



# **This document serves as a preview of the HEAL MAPPS™ Toolkit Manual**

*Please contact us for information on how  
to acquire a full version of the  
HEAL MAPPS™ Toolkit Manual*

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# HEAL MAPPS™

## Toolkit Manual



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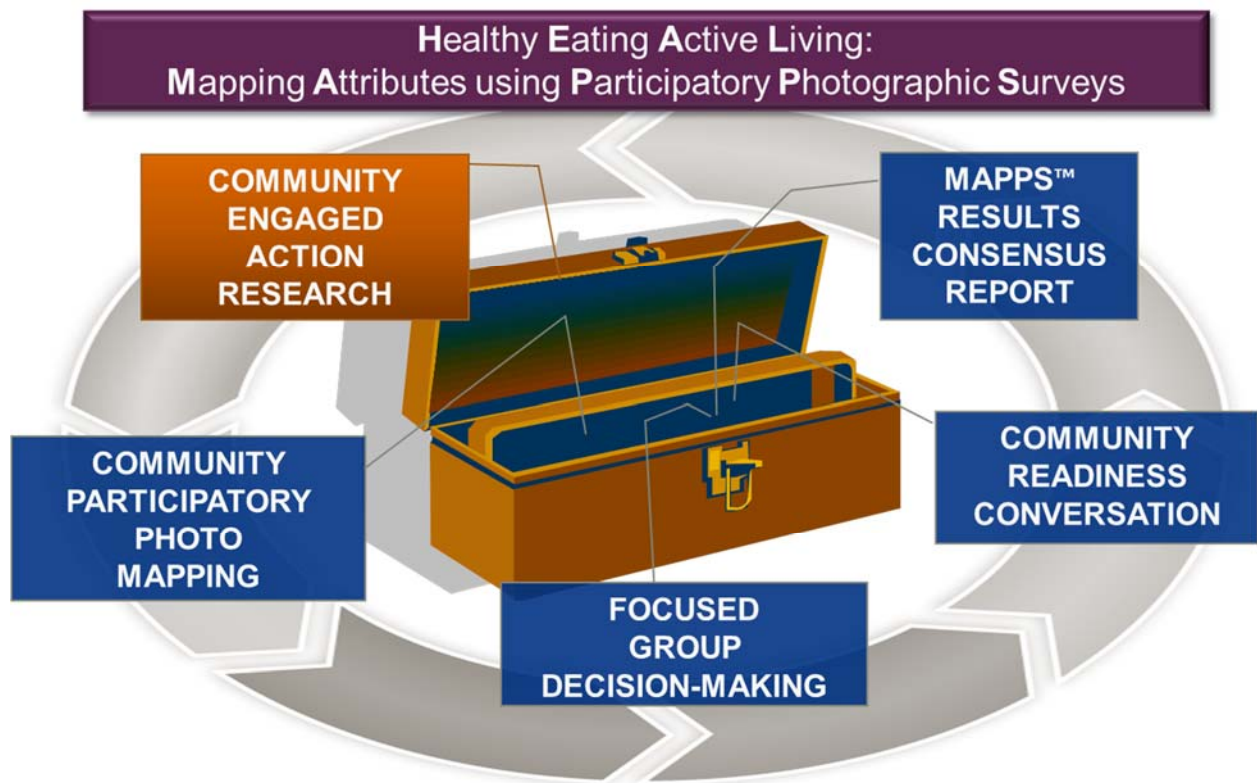
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# Introduction

The purpose of this manual is to introduce the *Healthy Eating Active Living: Mapping Attributes using Participatory Photographic Surveys* (HEAL MAPPS™) program, and to train users to apply the HEAL MAPPS™ process and tools collaboratively with community-based research partners. This manual is a step-by-step resource intended to guide you through the entire process, from planning to execution to dissemination of findings. The manual is organized chronologically to walk users through the processes required to organize and implement three key HEAL MAPPS™ events: a training workshop, focus group, and a community conversation. Everything needed to plan and execute the process is included in this manual including templates for marketing materials, all required handouts, data collection documents and instruments, and templates for completing the Community Report, which is used to communicate research findings back to the community and to relevant stakeholders.



# Getting Started



# Overview of the HEAL MAPPS™ Process

*Healthy Eating Active Living: Mapping Attributes using Participatory Photographic Surveys*, or HEAL MAPPS™, is a compilation of evidence-based engagement and assessment tools that is used to audit and map community environmental features that support and/or hinder healthful eating and physical activity among community members. The MAPPS™ method integrates photography, participatory community mapping using global positioning system (GPS) technology, and residents' voiced perceptions of their community place to explore, understand, and improve community livability. MAPPS™ engages local people in participatory processes that are grounded in their experience of the community in which they live, work, and play. MAPPS™ generates and transfers knowledge with and among community members about how attributes of people interact with attributes of place to determine health and lifestyle behaviors and influence quality of life outcomes.

HEAL MAPPS™ engages people in community-based participatory research (CBPR) to accomplish two objectives: (1) document attributes of the rural community environment that are perceived by residents to be obesity preventing or promoting, and (2) assess local resources and readiness to implement community-level obesity prevention strategies to prevent unhealthy weight gain/overweight and obesity among children and families.

MAPPS™ connects people with place and provides immediate benefits to the community. MAPPS™ is an effective engagement, assessment, and action tool that can be applied to a variety of public health problems where understanding how the interaction of people and place is essential to developing locally relevant solutions.

