

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Rosier, K. and McDonald, M. 2011. <i>The relationship between transport and disadvantage in Australia</i>. Melbourne: Communities and Families Clearinghouse Australia, Australian Institute of Family Studies.</p> <p>http://www.aifs.gov.au/cafca/pubs/sheets/rs/rs4.pdf</p>	<p>This resource sheet describes the experience of transport disadvantage by certain population groups in Australia. Families with young children, young mothers and sole parents, people with a disability, Indigenous Australians, and residents of outer urban, rural and remotes areas are among those who experience difficulties with accessing appropriate transport. Some of the key factors influencing transport disadvantage include public infrastructure, car ownership, location of employment opportunities and key services and destinations, and socio-economic status.</p>	APO	<p>Transport disadvantage; infrastructure; neighbourhood design; transit oriented design; socio-economic status; car use; stress</p>
<p>Australian Institute of Health and Welfare. 2011. <i>Young Australians: their health and wellbeing 2011</i>. Canberra: AIHW.</p> <p>http://www.aihw.gov.au/publication-detail/?id=10737419261&tab=2</p>	<p>The report provides national statistics on the health and wellbeing of young Australians aged 12-24, according to national indicators. The report shows that over a third of young Australians are overweight or obese, 54% do not meet physical activity guidelines, and 95% do not meet fruit and vegetable consumption guidelines. Young people living in remote or disadvantaged areas are more likely to be overweight and obese, as are young Indigenous Australians. The authors note the importance of the built environment in facilitating physical activity for young adults, with consideration of neighbourhood layout, perceptions of safety within a neighbourhood, access to facilities and public open space, climate and public transport.</p>	APAN	<p>Health statistics; youth; children; obesity; overweight; physical activity; healthy food</p>

<p>Harrington, D.W. and Elliott, S.J. 2009. "Weighing the importance of neighbourhood: A multilevel exploration of the determinants of overweight and obesity." <i>Social Science & Medicine</i> 68(4): 593-600. http://www.sciencedirect.com/science/article/pii/S0277953608006096</p>	<p>This Canadian study explores the relationship between obesity, individual demographics and behaviours, and local social and physical environments. The results of the study support the view that environmental factors influence physical activity levels and dietary intake.</p>	<p>InformeDesign</p>	<p>Obesity; physical activity; healthy food options; social interaction; determinants of health; neighbourhood design</p>
<p>National Heart Foundation. 2011. <i>Healthy Workplace Guide</i>. Sydney: National Heart Foundation; Cancer Council NSW; Physical Activity, Nutrition and Obesity Workshop Group, University of Sydney. http://www.heartfoundation.org.au/SiteCollectionDocuments/HF-WorkplaceHealth.pdf</p>	<p>This guide has been produced to assist small to medium sized businesses in establishing a 'sustainable and cost effective' workplace health program, to target poor nutrition and physical inactivity. The guide includes ten steps for getting started, construction of the program, and implementation. It includes advice for gaining support from management and employees; identifying the needs of staff members; developing goals, objectives, budgets and actions; provision of incentives and rewards; promotion and program management; and evaluation.</p>	<p>PCAL</p>	<p>Workplace health program; guide; physical activity; healthy food options; sedentary behaviour</p>
<p>National Heart Foundation. 2011. <i>Staff Wellness Program 2009</i>. Sydney: National Heart Foundation. http://www.heartfoundation.org.au/SiteCollectionDocuments/HFNSW-WellnessCaseStudy.pdf</p>	<p>This report provides a description of the planning and implementation of the Heart Foundation's Staff Wellness Program, as well as an evaluation of the impact of the program. Staff members reported improved health behaviours and wellbeing in an evaluation survey distributed at the completion of the first year of the program. In addition, it was noted that stronger working relationships were established as a result of the program, and absentee and staff turnover rates were reduced.</p>	<p>PCAL</p>	<p>Workplace health program; evaluation; physical activity; social interaction; healthy food options</p>
<p>Hele, M. 2011. "Mobility an attraction for buyers." <i>Courier Mail</i>, 16 July 2011 http://www.couriermail.com.au/life/homeproperty/mobility-an-attraction-for-buyers/story-e6frequ6-1226095878547</p>	<p>This article describes the results of a survey which shows that 57% of house hunters identify access to public transport as a top priority in choosing where to live. 16% of respondents thought that living close to a supermarket was important, in comparison to 8% who</p>	<p>PCAL</p>	<p>Public transport; consumer preferences; neighbourhood design; statistics;</p>

	thought it was important to live near a school.		survey
GETTING PEOPLE ACTIVE			
Biddle, S.J.H. and Asare, M. 2011. "Physical activity and mental health in children and adolescents: a review of reviews." <i>British Journal of Sports Medicine</i> 45(11): 886-895. http://bjsm.bmj.com/content/early/2011/07/31/bjsports-2011-090185.full.pdf	This article presents a review of literature pertaining to physical activity and depression, anxiety, self-esteem and cognitive functioning in children and adolescents; and the relationship between sedentary behaviour and mental health. There is evidence which shows that physical activity has potentially beneficial effects for reduced depression and anxiety, and improved cognitive performance, however the authors believe that this evidence is limited, and based on interventions which are poorly designed. There is, however, stronger and more consistent evidence which shows that there is a negative association between mental health and sedentary behaviour.	APAN	Physical activity; sedentary behaviour; mental health; review
Rojas-Rueda, D., de Nazelle, A., Tainio, M. and Nieuwenhuijsen, M.J. 2011. "The health risks and benefits of cycling in urban environments compared with car use: health impact assessment study." <i>British Medical Journal</i> 343, doi: 10.1136/bmj.d4521 http://www.bmj.com/content/343/bmj.d4521.full.pdf	This article describes a health impact assessment study of a public bicycle sharing initiative in Barcelona, Spain. The aim of the study was to estimate the risks and benefits to health of travel by bicycle in comparison to travel by car in an urban environment. The risks and benefits were predicted using a new health assessment framework which modelled the effects of all cause mortality due to physical activity, road traffic accidents and exposure to air pollution. The results showed that Barcelona would avoid 12.28 deaths per year as a result of the bicycle share program. In addition, the authors also measured a significant reduction in carbon dioxide emissions.	APAN	Physical activity; cycling; bicycle share program; health impact assessment study; car dependence; co-benefits; climate change
Vallance, J.K., Winkler, E.A.H., Gardiner, P.A., Healy, G.N., Lynch, B.M. and Owen, N. 2011. "Associations of objectively-assessed physical activity and sedentary time with depression: NHANES (2005-2006)." <i>Preventive Medicine</i> , doi:	This article explores the relationship between moderate-to-vigorous intensity physical activity sedentary time and depression, using data from the 2006-2006 US National Health and Nutrition Examination Survey. The results showed that increasing moderate-to-vigorous physical activity and decreasing	APAN	Physical activity; mental health; sedentary behaviour; depression

<p>10.1016/j.ypped.2011.07.013. http://www.sciencedirect.com/science/article/pii/S0091743511002775</p>	<p>sedentary time were associated with lower rates of depression.</p>		
<p>National Heart Foundation. 2011. <i>Sitting less for adults</i>. Sydney: National Heart Foundation. http://www.heartfoundation.org.au/SiteCollectionDocuments/HW-PA-SittingLess-Adults.pdf National Heart Foundation. 2011. <i>Sitting less for children</i>. Sydney: National Heart Foundation. http://www.heartfoundation.org.au/SiteCollectionDocuments/HW-PA-SittingLess-Child.pdf</p>	<p>These fact sheets describe the relationship between increased sitting time for adults and children, and increased incidence of chronic diseases. Adults spend more than half of their waking hours sitting, while research shows that this increases the risk of early death, particularly from cardiovascular disease. Children also spend a significant amount of time sitting, while watching television, using a computer and playing electronic games. The fact sheet provides a list of strategies for reducing sitting time at home, work, school and during travel.</p>	<p>PCAL</p>	<p>Sedentary behaviour; sitting time; chronic disease; risk factor; physical activity</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Bringslimark, T., Hartig, T. and Patil, G.G. 2011. "Adaptation to Windowlessness: Do Office Workers Compensate for a Lack of Visual Access to the Outdoors?" <i>Environment and Behaviour</i>, doi: 10.1177/0013916510368351. http://eab.sagepub.com/content/early/2011/01/12/0013916510368351.full.pdf+html</p>	<p>This article describes a Norwegian study of 385 office workers, to determine whether those workers who did not have a view to natural features outside compensated by bringing plants and pictures of nature in to their offices. Research has shown that there are psychological benefits to be realised through contact with nature, as well as reduced stress levels and ill health. The results showed that workers without windows were five times more likely to bring plants into their workspaces, and three times more likely to bring in pictures of natural features, than workers with windows. The authors recommend that further research be undertaken to explore the circumstances around which office workers do or do not compensate for windowlessness, as well as whether methods of compensation provide benefits to the workers.</p>	<p>InformeDesign</p>	<p>Access to nature; mental health; physical health; workplaces; environmental design; office design</p>
PROVIDING HEALTHY FOOD OPTIONS			
<p>Rosier, K. 2011. <i>Food insecurity in Australia:</i></p>	<p>This practice sheet describes food insecurity as having</p>	<p>APO</p>	<p>Food security;</p>

<p><i>What is it, who experiences it and how can child and family services support families experiencing it?</i> Melbourne: Communities and Families Clearinghouse Australia, Australian Institute of Family Studies. http://www.aifs.gov.au/cafca/pubs/sheets/ps/ps9.pdf</p>	<p>three components: inadequate access to food, inadequate supply, and the inappropriate use of food. It is estimated that 5% of Australians experience food insecurity, for reasons such as: lack of resources (financial and other), lack of access to nutritious food at affordable prices, lack of access due to geographical isolation; and lack of motivation or knowledge about a nutritious diet. Unemployed people, single parent households, low-income earners, rental households, young people, Indigenous Australians, culturally and linguistically diverse people and socially isolated people are among those groups which experience food insecurity at a higher rate than the rest of the population. The practice sheet provides recommendations for how community service providers can support people who are experiencing food insecurity.</p>		<p>healthy food options; socio-economic status; neighbourhood design; community gardens</p>
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* denotes an item which has been placed in a number of different categories