

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
American Association of Retired People. 2015. <i>Livability index</i> . http://livabilityindex.aarp.org/livability-defined	This web-based tool helps residents and policymakers assess neighbourhood livability. An index was created to measure housing, neighborhood, transportation, environment, health, engagement and opportunity characteristics. For each characteristic, the Index also considers policies and programs that additionally contribute to livability. Users can determine the livability of their neighbourhoods, compare locations and view case studies of featured neighbourhoods. This tool measures livability at the neighbourhood level and across the United States and helps create and promote healthy neighbourhoods for all ages.	PCAL	Livability; health; transport; engagement; neighbourhood; index
Rantala, T., Metsapuro, P., Luukkonen, T., Karhula, K., Vaismaa, K. & Mantynen, J. 2014. <i>Vitality from walking and cycling</i> . Transport Research Centre Verne: Tampere, Finland. http://www.eltis.org/resources/tools/promoting-walking-and-cycling-through-urban-planning	This resource presents results from a project carried out by the Transport Research Centre Verne of Tampere University of Technology. Part One introduces vitality from walking. It explores the principles of pedestrian traffic planning, pedestrian-friendly city centre transport systems and the development of pedestrian areas and the influence of such areas on business. Part Two covers cycling potential for cities, the planning principles for cycling networks, and best practices for cycle path winter maintenance processes. The information contained here contributes to the knowledge of how to develop walking and cycling conditions in cities.	GPAN	Walking; cycling; planning
Everett Jones, S. & Wendel, A.M. 2015. 'Characteristics of joint use agreements in	This article examines school district characteristics associated with having a joint use agreement in the	GPAN	Physical activity; community

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<p>school districts in the United States: Findings from the School Health Policies and Practices Study, 2012.' <i>Preventing Chronic Disease</i> 12: 140560. http://www.cdc.gov/pcd/issues/2015/140560.htm</p>	<p>United States. Participation and types of use data were taken from 1048 school districts across the US completing the School Health Policies and Practice Study. A group of 616 districts participate in a joint use agreement. Statistical analyses suggest that agreements were more common in urban areas, in the Western part of the States and in larger school districts. The majority of participation facilitated shared use of indoor and outdoor recreation facilities followed by before-or after-school care for school-aged children, adult education, library services and health care services. Joint use agreements offer community members opportunities not only for physical activity but other needed services that may contribute to overall wellbeing.</p>		<p>services; school; joint use agreement; policy</p>
GETTING PEOPLE ACTIVE			
<p>McGrath, L.J., Hopkins, W.G. & Hinckson, E.A. 2015. 'Associations of objectively measured built-environment attributes with youth moderate-vigorous physical activity: A systematic review and meta-analysis.' <i>Sports Medicine</i> 45(6): 841-865. http://www.ncbi.nlm.nih.gov/pubmed/25618013</p>	<p>This article reviews the literature related to the built environment and physical activity among children and young people. From 320 relevant articles measuring physical activity within GIS or GPS defined neighbourhoods, a total of 23 articles were included in this review. Meta-analysis of the literature reveals 58 specific built environment features as they relate to play (e.g. sports or fitness) and/or walking. Play facilities, parks, playgrounds and features that promote walking had negative effects on children's activity but positive effects on young people's activity. Greater proportions of activity occurred in streets and urban venues rather than in green spaces. These findings suggest that attributes of the built environment affect children and young people's levels of activity differently. As such future efforts should examine those features that may transcend all ages.</p>	SS	<p>Physical activity; children; young people; recreational facilities; street design</p>

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<p>Cho, G-H. & Rodriguez, D. 2015. 'Location or design? Associations between neighbourhood location, built environment and walking.' <i>Urban Studies</i> 52 (8): 434-1453. http://usj.sagepub.com/content/early/2014/06/16/0042098014537691.abstract</p>	<p>This article assesses the neighbourhood and regional accessibility of built environmental influences on walking. Data was used from the Twin Cities Walking Study at the University of Minnesota and Active Living Policy and Environmental Studies at the University of North Carolina. Neighbourhoods were categorised according to density (low, high) and land use mix (low, high). Regional job accessibility, shortest network distance to a rail station and highway ramp as well as regional park accessibility were measured for three core neighbourhood areas: the Dupont Circle Metro station, the Minneapolis Convention Centre and the State Capitol in St Paul. Data was also drawn from the International Physical Activity questionnaire and travel diaries. A series of statistical analyses reveal that neighbourhood location had significant negative association for recreational and positive association for transport walking in one neighbourhood but not the others. However, total number of walking trips was positively associated with neighbourhood location. These findings suggest that coordinated efforts between local and regional authorities to generate accessible employment centres may help promote transport walking.</p>	<p>SS</p>	<p>Walking; accessibility; neighbourhood; regional</p>
<p>Van Cauwenberg, J., Cerin, E., Timperio, A., Salmon, J., Deforche, B. & Veitch, J. 2015. 'Park proximity, quality and recreational physical activity among mid-older aged adults: Moderating effects of individual factors and area of residence.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 12: 46. http://www.ijbnpa.org/content/12/1/</p>	<p>This article examines the park perceptions and recreational physical activity among mid-older aged adults. Data was drawn from the Wellbeing, Eating and Exercise for a Long Life project in Victoria, Australia. A group of 2700 participants completed the International Physical Activity Questionnaire. Completion of the Neighbourhood Environment Walkability Scale provided perceptions of park proximity and quality. Modelling of the data shows that of those participants</p>	<p>APAN</p>	<p>Recreational physical activity; park quality; proximity; perceptions; mid-older aged adults</p>

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46/abstract	who were not retired, perceived park proximity was related to higher odds of recreational walking. Perceived park quality was related to weekly minutes of recreational walking. Although park quality and proximity may promote recreational walking among mid-older aged adults, more work is needed to understand what retired mid-older aged adults perceive to be supportive of their physical activity.		
<p>Ghekiere, A., Van Cauwenberg, J., Mertens, L., Clarys, P., de Geus, B., Cardon, G. et al. 2015. 'Assessing cycling-friendly environments for children: Are micro-environmental factors equally important across different street settings?' <i>International Journal of Behavioral Nutrition and Physical Activity</i> 12: 54. http://www.ijbnpa.org/content/12/1/54/abstract</p>	<p>This article assesses the perception of environmental attributes supportive of cycling among children. Photographs of cycling streets with variations (unattractive, intermediate, attractive) of four attributes (street setting, evenness of cycle path, degree of separation from motorised traffic and speed limit) were taken. A group of 305 children and their parents selected photographs of desirable cycling routes through a web-based survey. Hierarchical analyses of the results reveal evenness of cycling path and speed limit are equally the most important aspects when deciding favourable cycling routes. Among parents, speed limit and separation from motorised traffic were of highest importance. These findings suggest that safe cycling environments may help promote cycling in these school neighbourhoods. The novel method helps mimic real-life situations and should be investigated further to assess other attributes that may influence cycling perceptions (e.g. presence of dogs, trees, lighting etc.)</p>	APAN	Cycling; street; cycle path; speed limit; cycle separation; perceptions; children
CONNECTING AND STRENGTHENING COMMUNITIES			
Ivory, V.C., Russell, M., Witten, K., Hooper, C.M., Pearce, J., Blakely, T. 2015. 'What shape is your neighbourhood? Investigating the micro geographies of physical activity.'	This article studies the social context of being active in neighbourhood spaces. Fourteen focus groups were held in four New Zealand neighbourhoods about destinations for physical activity as well as the opportunities and		Walkability; physical activity; restoration; social interaction; New

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<p><i>Social Science and Medicine</i> 133 (May 2015): 313-321 http://www.ncbi.nlm.nih.gov/pubmed/25480666</p>	<p>barriers to physical activity. Thematic analyses of the interviews reveal that public open spaces and streets were important sites for being active. In addition to physical activity, these spaces provided opportunities to interact with other residents. The restorative qualities of places also were discussed. When talking about the nearness of locations, there was an implicit reference to car rather than foot-based travel. Those who did not work full-time spoke in greater detail about everyday routes (e.g. shortcuts and walkways). These findings highlight the interaction between neighbourhood and individual factors.</p>		<p>Zealand</p>
<p>Shanahan, D.F., Fuller, R.A., Bush, R., Lin, B.B. & Gaston, K.J. 2015. 'The health benefits of urban nature: How much do we need?' <i>BioScience</i> 65 (5): 476-485 http://bioscience.oxfordjournals.org/content/65/5/476</p>	<p>This article investigates the type and amount of exposure to nature that people need to acquire health benefits. Dose-response modelling is a way to develop the minimum dose required of exposure to nature similar to physical activity guidelines. Nature dose may be measured by intensity, frequency of exposure and duration of exposure to nature elements. Each of these aspects may be linked to a variety of health responses over different time scales at varying magnitudes. Health responses to nature and the resulting shape and scale of the dose-response curve are discussed. Examples of nature response applications are highlighted (e.g. natural landscape exposure and psychological wellbeing; green space and cardiovascular health). This approach can be used to inform nature-based health interventions and requires future research to generate quantifiable nature-based recommendations.</p>	<p>SS</p>	<p>Green space; well-being</p>
PROVIDING HEALTHY FOOD OPTIONS			
<p>Sacks, R. Yi, S. S. & Nonas, C. 2015. 'Increasing access to fruits and vegetables:</p>	<p>This article summarises the New York City Department of Health and Mental Hygiene initiatives to reduce</p>	<p>SS</p>	<p>Fresh foods; access; socio-</p>

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<p>Perspectives from the New York City Experience.' <i>American Journal of Public Health</i> 105(5): e29-e37. http://www.ncbi.nlm.nih.gov/pubmed/25790427</p>	<p>disparities in access to, and increase consumption of, fruits and vegetables. The application of a socio-ecological lens initiated a comprehensive approach at several levels citywide (e.g. healthy Bucks), neighbourhood (e.g. healthy bodegas and green carts), organisations (e.g. school, child-care centres) and interpersonal (e.g. stellar farmers' markets). As a result of these efforts, the percentage of adults who reported non-consumption of fruits and vegetables decreased slightly. These broad initiatives endeavor to change community expectation of the healthy food environment and may serve as examples to other cities looking to promote healthier eating.</p>		<p>ecological model; initiatives</p>
<p>Laxy, M., Malecki, K.C., Givens, M.L., Walsh, M.C. & Nieto, F.J. 2015. 'The association between neighborhood economic hardship, the retail food environment, fast food intake, and obesity: Findings from the Survey of the Health of Wisconsin Disease epidemiology.' <i>BMC Public Health</i> 15 (1): art. no. 237. http://www.biomedcentral.com/1471-2458/15/237</p>	<p>This article investigates neighbourhood food retail, socio-economic conditions, fast food consumption and obesity levels. Fast food consumption and obesity prevalence was acquired from 1570 adults participating in the Survey of the Health of Wisconsin. Three categories of food retailers were taken from the Wisconsin Retail Food Environment Index and include fast food; convenience stores and small grocery stores; and supermarkets, grocery stores, produce vendors and farmers' markets. All participants' residences and food retail outlets were geocoded. An economic hardship index was derived from the US census. Statistical analyses depict that residents in urban areas with low access to convenience stores were two times more likely to be obese than individuals with higher access. Those with low access to fast food restaurants had a 41% reduced likelihood of consuming fast food at least twice a week. These findings suggest that while the retail environment may play a role in obesity levels for this</p>	<p>SS</p>	<p>Fast food consumption; obesity; supermarkets; fast food; convenience stores</p>

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	group of participants, other factors may additionally influence healthy food consumption.		

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