

## FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
<b>GENERAL POLICY AND RESEARCH</b>			
<p>Griffin, P. Rodgers, G.P. &amp; Collins, F.S. 2012. 'The next generation of obesity research: no time to waste.' <i>Journal of American Medical Association</i> 308(11): 1095-1096.  <a href="http://jama.jamanetwork.com/article.aspx?articleid=1360875">http://jama.jamanetwork.com/article.aspx?articleid=1360875</a></p>	<p>This paper calls for a broad based effort to curb rates of obesity primarily through food consumption and physical activity patterns. It argues that current research must create and evaluate community prevention strategies. In particular, new strategies should focus on environmental risk factors for obesity, behavioural factors among infants as well as innovative technologies. The resulting data could then provide policy makers with a foundation to create evidence based programs and policies.</p>	HCDN	Obesity; physical activity; research direction
<p>Jizzo, R., Bosdriesz, M. I., Witvliet, T. Visscher, L.S. &amp; Kunst, A.E. 2012. 'The influence of the macro-environment on physical activity: A multi-level analysis of 38 countries worldwide.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9(110).  <a href="http://www.ijbnpa.org/content/9/1/110">http://www.ijbnpa.org/content/9/1/110</a> *</p>	<p>This paper investigates the relationship between environmental factors at the macro level and physical activity across 38 countries. Physical activity data was taken from the International Physical Activity Questionnaire. Environmental factors taken from the World Health Survey include temperature, motor vehicle density, urbanization, economic development, governance, literacy rate, and gender equality. Statistical analysis shows that African and South-eastern adults reported more vigorous physical activity than European and South American adults. Adults living in countries with higher economies and hotter climates were less active. Women tended to walk more in countries with greater gender equality. These findings suggest that there are variations in physical activity among countries.</p>	GPAN	Physical activity; environmental factors; country comparisons

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<p>Yancey, A. 2012. 'Creating a healthy milieu for all. Essay on the current state and future of preventive medicine.' <i>Preventive Medicine</i> 55(6): 571-572.  <a href="http://www.sciencedirect.com/science/article/pii/S009174351200549X">http://www.sciencedirect.com/science/article/pii/S009174351200549X</a></p>	<p>This essay articulates a vision for the future of prevention medicine. It suggests that physical inactivity and obesity are the major challenges of preventive medicine. In addition to behaviour change education, policy and environmental change must also be embraced. Lessons taken from the successful tobacco prevention model suggest that physical activity and nutrient-rich food need to be made the easiest option, while sedentary behaviour and nutrient poor food need to be made inconvenient and inaccessible.</p>	<p>GPAN</p>	<p>Physical inactivity; obesity; policy</p>
<b>GETTING PEOPLE ACTIVE</b>			
<p>Jizzo, R., Bosdriesz, M. I., Witvliet, T. Visscher, L.S. &amp; Kunst, A.E. 2012. 'The influence of the macro-environment on physical activity: A multi-level analysis of 38 countries worldwide.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9(110).  <a href="http://www.ijbnpa.org/content/9/1/110">http://www.ijbnpa.org/content/9/1/110</a> *</p>	<p>This paper investigates the relationship between environmental factors at the macro level and physical activity across 38 countries. Physical activity data was taken from the International Physical Activity Questionnaire. Environmental factors taken from the World Health Survey include temperature, motor vehicle density, urbanization, economic development, governance, literacy rate, and gender equality. Statistical analysis shows that African and South-eastern adults reported more vigorous physical activity than European and South American adults. Adults living in countries with higher economies and hotter climates were less active. Women tended to walk more in countries with greater gender equality. These findings suggest that there are variations in physical activity among countries.</p>	<p>GPAN</p>	<p>Physical activity; environmental factors; country comparisons</p>
<p>Blanck, H.M., Allen, D., Bashir, Z., Gordon, N., Goodman, A., Merriam, D. &amp; Rutt, C. 2012. 'Let's go to the park today: The role of parks in obesity prevention and improving the public's health.' <i>Childhood Obesity</i></p>	<p>This paper summarizes the benefits of access to parks, trails, open spaces and recreational facilities for children. It particularly highlights the health benefits of park use including physical activity, the psychological restoration of experience in nature as well as nutritional</p>	<p>HCDN</p>	<p>Parks, physical activity; food access; children</p>

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<p>8(5)423-428.  <a href="http://www.ncbi.nlm.nih.gov/pubmed/23061497">http://www.ncbi.nlm.nih.gov/pubmed/23061497</a></p>	<p>education (with the inclusion of farmer's markets and urban agriculture). The general barriers to park usage are discussed. This paper concludes with examples of physical activity and food initiatives to highlight the commitment of park officials to the public's health and wellbeing.</p>		
<p>Teschke, K., Harris, M.A., Reynolds, C.O., Winters, M., Babul, S., Chipman, M., Cusimano, M.D., Brubacher, J.R., Hunte, G., Friedman, S.M., Monro, M., Shen, H., Vernichm, L. &amp; Cripton, P.A. 2012. 'Route infrastructure and the risk of injuries to bicyclists: A case-crossover study.' <i>American Journal of Public Health</i> 102(12): 2336-2343.  <a href="http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2012.300762">http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2012.300762</a></p>	<p>This article assesses route infrastructure and the risk of cycling injury in two Canadian cities. The route infrastructure at the site of injury for 690 cyclists was compared to a randomly selected control site from the same route trip. Fourteen route types were categorized. Statistical analyses indicate that of these 14 types, cycle tracks featured the lowest risks. Lower injury risks were associated with local streets, major streets without parked cars and with bike lanes. Increased injury risks were associated with streetcar or train tracks, downhill grading and construction. These findings indicate that certain road infrastructure can help reduce cyclist injury. The awareness and implementation of such infrastructure could then promote safer cycling routes.</p>	<p>APAN</p>	<p>Cycling; road infrastructure; injury risk</p>
<p>McDonald, K.N., Oakes, J.M. &amp; Forsyth A. 2012. 'Effect of street connectivity and density on adult BMI: Results from the Twin Cities Walking Study.' <i>Journal of Epidemiology and Community Health</i> 66(7): 636-640.  <a href="http://jech.bmj.com/content/66/7/636.long">http://jech.bmj.com/content/66/7/636.long</a></p>	<p>This paper evaluates the effect of population density and block size on adult body mass index. Using data from the Twin Cities Walking Study, thirty-six neighbourhoods identified as high or low density and small or large blocks were randomly selected. A total of 690 individuals were selected from these neighbourhoods and asked to wear accelerometers. Analyses of the data indicate a mean BMI of 27.2 with 220 participants classified as obese. However, no significant effect of density by block size on BMI was found. This finding suggests that features of the built environment do not conclusively affect BMI.</p>	<p>GPAN</p>	<p>Street connectivity; block size, BMI</p>

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<b>CONNECTING AND STRENGTHENING COMMUNITIES</b>			
<p>Cleland, V., Granados, A., Crawford, D., Winzenberg, T. &amp; Ball, K. (In Press). 'Effectiveness of interventions to promote physical activity among socioeconomically disadvantaged women: A systematic review and meta-analysis.' <i>Obesity Reviews</i>. <a href="http://onlinelibrary.wiley.com/doi/10.1111/j.1467-789X.2012.01058.x/abstract">http://onlinelibrary.wiley.com/doi/10.1111/j.1467-789X.2012.01058.x/abstract</a></p>	<p>This paper assesses the effectiveness of interventions to increase physical activity in women experiencing socioeconomic disadvantage. Seven databases were systematically reviewed along with a meta-analysis of controlled trials. A total of 19 studies with a total of 6,339 participants were included. The analysis suggests that the key factor determining intervention effectiveness is mode of delivery. Specifically, the use of group-based interventions resulted in an additional 70 minutes/week of physical activity. This finding suggests that social support, shared group experiences, and the development of friendships may help promote physical activity among this population group.</p>	APAN	Physical activity; intervention; women; socioeconomic characteristic; meta-analysis
<p>Davie, E. 2012. 'Poorest streets 'fleece, deprive and expose citizens to risk.' The Guardian 27 Nov 2012. <a href="http://www.guardian.co.uk/local-government-network/2012/nov/27/local-authorities-high-streets">http://www.guardian.co.uk/local-government-network/2012/nov/27/local-authorities-high-streets</a></p>	<p>This newspaper article calls to attention how politics has failed to protect its poorest and vulnerable citizens through the proliferation of exploitive amenities in a borough in England. It particularly highlights the necessity of creating localised change. For example, the Lambeth Council's Street Detox Commission aims to reduce the number of retail selling junk food, extortionate loans, alcohol and betting. It urges for the use of planning and licensing reviews to promote better opportunities for residents such as credit unions, responsible retailing and greater choice. It suggests that policy can create healthier environments for residents.</p>	SIA	Retail amenities; vulnerable populations; policy changes
<b>PROVIDING HEALTHY FOOD OPTIONS</b>			
<p>Héroux, M., Iannotti, R.J., Currie, D., Pickett, W. &amp; Janssen, I. 2012. 'The food retail</p>	<p>This paper analyses the chain food retail environment, lunchtime eating behaviour and obesity levels in Canada, Scotland and the US. The data was taken from 13-15 year olds who participated in the Health Behaviour in School-Aged Children Survey. The density</p>	SS	Fast food retail outlets; schools;

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<p>environment in school neighborhoods and its relation to lunchtime eating behaviors in youth from three countries.' <i>Health &amp; Place</i> 18 (6): 1240-1247.  <a href="http://www.sciencedirect.com/science/article/pii/S135382921200158X">http://www.sciencedirect.com/science/article/pii/S135382921200158X</a></p>	<p>of convenience stores, chain fast food restaurants, and chain cafés within 1 km of each school was measured. Lunchtime eating behaviours, weight, and height were self-reported by 26,778 students. The findings indicate that while the density of food retailers was highest surrounding American schools, fewer American students patronised these retailers than Canadian and Scottish students. Lunchtime eating behaviours, however, were related to the number of food retailers located within 1km from Canadian schools. No association was found between retail density and BMI. The food environment may influence lunchtime eating behaviours for Canadian students but there are many other determinants of obesity.</p>		<p>youth; BMI</p>
<p>Ding, D., Sallis, J.F., Norman, G.J., Saelens, B.E., Harris, S.K., Kerr, J., Rosenberg, D., Durant, N. &amp; Glanz, K. 2012.  'Community food environment, home food environment, and fruit and vegetable intake of children and adolescents.'  <i>Journal of Nutrition Education and Behaviour</i> 44 (6): 634-638.  <a href="http://www.sciencedirect.com/science/article/pii/S1499404610003933">http://www.sciencedirect.com/science/article/pii/S1499404610003933</a></p>	<p>This paper focuses on the community and home food environment as well as children and young people's intake of fruit and vegetables in three US neighbourhoods. A total of 171 adolescent-parent pairs and 116 parents of children were recruited and asked to complete a questionnaire measuring home food environment and fruit and vegetable intake. The community food environment was measured by the Neighbourhood Environment Walkability Scale. An SPSS analysis of the data shows that fruit and vegetable intake was significantly associated with home food environment but not with the community food environment. The availability of more healthful food in the home was associated with fruit and vegetable intake in adolescents; with family income associated with the availability of healthful food. A focus on the home environment and reduced prices or subsidies healthy foods may encourage fruit and vegetable intake among</p>	<p>SS</p>	<p>Fruit and vegetable; home environment; retail outlets; children; adolescents</p>

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	families.		

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