



# Urban Agriculture Community Gardens and Elderly Food Security in Nairobi, Kenya: Health Outcomes and Social Support Analysis

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## Abstract

Urban agriculture community gardens have emerged as a promising strategy for enhancing food security in urban areas, particularly among vulnerable populations such as the elderly. In Nairobi, Kenya, these gardens provide fresh produce and social support networks that contribute to overall health outcomes. Data were collected through surveys and interviews conducted among participants in four selected community gardens. Quantitative data included dietary diversity scores and self-reported health indicators; qualitative data captured participant perceptions of garden contributions to their well-being. In the surveyed gardens, elderly residents reported a significant improvement in dietary variety ( $p < 0.05$ ), with an average increase of 25% in vegetable intake compared to pre-garden levels. Social support networks formed within and outside the gardens were also noted as crucial for maintaining health. The urban agriculture community gardens have demonstrated potential as a sustainable solution for enhancing food security among elderly residents, improving dietary diversity and social cohesion. Further research should explore the long-term effects of these gardens on health outcomes and sustainability strategies to ensure their longevity in Nairobi's urban environment. The empirical specification follows  $Y = \beta_{0+\beta}^{-} p X + \text{varepsilon}$ , and inference is reported with uncertainty-aware statistical criteria.

**Keywords:** *African Geography, Urban Agriculture, Community Gardens, Food Security, Elderly Population, Health Outcomes, Social Support Analysis*

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