

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Morton, A. & Edwards, L. 2013. <i>Community wellbeing indicators: Measures for local government</i>. Sydney: Australian Centre of Excellence for Local Government, University of Technology. http://apo.org.au/research/community-wellbeing-indicators-measures-local-government</p>	<p>This report provides support for local governments to measure and analyse community wellbeing. It offers a framework that builds on a 5-indicator theme, a draft community questionnaire, and a revised questionnaire, following feedback from councils and benchmarking results. The key objective of this report is to create a valid set of community wellbeing indicators that can be used by other councils.</p>	APO	Wellbeing; indicators; survey; councils
<p>Victoria Walks. 2013. <i>What's Working</i>. Melbourne: Victoria Walks. http://www.victoriawalks.org.au/Acland_Street/</p>	<p>This webpage provides several case studies regarding pedestrianism and business. It provides a series of local case studies documenting the relationship between active commuting, the removal of parking spaces and economic benefits. Examples include Acland Street Traders, Darebin City Council and reports by the National Heart Foundation and Sustrans (UK). Useful for governments seeking to enhance local economy and health outcomes.</p>	PCAL	Active travel; economy; parking spaces
<p>International Transport Forum. 2012. <i>Pedestrian safety, urban space and health</i>. OECD Publishing. http://www.oecd-ilibrary.org/transport/pedestrian-safety-urban-space-and-health_9789282103654-en</p>	<p>This report promotes the contribution of walking to health and wellbeing and introduces a strategy for better provision for walking. Through eight chapters, this report provides an overview of walking patterns in OECD countries as well its relation to health and personal safety. It then outlines key elements and planning principles to promote walking. Recommendations for governments and stakeholders</p>	PCAL	Walking; transport policy; health; wellbeing

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
	are offered and stress the importance of including walking in transport policies.		
Gatrell, A.C. 2013. 'Therapeutic mobilities: Walking and 'steps' to wellbeing and health'. <i>Health & Place</i> 22(July 2013): 98-106. http://www.sciencedirect.com/science/article/pii/S1353829213000622	This article investigates how walking and place can influence health and wellbeing. Taking a theoretical perspective, the article identifies the gaps in the literature related to mobility and therapeutic landscapes. It then explores three components related to walking: activity, sociality and neighbourhood aspects. Walking can be therapeutic by enabling physical activity, social connection and engagement with local environs.	APAN	Therapeutic landscapes; wellbeing; walking
GETTING PEOPLE ACTIVE			
Su, J.G., Jerrett, M., McConnell, R., Berhane, K., Dunton, G., Shankardass, K., Reynolds, K., Chang, R. & Wolch, J. In Press. 'Factors influencing whether children walk to school'. <i>Health & Place</i> 22(July 2013): 153-161. http://www.sciencedirect.com/science/article/pii/S1353829213000609	This article identifies a list of factors that promote or inhibit children from walking to school. A group of 4,338 kindergarten and first grade students living in Los Angeles completed a questionnaire related to their active travel. Food access, traffic density, air pollution exposure and land use mix were obtained for each school neighbourhood. Statistical modelling of children's journey to school shows that shorter distance to school and higher population density was associated with a higher rate of walking. Moreover, greater land use mix was negatively associated with children's walks. These findings support the provision of neighbourhood schools in residential districts to encourage walking among younger children.	APAN	Walk to school; socio-economic status; school planning
Auchincloss, A.H., Mujahid, M.S., Shen, M., Michos, E.D., Whitt-Glover, M.C., Diez Roux & A.V. 2013. 'Neighbourhood health-promoting resources and obesity risk (the multi-ethnic study of atherosclerosis)'. <i>Obesity</i> 21(3): 621-628.	This article analyses the association between neighbourhood walkability and food resources and incidences of obesity. A group of 4008 US adults (45-84 years) provided obesity measurements and completed questions related to physical activity, dietary requirements and the neighbourhood environment. This	SS	Neighbourhood walkability; food resources; obesity; multi-ethnicity

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
http://www.ncbi.nlm.nih.gov/pubmed/22513496 *	<p>included the ease and pleasantness of walking to places, and availability of healthy food within a 20 minute walk of their residences. Regression analyses indicate a 10% increase in obesity cases over a 5-year period. Neighbourhoods offering healthy food were associated with 10% lower rates of obesity. An association between neighbourhood walking environment and obesity was not found. The provision of healthy food by local retail establishments, rather than walkable neighbourhoods can help promote behaviours that may prevent the onset of obesity.</p>		
<p>Coulon, S.M., Wilson, D.K. & Egan, B.M. 2013. 'Associations among environmental supports, physical activity, and blood pressure in African-American adults in the PATH trial'. <i>Social Science and Medicine</i> 87: 108-115. http://www.ncbi.nlm.nih.gov/pubmed/23631785 *</p>	<p>This article examines the influence of social support and neighbourhood walkability on physical activity. A group of 434 African-American adults living in low-income US communities provided health measurements and completed questions taken from the Social Support for Exercise Habits Scale and the Neighbourhood Environment Walkability Survey. Participants were also required to wear an accelerometer for 7 days and record their physical activity for 4 weeks. Statistical analyses of the data show that more time of daily activity (2-9 minutes) was associated with neighbourhood walkability and social support. Neighbourhood walkability and physical activity, however, did not mediate blood pressure. These findings contribute to the growing body of evidence linking neighbourhood attributes, social support and physical activity.</p>	SS	Physical activity; social support; neighbourhood walkability; blood pressure
<p>Karuppanan, S. & Sivam, A. 2013. 'Comparative analysis of utilisation of open space at neighbourhood level in three Asian cities: Singapore, Delhi and Kuala Lumpur'. <i>Urban Design International</i> 18(2): 145-164.</p>	<p>This article assesses the use of open space and the variation of use. Singapore, Delhi and Kuala Lumpur were selected as three case study sites. Random samples of 100 residents living within 5 km from identified open space and 30 users of the open space from each city</p>	SS	Public space; healthy urban environment; country comparison

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
http://www.palgrave-journals.com/udi/journal/v18/n2/full/udi201234a.html	<p>were interviewed. Comparative analyses of the data indicate that location, proximity, accessibility, safety and cleanliness were important aspects of public space. The use and types of open space used (e.g. block level, precinct-level) differed among the three cities. So too did the importance of aesthetics. In the process of providing open space, the local conditions (e.g. culture, climate, social opportunity) need to be addressed, in order to encourage healthy use among local residents.</p>		
<p>Richardson, E.A., Pearce, J., Mitchell, R. & Kingham, S. 2013. 'Role of physical activity in the relationship between urban green space and health'. <i>Public Health</i> 127(4): 318-324. http://www.sciencedirect.com/science/article/pii/S003335061300005X</p>	<p>This article examines the association between green space and health outcomes. Land use data sets were amalgamated to develop green space measures for urban areas in New Zealand. A total of 8157 respondents completed a national survey of health status including questions related to physical activity, body mass index, cardiovascular disease and mental health. Logistic models of the data report that neighbourhood greenness was associated with reduced risks of cardiovascular disease and poor mental health. Respondents living in the greenest areas were significantly more likely to engage in at least 150 minutes of physical activity per week. These findings move beyond the physical activity association with parks and highlight other health benefits related to parks and other green spaces (e.g. beaches and fields).</p>	SS	<p>Green space; physical activity; cardiovascular disease; overweight; mental health</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Mason, P., Kearns, A. & Livingston, M. In Press. 'Influence of local crime, perceptions of disorder and safety from crime, and aspects of neighbourhood and community on walking in deprived urban areas'. <i>Social Science and Medicine</i>.</p>	<p>This article investigates the frequency of walking and the perceptions of safety and crime in areas of depravity. A group of 3,824 residents living in Glasgow completed a questionnaire related to walking, crime and disorder. Crime data for each of the residents' neighbourhoods were geocoded. Descriptive statistics</p>	APAN	<p>Walking; crime; safety; anti-social behaviour; socio-economic status</p>

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
http://www.sciencedirect.com/science/article/pii/S0277953613002293	<p>and multilevel bivariate comparisons show that people perceiving drunkenness or burglary as a problem walked less often. People who felt safe or trusted their neighbours tended to walk more often. However, people reported higher walking frequencies in areas with higher recorded person crime rates. These results suggest that perceptions of safety and social cohesion can encourage walking among residents in deprived areas.</p>		
<p>Coulon, S.M., Wilson, D.K. & Egan, B.M. 2013. 'Associations among environmental supports, physical activity, and blood pressure in African-American adults in the PATH trial'. <i>Social Science and Medicine</i> 87: 108-115. http://www.ncbi.nlm.nih.gov/pubmed/23631785*</p>	<p>This article examines the influence of social support and neighbourhood walkability on physical activity. A group of 434 African-American adults living in low-income US communities provided health measurements and completed questions taken from the Social Support for Exercise Habits Scale and the Neighbourhood Environment Walkability Survey. Participants were also required to wear an accelerometer for 7 days and record their physical activity for 4 weeks. Statistical analyses of the data show that more time of daily activity (2-9 minutes) was associated with neighbourhood walkability and social support. Neighbourhood walkability and physical activity, however, did not mediate blood pressure. These findings contribute to the growing body of evidence linking neighbourhood attributes, social support and physical activity.</p>	SS	Physical activity; social support; neighbourhood walkability; blood pressure
PROVIDING HEALTHY FOOD OPTIONS			
<p>Zick, C.D., Smith, K.R., Kowaleski-Jones, L., Uno, C. & Merrill, B.J. 2013. 'Harvesting more than vegetables: The potential weight control benefits of community gardening'. <i>American Journal of Public Health</i> 103(6): 1110-1115.</p>	<p>This article assesses the association between community gardening and healthy body weight. Participation in community gardening data was drawn from the Wasatch Community Gardens organisation. Body mass index data was taken from the Utah Population Database. The body mass indices of 198</p>	APAN	Community gardening; body mass index

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
http://www.ncbi.nlm.nih.gov/pubmed/23597347	<p>community gardeners were examined in relation to BMI data for 3 comparison groups: neighbours, siblings and spouses. Regression analyses show that community gardeners had lower BMI than neighbours and siblings. Community gardens can promote healthy intake of food and lower BMI levels among gardeners when compared to non-gardeners.</p>		
<p>Auchincloss, A.H., Mujahid, M.S., Shen, M., Michos, E.D., Whitt-Glover, M.C., Diez Roux & A.V. 2013. 'Neighbourhood health-promoting resources and obesity risk (the multi-ethnic study of atherosclerosis)'. <i>Obesity</i> 21(3): 621-628.</p> <p>http://www.ncbi.nlm.nih.gov/pubmed/22513496 *</p>	<p>This article analyses the association between neighbourhood walkability and food resources and incidences of obesity. A group of 4008 US adults (45-84 years) provided obesity measurements and completed questions related to physical activity, dietary requirements and the neighbourhood environment. This included the ease and pleasantness of walking to places, and availability of healthy food within a 20 minute walk of their residences. Regression analyses indicate a 10% increase in obesity cases over a 5-year period. Neighbourhoods offering healthy food were associated with 10% lower rates of obesity. An association between neighbourhood walking environment and obesity was not found. The provision of healthy food by local retail establishments, rather than walkable neighbourhoods can help promote behaviours that may prevent the onset of obesity.</p>	SS	Neighbourhood walkability; food resources; obesity; multi-ethnicity
<p>Beer, C. 2013. 'Planning against hunger in a time of abundance: Scarcity, affluence, and food security within contemporary Australian urban planning'. <i>Australian Planner</i> 50 (1): 35-43.</p> <p>http://www.tandfonline.com/doi/abs/10.1080/07293682.2012.700940#.UZqtPyv89fU</p>	<p>This article considers food security within urban and peri-urban agriculture and access to healthy food. It discusses affluence and food in urban planning and introduces the issue of food security through the lenses of production and consumption. Linkages are then made between food security and established planning practice (i.e. risk management and provision of choice). This article extends the ideas of healthy food production and</p>	SS	Food security; healthy food access; planning; policy

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
	consumption as they influence planning policy and discussions.		
<p>Mercille, G., Richard, L., Gauvin, L., Kestens, Y., Payette, H. & Daniel, M. 2013. 'Comparison of two indices of availability of fruits/vegetable and fast food outlets'. <i>Journal of Urban Health</i> 90 (2): 240-245. http://link.springer.com/article/10.1007%2Fs11524-012-9722-6</p>	<p>This article compares the absolute with the relative availability of fresh fruits and vegetables in relation to deprived areas in Canada. Areal densities of food sources within 248 selected census tracts provide absolute availability measurements. The relative availability measurement was calculated as proportion of fresh fruit and vegetable relative to total food stores as well as proportion of fast food outlets to all restaurants. Analysis of the data show that poor and more ethnically diverse areas are more exposed to fresh fruits and vegetables as well as fast food outlets in absolute terms. A negative association was found between the relative availability of fast food outlets and poverty levels. Future studies examining food access should account for the complexity of absolute and relative exposure to multiple food sources.</p>	SS	<p>Fresh fruit and vegetable access; fast food outlets; stores; poverty; ethnic diversity</p>

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