

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Macmillan, A.K., Hosking, J., Connor, J.L., Bullen, C. & Ameratunga, S. In press. 'A Cochrane systematic review of the effectiveness of organisational travel plans: Improving the evidence base for transport decisions'. <i>Transport Policy</i>. www.sciencedirect.com/science/article/pii/S0967070X12001138</p>	<p>This article systematically reviews the health and environmental effects of organizational travel plans. Travel plans are programs facilitating sustainable and active transport options and commonly promote changes to the physical environment. Seventeen studies related to travel plans aimed at reducing car use and increasing active travel were analysed. These studies, however, were found to provide limited evidence that travel plans affected health outcomes and reduced car use. The reviewed studies focused heavily on individual behaviour change rather than environmental interventions. Current and future travel plans should be implemented alongside robustly designed research.</p>	GPAN	<p>Travel plans; active travel; behaviour change; environmental change</p>
<p>Maizlish, N., Woodcock, J., Co, S., Ostro, B., Fanai, A., & Fairley, D. 2013. 'Health cobenefits and transportation-related reductions in greenhouse gas emissions in the San Francisco Bay Area'. <i>American Journal of Public Health</i> 103(4):703-709. http://ajph.aphapublications.org/doi/pdf/10.2105/AJPH.2012.300939</p>	<p>This article analyses the health benefits of transport strategies aimed at reducing greenhouse gas emissions. Californian travel patterns, physical activity, particulate matter levels, and disease and injury statistics were computed into the Integrated Transport and Health Impacts model. This model assesses the health impacts resulting from a shift in physical activity as well as exposure to air pollution. The analysis suggest that increasing active travel from 4 to 22 minutes reduces the burden of cardiovascular diseases, diabetes and greenhouse gas emissions by 14% as well as increasing risks of traffic injury by 39%. Active transport can play an important role in public health as well as decreasing air pollution.</p>	HCDN	<p>Walking; bicycling; greenhouse gas emissions; health benefits; modelling</p>

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<p>Australian Research Alliance for Children and Youth. 2013. <i>Report Card: The wellbeing of young Australians</i>. Canberra: ARACY. http://www.aracy.org.au/projects/report-card-the-wellbeing-of-young-australians</p>	<p>This report compares wellbeing measurements of Australian young people and compares these measures with other countries in the Organisation for Economic Co-operation and Development. The report investigates five areas of wellbeing based on the views of 3700 young people and families. One in three young people aged 15-24 years are overweight or obese and more than half lead sedentary lifestyles. This report provides insight into the key gaps of young people's wellbeing and provides the evidence to direct future policy and programs.</p>	<p>APAN/SIA</p>	<p>Wellbeing; young people</p>
<p>Adams, M.A., Ding, D., Sallis, J.F., Bowles, H.R., Ainsworth, B.E., Bergman, P. et al. 2013. 'Patterns of neighbourhood environment attributes related to physical activity across 11 countries: A latent class analysis'. <i>International Journal of Behavioural Nutrition and Physical Activity</i> 10:34 http://www.ijbnpa.org/content/10/1/34/abstract *</p>	<p>This article examines neighbourhood features and their association with physical activity to create international neighbourhood typologies. The Physical Activity Neighbourhood Environment Survey and the International Physical Activity Questionnaire were completed by a representative sample of 11,541 adults from 11 countries. Using a latent class analysis, five neighbourhood types were interpreted: overall activity supportive; high walkable and unsafe with few recreation facilities; safe with active transport facilities; transport and shop dense with few amenities; and, safe but activity unsupportive. Linear regression shows that participants from neighbourhoods classified as overall activity supportive and high walkable and unsafe with few recreational facilities had greater odds of walking as well as meeting guidelines for total physical activity. Participants residing in transport and shop dense with few amenities were less likely to meet guidelines for total physical activity. Combinations of neighbourhood attributes vary across countries but can be supportive of physical activity.</p>	<p>APAN</p>	<p>Built environment; physical activity; neighbourhood typology; international comparison</p>

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<p>Moving People 2030 Taskforce. 2013. <i>Moving Australia 2030: A transport plan for a productive and active Australia</i>. Kingston, ACT: Moving People 2030 Taskforce. http://bic.asn.au/solutions-for-moving-people/moving-australia-2030</p>	<p>This report focuses on four objectives for Australia's transport system: Sustainability, prosperity, liveability and health. Through seven chapters, the report covers: the challenges facing the transport system; the measures required for a prosperous and sustainable transport system; the task of integrating transport and land use planning; and the role of transport in creating a healthy society. One of the key recommendations from the report includes the development of an active travel strategy that includes walking, cycling and access to public transport.</p>	<p>APAN</p>	<p>Public transport; active transport; policy</p>
GETTING PEOPLE ACTIVE			
<p>Fermino, R.C., Reis, R.S., Hallal, P.C. & Júnior, J.C. 2013. 'Perceived environment and public open space use: A study with adults from Curitiba, Brazil'. <i>International Journal of Behavioural Nutrition and Physical Activity</i> 10: 35. http://www.ijbnpa.org/content/10/1/35/abstract</p>	<p>This article explores perceptions of the environment and the use of public open space (e.g. parks, green areas and recreational facilities) in Brazil. Four parks and four plazas were evaluated and geocoded. A group of 1,461 adults responded to interviewers' questions about public open space use and perception of neighbourhood walkability. Data analysis suggests that for men and women, use of public open space was associated with the presence of interesting things, natural attractions, safety and a high number of positive attributes of the environment. The aesthetic of the environment may therefore encourage public open space usage. Investments should be made to improve and maintain such characteristics.</p>	<p>APAN</p>	<p>Public open space; environmental perception; Brazil</p>
<p>Strong, L.L., Reitzel, L.R., Wetter, D.W. & McNeill, L.H. In Press. 'Associations of perceived neighbourhood physical and social environments with physical activity and television viewing in African-American</p>	<p>This article examines the association between neighbourhood perceptions and television viewing and physical activity among African-American adults. A group of 1,374 adults completed the International Physical Activity Questionnaire, the Social Cohesion and Trust and Neighbourhood Problems scales.</p>	<p>APAN</p>	<p>Physical activity; television viewing;</p>

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<p>men and women'. <i>American Journal of Health Promotion</i>. http://www.ajhpcontents.com/doi/abs/10.4278/ajhp.120306-QUAN-127 *</p>	<p>Multivariable analyses show that social cohesion was positively associated with physical activity in women. Concerns about traffic and nighttime safety were associated with reduced physical activity in men. Social and physical attributes of the neighbourhood can influence the physical activity rates of adults. Such attributes should be investigated in tandem.</p>		<p>social; physical; neighbourhood</p>
<p>Van Dyck, D., De Meester, F., Cardon, G., Deforche, B. & De Bourdeaudhuij, I. In Press. 'Physical environmental attributes and active transportation in Belgium: What about adults and adolescents living in the same neighbourhoods?' <i>American Journal of Health Promotion</i>. http://www.ajhpcontents.com/doi/abs/10.4278/ajhp.120316-QUAN-146</p>	<p>This article investigates walking rates and neighbourhood perceptions among adults and adolescents living in the same neighbourhoods. Twenty-four neighbourhoods were objectively assessed for walkability and income levels. A group of 1,166 adults and 477 adolescents completed the International/Flemish Physical Activity Questionnaire and Neighbourhood Environmental Walkability Scale. Regression models show that adults and adolescents in high walkable neighbourhoods perceived their environs as more activity friendly than those living in low walkable neighbourhoods. Perceived walkability, residential density and land use mix were associated with walking among adults only. These findings suggest that while perceptions of active environs are similar for adults and adolescence, the influence of neighbourhood aspects on walking affect each group differently and should be researched accordingly.</p>	<p>APAN</p>	<p>Built environment; walking; adults; adolescents</p>
<p>Adams, M.A., Ding, D., Sallis, J.F., Bowles, H.R., Ainsworth, B.E., Bergman, P. et al. 2013. 'Patterns of neighbourhood environment attributes related to physical</p>	<p>This article examines neighbourhood features and their association with physical activity to create international neighbourhood typologies. The Physical Activity Neighbourhood Environment Survey and the International Physical Activity Questionnaire were completed by a representative sample of 11,541 adults from 11 countries. Using a latent class analysis, five</p>	<p>APAN</p>	<p>Built environment; physical activity; neighbourhood</p>

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<p>activity across 11 countries: A latent class analysis'. <i>International Journal of Behavioural Nutrition and Physical Activity</i> 10:34 http://www.ijbnpa.org/content/10/1/34/abstract *</p>	<p>neighbourhood types were interpreted: overall activity supportive; high walkable and unsafe with few recreation facilities; safe with active transport facilities; transport and shop dense with few amenities; and, safe but activity unsupportive. Linear regression shows that participants from neighbourhoods classified as overall activity supportive and high walkable and unsafe with few recreational facilities had greater odds of walking as well as meeting guidelines for total physical activity. Participants residing in transport and shop dense with few amenities were less likely to meet guidelines for total physical activity. Combinations of neighbourhood attributes vary across countries but can be supportive of physical activity.</p>		<p>typology; international comparison</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Strong, L.L., Reitzel, L.R., Wetter, D.W. & McNeill, L.H. In Press. 'Associations of perceived neighbourhood physical and social environments with physical activity and television viewing in African-American men and women'. <i>American Journal of Health Promotion</i>. http://www.ajhpcontents.com/doi/abs/10.4278/ajhp.120306-QUAN-127 *</p>	<p>This article examines the association between neighbourhood perceptions and television viewing and physical activity among African-American adults. A group of 1,374 adults completed the International Physical Activity Questionnaire, the Social Cohesion and Trust and Neighbourhood Problems scales. Multivariable analyses show that social cohesion was positively associated with physical activity in women. Concerns about traffic and night-time safety were associated with reduced physical activity in men. Social and physical attributes of the neighbourhood can influence the physical activity rates of adults. Such attributes should be investigated in tandem.</p>	<p>APAN</p>	<p>Physical activity; television viewing; social; physical; neighbourhood</p>

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<p>Beenackers, M.A., Kamphuis, C.B.M., Mackenbach, J.P., Burdorf, A. & Van Lenthe, F.J. 2013. 'Why some walk and others don't: Exploring interactions of perceived safety and social neighborhood factors with psychosocial cognitions'. <i>Health Education Research</i> 28(2): 220-233. www.ncbi.nlm.nih.gov/pubmed/23393100</p>	<p>This article explores perceptions of neighbourhood and psychosocial factors on leisure time walking. A total of 4,395 Dutch adults completed survey questions related to neighbourhood perceptions (safety and social cohesion), physical activity levels and attitude toward physical activity. Analyses indicate that those with a larger social network in the neighbourhood were more likely to walk in leisure time. Neighbourhood perceptions alone were not associated with minutes walked. Those who have a less positive attitude and intention towards physical activity may benefit from a more supportive environment to encourage walking.</p>	<p>SS</p>	<p>Neighbourhood perception; safety; social cohesion; physical activity</p>
<p>Houston, D., Basolo, V. & Yang, D. 2013. 'Walkability, Transit Access, and Traffic Exposure for Low-Income Residents With Subsidized Housing'. <i>American Journal of Public Health</i> 103(4): 673-678. http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2012.300734</p>	<p>This article reports the spatial implications of subsidised housing in relation to walkability, transport access and traffic exposure. Neighbourhoods were geocoded and assessed for demographic composition, proximity to land uses, transport access and proximity to roadways. Regression analyses show that subsidised housing in walkable neighbourhoods had lower rates of traffic exposure. However, subsidized housing with more transport service and mixed land uses were associated with higher rates of traffic exposure. Subsidised housing programs that promote smart growth development (i.e. access to public transport and non-residential land uses) could encourage active travel.</p>	<p>APAN</p>	<p>Walkability; transport access; subsidised housing</p>
PROVIDING HEALTHY FOOD OPTIONS			
<p>Xu, H., Short, S.E. & Liu, T. 2013. 'Dynamic relations between fast-food restaurant and body weight status: A longitudinal and multilevel analysis of</p>	<p>This article investigates longitudinal exposure to Western fast food restaurants and weight changes among Chinese adults. Data was drawn from the 2000-2009 China Health and Nutrition Survey. A total of 28,063 adults reported body mass index measurements, waist to height ratio and waist to hip ratio as well as the</p>	<p>SS</p>	<p>Fast food restaurant; body mass index;</p>

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<p>Chinese adults'. <i>Journal of Epidemiology and Community Health</i> 67(3): 271-279 www.ncbi.nlm.nih.gov/pubmed/22923769</p>	<p>number of Western fast food restaurants in the community. Statistical analysis implies that opening of a new fast food restaurant was associated with a .36 increase in waist to height ratio in urban men and a .18 decrease in BMI in urban women. These findings suggest that accumulation of male abdominal body fat occurs after being exposed to fast food over time. However, among Chinese women, the exposure to fast food and body weight status may be sensitive to the weight measures used and needs further investigation.</p>		<p>obesity; China; Western culture</p>
<p>Chau, C.N., Zoellner, J.M. & Hill, J.L. 2013. 'Availability of healthy food: Does block group race and income matter?' <i>Journal of Hunger and Environmental Nutrition</i> 8(1): 22-38 http://www.tandfonline.com/doi/full/10.1080/19320248.2012.758063</p>	<p>This article assesses healthy food availability by block groups differentiated by race and income in the Dan River region, US. Using data from the Nutrition Environment Measures Survey, retail food outlets were identified (60 stores and 124 restaurants). The findings show that predominant Caucasian middle to high-income blocks had the highest access to healthy food items. Conversely, lower income and predominant African American blocks had lower access to healthy food options. The findings gathered from this study will be used by community coalitions to create localized interventions. Authors stress that efforts to understand food availability need to be locally generated.</p>	<p>SS</p>	<p>Food availability; neighbourhood block; socioeconomic</p>
<p>Mason, K.E., Bentley, R.J. & Kavanagh, A.M. 2013. Fruit and vegetable purchasing and the relative density of healthy and unhealthy food stores: Evidence from an Australian multilevel study. <i>Journal of Epidemiology and Community Health</i></p>	<p>This article measures the relative number of healthy and unhealthy food stores and the purchase of fruit and vegetables. Data was collected from 2564 individuals completing the Victorian Lifestyle and Neighbourhood Environment Study. This study required participants from 49 small areas in metropolitan Melbourne to complete a food purchasing survey. A field audit of the food environment was conducted with healthy stores defined as supermarkets, green grocers and fruit &</p>	<p>SS</p>	<p>Food stores; fruit and vegetable purchase; obesity</p>

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<p>67(3):231-236. www.ncbi.nlm.nih.gov/pubmed/23100382</p>	<p>vegetable stores, and unhealthy stores as takeaway/fast food stores and convenience stores. Statistical analysis shows that households situated in a density of at least 10% of healthy food stores were more likely to purchase fruit and vegetables. A higher ratio of healthy food stores can encourage an increase in the purchase of healthy food items.</p>		

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