

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
Cavill, N. & Rutter, H. 2013. <i>Healthy people, healthy places briefing. Obesity and the environment: Increasing physical activity and active travel</i> . United Kingdom: Public Health England. https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/256796/Briefing_Obesity_and_active_travel_final.pdf	This briefing paper guides local governments to create environments supportive of physical activity and active travel. Public Health England in conjunction with the Local Government Association prepared this brief for those who work in or represent local authorities. The brief summarises the importance of action on obesity and the role of the environment. It then outlines the regulatory and policy approaches that can be taken to promote active travel for short journeys. Links to additional resources are also provided.	PCAL	Active travel; built environment; policy
Ricklin, A. & Kushner, N. 2013. <i>Healthy plan making: Integrating health into the comprehensive planning process—an analysis of seven case studies and recommendations for change</i> . Washington, D.C.: American Planning Association. http://www.planning.org/research/public_health/pdf/healthyplanningreport.pdf	This report provides a framework and corresponding strategies for integrating public health-related goals and policies into the plan-making process. It offers insight through case studies of seven jurisdictions (throughout the US) that have incorporated public health goals, objectives and policies into comprehensive plans. Health topics include active living, emergency preparedness, environmental health, food & nutrition, health & human services as well as social cohesion & mental health. Interview data from department representatives show how public health becomes coordinated into the planning process. Recommendations and action steps are then provided to help planners include notions of health throughout all stages of the planning process.	HDN/PCAL	Health; comprehensive plans; policy; research
Lawlor, E. 2013. <i>The pedestrian pound: The business case for better streets and places</i> . United Kingdom: Just Economics.	This report presents the evidence for how investments in walking can provide a commercial return for local economies and businesses. Four performance indicators	GPAN/APAN	Streets, urban places; pedestrian infrastructure;

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http://www.livingstreets.org.uk/make-a-change/library/the-pedestrian-pound-the-business-case-for-better-streets-and-places	<p>were used to assess the impact of public realm improvements: impact on existing business performance, urban regeneration, consumer and business perceptions and business diversity. Case studies including quantitative and qualitative data provide the evidence to establish significant benefits in all of the four indicators with the exception of business diversity (insufficient data was collected in this area). A compelling case is made to invest in the public realm as sums required are small while the consumer benefits are substantial.</p>		<p>economic development</p>
GETTING PEOPLE ACTIVE			
<p>Arango, C.M., Páez, D.C., Reis, R.S., Brownson, R.C., Parra, D.C. 2013. 'Association between the perceived environment and physical activity among adults in Latin America: a systematic review.' <i>International Journal of Behavioral Nutrition and Physical Activity</i> 10: 123. http://www.ijbnpa.org/content/10/1/122</p>	<p>This article identifies the perceived environmental attributes that are associated with physical activity in Latin America. A systematic review of the literature (12,963 articles) resulted in the inclusion of 15 articles. While the findings highlight that few environmental perceptions have been studied with respect to Latin America, leisure time physical activity and activity for transport were often studied. Leisure time physical activity was associated with safety during the day. Active travel was related to presence of street lighting. A lack of consistency of the findings further suggests that studies fail to capture the environmental perceptions that are associated with physical activity meaningful to the area. Further studies using context specific measurements are recommended.</p>	<p>APAN</p>	<p>Physical activity; neighbourhood perceptions; Latin America; systematic review</p>
<p>Bohn-Goldbaum, E.E., Phongsavan, P., Merom, D., Rogers, K., Kamalesh, V. & Bauman, A.E. 2013. 'Does playground improvement increase physical activity among children? A quasi-experimental</p>	<p>This article assesses the impacts of playground renovation on the usage and physical activity of children. An intervention park and a comparison park in Sydney were chosen. Observation sampling occurred before and after the renovation to provide data on</p>	<p>APAN</p>	<p>Playground; park; physical activity; renovation; children; natural experiment</p>

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<p>study of a natural experiment.' <i>Journal of Environmental and Public Health</i>. 109841. http://www.hindawi.com/journals/jeph/2013/109841/</p>	<p>playground use and levels of moderate/vigorous physical activity. System for Observing Play and Recreation in Communities (SOPARC) was used during three two-hour periods each day for two weeks at both parks. A group of 40 parents were interviewed post intervention about park use and park-based activity. Statistical analyses of the data suggest no detectable difference in park use between parks post intervention. However, at the intervention park, renovations significantly curtailed girls' participation in physical activity. General renovations may inhibit as well as facilitate the physical activity behaviours of children and further research is necessary to understand how such behaviours are influenced.</p>		
<p>Ord, K., Mitchell, R. & Pearce, J. 2013.'Is level of neighbourhood green space associated with physical activity in green space?' <i>International Journal of Behavioral Nutrition and Physical Activity</i> 10: 127. http://www.ijbnpa.org/content/10/1/127</p>	<p>This article investigates how green space provides a venue to facilitate physical activity. Data was drawn from the 2008 Scottish Health Survey (N= 3679 adults). Overall physical activity, walking and activity in green environments (woods/forest, open space/park, trail) were measured. Neighbourhood green space for each respondent was geocoded. Analytical modeling of the data shows that the neighbourhood presence of green space was not associated with physical activity in that space or total physical activity. This finding challenges the assumption that any green space can encourage physical activity for the people in the area and suggests that the relationship between physical activity and green space may be more reflective of the social and cultural norms of the area.</p>	<p>APAN</p>	<p>Green space; physical activity; Scotland</p>
<p>Rech, C.R., Reis, R.S., Hino, A.A.F. & Hallal, P.C. In press. 'Personal, social and environmental correlates of physical</p>	<p>This article investigates the factors contributing to leisure time walking and other leisure time physical activities in Brazilian adults. A group of 1461 adults</p>	<p>APAN</p>	<p>Leisure time physical activity; walking; socio-</p>

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<p>activity in adults from Curitiba, Brazil.' <i>Preventive Medicine</i>. http://www.sciencedirect.com/science/article/pii/S0091743513004118</p>	<p>completed the International Physical Activity Questionnaire and a short version of the Neighbourhood Environment Walkability Scale. They also responded to questions regarding enjoyment and social support. Statistical analyses show positive associations with both walking and leisure time physical activity for enjoyment, social support, and neighbourhood aesthetics. Leisure walking was also associated with access to recreational spaces. Leisure physical activity was additionally associated with safety from crimes. Neighbourhood walkability was also found to be associated with walking for transport. This socio-ecological investigation highlights the varying contributing factors to encourage leisure time activity.</p>		<p>ecological; Brazil</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Marselle, M.R., Irvine, K.N. & Warber, S.L. 2013. 'Walking for well-being: Are group walks in certain types of natural environments better for well-being than group walks in urban environments?' <i>International Journal of Environmental Research and Public Health</i> 10 (11): 5603-5628. http://www.mdpi.com/1660-4601/10/11/5603</p>	<p>This article examines group walking in different environments (i.e. natural and urban) and the effects of the walk on their psychological and emotional wellbeing. A group of 708 frequent walkers participating in the Walking for Health English walking group completed the Warwick Edinburgh Mental Well-being Scale, Major Depressive Inventory and the Positive and Negative Affect Schedule. Seven different types of walking environments were recorded: natural and semi-natural places; green corridor; farmland; urban green space; coastal; urban public space and mixture. Statistical analyses show that group walks in farmlands and green corridors were associated with less perceived stress and negative affect. Walks in urban areas were less in duration when compared to other environments. Group walkers in green corridors walked more in general whilst those in urban spaces took the</p>	<p>SS</p>	<p>Group walking; natural environments; urban environments; wellbeing</p>

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	fewest walks. Different types of environments contribute to the emotional wellbeing of group walkers in different ways. Understanding the meanings behind these conditions requires further qualitative examination.		
<p>Bjornstrom, E.E.S., Ralston, M.L. & Kuhl, D.C. 2013. 'Social cohesion and self-rated health: The moderating effect of neighborhood physical disorder.' <i>American Journal of Community Psychology</i> 52 (3-4): 302-312. http://www.ncbi.nlm.nih.gov/pubmed/24048811</p>	<p>This article assesses the effects of neighbourhood physical disorder, cohesion and fear on self-rated health. Data was taken from Los Angeles data sources that measured neighbourhood physical disorder (e.g., garbage, graffiti) and neighbourhood social cohesion (e.g. close knit neighbourhood). Logistic regression models show that neighbourhood disorder is negatively associated with health. Perceived social cohesion and danger account for the relationship between neighbourhood disorder and health. Those who feel safe and perceive a connection with their neighbours report better health than those who do not feel safe or connected. These findings highlight the contextual nuances of the relationship between social cohesion and individual health in relation to the neighbourhood.</p>	SS	Neighbourhood physical disorder; social ties; health
PROVIDING HEALTHY FOOD OPTIONS			
<p>Christiansen, K.M.H., Qureshi, F., Schaible, A., Park, S. & Gittelsohn, J. 2013. 'Environmental factors that impact the eating behaviors of low-income African American adolescents in Baltimore City.' <i>Journal of Nutrition Education and Behavior</i> 45 (6): 652-660. http://www.sciencedirect.com/science/article/pii/S1499404613004843</p>	<p>This article investigates the perceptions and food habits of urban adolescents. A group of 20 low-income African-American adolescents living in Maryland (US) participated in interviews and group discussions about their neighbourhoods and their food related habits. Field observations of a corner store within walking distance of the school were taken during after-school hours. Six themes emerged from the transcripts: food accessibility, neighbourhood safety, school environment, family role modeling, family health and peer behaviours. For this group of adolescents, accessibility to food shops</p>	SS	Food consumption; food environment; perceptions; adolescents

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	(e.g. convenience stores and fast-food outlets) and variety of foods offered directly influences their eating patterns. Peers and the school environment also shape healthy as well as unhealthy eating patterns. These findings suggest that both social and built environment factors affect the eating patterns of adolescents.		

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