

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>America Walks website. <i>Case studies on healthy communities.</i> http://americawalks.org/america-walks-releases-case-studies-on-healthy-communities/</p>	<p>This newly designed website features new case studies related to healthy communities. Three US states considered to be at the 'vanguard of innovative thinking' are profiled (Iowa, Massachusetts and Oregon). Each case study addresses the challenge of providing health, economic and social equity improvements and stresses the importance of harnessing executive leadership, cooperative partnerships and a range of approaches.</p>	PCAL	Public health; walkability; healthy communities; case studies
<p>Martin, A., Ogilvie, D. & Suhrcke, M. 2014. 'Evaluating causal relationships between urban built environment characteristics and obesity: A methodological review of observational studies.' <i>International Journal of Behavioral Nutrition and Physical Activity</i> 11: 142 http://www.ijbnpa.org/content/11/1/142</p>	<p>This article compares built environment studies using advanced analytical techniques. It is argued here that most studies rely on cross-sectional observational studies using single equation regression analysis. A review of the literature sought to identify alternative study methods (e.g., randomised experiments, structural equation models, regression discontinuity). Fourteen studies (two of which were randomised experimental studies) were assessed. Findings of the reviews suggest that single-equation cross sectional studies had relatively underestimated the impact of the built environment. Studies employing more advanced statistical methods may provide more credible results than randomised experiments. While single equation statistical analyses contribute to an understanding of healthy built environments, alternative statistical methods (e.g., structural equation models, regression discontinuity) are proposed to realistically evaluate health effects resulting from the built environment.</p>	SS	Obesity; built environment; analytical methods; literature review

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	These techniques may offer an alternative to randomised experiments and should be investigated further.		
Lakerveld, J., van der Ploeg, H.P., Kroeze, W., Ahrens, W., Allais, O., Andersen, L., et al. 2014. 'Towards the integration and development of a cross-European research network and infrastructure: the DEterminants of DIet and Physical Activity (DEDIPAC) knowledge hub.' <i>International Journal of Behavioral Nutrition and Physical Activity</i> 11 (1): 143. http://www.ijbnpa.org/content/11/1/143	This paper describes the Determinants of Diet and Physical Activity Knowledge Hub. The hub is a multi-disciplinary consortium from 12 countries across Europe. Work focuses on the following areas: assessment and consolidation of methods; determinants of dietary, physical activity and sedentary behaviours across the life course; and, evaluation of public health and policy interventions. The development of this hub will provide standardised research methods to develop interventions and policies that can be compared and applied across different countries in Europe. This is an ambitious undertaking and if successful, will model an effective partnership among the European health and built environment community.	APAN	Physical activity; diet; prevention; policy; research; Europe
GETTING PEOPLE ACTIVE			
Lu, W., McKyer, E., Lee, C., Goodson, P., Ory, M.G. & Wang, S. 2014. 'Perceived barriers to children's active commuting to school: A systematic review of empirical, methodological and theoretical evidence.' <i>International Journal of Behavioral Nutrition and Physical Activity</i> 11 (1): 140. http://www.ncbi.nlm.nih.gov/pubmed/25403958	This article reviews the literature related to the perceived barriers to children's active transport to school. From a total of 4409 identified records, 39 studies were included in the review. Analyses of the study identified 19 studies conveying significant results, among which traffic safety and distance were commonly reported. Theoretical, methodological and empirical issues were also assessed. Most of the studies were conducted in Australia or the US and suggest a need for more international studies. When investigating active transport, travel modes need to be studied discreetly if the objective is to enhance walking or cycling.	APAN	Walk to school; perceived barriers; traffic safety; distance
Haybatollahi, M., Czepkiewicz, M. Laatikainen, T. & Kyttä, M. 2015.	This article investigated the built environment, neighbourhood preferences and travel behaviour. A	SS	Active transport; neighbourhood

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<p>'Neighbourhood preferences, active travel behaviour, and built environment: An exploratory study.' <i>Transportation Research Part F: Traffic Psychology and Behaviour</i> 29 (February 2015): 57-69. http://www.sciencedirect.com/science/article/pii/S1369847815000078</p>	<p>group of 3403 residents living in Tampere, Finland completed a range of questions related to their neighbourhood preferences (i.e. neighbourhood stability, green environments, vehicular transport and social interaction) and travel behaviour. Three built environment features (density, destination accessibility and green areas) were geocoded around each participant's residence. A series of statistical analyses of the data reveal that people with the highest active transport behaviours recorded a high preference to move away from the neighbourhood, a preference for lively over tranquil surroundings and a low preference for vehicular transport. People with higher preferences for active transport lived in higher density areas with more access to destinations. Significant associations were found between the likelihood of active transport and the density of grocery stores, restaurants and green space. These findings suggest that the relationship between neighbourhood and active transport behaviours are bi-directional. People may choose to live in neighbourhoods supporting active transport and conversely, supportive environments may encourage active transport.</p>		<p>preferences; density; destination; green space; Finland</p>
<p>Gase, L.N., Barragan, N. C., Simon, P. A., Jackson, R. J. & Kuo, T. 2015. 'Public awareness of and support for infrastructure changes designed to increase walking and biking in Los Angeles County.' <i>Preventive Medicine</i> 72 (March 2015): 70-75. http://www.sciencedirect.com/science/article/pii/S0091743514005155</p>	<p>This article examines public awareness and support for walking and cycling infrastructure. A group of 1005 registered voters in Los Angeles County responded to a telephone survey about their attitudes and awareness of walking and cycling infrastructure in the local community, travel priorities and demographics. Findings suggest that active transport investments are important and that transportation funding be redirected to reflect such importance. Understanding residents'</p>		<p>Walking and cycling infrastructure; public awareness; survey; active transport; USA</p>

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	interests in more active transport opportunities can help policy makers develop planning strategies reflective of healthy environments.		
<p>Triguero-Mas, M., Dadvand, P., Cirach, M., Martínez, D., Medina, A., Mompert, A. et al. 2015. 'Natural outdoor environments and mental and physical health: Relationships and mechanisms.' <i>Environment International</i> 77 (April 2015): 35-41. http://www.sciencedirect.com/science/article/pii/S0160412015000239 *</p>	<p>This article assesses the effects of green and blue space on physical and mental health. Data was taken from the Catalonia Health Survey where 8793 adults reported their perceptions of general health, mental health and perceived depression as well as their levels of physical activity and social support. Surrounding greenness, access to green space and access to blue space was geocoded for each participant's residence. Statistical analyses of the data reveal that surrounding greenness was significantly associated with lower likelihoods of poor health. Access to green or blue space was not associated with physical activity. Access to blue spaces, however, was significantly associated with social support. These findings suggest rather than access to large exposure to green or blue space, the incremental greenery such as street trees or gardens may provide opportunities for restoration. Improving local aesthetics may provide broader contributions to mental health.</p>	SS	<p>Physical activity; mental health; social support; green spaces; blue spaces; access; Spain</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Hodyl, L. 2015. <i>To investigate planning policies that deliver positive social outcomes in hyper-dense, high-rise residential environments</i>. Canberra: The Winston Churchill Memorial Trust of Australia. http://apo.org.au/node/52757</p>	<p>This report investigates planning policies delivering positive social outcomes in high-rise residential environments in New York, Vancouver, Tokyo, Hong Kong Seoul and Melbourne. Professionals in the planning and design industry were interviewed about planning controls, social outcomes and best practice examples. Through three sections, key concepts of high-rise living are defined, a comparative analysis of policies applicable to highest density residential developments in each city is provided and recommendations are</p>	APO	<p>High density living; open space; social outcomes; planning policy; best practice</p>

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	<p>specified. Of particular interest is the ratio of open space/person comparison between each city as well as the community benefit as a result of density bonuses (i.e. affordable housing units, community facilities and environmentally sustainable designed buildings). This report highlights the necessity of policies addressing the influx of density with the provision of essential infrastructure to deliver healthier and liveable outcomes. When considering high-rise developments, density bonuses should link development to public development and incentivise the delivery of new open spaces, affordable housing and other amenities.</p>		
<p>Lim, S. & Harris T.G. 2015. 'Neighbourhood contributions to racial and ethnic disparities in obesity among New York City adults.' <i>American Journal of Public Health</i> 105 (1): 159-165. http://www.ncbi.nlm.nih.gov/pubmed/24625176</p>	<p>This article assesses three neighbourhood characteristics (walkability, residential segregation, socioeconomic status) and their effects on obesity levels. Ethnicity and obesity measurements were taken from the 2002-2004 Community Health Survey. A walkability index (land use mix, residential density, retail floor area ratio and intersection density) was calculated for each neighbourhood. Socioeconomic status was derived from census data. Statistical analyses of the data show that obesity was positively associated with residential segregation and neighbourhood poverty, and negatively with walkability. These findings suggest that when proposing environmental interventions such as increasing access to healthy foods, specific populations should be identified to account for social equity.</p>		<p>Walkability; socio-economic status; obesity; USA</p>
<p>Triguero-Mas, M., Dadvand, P., Cirach, M., Martínez, D., Medina, A., Mompert, A. et al. 2015. 'Natural outdoor environments and mental and physical health: Relationships and mechanisms.' <i>Environment</i></p>	<p>This article assesses the effects of green and blue space on physical and mental health. Data was taken from the Catalonia Health Survey where 8793 adults reported their perceptions of general health, mental health and perceived depression as well as their levels of physical</p>	<p>SS</p>	<p>Physical activity; mental health; social support; green spaces; blue spaces; access;</p>

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<p><i>International</i> 77 (April 2015): 35-41. http://www.sciencedirect.com/science/article/pii/S0160412015000239 *</p>	<p>activity and social support. Surrounding greenness, access to green space and access to blue space was geocoded for each participant's residence. Statistical analyses of the data reveal that surrounding greenness was significantly associated with lower likelihoods of poor health. Access to green or blue space was not associated with physical activity. Access to blue spaces, however, was significantly associated with social support. These findings suggest rather than access to large exposure to green or blue space, the incremental greenery such as street trees or gardens may provide opportunities for restoration. Improving local aesthetics may provide broader contributions to mental health.</p>		<p>Spain</p>
PROVIDING HEALTHY FOOD OPTIONS			
<p>Lucan, S.C. 2015. 'Concerning limitations of food-environment research: A narrative review and commentary framed around obesity and diet-related diseases in youth.' <i>Journal of the Academy of Nutrition and Dietetics</i> 115 (2): 205-212. http://www.andjrn.org/article/S2212-2672%2814%2901352-5/abstract</p>	<p>This article assesses the limitations of built environment and food research and provides recommendations for future research. It focuses on measuring food access issues relevant to young people. Reliance upon pre-existing datasets to identify food sources may not adequately reflect the actual food retail environment. Direct assessments and/or using two or more pre-existing data sets may remedy this issue. Retail outlets are often generalised as either healthy or unhealthy, when realistically; such categorisation may not be mutually exclusive. An examination of the availability of select food (e.g. sugary beverages, fresh fruit) may better reflect what retail outlets offer. Alternative food sources are often not assessed in food/environment studies (e.g., book sellers, street vendors). Moreover, defining exposure to food sources has been methodologically inconsistent. For example, studies generally consider data in sample areas of interest and</p>	<p>SS</p>	<p>Food access; built environment; research limitations</p>

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	not in an accessible adjacent area. Future research addressing any of these issues will provide more nuanced understanding of the food environment to encourage healthy consumption patterns.		

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