

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
Centre for Disease Control and Prevention 2014. <i>Parks and trails health impact assessment toolkit</i> . http://www.cdc.gov/healthyplaces/parks_t_rails/default.htm	This toolkit helps those designing parks and trails to include health initiatives. It is targeted at public health and planning officials, community organisations and other stakeholders interested in improving public health. The toolkit is divided into four sections: potential stakeholders; baseline data to consider; 14 strategies associated with health outcomes (e.g., physical activity, social cohesion); and additional topic areas (e.g. urban heat islands, community redevelopment). This toolkit emphasises the contributions of parks and trails in addressing physical inactivity, injuries, mental health and social inclusion.	APAN	Parks; trails; health impact assessment; toolkit
Giles-Corti, B., Macaulay, G., Middleton, N., Boruff, B., Bull, F., Butterworth, I. et al. 2014. 'Developing a research and practice tool to measure walkability: A demonstration project.' <i>Health Promotion Journal of Australia</i> 25(3): 160-166. http://www.ncbi.nlm.nih.gov/pubmed/25481614	This article introduces a geospatial tool to create user-generated walkability indices for Australian neighbourhoods. Three environmental elements were used to construct the walkability index: street connectivity, residential density and land use mix. The Australian Urban Research Infrastructure Network Walkability Index tool provides a visual representation of walkability with shades of green indicating walkability and shades of orange representing low walkability. This tool may be useful for policy makers, practitioners and researchers looking to create benchmark neighbourhood walkability within Australian cities.	APAN	Walkability; index; benchmarking
Centre for Liveable Cities and Urban Land Institute. 2014. <i>Creating healthy places</i>	This report provides international best practices in active transport with a focus on Singapore. Through two	SS	Active transport; cities; best

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<p><i>through active mobility</i>. Centre for Liveable Cities: Singapore. http://www.clc.gov.sg/documents/books/Active-Mobility.pdf</p>	<p>chapters, it argues the importance of building healthy cities through active transport and outlines the multitude of benefits derived from walking and cycling. It then provides a case study of Singapore and the research and workshop processes involved to create effective and healthy transport policies. Key challenges to promote active transport are then discussed. International case studies of best practices (Amsterdam, New York, Seoul, Taipei) conclude the report. The informative graphics in each chapter offer succinct summaries and are useful to practitioners and policymakers interested in advocating active transport in urban cities.</p>		<p>practices; policies</p>
GETTING PEOPLE ACTIVE			
<p>Alfonzo, M., Guo, Z., Lin, L., & Day, K. 2014. 'Walking, obesity and urban design in Chinese neighbourhoods.' <i>Preventive Medicine</i> 69(Supplement): S79-S85. http://www.sciencedirect.com/science/article/pii/S0091743514003661</p>	<p>This article assesses the relationships among the design of the built environment, walking and obesity. Six neighbourhoods in two Chinese cities were selected based on their location (e.g. inner suburban, urban centre) and elements (e.g. density, streetscape, shopping options). The micro-scale features of the built environment were audited using the Irvine-Minnesota Inventory. The State of Place Index was also used to measure 11 urban design elements related to walking and cycling. Physical activity and transport patterns as well as height and weight measurements were collected from residents. Statistical analysis shows that residents living in neighbourhoods with an above average Sense of Place Index were more likely to walk approximately 22 minutes more daily than those living with a below average Index score. As neighbourhood income increased, transport walking had a significant impact on lowering body mass index. While the Index may prove</p>	<p>APAN</p>	<p>Physical activity; active transport; body mass index; China</p>

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	useful, it is unknown which particular (or which combination of) design elements of the Index contribute to the increase in walking and this should be investigated further.		
<p>Dill, J., McNeil, N., Broach, J. & Ma, L. 2014. 'Bicycle boulevards and changes in physical activity and active transportation: Findings from a natural experiment.' <i>Preventive Medicine</i> 69(Supplement): S74-S78. http://www.sciencedirect.com/science/article/pii/S0091743514003703</p>	<p>This article evaluates physical activity and active transport changes due to bicycle infrastructure improvements. Data (5 days of accelerometer and GPS readings) was taken from the longitudinal Family Activity Study in Portland, Oregon. Participants provided data prior and two years post installation of a bicycle boulevard. Objective measurements of the neighbourhoods (e.g. distance to downtown, bike lanes, zebra crossings) were collected. Statistical analysis revealed no correlation between levels of moderate and vigorous physical activity and active transport and exposure to infrastructure improvements. Significant associations were found with cycling and walking, as well as physical activity and living closer to downtown. One criteria for participation included owning a bicycle. Results, therefore, may indicate that those already prone to cycling may continue their active travel patterns irrespective of new infrastructure. Future research should explore if the new infrastructure persuaded new cyclists to commute.</p>	APAN	Physical activity; cycling; walking; infrastructure improvement; longitudinal study
<p>Lin, J.J. & Ting, T.-C. 2014. 'Does built environment matter to early adolescents' physical activity?' <i>Journal of Early Adolescence</i> 34(8): 1005-1032 http://jea.sagepub.com/content/early/2014/01/14/0272431613518969</p>	<p>This article analyses the influence of the built environment on the physical activity of Taiwanese young people aged 12-14 years. Participants completed the IPAQ Survey to report their recreational and utilitarian levels of physical activity. Data regarding five elements of the built environment (density, diversity, design, distance and destination) were acquired from various databases. Statistical modellings of the data</p>	SS	Physical activity; built environment; young people; Taiwan

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	<p>show significant associations between building density and walking and cycling duration. Intersection density was positively related to cycling. These results concur with findings from studies of Western societies. Distance to transport was negatively associated with vigorous physical activity and warrants further investigation. Aspects of the built environment can affect the physical activity patterns of Taiwanese young people.</p>		
<p>Taylor, W.C., Upchurch, S.L., Brosnan, C.A., Selwyn, B.J., Nguyen, T.Q., Villagomez, E.T. & Meininger, J.C. 2014. 'Features of the built environment related to physical activity friendliness and children's obesity and other risk factors.' <i>Public Health Nursing</i> 31(6): 545-555. http://www.ncbi.nlm.nih.gov/pubmed/25112374</p>	<p>This article investigates the opportunities provided by the built environment for physical activity. The St. Louis University Environmental Checklist Audit tool was used to assess neighbourhoods surrounding three schools. Specifically the accessibility, safety, comfort and pleasurability of each neighbourhood was audited. Waist and height measurements were taken from 911 children (Years K-6). Analyses of the data show that that accessibility (e.g. recreational facilities) was negatively related to the prevalence of obesity. When controlled for poverty levels and education, comfort (i.e. street design, types of service amenities) was positively associated with obesity. These findings support the evidence that certain features of the built environment can affect the obesity levels of children.</p>	<p>SS</p>	<p>Physical activity; built environment; children</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Poulsen, M.N., Hulland, K.R.S., Gulas, C.A., Pham, H., Dalglish, S.L., Wilkinson, R.K. & Winch, P.J. 2014. 'Growing an urban oasis: A qualitative study of the perceived benefits of community gardening in Baltimore, Maryland.' <i>Culture, Agriculture, Food and Environment</i> 36(2): 69-82. http://onlinelibrary.wiley.com/doi/10.1111</p>	<p>This article explores the benefits of community gardens. Seventeen in-depth interviews and two group interviews (n=11) were conducted with gardeners in Baltimore, Maryland. Iterative analyses of the transcripts reveal personal (enhancing physical health, nutrition and psychological wellbeing); communal (creating social bonds, connecting with the larger community); and societal (cleaning up vacant lots,</p>		<p>Food access; community gardens; urban agriculture</p>

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1/cuag.12035/abstract	<p>changing food environment) benefits of community gardening. Despite these benefits, participants also revealed challenges to initiate and maintain a garden reflective of the community's demographics. These findings support the multitude of benefits attributed to participating in community gardens.</p>		
<p>Kimpton, A., Wickes, R. & Corcoran, J. 2014. 'Greenspace and place attachment: Do greener suburbs lead to greater residential place attachment?' <i>Urban Policy and Research</i> 32(4): 477-497. http://www.tandfonline.com/doi/abs/10.1080/08111146.2014.908769</p>	<p>This article assesses the relationship between proximity to and proportion of greenspace on a resident's place attachment. Brisbane place attachment data was drawn from the Australian Community Capacity Survey study (n=4404). Public greenspace density and proximity were measured. Statistical analysis of the data reveals that both living in greener suburbs and living closer to greenspace do not influence resident's place attachment. Other characteristics such as social ties and economic disadvantage affect residents' place attachment. While these findings suggest accessibility and availability of greenspace may not strengthen residents' attachment to community, it is unclear exactly what is covered by the term 'greenspace' (e.g. parks, community gardens, verges). Clarification of the definition of 'greenspace' may help explain why there was no association found for place attachment.</p>	SS	Greenspace; accessibility; density; place attachment
PROVIDING HEALTHY FOOD OPTIONS			
<p>Grills, C., Villanueva, S., Subica, A.M. & Douglas, J.A. 2014. 'Communities Creating Healthy Environments: Improving access to healthy foods and safe places to play in communities of colour.' <i>Preventive Medicine</i> 69(Supplement): S117-S119. http://www.sciencedirect.com/science/article/pii/S0091743514003934</p>	<p>This article provides an evaluation of the Communities Creating Healthy Environments (CCHHE) project, which focused on community-based initiatives related to recreation and food disparities among children. Initiatives included altering the location of retail food outlets to increase access to healthy food and/or restrict access to unhealthy food; increasing access to recreational opportunities and play spaces; and,</p>	APAN	Childhood obesity; social justice; community organising; healthy food access; recreational space access

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	<p>improving access to public transport. A total of 75 local changes within a 5-year time frame were successfully implemented. Changes were primarily related to food (n=27) and recreational (n=26) access. The CCHE initiative expanded obesity awareness by highlighting the social rather than individual responsibility attributed to healthy food and recreational access. It sought to understand a community's particular interests and values to create effective health strategies and can serve as a model for other organisations seeking local changes.</p>		

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