

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Sustrans. 2013. <i>World first walking and cycling legislation passed in Wales</i>. http://www.sustrans.org.uk/news/world-first-walking-and-cycling-legislation-passed-wales</p>	<p>This news article announces the world's first legislation on active travel. The Welsh Assembly is requiring local authorities to plan and deliver networks of active travel routes every year. The Active Travel (Wales) Act 2013 can be found here: http://www.assemblywales.org/bus-home/bus-business-fourth-assembly-laid-docs/pri-ld9208-e.pdf?langoption=3&ttl=PRI-LD9208%20-%20Active%20Travel%20%28Wales%29%20Bill</p>	APAN/GPAN	Walking; cycling; legislation
<p>Ni Mhurchu, C., Vandevijvere, S., Waterlander, W., Thornton, L.E., Kelly, B., Cameron, A.J., Snowden, W. & Swinburn, B. 2013. 'Monitoring the availability of healthy and unhealthy foods and non-alcoholic beverages in community and consumer retail food environments globally.' <i>Obesity Reviews</i> 14 (S1): 108-119. http://onlinelibrary.wiley.com/doi/10.1111/obr.12080/abstract *</p>	<p>This article reviews the literature regarding the association between the community and consumer food environments and dietary outcomes. A systematic review of the literature identified studies investigating associations between availability/density of and accessibility/proximity to food outlets, and measures of food purchases or dietary intake. The results of the review create an evidence-based framework for monitoring and benchmarking the availability of healthy and unhealthy food. Specifically, it outlines a minimal, expanded and optimal approach detailing the food outlets to be monitored (e.g., fast food restaurants, fresh produce markets); the dimensions of the retail food environment (retail food outlet density); types of food (e.g., nutrient poor foods, fresh fruit), sampling methods as well as analyses of the data. This framework provides a standardised protocol for evaluating and creating policies promoting local healthy food environments.</p>	SS	Food environment; access; dietary outcome; framework; policy

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<p>Koohsari, M.J., Badland, H. & Giles-Corti, B. 2013. '(Re)Designing the built environment to support physical activity: Bringing public health back into urban design and planning.' <i>Cities</i> 35 (December 2013): 294-298.</p> <p>http://www.sciencedirect.com/science/article/pii/S0264275113000978</p>	<p>This article prioritises the collaboration between urban design and planning and public health to facilitate physical activity. It provides a brief recognition of the relationship between city planning and health as well as the benefits of physical activity. It then offers two suggestions as a way forward. Future research should develop and identify appropriate geographical scales required to promote beneficial health outcomes. Threshold values for built environment characteristics to promote different types of physical activity (e.g. distance thresholds of parks promoting walking) should be generated. These recommendations may help translate research into policy applications.</p>	<p>SS</p>	<p>Urban design; planning; public health; physical activity</p>
GETTING PEOPLE ACTIVE			
<p>Chen, T.-A., Lee, J.S., Kawakubo, K., Watanabe, E., Mori, K., Kitaike, T., Akabayashi, A. 2013.</p> <p>'Features of perceived neighborhood environment associated with daily walking time or habitual exercise: Differences across gender, age, and employment status in a community-dwelling population of Japan.' <i>Environmental Health and Preventive Medicine</i> 18 (5): 368-376</p> <p>http://www.ncbi.nlm.nih.gov/pubmed/23546823</p>	<p>This article attempts to understand the relationship between perceptions of the neighbourhood environment walking time or habitual exercise among an adult population in Japan. A total of 3308 adults completed questionnaires and were categorised into three age groups (20-39, 40-59 and 60-79 years). Participants completed questions taken from the Neighbourhood Environment Walkability Scale and reported their participation in walking, sports and exercise. Statistical analyses reveal that all perceptions of neighbourhood environment (i.e. residential density; access and mix of facilities; footpaths; aesthetics; safety) except street connectivity were associated with either daily walking or habitual exercise. Middle and old-aged women were more likely to walk in their neighbourhood based on certain features. These findings show that associations differed across gender and age groups and further investigation regarding such specificity is</p>	<p>SS</p>	<p>Neighbourhood environment; walking; physical activity</p>

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<p>Hirsch, J.A., Diez Roux, A.V., Rodriguez, D.A., Brines, S.J. & Moore, K.A. 2013. 'Discrete land uses and transportation walking in two U.S. cities: The multi-ethnic study of atherosclerosis.' <i>Health and Place</i> 24 (November 2013): 196-202. http://www.sciencedirect.com/science/article/pii/S1353829213001238</p>	<p>needed.</p> <p>This article analyses the association between land uses and self-reported walking. Data from a group of 2179 adults participating in the Multi-Ethnic Study of Atherosclerosis study was taken. This is a longitudinal study conducted in North Carolina and New York. Five land use categories (auto-oriented, parking, social, night and physical activity) were geocoded for each participant's neighbourhood. Accessibility of land use, intensity of particular land use and diversity of uses were measured for each participant. Participants reported minutes per week of walking for transport and categorised as either meeting or failing to meet recommended levels of physical activity by transportation walking (150 minutes/week). Statistical analyses suggest that land uses for social engagement generated the strongest association with transport walking (e.g. community centres, schools). An increase in distance to social uses was associated with reduced odds of meeting recommended levels of walking. These findings suggest that the opportunity to meet other people may encourage walking as a means of transport provided that such destinations are accessible.</p>	<p>APAN</p>	<p>Land use; walking; physical activity; social interaction</p>
<p>Van Hulst, A., Gauvin, L., Kestens, Y. & Barnett, T.A. 2013. 'Neighborhood built and social environment characteristics: A multilevel analysis of associations with obesity among children and their parents.' <i>International Journal of Obesity</i> 37 (10): 1328-1335. http://www.ncbi.nlm.nih.gov/pubmed/23736374</p>	<p>This article looks at the relationship between neighbourhood built and social environments and obesity rates in Canadian families. A group of 630 children with a parental history of obesity and their parents provided body mass index measurements. Neighbourhood measurements were collected using census data, land use maps (e.g. residential density; street intersection; traffic and park counts) and neighbourhood audits (e.g. presence of graffiti). Data</p>	<p>SS</p>	<p>Built environment; families; obesity</p>

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	<p>analyses suggest that residing in lower traffic neighbourhoods was associated with a lower likelihood of being obese. The highest likelihood for obesity in mothers was found in neighbourhood with higher pedestrian friendliness. The likelihood of obesity among children increases with increasing signs of physical disorder. These findings suggest that exposure to neighbourhood characteristics affect obesity across the lifespan differently. Further investigation should be conducted among specific population subgroups.</p>		
<p>Casey, R., Oppert, J.-M., Weber, C., Charreire, H., Salze, P., Badariotti, D. et al. 2014. 'Determinants of childhood obesity: What can we learn from built environment studies?' <i>Food Quality and Preference</i> 31 (January 2014): 164-172. http://www.sciencedirect.com/science/article/pii/S0950329311000991*</p>	<p>This article reports the findings from a systematic review of the literature related to objective measurements of the built environment and weight status in young people. From the review, 25 articles were selected corresponding to 20 population studies. Outcome measurements were related to food consumption, physical activity or both. Objective measurements of the built environment included food retailers (supermarkets, grocery stores, convenience stores, fast-food outlets and restaurants); recreational facilities; parks and open space; land use/transportation. The findings show that weight is inversely associated with both neighbourhood walkability and recreational facilities. A positive association between overweight and convenience stores was consistently reported. Associations with parks and other food retail outlets remain inconsistent and suggest that homogeneity among definition and categorisation of the built environment as well as consistency among geographic computations are needed.</p>	<p>SS</p>	<p>Built environment; food retail access; recreational facilities; physical activity; food consumption</p>

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CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Main, K. 2013. 'Planting roots in foreign soil? Immigrant place meanings in an urban park.' <i>Journal of Environmental Psychology</i> 36(December 2013): 291-304. http://www.sciencedirect.com/science/article/pii/S0272494413000649</p>	<p>This article explores place-based meanings of MacArthur Park located in an ethnic Los Angeles neighbourhood. Data consisted of 180 short interviews, six extended interviews with photo documentations, observations of the park and document reviews. Significant place meanings were dichotomous and include continuity/ change; community/ isolation; restoration/ disturbance; safety/ insecurity and freedom/ restriction. Favourite qualities of the park included the physical elements of the park (e.g. trees, animals). The natural and social elements of the park were acknowledged as contributing to their physical and psychological wellbeing. These findings shed some qualitative light on the relevance of park spaces in immigrant communities.</p>	SS	<p>Public space; access; equality; restorative; meaning; immigrants</p>
<p>Watts, P., Phillips, G., Petticrew, M., Hayes, R., Bottomley, C., Yu, G., Schmidt, E., Tobi, P., Moore, D., Frostick, C., Lock, K. & Renton, A. 2013. 'Physical activity in deprived communities in London: Examining individual and neighbourhood-level factors.' <i>PLoS ONE</i> 8 (7): art. no. e69472. http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0069472</p>	<p>This paper assesses neighbourhood characteristics and physical activity. Forty of the most deprived neighbourhoods in London were selected and systematically audited for number and presence of parks and green spaces, pedestrian and cycling infrastructure, traffic and incivilities. Land use mix, distance to nearest green space and access to facilities were calculated. A group of 4107 adults completed the International Physical Activity Questionnaire. They assessed their mental wellbeing and certain aspects of their neighbourhood. Regression analyses show that participants who reported meeting with friends and speaking to neighbours had higher odds of meeting recommended daily physical activity levels. Perceived measures of the neighbourhood environment were not associated with physical activity. However, distance to</p>	SS	<p>Neighbourhood environment; physical activity; deprivation; social connection</p>

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	nearest green space was associated with meeting recommended physical activity levels. Providing opportunities at local green spaces to converse with neighbours and friends may help facilitate physical activity for London residents living in deprived areas.		
PROVIDING HEALTHY FOOD OPTIONS			
Casey, R., Oppert, J.-M., Weber, C., Charreire, H., Salze, P., Badariotti, D. et al. 2014. 'Determinants of childhood obesity: What can we learn from built environment studies?' <i>Food Quality and Preference</i> 31 (January 2014): 164-172. http://www.sciencedirect.com/science/article/pii/S0950329311000991 *	This article reports the findings from a systematic review of the literature related to objective measurements of the built environment and weight status in young people. From the review, 25 articles were selected corresponding to 20 population studies. Outcome measurements were related to food consumption, physical activity or both. Objective measurements of the built environment included food retailers (supermarkets, grocery stores, convenience stores, fast-food outlets and restaurants); recreational facilities; parks and open space; land use/transportation. The findings show that weight is inversely associated with both neighbourhood walkability and recreational facilities. A positive association between overweight and convenience stores was consistently reported. Associations with parks and other food retail outlets remain inconsistent and suggest that homogeneity among definition and categorization of the built environment as well as consistency among geographic computations are needed.	SS	Built environment; food retail access; recreational facilities; physical activity; food consumption
De Vet, E., De Wit, J.B.F., Luszczynska, A., Stok, F.M., Gaspar, T. et al. 2013. 'Access to excess: How do adolescents deal with unhealthy foods in their environment?' <i>European Journal of Public Health</i> 23 (5): 752-756.	This paper investigates the association between access to unhealthy food and consumption of such food and self-regulation strategies. A group of 2764 adolescents living in the Netherlands, UK, Poland and Portugal were questioned about their daily intake of sugar-sweetened beverages and snacks, accessibility of these foods and	SS	Food access; unhealthy food; self-regulation; adolescents

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http://www.ncbi.nlm.nih.gov/pubmed/23329704	<p>strategies for eating. Statistical analyses suggest that easy access to unhealthy food promoted higher consumption of such food. Self-regulation strategies, however, were found to encourage healthier eating irrespective of the food environment. In this instance, implementing personal strategies to deter consumption of less healthy food may be more advantageous than altering the food environment.</p>		
<p>Ni Mhurchu, C., Vandevijvere, S., Waterlander, W., Thornton, L.E., Kelly, B., Cameron, A.J., Snowden, W. & Swinburn, B. 2013. 'Monitoring the availability of healthy and unhealthy foods and non-alcoholic beverages in community and consumer retail food environments globally.' <i>Obesity Reviews</i> 14 (S1): 108-119. http://onlinelibrary.wiley.com/doi/10.1111/obr.12080/abstract *</p>	<p>This article reviews the literature regarding the association between the community and consumer food environments and dietary outcomes. A systematic review of the literature identified studies investigating associations between availability/density of and accessibility/proximity to food outlets, and measures of food purchases or dietary intake. The results of the review create an evidence-based framework for monitoring and benchmarking the availability of healthy and unhealthy food. Specifically, it outlines a minimal, expanded and optimal approach detailing the food outlets to be monitored (e.g., fast food restaurants, fresh produce markets); the dimensions of the retail food environment (retail food outlet density); types of food (e.g., nutrient poor foods, fresh fruit), sampling methods as well as analyses of the data. This framework provides a standardised protocol for evaluating and creating policies promoting local healthy food environments.</p>	<p>SS</p>	<p>Food environment; access; dietary outcome; framework; policy</p>

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