

Research Rundown

Article:

Horticultural Activity Type, Psychological Well-Being, and Fruit and Vegetable Intake

What did this study examine?

The purpose of this study was to explore the effect of the frequency of participation in horticultural activity types on **psychological well-being** and **fruit and vegetable intake**.

Convenience sampling was used to collect **400** responses to a self-administered questionnaire that inquired about the frequency of four horticultural activity types:



Indoor plant activities



Outdoor plant activities



Arts/crafts activities



Excursions

Key findings:

This study analyzed data for two main findings: the measure of psychological well-being, and the frequency of fruit and vegetable intake.



A higher frequency of indoor plant activities **positively** affected **well-being** AND the frequency of vegetable and fruit **intake**.



A higher frequency of outdoor plant activities **positively** affected **well-being**.



The frequency of outdoor plant activities had an indirect effect of fruit and vegetable **intake by promoting** psychological well-being.

In conclusion, promoting regular public indoor and outdoor plant activities should be considered a useful method for improving psychological well-being and vegetable and fruit intake.

Put it into practice!



Provide 'hands-on' horticultural activities, and/or incorporate fun easy recipes that include school garden grown fruits and vegetables.



Create a warm and welcoming cafeteria environment. Promoting your students' safety and well-being may help increase fruit and vegetable intake!



Share your story! Promoting your program may help open doors and create partnerships to provide gardening opportunities for your students!

Reference:

Zhong YQ, Tu HM. Horticultural Activity Type, Psychological Well-Being, and Fruit and Vegetable Intake. *Nutrients*. 2020 Oct 28;12(11):3296. doi: 10.3390/nu12113296. PMID: 33126480; PMCID: PMC7692162.