

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>McCrorie, P.R.W., Fenton, C. & Ellaway, A. 2014. 'Combining GPS, GIS, and accelerometry to explore the physical activity and environment relationship in children and young people - a review.' <i>International Journal of Behavioral Nutrition and Physical Activity</i> 11(1): art. no. 93. http://www.ijbnpa.org/content/11/1/93</p>	<p>This article synthesises the current literature exploring the environment and physical activity among children and young people. Databases were searched for the following core concepts: physical activity, movement monitoring (accelerometry), mapping (GPS/GIS) and population (5-18 years). From a group of 1314 articles, fourteen papers were included for analysis. Findings show that roads, school grounds and the home environment are important for total physical activity. Moderate to vigorous activity levels were found to be positively associated with green space exposure. While this summary is helpful, it may be advantageous in future studies to assess the differences in age groups (e.g. children, pre-teens, adolescents) to provide a more nuanced picture of the effects of the built environment on physical activity levels.</p>	GPAN/APAN	Physical activity; built environment; children; young people; systematic review
<p>Local Government NSW. 2014. <i>The integrated age-friendly planning toolkit for local government in NSW</i>. Sydney: The NSW Office for Carers, Ageing and Disability Inclusion. http://www.lgnsw.org.au/policy/integrated-age-friendly-planning-toolkit-local-government-nsw</p>	<p>This toolkit provides strategies to promote and create age-friendly environments and communities in New South Wales. Part 1 provides examples of community engagement methods that have been successfully used to develop local liveability plans. Part 2 addresses the concept of ageing within NSW Government and regional strategy frameworks. Part 3 suggests specific objectives for ageing populations in the Community Strategic Plan. Part 4 deals with the built environment and land use aspects of age-friendliness (e.g. neighbourhood planning, open space planning, mobility). Part 5</p>	SIA	Built environment; age-friendly; older people; toolkit

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	concludes the toolkit with other resources and key references. With a focus on the built environment, this toolkit will assist government officials (e.g. planners, transport engineers, councillors) in enabling older people to live safe, healthy and independent lives in their community.		
GETTING PEOPLE ACTIVE			
<p>Salvo, D., Reis, R.S., Stein, A.D., Rivera, J., Martorell, R. & Pratt, M. 2014. 'Characteristics of the built environment in relation to objectively measured physical activity among Mexican adults, 2011.' <i>Preventing Chronic Disease</i> 11: 140047. http://www.cdc.gov/pcd/issues/2014/140047.htm</p>	<p>This article assesses the built environment and physical activity among a group of 677 Mexican adults. Participants wore accelerometers for seven days and reported their perceptions of neighbourhood and park safety. Residential density, land-use mix, street connectivity, walkability and number of parks were geocoded for each participant's residence. Linear regression models show that high walkability as well as eight or more bus routes within a 500m residential buffer were associated with fewer total weekly minutes of moderate to vigorous physical activity levels. Perceptions of park safety were found to moderate the association between physical activity and having an accessible park. These findings suggest that for this group, safety perceptions influence whether physical activity is undertaken in a park. Despite the increased number of transport stops, the transport stops do not provide an ease of transport to parks and perhaps more neighbourhood parks or a more integrated system of park stops are needed to promote physical activity.</p>	GPAN/APAN	Physical activity; built environment; safety; Mexico
<p>Chaix, B., Kestens, Y., Duncan, S., Merrien, C., Thierry, B., Pannier, B. et al 2014. 'Active transportation and public transportation use to achieve physical activity recommendations? A combined GPS,</p>	<p>This article assesses the contribution of public transport use to daily levels of physical activity. A group of 234 participants living in France wore a GPS unit with accelerometer for 7 days and completed a 7-day mobility survey. Results show that participants spent</p>	GPAN/APAN	Physical activity; public transport; France

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<p>accelerometer and mobility survey study.’ <i>International Journal of Behavioral Nutrition and Physical Activity</i> 11: 124. http://www.ijbnpa.org/content/11/1/124</p>	<p>approximately 2 hours per day in transport. Walking and public transport were associated with greater levels of moderate to vigorous physical activity. Those engaging in active transport as well as public transport may contribute to meeting physical activity recommendations.</p>		
<p>Duncan, D.T., Sharifi, M., Melly, S.J., Marshall, R., Sequist, T.D., Rifas-Shiman, S.L. & Taveras, E.M. 2014. ‘Characteristics of walkable built environments and BMI z-scores in children: Evidence from a large electronic health record database.’ <i>Environmental Health Perspectives</i>. DOI:10.1289/ehp.1307704 http://ehp.niehs.nih.gov/1307704/</p>	<p>This article investigates characteristics of the walkable built environment and body mass index of children and adolescents (4-19 years). Residential addresses and body mass index z-scores of 49,770 children and adolescents were taken from 14 pediatric practices of Harvard Vanguard Medical Associates. Eight walkable built environment characteristics were geocoded for each residential address (distance to open space, number of open spaces, residential density, traffic density, speed limit, sidewalk completion, intersection density and land use mix). Data analyses suggest that living closer to recreational open space was associated with a lower BMI score. Higher BMI scores were associated with living in areas with less open space, less residential density, less intersection density, less land use mix, less traffic density and less sidewalk completeness. These findings suggest that such characteristics that typify the suburban landscape may adversely affect children’s body mass index scores.</p>	GPAN/APAN	Body mass index; obesity; walkable environment; children
<p>Greer, A.E., Marcello, R. & Graveline, R. 2014. ‘Community members’ assessment of the physical activity environments in their neighbourhood parks: Utility of the community stakeholder park audit tool.’ <i>Health Promotion Practice OnlineFirst</i>. http://www.ncbi.nlm.nih.gov/pubmed/25</p>	<p>This article examines neighbourhood parks and physical activity from the perspective of community members. A group of 24 residents living in Connecticut were asked to evaluate in pairs three to six local parks using the Community Stakeholder Park Audit Tool. This tool measures park access, safety concerns, usable physical activity areas and amenities. Participants were also</p>	GPAN/APAN	Physical activity; park use; socio-economic status; community engagement

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<p>258432 *</p>	<p>asked to photograph park features thought to promote or hinder physical activity. Socioeconomic status and park access were geocoded for each participant's neighbourhood. A negative association was found between park areas designated for physical activity and number of safety concerns. A positive association was found with the number of amenities and number of physical activity areas. No association was found between park measurements and socio-economic status. This tool offers community members an opportunity to survey and recommend strategies to increase their levels of physical activity in their local parks.</p>		
<p>Hurvitz, P. M., Moudon, A. V., Kang, B., Fesinmeyer, M. D., & Saelens, B.E. 2014. 'How far from home? The locations of physical activity in an urban US setting.' <i>Preventive Medicine</i> 69(December 2014): 181-186. http://www.sciencedirect.com/science/article/pii/S0091743514003259</p>	<p>This study measured objective physical activity patterns over a period of one week. Data was taken from the Travel Assessment and Community Study of 611 participants (20+ years) living in Washington, US. Participants wore a GPS and accelerometer unit and completed a place-based travel diary for seven days. Residential and physical activity locations were geocoded; and activity levels, assessed. Most time was spent at home (<125m) in sedentary activity. Approximately 40% of time spent in moderate to vigorous activity was spent at near home (125-1666m) and away from home (>1666m) locations. Near home was defined as a 10-20 minute walking distance to home. Away from home was categorised as in excess of 20 minute walk from home. These findings suggest that the neighbourhood environment is conducive for promoting opportunities to be physically active and such activity may be tied to both recreational and or utilitarian activities. Moreover, a walkable neighbourhood environment (10-20 minute walk from</p>	<p>APAN</p>	<p>Physical activity; built environment; 10-20 minute walking radius</p>

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	home) may be support higher levels of physical activity.		
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Greer, A.E., Marcello, R. & Graveline, R. 2014. 'Community members' assessment of the physical activity environments in their neighbourhood parks: Utility of the community stakeholder park audit tool.' <i>Health Promotion Practice Online</i> First. http://www.ncbi.nlm.nih.gov/pubmed/25258432 *</p>	<p>This article examines neighbourhood parks and physical activity from the perspective of community members. A group of 24 residents living in Connecticut were asked to evaluate in pairs three to six local parks using the Community Stakeholder Park Audit Tool. This tool measures park access, safety concerns, usable physical activity areas and amenities. Participants were also asked to photograph park features thought to promote or hinder physical activity. Socioeconomic status and park access were geocoded for each participant's neighbourhood. A negative association was found between park areas designated for physical activity and number of safety concerns. A positive association was found with the number of amenities and number of physical activity areas. No association was found between park measurements and socio-economic status. This tool offers community members an opportunity to survey and recommend strategies to increase their levels of physical activity in their local parks.</p>	GPAN/APAN	Physical activity; park use; socio-economic status; community engagement
<p>Bukman, A.J., Teuscher, D., Feskens, E.J., van Baak, M.A., Meershoek, A. & Renes, R.J. 2014. 'Perceptions on healthy eating, physical activity and lifestyle advice: Opportunities for adapting lifestyle interventions to individuals with low socioeconomic status.' <i>BMC Public Health</i> 14: 1036. http://www.biomedcentral.com/1471-2458/14/1036/abstract</p>	<p>This article assesses perspectives of eating and physical activity patterns among low and high socio-economic status groups. Nine focus groups (four low SES, five high SES) were conducted in the Netherlands. Fifty-six participants were asked about their experiences in regard to eating, physical activity and lifestyle advice. Three themes from the interview transcripts emerged: current eating and activity levels suited lifestyle patterns (e.g. habits, social influences); lifestyle changes are prompted by own body signals; lifestyle changes should be individually tailored yet accomplished within</p>	APAN	Physical activity; eating; socio-economic; social environment

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	group settings. Low SES groups felt that their eating patterns were affected by cost concerns and were slightly hesitant to change their lifestyle patterns based on prevention reasons. These findings suggest that healthy behaviours can be influenced by the social environment and if developed early may assist in healthier outcomes along the life course.		
PROVIDING HEALTHY FOOD OPTIONS			
<p>Ghosh-Dastidar, B., Cohen, D., Hunter, G., Zenk, S.N., Huang, C., Beckman, R. & Dubowitz, T. 2014. 'Distance to store, food prices, and obesity in urban food deserts.' <i>American Journal of Preventive Medicine</i> 47 (5): 587-595.</p> <p>http://www.ncbi.nlm.nih.gov/pubmed/25217097</p>	<p>This article investigates obesity, food access and food cost among a low-income population. Data was derived from the Pittsburgh Hill/Homewood Research on Eating, Shopping and Health study. Participants (n=1214) were chosen from two neighbourhoods identified as food deserts. They reported food shopping behaviours, transportation options and objective height and weight measurements. Fresh food availability and cost audits were conducted in the food stores frequented by participants (24 stores within the neighbourhood; and 16 stores, outside). Statistical analyses reveal that fruit and vegetable prices increased as the distance to the participant's residence decreased. However, the odds of being obese increased by 5% for each additional mile travelled. These findings suggest that accessible and affordable fruit and vegetables may not be sufficient to promote healthy eating habits. Rather, the authors suggest that display and marketing of cheaper junk food alternatives may dissuade shoppers from healthier eating patterns.</p>	SS	Obesity; food access; cost; distance; socio-economic; African-American
<p>Engler-Stringer, R., Shah, T., Bell, S. & Muhajarine, N. 2014. 'Geographic access to healthy and unhealthy food sources for children in neighbourhoods and from</p>	<p>This article examines accessibility to healthy and unhealthy neighbourhood food sources among children. Saskatchewan primary schools (n= 76) were geocoded. Unhealthy food outlets (fast food outlets, convenience</p>	SS	Food access; socio-economic; children; Canada

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<p>elementary schools in a mid-sized Canadian city.' <i>Spatial and Spatio-temporal Epidemiology</i> 11 (October 2014): 23-32. http://www.sciencedirect.com/science/article/pii/S1877584514000355</p>	<p>stores) and healthy (grocery/food stores) were surveyed and geocoded. Statistical analyses of the data show that unhealthy food sources near schools were twice as prevalent in the lowest income neighbourhood when compared to higher income neighbourhoods. Neighbourhoods with higher unemployment rates are associated with greater access to unhealthy food sources. These findings indicate that children attending school in disadvantaged neighbourhoods are generally surrounded and therefore influenced by unhealthy food choices. Greater emphasis on providing children in these disadvantaged neighbourhoods with healthier and affordable food options may benefit long-term lifestyle patterns.</p>		

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