

FORTNIGHTLY LITERATURE REVIEW

| REFERENCE | DESCRIPTION | ALERT SOURCE | KEYWORDS |
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| GENERAL POLICY AND RESEARCH | | | |
| <p>Sterdt, E., Liersch, S. & Walter, U. In Press. 'Correlates of physical activity of children and adolescents: A systematic review of reviews.' <i>Health Education Journal OnlineFirst</i>.</p> <p>http://hej.sagepub.com/content/early/2013/01/10/0017896912469578.abstract?petoc</p> | <p>This article is a systematic review of reviews identifying the factors related to the physical activity of children and adolescents (age 3-18 years). Applying criteria such as publication between 2000 and 2009 and classification as a systematic review truncated a research list of 2,214 articles to 10 systematic review articles. An analysis of these 10 reviews provides insight to correlates that were associated positively, negatively or inconsistently with physical activity. These correlates include: demographic and biological; psychological, cognitive and emotional; social and cultural; physical environment; and personal behavioural attributes and skills. The findings of this review suggest that the physical activity of children and adolescents is the culmination of complex behaviours determined by numerous factors.</p> | APAN | Physical activity; children; adolescents; systematic review |
| <p>Bauman, A., Curac, N., King, L., Venugopal, K. & Merom, D. 2012. 'Active, healthy cities? How does population physical activity vary between Australian cities?' <i>Health Promotion Journal of Australia</i> 23(3): 201 – 207.</p> | <p>This article compares Australian cities in terms of participation in physical activity and reports trends in leisure-time physical activity between 2001 and 2009. Data was obtained from the Exercise Recreation and Sport Survey (a telephone interview conducted quarterly among people over the age of 15 in the eight capital cities of Australia). Statistical analyses show that</p> | APAN | Physical activity; Australian cities |

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| http://www.publish.csiro.au/paper/HE12201.htm | <p>women were 11% more likely participate in five sessions per week of leisure time physical activity when compared to men. The likelihood of regular walking increased consistently with age. Darwin, Canberra and Perth ranked as the most active cities. These findings show that there are differences in activity levels across the cities of Australia and may be attributable to gender, age or educational levels.</p> | | |
| <p>Ding, D., Sallis, J.F., Conway, T.L., Saelens, B.E., Frank, L.D., Cain, K.L. & Slymen, D.J. 2012. 'Interactive effects of built environment and psychosocial attributes on physical activity: A test of ecological models.' <i>Annals of Behavioural Medicine</i> 44(3): 365-374.</p> <p>http://link.springer.com/article/10.1007%2Fs12160-012-9394-1</p> | <p>This paper examines interactions between built environments and psychosocial variables in relation to adult physical activity (moderate to vigorous PA, transport walking and leisure walking). A group of 2,199 adults living in Seattle and Washington DC participated in the Neighbourhood Quality of Life Study by completing a questionnaire asking about their physical activity, self-efficacy, social support, enjoyment, perceived barriers and benefits. Participants also wore accelerometers. A walkability index was calculated for each neighbourhood. Public parks and private recreational facilities were geocoded. Results indicate that none of the built environment and psychosocial interactions was significant for moderate to vigorous PA. Neighbourhood walkability and benefits of moderate to vigorous PA was significant for transport walking. Several built environment and psychosocial variables were found to be significant for leisure walking. For leisure walking, the built environment may</p> | <p>SS</p> | <p>Physical activity; built environment; psychosocial variables; ecological models</p> |

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| | indicate a stronger influence for adults who are not predisposed to be active. | | |
| <p>Nathan, A., Wood, L. & Giles-Corti, B. 2013. 'Selling new neighbourhoods as good for walking: Issues for measuring self-selection.' <i>Journal of Physical Activity and Health</i> 10(1): 5-9. http://www.ncbi.nlm.nih.gov/pubmed/23324487</p> | <p>This article assesses the walkability attributes in marketing materials for housing developments to assess how walking is promoted to potential home buyers. Printed marketing material were gathered for 32 new housing developments and subjected to content analysis. Housing developments were categorized as liveable, conventional and hybrid. Eighteen walkability attributes were searched in the marketing text and 12 attributes in marketing pictures. Results indicate that there were significant differences between the housing development categories for the following attributes: public transport, small home sites, walkable parks/open space, ease of cycling and safe environment. Liveable and hybrid housing developments tend to be marketed as more pedestrian friendly than the conventional housing development. These findings provide an additional understanding of self-selection and walkable neighbourhoods.</p> | SS | Housing developments; walkability; self-selection; marketing promotion |
| GETTING PEOPLE ACTIVE | | | |
| <p>Sugiyama, T., Inoue, S., Cerin, E., Shimomitsu, T. & Owen, N. In Press. 'Walkable area within which destinations matter: Differences between Australian and Japanese cities.' <i>Asia-Pacific Journal of Public Health OnlineFirst</i>.</p> | <p>This paper investigates the availability of destinations and walking for transport in Australian and Japanese cities. A total of 2508 participants from Adelaide and 1285 from Tsukuba, Shizouka, Kagoshima and Koganei completed the International Physical Activity Questionnaire and Neighbourhood Environment</p> | APAN | Walking for transport; destinations; Australia; Japan; comparison |

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| http://aph.sagepub.com/content/early/2012/11/22/1010539512466911.abstract?petoc | <p>Walkability Scale. Logistic regression analysis suggests that in Australia, 77% of participants walked for transport with 120 minutes/week in low walkable areas and 140 minutes/week in high walkable areas. The number of destinations within a 10 minute walk was found to be significant. In Japan across the 4 cities, 59% of participants walking for transport walked an average range between 70 minutes a week to 150 minutes a week. The number of destinations within a 6-20 minute walk was significant to walking. These findings suggest that residents of Japanese cities may be willing to walk further to destinations than their Australian counterparts and may be attributed to travel behavior related to public transport infrastructure.</p> | | |
| <p>Ward Thompson, C., Curl, A., Aspinall, P., Alves, S. & Zuin, A. 2012. 'Do changes to the local street environment alter behaviour and quality of life of older adults? The 'DIY Streets' intervention.' <i>British Journal of Sports Medicine</i> Published Online First. http://bjsm.bmj.com/content/early/2012/12/13/bjsports-2012-091718.abstract</p> | <p>This paper examines the prospective effects of residential street improvements on older adults' physical activity. Nine sites in England, Wales and Scotland were chosen, and each intervention site was paired with a local comparison street where no design improvement was taking place. A group of 96 residents were interviewed at baseline and a sample of 61 residents was interviewed post-intervention. Participants were asked about their general health, quality of life, frequency of outdoor visits as well as time spent in outdoor activity. Participants were also asked to wear accelerometers. Results indicate that post-intervention, participants residing in newly designed</p> | <p>APAN</p> | <p>Urban and landscape design improvements; residential streets; older adults; physical activity; quality of life</p> |

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| | streets perceived their streets safer to walk in at night, as well as a self-reported decline in outdoor summer activities. Over a period of two years, there was a perceived increase in activity and a perceived ease of walking on the street post intervention. Creating a safe environment to walk in especially during the evening hours may promote activity among older populations. | | |
| James, P., Troped, P.J., Hart, J.E., Joshi, C.E., Colditz, G.A., Brownson, R.C., Ewing, R. & Laden, F. 2013. 'Urban sprawl, physical activity and body mass Index: Nurses' Health Study and Nurses' Health Study II'. <i>American Journal of Public Health</i> 103(2): 369-375. http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2011.300449 | This article examines the association between urban sprawl, physical activity and body mass index among US women. Surveys were sent out to registered nurses aged 25-55 and asked about physical activity levels (walking, bicycling, jogging and running) as well as weight and height (to calculate body mass index). To define urban sprawl, low residential density and poor street accessibility data were extracted from a sprawl index developed by Smart Growth America. Linear and logistic regressions show that women who live in denser areas with more accessible street designs had lower body mass index and were more active. These findings support the research indicating a direct link between the effects of urban development and women's wellbeing. | SS/APAN | Physical activity; body mass index; urban sprawl; women |
| Galvez, M.P., McGovern, K., Knuff, C., Resnick, S., Brenner, B., Teitelbaum, S.L. & Wolff, M.S. 2013. 'Associations between | This paper examines the association between the availability of physical activity resources and the physical activity levels of children living in an inner city New York neighbourhood. A group of 324 (6-8 year old) children completed questionnaire data related to time | SS | Built environment; childhood obesity; physical activity; inner city |

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| <p>neighbourhood resources and physical activity in inner-city minority children.' <i>Academic Paediatrics</i> 13(1): 20-26. www.sciencedirect.com/science/article/pii/S1876285912002379</p> | <p>spent in outdoor unscheduled physical activity, scheduled activity and in sedentary behaviours. Children were asked to wear a pedometer over a 4-7 day period. A walking survey of the neighbourhood recorded playgrounds, community gardens, sports fields, after school programs, recreation centres, parks and pools. Statistical analysis shows that the availability of playgrounds and after-school programs increased the reported level of outdoor unscheduled physical activity. Furthermore, the availability of physical activity resources differed by socio-economic status. Disparities in availability of resources may hamper attempts at increasing unscheduled opportunities for children's physical activity.</p> | | |
| <p>Reed, J.A. & Price, A.E. 2012. 'Demographic characteristics and physical activity behaviour of park-visitors versus non-visitors.' <i>Journal of Community Health</i> 37(6): 1264-1268. http://link.springer.com/article/10.1007%2Fs10900-012-9565-9</p> | <p>This article examines the differences in physical activity between park visitors and non-park visitors. A group of 251 participants participated in a telephone survey asking about their frequency of park use. Physical activity was assessed using the Behavioural Risk Factor Surveillance System Module questions. Findings indicate that 71% of park visitors and 70% of non-park visitors reported at least 75 minutes of vigorous activity per week. A significant association between being a park visitor and meeting national vigorous intensity physical activity levels (75 minutes) was found among participants identifying themselves as non-white. An increase in the availability of parks may promote</p> | <p>SS</p> | <p>Park; physical activity; minority groups; older adults</p> |

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| | physical activity among minority groups who are generally at risk for physical inactivity. | | |
| <p>Slater, S.J., Nicholson, L., Chriqui, J., Barker, D.C., Chaloupka, F.J. & Johnston, L.D. 2013. 'Walkable communities and adolescent weight.' <i>American Journal of Preventive Medicine</i> 44 (2): 164-168.</p> <p>http://www.sciencedirect.com/science/article/pii/S0749379712008008</p> | <p>This article investigates the impact of community-level walkability on obesity levels of adolescents. A total of 11,041 students participating in the US Monitoring the Future Study provided self reported height and weight. A walkability index, a community physical disorder scale and a community compactness index were constructed for the neighbourhoods where students live. Logistic regression analyses report that neighbourhoods with more walkable streets were significantly negatively associated with the adolescent obesity. The presence of footpaths and public transport was associated with a lower obesity rate. A reduced prevalence of overweight was associated with footpaths, pedestrian signal at traffic lights and zebra crossings. These findings suggest that a modest increase in the offering of street features that support walking can affect levels of obesity and overweight among adolescents.</p> | SS | Walkability; neighbourhood environment; adolescents; obesity |
| CONNECTING AND STRENGTHENING COMMUNITIES | | | |
| <p>Völker, S. & Kistemann, T. 2013. "I'm always entirely happy when I'm here!" Urban blue enhancing human health and well-being in Cologne and Düsseldorf,</p> | <p>This paper explores the beneficial health outcomes created by urban water areas. The promenades in two German cities were chosen as locations for the case study approach. Participant observation, spatial analysis of the waterside urban areas and written questionnaires (completed by 42 participants using the promenades)</p> | SS | Therapeutic landscapes; recreational activity; leisure |

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| <p>Germany.' <i>Social Science and Medicine</i> 78(1): 113-124. http://www.ncbi.nlm.nih.gov/pubmed/23273410</p> | <p>were conducted. A grounded theory approach shows that importance is attached to the presence of the River Rhine. Visitors perceive the river through their senses and frequent the promenade for the social space it provides and the opportunities for passive and active recreation. This is one of the first studies to explore the beneficial outcomes related to people's accessibility to urban water landscapes and suggests that such landscapes have a therapeutic effect.</p> | | <p>time; urban blue spaces</p> |
| <p>NCOSS, Council of Social Service of New South Wales. 2012. <i>Provided there's transport: Transport as a barrier to accessing health care in NSW</i>. Surry Hills, NSW: Council of Social Service of NSW. www.ncoss.org.au/resources/121206health-transport-report.pdf</p> | <p>This report documents the issues raised during two health transport workshops in Sydney and Lismore. A lack of transport was cited as a major barrier to health access. The report provides recommendations such as the coordination and funding of health transport services; arranging appointment times and minimising delays; designating drop-off and pick-up zones and parking spaces; as well as considering Aboriginal health transport. Following such recommendations will help cities move towards a more efficient and equitable health transport system.</p> | <p>APO</p> | <p>Health access; inequality; transport</p> |
| <p>Torres, A., Sarmiento, O.L., Stauber, C. & Zarama, R. 2013. 'The Ciclovía and Cicloruta programs: Promising interventions to promote physical activity and social capital in Bogotá, Colombia.' <i>American Journal of</i></p> | <p>This article assesses the participation of two bicycling programs in Bogotá, Columbia (Ciclovía: street closure and Cicloruta: bicycle paths) and association with physical activity, safety, social capital and equity. Ciclovía is a community-based program where streets are closed to motorised vehicles to allow access for others to pursue active recreation. Cicloruta is an</p> | <p>SS/APAN</p> | <p>Bicycling; social capital; safety; equity; socioeconomic</p> |

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| <p><i>Public Health</i> 103(2): e23-e30. http://www.ncbi.nlm.nih.gov/pubmed/23237179</p> | <p>extensive 300km bicycle network connecting to destinations and public transport options. Intercept surveys asking about physical activity and social capital were conducted among 1000 adult cyclists on the Cicloruta and 1000 adults participating in the Ciclovía program. Analysis of the data shows that 60% of Ciclovía participants and 71% of Cicloruta users reported meeting the recommendation by cycling for transportation. Ciclovía participants had a higher perception of safety and social capital and reported living in a higher economic status category than Cicloruta users. Both programs have the potential to increase physical activity among a range of socioeconomic levels living in urban settings.</p> | | <p>status</p> |
| PROVIDING HEALTHY FOOD OPTIONS | | | |
| <p>Widener, M.J., Farber, S., Neutens, T. & Horner, M.W. 2013. 'Using urban commuting data to calculate a spatiotemporal accessibility measure for food environment studies.' <i>Health & Place</i> 21 (May): 1-9. http://www.sciencedirect.com/science/article/pii/S1353829213000105</p> | <p>This paper explores how vehicular commuting patterns affect accessibility to food stores selling fresh produce in Cincinnati, Ohio. A metric was created to assess how much access to healthy foods a resident has, in relation to their daily commute. Opportunities for healthy food purchase are calculated for the home neighbourhood as well as the landscape along the commute using a supermarket interaction potential (SMIP) score. Scores were calculated for 359 zones in Cincinnati. The downtown urban area had higher SMIP scores than those areas outside from the city centre. This high SMIP score provides some residents more access to healthy</p> | <p>SS</p> | <p>Commuting patterns; food access; spatiotemporal accessibility measure</p> |

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| | <p>food options as they commute from their work. Concentrating on commuting patterns as a whole rather than access from home location helps to show how movement can assist in healthy eating patterns.</p> | | |
| <p>Small, M., Bailey-Davis, L., Morgan, N. & Maggs, J. 2012. 'Changes in eating and physical activity behaviours across seven semesters of college: Living on or off campus matters.' <i>Health Education & Behaviour OnlineFirst</i>. http://heb.sagepub.com/content/early/2012/12/07/1090198112467801.abstract</p> | <p>This article reviews diet patterns as well as physical activity among university students in the northeastern US. Data was drawn from the University Life Study, a longitudinal study over seven semesters. A group of 608 students completed all survey questions related to fruit, vegetable and soda consumption as well as physical activity. Analysis of the data indicates that few university students consumed fruit and vegetables and engaged in less than one hour of moderate to vigorous physical activity per day; and such consumption and physical activity declined between semester one and seven. Living off campus exacerbated these behavioural declines. Dietary and physical activity support should be incorporated during initial university orientation and continue throughout university tenure. These findings also suggest that the food environment and opportunities for physical activity beyond the confines of university housing may play a role in university students' food and active choices.</p> | <p>APAN</p> | <p>Fruit and vegetable consumption; soda drinks; physical activity; university students; on-campus housing</p> |

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