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**ABSTRACT**

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## **USING RIPPLE EFFECTS MAPPING TO IDENTIFY INTENDED AND UNINTENDED OUTCOMES OF A COMMUNITY-BASED PHYSICAL ACTIVITY INTERVENTION TARGETING LOW-INCOME MID-LIFE AND OLDER ADULTS**

The health benefits of regular physical activity (PA) are well documented. However, less than 20% of U.S. older adults meet the recommended level of PA. PA interventions targeting older adults have been implemented to promote independence and improve quality of life. Many of these interventions have focused on individual-level impacts, and very few of them have identified and described the effects at higher-levels, such as at the interpersonal, community, or policy level. Steps for Change (SFC) is a community-based PA intervention trial targeting low-income midlife and older adults living in or near affordable public housing sites, many of which are affiliated with John Stewart or LeadingAge ([www.leadingage.org](http://www.leadingage.org)).

This group-randomized trial compares the evidence-based Active Living Every Day (ALED) Program versus ALED and a citizen science approach called Our Voice (OV). The OV program engages participants to use a mobile app to capture PA facilitators and barriers in their local communities. A qualitative method known as ripple effects mapping (REM) was implemented to explore intended and unintended outcomes from the interventions at various time points. This method served to build a visual map of participants' responses, and it was paired with the social-ecological model (SEM) for analysis.

Preliminary data have identified intervention impacts at different level processes.

The application of REM can serve as a qualitative tool to assess multi-level processes of PA interventions by capturing implementation and scale-up indicators to improve program sustainability.

**COMMUNITY PARTNER**

**LEADING AGE**