

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Koohsari, M.J., Sugiyama, T., Sahlqvist, S., Mavoa, S., Hadgraft, N. & Owen, N. 2015. 'Neighbourhood environmental attributes and adults' sedentary behaviours: Review and research agenda.' <i>Preventive Medicine</i> 77(August 2015): 141-149. http://www.sciencedirect.com/science/article/pii/S0091743515001887</p>	<p>This article reviews the literature related to the built environment and sedentary behaviour. From 822 publications, a group of 17 articles were analysed. Six neighbourhood attributes were found to be related to sedentary behaviours: walkability-related, urban/regional, social/crime, aesthetics, destination-related and route-related. Less sedentary behaviour was associated with better route attributes (e.g. lower traffic, higher connectivity), access to destinations (e.g. recreation facilities), and living in urban areas. For the other neighbourhood attributes, significant findings were less defined. These findings suggest that while there is some overlap, built environment attributes associated with sedentary behaviours may be less closely associated with physical activity and should be investigated discreetly. Recommendations to enhance the sedentary behaviour research field are offered.</p>	APAN	Sedentary behaviour; built environment attributes; literature review
<p>Harrison, D. 2015. <i>Our fattest and fittest areas revealed</i>. Sydney Morning Herald. SMH 4 May 2015, http://www.smh.com.au/national/health/australias-fattest-and-fittest-areas-revealed-20150504-1myxdf.html</p>	<p>This article provides a snapshot of the fattest and fittest areas of Australia. Merging data from the Australian Bureau of Statistics, the Heart Foundation reports that the Darling Downs region in Queensland is the most obese part of Australia (44% of residents are obese). The leanest region is found in the eastern suburbs of Sydney. These statistics paint a sobering picture of expanding waistlines and decreasing levels of physical activity.</p>	SIA	Obesity; physical activity; statistics

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<p>Lynch, J., Meter, K., Robles-Schrade, G., Goldenberg, M.P., Bassler, E., Chusid, S., et al. 2015. <i>Exploring economic and health impacts of local food procurement</i>. Chicago, IL: Illinois Public Health Institute. http://iphionline.org/?s=exploring+economic+and+health+impacts&submit.x=0&submit.y=0 *</p>	<p>This report provides principles for enhancing local food procurement through case studies and analysis of the literature. The report provides a broad overview of the research project. Case studies from five regions in the US provide stories of success and challenges in growing local food. Impacts of growing local food were sevenfold: building social capital; creating jobs; increasing economic activity; improving diet; increasing academic achievement; improving mental health and environmental stewardship. When considering local food production, the role of social capital, health impact analysis and economic impacts must be considered. This report provides effective methods for enhancing the capacities of local communities to encourage the production of locally grown foods.</p>	<p>HCDN</p>	<p>Local food production; health impacts; social capital</p>
GETTING PEOPLE ACTIVE			
<p>Kolbe-Alexander, T., Pacheco, K., Tomaz, S., Karpul, D. & Lambert, E. 2015. 'The relationship between the built environment and habitual levels of physical activity in South African older adults: A pilot study.' <i>BMC Public Health</i> 15: 518. http://www.biomedcentral.com/1471-2458/15/518</p>	<p>This article examines the relationship between the built environment and physical activity in a South African context. A group of 44 older adults (65+ years) from high and low socioeconomic areas completed the Neighbourhood Environment Walkability Scale. Participants wore accelerometers and self-reported their levels of physical activity. Analysis of the data shows that residential density and neighbourhood satisfaction were associated with objectively measured physical activity among participants living in higher income areas. In self-reported physical activity, limited access to services and facilities correlated to lower levels of moderate to vigorous physical activity. In lower income areas, availability of walking and cycling paths was positively associated transport physical activity. These findings suggest that while attributes of the built</p>	<p>APAN</p>	<p>Physical activity; built environment; older adults; Africa</p>

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	environment affected the physical activity levels of participants according to socioeconomic status, objective and subjective measurements of physical activity provided a variance in findings. Perhaps a larger sample group may provide more conclusive evidence.		
<p>Dulin-Keita, A., Clay, O., Whittaker, S., Hannon, L., Adams, I., Rogers, M. & Gans, K. 2015. 'The Influence of HOPE VI neighbourhood revitalisation on neighbourhood-based physical activity: A mixed-methods approach. <i>Social Science and Medicine</i> 139 (August 2015): 90-99. http://www.sciencedirect.com/science/article/pii/S0277953615003342</p>	<p>This article examines the effects of a neighbourhood intervention (Housing Opportunities for People Everywhere) on physical activity. Concept mapping was used to determine residents' expectations on how the intervention might affect their health. A final group of 120 residents completed questions pre- and post-intervention related to perceived neighbourhood disorder, walkability, aesthetics and community safety. Analyses of the mapping activities reveal three themes: increased leisure physical activity, safe play areas, and health resource provision. Post intervention, modelling of the data shows that increased neighbourhood walkability and improved perceptions of safety for physical activity were associated with increased odds of physical activity. These findings show that such built environment interventions can facilitate physical activity opportunities.</p>	APAN	Physical activity; natural experiment; social housing
<p>De Bourdeaudhuij, I., Van Dyck, D., Salvo, D., Davey, R., Reis, R.S., Schofield, G. et al. 2015. 'International study of perceived neighbourhood environmental attributes and body mass Index: IPEN adult study in 12 countries.' <i>International Journal of Behavioral Nutrition and Physical Activity</i> 12 (1): art. no. 62. http://www.ijbnpa.org/content/12/1/62</p>	<p>This article examines the associations between international perceptions of the built environment and weight status. A group of 14,222 participants in 17 cities from 12 countries reported their height and weight measurements and completed the Neighbourhood Environment Walkability Scale. Statistical modeling of the data shows that safety from traffic, proximity to local destinations and safety from crime were associated with weight across the 12 countries. These findings suggest that safer routes for walking and cycling, safety</p>	APAN	Obesity levels; neighbourhood built environment; international comparisons

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	<p>from crime as well as compact, mixed use neighbourhoods facilitate opportunities to be active and such interventions bear international applicability. Moreover, a combination of environmental attributes was associated with less overweight levels across the study sites. Interventions involving these attributes may help reduce an international prevalence of obesity levels.</p>		
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Belon, A. P., Nieuwendyk, L. M., Vallianatos, H. & Nykiforuk, C. I. J. In press. 'Community lenses revealing the role of sociocultural environment on physical activity.' <i>American Journal of Health Promotion</i>. http://www.ajhpcontents.com/doi/abs/10.4278/ajhp.140428-QUAL-169</p>	<p>This article assesses how the sociocultural environment affects physical activity. Thirty-five residents from four Alberta, Canada communities conducted PhotoVoice activities. Through photographs, narratives and interviews, participants reported their perceptions about the environment and physical activity. Thematic analyses of the data manifest the following themes: sociocultural aesthetics, social involvement and safety. Maintaining and beautifying the surroundings as well as increasing feelings of safety shaped participants' decisions to be physically active. In addition to the built environment, supportive environments for physical activity also investigate the influences of the sociocultural environment.</p>	APAN	Physical activity; social support; safety
<p>Ettema, D. & Smajic, I. 2015. 'Walking, places and wellbeing.' <i>Geographical Journal</i> 181 (2): 102-109. http://onlinelibrary.wiley.com/doi/10.1111/geoj.12065/full</p>	<p>This paper explores how the environment facilitates or hinders the wellbeing effects of walking. The walking experiences of 31 Utrecht University students were recorded in situ through mobile phone questionnaires. Participants also took photographs along their walks and offered textual explanations. Focus group discussions were conducted. Analyses of the data confirm the role of people, shops and restaurants in enhancing people's mood. Natural elements and quieter</p>	SS	Wellbeing; built environment; walking

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	places lend themselves to creating restorative atmospheres. Aspects of the physical environment can affect the association between walking and wellbeing.		
<p>Foster, S., Hooper, P., Knuiman, M., Bull, F. & Giles-Corti, B. In press. 'Are liveable neighbourhoods safer neighbourhoods? Testing the rhetoric on new urbanism and safety from crime in Perth, Western Australia.' <i>Social Science & Medicine</i>. http://www.sciencedirect.com/science/article/pii/S0277953615002427</p>	<p>This paper explores the effects of New Urbanism and residents' perceptions of crime. Data was drawn from the RESIDential Environments project conducted in Perth, Australia living in one of 36 chosen residential developments. Residential developments were assessed for community design (e.g. mixed use); movement network; lot layout; and public parkland. Data from 603 individuals included self-reported incidences of personal burglary, public harassment or physical attack. Statistical analysis of the data show that for each increment in 10% compliance with community design, movement network, lot layout and parkland policies, the odds of victimisation decreased by approximately 6%. New Urbanism policies may deliver safety benefits to residences.</p>	GPAN	New Urbanism; safety; policies
PROVIDING HEALTHY FOOD OPTIONS			
<p>Lynch, J., Meter, K., Robles-Schrade, G., Goldenberg, M.P., Bassler, E., Chusid, S., et al. 2015. <i>Exploring economic and health impacts of local food procurement</i>. Chicago, IL: Illinois Public Health Institute. http://iphionline.org/?s=exploring+economic+and+health+impacts&submit.x=0&submit.y=0 *</p>	<p>This report provides principles for enhancing local food procurement through case studies and analysis of the literature. The report provides a broad overview of the research project. Case studies from five regions in the US provide stories of success and challenges in growing local food. Impacts of growing local food were sevenfold: building social capital; creating jobs; increasing economic activity; improving diet; increasing academic achievement; improving mental health and environmental stewardship. When considering local food production, the role of social capital, health impact analysis and economic impacts must be considered. This report provides effective methods for enhancing the</p>	HCDN	Local food production; health impacts; social capital

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	capacities of local communities to encourage the production of locally grown foods.		

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