23 March – 3 April 2015

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
Christian, H., Zubrick, S.R., Foster, S., Giles-Corti, B., Bull, F., Wood, L. et al. 2015. 'The influence of the neighborhood physical environment on early child health and development: A review and call for research.' *Health and Place* 33 (May 2015): 25-36. http://www.sciencedirect.com/science/article/pii/S1353829215000155	This article assesses the literature focusing on the impact of the neighbourhood built environment on early child (<7 years of age) health and development. A total of 32 articles were reviewed. Several features of the built environment were found to facilitate or constrain opportunities for play, physical activity and social interaction. Emerging from the literature were the following features: safety, access to destinations, green spaces, housing density, quality of streets and neighbourhood facilities and outdoor home area. These findings show how the built environment may influence children's opportunities for physical health, social competence, emotional maturity and communication skills.	SS	Built environment; health; development; young children; literature review
Koohsari, M.J., Mavoa, S., Villianueva, K., Sugiyama, T., Badland, H., Kaczynski, A.T. et al. 2015. 'Public open space, physical activity, urban design and public health: Concepts, methods and research agenda.' *Health and Place* 33 (May 2015): 75-82. http://www.sciencedirect.com/science/article/pii/S1353829215000295	This article identifies issues related to research about public open space and physical activity. Conceptual issues with this body of research include variability in definitions of public open space, effects on the initiation or maintenance of physical activity, as well as understanding open space in non-residential contexts. It then proposes various research methodologies to help clarify the public open space and physical activity relationship. Understanding such issues will assist researchers to develop evidence supporting health promoting planning policies.	SS	Built environment; open space; physical activity; methodological recommendations

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GETTING PEOPLE ACTIVE			
D'Haese, S., Van Dyck, D., De Bourdeaudhuij, I., Deforche, B., Cardon, G. 2015. 'Organising "Play Streets" during school vacations can increase physical activity and decrease sedentary time in children.' *International Journal of Behavioural Nutrition and Physical Activity* 12 (1): art. no. 14. http://www.ijbnpa.org/content/12/1/14/abstract	This article assesses the effectiveness of "Play Streets" to increase children's time spent in physical activity. A "Play Street" is an intervention between residents and the local council whereby motorised traffic is prohibited so that children may have a safe play space during school holidays. A group of 126 children from 54 streets conducting the play street interventions and 72 control streets wore accelerometers for 8 days. Parents completed questionnaires related to the activities in which children participated. Statistical analysis of the data revealed significant differences in sedentary time and physical activity were found. Whereas sedentary time was found to be lower and physical activity higher in the intervention streets, the opposite was found in control streets. Initiating play streets during school holidays may be an effective strategy to engage children in free and safe active play.	GPAN	Active play; street; safety; intervention; children
Haselwandter, E.M., Corcoran, M.P., Folta, S.C., Hyatt, R., Fenton, M. & Nelson, M.E. 2015. 'The built environment, physical activity, and aging in the United States: A state of the science review.' *Journal of Aging and Physical Activity* 23 (2): 323-329. http://dx.doi.org/10.1123/japa.2013-0151	This article assesses the literature related to the built environment, physical activity and older adults (65+ years of age). From a group of 68 articles, the following built environment features were referenced: street functionality, destinations, aesthetics, safety from traffic and crime. Many studies focused on these features in relation to walking. While the authors recommend that future studies investigate the relationships between physical activity and senior-specific housing, there is little mention of physical activities other than walking that may accrue health benefits. As the population of older adults increase, it is important to direct further research towards identifying the physical activity facilitators and constraints of the built environment	SS	Built environment; health; development; older adults; literature review

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	among older adults		
Johnson-Lawrence, V., Schulz, A.J., Zenk, S.N., Israel, B.A., Wineman, J., Marans, R.W. & Rowe, Z. In press. 'Joint associations of residential density and neighbourhood involvement with physical activity among a multiethnic sample of urban adults.' *Health Education & Behaviour* OnlineFirst. http://www.ncbi.nlm.nih.gov/pubmed/25626432 *	This article examines the associations between residential density, social engagement and physical activity. Data was drawn from the Healthy Environments Partnership Community Survey. A group of 919 Michigan adults were interviewed about their physical activity and neighbourhood involvement. Census data provided residential density. Analysis of the data reveals that involvement in local activities was positively associated with physical activity. Adults living in dense neighbourhoods were less physically active. These findings suggest that promoting community involvement may help engage residents in physical activity. Moreover, whilst there was a negative relationship found between density and physical activity, it is unknown whether such effects are attributed to lack of amenities facilitating recreational or utilitarian physical activity. As such, it is suggested future studies disentangle the effects of residential density on types of physical activity.	GPAN	Residential density; physical activity; social engagement
Edwards, N., Hooper, P., Knuiman, M., Foster, S., Giles-Corti, B. 2015. 'Associations between park features and adolescent park use for physical activity.' *International Journal of Behavioral Nutrition and Physical Activity* 12 (1): art. no. 21. http://www.ijbnpa.org/content/12/1/21	This article assesses the park features found to promote physical activity among young people. A group of 1304 Western Australian young people (12-15 years) were asked to indicate their park use and identify the park most often used for physical activity. Fifty-eight parks were identified, geocoded, and audited to assess their features (e.g. number of trees). Statistical analysis of the data reveal that high park use was associated with seven park features: skate park, walking path, barbeques, picnic tables, toilets, lights and number of trees). A park was three times more likely to be in high use with each additional feature present. These findings suggest that	SS	Physical activity; parks; amenities; young people

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	while certain features directly influence young people's physical activities, other amenities (e.g. barbeques and picnic tables) may allow young people to stay in the park for a longer period of time with the possibility of ultimately increasing prolonged bouts of physical activity.		
CONNECTING AND STRENGTHENING COMMUNITIES			
Timperio, A., Veitch, J. & Carver, A. 2015. 'Safety in numbers: Does perceived safety mediate associations between the neighborhood social environment and physical activity among women living in disadvantaged neighborhoods?' *Preventive Medicine* 74 (May 2015): 49-54. http://www.ncbi.nlm.nih.gov/pubmed/25735603	This article studies the associations between the social environment, safety, physical activity and walking among women. A group of 3784 women living in disadvantaged neighbourhoods of Victoria, Australia completed a questionnaire related to the social environment (perceptions of crime, violence, seeing others active in the neighbourhood and social cohesion). Perceived personal safety and levels of physical activity were also reported. Statistical analysis shows that each of the five social environment attributes was positively associated with leisure-time physical activity. Seeing others being physically active (walking and exercising) was associated with walking. These findings suggest that the neighbourhood social environment can influence physical activity among women living in disadvantaged areas.	SS	Social environment; safety; social cohesion; physical activity; disadvantaged; women
Johnson-Lawrence, V., Schulz, A.J., Zenk, S.N., Israel, B.A., Wineman, J., Marans, R.W. & Rowe, Z. In press. 'Joint associations of residential density and neighbourhood involvement with physical activity among a multiethnic sample of urban adults.' *Health Education & Behaviour* OnlineFirst. http://www.ncbi.nlm.nih.gov/pubmed/25626432 *	This article examines the associations between residential density, social engagement and physical activity. Data was drawn from the Healthy Environments Partnership Community Survey. A group of 919 Michigan adults were interviewed about their physical activity and neighbourhood involvement. Census data provided residential density. Analysis of the data reveals that involvement in local activities was positively associated with physical activity. Adults living	GPAN	Residential density; physical activity; social engagement

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	in dense neighbourhoods were less physically active. These findings suggest that promoting community involvement may help engage residents in physical activity. Moreover, whilst there was a negative relationship found between density and physical activity, it is unknown whether such effects are attributed to lack of amenities facilitating recreational or utilitarian physical activity. As such, it is suggested future studies disentangle the effects of residential density on types of physical activity.		
PROVIDING HEALTHY FOOD OPTIONS			
Griffiths, C., Frearson, A., Taylor, A., Radley, D. & Cooke, C. 2014. 'A cross sectional study investigating the association between exposure to food outlets and childhood obesity in Leeds, UK.' *International Journal of Behavioral Nutrition and Physical Activity* 11 (1): art. no. 138. http://www.ijbnpa.org/content/11/1/138	This article investigates the number and proximity of food outlets and their relationship with obesity. Body mass index data for 13,291 students was taken from the Rugby League and Athletics Development Scheme. Three categories of food outlets (supermarkets, takeaway, retail) were geocoded and mapped from each participant's home and school addresses. The findings conclude that no significant associations between the number of food outlets and childhood obesity in the home or school environments exist or that no significant association between distance to the nearest food outlet and body mass index occur. However, the statistical modeling of the data found that children who pass by more supermarkets during the school to home commute are less likely to be obese compared to children who are least exposed to supermarkets. These findings detail the complex nature of the food environment and suggest that efforts to improve healthy eating require investigations into not only distance, but quality of food outlets as well as quality of active transport routes to such outlets.	GPAN	Food outlets; accessibility; density; home; school; children

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Diao, M. 2015. 'Are inner-city neighbourhoods underserved? An empirical analysis of food markets in a U.S. metropolitan area.' *Journal of Planning Education and Research* 35 (1): 19-34. http://jpe.sagepub.com/content/early/2014/12/18/0739456X14562283.abstract	This article analyses local food retail provision in socio-economically depressed neighbourhoods of the Boston metropolitan area. Food retail data was taken from the InfoUSA database. The 2000 Consumer Expenditure Survey provided food demand data. Socioeconomic status was provided by the 2000 Census. Employment density, highway accessibility and crime rates were also compiled. Analyses of the data show that inner-city neighbourhoods have significantly lower levels of food store sales than non-inner city neighbourhoods. Approximately 27% of inner-city neighbourhoods are underserved in food markets. Better retail food access may help address related issues of social exclusion and health inequalities by targeting neighbourhoods which have the lowest food supply but are in the greatest need.	SS	Food accessibility; socio-economics; inner city neighbourhoods
Olstad, D.L., Goonewardene, L.A., McCargar, L.J. & Raine, K.D. 2015. 'If we offer it, will children buy it? Sales of health foods mirrored their availability in a community sport, commercial setting in Alberta, Canada.' *Childhood Obesity* 11(2): 156-164. http://www.ncbi.nlm.nih.gov/pubmed/25719538	This article assesses an intervention promoting the availability of healthy food at an outdoor community recreational venue. The menus of two food concession stands at a community swimming pool were assessed and categorised into healthy and unhealthy foods. As an intervention, one concession stand (target) increased the availability of healthy items from 9% to 25% overall for 40 days. Qualitative observations of each stand's patronage were also conducted. Itemised cash register sales were analysed to quantify the items purchased. Patrons observed were primarily children. Analysis of the data show that sales of healthy food were related to the availability of such food. Thus the offering of healthier options in community settings may help improve children's healthy eating patterns.	GPAN	Healthy food; access; recreational venue; intervention; children

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