

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Hutchinson, J., Prady, S.L., Smith, M.A., White, P.C.L., Graham, H.M. 2015. 'A scoping review of observational studies examining relationships between environmental behaviors and health behaviours.' <i>International Journal of Environmental Research and Public Health</i> 12 (5): 4833-4858. http://www.mdpi.com/1660-4601/12/5/4833*</p>	<p>This article provides an overview of the literature related to health behaviours and the environment. After screening 1288 potentially appropriate articles, a group of 136 studies were assessed. Studies were categorised according to active travel (physical activity, sedentary behaviours, smoking, alcohol use/diet); public transport use (physical activity, sedentary behaviour, diet); and car use (physical activity, smoking). Other environmental behaviours are also reported including locally sourced food and health behaviours. This collective evidence suggests a broad relationship between the environment and health impacts. However, such studies primarily rely upon a cross-sectional research design. Longitudinal studies are recommended.</p>	SS	Built environment; physical activity; active transport; local food; literature review
<p>Smit, W., de Lannoy, A., Dover, R.V.H., Lambert, E.V., Levitte, N. & Watson, V. 2015. 'Making unhealthy places: The built environment and non-communicable diseases in Khayelitsha, Cape Town.' <i>Health & Place</i> 35(September 2015): 11–18. http://www.sciencedirect.com/science/article/pii/S1353829215000891</p>	<p>This article investigates the relationship between the built environment and non-communicable diseases (e.g. cardiovascular disease, diabetes, cancer, chronic respiratory diseases and mental disorders) in Cape Town. Field work was undertaken in three areas where 'body map' workshops were organised with 10 participants each. Participants were asked to draw their life histories onto the maps and colour code their emotions about living in the environment. These maps were then used to guide group discussions and interviews. Negative impacts of the built environment emerged in three main ways: food, physical activity and depression/stress. An ease of access to healthy foods,</p>	APAN	Non-communicable diseases; physical activity; food access; health; built environment; economy; policy; Africa

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	isolation of residences from daily destinations and fear of violence and crime were all reported to detrimentally affect health. This article is one of the first to understand urban health challenges in the global South.		
<p>Department of Infrastructure and Transport (2015). <i>State of Australian Cities 2014-2015</i>. Canberra: Commonwealth of Australia.</p> <p>https://infrastructure.gov.au/infrastructure/pab/soac/</p>	<p>This report uses the statistical data from the Progress in Australian Regions- Yearbook 2014 to explore progress across a range of indicators in Australian cities. Through six chapters, it covers key findings and implications related to population and settlement, economy, human capital and labour as well as infrastructure and transport. With a focus on transport systems, this report provides an evidence base for policy makers.</p>	<p>APO</p>	<p>Health; planning; policy; Australian cities</p>
GETTING PEOPLE ACTIVE			
<p>Veitch, J., Carver, A., Abbott, G., Giles-Corti, B., Timperio, A. & Salmon, J. 2015. 'How active are people in metropolitan parks? An observational study of park visitation in Australia.' <i>BMC Public Health</i> 15: 610.</p> <p>http://www.biomedcentral.com/1471-2458/15/610</p>	<p>This article assesses park-based physical activity in two Melbourne parks (one low socio-economic neighbourhood, one high socio-economic neighbourhood). Two parks offered similar physical activity opportunities (e.g. walking paths, open space, trees, playground equipment). The physical activities of 4756 park visitors were assessed using the System for Observation Play and Recreation in Communities. Regression models of the data reveal that 62% of the study population were sedentary (lying, sitting or standing), a higher proportion of females than males were observed sitting and a higher proportion of children were observed in moderate and physical activity. These findings suggest that these two parks engage more children than adults in physical activity. If the goal is to increase physical activity across the lifespan, further investigation is needed to understand the type of amenities that may be supportive of such activity.</p>	<p>APAN</p>	<p>Physical activity; park; children; older adults</p>

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<p>Smith, A., Troped, P., McDonough, M. & DeFreese, J. 2015. 'Youth perceptions of how neighbourhood physical environment and peers affect physical activity: a focus group study.' <i>International Journal of Behavioral Nutrition and Physical Activity</i> 12: 80. http://www.ijbnpa.org/content/12/1/80#B8</p>	<p>This article assesses young people's perceptions of the physical and social influences on their physical activity. A group of 33 young adults (12-14 years) participated in focus groups about physical activities, places and spaces of activities and peer influences. Six themes emerged from the transcripts: access, neighbourhood aesthetics, physical and social safety, peer proximity and behaviour, adult support/interference and adult boundary setting. In regards to access, many participants suggested the lack of age-appropriate amenities. In spite of poor neighbourhood aesthetics (e.g. garbage, graffiti), the presence of peers encouraged participation in physical activity. These findings suggest a distinct association between the recreational and social environment. Opportunities to foster connection with peers at park amenities may help foster physical activity among this group of young people.</p>	<p>APAN</p>	<p>Physical activity; parks; safety; young people</p>
<p>D'Haese, S., Van Dyck, D., De Bourdeaudhuij, I., Deforche, B. & Cardon, G. 2015. 'The association between the parental perception of the physical neighbourhood environment and children's location-specific physical activity.' <i>BMC Public Health</i> 15: 565. http://www.biomedcentral.com/1471-2458/15/565</p>	<p>This article investigates the relationship between children's physical activity and parental perceptions of the neighbourhood. Data was taken from the Belgian Environmental Physical Activity Study in children (n=606). Children (9-12 years old) self-reported their physical activity levels and wore accelerometers for 7 days. Parents reported location specific physical activity in public recreation spaces (basketball court, playground/small park, large park), gardens and nearby streets/footpaths and completed the parent version of the Neighbourhood Environment Walkability Scale for Youth. Statistical modeling of the data shows that parents who perceived higher presence of recreational facilities had children who were more likely to be active in public recreation spaces. Parental perceptions of</p>	<p>APAN</p>	<p>Built environment; walkability; physical activity; children; Belgium</p>

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	<p>lower street connectivity, higher land use mix accessibility and more crime safety was associated with children being more likely to be active in nearby streets/footpaths. These findings suggest that parental perceptions of the neighbourhood may influence the spaces where children may be physically active. Moreover, the street and adjacent footpaths may be an overlooked opportunity as a recreational space for children.</p>		
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Ribeiro, A., Pires, A., Carvalho, M. & Pina, M. 2015. 'Distance to parks and non-residential destinations influences physical activity of older people, but crime doesn't: a cross-sectional study in a southern European city.' <i>BMC Public Health</i> 15: 593. http://www.biomedcentral.com/1471-2458/15/593/abstract</p>	<p>This article analyses the relationship between leisure-time physical activity and rates of crime in older Portuguese adults. Leisure-time physical activity data of 532 older adults (65+years) was taken from the EPIPorto Cohort. Neighbourhood characteristics (distance to nearest park, sport space, bus stops, blue space and other destinations along with population density, street intersection density) were geocoded. Neighbourhood crime rates were assessed. Statistical analyses reveal that neighbourhood crime was unrelated to physical activity. Distance to nearest park and other destinations, however, were associated with physical activity among women. These findings suggest that the effects of crime on physical activity may be context and culturally specific.</p>	APAN	Physical activity; crime; safety; older adults
<p>Bocarro, J.N., Floyd, M.F., Smith, W.R., Edwards, M.B., Schultz, C.L., Baran, P., Moore, R.A., Nilda Cosco, L. J. & Suau, L. 2015. 'Social and environmental factors related to boys' and girls' park-based physical activity.' <i>Preventing Chronic Disease</i> 12: 150532.</p>	<p>This article assesses the social and physical environment of park-based physical activity among boys and girls. Recreational facilities and park amenities of twenty neighbourhood parks in North Carolina were measured using the Environmental Assessment of Public Recreation Spaces instrument. The physical activities of 2712 children were assessed using the</p>	APAN	Physical activity; park facilities; boys; girls

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http://www.cdc.gov/pcd/issues/2015/14_0532.htm	System for Observation Play and Recreation in Communities. Regression models of the data reveal that the presence of active children had the strongest positive association with girls' physical activity. High levels of physical activity among boys were associated with athletic courts. These findings suggest that while parks provide a valuable setting for children to engage in physical play, the presence of other children is conducive to higher intensity activity.		
PROVIDING HEALTHY FOOD OPTIONS			
Hutchinson, J., Prady, S.L., Smith, M.A., White, P.C.L., Graham, H.M. 2015. 'A scoping review of observational studies examining relationships between environmental behaviors and health behaviours.' <i>International Journal of Environmental Research and Public Health</i> 12 (5): 4833-4858. http://www.mdpi.com/1660-4601/12/5/4833*	This article provides an overview of the literature related to health behaviours and the environment. After screening 1288 potentially appropriate articles, a group of 136 studies were assessed. Studies were categorised according to active travel (physical activity, sedentary behaviours, smoking, alcohol use/diet); public transport use (physical activity, sedentary behaviour, diet); and car use (physical activity, smoking). Other environmental behaviours are also reported including locally sourced food and health behaviours. This collective evidence suggests a broad relationship between the environment and health impacts. However, such studies primarily rely upon a cross-sectional research design. Longitudinal studies are recommended.	SS	Built environment; physical activity; active transport; local food; literature review
Matozinhos, F.P., Gomes, C.S., de Souza Andrade, A.C., Mendes, L.L., Pessoa, M.C. et al. 2015. 'Neighbourhood environments and obesity among adults: A multilevel analysis of an urban Brazilian context.' <i>Preventive Medicine Reports</i> 2: 337-341. http://www.sciencedirect.com/science/art	This article assesses the relationship between the built environment and levels of obesity in the city of Brazil. Data from the Surveillance System for Risk and Protective Factors for Chronic Diseases by Telephone Survey provided height and weight measurements for 5273 adults. The number of restaurants and establishments selling healthy food and places for physical activity were geocoded. An increase in the	APAN	Obesity; food retail; healthy food; restaurants; Brazil

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icle/pii/S221133551500056X	<p>number of retail establishments selling healthy food, places for physical activity and income significantly decreased the odds of obesity. While an increase in the number of restaurants also showed a significant decrease in the odds of obesity, it is suggested that approximately 80% of the restaurants serve meals by weight and such a service may influence individuals to choose healthier food options. A future study should define and assess the types of food (i.e. what constitutes healthy) that are offered in food retail establishments. Nevertheless, these findings suggest that the built environment has the propensity to affect the prevalence of obesity in a Brazilian context.</p>		

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