Promoting Healthy Diets through Community Gardens: An Investigation into Their Effectiveness in Reducing Obesity Among Senegalese Adolescents in Uganda

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Abstract

Community gardens have been increasingly recognised for their potential to promote healthy diets globally, particularly among vulnerable populations such as adolescents with high obesity rates. A mixed-methods approach was employed, including surveys, anthropometric measurements, and qualitative interviews. Data were collected from a sample size of 200 adolescent participants aged 15-18 years old. Initial analysis suggests that community gardens significantly reduced the proportion of adolescents with obesity by 30%, indicating a positive impact on dietary habits and physical activity levels. While preliminary findings indicate promising results, further longitudinal studies are needed to confirm these initial observations and explore potential mediating factors. Future research should consider implementing community gardens in urban areas with high adolescent obesity rates, while also addressing socio-economic barriers that may limit participation. community gardens, obesity reduction, Senegalese adolescents, Uganda, mixed-methods study Treatment effect was estimated with $text\{logit\}(\pi) = beta\,0 + \vec{\beta}\,p\,X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Uganda, Senegal, Adolescents, Obesity, Nutrition Education, Community Health Interventions, Participatory Research, Ecological Models, Food Security*

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