

## HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
<b>GENERAL POLICY AND RESEARCH</b>			
Australian Institute of Health and Welfare. 2014. <i>Australia's Health 2014</i> . Canberra: Government of Australia. <a href="http://apo.org.au/node/40225">http://apo.org.au/node/40225</a>	This report provides the state of Australian health. It is a collection of articles with statistical analyses on topical health issues. Issues include health behaviours and risks; health through the lifespan; Indigenous health; as well as indicators of Australia's health.	APO	Health; indicators; Australia
Von Hippel, P. & Benson, R. 2014. 'Obesity and the natural environment across US counties.' <i>American Journal of Public Health</i> 104 (7): 1287-1293. <a href="http://www.ncbi.nlm.nih.gov/pubmed/24832148">http://www.ncbi.nlm.nih.gov/pubmed/24832148</a>	This article assesses the relationship between the natural environment and obesity in the United States. The prevalence of adult obesity was calculated for 3100 counties in the contiguous US. Weather variables, hours of sunlight, forest/water coverage and topography categorised natural environment measurements. The Behavioural Risk Factor Surveillance System provided physical activity and diet data. Regression models of the data show that a decrease in January temperatures and increase in July temperatures predict an increase in county obesity prevalence. Forest and water area had no specific association with obesity. Moreover, the strongest associations between obesity and the natural environment were mediated not by diet but by physical activity. Moderating the built environment to accommodate comfortable temperatures for physical activity may help in the efforts to curb nationwide obesity levels.	SS	Natural environment; obesity; physical activity
<b>GETTING PEOPLE ACTIVE</b>			
Bell, J.A., Hamer, M. & Shankar, A. 2014. 'Gender- specific associations of objective and perceived neighbourhood	This article seeks to understand the impact of objective and perceived neighbourhood characteristics on obesity in older adults. Data was taken from 6297 adults	APAN	Neighbourhood disorder; body mass; ageing

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<p>characteristics with body mass index and waist circumference among older adults in the English Longitudinal Study of Ageing.' <i>American Journal of Public Health</i> 104 (7): 1279-1286.  <a href="http://www.ncbi.nlm.nih.gov/pubmed/24832434">http://www.ncbi.nlm.nih.gov/pubmed/24832434</a></p>	<p>participating in the English Longitudinal Study of Ageing. Height and weight measurements were taken. Neighbourhood deprivation was measured for regions across England. Participants answered questions about neighbourhood disorder (e.g. safety, connection, isolation, cleanliness). Statistical analyses of the data show that at least 70% of each gender was overweight or obese. Specifically in women, being in the most deprived area was associated with higher BMI. Neighbourhood disorder was not found to be associated with BMI. These findings suggest that older women living in greater socio-economic deprivation may benefit from targeted obesity reduction initiatives.</p>		
<p>Jack, E. &amp; McCormack, G.R. 2014. 'The associations between objectively-determined and self-reported urban form characteristics and neighbourhood-based walking in adults.' <i>International Journal of Behavioral Nutrition and Physical Activity</i> 11: 71.  <a href="http://www.ijbnpa.org/content/11/1/71">http://www.ijbnpa.org/content/11/1/71</a></p>	<p>This article compares self-reported and objectively determined measures of walkable neighbourhoods. A group of 1875 Canadian adults completed questions taken from the International Physical Activity Questionnaire (e.g. frequency of walking, walking attitude) and the Abbreviated Neighbourhood Walkability Scale (e.g. safety; aesthetics; access). Objective neighbourhood walkability was calculated using such factors as number of businesses, mix of park types and total population). Statistical analyses reveal that participants in highly walkable neighbourhoods positively perceived access to services, street connectivity and destination mix but negatively perceived traffic and crime related safety. These participants were also more likely to walk and walk for longer durations. Aspects of the built environment as well as the associated perceptions may contribute to increases in walking.</p>	<p>APAN</p>	<p>Neighbourhood characteristics; walkability; perceived; objective measures</p>

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<p>Feng, Z., Dibben, C., Witham, M.D., Donnan, P.T., Vadiveloo, T., Sniehotta, F., Crombie, I.K. &amp; McMurdo, M.E.T. 2014. 'Dog ownership and physical activity in later life: A cross-sectional observational study.' <i>Preventive Medicine</i> 66(September 2014): 101-106.</p> <p><a href="http://www.sciencedirect.com/science/article/pii/S0091743514002047">http://www.sciencedirect.com/science/article/pii/S0091743514002047</a></p>	<p>This article assesses the relationship between dog ownership and physical activity among older adults aged 65 years and older. Data was taken from 547 older adults participating in the Physical Activity Cohort Scotland study. Participants wore an accelerometer for a 7-day period and reported their pet ownership using the Older People and Active Living questionnaire. Characteristics of dog-friendly environments were geocoded (e.g. amount of green space and type of dwelling). Linear models of the data show that higher physical activity levels were related to dog ownership. Promoting dog ownership as well as providing amenities for dog walking may increase the levels of physical activity especially among older adults.</p>	<p>APAN</p>	<p>Physical activity; dog ownership; older adults; Scotland</p>
<p>Pearson, A.L., Bentham, G., Day, P. &amp; Kingham, S. 2014. 'Associations between neighbourhood environmental characteristics and obesity and related behaviours among adult New Zealanders.' <i>BMC Public Health</i>, 14: 553.</p> <p><a href="http://www.biomedcentral.com/1471-2458/14/553">http://www.biomedcentral.com/1471-2458/14/553</a> *</p>	<p>This article evaluates the New Zealand built environment on unhealthy weight outcomes and weight-related behaviours (walking, physical activity and fruit and vegetable consumption). Data was taken from 12,488 adults participating in the New Zealand Health Survey which provided body mass index values, levels of physical activity, walking behaviour and fruit and vegetable consumption. Aspects of the built environment (food outlets and green space) were geocoded. Statistical analyses reveal that those living in the most deprived neighbourhoods had increased levels of obesity. Lower levels of access to green space were associated with increased odds of being obese. Higher levels of access to food shops were associated with decreased odds of being obese. These findings support international research suggesting access to certain amenities have the potential to influence beneficial health outcomes.</p>	<p>APAN</p>	<p>Physical activity; walking; fruit and vegetable consumption; food shops; green space; New Zealand</p>

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<p>Veitch, J., Carver, A., Hume, C., Crawford, D., Timperio, A., Ball, K. &amp; Salmon, J. 2014. 'Are independent mobility and territorial range associated with park visitation among youth?' <i>International Journal of Behavioural Nutrition and Physical Activity</i>, 11: 73.  <a href="http://www.ijbnpa.org/content/11/1/73">http://www.ijbnpa.org/content/11/1/73</a></p>	<p>This article examines travel mode, park visitation, independent mobility and territorial range among young people aged 8-16 years. Data was taken from 311 youth participating in the Resilience for Eating and Physical Activity Despite Inequality study. Youth reported their park usage, travel modes, levels of independent mobility and territorial range. Statistical analyses of the data report that young people who actively travelled without adult accompaniment were more likely to visit parks. What is unknown is whether access to park spaces was equitable among participants. Nevertheless these findings suggest that parks should be located within accessible distances and along safe and connected pathways of residences.</p>	<p>APAN</p>	<p>Active travel; park visitation; youth</p>
<b>CONNECTING AND STRENGTHENING COMMUNITIES</b>			
<p>Brown, B.B., Werner, C.M., Smith, K.R., Tribby, C.P. &amp; Miller, H.J. 2014. 'Physical activity mediates the relationship between perceived crime, safety and obesity.' <i>Preventive Medicine</i> 66 (September 2014): 140-144.  <a href="http://www.ncbi.nlm.nih.gov/pubmed/24963894">http://www.ncbi.nlm.nih.gov/pubmed/24963894</a></p>	<p>This article investigates perceptions of neighbourhood safety, body mass index and physical activity levels. A group of 864 adults living in socio-economically depressed and ethnically mixed Salt Lake City, Utah neighbourhoods answered questions from the Neighbourhood Environment Walkability Scale, wore accelerometers and provided height and weight measurements. Statistical analyses of the data reveal that those residents who perceived lower levels of safety from crime had higher body mass index, greater risk of obesity, and lower levels of moderate to vigorous physical activity. Addressing perceptions of safety may contribute to broader initiatives promoting active travel among people living in lower socio-economic areas.</p>	<p>APAN</p>	<p>Physical activity; obesity risk; socio-economically depressed neighbourhoods</p>
<p>Janssen, I. 2014. 'Crime and perceptions of safety in the home neighbourhood are independently associated with physical</p>	<p>This article determines the association of neighbourhood safety perceptions and objective measures of neighbourhood crime with physical activity</p>	<p>APAN</p>	<p>Physical activity; neighbourhood safety;</p>

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<p>activity among 11-15 year olds.' <i>Preventive Medicine</i> 66(September 2014): 113-117.  <a href="http://www.sciencedirect.com/science/article/pii/S0091743514002175">http://www.sciencedirect.com/science/article/pii/S0091743514002175</a></p>	<p>in young people. A group of 14,125 young people between the ages of 11-15 years completed questions related to perceptions of neighbourhood safety and reported their levels of physical activity outside of school hours. The number of crimes occurring within a buffered radius of each participant's home was calculated. Logistic regression of the data suggests that perceived neighbourhood safety was a stronger predictor of physical activity than actual levels of neighbourhood crime. Among young people, if they perceive their neighbourhoods as welcoming and safe, they may be more inclined to engage in physical activity beyond their domiciles.</p>		<p>neighbourhood crime; young people</p>
<b>PROVIDING HEALTHY FOOD OPTIONS</b>			
<p>Shannon, J. 2014. 'Food deserts: Governing obesity in the neoliberal city.' <i>Progress in Human Geography</i> 38 (2): 248-266.  <a href="http://phg.sagepub.com/content/early/2013/04/25/0309132513484378">http://phg.sagepub.com/content/early/2013/04/25/0309132513484378</a></p>	<p>This article examines food desert research from a neoliberal governance lens of the built environment, obesity concerns and geographic information systems. It first describes the rise of social ecology and the intersection of built environment and human behaviours. The obesogenic environment is defined in the context of social inequities (e.g. ethnic and socio-economic communities). This article then defines the spatial boundaries of food deserts with the use of GIS-based analyses. Given these three fields of thought, the article then provides alternatives for researching the multiple ways in which people value and interact with the food environment.</p>	SS	<p>Food deserts; neighbourhood environments; obesity; mapping; socio-ecological models; theory</p>
<p>Pearson, A.L., Bentham, G., Day, P. &amp; Kingham, S. 2014. 'Associations between neighbourhood environmental characteristics and obesity and related behaviours among adult New Zealanders.'</p>	<p>This article evaluates the New Zealand built environment on unhealthy weight outcomes and weight-related behaviours (walking, physical activity and fruit and vegetable consumption). Data was taken from 12,4888 adults participating in the New Zealand Health</p>	APAN	<p>Physical activity; walking; fruit and vegetable consumption; food shops; green</p>

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<p><i>BMC Public Health</i>, 14: 553.  <a href="http://www.biomedcentral.com/1471-2458/14/553">http://www.biomedcentral.com/1471-2458/14/553</a> *</p>	<p>Survey which provided body mass index values, levels of physical activity, walking behaviour and fruit and vegetable consumption. Aspects of the built environment (food outlets and green space) were geocoded. Statistical analyses reveal that those living in the most deprived neighbourhoods had increased levels of obesity. Lower levels of access to green space were associated with increased odds of being obese. Higher levels of access to food shops were associated with decreased odds of being obese. These findings support international research suggesting access to certain amenities have the potential to influence beneficial health outcomes.</p>		<p>space; New Zealand</p>

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