

## HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
<b>GENERAL POLICY AND RESEARCH</b>			
<p>Bull, F., Milton, K., Kahlmeier, S., Arlotti, A., Juričan, A.B., Belander, O., et al. 2014. 'Turning the tide: National policy approaches to increasing physical activity in seven European countries.' <i>British Journal of Sports Medicine OnlineFirst</i>. <a href="http://bjsm.bmj.com/content/early/2014/03/28/bjsports-2013-093200.abstract">http://bjsm.bmj.com/content/early/2014/03/28/bjsports-2013-093200.abstract</a></p>	<p>This article summarises national policy approaches to increasing levels of health-enhancing physical activity. The policies of Finland, Italy, the Netherlands, Norway, Portugal, Slovenia and Switzerland were analysed using a policy audit tool. The audit tool investigated the government and country structure, policy and content, policy implementation and method of completion and collaboration. Countries reported policies across the domains of education, sport, health, transport and environment. Of the seven countries, only Italy did not report national recommendations. Five countries reported specific physical activity policies. Most countries reported challenges involving multisectoral coordination. The similarities and differences among the policy approaches provide a foundation for other countries seeking to implement comprehensive physical activity policies.</p>	GPAN	Physical activity; national policy; country comparisons
<p>Hills, A.P., Street, S.J. &amp; Harris, N. 2014. 'Getting Australia more active: Challenges and opportunities for health promotion.' <i>Health Promotion Journal of Australia</i> 25 (1): 30-34. <a href="http://www.publish.csiro.au/?paper=HE13085">http://www.publish.csiro.au/?paper=HE13085</a></p>	<p>This article provides an overview of the status of Australia's physical activity promotion. Five features of physical activity promotion are recommended to progress this area: a clarity of message; focus on middle childhood; interventions with focused inclusiveness; constant evaluation of practice; and recognising individual responsibility while creating supportive healthy environments. The identified key challenges and opportunities suggest that in order to promote physical activity, interventions should be contextualised</p>	SS	Physical activity; interventions; supportive environments

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	according to the needs and capabilities of each community.		
<p>Lowe, M., Boulange, C., &amp; Giles-Corti, B. 2014. 'Urban design and health: Progress to date and future challenges.' <i>Health Promotion Journal of Australia</i> 25 (1): 14-18.  <a href="http://www.publish.csiro.au/paper/HE13072.htm">http://www.publish.csiro.au/paper/HE13072.htm</a></p>	<p>This article provides an overview of the evidence on the relationship between the built environment and chronic diseases. This article interchanges 'urban design' with 'urban planning.' It primarily focuses on land use issues rather than intricacies of human scale often associated with urban design. Nevertheless, it highlights the impact of urban planning on physical activity, social connectivity, diet, alcohol consumption and air quality. It then provides a few observations to promote healthy environments. Collaborations between health promotion, urban planning, policy and research are needed. Healthy environments may be created through effective and integrated transport, land use and infrastructure planning.</p>	SS	Chronic diseases; built environment; collaboration
<p>Mackenbach, J.D., Rutter, H., Compernelle, S., Glonti, K., Oppert, J.-M., Charreire, H., et al. 2014. 'Obesogenic environments: A systematic review of the association between the physical environment and adult weight status, the SPOTLIGHT project.' <i>BMC Public Health</i> 14 (1): art. no. 233.  <a href="http://www.biomedcentral.com/1471-2458/14/233">http://www.biomedcentral.com/1471-2458/14/233</a></p>	<p>This article provides an updated review of the literature on associations of physical activity and environmental factors on adult weight status. Five electronic databases were searched for studies relating to the built environment published between 1995-2013. Environmental attributes were categorized into four domains: physical activity; food environment; transport opportunities and other (e.g. population density). Each study was also assessed for methodological quality. From 5,642-screened articles, 92 were included in this review. Only eight articles used longitudinal studies. Urban sprawl and land use were consistently and statistically significantly associated with overweight status in North America. Generally, there was no consistent pattern of association between environmental factors and weight status across</p>	SS	Weight status; obesity; physical environment; systematic review

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	countries despite the identification of 8 of the 92 articles as having weak methodological quality. Rather than the quality of the study, the authors suggest that it is the conceptual model that each study is based on that may explain the lack of consistency. Objective and subjective factors should be measured along with assessments of wider regions.		
<b>GETTING PEOPLE ACTIVE</b>			
Barrett, M.A., Miller, D. & Frumkin, H. 2014. 'Parks and health: Aligning incentives to create innovations in chronic disease prevention.' <i>Preventing Chronic Disease</i> , 11: 130407. <a href="http://www.cdc.gov/pcd/issues/2014/13/0407.htm">http://www.cdc.gov/pcd/issues/2014/13/0407.htm</a> *	This article advocates the valuing of parks as a critical public health resource. It provides an overview of the benefits of park access including but not limited to physical activity, mental health, social cohesion and general well being. Creating collaborations between health services and parklands is a necessary prevention strategy to position parks as locations for wellbeing.	GPAN	Parks; health; physical activity; mental health; social cohesion
Zhao, P. 2014. 'The impact of the built environment on bicycle commuting: Evidence from Beijing.' <i>Urban Studies</i> 51(5): 1019-1037. <a href="http://usj.sagepub.com/content/early/2013/07/12/0042098013494423.abstract?rss=1">http://usj.sagepub.com/content/early/2013/07/12/0042098013494423.abstract?rss=1</a>	This paper examines the decline of cycling as active transport in relation to the built environment. A group of 613 households in Beijing completed household interview surveys related to their commuting patterns. Measurements of the built environment included urban design (diversity of land use, density of local streets and street connections), urban form (population density, employment density and job/housing balance) and transport infrastructure indicators (density of main roads, length of bike lanes, distance to metro station). Regression analyses indicate that higher destination accessibility, a higher density of cycling lanes, mixed land use and greater connectivity of streets are associated with higher rates of cycling. Residential density had no significant effect. Higher public transport use tended to decrease cycling rates. These findings suggest that an emphasis on creating new metro lines	SS	Built environment; active transport; cycling; China

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	may lead to the decline in cycling as a popular active mode of transport in China.		
<p>Saelens, B.E., Moudon, A.V., Kang, B., Hurvitz, P.M. &amp; Zhou, C. 2014. 'Relation between higher physical activity and public transit use.' <i>American Journal of Public Health</i> 104 (5): 854-859.  <a href="http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2013.301696">http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2013.301696</a></p>	<p>This article examines physical activity, walking and transport. A group of 693 adults living in Washington with and without access to light rail stops provided accelerometer, global positioning system and travel log information. Bouts of 5 minutes or longer were considered physical activity. Transport-related walking was walking within 10 minutes time of a transport stop. Transport users were defined as having 1 or more transport days. Analysis of the data show that transport users had significantly more daily counts of physical activity and greater total amounts of walking time than non-transport users. Transport users with the lowest proportion of transport days had significantly lower overall physical activity, total walking and transport walking compared with those taking transport most often. These findings suggest that those taking public transport more often are more physically active than those who do not. It recognises that travel behavior is related to physical activity.</p>	SS	Physical activity; public transport; walking
<p>Janssen, I. 2014. 'Active play: An important physical activity strategy in the fight against childhood obesity.' <i>Canadian Journal of Public Health</i> 105: e22-e27.  <a href="http://www.ncbi.nlm.nih.gov/pubmed/24735692">http://www.ncbi.nlm.nih.gov/pubmed/24735692</a></p>	<p>This article quantifies and compares the number of calories expended in a variety of activities including: organised sport, active transport, physical education, active play and sedentary behaviours. Caloric calculations were taken from existing physical activity survey data and established physical activity expenditures data. Findings indicate that for children aged 6-11 years, those who participate in organised sport expend an average of 23 kcal/day; active transport, 18kcal/day; physical education, 21kcal/day; and active play 47kcal/day. These findings suggest that</p>	SS	Energy expenditure; active play; physical activity; active transport; children; Canada

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	children engaged in active play expend the most calories and that active play should be promoted as an initiative to increase overall physical activity levels.		
<b>CONNECTING AND STRENGTHENING COMMUNITIES</b>			
<p>Foster, S., Knuiman, M., Hooper, P., Christian, H. &amp; Giles-Corti, B. In press. 'Do changes in residents' fear of crime impact their walking? Longitudinal results from RESIDE.' <i>Preventive Medicine</i> 62(May 2014): 161-166.</p> <p><a href="http://www.sciencedirect.com/science/article/pii/S0091743514000760">http://www.sciencedirect.com/science/article/pii/S0091743514000760</a></p>	<p>This study examines the effects of residential relocation on walkability and residents' perceptions of crime risk. Data was drawn from the RESIDential Environments project conducted in Perth, Australia (i.e. changes in perceived crime risk; perceived physical environment; and walking rates.) 485 individuals completed questionnaires before their move and on three occasions after relocation. Land use mix, street connectivity, residential density, number of bus stops and proportion of land were calculated for 1600m road network service area around each participants' residences. Statistical analysis of the data show that for every increase in fear of crime, walking within the neighbourhood reduced by an average of 22 minutes per week. Strategies to decrease perceptions of crime may improve walking.</p>	APAN	Residential relocation; fear of crime; walkability
<p>Barrett, M.A., Miller, D. &amp; Frumkin, H. 2014. 'Parks and health: Aligning incentives to create innovations in chronic disease prevention.' <i>Preventing Chronic Disease</i>, 11: 130407.</p> <p><a href="http://www.cdc.gov/pcd/issues/2014/13/0407.htm">http://www.cdc.gov/pcd/issues/2014/13/0407.htm</a> *</p>	<p>This article advocates the valuing of parks as a critical public health resource. It provides an overview of the benefits of park access including but not limited to physical activity, mental health, social cohesion and general well being. Creating collaborations between health services and parklands is a necessary prevention strategy to position parks as locations for wellbeing.</p>	GPAN	Parks; health; physical activity; mental health; social cohesion
<b>PROVIDING HEALTHY FOOD OPTIONS</b>			
<p>Du, W., Su, C., Wang, H., Wang, Z., Wang, Y. &amp; Zhang, B. 2014. 'Is density of neighbourhood restaurants associated with BMI in rural Chinese adults? A longitudinal</p>	<p>This article investigates neighbourhood availability of restaurants and body mass index in rural Chinese adults. Demographic and height and weight data were taken from 24,396 adults participating in the China</p>	SS	Neighbourhood food environment; obesity; rural adults; China

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<p>study from the China Health and Nutrition Survey.' <i>BMJ Open</i> 4(4) art. no. e004528  <a href="http://bmjopen.bmj.com/content/4/4/e004528.full">http://bmjopen.bmj.com/content/4/4/e004528.full</a></p>	<p>Health and Nutrition Survey. Community leaders reported the number of fast food restaurants, indoor restaurants and fixed outdoor food stalls. Statistical analyses reveal the density of fast-food restaurants to be relatively low in rural China. An increase of one indoor restaurant in the neighbourhood was associated with an increase in body mass index for both men and women. An increase of one fixed food stall was associated with a decline in body mass index for both men and women. Foods served at fixed outdoor food stalls were characterized by convenience, cheap price, low choice and low nutritional value. Given this statement, it was unclear as to why presence of such establishments contributed to lower BMI rates. Further clarification of this finding is needed. However, this study highlights the role of restaurant access in obesity rates at the rural level.</p>		
<p>Pruchno, R., Wilson-Genderson, M. &amp; Gupta, A.K. 2014. 'Neighbourhood food environment and obesity in community-dwelling older adults: Individual and neighborhood effects.' <i>American Journal of Public Health</i> 104 (5): 924-929.  <a href="http://ajph.aphapublications.org/doi/full/10.2105/AJPH.2013.301788">http://ajph.aphapublications.org/doi/full/10.2105/AJPH.2013.301788</a></p>	<p>This article examines the extent of the relationship between the neighbourhood food environment and obesity among older adults. Data was taken from 5688 participants of the <i>Ongoing Research on Aging in New Jersey: Better Opportunities for Wellness in Life</i> study. Phone interviews provided demographic and height and weight measurements. The number of supermarkets, grocery stores, convenience stores and fast food restaurants were calculated for each represented census tract. Multilevel structural equation models show significant positive correlations between obesity and fast food stores and storefronts (convenience stores, bars and small grocery stores). These findings extend the knowledge about the role of neighbourhood on older adults levels of obesity.</p>	SS	Neighbourhood food environment; obesity; older adults

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<p>Greer, S., Schieb, L., Schwartz, G., Onufrak, S., &amp; Park, S. 2014. 'Association of the neighbourhood retail environment with Sodium and Potassium Intake among US adults.' <i>Preventing Chronic Disease</i> 11, 130340.  <a href="http://www.cdc.gov/pcd/issues/2014/13_0340.htm">http://www.cdc.gov/pcd/issues/2014/13_0340.htm</a></p>	<p>This article assesses the relationship between high sodium and low potassium intake and the availability of healthy food in neighbourhood stores. A group of 8779 participants completed a 24-hour dietary recall with the National Health and Nutrition Examination Survey (US). This recall provided estimates of total daily sodium and potassium consumption. The retail food environment was measured for each represented census tract using the modified Retail Food Environment Index. Linear regression models showed no significant relationship between food environment and sodium intake. Positive linear associations, however, were found in the association between the retail food environment and potassium intake in non-south regions of the US. These findings suggest that sodium consumption is ubiquitous and other interventions at a level other than the retail food environment is needed.</p>	<p>SS</p>	<p>Neighbourhood retail food environment; sodium; potassium intake</p>

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