HEALth MAPPS™ for Mapping Healthy Eating Active Living Assets using Participatory Photographic Surveys

Oregon State University Extension

Overview

HEALth?MAPPS™?is a?SNAP-Ed facilitated,?community-engaged,?socio-environmental determinants of health (SDOH) discovery and learning intervention. HEALth?MAPPS™ mobilizes?community partners - sectors, organizations, and residents to assess people's (i.e., SNAP-Ed audiences?) lived experience of place-based resources, and to plan implement PSE intervention strategies that increase and to ease local access to environmental resources for healthy eating and physical activity (HEAL). HEALth MAPPS™ engages people in participatory action research (PAR) to accomplish two objectives: (1) document community/neighborhood environmental assets, the SDOH that residents experience as helping or hindering?their?behaviors and patterns;? (2) assess neighborhood/community resources and readiness to take action. Community partners use local data to plan and implement PSE strategies to support and sustain healthy lifestyle behaviors among priority youth and adult populations.??The MAPPS™ method integrates participatory photography and community mapping using global positioning system (GPS) technology, and residents’ voiced perceptions of their community’s socio-environmental determinants to explore, understand, and improve the culture and context for HEAL equity. Target Behavior: Healthy Eating, Physical Activity Intervention Type: PSE Change

Intervention Reach and Adoption

HEALth MAPPS™ targets adult/head of family household residents and community sectors and organizational partners serving SNAP-eligible audiences in geographically defined rural community or urban/suburban neighborhood places with a high concentration of low SES populations. The potential reach includes SNAP-eligible adult audiences and family households and sector/organizational partners serving SNAP audiences in rural communities or urban/suburban neighborhoods served by adopting Extension organizations to date in OR, WA, ID, NV, CO, NM, OH, and SD, including tribal communities in OR, WA, and SD. Setting: Community Age: Residents – Adults, Older Adults, Food Pantry/Shelter Clients, Pregnant/Breastfeeding?Women, Parents/Mothers/Fathers of Preschool?(<5 years old), Elementary School, Middle School and, High School Youth Race/Ethnicity: All, culturally adapted for Native American and Hispanic/Latino populations.
Intervention Components

HEALth MAPPS™ is a compilation of evidence-based engagement and mixed methods evaluation tools aggregated into a community-engaged participatory evaluation and PSE intervention to change the environmental context and increase population exposure to SDOH HEAL resources. The intervention was developed to use participatory photo mapping (PPM; Dennis Jr. et al., 2009) and community readiness concepts (Sliwa et al., 2011) to document people’s lived experiences of conditions in the place they live, grow, and age. Specifically, HEALth MAPPS™ accomplishes two audience-engaged objectives: (1) document observable PSE features, SDOH that support or hinder community members’ HEAL behavioral patterns, and (2) determine local resources and readiness to protect health, promote health equity, and prevent obesity-related chronic disease among residents.

Intervention Materials

HEALth MAPPS™ utilizes a train-the-trainer protocol. The initial training (12-hour) facilitates the development of competencies and provides materials for the adopting organization to engage local community audiences in participatory assessment and PSE strategy implementation. Onsite, online, and hybrid trainings are provided by Oregon State University HEALth MAPPS™ trainers as workshops contracted by organizational adopters (typically land-grand university Extensions and/or SNAP-Ed agencies) that purchase the intervention and evaluation tool for state-wide implementation: the onsite 3-day workshop cost is estimated @ $15,000 plus trainer travel reimbursement; HEALth MAPPS™ Toolkit, included in workshop costs, are published by Oregon State University and available for download and printing (1 required per training participant).

Intervention Costs

Additional cost information available by consultation. Costs for the HEALth MAPPS™ Toolkit and Training for organizational adopters vary by adopter location, mode of delivery (onsite, online, or hybrid) and needs, including technical support during implementation and location.

Evidence Summary

- Published abstracts: Journal of Nutrition Education and Behavior, 2014; (46)4, Supplement,S193; Journal of Nutrition Education and Behavior, 2015; (47)4, Supplement,S97
- Case studies by practitioners working in the field (Dodge Vera T, John DH. Using HEAL MAPPS to
Classification: Research-tested

Evaluation Indicators

Based on the SNAP-Ed Evaluation Framework, the following outcome indicators can be used to evaluate intervention progress and success.

<table>
<thead>
<tr>
<th>Readiness and Capacity – Short Term (ST)</th>
<th>Changes – Medium Term (MT)</th>
<th>Effectiveness and Maintenance – Long Term (LT)</th>
<th>Population Results (R)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Environmental Settings</td>
<td>ST5, ST6, ST7</td>
<td>MT6</td>
<td>LT5, LT6, LT7, LT8, LT9, LT10, LT11</td>
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<tr>
<td>Sectors of Influence</td>
<td>ST8</td>
<td>MT7, MT8, MT9, MT10, MT11</td>
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Evaluation Materials

HEALth MAPPSTM integrates intervention with evaluation and can be used as a repeated measure on a 3 year cycle to evaluate change over time.

Additional Information

Website: OSU Extension provides HEALth MAPPSTM information, Toolkit Manual preview and process, available at: https://extension.oregonstate.edu/heal-mapps. Intervention materials are not freely available. Contact Person: Deborah H. John, Program Director Professor and Extension Specialist for Health Equity and Place College of Health, Oregon State University Corvallis, OR 97331 Email: deborah.john@oregonstate.edu Phone: (541) 737-1405  *Updated as of August 29, 2023*