Ripple Effects Mapping to Explore Sustainability for PSE Changes

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Objectives

DEFINE REM

DESCRIBE REM PROCESS

IDENTIFY BEST PRACTICES AND TIPS
Community Coalitions for Change (C3)

4-year 1416 CDC funded project intended to engage communities to implement PSEs to encourage healthy eating and physical activity

Awarded to counties with adult obesity rates of 40% or higher

4 counties in Tennessee funded
C3 Counties

Lake
- Population: 5,700
- 20% African American
- 76% White

Lauderdale
- Population: 25,000
- 34% African American
- 64% White

Haywood
- Population: 18,500
- 51% African American
- 45% White

Humphreys
- Population: 18,200
- 3% African American
- 95% White
Overall Results

1800+ adults and youth engaged in direct education
107 sites enhanced physical activity access
89 sites enhanced healthy eating access
36 community gardens created
21 food retailers promoted healthy foods
4 new parks established
2 new Farmers’ Markets established
Ripple Effects Mapping Overview

Group evaluation method that uses appreciative inquiry and mind mapping to document program impacts.
REM Steps

- Appreciative interview technique
- Group facilitation
- Mind mapping
- Qualitative data analysis
Community Capitals Framework
Conducted near the end of the grant funding
4 different groups-1 for each county
40 REM Participants

- Faith-based organizations: 7
- Parks and recreation: 6
- Schools: 5
- Government: 3
- Community organizations: 3
- Gardens: 3
- Senior centers: 3
- Health departments: 3
- Health clinics: 3
- Community centers: 2
- Other: 2
The skills and abilities of people to develop and enhance their knowledge and resources and improve their capacity to participate in healthy behaviors

Community gardens changed how people felt about gardening. They realized it doesn’t take a lot to garden.
Cultural - 49 responses

The way people know the world and how they act within it, as well as traditions and language

A healthy church cooking event changed the mindset of church members about healthy eating as part of church activities.
Connections between people and organizations

Working with the Farmers’ Market, a high school hosted teens to cook a dinner with fresh vegetables.
Residents from subsidized housing were accessing part through a weedy, unmaintained area that would flood. The local municipality built a bridge from the neighborhood to the park to increase safe access.
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Nutrition and Physical Activity Themes

- 57 responses nutrition PSE changes
- 50 responses physical activity PSE changes
“To figure out the puzzle, each community member has a piece.”
“The C3 coalition has a lot of energy and that’s something we can hook our caboose to. We can continue working to collaborate, to learn more and keep pushing the change so that we don’t fall backwards to where we were. We are taking motivation away from this opportunity.”

“C3 created a movement and now we’re able to see a bigger impact.”

“C3 showed the community how to make grants work together.”

“We are working on tangible things that will last beyond the grant.”
REM Benefits

Intended and unintended results of an intervention

Complex community work evaluation

Stakeholder engagement and celebration

Visual display of impacts and connections

Reflection for participants

Discussion of sustainability
References

