

# Ripple Effects Mapping to Explore Sustainability ▶ for PSE Changes

Karen L. Franck, PhD

Cori Sweet, MPH, RDN

University of Tennessee

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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

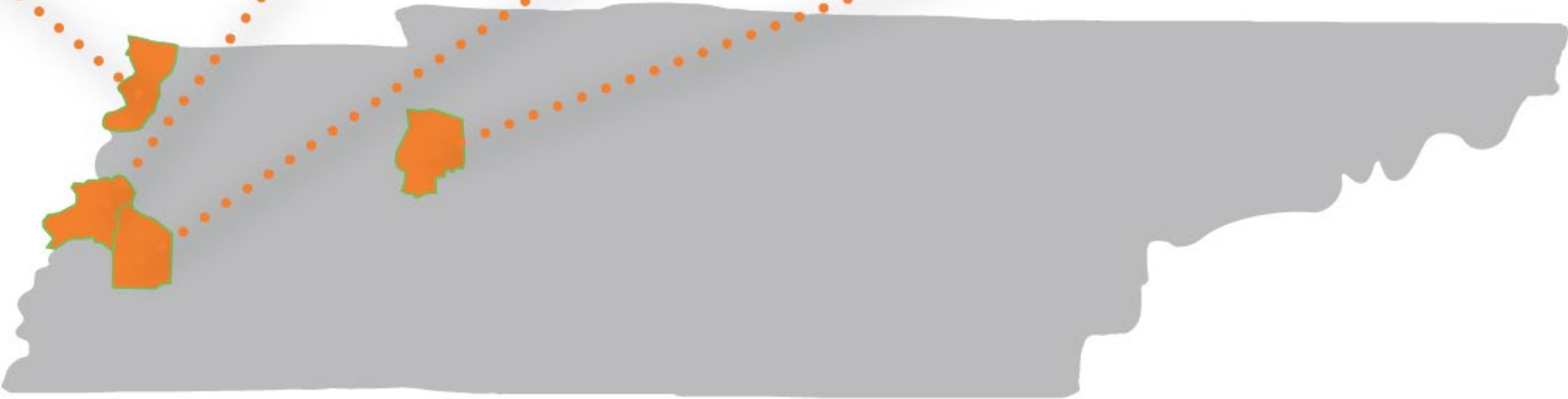
# C3 Counties

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

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

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

**Humphreys**  
18,200 - Population  
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



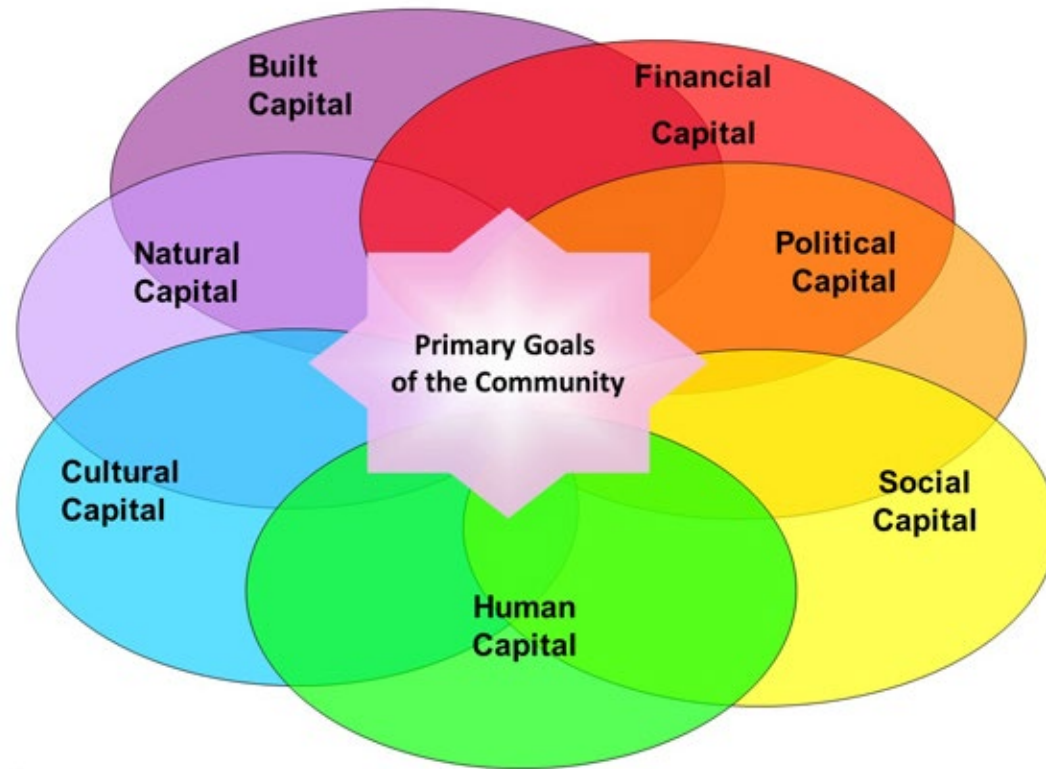
Mind mapping



Qualitative data  
analysis



# Community Capitals Framework



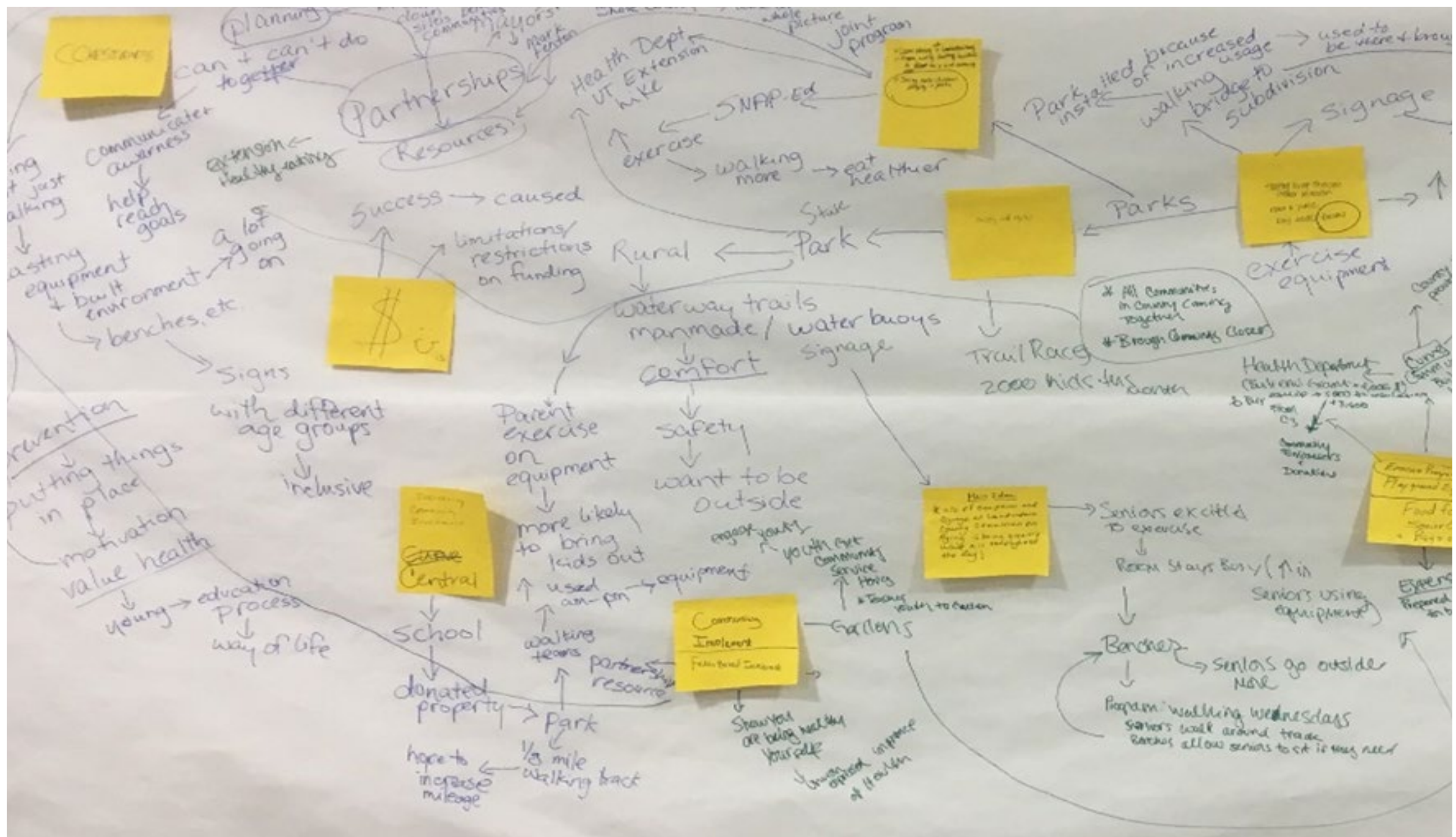


# REM

- ▶ Conducted near the end of the grant funding
- ▶ 4 different groups-1 for each county

# 40 REM Participants





## Human Capital - 59 responses

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.

Social - 39 responses

## Connections between people and organizations

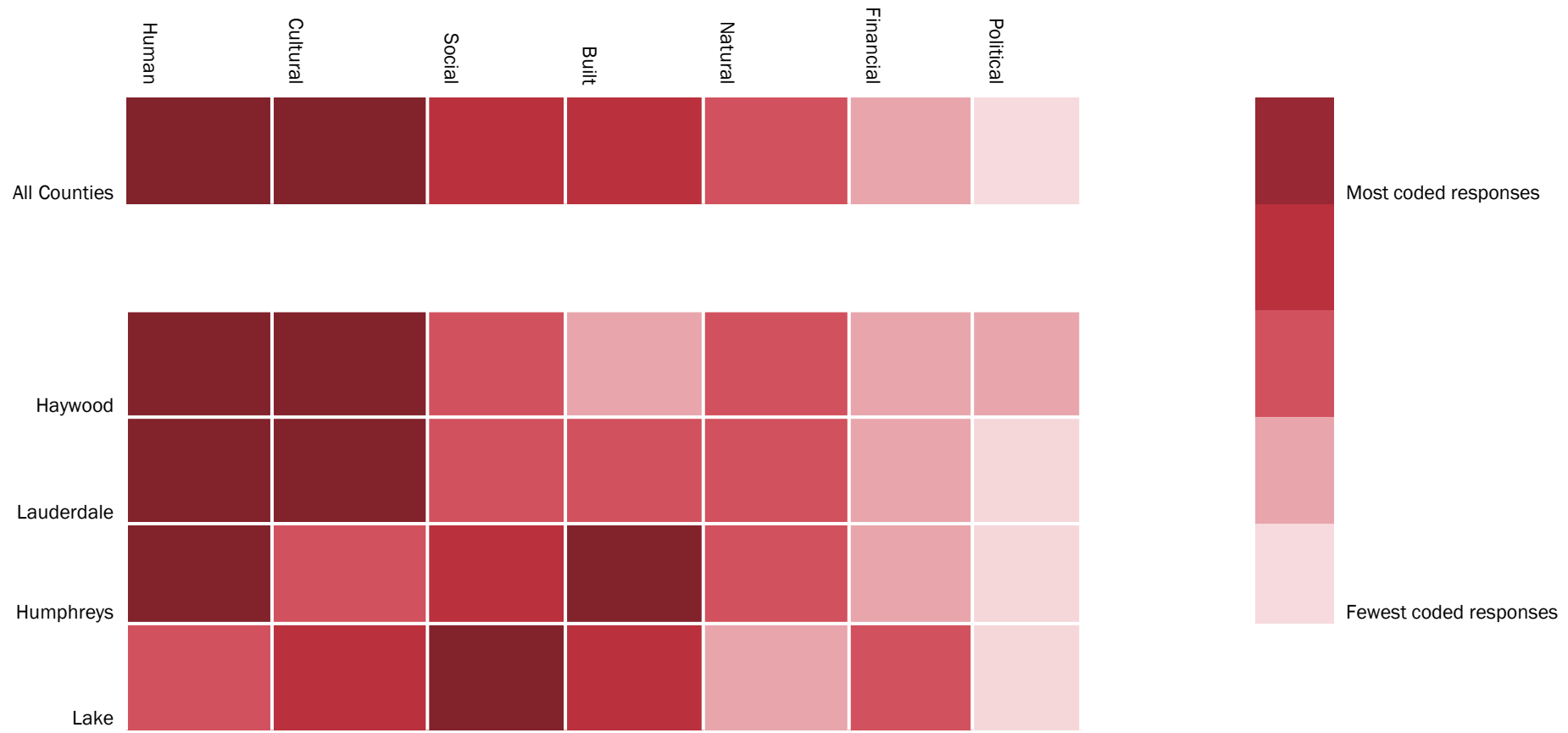
Working with the Farmers' Market,  
a high school hosted teens to cook  
a dinner with fresh vegetables.

## Built - 37 responses

Infrastructure supporting recreational facilities or areas including main streets. Includes community development efforts.

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.



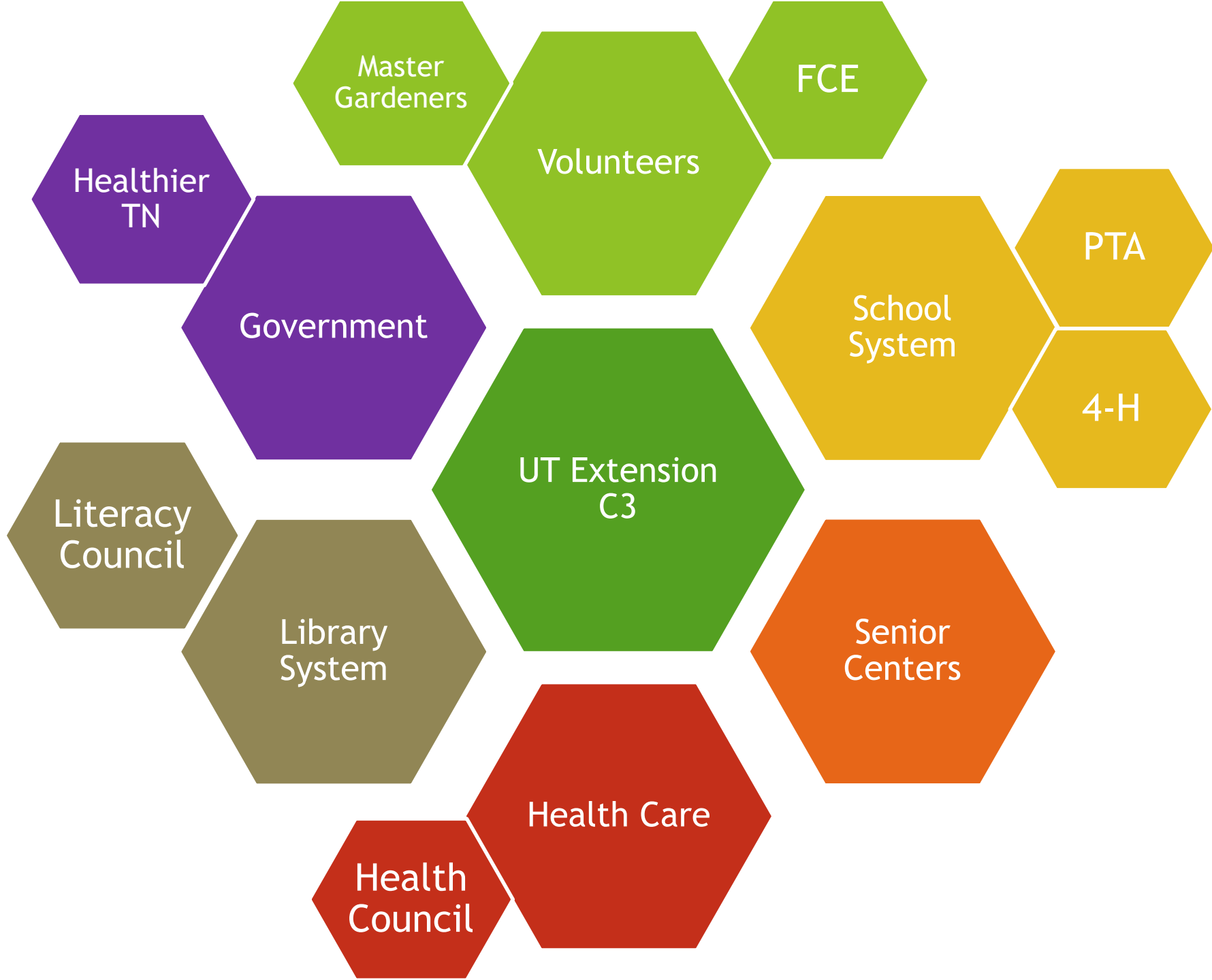


# Nutrition and Physical Activity Themes

- ▶ 57 responses nutrition PSE changes
- ▶ 50 responses physical activity PSE changes



“To figure out the puzzle, each community member has a piece.”



# Sustainability

- ▶ “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

- ▶ 2017 A Field Guide to Ripple Effects Mapping edited by Scott Chazdon et al. Available for download at:  
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- ▶ Wallace, H. S., Franck, K. L., & Sweet, C. L. (2019). Community Coalitions for Change and the policy, systems, and environment model: A community-based participatory approach to addressing obesity in rural Tennessee. Preventing Chronic Disease, 16. Available at:  
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- ▶ Franck, K. L., & Sweet, C. L. (2018). Community Coalitions for Change University of Tennessee 1416 CDC grant final evaluation report. Available for download at:  
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