

## FORTNIGHTLY LITERATURE REVIEW

| REFERENCE   | DESCRIPTION   | ALERT SOURCE | KEYWORDS  |
|---|---|--------------|---|
| <b>GENERAL POLICY AND RESEARCH</b>  |   |              |   |
| <p>Belansky, E.S., Cutforth, N., Chavez, R., Crane, L.A., Waters, E. &amp; Marshall, J.A. 2013. 'Adapted intervention mapping: A strategic planning process for increasing physical activity and healthy eating opportunities in schools via environment and policy change.' <i>Journal of School Health</i> 83 (3): 194-205. <a href="http://www.ncbi.nlm.nih.gov/pubmed/23443320">http://www.ncbi.nlm.nih.gov/pubmed/23443320</a> *</p> | <p>This paper explores intervention mapping as a community-based participatory research tool to increase physical activity and healthy eating in school children. Using a pair randomized design; the study assigned ten primary schools in Colorado to either an intervention group or a control group. The intervention groups created taskforces to attend workshops, to evaluate the school environment and then to select and implement changes. The control group received an instructional guide and logbook. To evaluate the effects of the study, questionnaires, direct observations and interviews were conducted. The findings reveal that 22 changes were made in the intervention group with 3 changes in the control group. To promote activity and healthy eating, recess time was extended as well as changed to come before lunch and healthy foods became more available. The intervention facilitated knowledge and principal support, as well as problem identification and solution implementation.</p> | SS           | Physical activity; healthy food consumption; policy change; community support |
| <p>Appleyard, B. 2012. 'Sustainable and healthy travel choices and the built environment.' <i>Transportation Research Record</i> 2303 (2012): 38-45. <a href="http://trid.trb.org/view.aspx?id=1130436">http://trid.trb.org/view.aspx?id=1130436</a></p>  | <p>This paper analyses green and active access to rail stations along individual corridors. Data from the 2008 BART Station Profile Survey, characteristics of rail stations, land use activity, transport access and perceptual qualities of the urban environment were used to create a model. These variables were subjected to multinomial logit modeling. The model results suggest that average parcel size, small retail and mixed</p>   | SS           | Active travel; rail stations; modelling                                       |

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|   | use developments, proportion of car parks, direct access to rail station as well as station car and bicycle parking were found to have significant relationships with the likelihood that one would engage in active travel. It provides planning and design guidance to increase the opportunities of active travel.   |              |   |
| <p>Guthman, J. 2013. 'Too much food and too little sidewalk? problematizing the obesogenic environment thesis.' <i>Environment and Planning A</i> 45 (1): 142-158.<br/> <a href="http://www.envplan.com/abstract.cgi?id=a45130">http://www.envplan.com/abstract.cgi?id=a45130</a> *</p>   | <p>This paper discusses the research on obesogenic environments and suggests an alternative conceptualisation of the obesogenic environment. A review of the research finds that two general claims are made about the obesogenic environment: the prevalence of affordable junk food and the dearth of opportunities for physical activity. Moreover, current studies have untested assumptions about the relationship between environmental characteristics and obesity; coarse variables to test environmental factors; as well as untested assumptions about cause from correlation. It is recommended that future research study thinness as well as fatness; acknowledge the socio-economic characteristics affecting obesity as well as consider the implications of using supply-side interventions (e.g. changing environmental conditions to evoke behaviour change).</p> | SS           | Obesity; built environment; food deserts; fast food outlets           |
| <b>GETTING PEOPLE ACTIVE</b>  |   |              |   |
| <p>Reis, R.S., Hino, A.A.F., Parra, D.C., Hallal, P.C. &amp; Brownson, R.C. 2013. 'Bicycling and walking for transportation in three Brazilian cities.' <i>American Journal of Preventive Medicine</i> 44 (2): e9-e17.<br/> <a href="http://www.ajpmonline.org/article/S0749-3797%2812%2900799-4/abstract">http://www.ajpmonline.org/article/S0749-3797%2812%2900799-4/abstract</a></p> | <p>This paper investigates the personal and environmental factors related to active travel in three Brazilian cities. In Brazil, perceived environmental features were not related to active commuting. A telephone survey was conducted among residents living in Curitiba, Vitoria and Recife. A total of 6,166 participants completed questions taken from the International Physical Activity Questionnaire and the Neighbourhood Environment</p>   | SS           | Active travel; built environmental features; personal factors; Brazil |

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|   | Walkability Scale. Regression analysis shows that men were more likely to cycle than women. Participants with higher education were less likely to cycle or walk. Health and environmental indicators were not consistently associated across the three cities.  |              |  |
| Sears, J., Flynn, B., Aultman-Hall, L. & Dana, G. 2012. 'To bike or not to bike.' <i>Transportation Research Record</i> 2314 (2012): 105-111.   | This paper assesses the impact of seasonal factors on bicycle commuting two or more miles each way to work for adults living in Vermont, USA. A group of 185 cyclists participated in baseline studies and completed commuting logs during four 7 seven day periods over 10 months. Results indicate that temperature, participation, wind speed and gender all significantly affect the likelihood of commuting to work on bicycle. Rather than percentage of commercial, residential and rural land use and workplace amenities, it was distance to work that was a significant factor. Helping cyclists deal with weather conditions as well as acknowledging the distance one must travel may promote bicycle commuting. | SS           | Bicycling;<br>weather;<br>workplace  |
| Coombes, E., van Sluijs, E. & Jones, A. 2013. 'Is environmental setting associated with the intensity and duration of children's physical activity? Findings from the SPEEDY GPS study.' <i>Health &amp; Place</i> 20 (March 2013): 62-65.<br><a href="http://www.sciencedirect.com/science/article/pii/S1353829212002079">http://www.sciencedirect.com/science/article/pii/S1353829212002079</a> | This paper investigates how the built environment affects the level of physical activity in English school children. A group of 100 children (9-10 years) wore an ActiGraph accelerometer and a GPS unit over four consecutive days to capture free time physical activity levels and land use data. Land use data was geocoded to produce nine land use categories. Results show that on average boys were more active than girls. Children spent a majority of their active time in gardens and buildings. A greater percentage of light activity was spent in buildings, roads and pavements. A greater percentage of vigorous activity was spent in domestic gardens, parks and grasslands. While "green                 | GPAN         | Physical activity;<br>light, moderate<br>and vigorous<br>bouts; children;<br>land uses |

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|   | environments” may be more supportive of vigorous physical activity, the time spent in buildings, roads and pavements (although of lower intensity) also contributes to children’s overall physical activity levels.  |              |   |
| <b>CONNECTING AND STRENGTHENING COMMUNITIES</b>   |  |              |   |
| Perez, D.F., Nie, J.X., Ardern, C.I., Radhu, N. & Ritvo, P. 2013. ‘Impact of participant incentives and direct and snowball sampling on survey response rate in an ethnically diverse community: Results from a pilot study of physical activity and the built environment.’ <i>Journal of Immigrant and Minority Health</i> 15 (1): 207-214. <a href="http://link.springer.com/article/10.1007%2Fs10903-011-9525-y">http://link.springer.com/article/10.1007%2Fs10903-011-9525-y</a> | This paper reports on sampling strategies and financial incentives on the response rates of a built environment and physical activity survey instrument in an ethnically diverse community. Through random sampling, a group of 1,128 women were invited to complete the International Physical Activity Questionnaire. Participants who completed the survey were provided with increasing opportunities for financial incentives (e.g., iPod Shuffle, gift certificate) as the study progressed. A total of 401 surveys were returned (41.5%). Results suggest that this response rate is considerably higher when compared to similar studies investigating physical activity behaviour and the environment in minority populations. Response rates can be improved by increasing financial incentives, employing snowball sampling and developing trust among the researcher and participants. | SS           | Physical activity; built environment; ethnically diverse; women; survey methods |
| <b>PROVIDING HEALTHY FOOD OPTIONS</b>   |  |              |   |
| Tak, N.I., Te Velde, S.J., Kamphuis, C.B.M., Ball, K., Crawford, D., Brug, J., Van Lenthe, F.J. 2013. ‘Associations between neighbourhood and household environmental variables and fruit consumption: Exploration of mediation by individual cognitions and habit strength in the GLOBE study.’  | The paper examines the relationship between fruit consumption, home and neighbourhood environment and individual behaviours. A group of 333 Dutch adults completed questionnaires and interviews about their frequency and amount of fruit intake and discussed intention, attitude, supportive and individual behaviours during interviews. Availability and access to fruit in the home and neighbourhood environment were also assessed. Regression analyses suggest that none of   | SS           | Fruit consumption; home; neighbourhood environment; Theory of Planned           |

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| <p><i>Public Health Nutrition</i>, 16 (3) pp. 505-514.<br/> <a href="http://journals.cambridge.org/action/displayAbstract?fromPage=online&amp;aid=8823574">http://journals.cambridge.org/action/displayAbstract?fromPage=online&amp;aid=8823574</a></p>   | <p>the environmental factors were associated with fruit intake. Individual behaviours (e.g., intention, habit strength) and home environment (i.e., modelling behaviour by family members) was associated with fruit intake. For Dutch adults, the key to increasing fruit intake lies in individual behaviour rather than built environment modification.</p>  |              | <p>Behaviour</p>   |
| <p>Guthman, J. 2013.<br/> 'Too much food and too little sidewalk? problematizing the obesogenic environment thesis.'<br/> <i>Environment and Planning A</i> 45 (1): 142-158.<br/> <a href="http://www.envplan.com/abstract.cgi?id=a45130*">http://www.envplan.com/abstract.cgi?id=a45130*</a></p>   | <p>This paper discusses the research on obesogenic environments. A review of the research finds that two general claims are made about the obesogenic environment: the prevalence of affordable junk food and the dearth of opportunities for physical activity. Moreover, current studies have untested assumptions about the relationship between environmental characteristics and obesity; coarse variables to test environmental factors; as well as untested assumptions about cause from correlation. It is recommended that future research study thinness as well as fatness; acknowledge the socio-economic characteristics affecting obesity as well as consider the implications of using supply-side interventions (e.g. changing environmental conditions to evoke behaviour change).</p> | <p>SS</p>    | <p>Obesity; built environment; food deserts; fast food outlets</p>                       |
| <p>Ma, X., Barnes, T. L., Freedman, D. A., Bell, B. A., Colabianchi, N. &amp; Liese, A. D. (In Press).<br/> 'Test-retest reliability of a questionnaire measuring perceptions of neighbourhood food environment.' <i>Health &amp; Place</i>.<br/> <a href="http://www.sciencedirect.com/science/article/pii/S1353829213000142">http://www.sciencedirect.com/science/article/pii/S1353829213000142</a></p> | <p>This paper reports the test-retest reliability of a questionnaire assessing the perceptions of a food environment in South Carolina, USA. Phone interviews regarding perceptions of the food environment and presence of food outlet types were conducted among 968 primary food shoppers. A total of 101 adults repeated the interview to complete the test reliability study. Perceptions of neighbourhood environment appear reliable. Those living in urban areas, however, reported better reliability for questions related to</p>   | <p>SS</p>    | <p>Food environment; perceptions; rural; urban; food access; test-retest reliability</p> |

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|   | opportunities for fast food purchases and perceived presence of a supercentre when compared to their rural counterparts.  |              |  |
| <p>Belansky, E.S., Cutforth, N., Chavez, R., Crane, L.A., Waters, E. &amp; Marshall, J.A. 2013. 'Adapted intervention mapping: A strategic planning process for increasing physical activity and healthy eating opportunities in schools via environment and policy change.' <i>Journal of School Health</i> 83 (3): 194-205. <a href="http://www.ncbi.nlm.nih.gov/pubmed/23343320">http://www.ncbi.nlm.nih.gov/pubmed/23343320</a> *</p> | <p>This paper explores intervention mapping as a community-based participatory research tool to increase physical activity and healthy eating in school children. Using a pair randomized design; the study assigned ten primary schools in Colorado to either an intervention group or a control group. The intervention groups created taskforces to attend workshops, to evaluate the school environment and then to select and implement changes. The control group received an instructional guide and logbook. To evaluate the effects of the study, questionnaires, direct observations and interviews were conducted. The findings reveal that 22 changes were made in the intervention group with 3 changes in the control group. To promote activity and healthy eating, recess time was extended as well as changed to come before lunch and healthy foods became more available. The intervention facilitated knowledge and principal support, as well as problem identification and solution implementation.</p> | <p>SS</p>    | <p>Physical activity; healthy food consumption; policy change; community support</p> |

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