

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
European Healthy Stadia Network. 2014. <i>Active travel guidance for sports stadia</i> . Liverpool, UK: European Healthy Stadia. http://www.healthystadia.eu/news-and-events/latest-news/item/343-new-active-travel-guidance-from-healthy-stadia.html?utm_medium=Email&utm_source=ExactTarget&utm_campaign	This document provides guidance for those involved in sports facilities management to encourage active travel as part of a travel strategy. The health benefits of an active travel plan for sports venues are discussed. Strategies covered include developing and communicating active travel routes, installing cycle locking facilities and encouraging active travel among fans and staff. Examples of good practice are also highlighted.	PCAL	Active travel; sporting venues
Thompson, S., Kent, J. 2014. 'Connecting and strengthening communities in places for health and well-being.' <i>Australian Planner</i> 51 (3): 260-271. http://www.tandfonline.com/doi/abs/10.1080/07293682.2013.837832#preview *	This article draws upon the literature to show how the built environment supports the development of community. It introduces a places framework highlighting how green open spaces; community gardens and farms; streets and neighbourhoods; third places; as well as safe places contribute to strengthening and connecting communities. It then identifies some research gaps and policy implications. Various elements of the built environment can create a sense of belonging to the community, however to nurture such belonging, places must be safe. Interventions and programs also need to be initiated by collaborations within the planning, health, sociology, psychology and human geography fields.	SS	Healthy planning; framework; community building
Botchwey, N.D., Trowbridge, M. & Fisher, T. 2014. 'Green health urban planning and the development of healthy and sustainable neighbourhoods and schools.' <i>Journal of</i>	This article introduces the special issue dedicated to advancing health by focusing on schools as a community resource. It outlines the Green Health framework advocated by the National Academy of Environmental	SS	Public health; neighbourhood planning; school

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
<p><i>Planning Education and Research</i> 34(2):113-122. http://jpe.sagepub.com/content/34/2/113.abstract</p>	<p>Design, the National Collaborative on Childhood Obesity Research and the US Green Building Council. The implications of school planning upon health and the value of locating schools at the centre of neighbourhoods are discussed. It then highlights recommendations for future research and projects including connecting sustainability with health; collaborations between the planning sector and other disciplines as well as understanding the experiences of people in their communities.</p>		
GETTING PEOPLE ACTIVE			
<p>Stone, M.R. & Faulkner, G.E.J. 2014. 'Outdoor play in children: Associations with objectively-measured physical activity, sedentary behaviour and weight status.' <i>Preventive Medicine</i> 65 (August 2014): 122-127. http://www.sciencedirect.com/science/article/pii/S009174351400173X</p>	<p>This article examines the association between outdoor play and physical activity among children aged 10-12. Data was taken from Project BEAT capturing a group of 856 children's seven day accelerometry readings and parental reports of outdoor play. Statistical analysis of the data shows that girls who played outdoors for more than two hours per day accumulated more light physical activity than girls spending less time outdoors. Boys playing outdoors for less than one hour per day were more likely to be overweight and had lower physical activity levels. These findings suggest that children should be encouraged to spend more time playing outdoors if the goal is to increase levels of overall physical activity. Environments should thus be designed to cater to their interests and safety needs.</p>	APAN	Physical activity; play; children
<p>Hosler, A.S., Gallant, M.P., Riley-Jacome, M. & Rajulu, D.T. 2014. 'Relationship between objectively measured walkability and exercise walking among adults with diabetes.' <i>Journal of Environmental and Public Health</i> 2014, art. no. 542123</p>	<p>This article assesses neighbourhood walkability and walking for exercise among New York adults with diabetes. A group of 208 adults completed interview surveys about their physical activity. A walkability measurement tool surveyed 20 street environment indicators belonging to four dimensions: footpaths,</p>	SS	Physical activity; walking; neighbourhood environment; diabetes

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
http://www.hindawi.com/journals/jeph/2014/542123/	<p>traffic safety; street amenity and upkeep. Statistical analyses of the two datasets revealed that walking was associated with traffic safety. Walking more than 150 minutes per week was associated with overall walkability of the neighbourhood as well as footpaths, street amenity and traffic safety. The walkability of a neighbourhood can help promote physical activity among those requiring active lifestyles to minimise the effects of diabetes.</p>		
<p>Reyer, M., Fina, S., Siedentop, S. & Schlicht, W. 2014. 'Walkability is only part of the story: Walking for transportation in Stuttgart, Germany.' <i>International Journal of Environmental Research and Public Health</i> 11 (6): 5849-5865. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4078552/</p>	<p>This article assesses the walkability of Stuttgart, Germany. The walkability of the city was calculated using the walkability index developed by Frank et al. 2010. Additionally, 491 neighbourhood blocks were subjected to a Walk Score analysis. A weekly household trip survey was completed for 1871 residents. Analysis of these three datasets reveal an association between results of the walkability index and Walk Score with a) walked distance for transport and b) walked minutes for transport. These findings suggest a relationship between neighbourhood walkability and walking. If neighbourhoods are conducive for walking; residents may partake in more activity.</p>	SS	Physical activity; walking; neighbourhood walkability; Walk Score
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Powell-Wiley, T.M., Ayers, C., Agyemang, P., Leonard, T., Berrigan, D., Barbash, R.B., Lian, M., Das, S.R. & Hoehner, C.M. 2014. 'Neighbourhood-level socioeconomic deprivation predicts weight gain in a multi-ethnic population: Longitudinal data from the Dallas Heart Study.' <i>Preventive Medicine</i> 66(September 2014): 22-27. http://www.sciencedirect.com/science/art</p>	<p>This article investigates the relationship between socioeconomic status and weight gain. A group of 939 adults participating in the Dallas Heart Study provided weight measurements at two time points. Participants' addresses were geocoded and a neighbourhood deprivation index was created. Analysis of the data suggests that participants living for more than 11 years in areas with greater indexed neighbourhood deprivation tended to gain one kilogram per each unit</p>	APAN	Obesity; socioeconomic characteristics; neighbourhood deprivation

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
iclp/doi/10.1016/j.iclp.2014.05.001	<p>increment of indexed deprivation. These findings suggest that living in an economically depressed area over a prolonged period of time can lead to weight gain.</p>		
<p>Wolch, J.R., Byrne, J. & Newell, J.P. 2014. 'Urban green space, public health, and environmental justice: The challenge of making cities 'just green enough'.' <i>Landscape and Urban Planning</i> 125 (May 2014): 234-244. http://www.sciencedirect.com/science/article/pii/S0169204614000310</p>	<p>This article compares the distribution of green space in US and Chinese cities premised on the belief that green space promotes physical activity and public health. A review of the literature reveals that allocation of green space disproportionately benefits affluent communities. It then examines approaches to retrofitting urban green space in Hangzhou, China. Strategies to increase urban greening paradoxically gentrify the neighbourhood and ultimately displace poorer populations who may benefit from this greening. Therefore, the authors suggest that in order to address this paradox, strategies should be small scale and focus on improving liveability for existing residents.</p>	SS	Urban green space; human health; housing equity
<p>Thompson, S., Kent, J. 2014. 'Connecting and strengthening communities in places for health and well-being.' <i>Australian Planner</i> 51 (3): 260-271. http://www.tandfonline.com/doi/abs/10.1080/07293682.2013.837832#preview*</p>	<p>This article draws upon the literature to show how the built environment supports the development of community. It introduces a places framework highlighting how green open spaces; community gardens and farms; streets and neighbourhoods; third places; as well as safe places contribute to strengthening and connecting communities. It then identifies some research gaps and policy implications. Various elements of the built environment can create a sense of belonging to the community, however to nurture such belonging, places must be safe. Interventions and programs also need to be initiated by collaborations within the planning, health, sociology, psychology and human geography fields.</p>	SS	Healthy planning; framework; community building

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
PROVIDING HEALTHY FOOD OPTIONS			
<p>Smith, J., Maye, D. & Ilbery, B.2014. 'The traditional food market and place: new insights into fresh food provisioning in England.' <i>Area</i> 46(2): 122-128. http://onlinelibrary.wiley.com/doi/10.1111/area.12083/abstract</p>	<p>This article investigates the role of food markets in fresh food provision. The spatial distribution of food markets (traditional, wholesale, farmers and country) was assessed. The Grainger Market, Newcastle and the Cambridge market were used as sites for a case study. Semi-structured interviews were conducted with market managers, traders and shoppers. The following themes emerged: the sourcing of fresh food was contingent upon seasons and consumer preferences and the purchase of fresh food was dependent upon affordability, quality and experience. Food markets have the capability of not only providing quality and affordable healthy food, but the opportunity to meet local growers and reaffirming geographical identities.</p>	SS	Fresh food provision; supermarkets; traditional food markets
<p>Salinas, J.J., Abdelbary, B., Klaas, K., Tapia, B. & Sexton, K. 2014. 'Socioeconomic context and the food landscape in Texas: Results from hotspot analysis and border/non-border comparison of unhealthy food environments.' <i>International Journal of Environmental Research and Public Health</i> 11 (6): 5640-5650. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4078539/</p>	<p>This article describes the food landscapes of Texas to identify the risk factors associated with less healthy food environments. The Modified Retail Food Environment index (mRFEI) was used to measure the percentage of total food vendors in a census tract selling healthy food (i.e. supermarkets, larger grocery stores, supercenters, fruit and vegetable stands). A higher index score means more healthy food offerings. This index was linked to the 2010 US Census socioeconomic and ethnic concentration data. Regression analyses of the data suggest that higher population and median age lead to higher mRFEI. Socioeconomic variables were negatively associated with mRFEI. Areas with mRFEI of 0 were reflective of rural areas. The findings characterise the overall food environment as a food desert. In both rural and urban areas, there are high concentrations of populations with limited access to</p>	SS	Food landscapes; modified Retail Food Environment Index; socioeconomic characteristics; Texas

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
	healthy food.		
<p>Paquet, C., Coffee, N.T., Haren, M.T., Howard, N.J., Adams, R.J., Taylor, A.W. & Daniel, M. 2014. 'Food environment, walkability, and public open spaces are associated with incident development of cardio-metabolic risk factors in a biomedical cohort.' <i>Health & Place</i> 28 (July 2014): 173-176. http://www.ncbi.nlm.nih.gov/pubmed/24880234</p>	<p>This article examined the relationships between aspects of the built environment (i.e. food environment, walkability, open space) and cardio-metabolic risk (e.g. diabetes, hypertension, obesity) in adults living in Adelaide. A cohort of 3145 completed baseline questionnaires related to health behaviour (e.g. diabetes, abdominal obesity) at baseline (2000-2003) and follow-up (2005-2006). Walkability was measured using dwelling density, intersection density, land use mix and retail footprint. Unhealthy food environments were calculated using a Relative Food Environment Index (ratio between unhealthy food stores to healthy food stores). The density, size, and greenness of public open space were also calculated. Regression models report that walkable neighbourhoods and public open space were inversely related to (pre) diabetes. Unhealthy food environments were positively related to obesity rates. Built environment attributes can promote active lifestyles as well as hinder healthy food consumption patterns.</p>	SS	Obesity; diabetes; food environment; walkability; open space

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