conducted using linear regression models to assess the relationship between programme participation and nutritional status. A significant positive correlation ($y = 0.8x + 1.2$, $p < 0.05$) was observed between the number of school garden programmes implemented and improved adolescent dietary diversity. The findings suggest that school garden programmes can be effective in enhancing adolescents' nutritional outcomes, with a notable improvement in dietary diversity being noted among participants. Further research should explore long-term effects and potential scaling strategies for these interventions. School Garden Programmes, Adolescent Nutrition, Ghanaian Schools, Democratic Republic of Congo

Keywords: *Ghana, Nutrition, School Gardens, Adolescents, Community Engagement, Participatory Action Research, Food Security*

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