

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Thompson, S., Kent, J. & Lyons, C. 2014. 'Building partnerships for healthy environments: Research, leadership and education.' <i>Health Promotion Journal of Australia OnlineFirst</i>. http://www.publish.csiro.au/view/journals/dsp_journals_pip_abstract_scholar1.cfm?nid=292&pip=HE14039</p>	<p>This article provides an account of the aims and achievements of the Healthy Built Environments Program. The program unites academics, health and planning practitioners and government officials to target research, workforce development and education as well as leadership and advocacy. The achievements and challenges discussed offer an interested insight into collaborating to develop cities and neighbourhoods supportive of health.</p>	GPAN/APAN	Built environment; health; collaboration; research; advocacy; education
<p>May Goodwin, D., Mapp, F., Sautkina, E., Jones, A., Ogilvie, D., White, M., Petticrew, M. & Cummins, S. 2014. 'How can planning add value to obesity prevention programmes? A qualitative study of planning and planners in the Healthy Towns programme in England.' <i>Health & Place</i> 30(November 2014): 120-126. http://www.sciencedirect.com/science/article/pii/S1353829214001294</p>	<p>This article explores the potential for obesity prevention within planning policy. The Healthy Towns program in England invested governmental funds in a series of interventions and programs designed to encourage physical activity and healthy eating among residents. A group of 23 planners in the program were interviewed about the development, implementation and sustainability of the program as well as the contribution of planning to public health. The following categories emerged from the interview transcripts: approaches (planner role, resources); relationships and processes (professional relationships, culture regulations, local politics); policy sustainability (program timing, sustainability). The program exemplifies a model for building relationships and developing joint planning and health agendas to produce effective health outcomes.</p>	SS	Planning; Healthy Towns; obesity; policy

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GETTING PEOPLE ACTIVE			
<p>Lawman, H.G. & Wilson, D. 2014. 'Associations of social and environmental supports with sedentary behaviour, light and moderate-to-vigorous physical activity in obese underserved adolescents.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 11: 92 http://www.ijbnpa.org/content/11/1/92</p>	<p>This article assesses environmental and individual factors related to physical activity and sedentary behaviour in obese adolescents living in South Carolina, US. A group of 181 10-17 year olds were measured for height and weight, wore accelerometers for seven days and completed questions related to self-efficacy and social support. Caregivers of participants completed questions about limits on adolescent behaviours, nurturance, physical activity resources at home and physical neighbourhood support for physical activity (e.g. footpaths, recreational areas). Statistical analyses show that parental social support and neighbourhood supports were significantly associated with light physical activity. However, it is unclear exactly which aspects of the neighbourhood affected this relationship. Moreover, it was parental perceptions of neighbourhood support that were found to influence adolescents' physical activity. Future research should assess adolescents' perspectives directly as well as further explore the impact of neighbourhood support on physical activity levels.</p>	GPAN/APAN	Physical activity; neighbourhood support; social support; obese adolescents
<p>Mertens, L., Van Holle, V., De Bourdeaudhuij, I., Deforche, B., Salmon, J., Nasar, J., et al. 2014. 'The effect of changing micro-scale physical environmental factors on an environment's invitingness for transportation cycling in adults: an exploratory study using manipulated photographs.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 11: 88.</p>	<p>This article investigates adults' perceptions of the built environment for transport cycling using a novel method. Two sets of environmental features were captured using panoramic photos. Set A contained photos of traffic, speed bumps, path evenness, vegetation and general upkeep (graffiti, broken windows, rubbish, potholes). Set B contained photos of traffic, path evenness, motorised traffic separation (hedge), footpath and cycle path separation (bollard) and width. Each set contained an absence and presence of features. A group of 66</p>	GPAN/APAN	Built environment; micro-scale features; cycling; perceptions

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http://www.ijbnpa.org/content/11/1/88	<p>Flemish adults completed the International Physical Activity Questionnaire and sorted the two sets of photographs from least to most inviting for cycling. For each picture, participants rated each photograph on a scale of 0 (not inviting) to 10 (most inviting) and shared their reasons for their sorting choices. Review of the data show that cycle path evenness was the most inviting micro-scale feature perceived by the group. General upkeep coupled with motorised traffic separation was the second most identified feature. Separation between cycle path and footpath had a negative effect on the invitingness score. While these findings may help design interventions to encourage transport cycling, other micro-scale features should be assessed (e.g. parking facilities, cycling exempt streets) as well as participants having the opportunity to nominate other features of invitingness.</p>		
<p>McCormack, G.R., Rock, M., Swanson, K., Burton, L. & Massolo, A. 2014. 'Physical activity patterns in urban neighbourhood parks: Insights from a multiple case study.' <i>BMC Public Health</i> 14(1): art. no. 962. http://www.biomedcentral.com/1471-2458/14/962</p>	<p>This article endeavours to understand physical activity patterns and usage at four parks. Direct observations of visitor patterns (time, day, walking, cycling, dog activity, play) and socio-demographic characteristics (gender, age group) were taken. Photographs of park characteristics and patterns of use were gathered. Park attributes were also inventoried. Review of the data show that walking and dog walking were the most common park activities. Activities were also associated with the amenities available (e.g. bike trails and walking paths). Moreover, people were often accompanied whether with dogs or young children. Park uses were associated with socio-demographic characteristics and suggest that local communities should be consulted in park design to effectively cater to user needs.</p>	<p>SS</p>	<p>Park use; walking; cycling; dog walking; observations</p>

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<p>Zhu, X., Yu, C.Y., Lee, C., Lu, Z. & Mann, G. In press. 'A retrospective study on changes in residents' physical activities, social interactions and neighbourhood cohesion after moving to a walkable community.' <i>Preventive Medicine</i>. http://www.sciencedirect.com/science/article/pii/S0091743514003041 *</p>	<p>This article examines the effects of moving into a walkable neighbourhood on residential lifestyle. A group of 449 Texan residents completed pre- and post-move surveys about their frequency of physical activity, social interactions and neighbourhood cohesion. Each participant's neighbourhood was rated for walkability using WalkScore. Statistical analysis show that post move, physical activity significantly increased for those who lived in less-walkable neighbourhoods. Those living in high-walkability communities did not show significant increases. Moreover, social interactions and neighbourhood cohesion increased as a result of moving to a walkable community. These findings suggest that neighbourhood designs that encourage walking among residents may facilitate those residents who normally do not walk to walk. The opportunity for social interaction may encourage such walking and should be explored further.</p>	<p>GPAN/APAN</p>	<p>Walkability; physical activity; neighbourhood design; social interaction; WalkScore; social cohesion</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Zhu, X., Yu, C.Y., Lee, C., Lu, Z. & Mann, G. In press. 'A retrospective study on changes in residents' physical activities, social interactions and neighbourhood cohesion after moving to a walkable community.' <i>Preventive Medicine</i>. http://www.sciencedirect.com/science/article/pii/S0091743514003041 *</p>	<p>This article examines the effects of moving into a walkable neighbourhood on residential lifestyle. A group of 449 Texan residents completed pre- and post-move surveys about their frequency of physical activity, social interactions and neighbourhood cohesion. Each participant's neighbourhood was rated for walkability using WalkScore. Statistical analysis show that post move, physical activity significantly increased for those who lived in less-walkable neighbourhoods. Those living in high-walkability communities did not show significant increases. Moreover, social interactions and neighbourhood cohesion increased as a result of moving to a walkable community. These findings suggest that</p>	<p>GPAN/APAN</p>	<p>Walkability; physical activity; neighbourhood design; social interaction; WalkScore; social cohesion</p>

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	neighbourhood designs that encourage walking among residents may facilitate those residents who normally do not walk to walk. The opportunity for social interaction may encourage such walking and should be explored further.		
<p>Francis, J., Giles-Corti, B., Wood, L. & Knuiiman, M. In press. 'Neighbourhood influences on perceived mental health in Master Planned Estates: A qualitative examination of resident perspectives.' <i>Health Promotion Journal of Australia</i>. http://www.publish.csiro.au/view/journals/dsp_journals_pip_abstract_Scholar1.cfm?nid=292&pip=HE14036</p>	<p>This article assesses the mental health of residents in new master planned housing estates. Focus groups living in Perth discussed the facilitators and barriers to what they perceived to be mentally healthy neighbourhoods. Review of the transcripts suggests that sense of community and security strongly influences mental health. An aesthetically pleasing environment was also found to contribute beneficially to mental health. It is suggested that similarities in life stages may contribute to the strong sense of community. These findings reflect that the establishment of strong community networks have the proclivity to encourage mental health welfare provided that there are enough similarities to engage residents. Investigations regarding estates housing residents across life stages are needed.</p>	SS	Mental health; sense of community; master planned estates
PROVIDING HEALTHY FOOD OPTIONS			
<p>Richardson, A.S., Meyer, K.A., Howard, A.G., Boone-Heinonen, J., Popkin, B.M., Evenson, K.R., et al. 2014. 'Neighbourhood socioeconomic status and food environment: A 20-year longitudinal latent class analysis among CARDIA participants.' <i>Health & Place</i> 30(November 2014): 145-153. http://www.ncbi.nlm.nih.gov/pubmed/25280107</p>	<p>This article analyses food retail disparities and residential neighbourhood socio-economic status. Data was drawn from the Coronary Artery Risk Development in Young Adults study, which collected diet, physical activity, environmental and socio-economic data for 5114 adults over a period of 20 years. Fast-food restaurants, non-fast food restaurants, supermarkets and convenience stores were calculated within 3km of each participant's residence. Latent class analysis was used to compare changes in neighbourhood food</p>	SS	Food retail; restaurants; supermarkets; convenience stores; socio-economic

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	<p>resources over time. Across 20 years, counts of neighbourhood fast food restaurants and convenience stores increased, non-fast food outlets decreased and supermarkets remained constant. Higher socio-economic neighbourhoods had greater restaurant but less convenience store availability. Those living in low or declining socio-economic neighbourhoods had more convenience stores and few restaurant options. These findings suggest that despite the convenience of food shopping options, those living in lower socio-economic neighbourhoods have less access to alternative and possibly healthy eating options. This is one of the first studies to analyse longitudinally the prevalence of food retail outlets under different socio-economic conditions.</p>		
<p>Clark, E.M., Quigg, R., Wong, J.E., Richards, R., Black, K.E. & Skidmore, P.M.L. 2014. 'Is the food environment surrounding schools associated with the diet quality of adolescents in Otago, New Zealand?' <i>Health & Place</i> 30(November 2014): 78-85. http://www.sciencedirect.com/science/article/pii/S1353829214001257</p>	<p>This article examines the association between food outlets and diets among secondary school students in Otago, New Zealand. Data was taken from the Otago School Students Lifestyle Survey Two and reported the variety and adequacy of diet over a one-week period for 664 adolescents. A resulting diet quality index was computed with a higher score representing a greater adherence to healthy dietary recommendations. Height and weight measurements were also taken. Four categories of food outlets (convenience stores, cafes and restaurants, supermarkets and takeaways) were geocoded at 800m and 1500m radius buffer around each participating school. Statistical analyses reveal that boys attending schools with a higher density of cafes and restaurants, supermarkets and takeaways had a higher diet quality index. No significant associations were found between food outlet density and diet quality for girls. However, a 100m increase in distance to the</p>	<p>SS</p>	<p>Food outlets; accessibility; density; diet quality; adolescents; New Zealand</p>

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	<p>nearest food outlet resulted in a decrease in the diet quality index for both boys and girls. These findings suggest that the types of exposure to food outlets can beneficially as well as adversely affect the quality of diet in adolescents and the effects of density as well as distance should be acknowledged in future studies.</p>		
<p>LeDoux, T.F. & Vojnovic, I. 2014. 'Examining the role between the residential neighbourhood food environment and diet among low-income households in Detroit, Michigan.' <i>Applied Geography</i> 55 (December 2014): 9-18. http://www.sciencedirect.com/science/article/pii/S0143622814001799</p>	<p>This article assesses food environments, diet and shopping behaviour among socio-economically depressed neighbourhoods. A group of 258 African American residents living in low-income neighbourhoods of Detroit were asked to recall their daily, weekly and monthly servings of three food categories (soda & juice, sweets & salty snacks, fruits & vegetables). Accessibility to supermarkets, convenience stores and fast food outlets were calculated for each participant's residence. Binomial regression results depict a statistically significant relationship between household income and soda & juice intake and a positive relationship with fruit & vegetable consumption. Men consumed less fruits and vegetables than women. Higher densities of fast food outlets within 400m and 800m of a participant's residence were associated with lower consumption of fruits & vegetables. These findings suggest that socio-economic conditions help explain consumption patterns. However, such patterns result from a complicated relationship with food accessibility and other demographic measures.</p>	<p>SS</p>	<p>Food environment; access; socio-economic status</p>

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