

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
Institute of Medicine. 2014. <i>Looking at policies through a health lens</i> . http://resources.iom.edu/PopHealth/Health-Lens.html	This website provides a basic overview of the impact of policies on community health. Policy examples are taken from workshops conducted by the Institute of Medicine Roundtable on Population Health. Examples cover transportation, schools, environment and parks as well as housing and neighbourhoods. A workshop summary is also provided that encourages multi-sectoral partnerships to consider the opportunities and barriers to improving health conditions.	GPAN	Community health; policies; overview.
The Trust for Public Land. 2014. <i>8 ways parks improve your health</i> . http://content.yudu.com/A2xm6v/ALRPar ksHealth2014/resources/index.htm?referrerUrl=	This digital book summarises eight points connecting the presence of parks and public health. Parks provide spaces for moderate to vigorous levels of physical activity and exposure to nature. Dedicated fitness zones, walking paths, skate parks and programmes can further encourage physical activity. Park improvements can maximise the potential for improving such opportunities. This book is promoted as a tool for communicating the critical importance of parks to governmental officials and organisations seeking to inform their constituents.	APAN	Physical activity; park use; summary
Slater, S., Chriqui, J., Chaloupka, F.J. & Johnston, L. In press. 'Joint use policies: Are they related to adolescent behaviour?' <i>Preventive Medicine</i> . http://www.sciencedirect.com/science/article/pii/S0091743514003235 *	This article investigates how shared facility use between schools and the community impact physical activity among adolescents. Physical activity and sport participation data was taken from the Monitoring the Future Survey (a US nationally representative sample of 51,269 students across 461 school districts). Joint use policies were analysed for statements outlining when	SS	Physical activity; sport participation; joint use policies; adolescents

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	<p>and what school facilities/features could be used by specific groups. Regression analyses depict that each additional facility outlined by a joint use policy increased physical activity participation. Announcement of time availability of space was also associated with vigorous physical activity. Opening up school grounds to the community may create further opportunities for adolescents to participate in physical activity whether through sports, athletics or exercise. Joint use policies can be a cost-effective solution to increase use of existing recreational facilities especially in park deficient neighbourhoods.</p>		
GETTING PEOPLE ACTIVE			
<p>Goodman, A., Sahlqvist, S. & Ogilvie, D. 2014. 'New walking and cycling routes and increased physical activity: One- and 2-year findings from the UK iConnect study.' <i>American Journal of Public Health</i> 104 (9): e38-e46. http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2014.302059</p>	<p>This article examines the effects of new walking and cycling infrastructure. It draws upon the longitudinal research from the UK iConnect study that surveyed 22,500 adults about their commuting patterns as well as their recreational activity. For this study, 1465 adults completed a seven day recall travel instrument and a short version of the International Physical Activity Questionnaire before and after the construction of active travel infrastructure. Regression analyses of the data suggest that those living 1km from the new infrastructure increased their active travel by 15.3 minutes per week relative to those living 2km away at the two year follow-up. Proximity was also associated with an increase in total physical activity. The findings suggest that proximity of active travel infrastructure can facilitate physical activity in the forms of recreation and commuting among local users.</p>	SS	Physical activity; active travel; infrastructure; walking; cycling; UK
<p>Pojani, D. & Boussauw, K. 2014. 'Keep the children walking: active school travel in</p>	<p>This article analyses the physical environment's influence on children's walking in Eastern Europe.</p>	SS	Walk to school; distance; children;

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<p>Tirana, Albania.' <i>Journal of Transport Geography</i> 38(June 2014): 55-65. http://www.sciencedirect.com/science/article/pii/S0966692314001082</p>	<p>Parents of a group of 472 students (grades 6-8) attending four different schools in Albania completed a questionnaire about children's school travel, perceptions of distance, parental styles, and burdens of escorting. Number of road crossing was calculated. Statistical analyses show that walking to school is negatively associated with the presence of major road crossings on the way to school as well as the actual and perceived distance to school. Home to school distance affects whether children in Albania walk to school. High residential density offers children close walking proximity to and from school.</p>		Albania
<p>Han, B., Cohen, D. A., Derose, K.P., Marsh, T., Williamson, S. & Raaen, L. In press. 'How much neighbourhood parks contribute to local residents' physical activity in the City of Los Angeles: A meta-analysis.' <i>Preventive Medicine</i>. http://www.sciencedirect.com/science/article/pii/S0091743514003247</p>	<p>This article assesses the contribution of the neighbourhood park system to the physical activity levels of residents living in the City of Los Angeles. Eighty-three parks were systematically observed for play and recreation use between 2003 and 2014. Observations provided cumulative time of park use during the week. During these observations, park users and local residents were also surveyed to provide a percentage of neighbourhood park users. Analyses of the data suggest that parks within one half mile of residents contribute to overall levels of moderate to vigorous physical activity. An typical park had on average 54 daily users under amenable weather conditions. Peak park use occurred between 4-8pm during weekdays and late morning and early evenings on the weekend. These findings substantiate the importance of neighbourhood parks in promoting local physical activity.</p>	SS	Physical activity; neighbourhood parks; meta-analysis
<p>Slater, S., Chriqui, J., Chaloupka, F.J. & Johnston, L. In press. 'Joint use policies: Are</p>	<p>This article investigates how shared facility use between schools and the community impact physical activity</p>	SS	Physical activity; sport

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<p>they related to adolescent behaviour?' <i>Preventive Medicine.</i> http://www.sciencedirect.com/science/article/pii/S0091743514003235 *</p>	<p>among adolescents. Physical activity and sport participation data was taken from the Monitoring the Future Survey (a US nationally representative sample of 51,269 students across 461 school districts). Joint use policies were analysed for statements outlining when and what school facilities/features could be used by specific groups. Regression analyses depict that each additional facility outlined by a joint use policy increased physical activity participation. Announcement of time availability of space was also associated with vigorous physical activity. Opening up school grounds to the community may create further opportunities for adolescents to participate in physical activity whether through sports, athletics or exercise. Joint use policies can be a cost-effective solution to increase use of existing recreational facilities especially in park deficient neighbourhoods.</p>		<p>participation; joint use policies; adolescents</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Tseng, M., Thornton, L.E., Lamb, K.E., Ball, K. & Crawford, D. 2014. 'Is neighbourhood obesogenicity associated with body mass index in women? Application of an obesogenicity index in socioeconomically disadvantaged neighbourhoods.' <i>Health & Place</i> 30(November 2014): 20-27. http://www.sciencedirect.com/science/article/pii/S135382921400104X *</p>	<p>This article proposes an index to represent neighbourhood obesogenicity. The index comprises three domains: food (fast food, green grocers, supermarkets); recreation (parks, gyms, pools); and neighbourhood walkability. A group of 1542 female participants were drawn from the Resilience for Eating and Activity Despite Inequality (READI) study. Participants provided weight and height measurements as well as neighbourhood perceptions at baseline and a three year follow-up survey. Items from each of the three domains from the index were geocoded for each participant. Statistical analyses reveal the obesogenicity score as well as the scores from the three domains were not associated with BMI. Only lower neighbourhood</p>	<p>SS</p>	<p>Body mass index; food resources; recreational resources; walkability; index; socio-economic conditions</p>

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	<p>safety was associated with lower BMI over time. However, urban/ rural stratification moderated the association between obesogenicity and BMI whereas one point increment in obesogenicity score was associated with a higher BMI among urban residents. Testing and subsequent use of this index can represent the overall obesogenicity of neighbourhoods.</p>		
<p>Ortiz-Hernández, L., Janssen, I. 2014. 'Social disorder, physical activity and adiposity in Mexican adults: Evidence from a longitudinal study.' <i>Health & Place</i> 30(November 2014): 13-19. http://www.sciencedirect.com/science/article/pii/S1353829214001051</p>	<p>This article examines social disorder, sedentary behaviour, sport participation and adiposity in adults. Data was taken from 8307 adults completing the National Mexican Family Life Survey in 2002 with a follow up in 2005. In-person interviews provided the duration of time spent watching television, participating in sports and recreation as well as height and weight measurements. Researchers assessed the presence of abandoned buildings, cars and graffiti. Statistical modelling of the data shows that residents living in high social disorder communities had significant increases in waist circumferences than those living in low social disorder communities. In urban areas, social disorder was marginally associated with increasing BMI and television. In Mexico, it is suggested here that hostile environments as evidenced by social disorder can influence healthy living behaviours. Neighbourhood renewal programs may help decrease expanding waistlines and subsequent increases in obesity.</p>	<p>SS</p>	<p>Social disorder; sedentary behaviour; sport participation; adiposity; Mexico</p>
PROVIDING HEALTHY FOOD OPTIONS			
<p>Kim, T.H., Lee, E.-K. & Han, E. 2014. 'Food away from home and body mass outcomes: Taking heterogeneity into account enhances quality of results.' <i>Nutrition</i> 30(9): 1015-1021.</p>	<p>This article explores food consumption at full-service restaurants and body mass index among Korean adults. Weight and height measurements along with food intake and food source of the previous 24 hours were taken from 16403 adults participating in the Korean National</p>	<p>SS</p>	<p>Food consumption; body mass index; restaurants; fast food outlets;</p>

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http://www.sciencedirect.com/science/article/pii/S0899900714000896	<p>Health and Nutrition Examination Survey. Food sources were divided into fast food outlets, full service restaurants and other. Regression analyses reveal that those eating food at restaurants consumed three to five times the recommended daily sodium intake. Heavy consumption at restaurants was significantly associated with higher body mass index and waist circumference. No significant association was found between body mass index and fast food consumption. These findings suggest that food consumption at retail outlets impacts health. However, effects are contextual and depend on the nutritional quality of the foods chosen for consumption.</p>		Korea
<p>Di Noia, J. & Byrd-Bredbenner, C. 2014. 'Determinants of fruit and vegetable intake in low-income children and adolescents.' <i>Nutrition Reviews</i> 72 (9): 575-590. http://www.ncbi.nlm.nih.gov/pubmed/25091630</p>	<p>This article presents a systematic review of the determinants of fruit and vegetable intake among low income children and adolescents. From a search of 3,849 articles, a selection of 58 quantitative studies was reviewed. Analysis of the literature grouped determinants into socio-demographic (e.g. age, body mass index); personal (e.g. food intake, perceived barriers, self-efficacy); household (e.g. family support, home fresh food accessibility, parental influences); and community factors (e.g. food availability, school vending machines). While this study is one of the first to examine healthy eating among low income children and youth, it shows that there is a dearth of studies examining built environment influences. Community factors are limited to primarily school influences and it is suggested that further research is necessary to wholly understand ways to increase access and consumption of fresh food.</p>	SS	Fruit; vegetable consumption; socio-economic; young people; systematic review
<p>Tseng, M., Thornton, L.E., Lamb, K.E., Ball, K. & Crawford, D. 2014. 'Is neighbourhood</p>	<p>This article proposes an index to represent neighbourhood obesogenicity. The index comprises</p>	SS	Body mass index; food resources;

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<p>obesogenicity associated with body mass index in women? Application of an obesogenicity index in socioeconomically disadvantaged neighbourhoods.' <i>Health & Place</i> 30(November 2014): 20-27. http://www.sciencedirect.com/science/article/pii/S135382921400104X *</p>	<p>three domains: food (fast food, green grocers, supermarkets); recreation (parks, gyms, pools); and neighbourhood walkability. A group of 1542 female participants were drawn from the Resilience for Eating and Activity Despite Inequality (READI) study. Participants provided weight and height measurements as well as neighbourhood perceptions at baseline and a three year follow-up survey. Items from each of the three domains from the index were geocoded for each participant. Statistical analyses reveal the obesogenicity score as well as the scores from the three domains were not associated with BMI. Only lower neighbourhood safety was associated with lower BMI over time. However, urban/ rural stratification moderated the association between obesogenicity and BMI whereas one point increment in obesogenicity score was associated with a higher BMI among urban residents. Testing and subsequent use of this index can represent the overall obesogenicity of neighbourhoods.</p>		<p>recreational resources; walkability; index; socio-economic conditions</p>

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