

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Mehdipanah, R., Rodríguez-Sanz, M., Malmusi, D., Muntaner, C., Díez, E., Bartoll, X. & Borrell, C. 2014. 'The effects of an urban renewal project on health and health inequalities: A quasi-experimental study in Barcelona.' <i>Journal of Epidemiology and Community Health</i> 68 (9): 811-817. http://jech.bmj.com/content/early/2014/04/30/jech-2013-203434</p>	<p>This article investigates the effects of urban renewal policies on the health of Barcelona residents. The Neighbourhoods Law in Catalonia focuses on improving the physical, social and economic conditions of Spanish residents through the revitalisation of park creation, building reform, community centres, solar panels, energy efficiency, street repairs and community programs. A quasi-experimental study compared the health results of five revitalised neighbourhoods and eight non-revitalised neighbourhoods. Self-rated health and mental health data were taken from three time periods from the Barcelona Health Survey. Statistical analyses show that poor self-rated health decreased significantly in revitalised neighbourhoods. Men in non-revitalised neighbourhoods had significant increases in poor mental health. The findings suggest that projects supported by the law had a beneficial effect on self-rated health and the mental health of women.</p>	SS	Urban renewal; policy health; health inequalities
<p>Drewnowski, A., Aggarwal, A., Rehm, C.D., Cohen-Cline, H., Hurvitz, P.M. & Moudon, A.V. 2014. 'Environments perceived as obesogenic have lower residential property values.' <i>American Journal of Preventive Medicine</i> 47(3): 260-274. http://www.ncbi.nlm.nih.gov/pubmed/25049218 *</p>	<p>This article evaluates the effect of residential property values on perceptions of the obesogenic environment. Perceptions of the built environment (crime, safety, social capital, traffic and aesthetics) as well as height and weight measures were taken from 2011 adults participating in the Seattle Obesity Study. Accessibility perceptions (within 10 minute walk of the home) were assessed for 11 destinations. Tax assessor records were used to determine property values. Statistical analyses</p>	SS	Built environment; social capital; property values; body mass index; US

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	<p>show that perceived safety, aesthetics and neighbourhood trust were associated with higher property values. Perceived neighbourhood diversity and traffic were associated with lower property values. Parks, trails and recreational areas within a 10-minute walk were associated with higher property values. Access to convenience stores and fast food restaurants were associated with significantly lower property values. Higher residential property values, neighbourhood safety and higher neighbourhood trust were associated with lower mean rates of body mass index among women. Multiple perceived measures of the built environment as well as property values have the propensity to influence body mass index levels especially among women living in Seattle.</p>		
GETTING PEOPLE ACTIVE			
<p>Moran, M., Van Cauwenberg, J., Hercky-Linnewiel, R., Cerin, E., Deforche, B. & Plaut, P. 2014. 'Understanding the relationships between the physical environment and physical activity in older adults: A systematic review of qualitative studies.' <i>International Journal of Behavioral Nutrition and Physical Activity</i> 11: 79. http://www.ijbnpa.org/content/11/1/79</p>	<p>This article provides a systematic review of qualitative studies regarding the built environment and older adults' (adults aged 65 years and older) experiences of physical activity. A total of 31 studies (published 1996-2012) were assessed. Of these studies, eight involved mixed methods studies. The following themes were identified: pedestrian infrastructure (footpaths and separation between other non-motorised transport); safety (crime- and traffic- related); destination accessibility (exercise, daily needs, rest areas); aesthetics (buildings & streetscapes, natural scenery); and, environmental conditions (weather, environmental quality). Findings from this review highlight the importance of microscale qualities of the environment (e.g. places to rest and aesthetics) to promote physical activity among older adults.</p>	<p>APAN</p>	<p>Physical activity; qualitative studies; systematic review; older people</p>

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<p>Ranchod, Y.K., Diez Roux, A.V., Evenson, K.R., Sánchez, B.N. & Moore, K. 2014. 'Longitudinal associations between neighbourhood recreational facilities and change in recreational physical activity in the Multi-Ethnic Study of Atherosclerosis, 2000-2007.' <i>American Journal of Epidemiology</i> 179(3): 335-343. http://www.ncbi.nlm.nih.gov/pubmed/24227016</p>	<p>This article assesses the longitudinal relationship between the built environment and physical activity. A group of 6168 men and women (aged 45-84 years) participated in the US Multi-Ethnic Study of Atherosclerosis and provided their weekly frequency and duration of physical activity at baseline and at two subsequent follow-up time points. The densities for recreational facilities (e.g. offering team sports, water activities and/or biking) were geocoded for a one mile buffer around each participant's residence. Statistical analyses of the data reveal a positive association between recreational facility density and physical activity at baseline. While there was an overall decline in physical activity over time, those living in greater densities of recreational facilities experienced less pronounced decline in physical activity. Greater access to recreational facilities may assist in providing opportunities to be active, however, to maintain such activity, other incentives may be necessary.</p>	<p>APAN</p>	<p>Physical activity; recreational facility; longitudinal study; US</p>
<p>Wolf, I.D. & Wohlfart, T. 2014. 'Walking, hiking and running in parks: A multidisciplinary assessment of health and well-being benefits.' <i>Landscape and Urban Planning</i> 130 (October 2014): 89-103. http://www.sciencedirect.com/science/article/pii/S0169204614001480</p>	<p>This article assesses various forms of physical activity occurring in two national parks in New South Wales. Visitors completed a pre- questionnaire about frequency and motivation for park visitation, exercise background and the type of activity planned (walking, hiking, running or other). A post questionnaire ascertained participants' level of enjoyment and perceived physical effort. Visitors also wore GPS devices to provide spatial data as well as energy expenditure. Data analyses show that the three primary motivations for visiting included being outdoors, experiencing nature and physical activity. While hikers burned the greatest amount of net energy, both walkers and runners also expended</p>	<p>SS</p>	<p>Physical activity; walking; hiking; running; national parks</p>

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	considerable amounts of energy. These findings suggest that national parks have the propensity to promote the benefits of walking, hiking and running. Physical activity was an incidental motivator for visitation and suggests that other activities such as experiencing nature can also encourage outdoor activity.		
<p>Sung, H., Lee, S. & Jung, S. 2014. 'Identifying the relationship between the objectively measured built environment and walking activity in the high-density and transit-oriented city, Seoul, Korea.' <i>Environment and Planning B: Planning and Design</i> 41 (4): 637-660. http://www.envplan.com/abstract.cgi?id=b39116</p>	<p>This article assesses the built environment and walking among 2050 residents in Seoul, Korea. Through a telephone interview, participants reported the frequency and duration of walking trips per week. Based on each participant's residence, development density, land use mix and public transport accessibility were geocoded. Regression analyses suggest that land use mix, bus accessibility and rail accessibility within 250m radius of residences were positively and significantly associated with the frequency of 10 minute walking trips. Walking is less likely when built environment characteristics extend beyond 500m. These findings suggest that high density development within a 500m radius in tandem with public transport systems have the propensity to foster 10 minute walks for residents living in Seoul.</p>	SS	Walking; density; land use mix; public transport accessibility; Korea
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Rupprecht, C.D.D. & Byrne, J.A. 2014. 'Informal urban green – space: Comparison of quantity and characteristics in Brisbane, Australia and Sapporo, Japan.' <i>PLoS ONE</i>, 9: e99784. http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0099784</p>	<p>This article reports on the importance of informal green spaces. It develops a typology of informal green space to include street verges, lots, gap, railway, brownfields, waterside, structural, microsite and power line. It then uses the typology to assess the quantity and type of informal green spaces in Brisbane, Australia and Sapporo, Japan. Geographic information systems were used to assess land use, vegetation structure and accessibility of the informal green space. The results</p>	APAN	Well-being; health; safety; walk to school; children; parents

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	<p>indicate that Brisbane consisted of more than half as much informal space than formal green space; in Sapporo, informal space consisted of almost a third of formal space. Such liminal spaces offer an additional experience with nature and opportunities for recreation. Recognition of such spaces for health opportunities requires further research.</p>		
<p>Ramanathan, S., O'Brien, C., Faulkner, G. & Stone, M. 2014. 'Happiness in motion: Emotions, well-being and active travel.' <i>Journal of School Health</i> 84 (8): 516-523. http://www.pcal.nsw.gov.au/?a=165552&now=1409107311</p>	<p>This article explores the associations between active travel and well-being among Canadian school children and their parents. A group of 5423 children attending 76 schools completed a questionnaire about their school travel, neighbourhood safety, emotional perception and contribution of travel mode to physical, emotional and community well-being. Data analysis shows that significantly higher proportions of active travellers reported positive emotions compared with passive travellers. Furthermore, parents of active travellers and parents who felt that their neighbourhood was safe possessed the strongest well-being connections. Distances were negatively related to physical and emotional well-being. In addition to physical well-being, active travel to school can promote emotional well-being.</p>	PCAL	Well-being; happiness; active travel; children; Canada
<p>Drewnowski, A., Aggarwal, A., Rehm, C.D., Cohen-Cline, H., Hurvitz, P.M. & Moudon, A.V. 2014. 'Environments perceived as obesogenic have lower residential property values.' <i>American Journal of Preventive Medicine</i> 47(3): 260-274. http://www.ncbi.nlm.nih.gov/pubmed/25049218 *</p>	<p>This article evaluates the effect of residential property values on perceptions of the obesogenic environment. Perceptions of the built environment (crime, safety, social capital, traffic and aesthetics) as well as height and weight measures were taken from 2011 adults participating in the Seattle Obesity Study. Accessibility perceptions (within 10 minute walk of the home) were assessed for 11 destinations. Tax assessor records were used to determine property values. Statistical analyses</p>	SS	Built environment; social capital; property values; body mass index; US

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PROVIDING HEALTHY FOOD OPTIONS			
<p>Black, C., Ntani, G., Inskip, H., Cooper, C., Cummins, S., Moon, G., Baird, J. 2014. 'Measuring the healthfulness of food retail stores: Variations by store type and neighbourhood deprivation.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 11(1): 69. http://www.ijbnpa.org/content/11/1/69</p>	<p>This article advances a food retail observation tool based on store type and neighbourhood deprivation. A group of 601 food retail stores within Hampshire, UK were assessed for nine variables (e.g. quality, price, variety) of 12 food items considered healthy (e.g. bananas and whole meal bread) as well as unhealthy (e.g. crisps and sugar). The 2007 English Index of Deprivation provided neighbourhood deprivation measures. A resulting composite score of 'healthfulness' for each retail food outlet was created. Data analyses suggest that the healthiest environment for consumers were highly positive for premium and large supermarkets. Small supermarkets showed better than average healthy environment scores. Fresh produce quality declined as neighbourhood levels of deprivation increased. Prominent shelf and store placement of</p>	SS	<p>Fresh food access; neighbourhood deprivation</p>

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	healthy products were better in affluent neighbourhoods. Use of this tool can assist consumers, practitioners and researchers to assess the healthy shopping environment of the local community and advocate for needed healthy changes if necessary.		

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