

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GETTING PEOPLE ACTIVE			
<p>Bauman, A., Van der Ploeg, H. and Chau, J. 2012. Sitting and Sedentary Behaviours: A Public Health Problem? <i>Research Update, Alberta Centre for Active Living</i> 19(1). http://www.centre4activeliving.ca/publications/research-update/2012/mar-sitting-sedentary.pdf</p>	<p>This article looks at the health risks that are linked to too much sitting time and sedentary behaviour. The research shows that people can be both physically active and sedentary at the same time – meaning that a person who meets or exceeds recommended physical activity guidelines of 150 minutes per week of moderate to vigorous intensity activity may still spend the rest of their time being sedentary (i.e. sitting at work), and this can have a detrimental effect on their health. The authors describe their use of a number of different surveys to measure occupational sitting and physical activity and time use, as well as preliminary work on development of interventions to address unhealthy levels of sedentary behaviour.</p>	APAN	Physical activity; sedentary behaviour; sitting time; occupational sitting; measurement; intervention
<p>Naul, R., Schmelt, D., Dreiskaemper, D., Hoffman, D. and l’Hoir, M. 2012. ‘Healthy children in sound communities’ (HCSC/gkgk) – a Dutch-German community-based network project to counteract obesity and physical inactivity.’ <i>Family Practice</i> 29(Supp.1): i110-i116. * http://fampra.oxfordjournals.org/content/29/suppl_1/i110.full.pdf+html</p>	<p>This article describes a Dutch-German community-based intervention programme relating to physical activity, nutrition and improvement of the physical environment. The programme has been implemented in 39 primary schools, and will run for 4 years. It includes a weekly lesson plan with 3 hours of ‘health enhanced physical education’ and 2 hours of physical activity, as well as an hour of cross-curricular health and nutrition education. The authors provide some preliminary results which show an increase in levels of physical fitness.</p>	APAN	Physical activity; intervention; primary school; education; nutrition; Europe

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<p>Heart Foundation and Cycling Promotion Fund. 2012. <i>Active Travel to School: 2012 Survey Findings</i>. Heart Foundation and Cycling Promotion Fund. http://www.heartfoundation.org.au/SiteCollectionDocuments/HF-CPF-Active-Travel-to-School-2012-Survey-Findings.pdf</p>	<p>This report provides the results of a survey of 1,005 Australian parents with school aged children in relation to children riding their bicycles to and from school. The results showed that while the majority of parents thought that cycling to school had a positive impact on their child's health, fitness and independence, around half of those surveyed did not believe it was safe. Traffic, lack of adequate cycling infrastructure and general safety were key concerns and reasons why parents did not allow their children to cycle to school.</p>	<p>APAN</p>	<p>Physical activity; cycling; active transport; children; school; cycling infrastructure; safety; perception</p>
<p>Olabarria, M., Pérez, K., Santamariña-Rubio, E., Novoa, A.M. and Racioppi, F. 2012. 'Health impact of motorised trips that could be replaced by walking.' <i>European Journal of Public Health</i>, doi: 10.1093/eurpub/cks015 http://www.euro.who.int/data/assets/pdf_file/0003/160806/Olabarria-European-Journal-of-Public-Health-2012.pdf</p>	<p>This article provides an analysis of physical activity levels in Catalonia, and estimates the annual economic benefit that could be achieved from reducing mortality by replacing one short daily motorised trip with walking. The results showed that of those people surveyed who were not meeting physical activity recommendations, 15.6% of men and 13.9% of women would meet the recommendations if they replaced one short motorised trip with walking. The authors then applied this to the entire population of Catalonia using a World Health Organisation health economic assessment tool, and determined that there would be a significant increase in physical activity levels and a huge economic benefit if an active transport intervention was implemented.</p>	<p>APAN</p>	<p>Physical activity; walking; active transport; short trips; intervention; health economic assessment tool; measurement; cost benefit analysis</p>
<p>Cutumisu, N. and Spence, J.C. 2012. 'Sports Fields as Potential Catalysts for Physical Activity in the Neighbourhood.' <i>International Journal of Environmental Research and Public Health</i> 9(1): 294-314. http://www.mdpi.com/1660-4601/9/1/294/</p>	<p>This article looks at the association between perceived and objective accessibility of sports fields and levels of self-reported physical activity among adults in Canada. 2879 people participated in a survey which looked at socio-demographics, health status, self-efficacy, levels of physical activity, and perceptions of the built environment in relation to physical activity. The results</p>	<p>APAN</p>	<p>Physical activity; access; open space; sports fields; neighbourhood design; Canada</p>

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	showed that people with higher self-efficacy and higher objectively-assessed access to facilities were more likely to be physically active.		
<p>Guell, C., Panter, J., Jones, N. and Ogilvie, D. 2012. 'Towards a differentiated understanding of active travel behaviour: Using social theory to explore everyday commuting.' <i>Social Science & Medicine</i>, doi: 10.1016/j.socscimed.2012.01.038. http://www.sciencedirect.com/science/article/pii/S0277953612001700?v=s5</p>	<p>This article describes a qualitative study of the social context of commuting, and how '...travel behaviour is embedded in and shaped by commuters' complex social worlds.' This research was undertaken as part of the Commuting and Health in Cambridge longitudinal study of travel behaviour and physical activity. The results showed that travel behaviour is highly changeable and influenced by people's social worlds; life events; everyday changes relating to weather, seasons, traffic conditions, type of work, school and work schedules; physical capability; practical concerns; and physical and emotional experiences.</p>	APAN	<p>Physical activity; UK: active transport; public transport; car dependence; social practice; travel behaviour; commuting; qualitative research</p>
<p>Goodman, A., Guell, C., Panter, J., Jones, N.R. and Ogilvie, D. 2012. 'Healthy travel and the socio-economic structure of car commuting in Cambridge, UK: A mixed-methods analysis.' <i>Social Science & Medicine</i>, doi:10.1016/j.socscimed.2012.01.042 http://www.sciencedirect.com/science/article/pii/S0277953612001797</p>	<p>This article looks at the relationship between car access and psychosocial well-being in car-oriented environments. 1142 people participated in the Commuting and Health in Cambridge study, and this data was used along with the results of in-depth interviews with 50 participants to look at the socio-economic structure of car commuting in Cambridge, UK. The results showed that '...cars were a key resource in bridging the gap between individuals' desires and their circumstances', relating to goals such as home ownership and good health. Car commuting was also found to be socio-economically structured through restrictions relating to the impact of rush hour traffic, housing costs, distance and type of occupation on access to work.</p>	APAN	<p>Car dependence; car use; active transport; cycling; walking; physical activity; socio-economic status; psychosocial well-being; commuting; travel behaviour</p>
<p>De Coen, V., De Bourdeaudhuij, I., Vereecken, C., Verbestel, V., Haerens, L.,</p>	<p>This article describes the results of a school-based 2 year intervention on BMI, eating and physical activity in</p>	APAN	<p>Physical activity; nutrition;</p>

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<p>Huybrechts, I., Van Lippevelde, W. and Maes, L. 2012. 'Effects of a 2-year healthy eating and physical activity intervention for 3-6 year olds in communities of high and low socio-economic status: the POP (Prevention of Overweight among Pre-school and school children) project.' <i>Public Health Nutrition</i>, doi:10.1017/S1368980012000687 * http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=8509702&fulltextType=RA&fileId=S1368980012000687</p>	<p>Belgium. The intervention aimed to increase daily consumption of water and milk, and decrease soft drink consumption; increase daily consumption of fruit and vegetables; decrease consumption of sweets and savoury snacks; increase physical activity; and decrease screen time. Community organisations were consulted about local social and health issues, and then each school received a manual which provided information on health-related education; organisation of classroom activities; development of an active playground; availability of water, fruits and vegetables; and educational strategies for parents. 31 pre-primary and primary schools in 3 communities with different socio-economic profiles participated in the study, for which 694 children completed questionnaires. The results showed that no significant effects could be found for eating behaviour, physical activity or screen time. However, the authors note that there was a '...promising effect in the low-SES community of reducing excess weight gain among young children.'</p>		<p>intervention; school; BMI; obesity; socio-economic status; health promotion; school playground</p>
<p>Saelens, B.E., Sallis, J.F., Frank, L.D., Cain, K.L., Conway, T.L., Chapman, J.E., Slymen, D.J. and Kerr, J. 2012. 'Neighbourhood Environment and Psychosocial Correlates of Adults' Physical Activity.' <i>Medicine & Science in Sports and Exercise</i> 44(4): 637-46. http://ovidsp.tx.ovid.com/sp-3.5.1a/ovidweb.cgi?T=JS&PAGE=fulltext&D=ovft&AN=00005768-201204000-00010&NEWS=N&CSC=Y&CHANNEL=PubMed</p>	<p>This article looks at the relationship between objective built and perceived environmental factors and physical activity and walking behaviour among adults. Data was collected from participants in the study via self-report and accelerometers and this was considered along with assessment of the built environment and census-level demographic data. The results showed retail floor area ratio, land use mix and pedestrian design factors, and street connectivity were associated with both objective and self-reported transportation-related walking, while perceived aesthetics was related to walking for leisure.</p>	<p>APAN</p>	<p>Physical activity; walking; leisure; active transport; neighbourhood design; street layout</p>

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<p>Sandercock, G.R.H. and Ogunleye, A.A. 2012. 'Screen time and passive school travel as independent predictors of cardiorespiratory fitness in youth.' <i>Preventive Medicine</i>, doi: 10.1016/j.ypmed.2012.03.007 http://www.sciencedirect.com/science/article/pii/S0091743512000898</p>	<p>This article looks at the linkages between screen time and passive school travel, and cardio-respiratory fitness in youth. The results showed that both boys and girls who engaged in active travel and had low levels of screen time were more likely to be fit, and the relationship between these sedentary behaviours and poor cardio-respiratory fitness was found to be independent of physical activity levels.</p>	<p>APAN</p>	<p>Physical activity; cardio-respiratory fitness; active transport; school travel; youth; screen time; sedentary behaviour</p>
<p>Wahlgren, L. and Schantz, P. 2012. 'Exploring bikeability in a metropolitan setting: stimulating and hindering factors in commuting route environments.' <i>BMC Public Health</i> 12(1): 168. http://www.biomedcentral.com/1471-2458/12/168/abstract</p>	<p>This article looks at the impact of commuting route environments on engagement in active commuting. Levels of exhaust fumes, noise, traffic speed, traffic congestion and greenery were among the variables tested among 827 bicycle commuters in Sweden. The results showed that beautiful, green and safe route environments stimulate bicycle commuting in urban areas, while exhaust fumes, traffic congestions and low directness of the route were found to hinder bicycle commuting.</p>	<p>APAN</p>	<p>Physical activity; cycling; active transport; commuting; route environment; road safety; aesthetics; perception; street networks; cycling infrastructure; air pollution</p>
<p>Yam, P.S., Morrison, R., Penpraze, V., Westgarth, C., Ward, D.S., Mutrie, N., Hutchison, P., Young, D. and Reilly, J.J. 2012. 'Children, parents and pets exercising together (CPET) randomised controlled trial: Study rationale, design and methods.' <i>BMC Public Health</i> 12(1): 208. http://www.biomedcentral.com/1471-2458/12/208/abstract</p>	<p>This article describes the UK Children, Parents and Pets Exercising Together Study, which aims to increase levels of physical activity among children aged 9-11 years through a family-based dog walking intervention. 40 dog-owning families will participate in the 10 week behavioural change intervention, which will promote an increase in the frequency, intensity and duration of walking and playing with the family dog. The article describes the theory behind the study, as well as the method and design of the project.</p>	<p>APAN</p>	<p>Physical activity; obesity; children; dogs; exercise; behavioural change intervention; walking</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Veitch, J., van Stralen, M.M., Chinapaw, M.J.M., te Velde, S.J., Crawford, D., Salmon, J.</p>	<p>This article looked at the relationship between the neighbourhood social environment and BMI in youth,</p>	<p>APAN</p>	<p>Neighbourhood; social networks;</p>

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<p>and Timperio, A. 2012. 'The neighbourhood social environment and body mass index among youth: a mediation analysis.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9(1): 31. http://www.sciencedirect.com/science/article/pii/S0091743512000898</p>	<p>and whether this relationship was mediated by physical activity, screen time and sedentary time. A study was conducted in both high and low socio-economic neighbourhoods in Melbourne, Australia, with 185 children aged 8-9 years and 359 children aged 13-15 years participating. The results showed that a more positive social network and higher social trust and cohesion were associated with lower BMI. Significant associations were also found between social networks and screen time, and screen time and BMI; however physical activity and sedentary time were not found to mediate the overall relationship between the social environment and BMI.</p>		<p>social cohesion; youth; physical activity; sedentary behaviour; obesity</p>
PROVIDING HEALTHY FOOD OPTIONS			
<p>Naul, R., Schmelt, D., Dreiskaemper, D., Hoffman, D. and l'Hoir, M. 2012. 'Healthy children in sound communities' (HCSC/gkgk) – a Dutch-German community-based network project to counteract obesity and physical inactivity.' <i>Family Practice</i> 29(Supp.1): i110-i116. * http://fampra.oxfordjournals.org/content/29/suppl_1/i110.full.pdf+html</p>	<p>This article describes a Dutch-German community-based intervention programme relating to physical activity, nutrition and improvement of the physical environment. The programme has been implemented in 39 primary schools, and will run for 4 years. It includes a weekly lesson plan with 3 hours of 'health enhanced physical education' and 2 hours of physical activity, as well as an hour of cross-curricular health and nutrition education. The authors provide some preliminary results which show an increase in levels of physical fitness.</p>	APAN	<p>Physical activity; intervention; primary school; education; nutrition; Europe</p>
<p>De Coen, V., De Bourdeaudhuij, I., Vereecken, C., Verbestel, V., Haerens, L., Huybrechts, I., Van Lippevelde, W. and Maes, L. 2012. 'Effects of a 2-year healthy eating and physical activity intervention for 3-6 year olds in communities of high and low socio-economic status: the POP</p>	<p>This article describes the results of a school-based 2 year intervention on BMI, eating and physical activity in Belgium. The intervention aimed to increase daily consumption of water and milk, and decrease soft drink consumption; increase daily consumption of fruit and vegetables; decrease consumption of sweets and savoury snacks; increase physical activity; and decrease</p>	APAN	<p>Physical activity; nutrition; intervention; school; BMI; obesity; socio-economic status; health promotion;</p>

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<p>(Prevention of Overweight among Pre-school and school children) project.' <i>Public Health Nutrition</i>, doi:10.1017/S1368980012000687 * http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=8509702&fulltextType=RA&fileId=S1368980012000687</p>	<p>screen time. Community organisations were consulted about local social and health issues, and then each school received a manual which provided information on health-related education; organisation of classroom activities; development of an active playground; availability of water, fruits and vegetables; and educational strategies for parents. 31 pre-primary and primary schools in 3 communities with different socio-economic profiles participated in the study, for which 694 children completed questionnaires. The results showed that no significant effects could be found for eating behaviour, physical activity or screen time. However, the authors note that there was a '...promising effect in the low-SES community of reducing excess weight gain among young children.'</p>		<p>school playground</p>

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