

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Handy, S., van Wee, B., Kroesen, M. 2014. 'Promoting cycling for transport: Research needs and challenges'. <i>Transport Reviews</i> 34(1): 4-24. http://www.tandfonline.com/doi/abs/10.1080/01441647.2013.860204</p>	<p>This article provides a framework to guide research priorities related to cycling. It defines the different ways to measure current cycling activity. The literature is then reviewed for key factors associated with transport cycling including but not limited to distance, bicycle infrastructure, bicycle access, bicycle equipment, individual factors and social environment. An assessment of the empirical evidence of benefits and costs is then provided. A table summarising cycling research needs and challenges at the end of the article will be helpful for both policy makers and researchers interested in creating and strengthening policies that promote cycling.</p>	SS	Cycling; benefits; research; policy
<p>Lowe, M. 2014. 'Obesity and climate change mitigation in Australia: Overview and analysis of policies with co-benefits'. <i>Australian and New Zealand Journal of Public Health</i> 38(1): 19-24. http://www.ncbi.nlm.nih.gov/pubmed/24494940</p>	<p>This article analyses obesity and climate change to encourage Australian policies with potential co-benefits for these issues. Using a political economy of health perspective, obesity and climate change are viewed as issues shaped by the social, economic and political environment. The literature is reviewed to define three shared causes of these issues namely, car dependence; Australia's food system; and the global economic system. Shared policy solutions include policies promoting the replacement of car use with active transport; improving diets and reducing emissions from the food system; and macro-level economic policies to reduce emissions and obesity rates. This article stresses the relationship between health and sustainability</p>	SS	Obesity; climate change; policy

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	issues; a relationship that requires a spectrum of policies across multiple sectors.		
<p>Infrastructure Australia. 2013. <i>Urban Transport Strategy December 2013</i>. Canberra: Infrastructure Australia. http://www.infrastructureaustralia.gov.au/publications/files/Urban Transport Strategy Paper FINAL.pdf</p>	<p>This paper proposes an urban transport infrastructure strategy for Australia. This strategy aims for the best use of land and of transport via complementary land use and transport planning. It proposes an optimal, balanced and pragmatic approach considering roads and public transport together. It recognises the social implications of enhancing accessibility and mobility among the disadvantaged. Largely absent from the strategy, however, is acknowledgement of cycling infrastructure. With an aim for optimal car use, there is no mention of infrastructure supportive of active travel. Such a strategy if implemented may result in less than healthy environs.</p>	SIA	Transport; strategy; policy
GETTING PEOPLE ACTIVE			
<p>Wilhelm Stanis, S.A., Oftedal, A. & Schneider, I. 2014. 'Association of outdoor recreation availability with physical activity and weight status in Minnesota youth'. <i>Preventive Medicine</i> 60(March 2014): 124-127. http://www.ncbi.nlm.nih.gov/pubmed/24262972</p>	<p>This article investigates the associations between recreational facilities, physical activity and weight among young people aged 12-19 years. Self-reported physical activity levels and weight status of 9th and 12th grade youth were taken from the 2010 Minnesota Student Survey. Recreational areas (parkland, forestland, natural reserves, recreational trails, motorised and non-motorised trails) were assessed for each grade levels and gender. Hierarchical regression models show that higher non-motorised trail densities were associated with 30 minutes of physical activity for the entire week among all 9th graders and lower obesity rates among 9th grade boys. Recreational land increased the odds of 12th grade girls achieving 30 minutes of activity 5 or more days per week. Different types of recreational land impacts health levels among young</p>	SS	Physical activity; recreational facilities; access; youth

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	people differently. Future research is needed on the impact of trail access among youth.		
<p>Michael, Y.L., Nagel, C.L., Gold, R. & Hillier, T.A. 2014. 'Does change in the neighborhood environment prevent obesity in older women?' <i>Social Science & Medicine</i> 102(February 2014): 129-137. http://linkinghub.elsevier.com/retrieve/pii/S027795361300659X?via=sd</p>	<p>This article evaluates the effect of a neighbourhood changes on obesity in older women. Land use mix, public transport access, street connectivity and access to green space data was assessed and geocoded for Portland, Oregon at four time points between 1986 and 2004. With the exception of green space, scores from this data were averaged to create an index of neighbourhood walkability. This data was then linked to longitudinal body mass index from a cohort of women aged 66 years and older participating in the Study for Osteoporotic Fractures. Modelling of the data show a statistically significant increase in average neighbourhood walkability and proximity to green space over the 18-year period. However, no associations between neighbourhood walkability or proximity to green space and changes in body mass index over time were observed. Greater socioeconomic status was associated with fewer declines in body mass index. For older women living in Portland, higher neighbourhood socioeconomic status mitigates the impact of age-related weight loss. These results suggest that increased physical activity associated with walkable neighbourhood is insufficient to influence obesity levels in older women. Such associations may be stronger among younger women and require further investigation.</p>	SS	<p>Obesity; neighbourhood change; walkability index; proximity to green space; older women</p>
<p>Sullivan, S.M., Brashear, M.M., Broyles, S.T. & Rung, A.L. 2014. 'Neighborhood environments and obesity among Afro-Caribbean, African American, and Non-</p>	<p>This article examines associations between levels of obesity and perceived neighbourhood environments among minority populations in the United States. Data was taken from African-American, Afro-Caribbean and</p>	SS	<p>Obesity; ethnic populations; parks; open space; neighbourhood</p>

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<p>Hispanic white adults in the United States: Results from the National Survey of American Life'. <i>Preventive Medicine</i> 61(April 2014): 1-5. http://www.ncbi.nlm.nih.gov/pubmed/24378205 *</p>	<p>non- Hispanic Americans completing the 2001-2003 National Survey of American Life. Height and weight were self-reported along with perceptions related to neighbourhood crime, neighbourhood drug use, participation in community clubs/associations, participation in physical activity and presence of park/open space, supermarket and library. Statistical analyses show that the odds of obesity were lower for adults who reported involvement in clubs/associations or perceived presence of park/open space. The presence of park/open space significantly reduced the odds of obesity among African Americans. The odds of obesity among Afro-Caribbeans were significantly lower for those who perceived they had a library. Ethnically diverse areas may benefit from the establishment of neighbourhood social groups as well as allocating access to parks, playgrounds or open space.</p>		<p>clubs/ groups</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Sullivan, S.M., Brashear, M.M., Broyles, S.T. & Rung, A.L. 2014. 'Neighborhood environments and obesity among Afro-Caribbean, African American, and Non-Hispanic white adults in the United States: Results from the National Survey of American Life'. <i>Preventive Medicine</i> 61(April 2014): 1-5. http://www.ncbi.nlm.nih.gov/pubmed/24378205 *</p>	<p>This article examines associations between levels of obesity and perceived neighbourhood environments among minority populations in the United States. Data was taken from African-American, Afro-Caribbean and non- Hispanic Americans completing the 2001-2003 National Survey of American Life. Height and weight were self-reported along with perceptions related to neighbourhood crime, neighbourhood drug use, participation in community clubs/associations, participation in physical activity and presence of park/open space, supermarket and library. Statistical analyses show that the odds of obesity were lower for adults who reported involvement in clubs/associations or perceived presence of park/open space. The presence</p>	<p>SS</p>	<p>Obesity; ethnic populations; parks; open space; neighbourhood clubs/ groups</p>

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	of park/open space significantly reduced the odds of obesity among African Americans. The odds of obesity among Afro-Caribbeans were significantly lower for those who perceived they had a library. Ethnically diverse areas may benefit from the establishment of neighbourhood social groups as well as allocating access to parks, playgrounds or open space.		
<p>Menec, V.H. & Nowicki, S. 2014. 'Examining the relationship between communities' 'age-friendliness' and life satisfaction and self-perceived health in rural Manitoba, Canada'. <i>Rural and Remote Health</i> 14(1): 2594.</p> <p>http://www.rrh.org.au/articles/subviewnew.asp?ArticleID=2594</p>	<p>This article examines age-friendliness and its relation to health outcomes in rural Canada. A group of 646 participants from 29 communities involved in Manitoba's Age-Friendly Manitoba Initiative completed surveys. The survey tested items on a newly created Age-Friendly Index: items related to the physical environment, housing, social environment, participation, health support, transportation options and communication/ information. Participants also reported perceptions of health and life satisfaction. Analyses of the data reveal with the exception of housing, all scales were positively related to life satisfaction. Physical and social environment, opportunities for participation and transport options had significant positive effects on self-perceived health. These results suggest that the quality of the neighbourhood (e.g. in its ability to provide an ease of accessibility and opportunities for social participation) and the notion of age-friendliness may contribute to healthy active aging. Further research should test the applicability of this Age-friendly Index in an urban/suburban location.</p>	SS	Age-friendliness; older adults; rural; Age-friendly Index
<p>Hill, T.D., Burdette, A.M., Jokinen-Gordon, H.M. & Brailsford, J.M. 2013. 'Neighborhood</p>	<p>This article investigates perceived neighbourhood disorder and self esteem among low-income women with children living in Boston, Chicago and San Antonio.</p>	SS	Perceived neighbourhood disorder; social

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<p>disorder, social support and self-esteem: Evidence from a sample of low-income women living in three cities'. <i>City & Community</i> 12(4): 380-395. http://onlinelibrary.wiley.com/doi/10.1111/cico.12044/abstract</p>	<p>Longitudinal survey data was taken from the Welfare, Children and Families project (1999, 2001). Face to face interviews were conducted and included questions about self-esteem, perceived neighbourhood disorder, social support, financial hardship, housing disrepair, relationship violence and self-rate health. Regression models of the data suggest that higher levels of perceived disorder at baseline were associated with lower levels of social support and self-esteem. Ameliorating perceptions of social and physical disorder in a neighbourhood may contribute to the self-worth of low-income mothers.</p>		<p>support; self-esteem; low-income; women with children</p>
<p>Boone-Heinonen, J., Diez-Roux, A.V., Goff, D.C., Loria, C.M., Kiefe, C.I., Popkin, B.M. & Gordon-Larsen, P. 2013. 'The neighborhood energy balance equation: Does neighborhood food retail environment + physical activity environment = obesity? The CARDIA study'. <i>PLoS ONE</i> 8 (12) art. no. e85141. http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0085141 *</p>	<p>This article analyses the effects of food retail and environments supportive of physical activity on body mass index. Eighteen years of body mass index data was taken from 4,092 participants completing the Coronary Artery Risk Development in Young Adults Survey. Neighbourhood measures (fast food, supermarkets, convenience stores, commercial physical activity facilities and facilities supporting sedentary activities) were geographically linked with body mass index at four time points (year 7, 10, 15 or 20). Modelling of the data show that a 10% increase in supermarket density was associated with a small decrease in BMI. Increases in both supermarkets and commercial physical activity facilities predicted larger and more consistent reductions in BMI. In high poverty areas, increases in public physical activity facilities led to increases in BMI. This finding suggests that social context (e.g. perceptions of safety) affect use of such facilities. This is one of the first longitudinal studies to investigate how environments supportive of both diet and physical</p>	<p>SS</p>	<p>Obesity; food retail; active neighbourhood environments; disadvantaged</p>

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	activity affects body mass index.		
PROVIDING HEALTHY FOOD OPTIONS			
<p>McKenzie, B.S. 2014. 'Access to supermarkets among poorer neighborhoods: A comparison of time and distance measures'. <i>Urban Geography</i> 35(1): 133-151. http://www.tandfonline.com/doi/abs/10.1080/02723638.2013.856195#</p>	<p>This article explores access to supermarkets participating in the Supplement Nutrition Assistance Program (SNAP) in poor neighbourhoods of Portland, Oregon. SNAP recipients receive monetary benefits to purchase food. A list of food retailers participating in SNAP was geocoded. Participant data was taken from the American Community Survey from 2006-2010. Neighbourhoods were divided into areas of either high or low concentrations of poverty and inner (near the city centre within 5 miles) or outer (greater than 5 miles from the city centre). Supermarket travel time and distance were measured for each dwelling. Analyses of the data show that the combination of concentrated poverty and long average travel time is most prevalent in the Northeast and Eastern sections of Portland. Living in a low poverty outer neighbourhood is associated with an additional 234 metres and 4.9 minute travel time to the nearest supermarket; living in a higher poverty outer neighbourhood, 209 metres and 5.5 minute travel time. These subtle findings suggest that travel time and access to transport stops may be a meaningful variable to measure in addition to supermarket presence when considering healthy food access among the disadvantaged.</p>	SS	Food access; food desert; transport; disadvantaged
<p>Cummins, S., Flint, E., Matthews, S.A. 'New neighborhood grocery store increased awareness of food access but did not alter dietary habits or obesity (2014)'. <i>Health Affairs</i>, 33 (2) pp. 283-291. http://content.healthaffairs.org/content/33/2/283</p>	<p>This article evaluates the impacts of a new neighbourhood grocery store in a Philadelphia food desert. The new supermarket was found to moderately improve residents' perceptions of food accessibility. Changes, however, in fresh food intake and corresponding body mass index were not reported.</p>	SS	Food access; food desert; obesity

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3/2/283.abstract	<p>These findings suggest that improved access to fresh food amenity in isolation do not reduce obesity levels. Interventions to understand the gap between perception and action are thus needed.</p>		
<p>Boone-Heinonen, J., Diez-Roux, A.V., Goff, D.C., Loria, C.M., Kiefe, C.I., Popkin, B.M. & Gordon-Larsen, P. 2013. 'The neighborhood energy balance equation: Does neighborhood food retail environment + physical activity environment = obesity? The CARDIA study.' <i>PLoS ONE</i> 8 (12) art. no. e85141. http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0085141 *</p>	<p>This article analyses the effects of food retail and environments supportive of physical activity on body mass index. Eighteen years of body mass index data was taken from 4,092 participants completing the Coronary Artery Risk Development in Young Adults. Neighbourhood measures (fast food, supermarkets, convenience stores, commercial physical activity facilities and facilities supporting sedentary activities) were geographically linked with body mass index at four time points (year 7, 10, 15 or 20). Modelling of the data show that a 10% increase in supermarket density was associated with a small decrease in BMI. Increases in both supermarkets and commercial physical activity facilities predicted larger and more consistent reductions in BMI. In high poverty areas, increases in public physical activity facilities led to increases in BMI. This is one of the first longitudinal studies to investigate how environments supportive of both diet and physical activity affects body mass index. This study builds a foundation for greater understanding of the built environment in relation to obesity.</p>	<p>SS</p>	<p>Obesity; food retail; active neighbourhood environments; disadvantaged</p>

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