Home gardening in rural sub-Sahara Africa:
A comparative Scoping Review for Burkina Faso and Kenya

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Introduction

Definition:
"a small scale, supplementary food production system by and for household members that mimics the natural, multi-layered ecosystem.” (Hoogerbrugge and Fresco 1993)

Aim: systematically identify and comprehensively synthesize evidence for two rural regions: Kenya (east Africa) and Burkina Faso (west Africa)

Background:

Background: (Schematic)
- Iron
- Zinc
- Protein
- Nutrient intake
- Undernutrition
- Home gardening (HG) & Nutrition counselling (NC)

Methods


Search databases: finished 08/2020; databases: PubMed, Google Scholar, and Web of Science & key journals (i.a. FAO, IFPRI)

Inclusion criteria: documents for rural localities, from 1999-2019, subsistence horticulture

Screening: 2 independent reviewers

Analysis: grouped by study design

Findings

Mapping the evidence

Figure 1: Flow chart literature selection

identified: 949 docs
screened: 673 docs
included: 20 docs

Figure 2: Map with count of documents per country
by provinces (Burkina Faso) or counties (Kenya)

Impact of HG-projects

• nutrition and health: increased dietary diversity among women and children, reduced household food insecurity and undernutrition (underweight, wasting)
• utilization: primarily for household’s consumption, also for sale
• co-benefits: increased biodiversity & women-empowerment

Composition & management of HGs

sizes varied between 0,5 – 30.000 m²
large variety of traditional & foreign vegetables, herbs, cereals, fruits, nuts…
many gardens maintained organically but still some utilization of chemicals
keyhole & sack gardening, intercropping, double digging
Some integration of livestock, fish, and bees (intervention projects)

Conclusions

• present occurrence of home gardens in rural Burkina Faso and Kenya, but low documentation
• no clear monitoring/evaluation of home garden composition & management in research and interventions
• variety of benefits for maternal and child nutrition & health, but contrasting results
• call for rigorous program monitoring and evaluation & further literature reviews including whole SSA

Acknowledgements

This project is funded by Fiat Panis Foundation, Heidelberg Graduate School of Global Health & German Research Foundation (DA 1881/3-1)

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Agriculture, Nutrition and Health Academy Week
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