

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Bowen, D.J., Barrington, W.E. & Beresford, S.A.A. 2015. 'Identifying the effects of environmental and policy change interventions on healthy eating.' <i>Annual Review of Public Health</i> 36(1): 289-306. http://www.ncbi.nlm.nih.gov/pubmed/25785891 *</p>	<p>This article examines the literature related to environmental interventions that affect the diet patterns of adults. Articles published between 2008-2013 were reviewed. The following themes emerged: government policies (e.g. menu labeling, food taxation); food advertisements; worksite nutrition environments; neighbourhood food retail (e.g. distribution of supermarkets, restaurants); availability and affordability of healthy foods; and perceptions of the neighbourhood food environment. Various strategies are promoted in each of these themes and it is advised that efforts work across the themes to holistically promote healthy eating.</p>	SS	Healthy eating; interventions; literature review
<p>Sallis, J.F., Spoon, C., Cavill, N., Engelberg, J.K., Gebel, K., Parker, M. et al. 2015. 'Co-benefits of designing communities for active living: An exploration of literature.' <i>International Journal of Behavioral Nutrition and Physical Activity</i> 12: 30. http://www.ijbnpa.org/content/12/1/30</p>	<p>This article summarises additional benefits of activity-friendly environments through a review of the literature. Five activity-friendly environments were defined: parks/open space, urban design, transportation, schools and workplace. In addition to physical activity, the following outcomes were identified: mental health, social benefits, safety/injury prevention, sustainability and economics. From a group of 221 sources, the evidence suggests at least three of the six outcomes manifest in each of the five settings. Park proximity, mixed land use, greenery, street connectivity, building design and workplace physical activity incentives were the specific features with the strongest evidence. Creating neighbourhoods</p>	GPAN	Healthy neighbourhoods; physical activity; social connection; mental wellbeing

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
	supportive of active lifestyles may also accrue additional health and environmental benefits.		
GETTING PEOPLE ACTIVE			
<p>Babey, S.H., Tan, D., Wolstein, J. & Diamant, A.L. 2015. 'Neighbourhood, family and individual characteristics related to adolescent park-based physical activity.' <i>Preventive Medicine</i> 76(July 2015): 31-36. http://www.sciencedirect.com/science/article/pii/S0091743515001012</p>	<p>This article studies park-based physical activity among adolescents. The 2007 California Health Interview Survey provided data related to frequency and duration of physical activity in parks; perceived park availability near home; perceived safety of nearby parks; and socioeconomic indicators. A total of 3638 young people aged 12-17 years provided data. Regression analyses report a significant association between having a park within walking distance of home and perceptions of park safety with park-based physical activity. These findings suggest that park proximity may encourage physical activity. While it may be difficult to establish new parks, providing easy transport options to access parks may also help to promote activity among this population group.</p>	APAN	Physical activity; park; accessibility; safety; young people
<p>Boonzajer Flaes, S.A.M., Chinapaw, M.J.M., Koolhaas, C.M., van Mechelen, W. & Verhagen, E.A.L.M. In press. 'More children more active: Tailored playgrounds positively affect physical activity levels amongst youth.' <i>Journal of Science and Medicine in Sport Articles</i>. http://www.jsams.org/article/S1440-2440(15)00056-0/abstract</p>	<p>This article assesses the effect of a public playground intervention on the physical activity levels of children living in the Netherlands. Ten intervention parks with a designated sports coach responsible for organising activities as well as accessibility to loose equipment (e.g. balls, jump rope) were compared with a control group of 10 public playgrounds. The System for Observing Play and Leisure Activity in Youth was used to map playground characteristics and intensity of physical activity. Logistic regression shows that intervention playgrounds were significantly less empty and children expended more energy when compared to control playgrounds. There was a higher density of boys at intervention playgrounds. Offering more opportunities</p>	APAN	Public playgrounds; intervention; children; Netherlands

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
	to be active on public playgrounds may encourage children to be more active. However, given the findings of this study, future work should concentrate on how to attract more girls to be physical activity at public parks.		
<p>Janssen, I. & Rosu, A. 2015. 'Undeveloped green space and free-time physical activity in 11 to 13-year-old children.' <i>International Journal of Behavioral Nutrition and Physical Activity</i> 12 (1): art. no. 26. http://www.ijbnpa.org/content/12/1/26</p>	<p>This article assesses the impact of undeveloped green space on children's physical activity levels. Children aged 11-13 years self-reported their frequency of physical activity outside of school hours. Accessible meadows and treed areas were geocoded within 1km of each child's residence. Regression analysis shows that for each 5% increase in proportion of land covered by trees there was a 5% increase in the odds of increased free time play. No association was found between physical activity and meadow areas. While these findings suggest that treed areas may promote free play, it is unclear whether children actually used such areas. Future research monitoring where and when children engage in active free play may strengthen these findings.</p>	GPAN	Physical activity; trees; meadows; children
<p>Van Dyck, D., Teychenne, M., McNaughton, S.A., De Bourdeaudhuij, I. & Salmon, J. 2015. 'Relationship of the perceived social and physical environment with mental health-related quality of life in middle-aged and older adults: Mediating effects of physical activity.' <i>PLoS ONE</i> 10 (3): art. no. e0120475. http://www.ncbi.nlm.nih.gov/pubmed/25799269 *</p>	<p>This article examines the relationship between physical activity, mental health, social attributes and the built environment. Data was taken from the Wellbeing, Eating and Exercise for a Long Life study. A group of 3965 Australian adults (55-65 years) completed the International Physical Activity Questionnaire and answered questions about their mental health, perceptions of neighbourhood safety, aesthetics and features supportive of physical activity. Statistical analyses reveal that personal safety; a neighbourhood supportive of physical activity; and, social cohesion were positively related to mental health. Perceiving a neighbourhood supportive of physical activity was associated with more active transport and recreational</p>	SS	Physical activity; mental health; built environment; safety; social cohesion

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
	walking and physical activity. Moreover, perceiving higher levels of social cohesion was positively associated with leisure-time walking and leisure time physical activity. Improving the neighbourhood environment to promote and support physical activity supports the aforementioned co-benefits of designing communities for active living (Sallis et al 2015), specifically as it relates to mental health-related quality of life benefits.		
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Webber, J., Hinds, J. & Camic, P.M. 2015. 'The well-being of allotment gardeners: A mixed methodological study.' <i>Ecopsychology</i> 7(1): 20-28. http://online.liebertpub.com/doi/abs/10.1089/eco.2014.0058?journalCode=eco</p>	<p>This article investigates the effects of allotment gardens on well-being and connection to nature. A group of 171 United Kingdom gardeners answered an online survey about their connection to nature and wellbeing. Three open-ended questions asked respondents about how gardening impacted their well-being. Correlation analyses show that spending more hours per week in the garden was associated with higher connection to nature and wellbeing. Qualitative analysis of the open-ended responses reveals four broad themes: increased personal space, connection (e.g. nature, community), health (e.g. physical, mental and nutrition), and sense of purpose. These findings confer the wellbeing benefits accrued from spending time in community gardens.</p>	SS	Community gardens; allotment; mental health
<p>Van Dyck, D., Teychenne, M., McNaughton, S.A., De Bourdeaudhuij, I. & Salmon, J. 2015. 'Relationship of the perceived social and physical environment with mental health-related quality of life in middle-aged and older adults: Mediating effects of physical activity.' <i>PLoS ONE</i> 10 (3): art. no. e0120475.</p>	<p>This article examines the relationship between physical activity, mental health, social attributes and the built environment. Data was taken from the Wellbeing, Eating and Exercise for a Long Life study. A group of 3965 Australian adults (55-65 years) completed the International Physical Activity Questionnaire and answered questions about their mental health, perceptions of neighbourhood safety, aesthetics and</p>	SS	Physical activity; mental health; built environment; safety; social cohesion

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
http://www.ncbi.nlm.nih.gov/pubmed/25799269 *	<p>features supportive of physical activity. Statistical analyses reveal that personal safety; a neighbourhood supportive of physical activity; and, social cohesion were positively related to mental health. Perceiving a neighbourhood supportive of physical activity was associated with more active transport and recreational walking and physical activity. Moreover, perceiving higher levels of social cohesion was positively associated with leisure-time walking and leisure time physical activity. Improving the neighbourhood environment to promote and support physical activity supports the aforementioned co-benefits of designing communities for active living (Sallis et al 2015), specifically as it relates to mental health-related quality of life benefits.</p>		
PROVIDING HEALTHY FOOD OPTIONS			
<p>Bowen, D.J., Barrington, W.E. & Beresford, S.A.A. 2015. 'Identifying the effects of environmental and policy change interventions on healthy eating.' <i>Annual Review of Public Health</i> 36(1): 289-306. http://www.ncbi.nlm.nih.gov/pubmed/25785891 *</p>	<p>This article examines the literature related to environmental interventions that affect the diet patterns of adults. Articles published between 2008-2013 were reviewed. The following themes emerged: government policies (e.g. menu labeling, food taxation); food advertisements; worksite nutrition environments; neighbourhood food retail (e.g. distribution of supermarkets, restaurants); availability and affordability of healthy foods; and perceptions of the neighbourhood food environment. Various strategies are promoted in each of these themes and it is advised that efforts work across the themes to holistically promote healthy eating.</p>	SS	Healthy eating; interventions; literature review
<p>Rischke, R., Kimenju, S.C., Klasen, S. & Qaim, M. 2015. 'Supermarkets and food consumption patterns: The case of small</p>	<p>This article analyses the effect of supermarkets on healthy eating patterns. A group of 453 Kenyan households were interviewed about their consumption</p>	SS	Healthy food; supermarkets; Kenya

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
<p>towns in Kenya.' <i>Food Policy</i> 52(April 2015): 9-21. http://www.sciencedirect.com/science/article/pii/S0306919215000184</p>	<p>patterns. Three towns were selected that differed in their access to supermarkets (well-established supermarket, newly opened supermarket and no supermarket). Statistical analyses of the data depict a scenario of increasing supermarket expenditure on highly processed foods and a decline in unprocessed foods. These findings highlight the contextual effects of food outlet availability. While supermarkets are often perceived to offer more healthy food choices, for Kenyan households, supermarkets promote the consumption of processed foods at the expense of the purchase of fresher foods.</p>		
<p>Larsen, K., Cook, B., Stone, M.R. & Faulkner, G. E. J. 2015. 'Food access and children's BMI in Toronto, Ontario: Assessing how the food environment relates to overweight and obesity.' <i>International Journal of Public Health</i> 60 (1): 69-77. http://www.ncbi.nlm.nih.gov/pubmed/25394951</p>	<p>This article investigates the relationship between the density of food outlets and levels of obesity among children. A group of 1035 children provided height and weight measurements. Fast food locations and food retail (healthier outlets selling a significant quantity of fresh foods and less healthy food outlets) were geocoded within a 1km radius of each child's home and retail densities were calculated. Despite the fact that there were greater densities of fast food and less healthy food outlets, statistical analyses suggest that higher densities of healthy food outlets and close accessibility to supermarkets decreased the odds of being obese. Increasing the densities of retail offering fresh foods has the propensity to offer children healthier choices.</p>	<p>SS</p>	<p>Food; supermarkets; fast food; density; children</p>

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