

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>NSW Office of Environment and Heritage. <i>Sustainable Mobility Initiatives for Local Environments (SMILE)</i>. Sydney: NSW Office of Environment and Heritage. http://www.cleartheair.nsw.gov.au/smile/</p>	<p>This online tool aims to reduce the negative impact of urban transport on greenhouse gas emissions, air quality and health by promoting local sustainable mobility initiatives. Twelve sustainable transport initiatives are detailed to provide simple and low cost transport interventions including: enhancing multimodal connections, local vehicle restrictions and encouraging active transport. This online tool also provides case studies, evaluation guidelines and detailed maps of the Sydney area.</p>	PCAL	Sustainable transport; local government; initiatives
<p>NSW Food Authority. <i>8700: Find your ideal figure</i>. Sydney: NSW Food Authority. http://www.8700.com.au/ *</p>	<p>This campaign supports NSW laws requiring fast food chains with 20+ outlets in NSW or 50+ outlets in AU to display kilojoule values for their standard food items. It details the Food Act 2003 (NSW) and the outlets affected. Furthermore, it provides a kilojoule application to help you make informed food choices.</p>	PCAL	Fast food outlet; kilojoule; food labels
<p>Department of Infrastructure and Transport. (2012). <i>Our cities, our future: A national urban policy for a productive, sustainable and liveable future</i>. Canberra: Department of Infrastructure and Transport. http://www.infrastructure.gov.au/infrastructure/mcu/urbanpolicy/index.aspx</p>	<p>This paper presents the Australian government's goals for the nation's cities. It recognises the Local, Territory and State responsibilities as well as the roles that the private sectors play in sustaining our cities. Four goals are specifically detailed: productivity, sustainability, liveability and governance. To achieve these goals, 14 objectives are delineated with a summary action plan outlined.</p>	APO	Urban policy; productivity; sustainability; liveability; governance

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GETTING PEOPLE ACTIVE			
<p>Sahlqvist, S., Song, Y. and Ogilvie, D. 2012. 'Is active travel associated with greater physical activity? The contribution of commuting and non-commuting active travel to total physical activity in adults'. <i>Preventive Medicine (In press)</i>. http://www.sciencedirect.com/science/article/pii/S0091743512003088</p>	<p>This study examines active travel and its associations with recreational and total physical activity among adults living in the UK. A seven-day recall travel survey and the International Physical Activity Questionnaire were collected from 3516 respondents. Linear regression analysis suggests that participants who used a combination of modes and those who used only active modes reported more total physical activity than those who used no active modes. For those who used active modes, this activity equates to an additional 40 and 46 min/day for commuting and non-commuting purposes, respectively. For those who used both active and motorized modes, an additional 27 and 41 min/day for commuting and non-commuting purposes, respectively, was calculated. These findings suggest that adults who use their feet or bicycles for transport accumulate more total physical activity than those who travel using only motorised modes.</p>	GPAN	Active travel; adults' physical activity; recreational activity
<p>Rissel, C., Curac, N., Greenaway, M. and Bauman, A. 2012. 'Physical activity associated with public transport use. A review and modelling of potential benefits'. <i>International Journal of Environmental Research and Public Health</i> 9(7):2454-2478. http://www.mdpi.com/1660-4601/9/7/2454</p>	<p>This paper examines the extent of association between the use of public transport and the time spent in active travel to transport stops/stations. A systematic review of the literature along with statistical modelling of the likely impact of increases in physical activity associated with increased public transport use was conducted. Twenty-seven of 1,733 articles met the search criteria. Between 8 to 33 minutes of additional physical activity associated with public transport use was found. Through statistical modelling, this study suggest that if 20% of all inactive adults increased their walking by only 16 minutes a day for five days a week, an approximately 7% increase in the proportion of the</p>	APAN	Public transport; physical activity; review

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	<p>adult population considered “sufficiently active” would occur. These findings suggest that greater uptake of public transport and subsequently the more minutes walked per day can contribute to greater increases in the number of people considered to be sufficiently active.</p>		
<p>Van Cauwenberg, J., Van Holle, V., Simons, D., Deridder, R., Clarys, P., Goubert, L., Naser, J., Salmon, J., De Bourdeaudhuij, I. and Deforche, B. 2012. ‘Environmental factors influencing older adults’ walking for transportation: a study using walk-along interviews.’ <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9:85. doi:10.1186/1479-5868-9-85 d http://www.ijbnpa.org/content/9/1/85/abstract</p>	<p>This study uncovers the environmental factors influencing older adults’ walking for transportation in Flemish neighbourhoods. A structured interview (using questions from the Short-Form 36-item Health Survey, International Physical Activity Questionnaire and the Neighbourhood Environment Walkability Scale) and a semi-structured walk-along interview were conducted among 57 older adults. Eight categories of environmental factors affected walking for transportation: access to facilities, walking facilities, traffic safety, familiarity, safety from crime, social contacts, aesthetics and weather. These findings suggest the importance of the combination of factors perceived to affect walking for transport among older adults.</p>	<p>APAN</p>	<p>Older adults; walking, environmental factors; walk-along interview</p>
<p>Le, J. and Johnson, M. 2012. <i>Bike it Baw Baw: Cyclist safety issues in the Baw Baw Shire</i>. Victoria: Monash University. http://apo.org.au/research/bike-it-baw-baw-cyclist-safety-issues-baw-baw-shire</p>	<p>This study identifies safety issues for cyclists in rural Victoria. The study was conducted in three stages: a review of the literature, an analysis of existing data from 26 residents and an online survey completed by 283 residents. The main cycling-related safety concerns were: poor road surfaces, driver behavior (attitude, impatience, aggression), and lack of cycling facilities. To create a safe space to cycle in the Baw Baw Shire, a wide range of countermeasures were suggested with an emphasis on government authorities and road users themselves to be responsible for improved safety for on-road cyclists.</p>	<p>APO</p>	<p>Bicycling; safety; improvements</p>

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<p>Brown, D., Barton, J. Pretty, J. and Gladwell, V. 2012. 'Walks4work: Rationale and study design to investigate walking at lunchtime in the workplace setting'. <i>BMC Public Health</i> 12:550. doi:10.1186/1471-2458-12-550 http://www.biomedcentral.com/1471-2458/12/550/abstract</p>	<p>This paper describes a study measuring the impact of an eight-week low volume lunchtime walking programme on employees' physical activity levels, walking behaviour and general and work-related health. Ninety-four participants from one private sector company underwent health checks and participated in the walking intervention. Participants were either assigned to a control, built environment walk or nature walk group. Physical activity was monitored through ActiPed, diaries and the International Physical Activity Questionnaire. The results of the intervention will be analysed shortly. The results of this study may help develop workplace physical activity interventions and may highlight the contribution of routine walking to overall health.</p>	<p>APAN</p>	<p>Cardiovascular disease; workplace walking</p>
<p>De Jong, K., Albin, M., Skarback, E., Grahn, P. and Bjork, J. 2012. 'Perceived green qualities were associated with neighbourhood satisfaction, physical activity, and general health: Results from a cross-sectional study in suburban and rural Scania, southern Sweden.' <i>Health & Place</i> (In press). http://www.sciencedirect.com/science/article/pii/S1353829212001281</p>	<p>This study examines how five qualities of the green neighbourhood environment (culture, serene, lush, spacious, wild) are related to three measures of well-being (neighbourhood satisfaction, physical activity level, general health). Public health survey data was collected from 24,847 residents of Southern Sweden. Each participant objectively assessed the five green qualities within 300m distance of their residential address. Findings suggest that neighbourhoods with 'best' overall green quality had higher proportions of residents that met recommendations for physical activity and reported high levels of satisfaction with their neighbourhoods. Furthermore, the lush quality (species richness) was positively associated with physical activity. Perceived qualities of the green neighbourhood environment are related to aspects of well-being.</p>	<p>APAN</p>	<p>Green space; physical activity; neighbourhood satisfaction; residential perception</p>

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CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Australian Bureau of Statistics. (2012). <i>Sport and social capital 4917</i>. Canberra: ABS. http://apo.org.au/research/sport-and-social-capital</p>	<p>This report examines the association between sport participation and physical recreation, and social well-being. Using a range of results from the ABS 2010 General Social Survey, it documents who participates in sports, self-assessed health status and work-life balance, feelings of safety and trust of sport participants, and the social network of sports participants. Some of the key findings include: 74% of Australians aged 18 and over participated in sport; participation rates generally declined in older age groups; the participation rate in sport and physical recreation was found to decline as feelings of trust diminished; and the sport and physical recreation participation rate is shown to be highest among those who had daily contact with their friends and family.</p>	APO	Sport participation; physical recreation; well-being; social network
<p>Lem, V. 2012. 'What do we owe each other: Community in the 21st century', on <i>Life Matters</i>, ABC Radio National, 26 July 2012. http://apo.org.au/audio/what-do-we-owe-each-other-community-21st-century</p>	<p>This audio file from ABC Radio National is a public lecture given by Professor Vanessa Lemm, head of the School of Humanities at UNSW. She examines our thinking about the term 'community' and its relevance to our modern times.</p>	APO	Community; social cohesion; social interaction
<p>Boop, M., Fallon, E., Bolton, D. and Kahl, D. 2012. 'Engaging community partners to develop a culturally relevant resource guide for physical activity and nutrition'. <i>Ethnicity & Disease</i> 22(2):231-238. http://www.ncbi.nlm.nih.gov/pubmed/22764648</p>	<p>This paper documents the process of developing a culturally sensitive resource guide on physical activity and nutrition for Hispanic communities. Community organisations collaborated to gather community member surveys, existing statistics and community leader interviews in three Kansas cities. This data was transformed into community-specific resource guides that were distributed to residents. This example of a collaborative community partnership promotes an achievable approach to obesity prevention and provides a local foundation for health promotion efforts.</p>	APAN	Community collaboration; Hispanic communities; physical activity; nutrition; educational outreach

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<p>Jalaludin, B., Maxwell, M., Saddik, B., Lobb, E., Byun, R., Gutierrez, R. and Paszek, J. 2012. 'A pre-and-post study of an urban renewal program in a socially disadvantaged neighbourhood in Sydney, Australia'. <i>BMC Public Health</i> 12:521 doi:10.1186/1471-2458-12-521 http://www.biomedcentral.com/1471-2458/12/521/abstract</p>	<p>This paper investigates the effects of an urban renewal program on the health and well-being of residents living in a socially disadvantaged community in Sydney. Over 16 months, this urban renewal program consisted of internal upgrades (e.g., kitchen and carpet replacement), external upgrades (e.g., painting and new fencing) and social interventions (e.g., employment initiatives and construction of communal meeting place). Trained interviewers conducted pre and post surveys among 42 households along two identified streets. The New South Wales Population Health Survey and the Neighbourhood Environment Walkability Scale were used to assess social capital and neighbourhood perceptions. The study found an increase, in the short-term, in the proportion of householders reporting improvements in the attractiveness of their surrounding, sense of belonging, perception of safety and preference to stay rather than to move. It is important to conduct a longitudinal assessment to determine whether such perceptions endure.</p>	<p>APAN</p>	<p>Urban renewal; health; well-being; social capital; disadvantaged communities</p>
PROVIDING HEALTHY FOOD OPTIONS			
<p>Robotham, J. 2012. 'Trauma chief says doctors alone can't cut alcohol deaths'. <i>Sydney Morning Herald</i>. 13 July 2012. http://www.smh.com.au/nsw/trauma-chief-says-doctors-alone-cant-cut-alcohol-deaths-20120712-21yz2.html</p>	<p>This newspaper article highlights the need for an urban planning response to limit alcohol injuries in inner-city suburbs. Tony Grabs, the trauma chief at St. Vincent Hospital suggests prevention is the key to stopping such incidences. Associate Professor Shakeshaft, deputy director of the University of NSW's National Drug and Alcohol Research Centre conducted a study investigating licensed premises and crime rates for the years 2001 and 2007. The study found that violence rates were related to the total number of alcohol retail outlets. Furthermore, the licensing of wine bars and</p>	<p>SIA</p>	<p>Alcohol retail outlets; crime rates; safety</p>

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	other small establishments might fuel additional bingeing and violence		
NSW Food Authority. <i>8700: Find your ideal figure</i> . Sydney: NSW Food Authority. http://www.8700.com.au/ *	This campaign supports NSW laws requiring fast food chains with 20+ outlets in NSW or 50+ outlets in AU to display kilojoule values for their standard food items. It details the Food Act 2003 (NSW) and the outlets affected. Furthermore, it provides a kilojoule application to help you make informed food choices.	PCAL	Fast food outlet; kilojoule; food labels

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