

In Partial Fulfillment of the Requirements for the Degree of Master of Science in
Animal and Nutritional Sciences

Roanna Martin

will defend her thesis

The Relationship among Home Food Gardening,
Preschool Children's Fruit and Vegetable Intake, and
Weight Status in Monongalia and Kanawha Counties,
West Virginia

Date: Friday, April 5, 2013

Time: 8:00 AM

Place: AGS-E 1085

Advisor: Susan Partington, PhD, RD



Lack of access to fruits and vegetables in the home and low intake of fruits and vegetables have been associated with poor dietary quality and obesity in children. The objective of this study was to determine the associations among existence of a home food garden, intake of fruits and vegetables, and weight status in young children.

Analyses included survey data and anthropometric measurements for pre-kindergarten children, participants in the West Virginia Early Childhood Obesity Prevention Project.

Children in families with a home garden consumed significantly more (t-test, $p < 0.05$) cups of total fruit, including juice (1.9 ± 0.3 vs. 1.4 ± 0.1), more cups of dark green vegetables (0.2 ± 0.03 vs. 0.1 ± 0.01), and more deep yellow and orange vegetables (0.09 ± 0.01 vs. 0.06 ± 0.01) per day. In addition, associated micronutrients: vitamin K, beta- and alpha-carotene were also significantly greater. Mean weight status (BMI percentiles for age and gender) was not significantly different. Children with home food gardens consumed more fruits and vegetables, but weight status did not differ from children without home food gardens.

❖ Faculty, students, and the general public are invited. ❖