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

Oregon State University Extension

Overview

HEALth MAPPSTM is a SNAP-Ed facilitated, community-engaged, socio-environmental determinants of health (SDOH) discovery and learning intervention. HEALth MAPPSTM mobilizes community sectors and residential stakeholders to identify target audiences’ lived experience of place-based resources, and to intervene with PSE strategies to increase easy access to healthy eating and physical activity (HEAL) environmental supports. HEALth MAPPSTM engages people in participatory action research (PAR) to accomplish two objectives: (1) document community/neighborhood SDOH environmental assets that residents experience as helping or hindering their behaviors and patterns; (2) assess community/neighborhood resources and readiness to plan and implement local policy, systems, and environmental strategies to support and sustain healthy lifestyle behaviors among targeted youth and adult populations. The MAPPSTM 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 health equity. Target Behavior: Healthy Eating, Physical Activity

Intervention Type: PSE Change

Intervention Reach and Adoption

HEALth MAPPSTM targets adult/head of family household residents and sector and organizational partners/stakeholders 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 sector partners serving SNAP audiences in rural communities or urban/suburban neighborhoods served by adopting organization 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 MAPPSTM 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 MAPPSTM 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 MAPPSTM 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 MAPPSTM 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 workshop cost is estimated @ $15,000 plus trainer travel reimbursement; HEALth MAPPSTM 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 MAPPSTM 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 manuscript: John & Gunter. engAGE in Community: Using Mixed Methods to Mobilize Older

- 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 build community capacity among Latinos. Published abstract presented at Oregon Public Health Association annual conference; Corvallis, OR; October 2013) demonstrating positive effects on neighborhood school food/physical activity PSE.

**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.

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<thead>
<tr>
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<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>
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<tbody>
<tr>
<td>Individual</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 MAPPS™ 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 MAPPS™ information, Toolkit Manual preview and process, available at: [https://extension.oregonstate.edu/heal-mapps](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 Equitable Communities College of Public Health and Human Services, Oregon State University Corvallis, OR 97331

Email: deborah.john@oregonstate.edu Phone: (541) 737-1405