

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Nasar, J.L. 2015. <i>Creating places that promote physical activity: Perceiving is believing</i>. San Diego, CA: Active Living Research.</p> <p>http://activelivingresearch.org/creating-places-promote-physical-activity-perceiving-believing</p>	<p>This article presents a scoping review of the relationship between physical activity, perceived aesthetics and safety. Aesthetics is defined here as the visual appeal or pleasantness of an environment. From the review, eleven key research findings are identified including that aesthetics and perceived safety attract people to places; and vegetation improves visual appeal. Six strategies are offered to improve the attraction of a space including: adding features such as seats, sculptures, food vendors and water features to attract people. Future research suggests a focus on both physical and perceptual measures of the built environment using controlled experiments and longitudinal studies.</p>	HCDN	Physical activity; walking; built environment; neighbourhood; perceptions; aesthetics; safety; scoping review
<p>Gelormino, E., Melis, G., Marietta, C. & Costa, G. 2015. 'From built environment to health inequalities: An explanatory framework based on evidence.' <i>Preventive Medicine Reports</i> 2(art. no. 148): 737-745.</p> <p>http://www.sciencedirect.com/science/article/pii/S2211335515001217</p>	<p>This article investigates the effects of the physical environment on health inequality through a scoping review of the literature. A three-prong framework was used to examine the possible associations (natural conditions, social context and behavioural aspects). From 21,712 articles, 23 were included in this review and assessed. Analyses of the literature reveal the following themes under natural conditions: air quality, climate characteristics, soil and water pollution, noise pollution and availability of green areas. Four themes emerged under the behavioural aspects: physical activity and mobility, alcohol drinking and smoking, eating habits and care seeking behaviours. An equity</p>	SS	Health inequity; built environment; natural environment; social environment; scoping review; framework

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	<p>lens is applied to each of these themes and reveals that people living in socio-economically deprived areas tend to have more exposure to health damaging influences. Future research, policies and initiatives should incorporate an equity lens to enable healthy environs for all.</p>		
<p>American Association of Retired Persons and the Walkable and Livable Communities Institute. 2015. <i>The imagining livability design collection: A visual portfolio of tools and transformations</i>. Washington (DC): AARP. http://www.aarp.org/content/dam/aarp/livable-communities/documents-2015/Imagining-Livability-Design-Collection-40p-72815.pdf</p>	<p>This portfolio provides tools and initiatives to create age-friendly environments. One section provides the tools and is divided into short-term, mid-range and long-range projects as well as planning and policies. Another section showcases before and after images of locations transformed into walkable, bikeable and age-friendly. With visual appeal, it highlights rural and local roads, small-town main streets, suburban streets and commercial strips, urban streets and downtowns and back streets and underused spaces. This collection helps community members and government officials envision possibilities for healthy and age-friendly neighbourhoods.</p>	SS	<p>Age-friendly environments; walking; cycling; tools; policy</p>
<p>Hajna, S., Ross, N.A., Brazeau, A.-S., Bélisle, P., Joseph, L., Dasgupta, K. 2015. 'Associations between neighbourhood walkability and daily steps in adults: a systematic review and meta-analysis.' <i>BMC Public Health</i> 15 (1): art. no. 768. http://www.biomedcentral.com/1471-2458/15/768 *</p>	<p>This article summarises current understanding of the relationship between neighbourhood walkability and objectively measured total walking in adults. From 8744 abstracts, a review of 30 was undertaken with four articles identified for meta-analysis. The analysed articles stem from Europe and Asia. The meta-analysis demonstrates that those living in high compared to low walkable neighbourhoods undertook approximately 770 more steps per day or 8% of the recommended 10,000 steps per day. This is one of the first studies to quantify the association between neighbourhood walkability and walking. Such findings should initiate research in other locations to enhance comparisons and contribute to a</p>	SS	<p>Walking; neighbourhood walkability; street connectivity; land use mix; residential density; objective measurements; systematic literature review</p>

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	solid evidence base. Investigations into other aspects of the built environment (e.g. street trees) may also solidify an understanding of neighbourhood walkability.		
<p>Barton, H. Thompson, S., Burgess, S., Grant, M. 2015. <i>The Routledge handbook of planning for health and well-being: Shaping a sustainable and healthy future</i>. New York: Routledge.</p> <p>https://www.routledge.com/products/9781138023307</p>	<p>This book provides a solid foundation to understand the role of the physical environment in shaping the health and well being of individuals. Through five sections, it unites theory and practice and provides case studies from four continents. Part 1 establishes an integral overview taken from the health, planning and sustainability perspectives. Part 2 delves into the human experience (e.g. mental well-being, play, active transport). Part 3 investigates the human habitat. The remainder of the book promotes processes, tools and global practices to develop an on the ground approach to healthy planning. This resource is valuable to students in the planning and health field as well as practitioners and government officials looking to create healthier environments for all.</p>	SS	Healthy planning; sustainability; case studies; theory; practice
GETTING PEOPLE ACTIVE			
<p>Cunningham-Myrie, C.A., Theall, K.P., Younger, N.O., Mabile, E.A., Tulloch-Reid, M.K., Francis, D.K., et al. 2015. 'Associations between neighborhood effects and physical activity, obesity, and diabetes: The Jamaica Health and Lifestyle Survey 2008.' <i>Journal of Clinical Epidemiology</i> 68 (9): 970-978.</p> <p>http://www.ncbi.nlm.nih.gov/pubmed/25910912</p>	<p>This article examines neighbourhood disorder, perceived neighbourhood safety and recreational facilities on several health outcomes. Perceptions of safety, fruit and vegetable consumption and sociodemographic data of 2848 participants were taken from the Jamaica Health and Lifestyle Survey. Physical activity, obesity and diabetes levels were measured. Neighbourhoods were assessed for paved roads, footpaths, disorder, cleanliness and accessibility to open space and recreational areas. Statistical analyses depict greater levels of neighbourhood disorder and availability of recreational facilities were associated with higher levels of inactivity among women. Authors</p>	SS	Physical activity; obesity; diabetes; safety; recreational facilities; open space; Jamaica

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	<p>suggest that the counterintuitive findings of access to recreational areas and lower levels of physical activity among women may relate to the recreational areas not being women- child-friendly. These findings continue to contribute to the role of socio-cultural norms, gender and built environment characteristics relationships with health.</p>		
<p>King, T.L., Bentley, R.J., Thornton, L.E., Kavanagh, A.M. 2015. 'Does the presence and mix of destinations influence walking and physical activity?' <i>International Journal of Behavioral Nutrition and Physical Activity</i> 12 (1): art. no. 115. http://www.ijbnpa.org/content/12/1/115</p>	<p>This article identifies which destinations are associated with walking and physical activity. Frequency and duration of physical activity and walking were taken from 2349 participants of the Victorian Lifestyle and Neighbourhood Environment Study. Seven categories of destinations were assessed: educational facilities, café/takeaway stores, transport stops, supermarkets, sports facilities, community resources and small food stores. Network analysis identified the number of destinations within three buffers (400m, 800m, 1200m) around each participant's residence. Analyses of the data show that neighbourhoods with the greatest mix of destinations were likely to be areas of higher disadvantage, single occupants, those aged 65 years or more and highly educated. Community resources and small food stores showed the strongest associations with walking and physical activity within the 800 and 1200m buffer. These findings support the idea that a mix of destinations to support daily living in a single trip may provide the incentive to walk.</p>	SS	<p>Physical activity; walking; accessibility; mixed use; food retail; recreational facilities; transport stops</p>
<p>Hajna, S., Ross, N.A., Brazeau, A.-S., Bélisle, P., Joseph, L., Dasgupta, K. 2015. 'Associations between neighbourhood walkability and daily steps in adults: a systematic review and meta-analysis.' <i>BMC</i></p>	<p>This article summarises current understanding of the relationship between neighbourhood walkability and objectively measured total walking in adults. From 8744 abstracts, a review of 30 was undertaken with four articles identified for meta-analysis. The analysed</p>	GPAN	<p>Walking; neighbourhood walkability; street connectivity; land use mix;</p>

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<p><i>Public Health</i> 15 (1): art. no. 768. http://www.biomedcentral.com/1471-2458/15/768 *</p>	<p>articles stem from Europe and Asia. The meta-analysis demonstrates that those living in high compared to low walkable neighbourhoods undertook approximately 770 more steps per day or 8% of the recommended 10,000 steps per day. This is one of the first studies to quantify the association between neighbourhood walkability and walking. Such findings should initiate research in other locations to enhance comparisons and contribute to a solid evidence base. Investigations into other aspects of the built environment (e.g. street trees) may also solidify an understanding of neighbourhood walkability.</p>		<p>residential density; objective measurements; systematic literature review</p>
<p>Schneider, R.J. 2015. 'Local environment characteristics associated with walking and taking transit to shopping districts.' <i>Journal of Transport and Land Use</i> 8 (2): 125-147. https://www.jtlu.org/index.php/jtlu/article/view/666</p>	<p>This article investigates characteristics of the built environment and travelling to shopping districts via foot or public transport. Data was gathered from an intercept survey at chemist shops in 20 San Francisco retail areas (n=397). Respondents reported home location and stops made during shopping trip. The areas represented the urban core, the suburban main street, the suburban thoroughfare and the suburban shopping centre. Areas were surveyed for population density, employment density, footpath coverage and parking spaces. Statistical analyses of the data report that tree canopy had a significant positive relationship with walking. Retail areas with larger car parks, lower employment densities, lower population densities and respondents living further from the area tended to favour vehicular transport. Proximity to public transport stops also increased the likelihood of using public transport to access the retail area. Walking and public transport use may be encouraged by the development of high-density, mixed-use neighbourhoods with reduced and higher pricing of street parking.</p>	<p>GPAN</p>	<p>Active transport; walking; public transport; retail; mixed land use; parking; tree canopy</p>

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CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Park, M., Verhoeven, J.E., Cuijpers, P., Reynolds, C.F., Penninx, B.W.J.H. 2015. 'Where you live may make you old: The association between perceived poor neighborhood quality and leukocyte telomere length.' <i>PLoS ONE</i> 10 (6): art. no. e0128460. http://www.ncbi.nlm.nih.gov/pubmed/26083263</p>	<p>This article assesses perceptions of neighbourhood quality and impacts on biological health. Telomere length is a marker of aging cells. DNA sampling and perceptions of the neighbourhood (general assessment, neighbourhood disorder, crime, noise, vandalism) were taken from the Netherlands Study of Depression and Anxiety (n=2901). Socio-demographic and urbanisation data were also taken. While 66% responding were female and had a lifetime diagnosis of depression (64%) or anxiety (59%), an analysis of the data, adjusting for gender and measures of depression and anxiety, found an association between perceived neighbourhood quality and telomere length. Fear of crime and vandalism were associated with shorter telomere lengths. Those who perceive to be living in disorderly neighbourhoods were found to be biologically older. This study provides a unique perspective on how perceptions of neighbourhood safety may affect individual health.</p>	SS	Neighbourhood disorder; crime; noise; aging; Netherlands
<p>Harvey, C., Aulltman-Hall, L., Hurley, S. E. & Troy, A. 2015. 'Effects of skeletal streetscape design on perceived safety.' <i>Landscape and Urban Planning</i> 142 (October 2015): 18-28. http://www.sciencedirect.com/science/article/pii/S0169204615001139</p>	<p>This article assesses how the characteristics of the street influence safety perceptions. Street canopy; number of buildings; and ratio of building height to street width were geocoded. Crowd sourced safety scores were measured. Regression modelling reveals trees and more buildings per length of the street positively affected perceptions of safety. These findings suggest that such micro-scale designs affected perceived safety more than urban form and affluence. It suggests that practitioners and community stakeholders prioritise the planting of trees and create tall and narrow streetscapes to promote areas that feel safe.</p>	SS	Safety; tree canopy; streetscape; buildings

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PROVIDING HEALTHY FOOD OPTIONS			
<p>Chen, X. & Kwan, M.-P. 2015. 'Contextual uncertainties, human mobility, and perceived food environment: The uncertain geographic context problem in food access research.' <i>American Journal of Public Health</i> 105 (9): 1734-1737. http://www.ncbi.nlm.nih.gov/pubmed/26180982</p>	<p>This article introduces additional facets to consider when studying access and the food environment. It suggests three spatial and temporal dimensions influencing the purchase of healthy and/or unhealthy food. Firstly, neighbourhood boundaries may not reflect true food access. Individuals have their own activity spaces. Food access should be assessed through activity surveys, which represent an individual's food access in real time. Secondly, the retail food environment has temporal dimensions (e.g. opening and closing times), which affect the procurement of food. Lastly, varying perspectives (e.g. community, organisation) of the nutrition environment may create disparity in the understanding of why certain foods are or are not consumed. Incorporating these dimensions into future research may help reveal how food access may be shaped by physical, cultural and interpersonal contexts.</p>	SS	<p>Food retail; access; activity spaces; temporal dimensions; perspectives</p>
<p>Williams, J., Scarborough, P., Townsend, N., Matthews, A., Burgoine, T., Mumtaz, L. & Rayner, M. 2015. 'Associations between food outlets around schools and BMI among primary students in England: A cross-classified multi-level analysis.' <i>PLoS ONE</i> 10 (7): art. no. e0132930. http://www.ncbi.nlm.nih.gov/pubmed/26186610</p>	<p>This article investigates the food retail around primary schools and the home environment and their relationship with body mass index. Body mass index measures, school attendance and residential area were taken from the 2010/2011 National Child Measurement Programme in Berkshire, England. Takeaway / fast food outlets and food stores (e.g. supermarkets, convenience stores, newsagents) were geocoded. Densities of food outlets within 800m of schools and residences were calculated. Multi-level modelling of the data reveals no significant associations between food retail near schools and body mass index. Independent of socio-economic variables, a significant positive association was found between fast food shops in the home neighbourhood</p>	SS	<p>Obesity; food retail; access; schools; children; England</p>

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	<p>and body mass index for Year 6 girls. The authors speculate the reason for no association with body mass index and food outlet densities around the school may be that the cumulative effects have not appeared among primary school children and warrant a prospective study. Alternatively, students, while eating fast food near school may compensate with higher levels of physical activity and thus physical activity should also be assessed along with body mass index.</p>		
<p>Liu, J.L., Han, B. & Cohen, D.A. 2015. 'Beyond neighborhood food environments: Distance traveled to food establishments in 5 US cities, 2009-2011.' <i>Preventing Chronic Disease</i> 12 (8): art. no. 150065. http://www.cdc.gov/pcd/issues/2015/15_0065.htm</p>	<p>This article explores the definition of neighbourhood food environments and the distance people travel for food. A group of 241 adults were recruited from 31 parks across 5 US cities (CA, NC, NM OH, PA). Participants wore GPS monitors and accelerometers for 3 weeks. Participants also completed a food and travel diary. A spatial-temporal cluster analysis was conducted to identify food destinations of interest. Neighbourhood environments were defined based on .5,1,2, and 5 mile circular and polygon buffers around the home as well as census tracts. Statistical analyses reveal median distance to grocery/supermarkets (0.4 miles), fast food/convenience stores (0.6miles), malls/stores (0.7 miles) and sit-down restaurants (1.4 miles). A one-mile circular buffer covered approximately 55% of the visited food establishments. Census tracts covered approximately 34% of food establishments. These findings quantify individual food activity patterns beyond circumscribed neighbourhood boundaries and suggest that actual travel activity may provide further insight into how the food environment influences healthy eating.</p>	<p>SS</p>	<p>Food retail; access; neighbourhood environment; activity spaces</p>

* denotes an item which has been placed in a number of different categories