HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
WALK21. XV International Conference on Walking and Liveable Communities http://www.walk21sydney.net/	This website provides a comprehensive summary of Walk 21 recently held in Sydney. Abstracts and presentations can be downloaded from the website and include keynotes by Mike Lydon and Rodney Tolley. An array of presentations covers topics such as healthy planning evidence to practice, designing healthy communities as well as state and local government perspectives. A useful resource targeting practitioners, governmental officials, organisations and academia.	PCAL	Walking; liveable communities; presentations
Rissel, C. & McCue, P. 2014. 'Healthy places and spaces: The impact of the built environment and active transport on physical activity and population health.' *Health Promotion Journal of Australia* 25(3): 155-156. http://www.publish.csiro.au/paper/HE14103.htm	This article provides a good introduction to this issue devoted to healthy places and spaces. It weaves historical anecdotes with current practices that place health as an integral part of planning and policy. The following themes are discussed: planning legislation, mental health, inclusion of amenities affecting heath, proximity to destinations as well as healthy neighbourhood design measurements and promotion. Several of these articles have been included in previous fortnightly literature reviews.	PCAL	Healthy places; spaces; planning; policy
Villanueva, K., Badland, H., Hooper, P., Koohsari, M.J., Mavoa, S., Davern, M. et al. 2015. 'Developing indicators of public open space to promote health and wellbeing in communities.' *Applied Geography* 57(February 2015): 112-119. http://www.sciencedirect.com/science/article/pii/S0143622814002872	This article provides a framework to illustrate how public open space influences health and wellbeing. It identifies public open space attributes (quality, amenities, quantity, access). It highlights the behavioural and environmental outcomes (local environment, social interaction, physical activity, walking, sedentary behaviour) as well as intermediate outcomes (e.g. respiratory health, weight status) and	SS	Public open space; framework; indicators; policy

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	long-term outcomes (chronic conditions, mental health). This framework showcases a host of indicators which may be used by policy makers to benchmark and measure public open space provision in relation to health and wellbeing outcomes.		
GETTING PEOPLE ACTIVE			
Chrisman, M., Nothwehr, F., Yang, G. & Oleson, J. 2015. 'Environmental influences on physical activity in rural midwestern adults: A qualitative approach.' *Health Promotion Practice* 16(1): 142-14. http://www.ncbi.nlm.nih.gov/pubmed/24662894	This article explores the social and physical environmental factors related to physical activity among adults living in a rural area of Iowa, US. A group of 19 adults discussed the barriers and facilitators to physical activity in three focus groups. Reviews of the transcripts reveal that social factors (e.g. social support, children and pets) encourage participation in physical activity. Physical activity was primarily defined as walking, cycling and gardening. While footpaths provided access to walking or cycling, they were found to be too narrow. Neighbourhood streets offered opportunities for walking and cycling, due to the lack of traffic and community trails. It was recommended that community buildings be available for public recreational use. These findings show that in addition to social factors, built environment factors such as pathways to walk and cycle as well as amenities/destinations can provide opportunities to be physically active in a rural context.	SS	Physical activity; walking; cycling; built environment; focus groups; rural areas
Carlson, J.A., Saelens, B.E., Kerr, J., Schipperijn, J., Conway, T.L., Frank, L.D. et al. 2015. 'Association between neighborhood walkability and GPS-measured walking, bicycling and vehicle time in adolescents.' *Health and Place* 32(March 2015): 1-7. http://www.sciencedirect.com/science/art	This article investigates the relationship between neighbourhood walkability and transport. A group of 690 young people (12-16 years) wore devices to report geospatial and accelerometer data. Densities of residences, street intersections, retail outlets and entertainment parcels were geocoded around a 1km buffer around each participant's residence. Analysis of the data reveals that for every 10 additional residential	SS	Neighbourhood walkability; active transport; young people

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icle/pii/S1353829214001877	units in each area, walking increased by 40% and percent of those engaged in active transport increased by 64%. For every 20 additional intersections per square km, walking and cycling increased and transport by vehicle decreased. These findings suggest that neighbourhood walkability may have the propensity to encourage more active modes of transport among young people.		
Nasar, J.L., Holloman, C. & Abdulkarim, D. 2015. 'Street characteristics to encourage children to walk.' *Transportation Research Part A: Policy and Practice* 72(February 2015): 62-70. http://www.sciencedirect.com/science/article/pii/S0965856414002900	This article assesses how physical disorder affects both children's and parents' decisions to walk. A group of 30 parents and 32 children (9-11 years) participated in a controlled experiment simulating a neighbourhood walk through three levels of disorder (orderly, moderate disorder and most disorder). The simulation varied the type of residences, street paving, debris, vegetation, lighting, signs, poles and wires and fences. Children and parents were asked to choose which streets they would like to walk on and the reasons for their choices. Logistic regression models of the data found parents and children were more likely to choose an orderly street. Disorder (e.g. trash, broken windows, weeds), perceived traffic as well as places with inadequate natural surveillance were suggested reasons for choices. Parents were more likely to choose narrower roads rather than wider roads. These findings illustrate how disorder may discourage parents and children from walking. As such this simulation offers built environment suggestions to make neighbourhoods more pedestrian friendly for families.	SS	Neighbourhood walkability; incivility; crime; socio-economic; children

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CONNECTING AND STRENGTHENING COMMUNITIES			
Lara-Valencia, F. & García-Pérez, H. 2015. 'Space for equity: socioeconomic variations in the provision of public parks in Hermosillo, Mexico.' *Local Environment* 20(3): 350-368. http://www.tandfonline.com/doi/abs/10.1080/13549839.2013.857647#.VOhf0rOsUSo	This article assesses the allocation of open public space and spatial equity in an urbanising area of Mexico. The environmental, social and health benefits of urban public parks are highlighted. The allocation of parks is then discussed as a spatial equity issue (e.g. ethnicity and socio-economic status) with Hermosillio chosen as case study site. The availability and accessibility of four categories of open space (civic plazas, children's playgrounds, neighbourhood gardens, neighbourhood parks) were geocoded. A socio-economic index was created for the area. Approximately 50% of open space is devoted to children's playgrounds, 30% to neighbourhood gardens, 15% to plazas and 5% to parks. Statistical analysis of the data reveals that the lower the socioeconomic status of the neighbourhood, the farther the distance residents must travel to reach the closest park. While the study concludes that this finding reveals a pattern of spatial inequity affecting residents of poor neighbourhoods, it is unclear whether playgrounds, parks and plazas were included in this affirmation. It would be interesting to explore the recipients accessing children's playgrounds and/or neighbourhood gardens. Nonetheless, this article provides compelling insight into needs-based provision of public open space.	SS	Public open space; social equity; health benefits; socio-economic status
Ivory, V. C., Russell, M., Witten, K., Hooper, C. M., Pearce, J. & Blakely, T. In press. 'What shape is your neighbourhood? Investigating the micro geographies of physical activity.' *Social Science & Medicine*. http://www.sciencedirect.com/science/article/pii/S0277953614007734	This paper investigates the social context of being active in residential and non-residential settings. Four focus group discussions were conducted in 14 neighbourhoods of New Zealand. The discussions explored the ways in which people are locally active as well as the barriers to being physically active. Analyses of the transcripts reveal that public open spaces and	GPAN	Physical activity; social connection; mental health; neighbourhood walkability

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	streets influence where and how residents become physically active. Spaces need to be safe, aesthetically pleasant and accessible (either from residences or places of employment). However, social connection and mental restoration were the primary reasons for being physically active in a public setting. Being physically active is contingent upon the offerings of the neighbourhood as well as the personal motivation of seeking social and mental health opportunities.		
PROVIDING HEALTHY FOOD OPTIONS			
Clary, C.M., Ramos, Y., Shareck, M. & Kestens, Y. 2015. 'Should we use absolute or relative measures when assessing foodscape exposure in relation to fruit and vegetable intake? Evidence from a wide-scale Canadian study.' *Preventive Medicine* 71(February 2015): 83-87. http://www.sciencedirect.com/science/article/pii/S0091743514004666	This paper compares actual measures (densities of healthy and unhealthy food outlets) with a relative measure (percentages of healthy food outlets) to predict fruit and vegetable intake. Fruit and vegetable consumption patterns were taken from four cycles of the Canadian Community Healthy Survey. Food outlets were taken from a commercial database and categorised into healthy (e.g. supermarkets, natural food stores) and unhealthy (i.e. convenience stores and fast food restaurants). Densities of each food outlet were geocoded and linked to each participant's residence. The sum density of healthy stores by the sum densities of all outlets were computed to create a relative measure of healthy food outlets. Statistical analysis of the data suggests that the percentage of healthy outlets was positively associated with fruit and vegetable intake. Actual densities of fast food restaurants were negatively associated with fruit and vegetable intake while actual densities of fruit and vegetable stores were found to have positive associations. As such, the proximity of food retail can impact fruit and vegetable consumption. Moreover, relative measures of the food environment	SS	Food environment; density; healthy consumption

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	(i.e. percentages of healthy food outlets) may be a useful way to explore the impact of the food retail environment.		

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