

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
Georgia Tech. 2014. <i>Built Environment & Public Health Clearinghouse</i> . http://www.bephc.gatech.edu/	This website provides a wealth of resources targeting the intersection of community design and health. It offers academic and professional training modules related to architecture, health impact assessments, planning and transport engineering. A glossary is offered describing over 1000 terms related to the built environment and public health. A section is also devoted to current news and events. This clearinghouse provides multi-disciplinary insight into building healthy communities and is a resource aimed at practitioners and students.	HCDN	Built environment; community design; health; planning; architecture; transport; website
GETTING PEOPLE ACTIVE			
Furber, S., Pomroy, H., Grego, S. & Tavener-Smith, K. 2014. 'People's experiences of using outdoor gym equipment in parks.' <i>Health Promotion Journal of Australia</i> 25 (3): 211. http://www.publish.csiro.au/?act=view_file&file_id=HE14038.pdf	This article describes the experience of using outdoor gym equipment in New South Wales. A group of 54 adults were approached at a Wollongong park to report their frequency of park visits, outdoor gym usage and types of social interaction. A review of the data suggests that the installation of outdoor gym equipment increased park visits and encouraged social interactions. While the exact type of gym equipment used was not described, such findings support the installation of gym equipment in the public realm to make physical activity easily accessible and affordable.	SS	Physical activity; outdoor gym; park visits
Hunter, R.F., Christian, H., Veitch, J., Astell-Burt, T., Hipp, J.A. & Schipperijn, J. 2015. 'The impact of interventions to promote physical activity in urban green space: A	This article provides a systematic review of urban green space interventions and their effects on physical activity. Three types of interventions were identified: physical built environment changes (e.g. improved	SS	Urban green space; physical activity; systematic review

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<p>systematic review and recommendations for future research.' <i>Social Science and Medicine</i> 124 (January 2015): 246-256. http://www.sciencedirect.com/science/article/pii/S0277953614007837</p>	<p>playgrounds); promotion of urban green space (e.g. awareness campaigns); and, a combination of both. Twelve of 2405 studies were assessed in the review. Of nine studies investigating built environment changes, four showed positive outcomes with increases in physical activity and park usage and five revealed no significant impact. Two studies showed that a combination of both interventions significantly increased park visitation and physical activity levels. These findings suggest that improvements to urban green space along with promotional campaigns have the propensity to encourage park usage and subsequently increase activity levels. Recommendations for future research include longer-term assessment of physical activity following any type of intervention.</p>		
<p>Wells, N. M., Myers, B. M. & Henderson Jr., C. R. 2014. 'School gardens and physical activity: A randomized controlled trial of low-income elementary schools.' <i>Preventive Medicine</i> 69 (Supplement): S27-S33. http://www.sciencedirect.com/science/article/pii/S0091743514003764 *</p>	<p>This article analyses the effects of a school garden on primary school children's physical activity levels. Twelve economically disadvantaged New York schools were selected with six schools serving as the intervention group (i.e. initiating a school garden and a garden-based curriculum). A group of 227 students self-reported their physical and sedentary activity. From this group, 124 students wore accelerometers at baseline and after the establishment of the school garden. Students' movements were also assessed through direct observation. Statistical analyses reveal that students in the intervention group showed a greater decrease in sedentary activity as well as a greater increase in the time spent in moderate physical activity than students in the control group. The benefits of school gardens extend beyond nutritional benefits to improvements in children's physical activity behaviours as well as</p>	<p>GPAN</p>	<p>Physical activity; school garden; socio-economic status</p>

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	targeting disadvantaged children who tend to have fewer opportunities for physical activity.		
<p>Carlson, J.A., Sallis, J.F., Kerr, J., Conway, T.L., Cain, K., Frank, L.D. & Saelens, B.E. 2014. 'Built environment characteristics and parent active transportation are associated with active travel to school in youth age 12-15.' <i>British Journal of Sports Medicine</i> 48 (22): 1634-1639. http://bjsm.bmj.com/content/early/2014/03/21/bjsports-2013-093101.short</p>	<p>This article assesses the built environment in relation to young people's walks to and from school. Data was taken from the Teen Environment and Neighbourhood observational study conducted in the US. A group of 294 young people aged 12-15 reported their mode of transport to and from school as well as their perceptions of environmental barriers to active transport. Parents completed a subset of the Neighbourhood Environment Walkability Scale for Youth. Residential density, street connectivity, retail floor area ration, mixed use and neighbourhood parks were geocoded. Regression models show that young people were more likely to engage in active transport if they lived closer to school, possessed fewer perceived barriers, perceived greater pedestrian safety and had parents who engaged in active transport. These findings highlight the interplay between the environment, interpersonal factors and active transport.</p>	SS	Built environment; active transport; school travel; young people
<p>D'Haese, S., Van Dyck, D., De Bourdeaudhuij, I., Deforche, B. & Cardon, G. 2014. 'The association between objective walkability, neighbourhood socio-economic status, and physical activity in Belgian children.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 11: 104. http://www.ijbnpa.org/content/11/1/104</p>	<p>This article investigates the relationship between children's physical activity and neighbourhood walkability. 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. Residential density, intersection density and land use mix were geocoded for each of the children's residences to determine neighbourhood walkability. Household income data was calculated. Statistical modeling of the data shows that neighbourhood walkability was positively related to leisure walking and</p>	SS	Built environment; walkability; physical activity; children; Belgium

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	negatively related to sports activity in areas of low socio-economic status. In areas of higher socio-economic status, no relationships were found between physical activity and neighbourhood walkability. These findings suggest that children living in households with lower incomes where motorised transport may not be an option may walk when the environment offers opportunities to do so (whether through ease of access of mix of destinations).		
CONNECTING AND STRENGTHENING COMMUNITIES			
Wells, N. M., Myers, B. M. & Henderson Jr., C. R. 2014. 'School gardens and physical activity: A randomized controlled trial of low-income elementary schools.' <i>Preventive Medicine</i> 69 (Supplement): S27-S33. http://www.sciencedirect.com/science/article/pii/S0091743514003764 *	This article analyses the effects of a school garden on primary school children's physical activity levels. Twelve economically disadvantaged New York schools were selected with six schools serving as the intervention group (i.e. initiating a school garden and a garden-based curriculum). A group of 227 students self-reported their physical and sedentary activity. From this group, 124 students wore accelerometers at baseline and after the establishment of the school garden. Students' movements were also assessed through direct observation. Statistical analyses reveal that students in the intervention group showed a greater decrease in sedentary activity as well as a greater increase in the time spent in moderate physical activity than students in the control group. The benefits of school gardens extend beyond nutritional benefits to improvements in children's physical activity behaviours as well as targeting disadvantaged children who tend to have fewer opportunities for physical activity.	GPAN	Physical activity; school garden; socio-economic status
PROVIDING HEALTHY FOOD OPTIONS			
Quintiliani, L.M., DeBiase, M.A., Branco, J.M., Bhosrekar, S.G., Rorie, J.A.L. & Bowen,	This article describes the rationale and design of a study to improve diet and physical activity among public	SS	Healthy food access; public

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<p>D.J. 2014. 'Enhancing physical and social environments to reduce obesity among public housing residents: Rationale, trial design, and baseline data for the healthy families study.' <i>Contemporary Clinical Trials</i> 39 (2): 201-210. http://www.ncbi.nlm.nih.gov/pubmed/25139728</p>	<p>housing residents. Ten developments in Boston were divided into an intervention (n=5) and control (n=5) group. Interventions target a multitude of environmental and social influences. Of particular note is the emphasis of increasing access to healthy food. It is thought that to provide immediate, affordable and accessible healthy food options, a mobile food van would visit the intervention housing development weekly. Moreover, four times per year, cooking demonstrations and nutrition/education would be conducted. At this point, the effects of the intervention are unknown. This article, however, emphasises the opportunities for multi-level intervention to increase the healthy eating habits of public housing populations.</p>		<p>housing</p>
<p>Hoyt, L.T., Kushi, L.H., Leung, C.W., Nickleach, D.C., Adler, N., Laraia, B.A., Hiatt, R.A. & Yen, I.H. 2014. 'Neighborhood influences on girls' obesity risk across the transition to adolescence.' <i>Pediatrics</i> 134 (5): 942-949. http://pediatrics.aappublications.org/content/early/2014/10/08/peds.2014-1286.abstract</p>	<p>This article examines how the built environment affects obesity among a cohort of girls living in California (n=215). Height and weight measurements were taken from the prospective Cohort Study of Young Girls' Nutrition, Environment and Transitions Study. Street segments of each girl's residence were surveyed for food and service retail, recreation, walkability and physical disorder. Logistic regression models reveal that the food and service retail as well as the physical disorder scale predicted increased odds of obesity over a four-year period. Exposure to unhealthy food retail during a growing time of adolescence may be a predictor of unhealthy weight gain. Increased physical disorder may also discourage physical activity by increasing girls' perceptions of danger. The built environment may influence food choices, and ultimately obesity levels during the critical transitional period of adolescence.</p>	<p>SS</p>	<p>Obesity; physical activity; food access; walkability; disorder; girls</p>
<p>Lin, B.-H., Ver Ploeg, M., Kasteridis, P. & Yen,</p>	<p>This article argues that healthy food not only has to be</p>	<p>SS</p>	<p>Neighbourhood</p>

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<p>S.T. 2014. 'The roles of food prices and food access in determining food purchases of low-income households.' <i>Journal of Policy Modeling</i> 36 (5): 938-952. http://www.sciencedirect.com/science/article/pii/S0161893814000696</p>	<p>physically but financially accessible as well. The nationally representative 1996-97 National Food Stamp Program Survey provided food purchase data and types of food stores visited by low-income households in the US. Supermarket access was categorised into easy (less than 20 minute travel time), difficult (greater than 20 minutes travel time) and very difficult (supermarket not used). Statistical analyses of the data suggest that supermarket access has limited influence on fruit and vegetable purchases and that costs of items are significant determinants of food purchases. However, it is suggested that lowering food costs may involve increasing the number of outlets to provide greater price competition. Thus, improving health will involve addressing both healthy food accessibility and affordability.</p>		<p>food availability; access; price; socioeconomic</p>

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