

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Berrigan, D. In Press. Better measurement for healthier places. <i>Preventive Medicine</i>. http://www.sciencedirect.com/science/article/pii/S009174351200391X</p>	<p>This essay urges for better measurements to promote supportive food and physical activity environment policies. It provides a comparison between urban investments in preventing communicable disease (e.g. cholera) and the current progress in addressing chronic diseases (e.g. diabetes). It goes on to highlight challenges associated with measuring health behaviours and the environment as well as provide examples of successful measurement efforts. It concludes with a recommendation for researchers to publish their measure's methodology to improve the validity and reliability of associated findings.</p>	APAN	<p>Environment; diet; physical activity; urban form; measurement</p>
<p>Cameron, A., van Stralen, M., Kunst, A., Te Velde, S., van Lenthe, F., Salmon, J. and Brug, J. In press. 'Macroenvironmental factors including GDP per capita and physical activity in Europe'. <i>Medicine and Science in Sports and Exercise</i>. doi: 10.1249/MSS.0b013e31826e69f0 http://www.ncbi.nlm.nih.gov/pubmed/22903137</p>	<p>This article investigates the relationship between macro-economic variables of pan-European countries and levels of physical activity. Six studies assessing leisure-time and total physical activity were analysed against country-specific data (gross domestic product (GDP) per capita, public sector expenditure on health, percent living in urban areas and cars per population). The results indicate a strong correlation between country GDP and leisure-time physical activity. No association was found between country GDP and total physical activity levels. These findings suggest that differences in levels of leisure-time physical activity may be related to economic development.</p>	APAN	<p>Economic development; physical activity; urbanisation</p>

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<p>Ferdinand, A., Sen, B., Rahurkar, S., Engler, S. & Menachemi, N. 2012. 'The relationship between built environments and physical activity: A systematic review'. <i>American Journal of Public Health</i> 102(10): e7-e13. http://www.ncbi.nlm.nih.gov/pubmed/22897546</p>	<p>This paper systematically reviews the literature investigating the association between aspects of the built environment and physical activity or obesity rates. Using a developed code sheet, the authors performed an inclusion protocol and ultimately included 169 articles for study. Their review indicates that approximately 89% of the articles reported a beneficial relationship. However, these articles used study designs that do not determine causality. Furthermore, studies were 18% less likely to determine beneficial relationships if objective PA measures were used. These authors recommend that more rigorous research be undertaken to determine the effects of altered environments on physical activity.</p>	<p>APAN</p>	<p>Built environment; physical activity; obesity; systematic review</p>
<p>Richardson, J., Goss, Z., Pratt, A., Sharman, J. and Tighe, M. 2012. 'Building HIA approaches into strategies for green space use: An example from Plymouth's (UK) Stepping Stones to Nature Project'. <i>Health Promotion International</i>. doi: 10.1093/heapro/das033 http://heapro.oxfordjournals.org/content/early/2012/08/08/heapro.das033.abstract</p> <p style="text-align: center;">*</p>	<p>This paper describes how health impact assessment (HIA) approaches can facilitate access to green space and improve these spaces in areas classified as having high levels of deprivation. Generally, such approaches assess the potential health and well-being impacts of policies and projects through scoping, assessment, reporting and monitoring. Stepping Stones to Nature was a community engagement proposal in Plymouth, UK, requiring a multi-agency partnership. The proposal aimed to seek residents' contributions to the design of their local green space as well as to build their confidence to access local areas of green space before taking them to visiting green spaces outside of their comfort zone. Based on the assessment of the proposal, the HIA identified positive benefits to physical activity, mental and social well-being. Further analysis suggests that the HIA process significantly affected key-decision making processes through the early implementation of</p>	<p>GPAN</p>	<p>Green space; community development; multi-agency collaboration; health impact assessment; areas of deprivation</p>

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	the project. The use of an HIA enabled discussion of potential health benefits of green space among different professionals and community members and illustrated how community development can enhance health and well-being.		
<p>Australian Institute of Health and Welfare. 2012. <i>Risk factor trends: Age patterns in key health risk factors over time</i>. Canberra: AIHW. http://apo.org.au/research/risk-factor-trends-age-patterns-key-health-risk-factors-over-time</p>	<p>This report provides comparisons over time for different age groups regarding risk factors for health. Through seven sections, it covers areas related to overweight and obesity, physical inactivity, poor diet, smoking and excessive alcohol consumption. Findings of interest include: a population shift towards a higher risk for overweight and obesity for people of all ages between 1995 and 2007-2008. The largest increase in the number of overweight/obese people occurred in females aged 12-44. The proportion of adults who remained physically inactive exceeded 50% for all age groups between 1989-90 and 2007-2008. Adults and young people between the ages of 12-17 did not eat enough vegetables in 2004-2005 with numbers increasing by 2007-2008. Such risk factors suggest that policy and program interventions should target increasing levels of physical activity and access/consumption of fresh foods.</p>	APO	Risk factors; obesity; inactivity; fresh food
<p>Cycling Embassy of Denmark. 2012. <i>Collection of Cycle Concepts 2012</i>. Denmark: Cycling Embassy of Denmark. http://www.fietsberaad.nl/index.cfm?lang=nl&repository=Collection+of+Cycle+Concepts+2012</p>	<p>This report updates the 2000 edition to help generate more bicycle use and reduce accident rates among cyclists. Through 13 chapters, this report details cycling collaborations and networks as well as campaigns and marketing. It discusses the health of cycling as well as planning and designing cycling infrastructure including parking, signage and maintenance. The differences between public and commuter bikes are presented and the report concludes with a section about tourism. Of</p>	PCAL	Cycling; infrastructure investment; costs comparison

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	special note is the section on the cost-benefit and traffic models of cycling versus driving. Calculations suggest that for every kilometre travelled by a bicycle costs 8 cents; and for a car, 50 cents. While these figures are based on a number of assumptions (e.g. average speed and car occupancy), the calculation provides an initial estimation of infrastructure investments.		
GETTING PEOPLE ACTIVE			
<p>Ferdinand, A., Sen, B., Rahurkar, S., Engler, S. & Menachemi, N. 2012. 'The relationship between built environments and physical activity: A systematic review'. <i>American Journal of Public Health</i> 102(10): e7-e13. http://www.ncbi.nlm.nih.gov/pubmed/22897546 *</p>	<p>This paper systematically reviews the literature investigating the association between aspects of the built environment and physical activity or obesity rates. Using a developed code sheet, the authors performed an inclusion protocol and ultimately included 169 articles for study. Their review indicates that approximately 89% of the articles reported a beneficial relationship. However, these articles used study designs that do not determine causality. Furthermore, studies were 18% less likely to determine beneficial relationships if objective PA measures were used. These authors recommend that more rigorous research be undertaken to determine the effects of altered environments on physical activity.</p>	APAN	<p>Built environment; physical activity; obesity; systematic review</p>
<p>Peeters, G., van Gellecum, Y., van Uffelen, J., Burton, N. and Brown, W. 2012. 'Contribution of house and garden work to the association between physical activity and well-being in young, mid-aged and older women'. <i>British Journal of Sports Medicine</i>.</p>	<p>This article assesses the impact of house and garden work on Australian women's levels of total physical activity and well-being. Data was taken from the Australian Longitudinal Study on Women's Health. A total of 8742 younger, 10,153 mid-aged and 6701 older women provided data through mailed surveys. The results report low correlation between overall house and garden work and leisure/transport activity. However, there was positive curvilinear association between house and garden work and physical and</p>	APAN	<p>House work; garden work; physical activity; well-being; women</p>

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<p>doi:10.1136/bjsports-2012-091103 http://bjsm.bmj.com/content/early/2012/08/29/bjsports-2012-091103.long</p>	<p>mental well-being in mid-aged and older women. Conversely, levels of well-being declined with increasing levels of house and garden work among young women. These findings indicated that domestic activities generally do not affect levels of physical activity (leisure/transport) but can affect levels of physical and mental well-being differently in women.</p>		
<p>Yang, L., Panter, J., Griffin, S. and Ogilvie, D. In Press. 'Associations between active commuting and physical activity in working adults: Cross-sectional results from the Commuting and Health in Cambridge study'. <i>Preventive Medicine</i>. http://www.sciencedirect.com/science/article/pii/S0091743512003921#</p>	<p>This article quantifies the time spent in moderate to vigorous physical activity (MVPA) when actively commuting for working adults living in both urban and rural areas. A total of 475 participants (70% female) completed questionnaires and wore accelerometers for seven days. The accelerometers measured, on average among participants, 55 minutes of MVPA per day. Multiple regression modelling suggests that women who reported >150 minutes of MVPA per week achieved an estimated 8.50 minutes of additional MVPA. No associations were found among men. The promotion of active commuting among women may be a strategy to increase levels of physical activity.</p>	APAN	Active commuting; moderate to vigorous physical activity; adults; urban; rural
<p>Smitka, D. 2012. <i>Alternatives in light & space: Rethinking public lighting in shared spaces</i>. Master's thesis submitted to RMIT University. http://apo.org.au/research/alternatives-light-space-rethinking-public-lighting-shared-spaces</p>	<p>This Master's thesis seeks to expand the understanding of public lighting as it encourages evening pedestrian activity, and revives the street as a social domain. Through seven chapters, it provides the context of lighting design as a profession; explains its role in public safety; and, describes a case study involving a main street shopping strip. Emerging themes from the case study include the concept of equally shared spaces; the subjective aspect of light; thoughts about safety, visibility and risk and the creation of unique urban environments. As a design element, lighting can create unique identities for neighbourhoods as well as promote</p>	APO	Street lighting; urban design; walkability; social domain

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	social and walkable spaces. The design of spaces must consider both daytime and night-time perspectives.		
<p>Aarts, M.J., DeVries, S., Van Oers, H., Schuit, A. 2012. 'Outdoor play among children in relation to neighborhood characteristics: a cross-sectional neighborhood observation study'. <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9:98. doi: 10. 1186/1479-5868-9-98 http://www.ijbnpa.org/content/9/1/98/abstract</p>	<p>This study identifies the quantitative and qualitative neighbourhood characteristics of children's play in Dutch neighbourhoods. Observations of 33 neighbourhoods mapped characteristics such as outdoor play facilities, public space, street patterns and general impressions. Questionnaires about children's outdoor play were distributed to 3,651 parents of children aged 4-12 years. Correlational analysis shows that the presence and quality of outdoor play facilities were not related to the outdoor play of children. Informal play areas (e.g., footpaths, parking spaces) were the site of children's play. It is suggested that policy makers focus on the quality and availability of informal spaces surrounding the home environment if playing is to be encouraged.</p>	GPAN	Children; outdoor play; neighbourhood characteristics
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Groenewegen, P., van den Berg, A., Maas, J., Verheij, R. and de Vries, S. 2012. 'Is a green residential environment better for health? If so, why?' <i>Annals of the Association of American Geographers</i> 102(5): 996-1003. http://www.tandfonline.com/doi/pdf/10.1080/00045608.2012.674899</p>	<p>This article reports the effects of three green space projects on stress reduction, physical activity and social cohesion at the local, urban and national scale. Secondary analysis, survey data, observations and an experiment comprise the mixed-methods approach. An analysis of the data shows that residential exposure to green space resulted in lower levels of stress and higher levels of social cohesion. Both quantity and quality of green space affected mental and social health however residents of greener areas did not partake in more physical activity. More insight is needed to decipher which aspects of green space are related to which health outcomes.</p>	Healthy Community Design News	Green space; health; physical activity; social cohesion

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<p>Thorton, L., Crawford, D., Cleland, V., Timperio, A., Abbott, G. and Ball, K. 2012. 'Do food and physical activity environment vary between disadvantaged urban and rural areas? Findings from the READI Study'. <i>Health Promotion Journal of Australia</i> 23(2): 153-156. http://www.healthpromotion.org.au/journ</p>	<p>This study examines whether the presence of amenities related to physical activity and eating varies between disadvantaged urban and rural areas. As part of the Resilience for Eating and Activity Despite Inequality Study, a cross-sectional analysis of environmental data was collected from 40 urban and 40 rural disadvantaged areas in Victoria, AU. Data included presence and frequency of amenities such as fast food outlets, supermarkets, playgrounds and open space. Statistical</p>	<p style="text-align: center;">GPAN</p>	<p style="text-align: center;">Physical activity; eating patterns; food access; recreational outlets; disadvantaged urban and rural neighbourhoods</p>

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al/journal-downloads/article/1-hpja/468-do-food-and-physical-activity-environments-vary-between-disadvantaged-urban-and-rural-areas-findings-from-the-readi-study *	analyses indicate that a higher percentage of urban areas contained fast food outlets and gym/leisure centres but a lower concentration of supermarkets and swimming pools when compared to rural areas. These findings suggest that socioeconomically disadvantaged rural areas offer residents access to healthy foods and opportunity for physical activity. However, a greater travelling distance may be required for such access.		
PROVIDING HEALTHY FOOD OPTIONS			
Thorton, L., Crawford, D., Cleland, V., Timperio, A., Abbott, G. and Ball, K. 2012. 'Do food and physical activity environment vary between disadvantaged urban and rural areas? Findings from the READI Study'. <i>Health Promotion Journal of Australia</i> 23(2): 153-156. http://www.healthpromotion.org.au/journal/journal-downloads/article/1-hpja/468-do-food-and-physical-activity-environments-vary-between-disadvantaged-urban-and-rural-areas-findings-from-the-readi-study *	This study examines whether the presence of amenities related to physical activity and eating varies between disadvantaged urban and rural areas. As part of the Resilience for Eating and Activity Despite Inequality Study, a cross-sectional analysis of environmental data was collected from 40 urban and 40 rural disadvantaged areas in Victoria, AU. Data included presence and frequency of amenities such as fast food outlets, supermarkets, playgrounds and open space. Statistical analyses indicate that a higher percentage of urban areas contained fast food outlets and gym/leisure centres but a lower concentration of supermarkets and swimming pools when compared to rural areas. These findings suggest that socioeconomically disadvantaged rural areas offer residents access to healthy foods and opportunity for physical activity. However, a greater travelling distance may be required for such access.	GPAN	Physical activity; eating patterns; food access; recreational outlets; disadvantaged urban and rural neighbourhoods

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