**13– 24 Aug 2012**

**FORTNIGHTLY LITERATURE REVIEW**

| REFERENCE | DESCRIPTION | ALERT SOURCE | KEYWORDS |
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| ***GENERAL POLICY AND RESEARCH*** | | | |
| Michaelson, J. and Mahony, S. 2012. *Measuring well-being: A short handbook for voluntary organisations and community groups*. London: The New Economics Foundation. http://www.neweconomics.org/publications/measuring-well-being | This handbook provides ideas for thinking about well-being and its measurement. It defines the drivers of well-being as well as the basic principles of measuring well-being. The design and application of a well-being questionnaire is then detailed. The handbook then reviews how to analyse and interpret the results and concludes with ways to make use of such findings. | City Futures | Well-being; measurement; indicators |
| The Economist Intelligence Unit. 2012. *Global liveability report: August 2012*. London: The Economist Intelligence Unit. https://www.eiu.com/public/topical_report.aspx?campaignid=Liveability2012 | This report provides the Liveability Ranking for 140 cities around the world. The cities are ranked according to how well living conditions are provided for the populace. Thirty indicators are used to assess cities across five categories: stability, healthcare, culture and environment, education and infrastructure. Based on this benchmarking system, Melbourne, Australia retains the position as the most liveable city with Adelaide (5th), Sydney (7th), Perth (9th) and Brisbane (20th) placing within the top twenty. | APO | Liveability; cities; ranking |
| Low, A. and Conway, D. 2012. *Global Sydney: A five year strategy for a vibrant and competitive City of Sydney*. Sydney: Sydney Business Chamber. http://www.globalsydney.org.au/ | This report presents a strategy to develop a liveable and competitive Sydney through infrastructure development. The concepts of light rail extension, walking and cycling, transit oriented-development and defining cultural precincts are presented in the chapters as mechanisms to help realise the liveable and competitive city vision. | City Futures | Strategic planning; infrastructure development; liveability; active travel |

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| Ng, S. and Popkin, B. 2012. 'Time use and physical activity: A shift away from movement across the globe'. *Obesity Reviews* doi: 10.1111/j.1467-789X.2011.00982.x http://onlinelibrary.wiley.com/doi/10.1111/j.1467-789X.2011.00982.x/abstract | This study analyses time use and physical activity trends from five countries over a period of years: USA (1965-2009), UK (1961-2005), China (1991-2009), Brazil (2002-2007) and India (2000-2005). Researchers analysed existing data reflecting metabolic equivalents of task (MET) across four physical activity domains: work, home, travel and leisure. The following trends were noted: decreased MET values over time in all countries; high rates of sedentary activity in the USA, UK, Brazil and China, attributed to the rise in media technology; and decreasing rates of physical activity in middle class society of India. The findings suggest that there are major gaps in measuring physical activity, sedentary behaviour and energy expenditures. Almost half of the world's population resides in these five countries, and if the negative impacts of urbanisation and increased use of technology are not addressed, physical inactivity and sedentary behaviours will continue. This presents a threat to global health. National and international collaboration among various agencies is needed to develop and improve integrated policies. Moreover, active leisure is a domain little researched in countries beyond the USA, UK, Australia and Brazil. | APAN | Physical activity; sedentary behaviour; time use; country comparisons |
| Rydin, Y., Bleahu, A., Davies, M., Dávila, J., Friel, S., De Grandis, G., Groce, N., Hallal, P., Hamilton, I., Howden-Chapman, P., Lai, K-M., Lim, C., Martins, J., Osrin, D., Ridley, I., Scott, I., Taylor, M., Wilkinson, P. and Wilson, J. 2012. 'Shaping cities for health: complexity and the planning of urban environments in the 21st century.' | This article focuses on how to deliver potential health benefits for citizens in urban environments. It provides case studies regarding sanitation and wastewater management, urban mobility, building standards and indoor air quality, the urban heat island effect and urban agriculture. The article highlights the complexities involved in the achievement of healthy cities through urban planning policies. It urges for local assessments | APAN | Case studies; healthy cities; urban planning; policy |

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| *The Lancet* 379(9831): 2079-2108. http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(12)60435-8/fulltext#article_upsell* | and discussions between key stakeholders and suggests that local experimentation through a range of projects can best improve health and well-being outcomes. | | |
| Litman, T. and Brenman, M. 2012. *A new social equity agenda for sustainable transportation*. Paper presented at the 2012 Transportation Research Board Annual Meeting. http://apo.org.au/research/new-social-equity-agenda-sustainable-transportation * | This report provides a new agenda for transport through its focus on social equity and sustainability. It provides the scope of social equity and environmental justice issues as well as a listing of transport policy impacts on various groups. A comprehensive social equity analysis is thus proposed with a summary of transport equity indicators that can be used to evaluate transport policies and projects. To conclude, this report recognises the value of transport system diversity and recommends a comprehensive analysis considering a variety of social, economic and environmental outcomes. | APO | Social equity; transport; sustainability |
| ***GETTING PEOPLE ACTIVE*** | | | |
| Chanam, L., Ory M., Yoon, J., and Forjuoh, S. 2012. 'USA: Neighborhood Walking Among Overweight and Obese Adults: Age Variations in Barriers and Motivators'. *Journal of Community Health.* doi: 10.1007/s10900-012-9592-6 http://www.springerlink.com/content/h9w5136761074820/?MUD=MP | This article investigates the barriers and motivators to walking among overweight and obese adults. Obese or overweight adults who were able to walk 400m were recruited from a healthcare system in Texas, USA. A total of 161 participants completed an online survey questionnaire. Descriptive statistics and bivariate analysis show that more than half of the participants walked on a weekly basis. Common environmental barriers to walking include: weather, lighting, inadequate shade, unattended dogs, disconnected sidewalks, walking surfaces, lack of interesting places and no benches. Motivators differed between younger (proximity to recreational facilities) and older adults (smooth walking surfaces and benches). Future studies should tailor interventions to address age-specific | APAN | Walking; environment; older adults; obesity |

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| | barriers. | | |
| McCormack, G., Shiell A., Giles-Corti, B., Begg, S., Veerman, J., Geelhoed, E., Amarasinghe, A. and Emery, J. 2012. 'The association between sidewalk length and walking for different purposes in established neighborhoods'. *International Journal of Behavioral Nutrition and Physical Activity 9*:92. doi: 10.1186/1479-5868-9-92 http://www.ijbnpa.org/content/9/1/92/abstract | This article examines the association between footpath availability and participation in walking for transportation and recreation. Baseline survey data was collected from 1813 participants. Frequency of neighbourhood walking, residential preferences, walking attitudes and demographics were measured through the Residential Environment Study (RESIDE) questionnaire. Street connectivity, land-use mix, residential density and sidewalk availability were measured through GIS. Results indicate that footpath length was positively associated with transport walking but not associated with recreational walking. A 5.38 minute increase of transport walking occurred for each 10km increase in footpath length. Investment in footpath construction may result in small increases in walking. | APAN | Walking; urban form; footpaths |
| West, S., Shores, K. and Mudd, L. 2012. 'Association of Available Parkland, Physical Activity, and Overweight in America's Largest Cities.' *Journal of Public Health Management & Practice* 18(5): 423-430. http://journals.lww.com/jphmp/Abstract/2012/09000/Association_of_Available_Parkland,_Physical.6.aspx | This paper investigates the relationship between the availability of parkland and levels of physical activity. A total of sixty-seven metropolitan statistical areas in the US were assessed. Data was taken from two sources - City Park Facts (which reports urban park data for the 85 largest cities in the US), and the Behavioural Risk Factor Surveillance System (that collects state-based information on health risk and preventative behaviours). Correlation analysis found significance between park density and physical activity ($p < .01$). A negative correlation was found between park density and being over normal weight ($p < .01$). These findings suggest that the availability of parklands may lead to positive health outcomes and physical activity behaviour. | APAN | Parks; physical activity; overweight |

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| Prins, R., Mohnen, S., van Lenthe, F., Brug, J. and Oenema, A. 2012. 'Are neighbourhood social capital and availability of sports facilities related to sports participation among Dutch adolescents?' *International Journal of Behavioral Nutrition and Physical Activity 9*:90. doi:10.1186/1479-5868-9-90* http://www.ijbnpa.org/content/9/1/90/abstract | This article explores the relationship between sports facilities, parks, social capital and sports participation among adolescents. A total of 852 adolescents were selected from schools participating in the YouRAction study in the Netherlands. They completed questionnaires asking about leisure time sports participation, neighbourhood social capital and demographics. GIS data reported the availability of sports facilities and parks. Multiple logistic regressions suggest that social capital was found to be associated with sports participation and density of parks in the neighbourhood. Sports participation was not found to be associated with availability of sport facilities and parks. These findings suggest that leisure time sports participation is most likely to occur among adolescents living in areas with higher levels of social capital and availability of parks. The availability of parks, alone, does not predict sport participation. | APAN | Sports facilities; parks; social capital; sport participation; adolescents |
| ***CONNECTING AND STRENGTHENING COMMUNITIES*** | | | |
| Litman, T. and Brenman, M. 2012. 'A new social equity agenda for sustainable transportation'. Paper presented at the 2012 Transportation Research Board Annual Meeting. http://apo.org.au/research/new-social-equity-agenda-sustainable-transportation * | This report provides a new agenda for transport through its focus on social equity and sustainability. It provides the scope of social equity and environmental justice issues as well as a listing of transport policy impacts on various groups. A comprehensive social equity analysis is thus proposed with a summary of transport equity indicators that can be used to evaluate transport policies and projects. To conclude, this report recognises the value of transport system diversity and recommends a comprehensive analysis considering a variety of social, economic and environmental outcomes. | APO | Social equity; transport; sustainability |
| Prins, R., Mohnen, S., van Lenthe, F., Brug, J. | This article explores the relationship between sports | APAN | Sports facilities; |

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| and Oenema, A. 2012. 'Are neighbourhood social capital and availability of sports facilities related to sports participation among Dutch adolescents?' *International Journal of Behavioral Nutrition and Physical Activity* 9:90. doi:10.1186/1479-5868-9-90* http://www.ijbnpa.org/content/9/1/90/abstract | facilities, parks, social capital and sports participation among adolescents. A total of 852 adolescents were selected from schools participating in the YouRAction study in the Netherlands. They completed questionnaires asking about leisure time sports participation, neighbourhood social capital and demographics. GIS data reported the availability of sports facilities and parks. Multiple logistic regressions suggest that social capital was found to be associated with sports participation and density of parks in the neighbourhood. Sports participation was not found to be associated with availability of sport facilities and parks. These findings suggest that leisure time sports participation is most likely to occur among adolescents living in areas with higher levels of social capital and availability of parks. The availability of parks, alone, does not predict sport participation. | | parks; social capital; sport participation; adolescents |
| Australian Social Inclusion Board. 2012. *Social Inclusion in Australia: How Australia is faring*. Canberra: Department of the Prime Minister and Cabinet. http://apo.org.au/research/social-inclusion-australia-how-australia-faring-2nd-edition | This report provides insight into what drives social exclusion and how it can be addressed. It defines social inclusion, its measurement and reporting strategy. It reports the indicators of social inclusion (multiple disadvantage, resources including health and social resources and participation). The indicators suggest that life expectancy is high and increasing with 75% of Australians satisfied with life. More Australians are employed, are getting an education and have access to social and community resources. Income inequality, however, remains high. Five percent of the working population experience multiple disadvantage including poor health, little change to income, safety and support. Despite the success in the range of areas, further work is necessary to ensure prosperity for all Australians. | APO/City Futures | Social inclusion; measurement; indicators |

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| ***PROVIDING HEALTHY FOOD OPTIONS*** | | | |
| Caspi, C., Sorensen, G., Subramanian, S. and Kawachi, I. 2012. 'The local food environment and diet: A systematic review'. *Health and Place 18* (2012): 1172-1187. http://www.sciencedirect.com/science/article/pii/S1353829212001037 | This article reviews the literature to evaluate the relationship between the food environment and diet. Thirty-eight studies were reviewed based on food access (availability, accessibility, affordability, accommodation, acceptability) and exposure assessment (GIS, survey or store audit). With the exception of seven studies, most examined an adult population. While more than two-thirds of the study used GIS-based assessments, they were not consistently associated with diet outcomes. Fruit and vegetable intake was the most common outcome measure followed by fast food consumption. It is recommended that the measures of acceptability, accommodation, accessibility and utilisation be further refined and studied. The measurement of food stores and food offerings should be distinguished and accounted. | GPAN | Food environment; diet; measurement; neighbourhood; systematic review |
| Evans, A., Jennings, R., Smiley, A., Medina, J., Sharma, S., Rutledge, R., Stigler, M. and Hoelscher, D. 2012. 'Introduction of farm stands in low-income communities increases fruit and vegetable among community residents'. *Health and Place 18*(2012): 1137-1143. http://www.sciencedirect.com/science/article/pii/S135382921200069X | This article presents a longitudinal study measuring the impact of the introduction of farm stands on fruit and vegetable consumption in two underserved neighbourhoods in Texas, USA. Two farm stands selling locally grown, culturally appropriate food were installed one day a week for 12 weeks. In-person (pre) and telephone and mail (post) surveys were conducted among 61 participants. Perceptions of food and vegetable intake, farmer's markets and family behaviours were measured. Statistical analysis found significance ($p < .05$) for participant's consumption of fruit, fruit juice, tomatoes, green salad and other vegetables. The use of farm markets and the consumption of fruit and vegetables increased with the farm stand installation. | GPAN | Food access; famer's markets; fruit and vegetable consumption; low-income communities; intervention |

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| Jennings, A., Cassidy, A., Winters, T., Barnes, S., Lipp, A., Holland, R. and Welch, A. 2012. 'Positive effect of a targeted intervention to improve access and availability of fruit and vegetables in an area of deprivation'. *Health and Place 18*(2012): 1074-1078. http://www.sciencedirect.com/science/article/pii/S1353829212000779 | This study evaluates the effectiveness of a mobile food store to improve access to fruit and vegetables. Neighbourhoods in England with low fruit and vegetable intake and high levels of chronic disease risk were identified. A mobile food van travelled specific routes each week to provide residents with fresh food at wholesale prices. A questionnaire collecting self-reported intakes of fruit and vegetable was distributed before and twice after the intervention. During the two evaluation periods, 255 customers completed the questionnaires. A positive increase in fruit and vegetable intake was reported by 56% of the survey participants. Benefits of the mobile food van included convenience (85%) and prices (76%). Improving access to fruit and vegetable may be effective in increasing its intake. Future controlled trials are recommended to examine such intake on health outcomes. | GPAN | Fruit and vegetables; food access; intervention |
| Rydin, Y., Bleahu, A., Davies, M., Dávila, J., Friel, S., De Grandis, G., Groce, N., Hallal, P., Hamilton, I., Howden-Chapman, P., Lai, K-M., Lim, C., Martins, J., Osrin, D., Ridley, I., Scott, I., Taylor, M., Wilkinson, P. and Wilson, J. 2012. 'Shaping cities for health: complexity and the planning of urban environments in the 21st century.' *The Lancet* 379(9831): 2079-2108. http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(12)60435-8/fulltext#article_upsell* | This article focuses on how to deliver potential health benefits for citizens in urban environments. It provides case studies regarding sanitation and wastewater management, urban mobility, building standards and indoor air quality, the urban heat island effect and urban agriculture. The article highlights the complexities involved in the achievement of healthy cities through urban planning policies. It urges for local assessments and discussions between key stakeholders and suggests that local experimentation through a range of projects can best improve health and well-being outcomes. | APAN | Case studies; healthy cities; urban planning; policy |

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