

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
Guerin, E. 2012. 'Disentangling vitality, well-being and quality of life: A conceptual examination emphasising their similarities and differences with special application in the physical activity domain'. <i>Journal of Physical Activity and Health</i> 9(6): 896-908. http://www.ncbi.nlm.nih.gov/pubmed/22898468	This article begins to unravel the similarities and differences among the concepts of vitality, well-being and quality of life. It draws from the physical activity research domain to provide definitions, meanings and theoretical views as well as measurements and research findings. It concludes with distinct definitions of each construct and calls for the use of a spectrum to describe the concepts being measured.	APAN	Well-being; vitality; quality of life; definitions; measurements
British Medical Association. 2012. <i>Healthy transport = Healthy Lives</i> . London: British Medical Association. http://bma.org.uk/news-views-analysis/news/2012/july/~link.aspx?id=38D62DCCD11F4E9DB92D249A7D14B371&z=z	This report produced by the British Medical Association urges for transport policies that reduce demand for car use and increase active transport modes. It also highlights the key role that medical practitioners can play to discourage car use. Through 12 chapters, this report covers the impact of transport on personal health and the environment. It discusses strategic approaches to transport policy (including public transport and the transport environment). It concludes with recommendations for medical practitioners and the recognition of health improvement as an integral component in transport policies.	APAN	Transport; policy; health; medical practitioners
Pope, J. and Rhodes, F. 2012. <i>Top twenty data sources for describing community well-being in Victoria</i> . Melbourne: Department of Planning and Community development. http://apo.org.au/research/top-twenty-data-sources-describing-community-wellbeing-victoria	This brief provides data sources for describing community well-being. The sources encapsulate a range of topics including social and multicultural features, services and facilities, health, participation, and transport. The sources focus on the Victorian region. Descriptions for each source are provided along with associated online links.	Australian Policy Online	Community; well-being; Sources

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<p>Australian Institute of Health and Welfare. 2012. <i>Social distribution of health risks and health outcomes: preliminary analysis of the National Health Survey 2007-8</i>. Canberra: Australian Institute of Health and Welfare. http://www.aihw.gov.au/WorkArea/DownloadAsset.aspx?id=10737422594 *</p>	<p>This information paper investigates the relationship between socioeconomic factors and health status. Using data from the National Health Survey (2007-2008), descriptive and multivariate analysis was undertaken on selected data related to health status and health risk factors (smoking, alcohol consumption, body mass index). The results show that people with higher household income and education levels are more likely to report better health and less likely to be smokers. People living outside of major cities are more likely to report being overweight. As this is preliminary investigation, in-depth and expanded analyses are warranted.</p>	<p>Social Impact Alerts</p>	<p>Health status; health risk factors; National Health Survey</p>
GETTING PEOPLE ACTIVE			
<p>Badland, H., Oliver, M., Kearns, R., Mavoa, S., Witten, K., Duncan, M. and Batty, G. 2012. 'Association of neighbourhood residence and preferences with the built environment, work-related travel behaviours, and health implications for employed adults: Findings from the URBAN study'. <i>Social Science and Medicine</i> 75(8): 1469- 1476. http://www.sciencedirect.com/science/article/pii/S0277953612004674</p>	<p>This paper identifies the associations among neighbourhood selection, neighbourhood preference, work-related travel behaviour and transport infrastructure. Forty-eight neighbourhoods across four New Zealand cities were analysed for built environment measures using geographical information systems. A total of 1,616 participants reported demographic, transport behaviours and neighbourhood preferences. The results show that those living in suburban (less walkable) rather than urban (more walkable) neighbourhoods had longer commuter distances (approximately 1.5 km) to work and lower availability of public transport stops. Those participants preferring to live in a suburban setting were less likely to take active forms of transport or public transport to work. These findings suggest that the provision of additional highly walkable environments may reinforce healthy behaviours and support the habits of those seeking to</p>	<p>Healthy Community Design News</p>	<p>Neighbourhood residence preference; work-related travel behaviour; travel infrastructure; health</p>

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<p>Epstein L., Raja S., Daniel T., Paluch R., Wilfley D., Saelens B. and Roemmich J. 2012. 'The built environment moderates effects of family-based childhood obesity treatment over 2 years'. <i>Annals of Behavioural Medicine</i> 44(2): 248-258. http://www.springerlink.com/content/486555720666647q/fulltext.pdf</p>	<p>embark on work-related active and public transport.</p> <p>This article analyses the relationship between the neighbourhood built environment and the body mass index levels of children (8-12 years old). A total of 191 families participated in four randomised, controlled outcome studies living in New York. Each family consisted of an overweight/obese child and underwent a family-based behavioural treatment program with weekly weigh-ins for six months. Neighbourhood environments were measured using ArcGIS 8 and ArcView 3.3 software. Variables included the number and types of food outlets; parks and other recreational areas; and housing units per acre. Mixed model analyses of covariance showed that more areas of parkland, fewer convenience stores and supermarkets were associated with greater reduction in BMI across all interventions after a two-year follow-up. These findings indicate that factors of the neighbourhood environment should be considered in tandem with weight interventions.</p>	<p>Healthy Community Design News</p>	<p>Children; neighbourhood; built environment; obesity; body mass index</p>
<p>Lake, A. and Townshend, T. 2012. 'Exploring the built environment, physical activity and related behaviours of young people attending school, college and those not in employment'. <i>Journal of Public Health</i>. In press. doi: 10.1093/pubmed/fds059 http://jpubhealth.oxfordjournals.org/content/early/2012/07/17/pubmed.fds059.long</p>	<p>This paper seeks to understand where young people (16-20 years) are physically active and their perceptions of the barriers to and enablers for physical activity. A total of 42 young people (29 male and 13 female) participated in five focus group discussions. Emergent themes from the transcripts included working and physical activity, transport and activity, limitations of the environment for physical activity and gender differences. These themes suggest that physical activity occurred over a range of different environments rather than one single locality. These findings help to unravel the places where young people are active and the</p>	<p>Healthy Community Design News</p>	<p>Young people; physical activity; environment; focus group</p>

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<p>Sahlqvist, S. and Heesch, K. 2012. 'Characteristics of utility cyclists in Queensland, Australia: An examination of the association between individual, social and environmental factors and utility cycling'. <i>Journal of Physical Activity and Health</i> 9(6): 818-828. http://journals.humankinetics.com/jpah-back-issues/jpah-volume-9-issue-6-august/characteristics-of-utility-cyclists-in-queensland-australia-an-examination-of-the-associations-between-individual-social-and-environmental-factors-and-utility-cycling</p>	<p>context of such activity.</p> <p>This paper describes the patterns of utility cycling among cyclists in Queensland, AU. Participants (n=1813) from a state-based cycling organisation completed an online survey about their cycling behaviour, motivations and constraints. The results show that 47% of the participants cycled for utility (with commuting being 86% of the utility response). Through logistic regression modelling, the results show that being male, younger, engaged in full-time employment or university educated increased the likelihood of utility cycling. Utility cycling was also associated with the perception of being a cheap or convenient form of transport. To increase utility cycling, promotional strategies among recreational cyclists, older people and women should be targeted. Policies should focus on making cycling a cheap and easy form of transport.</p>	<p>APAN</p>	<p>Cycling; recreation; utility</p>
<p>Evans, R., Fawole, H., Sheriff, S. Dall, P., Grant, P. and Ryan, C. 2012. 'Point-of-choice prompts to reduce sitting time at work'. <i>American Journal of Preventative Medicine</i> 43(3): 293-297. http://www.ajpmonline.org/article/S0749-3797%2812%2900373-X/abstract</p>	<p>This paper presents the outcome of an intervention design to reduce sitting in the workplace. Half-hourly computer prompts advising participants to take a one-minute break served as the intervention. Through a randomised trial, two groups of adults working in the same office were asked to wear activPAL (accelerometer and inclinometer) over 5 consecutive working days. One group (n=14) received education on the effects of prolonged sitting while the other group (n=14) received the education plus the computer prompts. The results show that at baseline, participants spend approximately 3.3 hours sitting. Post-intervention, the results suggest that while there was no difference in the total time spent sitting between the two groups, the group receiving the</p>	<p>APAN</p>	<p>Workplace; sedentary time; intervention</p>

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	computer prompts reduced the number and duration of sitting periods. These results suggest that reminders to take a break at work may be an initiative worth considering.		
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Australian Institute of Health and Welfare. 2012. <i>Social distribution of health risks and health outcomes: preliminary analysis of the National Health Survey 2007-8</i>. Canberra: Australian Institute of Health and Welfare. http://www.aihw.gov.au/WorkArea/DownloadAsset.aspx?id=10737422594 *</p>	<p>This information paper investigates the relationship between socioeconomic factors and health status. Using data from the National Health Survey (2007-2008), descriptive and multivariate analysis was undertaken on selected data related to health status and health risk factors (smoking, alcohol consumption, body mass index). The results show that people with higher household income and education levels are more likely to report better health and less likely to be smokers. People living outside of major cities are more likely to report being overweight. As this is preliminary investigation, in-depth and expanded analyses are warranted.</p>	<p>Social Impact Alerts</p>	<p>Health status; health risk factors; National Health Survey</p>
<p>Ho, C. 2012. 'Western Sydney is hot! Community arts and changing perceptions of the West'. <i>Gateways: International Journal of Community Research and Engagement</i> 5 (1): 35-55. http://epress.lib.uts.edu.au/journals/index.php/ijcre/article/view/2506</p>	<p>This article evaluates the social impacts of a community arts and development program in a Western Sydney community. Through a case study using the Information and Cultural Exchange organisation, it documents the proliferation of art initiatives and the subsequent imaging of the local community from a "working class cultural wasteland" to the "true face of multicultural Australia's cultural vitality". The organisation devised a range of initiatives catering to the neighbourhood including hip hop, digital story telling and film making. The findings show that such programs can contribute to the vitality of the local community and this measure of vitality is often an indicator overlooked in conventional program evaluations. Art initiatives have the capacity to</p>	<p>Australian Policy Online</p>	<p>Art and development programs; social impact; cultural communities</p>

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	change the perceptions of how we view and strengthen communities.		
PROVIDING HEALTHY FOOD OPTIONS			
<p>Change Lab Solutions. 2012. <i>Model Licensing Ordinance for Healthy Food Retailers</i>. Oakland, California: Change Lab Solutions.</p> <p>http://changelabsolutions.org/publications/HFR-licensing-ord</p>	<p>This ordinance provides policy makers and other stakeholders with a model to promote local access to healthy foods. Based on research investigating the lack of access to healthy food and overconcentration of health ailments (e.g. chronic disease and overweight), it promotes a policy intervention that increases the amount of space selling healthy food options and the types of healthy food for sale. It intends to improve the local food environment and access to basic resources at corner and convenience stores selling food and beverages.</p>	<p>Healthy Community Design News</p>	<p>Policy; food access; food quality</p>
<p>Morley, B., Martin, J., Niven, P. and Wakefield, M. 2012. 'Public opinion on food-related obesity prevention policy initiatives'. <i>Health Promotion Journal of Australia</i> 23(2): 86-91.</p> <p>http://www.healthpromotion.org.au/journal/journal-downloads/article/1-hpja/481-public-opinion-on-food-related-obesity-prevention-policy-initiatives</p>	<p>This study examines the public acceptance of policy initiatives supporting healthy eating environments. A total of 1,511 adults who were the main grocery buyer for the household participated in a telephone interview. They were asked about their acceptance of a variety of initiatives. The results indicate that a majority of participants (>80%) supported the regulation of media marketing unhealthy food to children; the implementation of the traffic light and kilojoule food labelling system as well as the reformulation of processed foods to include lower fat, salt and sugar content. Two-thirds or more of the participants did not favour taxation policies or control of sport and education sponsorships by food companies. These findings suggest that there is strong support for a broad range of policy initiatives aimed at creating and maintaining a healthy food environment.</p>	<p>APAN</p>	<p>Policy; healthy eating environments; public acceptance</p>

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<p>Young, K., Kennedy, V., Kingsland, M., Sawyer, A., Rowland, B., Wiggers, J. and Wolfenden, L. 2012. 'Healthy food and beverages in senior community football club canteens in New South Wales, Australia'. <i>Health Promotion Journal of Australia</i> 23(2): 149-152.</p> <p>http://www.healthpromotion.org.au/journal/journal-downloads/article/1-hpja/469-healthy-food-and-beverages-in-senior-community-football-club-canteens-in-new-south-wales-australia</p>	<p>This study describes the sale of healthy food and beverages in one particular environment traditionally supportive of physical activity: the senior community football club. Through telephone surveys, 70 participants were asked about the availability of food and drink in the club canteen, the acceptability and perceived barriers of selling healthy food and beverages as well as the canteen commodities normally purchased by club members. The results show that 99% of the clubs regularly offer soft drinks and potato crisps or other salty snacks for sale. However, there was a desire to provide a greater variety of healthy food options (66% of club representatives). The most frequently cited barrier to healthy food options was perishability and lack of demand. These findings suggest there is much improvement to be made in sport club canteens and a need for healthy food options.</p>	<p>APAN</p>	<p>Healthy food access; food availability; sport club canteen</p>

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