

Eight intervention evaluation study groupings had a total of 19 outcomes (short-term, intermediate, or long-term), including 15 net positive, 0 net negative, and 4 neutral effects. Two studies were conducted with lower-income participants and one study was conducted with Native American participants. Three different study designs were available in the literature including non-randomized trials, time series and before and after studies.

Environment and Policy Indicators

Short-term Outcomes

Intermediate Outcomes

Long-term Outcomes

Addition of a Community Garden
(e.g., creation of a community garden for children to maintain and eat from)

3 **+** 4 **×** 0 **-**

Addition of a School Garden
(e.g., creation of a school garden for students to maintain and eat from)

11 **+** 0 **×** 0 **-**

1 **+** 0 **×** 0 **-**

Willingness to Try Vegetables*

Better Nutrition

- Consumption of healthy foods
8 **+** 2 **×** 0 **-**
- Decreased consumption of unhealthy foods
0 **+** 2 **×** 0 **-**
- Consumption of vitamins and fiber
3 **+** 0 **×** 0 **-**
- Meeting vitamin recommendations
3 **+** 0 **×** 0 **-**

Less Overweight and Obesity
 (No Studies)

Key:

- +** Net Positive Effect
- ×** No/Neutral Effect
- Net Negative Effect

*Willingness to try vegetables was included as a short-term proxy of healthy eating. No other short-term outcomes were reflected in the peer-reviewed literature.

Figure 7A: School and Community Gardens