

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Department of Infrastructure and Transport. 2012. <i>Walking, riding and access to public transport: Draft report for discussion</i>. Canberra: Australian Government.</p> <p>http://apo.org.au/research/walking-riding-and-access-public-transport-draft-report-discussion</p>	<p>This draft report explores how governmental entities can work with businesses and the public to increase the numbers of those who partake in active travel. Through six chapters, this report invokes discussions on walking, riding and access to public transport. It covers the patterns, economic analysis and policy framework for active travel. It concludes with examinations of the barriers to and opportunities for walking and cycling. In particular it suggests the inclusion of walking and cycling in land use and transport planning; the building of appropriate infrastructure as well as the encouragement of greater participation in active travel modes. Feedback is currently being sought for this report through 31 January 2013.</p>	APO	Active transport; policy development; walking; cycling; public transport
<p>Newman, P. & Matan, A. 2012. 'Human mobility and human health.' <i>Current Opinion in Environmental Sustainability</i> 4(4): 420-426.</p> <p>http://www.sciencedirect.com/science/article/pii/S1877343512001017 *</p>	<p>This article outlines the benefits for healthy cities focusing on healthy transportation choices, economic value and social health. Active transport opportunities provided by the built environment are detailed. Also discussed are the health and monetary benefits of improving healthy environments and active transport. Lastly, it discusses how transport and land uses that increase walking affect social inclusion and community relationships. Developing and enhancing active transport can improve the economic and social health indices of a city.</p>	SS	Active transport; economic value; social inclusion

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<p>Bai, X., Nath, I., Capon, A., Hasan, N. & Jaron, D. 2012. 'Health and wellbeing in the changing urban environment: Complex challenges, scientific responses, and the way forward.' <i>Current Opinion in Environmental Sustainability</i> 4 (4): 465-472. http://www.sciencedirect.com/science/article/pii/S1877343512001169</p>	<p>This article details the different types of health and wellbeing risks in the urban environment as well as describes the program on Health and Wellbeing in the Changing Environment. Five types of risks in urban cities are identified: infectious diseases; acute and chronic diseases; chronic, non-communicable diseases; injuries from traffic accidents, violence and crime; and climate change related health risks. A description of an innovative program by the International Council for Science is provided. This program views health not purely as the absence of disease but all the components of wellbeing: physical, mental and social. Within this program, five distinct approaches are outlined: 1) systems approach broadly outlined; 2) integrating social science perspective, 3) trans disciplinary, participatory approach, 4) long-term monitoring and database and 5) innovative practices and cross city learning.</p>	<p>SS</p>	<p>Health and well-being risks; urban cities; integrated systems</p>
<p>Reis, R.S., Kelly, C.M., Parra, D.C., Barro, M., Gome, G., Malta, D., Schmid, T. & Brownson, R.C. 2012. 'Developing a research agenda for promoting physical activity in Brazil through environmental and policy change.' <i>Revista Panamericana de Salud Publica/Pan American Journal of Public Health</i> 32(2): 93-100. http://www.ncbi.nlm.nih.gov/pubmed/23099869</p>	<p>This article reports the methodology of setting research priorities on environmental and policy changes for promoting physical activity in Brazil. Concept mapping was the tool used to invite different groups to develop, organise and prioritise ideas. Individuals from the physical activity field (186 practitioners and 54 researchers) were asked to generate an idea to the following prompt "one research topic that will best inform policy or environmental approaches for PA promotion is..." From these ideas, five themes were identified: Evaluation and impact of PA policies; Individual and environmental PA correlates; Effectiveness and innovation in PA interventions; Promoting PA through urban environment, active commuting and social networks; and, Health &</p>	<p>SS</p>	<p>Policy change; environmental change; physical activity</p>

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	<p>economic benefits of PA. There was, however, disagreement between the practitioners and the researchers regarding the importance and feasibility of the themes highlighted. The results of this study emphasise the need for collaborative efforts to formulate a research agenda to promote policy influences on physical activity.</p>		
GETTING PEOPLE ACTIVE			
<p>Fan, Y., French, S.A. & Das, K.V. 2012. 'Family structure and park use among parents.' <i>American Journal of Preventive Medicine</i> 43(5): 520-526. http://www.ajpmonline.org/article/S0749-3797%2812%2900525-9/abstract</p>	<p>This study examines park use among working single parents and dual worker parents. A total of 308 families living in three urban neighbourhoods in Minnesota, US completed in-person surveys. Participants were asked about their frequency of park visits in cold and warm weather. Those that visited a park within the past 3 days were asked to complete a 3-day recall diary. Statistical analysis of the data indicates no differences in age, gender, interest level in parks or park proximity by family structure. Parks were used more than four times a week in warm weather. Participants reported an average time of 83 minutes spent in the park during the 3-day diary recall. Working single parents, however, reported fewer park visits in the 3-day recall and less time spent in the park than dual-worker parent households. These findings highlight the potential recreational needs of working single parents and dual-worker parents.</p>	<p>APAN</p>	<p>Family structure; park use</p>

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<p>Yang, L., Panter, J., Griffin, S.J. & Ogilvie, D. 2012. 'Associations between active commuting and physical activity in working adults: Cross-sectional results from the Commuting and Health in Cambridge study.' <i>Preventive Medicine</i> 55(5): 453-457. http://www.sciencedirect.com/science/article/pii/S0091743512003921</p>	<p>This article quantifies the time spent in active commuting and in moderate to vigorous activity in working adults living in urban and rural areas of Cambridge, UK. A group of 1164 participants completed questionnaires self-reporting commuting behaviour (7 days) and physical activity (4 weeks). A subsample of 714 participants wore accelerometers to measure physical activity. The majority of participants were women (70%) who reported 150 or more minutes of active commuting per week with an additional 8.5 minutes of moderate/vigorous activity than those who reported no active commuting. Men were more likely than women to report cycling. These findings suggest that the promotion of active travel may be an opportunity to increase overall levels of physical activity.</p>	<p>APAN</p>	<p>Active commuting; physical activity; women</p>
<p>Michimi, A. & Wimberly, M.C. 2012. 'Natural environments, obesity, and physical activity in nonmetropolitan areas of the United States.' <i>Journal of Rural Health</i> 28(4): 398-407. http://www.ncbi.nlm.nih.gov/pubmed/23083086</p>	<p>This article assesses the association of the natural environment with physical activity in nonmetropolitan areas. A recreational facilities database and biophysical and economic data were used to identify a recreational opportunity index and a natural amenities index for county and city levels. Individual level data were obtained from the 2000-2006 Behavioural Risk Factor Surveillance System for 457,820 adults. Findings suggest that recreational opportunities were higher in areas offering more natural amenities (e.g. water bodies, forest vegetation). Opportunities for physical activity increased with higher levels of both recreational and natural amenities. The presence of natural environments may promote physical activity as well as reduce levels of obesity in rural areas.</p>	<p>SS</p>	<p>Natural environment; recreational facilities; physical activity</p>

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CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Tenngart Ivarsson, C. & Grahn, P. 2012. 'Differently designed parts of a garden support different types of recreational walks: Evaluating a healing garden by participatory observation.' <i>Landscape Research</i> 37(5): 519-537. http://www.ingentaconnect.com/content/routledg/clar/2012/00000037/00000005/art00001</p>	<p>This article observes patients' walking behaviour in a healing garden. Over a period of seven months, a group of 17 patients undergoing a Swedish treatment program for stress-related diseases were observed by a researcher who also participated in the garden activities. Two different types of walking were observed: introvert (focusing on oneself) and extrovert (focusing on the environment). Each type of walk occurred in different parts of the healing garden. The introvert walk requires an environment where the environment keeps the walker on a secure track (e.g. hedges and paths). The extrovert walk needs to provide opportunities for sensory stimulation (e.g. beautiful flowers, seating arrangements). These findings indicate that walking can be useful for personal reflection and physical activity. Designing environments that facilitate both introvert and extrovert type walks can help create holistic environments supportive of the overall maintenance of self.</p>	SS	Health; wellbeing; gardens; walking; environmental design
<p>Lewis, K.H., Gillman, M.W., Greaney, M.L., Puleo, E., Bennett, G.G. & Emmons, K.M. 2012. 'Relationships between social resources and healthful behaviours across the age spectrum.' <i>Journal of Aging Research</i> 2012 (501072). http://www.ncbi.nlm.nih.gov.ezproxy.lib.rmit.edu.au/pmc/articles/PMC3437283/ *</p>	<p>This article examines the relationship between social support and fresh food intake and physical activity across the age spectrum. A group of 2440 adults (aged 18-93) completed questions regarding their health habits (time spent in moderate/vigorous physical activity, frequency of eating fruits and vegetables) and perceived levels of support from neighbours, friends, family and local organisations). Results were divided into four age groups with a mean age of 49 years, 364 minutes of activity/week and 3.4 servings of fruit/vegetable per day. Younger participants reported higher levels of social support (particularly family and</p>	SS	Social support; age spectrum; physical activity; fruit and vegetable intake

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	<p>friends) to engage in healthy behaviours than older age groups. Older participants reported eating more fruit/vegetable servings per day. Although the older adults in this study tended to be just as physically active and as likely to eat fresh food, they received less social support from family members and friends to engage in such activities. Improving social resources may promote healthier behaviours among older adults.</p>		
<p>Newman, P. & Matan, A. 2012. 'Human mobility and human health.' <i>Current Opinion in Environmental Sustainability</i> 4(4): 420-426. http://www.sciencedirect.com/science/article/pii/S1877343512001017 *</p>	<p>This article outlines the benefits for healthy cities focusing on healthy transportation choices, economic value and social health. Active transport opportunities provided by the built environment are detailed. Also discussed are the health and monetary benefits of improving healthy environments and active transport. Lastly, it discusses how transport and land uses that increase walking affect social inclusion and community relationships. Developing and enhancing active transport can improve the economic and social health indices of a city.</p>	<p>SS</p>	<p>Active transport; economic value; social inclusion</p>
PROVIDING HEALTHY FOOD OPTIONS			
<p>Huang, D.L., Rosenberg, D.E., Simonovich, S.D. & Belza, B. 2012. 'Food access patterns and barriers among midlife and older adults with mobility disabilities.' <i>Journal of Aging Research</i> 2012 (231489). http://www.ncbi.nlm.nih.gov/ezproxy.lib.rmit.edu.au/pmc/articles/PMC3463949/</p>	<p>This article looks at the barriers and facilitators to food access for midlife and older adults requiring an assistive device for mobility. Thirty-five participants living in Washington, US participated in interviews and wore a Global Positioning System device for three days. While participants commonly reported accessing grocery stores, they frequented a variety of locations to obtain food using both passive and active transport. Barriers and facilitators to food access included destination factors (location and proximity) and participant factors (store preference, social and physical opportunities). An additional barrier includes the outdoor built</p>	<p>SS</p>	<p>Food access; older adults; mobility disabilities</p>

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	<p>environment (lack of footpaths, obstructed roads, hills and lack of public transport infrastructure). To encourage healthy eating patterns, improvements to the built environment should also acknowledge the needs of older adults with mobility disabilities.</p>		
<p>Forsyth, A., Wall, M., Larson, N., Story, M. & Neumark-Sztainer, D. 2012. 'Do adolescents who live or go to school near fast-food restaurants eat more frequently from fast-food restaurants?' <i>Health & Place</i> 18(6): 1261-1269. http://www.sciencedirect.com/science/article/pii/S1353829212001591</p>	<p>This article investigates whether adolescents are prone to eating at fast food restaurants if either their home or school was located near them. A group of 2724 adolescence attending 20 middle and high schools serving socioeconomically and ethnically diverse neighbourhoods in Minnesota, US completed questionnaires. Participants were asked to report how often they ate at five categories of fast food restaurants. Fast food restaurants near home and school were mapped using GIS. The findings show that the median distance between fast food restaurants and homes was 795 metres but only 430 metres from participants' schools. Statistical analysis suggests differences in the frequency of eating out among different ethnicities and increasing socioeconomic status was associated with decreasing frequency of eating out. A high number of fast food restaurants may expose adolescents to fast food consumption.</p>	<p>APAN</p>	<p>Fast food restaurants; access; adolescents; socioeconomic; ethnically diverse</p>
<p>Lewis, K.H., Gillman, M.W., Greaney, M.L., Puleo, E., Bennett, G.G. & Emmons, K.M. 2012. 'Relationships between social resources and healthful behaviours across the age spectrum.' <i>Journal of Aging Research</i> 2012 (501072).</p>	<p>This article examines the relationship between social support and fresh food intake and physical activity across the age spectrum. A group of 2440 adults (aged 18-93) completed questions regarding their health habits (time spent in moderate/vigorous physical activity, frequency of eating fruits and vegetables) and perceived levels of support from neighbours, friends, family and local organisations). Results were divided into four age groups with a mean age of 49 years, 364</p>	<p>SS</p>	<p>Social support; age spectrum; physical activity; fruit and vegetable intake</p>

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http://www.ncbi.nlm.nih.gov.ezproxy.lib.rmit.edu.au/pmc/articles/PMC3437283/ *	<p>minutes of activity/week and 3.4 servings of fruit/vegetable per day. Younger participants reported higher levels of social support (particularly family and friends) to engage in healthy behaviours than older age groups. Older participants reported eating more fruit/vegetable servings per day. Although the older adults in this study tended to be just as physically active and as likely to eat fresh food, they received less social support from family members and friends to engage in such activities. Improving social resources may promote healthier behaviours among older adults.</p>		

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