

HBEP FORTNIGHTLY LITERATURE REVIEW

| REFERENCE | DESCRIPTION | ALERT SOURCE | KEYWORDS |
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| GENERAL POLICY AND RESEARCH | | | |
| <p>City of Los Angeles. 2014. <i>Plan for a healthy Los Angeles: A health and wellness element of the general plan</i>. Los Angeles: City of Los Angeles. http://healthyplan.la</p> | <p>This Plan establishes a policy framework that elevates health as a priority in the growth and development of Los Angeles. Interactive health profiles of each neighbourhood are provided and include information related to demographic and social characteristics, economic conditions, education, health conditions, land use, food systems, transportation, crime, housing and environmental health. This is an exemplary plan showcasing collaboration among different stakeholders (e.g. governmental, institutional and civic organisations) and demonstrates the influence of neighbourhoods on the health and wellbeing of its residents.</p> | SIA | General plan; health element; health; wellbeing |
| <p>Ewing, R. & Hamidi, S. 2014. <i>Measuring sprawl</i>. Utah: Smart Growth America. http://www.smartgrowthamerica.org/documents/measuring-sprawl-2014.pdf</p> | <p>This report provides an update of the <i>Measuring Sprawl and Its Impact</i> study conducted in 2002. It evaluates development patterns in 221 metropolitan areas and 994 counties in the United States using four indicators: residential and employment density; neighbourhood mix; strength of activity centres and downtowns; and accessibility of street networks. Based on these indicators, a Sprawl Index score is assigned. The report also investigates the relationship between Sprawl Index scores and quality of life. The investigation reveals that individuals in compact connected metro areas live longer, safer and healthier lives than residents in metro areas with sprawl. It concludes with recommendations to create more connected and walkable communities.</p> | APAN | Smart growth; urban design; quality of life; obesity |

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| GETTING PEOPLE ACTIVE | | | |
| <p>Duncan, M.J., Clarke, N.D., Birch, S.L., Tallis, J., Hankey, J., Bryant, E. & Eyre, E.L.J. 2014. 'The effect of green exercise on blood pressure, heart rate and mood state in primary school children.' <i>International Journal of Environmental Research and Public Health</i> 11 (4): 3678-3688. http://www.ncbi.nlm.nih.gov/pubmed/24699030</p> | <p>This article explores moderate intensity cycling, undertaken while viewing a green environment, and its effects on blood pressure, heart rate and mood responses. Seven boys and seven girls undertook two 15-minute bouts of cycling where blood pressure, heart rate and mood state were assessed. One bout involved cycling while viewing a video of forest setting. The other bout consisted of no stimuli. Analysis showed that blood pressure was significantly lower following cycling bouts viewing green scenery. These findings suggest that exposure to natural scenes while cycling may lower blood pressure. Natural scenes, however, were defined as videos of forests. Effects of actual cycling in forests or other green environments need studying. Nevertheless, outdoor exercise has the propensity to reduce health risks.</p> | SS | Green environments; cycling; blood pressure |
| <p>Sugiyama, T., Cerin, E., Owen, N., Oyeyemi, A.L., Conway, T.L., Van Dyck, D., et al. 2014. 'Perceived neighbourhood environmental attributes associated with adults' recreational walking: IPEN Adult study in 12 countries.' <i>Health & Place</i> 28 (July 2014): 22-30. http://www.sciencedirect.com/science/article/pii/S1353829214000392</p> | <p>This article examines perceived environmental attributes and recreational walking among 13,745 adults in 12 countries. Data was taken from the International Physical Activity and the Environment Network Adult project conducted in Australia, Belgium, Brazil, Columbia, the Czech Republic, Denmark, Hong Kong, Mexico, New Zealand, Spain, the UK and the US. Neighbourhood walkability and socioeconomic indices were tabulated for each study site. The International Physical Activity Questionnaire and the Neighborhood Walkability Scale were used. Statistical analyses of the data show that perceived aesthetics, safety from crime and proximity to parks were positively related to walking. Perceiving few cul-de-sacs in the neighbourhood showed a negative relationship to</p> | SS | Recreational walking; built environment; urban design |

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| | walking. Well-connected streets and better aesthetics were associated with a higher frequency of walking among those who walked for recreation. These findings validate elements of the built environment with recreational walking on an international scale. | | |
| <p>Glazier, R.H., Creatore, M.I., Weyman, J.T., Fazli, G., Matheson, F.I., Gozdyra, P., et al. 2014. 'Density, destinations or both? A comparison of measures of walkability in relation to transportation behaviors, obesity and diabetes in Toronto, Canada.' <i>PLoS ONE</i>, 9 (1), art. no. e85295 http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0085295</p> | <p>This article investigates the effects of residential density and walkable destinations on walking, obesity and diabetes. A walkability index was calculated for the city of Toronto using population density, residential density, availability of walkable destinations and street connectivity. Data was drawn from the 2006 Transportation Tomorrow Survey (self-reported active travel), the Canadian Community Health Survey (height and weight) and the Ontario Diabetes Database (diabetes). Analyses of the data suggest that participants living in more walkable areas were more than twice as likely to actively travel compared with those living in less walkable areas. Participants living in less walkable areas were up to one-third more likely to be obese or to have diabetes. These findings suggest that urban walkability as defined by residential density and walkable destinations can affect several health outcomes.</p> | SS | Residential density; walkable destinations; obesity; transportation patterns |
| CONNECTING AND STRENGTHENING COMMUNITIES | | | |
| <p>Baker, E., Mason, K., Bentley, R. & Mallett, S. 2014. 'Exploring the bi-directional relationship between health and housing in Australia.' <i>Urban Policy and Research</i> 32(1): 71-84. http://www.tandfonline.com/doi/abs/10.1080/08111146.2013.831759#preview</p> | <p>This article investigates whether poor health predicts unaffordable housing and whether unaffordable housing influences individual health. Data was taken from the Household, Income and Labour Dynamics in Australia Survey. Unaffordable housing is defined as households in the lowest 40% of the national income distribution and paying more than 30% of gross household income for housing costs. Self-assessed health, current physical</p> | SS | Housing affordability; health outcomes; mental health |

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| | <p>and mental health and prior mental and physical health provided health measures. Statistical analyses of the data reveal an association between self-rated health and unaffordable housing. Individuals living in unaffordable housing reported mental health scores one point lower than those living in affordable housing. A bi-directional relationship exists between housing affordability and health outcomes in Australia.</p> | | |
| <p>Besenyi, G.M., Kaczynski, A.T., Stanis, S.A.W., Bergstrom, R.D., Lightner, J.S. & Hipp, J.A. 2014. 'Planning for health: A community-based spatial analysis of park availability and chronic disease across the lifespan.' <i>Health & Place</i> 27 (May 2014): 102-105. http://www.ncbi.nlm.nih.gov/pubmed/24594836</p> | <p>This article examines the availability of parks and its impact on chronic health. A general population mail survey of residents living in Kansas City, Missouri reported chronic health conditions (heart conditions, cancer, diabetes, osteoporosis, mental health concerns, allergies, disability and other) as well as height and weight measurements. Parks were audited and geocoded to determine the availability of parks within half a mile of each participant's residence. Logistic regression showed no significant associations between the younger (18-39 years) or older (+60 years) age groups. Participants between the ages of 40-59 were twice as likely to have 2 or more chronic health conditions when there was no availability of parks within half a mile from the home. These findings suggest that the provision of park accessibility, especially among middle-aged adults, may assist in the prevention of chronic health issues. However, it is unclear which specific types of activities are encouraged by the accessibility of parks, and this needs further investigation.</p> | SS | Park availability; recreation; chronic disease |
| PROVIDING HEALTHY FOOD OPTIONS | | | |
| Blecha, J. & Leitner, H. 2014. 'Reimagining the food system, the economy, and urban | This article examines the emergence of backyard chicken raising as a contribution to urban food systems | SS | Urban agriculture; food systems |

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| <p>life: new urban chicken-keepers in US cities.' <i>Urban Geography</i> 35(1): 86-108. http://www.tandfonline.com/doi/abs/10.1080/02723638.2013.845999#preview</p> | <p>in Portland, Oregon and Seattle, Washington. In studying New Urban Chicken Keepers, this article draws upon participant observation in chicken keeping, collections of newspaper and magazine articles and eight in-depth interviews. The following themes emerged from analysis of the data: happy chickens and healthy food (ethical treatment of animals and knowledge of healthy food); urban backyard ecosystems; reimagining the economy and urban life (animal and human interaction, sharing eggs, resisting commodification). A return to animal keeping in urban environments contributes to agri-food systems, happy and healthy existences and productive urban communities.</p> | | |
| <p>Miewald, C. & McCann, E. 2014. 'Foodscapes and the geographies of poverty: Sustenance, strategy, and politics in an urban neighbourhood.' <i>Antipode</i> 46(2): 537-556. http://onlinelibrary.wiley.com/doi/10.1111/anti.12057/abstract</p> | <p>This article analyses food access among low-income residents in Vancouver, British Columbia. It defines foodscape as the spatiality of food systems from its production, retailing and consumption. How, when and where residents accessed food were the focus of in-depth interviews with 47 low-income residents. Three themes emerged: food availability and food programs' regulations, residents' constrained agency and choice and effects of state funding and gentrification on the existing foodscape. These findings suggest that the absence of predictable and adequate funding for food programs promotes inequity in food access. Moreover, they emphasise the relationship between foodscapes and urban poverty.</p> | <p>SS</p> | <p>Food security; urban foodscapes; poverty</p> |

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