Introduction to the Evaluation

Ripple Effects Mapping (REM) is a participatory evaluation tool that uses an appreciative inquiry approach to promote reflection, gather stories and impact from a group of participants. REM is a qualitative tool that maps the intended and unintended outcomes of the program.

EFNEP is a federally-funded nutrition education program that helps participants with low incomes achieve greater health and well-being. EFNEP is grounded in social cognitive theory and adult and youth learning principles.

OBJECTIVE

The objective of this study was to evaluate the impacts of the Expanded Food and Nutrition Education Program (EFNEP) in Washington state, using a participatory evaluation tool called Ripple Effects Mapping (REM).

RESULTS

- EFNEP Educators reported being proud of how EFNEP builds community in and outside of their classes.
- Impacts describing diet quality and food resource management were mentioned most often.
- Themes that emerged from diet quality included:
  - Label Reading
  - Sugary Drinks
  - Whole Grains
  - Reducing Sugar and Fat
- Themes that emerged from food resource management included:
  - Cooking
  - Shopping
  - Saving Money

CONCLUSION

REM is an effective evaluation tool to collect and document impact stories about EFNEP educator and participant experiences. EFNEP Educators report the value they hold to EFNEP participants.

REFERENCES