

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>NSW Premier's Council for Active Living. 2012. <i>A submission in response to A new planning system for NSW, Green Paper</i>. Sydney: PCAL.</p>	<p>This response recapitulates the evidence for recognizing public health and wellbeing as a planning matter. PCAL in collaboration with the UNSW Healthy Built Environments Program convened a forum of local and state stakeholders to provide responses to A New Planning System for NSW, Green Paper. Key recommendations include: the promotion of health and wellbeing as a principle purpose and key objective for a new Planning Act; the incorporation of internationally accepted definitions of health and wellbeing; a consolidated state-level policy on health and wellbeing; the representation of health on the proposed Chief Executive Officer's group and as a key stakeholder on regional planning boards; and, collaboration with the NSW Healthy Planning Expert Working Group.</p>	PCAL	<p>Planning Act; New South Wales; health; wellbeing; recommendations</p>
<p>Australian Institute of Health and Welfare. 2012. <i>National Health Data Dictionary 2012 version 16</i>. Canberra: AIHW. http://www.aihw.gov.au/publication-detail/?id=10737422826</p>	<p>This dictionary provides national standards for data collection in the health sector. Useful for researchers, this dictionary provides an A to Z list of key terms that may be measured, a definition of the term as well as specific value codes for data collection. For example, under the term "address type", the following definition and value codes are provided: A code set representing a type of address. Values: 1 (business); 2 (mailing or postal); 3 (residential); 4(temporary residential); 9 (unknown). This dictionary can help consolidate data measurements and collection in health-related research.</p>	City Futures	<p>Health; data collection; definition</p>

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<p>Frahsa, A., Rütten, A., Roeger, U., Abu-Omar. K, and Schow, D. 2012. 'Enabling the powerful? Participatory action research with local policymakers and professionals for physical activity promotion with women in difficult life situations'. <i>Health Promotion International</i>. doi: 10.1093/heapro/das050 http://heapro.oxfordjournals.org/content/early/2012/09/16/heapro.das050.abstract</p>	<p>This paper presents a case study on policy-makers and professionals using cooperative planning procedures to promote physical activity. Cooperative planning allows all relevant stakeholders to directly plan and implement a project (e.g., policy maker, researcher, target group). The mayor responsible for sports policy, the head of the local sports department and the manager of a sports club were the study subjects. Interview transcripts, focus group extracts, statements from meeting minutes and other documents related to the three subjects underwent qualitative analysis. Findings indicate a shift in perception about the decision making process: from an activity led by researchers to a collaborative activity (shared skills and resources among all of the stakeholders). Access to physical activity infrastructures improved and a job position was funded to support physical activity promotion among target group participants. Cooperative planning might be a pathway to foster health-promoting policy change across the community.</p>	<p>APAN</p>	<p>Cooperative planning; health promotion; physical activity; policy makers; professionals; researchers</p>
<p>Bosdriesz, J., Witvliet, M., Visscher, T. and Kunst, A. 2012. 'The influence of the macro-environment on physical activity: A multilevel analysis of 38 countries worldwide'. <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9(110). doi:10.1186/1479-5868-9-110 http://www.ijbnpa.org/content/9/1/110/abstract</p>	<p>This paper investigates the relationship between environmental factors at the macro-level and physical activity among 38 countries. A total of 177, 035 adults completed the World Health Survey and the International Physical Activity Questionnaire. Multilevel regression analysis indicates a wide prevalence of types of physical activity between the countries (5.0%-93.8%). A negative association was found between gross domestic product and physical activity. A higher temperature was associated with less physical activity and higher urbanisation was associated with less vigorous and moderate physical activity. Factors such as</p>	<p>APAN</p>	<p>Macro-level factors; physical activity; country comparisons; climate; urbanisation</p>

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	climate and economic development may impact overall physical activity at national levels.		
GETTING PEOPLE ACTIVE			
<p>Heesch, K., Sahlqvist, S. and Garrard, J. 2012. 'Gender differences in recreational and transport cycling: a cross-sectional mixed-methods comparison of cycling patterns, motivators, and constraints'. <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9(106). doi:10.1186/1479-5868-9-106 http://www.ijbnpa.org/content/9/1/106/abstract</p>	<p>This study examines gender differences in recreational and transport cycling patterns as well as motivators and constraints to cycling. A total of 1862 cyclists belonging to a Queensland community bicycling organisation completed an online survey capturing both quantitative and qualitative data. Analysis of the data indicated that men were more likely than women to cycle for recreation and transport for a longer duration. Both men and women indicated a strong preference for bicycle-only off-road paths and reported health and enjoyment as primary motivators for cycling. Constraints to cycling for both genders include traffic conditions, motorist aggression and safety. Women, moreover, reported more constraints related to other environmental and personal factors. To increase cycling patterns, differences in cycling patterns between genders should be considered in cycling programs and policies.</p>	APAN	Cycling; recreation; transport; men; women
<p>Jones, C. and Ogilvie, D. 2012. 'Motivations for active commuting: A qualitative investigation of the period of home or work relocation'. <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9(109). doi:10.1186/1479-5868-9-109 http://www.ijbnpa.org/content/9/1/109/abstract</p>	<p>This paper explores the experiences and motivations regarding walking and cycling around a period of relocation. Twenty-six commuters were recruited from the United Kingdom Commuting and Health in Cambridge study. These commuters had moved home and/or workplace during 2009-2010 and participated in semi-structured interviews. Using a grounded theory approach, the following findings emerged: when selecting commuter travel modes, convenience, speed, cost and reliability were the primary motivators. While not a primary motivator, physical activity was valued in</p>	APAN	Walking; cycling; active commuting; home/work relocation

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	<p>association with active commuting. Around the time of relocation, rather than promoting the health benefits, emphasising and improving the relative convenience, cost, speed and reliability of active commuting can be a promising approach. These findings provide some understanding to promoting active commuting more effectively.</p>		
<p>King, T., Thornton, L., Bentley, R., Kavanagh, A. 2012. 'Does parkland influence walking? The relationship between area of parkland and walking trips in Melbourne, Australia'. <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9(115). doi:10.1186/1479-5868-9-115 http://www.ijbnpa.org/content/9/1/115/abstract</p>	<p>This study investigates the ways in which park area and proximity to parks are related to the frequency of walking. A total of 2305 residents living among 50 areas in metropolitan Melbourne, AU reported how often they walked in the previous month. Buffers (400m, 800m and 1200m) were created around the homes of each participant and the total area of parkland occurring in each buffer zone was counted. Total park area as well as area of larger parks was measured. Multilevel logistic regression uncovered no statistically significant association between walking frequency and park area within 400m of participant's homes. Furthermore, more park area around homes reduced the odds of people walking more frequently. These findings suggest that the relationship between park area and frequency of walking is not straightforward. Other aspects of the built environment such as street connectivity, population density or land use may also be factors.</p>	<p>APAN</p>	<p>Parks; proximity; home; walking; frequency</p>
<p>Sellers, C., Grant, P., Ryan, C., O'Kane, C., Raw, K. and Conn, D. (In press). 'Take a walk in the park? A cross-over pilot trial comparing brisk walking in two different environments: Park and urban'. <i>Preventive Medicine</i>.</p>	<p>This study examines brisk walking in a park and an urban environment in Glasgow, Scotland. Forty adults (16 males, 24 females) were recruited in a pilot study to wear an activPAL monitor and undergo a self-timed 30 minute walk in an urban and a park environment. Participants had more moderate to vigorous physical activity in greater than 10 minute bouts in the park than</p>	<p>APAN</p>	<p>Brisk walking; park; urban environment</p>

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http://www.sciencedirect.com/science/article/pii/S009174351200429X	<p>in an urban setting. It is suggested that park environments provide a continuous route and provide less interruptions to the walker when compared to the urban setting. These findings imply that park environments best facilitate the meeting of physical activity guidelines.</p>		
<p>Van Holle, V., Deforche, B., Van Cauwenberg, J., Goubert, L., Maes, L., Van de Weghe, N. and De Bourdeaudhuij, I. 2012. 'Relationship between the physical environment and different domains of physical activity in European adults: A systematic review'. <i>BMC Public Health</i> 12(807). doi:10.1186/1471-2458-12-807 http://www.biomedcentral.com/1471-2458/12/807/abstract</p>	<p>This paper summarises the evidence regarding the relationship between the built environment and the types of physical activity among European adults. A systematic review of the literature screened for studies measuring physical activity variables (total, leisure, active transport, recreational walking/cycling) and environmental variables including walkability, residential density, land use mix diversity and street connectivity. Data was gathered from 70 papers taken from 27 European countries. Positive relationships across the physical activity types were found for walkability, access to shops/services/work and a composite factor of environmental quality. Access to recreational facilities, aesthetics, traffic and crime related safety were unrelated to the types of physical activity in Europe. These findings suggest that associations between physical activity and the built environment can be country specific and such specificity needs to be considered.</p>	<p>APAN</p>	<p>Physical activity; built environment; Europe; systematic review</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Beenackers, M., Kamphuis C., Giskes, K., Brug, J., Kunst, A., Burdorf, A., van Lenthe, F. 2012. 'Socioeconomic inequalities in</p>	<p>This paper reviews the evidence related to socioeconomic inequalities in different types of physical activity. A systematic search of studies conducted between January 2000 and December 2012 was undertaken. Studies were classified by type of physical activity (total, leisure time including sport, occupational,</p>	<p>APAN</p>	<p>Socioeconomic characteristics;</p>

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<p>occupational, leisure-time, and transport related physical activity among European adults: A systematic review'. <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9(116). doi:10.1186/1479-5868-9-116 http://www.ijbnpa.org/content/9/1/116/abstract</p>	<p>active transport), socioeconomic characteristic (education, income, occupation) and European region. An analysis of a total of 131 studies suggest that leisure-time was the most frequently studied type (n=112). Those with high socioeconomic position participated in more leisure time activity than those in low socioeconomic position. Occupational physical activity was more prevalent among the lower socioeconomic group. These finding suggest that in Europe, differences in socioeconomic characteristics may impact the type of physical activity undertaken.</p>		<p>physical activity; Europe</p>
<p>Cohen, D., Han, B., Derose, K., Williamson, S., Marsh, T., Rudick, J. and McKenzie, T. (In press). 'Neighbourhood poverty, park use, and park-based physical activity in a Southern California city'. <i>Social Science and Medicine</i>. http://www.sciencedirect.com/science/article/pii/S027795361200651X</p>	<p>This paper examines the relationship between neighbourhood poverty and park use. A sample of 50 neighbourhood parks in Southern California was systematically observed for physical activity. Additionally, 3654 park users and 3249 local residents were surveyed about their park use and physical activity. Compared to residents, park users were more likely to be Latino, younger, frequenting the park more and living farther from the park. Park users in higher poverty areas tended to live much closer to parks and subsequently walked and frequented the park more than those in low and medium poverty areas. However, fewer park users were observed in the higher rather than the lower poverty neighbourhoods. Parks in higher poverty neighbourhoods were smaller and had fewer sports facilities. It is suggested that increasing park staffing and programming may lead to increased park use in high poverty neighbourhoods.</p>	<p>APAN</p>	<p>Physical activity; parks; socioeconomic status; poverty</p>
<p>Hill, J., Chau, C., Luebbering, C., Kolivras, K. and Zoellner, J. 2012. 'Does availability of physical activity and food outlets differ by</p>	<p>This paper explores the differences in physical activity outlets and food outlets in a rural health disparate region. Base maps of the Dan River region (Virginia and</p>	<p>APAN</p>	<p>Built environment; health disparities; physical activity</p>

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<p>race and income? Findings from an enumeration study in a health disparate region'. <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9(105). doi:10.1186/1479-5868-9-105 http://www.ijbnpa.org/content/9/1/105/abstract *</p>	<p>North Carolina, US) were constructed using geographic information system and census data. Block groups were categorised by income and race. A total of 49 stores, 160 restaurants and 79 physical activity resources were counted and geocoded in the region. A walkability index was calculated for each block group. Statistically significant spatial patterns were found between 1) income, percentage of grocery stores and percentage of convenience stores and 2) walkability, income and percentage of convenience stores. However, no differences in the availability of physical activity outlets and food outlets were found by block group income or race. These findings suggest that there is not a 'typical' profile characterising access to health related outlets among low-income or health disparate populations.</p>		<p>outlets; food outlets</p>
PROVIDING HEALTHY FOOD OPTIONS			
<p>Hill, J., Chau, C., Luebbering, C., Kolivras, K. and Zoellner, J. 2012. 'Does availability of physical activity and food outlets differ by race and income? Findings from an enumeration study in a health disparate region'. <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9(105). doi:10.1186/1479-5868-9-105 http://www.ijbnpa.org/content/9/1/105/abstract *</p>	<p>This paper explores the differences in physical activity outlets and food outlets in a rural health disparate region. Base maps of the Dan River region (Virginia and North Carolina, US) were constructed using geographic information system and census data. Block groups were categorised by income and race. A total of 49 stores, 160 restaurants and 79 physical activity resources were counted and geocoded in the region. A walkability index was calculated for each block group. Statistically significant spatial patterns were found between 1) income, percentage of grocery stores and percentage of convenience stores and 2) walkability, income and percentage of convenience stores. However, no differences in the availability of physical activity outlets and food outlets were found by block group income or race. These findings suggest that there is not a 'typical'</p>	<p>APAN</p>	<p>Built environment; health disparities; physical activity outlets; food outlets</p>

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	profile characterising access to health related outlets among low-income or health disparate populations.		

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