

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
Giles-Corti, B., Badland H, Mavoa S, Turrell G, Bull F, Boruff B. et al. 2014. 'Reconnecting urban planning with health: A protocol for the development and validation of national liveability indicators associated with noncommunicable disease risk behaviours and health outcomes.' <i>Public Health Research and Practice</i> 25: e2511405. http://www.phrp.com.au/issues/vol25120_14	<p>This paper reports the development of built environment liveability indicators for Australia. Five built environment domains are considered: alcohol, local food, public open space, transport and walkability. Within these domains, indicators will be examined against a range of health behaviours and linked to national and state level data. These indicators can be used to provide baseline measures and progress updates to inform policies related to reducing noncommunicable disease and inequalities.</p>	SS	Built environment; health; indicators
Mowat, D.L. 2015. 'Healthy Canada by Design: Translating science into action and prevention.' <i>Canadian Journal of Public Health</i> 106 (1): es3-es4. http://journal.cpha.ca/index.php/cjph/article/view/311	<p>This article provides a good introduction to this supplemental issue devoted to Healthy Canada by Design. While advocating a need for more empirical evidence, it highlights the need to generate contextual solutions to promote desired health behaviours. Healthy Canada by Design started as a health partnership among six authorities (e.g. Canadian Institute of Planners, Urban Public Health Network) to generate practical research based solutions. The following themes are discussed: activities taking place in Vancouver, Toronto and Montreal; the development of tools to assess health impacts and development proposals as well as participatory planning processes to promote health. With a specific focus on Canada, these themes can provide a starting point for all healthy urban environment advocates.</p>	SS	Built environment; health; special issue; Canada

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Gebel, K., Ding, D., Foster, C., Bauman, A.E. & Sallis, J.F. 2014. 'Improving current practice in reviews of the built environment and physical activity.' <i>Sports Medicine</i> . 10.1007/s40279-014-0273-8 http://link.springer.com/article/10.1007%2Fs40279-014-0273-8#page-1	This article describes common issues and offers recommendations for literature reviews related to the built environment and physical activity. Issues identified include: the exclusion of prospective and intervention studies, lack of adherence to criteria for systematic reviews as well as exclusion of grey literature (e.g. reports, conference proceedings, doctoral theses). Recommendations include exploring the multiple domains in which physical activity occurs (e.g., employment, household, transport and leisure), assessing the impacts among specific population groups as well as including both objective and subjective measurements of the built environment. These findings advocate a more effective direction to synthesis research in the public health, built environment and exercise science domains.	APAN	Built environment; physical activity; literature review
GETTING PEOPLE ACTIVE			
Brown, S.C., Lombard, J., Toro, M., Huang, S., Perrino, T., Perez-Gomez, G. et al. 2014. 'Walking and proximity to the urban growth boundary and central business district.' <i>American Journal of Preventive Medicine</i> 47 (4): 481-486. http://www.ncbi.nlm.nih.gov/pubmed/24975010	This article examines the relationship between urban growth boundaries (UGB)/ central business districts (CBD) and walking among recently arrived Cuban immigrants. Distances to the UGB and CBD were geocoded for each participant's residential address. Participants' addresses were also coded using WalkScore. The International Physical Activity Questionnaire assessed levels of purposive walking. Statistical modelling of the data show that for every one-mile increase from the UGB towards the CBD, an 11% increase in frequency of purposive walking resulted; from the CBD towards the UGB, a 5% decrease resulted. WalkScore was found to mediate both the UDB and CBD distance to walking relationship suggesting that destinations and amenities are crucial to encouraging	SS	Walking; urban growth boundary; central business district

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	bouts of purposive walking. Urban growth boundary policies may encourage beneficial health outcomes if mixed use zoning and roadway connections are proposed.		
Ding, D., Sallis, J.F., Norman, G.J., Frank, L.D., Saelens, B.E., Kerr, J. et al. 2014. 'Neighbourhood environment and physical activity among older adults: Do the relationships differ by driving status?' <i>Journal of Ageing and Physical Activity</i> 22(3): 421-431. http://www.ncbi.nlm.nih.gov/pubmed/24084049	This article assesses walkable neighbourhoods, physical activity and driving status. A group of 883 adults (66+ years) wore accelerometers for 7 days, reported transport and leisure walking frequencies and recorded driving status. Each participant's residence was geocoded for walkability (residential density, land use mix, intersection density, retail floor area ratio). Linear regression models show that street connectivity, walking/cycling infrastructure, and traffic safety were positively significant for walking among older adult drivers. These surprising findings suggest that car ownership supports independent mobility among older adults. With such mobility, these adults may be more aware of their surroundings, leading to higher rates of walking for leisure. Attributes of the neighbourhood environment were related to transport walking irrespective of driving status. These findings show that walkable neighbourhoods may contribute to walking patterns among older adults. Yet further studies should investigate how environments may support leisure walking among non-driving older adults.	APAN	Walking; walkable neighbourhoods; driving; older adults
Giles, E.L. & Brennan, M. 2014. 'Trading between healthy food, alcohol and physical activity behaviours.' <i>BMC Public Health</i> 14: 1231. http://www.biomedcentral.com/1471-2458/14/1231 *	This article assesses the relationships among alcohol, food and physical activity behaviours. A group of 50 university-aged adults (19-26 years) completed food and physical activity diaries for four days per week for one week per month over four months. In-depth interviews were conducted to provide additional insight into the behaviours recorded in the diaries. Analyses of	APAN	Physical activity; food consumption; environmental changes; university-aged adults

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	the transcripts reveal that these adults primarily engage in healthy behaviours (i.e. fruit and vegetable consumption and physical activity) to compensate for unhealthy behaviours (e.g. binge drinking, fast food consumption). It is recommended that access to amenities to increase physical activity and retail outlets to purchase healthier foods may help promote healthier behaviours among these adults.		
CONNECTING AND STRENGTHENING COMMUNITIES			
Kearns, A. & Mason, P. 2015. 'Regeneration, relocation and health behaviours in deprived communities.' <i>Health & Place</i> 32(March 2015): 43-58. http://www.ncbi.nlm.nih.gov/pubmed/25618564 *	This article examines the effects of demolition, housing improvements and relocation on residential health in Glasgow. Data was taken from the third wave of the GoWell study conducted in six regeneration areas and nine areas undergoing social housing improvements. Participants were separated into those not living in a regeneration area, those living in a regeneration area and those who moved out of a regeneration area. Participants were asked about their food consumption and physical activity patterns (n=1283). They were also asked about their neighbourhood conditions (e.g. parks and open space, public transport, availability of fresh food, neighbourhood problems). Statistical analyses of the data reveal that a higher perception of more services and amenities was associated with higher odds of eating more home-cooked meals. Those living in a regeneration area were significantly more likely to eat more fresh foods. For this group of people, neighbourhood conditions were not associated with neighbourhood walking or physical activity levels. However, those living in regeneration areas were significantly more likely to walk around their neighbourhood. With a focus on regeneration, these	SS	Neighbourhood regeneration; physical activity; healthy food consumption; socio-economic status.

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PROVIDING HEALTHY FOOD OPTIONS			
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* denotes an item which has been placed in a number of different categories