

HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Department of Infrastructure and Transport. 2013. <i>State of Australian cities 2013</i>. Canberra: Commonwealth of Australia.</p> <p>http://apo.org.au/research/state-australian-cities-2013</p>	<p>This report combines 2011 census data to present a comprehensive view of Australian cities. Through six chapters, this report provides key findings related to population and settlement, productivity, sustainability, liveability and governance. Of particular note, active travel is specifically highlighted in the liveability and governance chapters. Australia has the highest population growth rates in the OECD. Within this population, the highest number of people cycling to work has been recorded in 40 years. Moreover, the public offered 200 submissions regarding the government's Walking, Riding and Access to Public Transport Draft report. The momentum of active transport is integral to healthy development of Australian cities.</p>	APO	Census data; healthy planning; policy; Australian cities
<p>Weyman, J. T., Dunn, J. R., Gutmann, C., Sivanand, B., Burse, G. & Mowat, D. L. 2013. 'Planning health-promoting development: creation and assessment of an evidence-based index in the Region of Peel, Canada'. <i>Environment and Planning B: Planning and Design</i> 40(4):707 – 722.</p> <p>http://www.envplan.com/abstract.cgi?id=b39036</p>	<p>This article documents the creation of an evidence-based healthy development index to evaluate new urban development in Canada. A literature review was conducted, through which seven 'prerequisite' features associated with healthy planning were identified (density, employment, land use mix, street connectivity, road and footpath, parking and human scale/aesthetics). A GIS was developed to assess identified measurements of the prerequisites. The GIS assessment was then conducted in three existing neighbourhoods classified as being walkable. Results of the assessment show that at most, neighbourhoods met only four of the seven</p>	SS	Built environment; development review; health index; policy

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	prerequisites. Challenges of implementing this health development index are then discussed. Despite these challenges, this index provides health rationale for healthy built environment interventions and guides the urban development review process.		
<p>Harris, J.K., Lecy, J., Parra, D.C., Hipp, A. & Brownson, R.C. In press. 'Mapping the development of research on physical activity and the built environment'. <i>Preventive Medicine</i>. http://www.sciencedirect.com/science/article/pii/S0091743513002296</p>	<p>This article explores the physical activity and built environment literature to identify current gaps in the field. Twenty-one prominent scholars were asked to nominate key research articles and a snowball sample of 2764 articles was collated. A citation network analysis examining the evolution of this snowball sample identified a core of 318 articles. Approximately 80 articles were reviews of the literature, 40 articles focused on theory and methods and 190 explicitly examined the relationship between physical activity and the built environment. Six articles examined built environment and physical activity interventions. These results suggest that future research should focus on interventions grounded on the existing literature. It is recommended that better integration among theory and practice is needed.</p>	APAN	Physical activity; built environment; literature review
<p>Mulley, C., Tyson, R., McCue, P., Rissel, C. & Munro, C. 2013. 'Valuing active travel: Including the health benefits of sustainable transport in transportation appraisal frameworks'. <i>Research in Transportation Business & Management</i> 7: 27-34. http://www.sciencedirect.com/science/article/pii/S2210539513000023</p>	<p>This article provides a framework to quantify the demand and the mortality and morbidity changes associated with walking and cycling. A theoretical context of climate change mitigation, sustainable transport investments and procedures to estimate the health costs and benefits of active transport is given. Demand forecasting for active transport and monetising values of health benefits are discussed. Weighted benefits of \$1.68 per km for walking and \$1.12 per km for cycling results from a more active lifestyle. A social cost benefit analysis of active transport infrastructure</p>	APAN	Active transport; social cost benefit analysis

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	can help illustrate the monetary costs, benefits and changes caused by implementation. Such analysis contributes to guiding transport investment processes and procedures.		
GETTING PEOPLE ACTIVE			
<p>Mitchell, R. 2013. 'Is physical activity in natural environments better for mental health than physical activity in other environments?' <i>Social Science and Medicine</i> 91(August 2013): 130-134. http://www.ncbi.nlm.nih.gov/pubmed/22705180</p>	<p>This article assesses whether physical activity in a natural environment produces greater mental health benefits than activity conducted elsewhere. Data was taken from the 2008 Scottish Health Survey. Respondents described where they were physically active and the amounts of green space in a respondent's area of residence were recorded. Associations were sought between use of environment, category of environment (natural/non natural), risk of poor mental health and general wellbeing. Results indicate a lower risk of poor mental health with regular use of natural environments. However, regular use of natural environments was not associated with general wellbeing. Activity in everyday settings promotes different types of health benefits. Physical activity in natural environments provides additional mental health benefits.</p>	SS	Physical activity; mental health; wellbeing; green space
<p>Pascual, C., Regidor, E., Álvarez-del Arco, D., Alejos, B., Santos, J.M., Calle, M.E. & Martínez, D. In press. 'Sports facilities in Madrid explain the relationship between neighbourhood economic context and physical inactivity in older people, but not in younger adults: a case study'. <i>Journal of Epidemiology and Community Health Online</i> First.</p>	<p>This article evaluates the availability of sport facilities and its relationship with physical activity and income levels. A group of 6607 respondents (aged 16-74 years) completed the 2005 Health Survey of Madrid and reported their frequency of physical activity. Per capita income, number of sports facilities per 1000 population and percentage of green space per hectare were calculated for each respondent's neighbourhood. Linear and logistic regression, as well as multilevel logit models were conducted. Residents living in the lowest income</p>	APAN	Sports facilities; green space; physical activity; socio-economic status

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http://www.ncbi.nlm.nih.gov/pubmed/23794611 *	<p>area had the highest odds of being physically inactive. Greater availability of green space was found to be associated with a higher frequency of physical inactivity. The availability of sports facilities decreased the odds of those aged 50-74 living in the lowest income area being physically inactive. Establishing and promoting access to sports facilities may encourage physical activity in older people living in Madrid.</p>		
<p>Brown, S.C., Pantin, H., Lombard, J., Toro, M., Huang, S., Plater-Zyberk, E., Perrino, T., Perez-Gomez, G., Barrera-Allen, L. & Szapocznik, J. 2013. 'Walk Score® associations with purposive walking in recent Cuban immigrants'. <i>American Journal of Preventive Medicine</i> 45: 202-206. http://www.ncbi.nlm.nih.gov/pubmed/23867028</p>	<p>This article examines the relationship of WalkScore to walking behavior. WalkScore is an online measurement of neighbourhood walkability based on proximity to an assortment of amenities. A group of 391 healthy Cubans immigrating recently to the US were recruited as they had little choice in selecting where they lived. They completed a baseline interview and answered questions related to their walking. Participants addresses were coded and measured using WalkScore. Regression analysis show that for each 10-point increase in WalkScore, there was a significant increase in the likelihood of walking (19%), meeting physical activity recommendations (26%) and walking for longer (27%). These findings suggest that a diversity of land uses promote walking opportunities, and neighbourhoods with higher WalkScores promoted healthy behaviours among these newly arrived immigrants.</p>	<p>APAN</p>	<p>Walking; neighbourhoods; WalkScore; immigrants</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Dunstan, F., Fone, D.L., Glickman, M. & Palmer, S. 2013. 'Objectively measured residential environment and self-reported health: A multilevel analysis of UK census data'. <i>PLoS ONE</i> 8(7): art. no. e69045.</p>	<p>This article determines the association between self-reported general health and objective measurements of the residential environment. Approximately 800 neighbourhoods in South Wales were observed using the Residential Environment Assessment Tool. This tool measures small areas (UK full unit postcodes) in terms</p>	<p>SS</p>	<p>General health; neighbourhood assessment; socio-economic conditions</p>

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http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0069045	<p>of physical nuisance and incivility, neighbourhood maintenance (territoriality), defensible space, natural elements and other. UK Census data of 31,442 residents living in the observed neighbourhoods were taken. This data included responses to self-reported general health, socioeconomic conditions and demographic characteristics. Multilevel analysis of the data showed that residents living in areas of poorest neighbourhood quality were more likely to report poor health when compared to those living in higher quality rated neighbourhoods. Physical incivilities and neighbourhood maintenance (e.g. property maintenance and external beautification) were associated with responses of poor health. Measures of green space were not associated with self-reported health. Decreasing social incivilities and crime and maintaining the aesthetics of the neighbourhood façade may improve population health and wellbeing.</p>		
<p>Pascual, C., Regidor, E., Álvarez-del Arco, D., Alejos, B., Santos, J.M., Calle, M.E. & Martínez, D. In press. 'Sports facilities in Madrid explain the relationship between neighbourhood economic context and physical inactivity in older people, but not in younger adults: a case study'. <i>Journal of Epidemiology and Community Health Online</i> First. http://www.ncbi.nlm.nih.gov/pubmed/23794611 *</p>	<p>This article evaluates the availability of sport facilities and its relationship with physical activity and income levels. A group of 6607 respondents (aged 16-74 years) completed the 2005 Health Survey of Madrid and reported their frequency of physical activity. Per capita income, number of sports facilities per 1000 population and percentage of green space per hectare were calculated for each respondent's neighbourhood. Linear and logistic regression, as well as multilevel logit models were conducted. Residents living in the lowest income area had the highest odds of being physically inactive. Greater availability of green space was found to be associated with a higher frequency of physical inactivity. The availability of sports facilities decreased the odds of</p>	<p>APAN</p>	<p>Sports facilities; green space; physical activity; socio-economic status</p>

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	those aged 50-74 living in the lowest income area being physically inactive. Establishing and promoting access to sports facilities may encourage physical activity in older people living in Madrid.		
<p>Shinew, K.J., Stodolska, M., Roman, C.G. & Yahner, J. In press. 'Crime, physical activity and outdoor recreation among Latino adolescents in Chicago'. <i>Preventive Medicine</i>. http://www.sciencedirect.com/science/article/pii/S0091743513002326</p>	<p>This article examines how perceptions of community incivilities and crime are related to physical activity and outdoor recreation. A group of 390 Latino adolescents (grades 6-12) in Chicago, Illinois completed surveys. Of these adolescents, 25 participated in interviews. Those adolescents who expressed greater fear of crime engaged in less physical activity and outdoor recreation. Those perceiving greater levels of community incivilities engaged in less outdoor recreation. Interview transcripts suggest that parks are often gang territories and subsequently avoided. Police and adult presence in park and open space areas may encourage outdoor activity. Furthermore, safe opportunities for activity outside of school hours should be promoted.</p>	APAN	Physical activity; outdoor recreation; parks; safety perceptions; crime; youth
PROVIDING HEALTHY FOOD OPTIONS			
<p>Choi, Y. & Suzuki, T. 2013. 'Food deserts, activity patterns, & social exclusion: The case of Tokyo, Japan'. <i>Applied Geography</i> 43 (September 2013): 87-98. http://www.sciencedirect.com/science/article/pii/S0143622813001318</p>	<p>This article proposes a model to identify areas that have a high probability of an individual exceeding a comfortable threshold of walking time to a grocery shop. A sample of 40,084 residents living in 23 wards of Tokyo completed the Personal Trip survey which described origin, destination and duration of shopping trips. The distribution of grocery stores within the 23 wards was calculated for accessibility. Analysis of the data show that with increasing age, people tend to walk to stores and the average walking time for non-elderly people is less than 10 minutes and for elderly people, 13 minutes. Geographically weighted logistic regression of the data showed that the northeastern area of Tokyo is a</p>	SS	Food deserts; accessibility; social exclusion; walking; elderly

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	<p>difficult area for socially excluded groups to access. The resulting model generates the probability of certain populations (e.g., elderly, those with no motorized transport) experiencing shopping difficulties. This model provides a different way to calculate accessibility to grocery outlets by acknowledging personal conditions and constraints.</p>		
<p>Bader, M.D.M., Schwartz-Soicher, O., Jack, D., Weiss, C.C., Richards, C.A., Quinn, J.W., Lovasi, G.S., Neckerman, K.M. & Rundle, A.G. 2013. 'More neighbourhood retail associated with lower obesity among New York City public high school students'. <i>Health and Place</i> 23: 104-110. http://www.sciencedirect.com/science/article/pii/S1353829213000804</p>	<p>This article examines the relationship between fast food outlets, retail outlet densities and obesity among high school students. Height and weight measurements were taken from a group of 94,348 New York City high school students. The residential census tracts were geocoded for each student. Fast food establishments as well as banks in each tract were counted using a two-stage approach to respond to aggregation bias. Multivariate analyses were conducted to determine association between fast food and obesity as well as a placebo test to model the association between obesity levels and the number of banks. Lower obesity rates were found for those students living in neighbourhoods with more than the median number of fast foot establishments than those under the median. Moreover the presence of banks also predicted lower obesity levels among high school students. These findings suggest that retail disinvestment might be associated with obesity. Broader patterns of retail investment can be positively associated with health outcomes and should be explored further.</p>	<p>SS</p>	<p>Fast food outlets; retail outlets; obesity</p>

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