

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Heart Foundation. 2014. <i>Healthy active by design</i>. http://www.healthyactivebydesign.com/</p>	<p>This website is a collaboration between Western Australia's departments of Health, Planning, Sport & Recreation, Transport and Metropolitan Redevelopment Agency, the Planning Institute of Australia and the Heart Foundation. It is an interactive tool that provides practical guidelines, checklists and case studies in regards to designing healthy neighbourhoods. Aimed at policy makers and practitioners it also features a healthy active by design checklist. Although heavily focused on Western Australia, it is a useful foundation to learn more about designing neighbourhoods for health and activity.</p>	APAN	Physical activity; healthy eating; neighbourhood design; case studies
<p>Ehrenhalt, A. 2014. 'Greener pastures: Charles Montgomery's 'Happy City''. <i>The New York Times</i>. Sunday Book Review 1/3/2014. http://www.nytimes.com/2014/01/05/books/review/charles-montgomerys-happy-city.html?pagewanted=1&nl=books&emc=edit_bk_20140103&r=2</p>	<p>This article reviews Charles Montgomery's book entitled "Happy City". This book argues that if planners and developers directed their attention to the growing literature related to happiness, cities would be created that could enhance the contentment of those who live, play and work in them. Studies are cited linking green space and driving commute times to happiness. The insight from this book may provide additional evidence in linking the design of cities to general wellbeing.</p>	PCAL	Wellbeing; happiness; urban design; book review
<p>Christensen, E., Runge, C., Crangle, K., Picard, L., Powers, S. & Fulenwider, D. 2014. <i>The Mariposa Healthy Living Initiative</i>. Denver, CO: Denver Housing Authority. http://www.denverhousing.org/development/SouthLincoln/Documents/Mariposa%</p>	<p>This report defines the Mariposa Living Initiative and reports current progress. The Initiative endeavours to advance the health and quality of life for residents through a redevelopment site of 900 new mixed-income housing units in Denver, Colorado. This report describes the campaigns for actions to improve health,</p>	PCAL	Health; quality of life; redevelopment; assessments

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20Healthy%20Living%20Initiative%202012.pdf	assessments and an evaluation tool and implementation guide. Comprehensive in scope, this guide offers useful strategies for practitioners, governmental officials as well as community members.		
GETTING PEOPLE ACTIVE			
<p>Lachowycz, K. & Jones, A.P. 2014. 'Does walking explain associations between access to greenspace and lower mortality?' <i>Social Science and Medicine</i> 107 (April 2014): 9-17.</p> <p>http://www.sciencedirect.com/science/article/pii/S0277953614001270</p>	This article investigates the multifaceted association between green space access, walking and mortality. A group of 165, 424 adults participating in the Active People Survey (England) self-reported walking levels. Measures of green space access were geocoded for each participant. Measures of premature cardiovascular mortality over the period of 2006-2010 were obtained. Results indicate that better green space access is associated with 13-18% more days of recreational walking. In relation to walking, no significant evidence explained the association between green space and mortality. Despite this insignificance, these findings depict higher reports of recreational walking due to green space access. Providing people with access to green space may encourage walking.	APAN	Recreational walking; green space access; cardiovascular mortality
<p>Sugiyama, T., Paquet, C., Howard, N.J., Coffee, N.T., Taylor, A.W., Adams, R.J. & Daniel, M. 2014. 'Public open spaces and walking for recreation: Moderation by attributes of pedestrian environments'. <i>Preventive Medicine</i> 62 (May 2014): 25-29.</p> <p>http://www.sciencedirect.com/science/article/pii/S0091743514000632</p>	This article assesses the relationship of open space access, pedestrian environment (aesthetics, infrastructure, traffic, crime, intersection density and access to trails) and recreational walking. Walking frequency was taken from the North West Adelaide Health Study (1574 participants). Public open space nearest to participant's residence was geocoded. The pedestrian environment was assessed using the Neighbourhood Environment Walkability Scale. Statistical analyses of the data suggest that public open space access was associated with occasional walking in aesthetically pleasing environments, with poorer	APAN	Recreational walking; public open space; pedestrian environments

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	walking infrastructure and without access to walking trails. These findings suggest that in addition to being a destination for walking, access to public open space can foster opportunities for incidental walking.		
<p>Astell-Burt, T., Feng, X. & Kolt, G.S. 2014. 'Green space is associated with walking and moderate-to-vigorous physical activity (MVPA) in middle-to-older-aged adults: Findings from 203 883 Australians in the 45 and Up Study'. <i>British Journal of Sports Medicine</i> 48 (5): 404-406. http://www.ncbi.nlm.nih.gov/pubmed/23632744</p>	<p>This article explores the impact of green space on walking and moderate to vigorous physical activity. A group of 203,883 participants from the 45 and Up Study (Australia) completed questions related to their physical activity and walking levels. Green space was calculated using a residential radius of the participant population. Regression models show that among those living in the lowest density of green space, the prevalence of walking and physical activity was 86%. For those living in the highest density of green space, walking was 88% and 90%, respectively. Participants in the least green areas walked 6.4 times and participated in 9 sessions of physical activity compared with those in the greenest areas (7 and 9.9, respectively). These findings show that green areas offer residents opportunities to walk as well as engage in moderate to physical activity.</p>	SS	Walking; physical activity; green space
<p>Beenackers, M.A., Kamphuis, C.B.M., Prins, R.G., Mackenbach, J.P., Burdorf, A. & Van Lenthe, F.J. 2014. 'Urban form and psychosocial factors: Do they interact for leisure-time walking?' <i>Medicine & Science in Sports & Exercise</i> 46 (2): 293-301. http://www.ncbi.nlm.nih.gov/pubmed/24051658 *</p>	<p>This article assesses how urban form characteristics interact with psychosocial factors to encourage recreational walking. A group of 736 participants in the Dutch GLOBE study reported their levels of leisure time walking, attitude, self-efficacy, intention and social influence. Neighbourhoods were assessed through field observations (accessibility, safety, comfort and pleasurability). Statistical analyses of the data reveal two significant interactions related to walking. Urban form characteristics related to comfort were found to contribute to walking specifically in residents with a less than favourable attitude towards physical activity.</p>	SS	Walking; urban form; psychosocial factors; social support; Netherlands

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	Moreover, positive social encouragement to engage in physical activity was strongly associated with neighbourhoods accessible for walking. Combinations of urban form characteristics along with attitude and social support may affect people's opportunities to walk leisurely.		
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Kramer D, Stronks K, Maas J, Wingen M, Kunst AE 2014. 'Social neighbourhood environment and sports participation among Dutch adults: Does sports location matter?' <i>Scandinavian Journal of Medicine & Science in Sports</i> Early View. http://onlinelibrary.wiley.com/doi/10.1111/1/sms.12173/abstract</p>	<p>This article assesses the social neighbourhood environment, recreational areas and participation in sport. Sports participation data was taken from 20,600 adults completing the Dutch National Health Survey and divided into three location-specific sport measures: any type of sports, indoor sports clubs, outdoor sport clubs and sports on the street. Neighbourhood social safety and social capital data were obtained through the Dutch Housing Research 2006. Regression analyses suggest that neighbourhood social safety was significantly positively associated with all sports outcomes, except sports on streets. One unit increase in social safety was associated with 16% higher odds of participation in overall sports and 25% higher odds of participation at indoor sports clubs. One unit increase in social capital was associated with 69% higher odds of sports on the street. These results suggest that social capital and safety affect active participation in location specific sport venues.</p>	<p>APAN</p>	<p>Physical activity; sports; recreational areas; safety; social capital</p>
<p>Pitt, H. 2014. 'Therapeutic experiences of community gardens: Putting flow in its place'. <i>Health & Place</i> 27 (May 2014): 84-91. http://www.ncbi.nlm.nih.gov/pubmed/24583563</p>	<p>This article investigates how activity enhances wellbeing in community gardens. Specifically, the concept of 'flow' or the state of concentrated involvement is examined. Ethnographic investigations in three community gardens (Wales, UK) were conducted. Places where people feel comfortable, both in the</p>		<p>Wellbeing; community garden; activity therapeutic landscape</p>

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	<p>physical and social realm, and are able to become absorbed in their activity, create 'flow'. This 'flow' allows redirection of attention, sense of relaxation and a sense of escape. Tensions between staff members and volunteers can inhibit sense of 'flow'. These social-spatial limits should be investigated further in order to understand fully the potential for community gardens to enhance wellbeing.</p>		
<p>Beenackers, M.A., Kamphuis, C.B.M., Prins, R.G., Mackenbach, J.P., Burdorf, A. & Van Lenthe, F.J. 2014. 'Urban form and psychosocial factors: Do they interact for leisure-time walking?' <i>Medicine & Science in Sports & Exercise</i> 46 (2): 293-301. http://www.ncbi.nlm.nih.gov/pubmed/24051658 *</p>	<p>This article assesses how urban form characteristics interact with psychosocial factors to encourage recreational walking. A group of 736 participants in the Dutch GLOBE study reported their levels of leisure time walking, attitude, self-efficacy, intention and social influence. Neighbourhoods were assessed through field observations (accessibility, safety, comfort and pleasurability). Statistical analyses of the data reveal two significant interactions related to walking. Urban form characteristics related to comfort were found to contribute to walking specifically in residents with a less than favourable attitude towards physical activity. Moreover, positive social encouragement to engage in physical activity was strongly associated with neighbourhoods accessible for walking. Combinations of urban form characteristics along with attitude and social support may affect people's opportunities to walk leisurely.</p>	<p>SS</p>	<p>Walking; urban form; psychosocial factors; social support; Netherlands</p>
PROVIDING HEALTHY FOOD OPTIONS			
<p>Cetateanu, A. & Jones, A. 2014. 'Understanding the relationship between food environments, deprivation and childhood overweight and obesity: Evidence from a cross sectional England-</p>	<p>This article measures the association among weight status, the neighbourhood food environment and area deprivation. Weight statuses from children (aged 4-5 and 10-11) were taken from the National Child Measurement Programme. Measures of the food</p>	<p>SS</p>	<p>Obesity; unhealthy food; fresh food; outlets; socioeconomic deprivation;</p>

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<p>wide study'. <i>Health & Place</i> 27 (May 2014): 68-76. http://www.sciencedirect.com/science/article/pii/S1353829214000094</p>	<p>environment were geocoded and grouped according to fast food outlets, other unhealthy outlets (e.g. convenience stores) and mixed food outlets (e.g. green grocers, supermarkets). Statistical models show that the presence of unhealthy food outlets was positively associated with the prevalence of elevated weight status. A significant association in the opposite direction was observed for other types of food outlets in older children. Moreover, the prevalence of overweight was positively associated with area deprivation. In older children, types of food retail accessible in the neighbourhood may influence weight status.</p>		<p>children</p>

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