

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Valery, P.C., Ibiebele, T., Harris, M., Green, A.C., Cotterill, A., Moloney, A., Sinha, A.K. and Garvey, G. 2012. 'Diet, physical activity and obesity in school-aged Indigenous youths in northern Australia.' <i>Journal of Obesity</i>, 28 March 2012. * http://www.hindawi.com/journals/jobs/aip/893508/</p>	<p>This article looks at the relationship between diet, physical activity and obesity in Indigenous youth from Northern Australia. Interviews and questionnaires were used to explore the physical activity levels and dietary intake of 277 high school aged youths. The results showed that overweight/obese youths were more likely to eat local traditional seafood (like fried dugong) regularly and engage in fewer days of physical activity than non-obese youths. Low fruit and vegetable intake was also identified as a key issue.</p>	<p>APAN</p>	<p>Physical activity; healthy food options; nutrition; Indigenous Australians; youths</p>
<p>Berg, N. 2012. 'Longer Commute, Bigger Waistline.' <i>The Atlantic Cities</i>, 8 May 2012. * http://www.theatlanticcities.com/commute/2012/05/longer-commute-bigger-waistline/1952/</p>	<p>This article looks at the relationship between longer trips to and from work for automobile commuters and various indicators of poor health (including decreased cardio-respiratory fitness, increased weight, high cholesterol, and elevated blood pressure). The author describes a recent study undertaken in Texas, which provides a comparison of commuting distances and medical health indicators for 4,297 people from a number of different counties. The results showed that longer commutes were associated with greater likelihood of overweight and poor health, and people with longer commutes reported lower physical activity levels.</p>	<p>Social Impacts Alert</p>	<p>Commuting time; overweight; obesity; physical activity; sedentary behaviour; chronic disease</p>

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GETTING PEOPLE ACTIVE			
<p>Johnson, B.A., Kremer, P.J., Swinburn, B.A. and de Silva-Sanigorski, A.M. 2012. 'Multilevel analysis of the Be Active Eat Well intervention: environmental and behavioural influences on reductions in child obesity risk.' <i>International Journal of Obesity</i>, doi: 10.1038/ijo.2012.23. * http://www.nature.com/ijo/journal/vaop/ncurrent/abs/ijo201223a.html</p>	<p>This article describes the outcomes of the Be Active Eat Well intervention program in Victoria. This child obesity prevention program focused on both the household and school environment, and aimed to improve individual behaviour in regard to nutrition and physical activity. The results showed that the intervention was successful in modestly reducing unhealthy weight gain for the participants.</p>	<p>APAN</p>	<p>Physical activity; nutrition; children; obesity; overweight; school; home; screen time; intervention</p>
<p>Mansfield, E.D., Ducharme, N. and Koski, K.G. 2012. 'Individual, social and environmental factors influencing physical activity levels and behaviours of multiethnic socio-economically disadvantaged urban mothers in Canada: A mixed methods approach.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9(1): 42. http://www.ijbnpa.org/content/9/1/42/abstract</p>	<p>This article explores how individual, social and environmental factors influence utilitarian and leisure time physical activity for multiethnic socio-economically disadvantaged mothers in Canada. The authors used a '...women specific physical activity survey tool to assess psychosocial barriers and supports and to quantify individual physical activity'. The results showed that employed mothers had higher levels of physical activity than those who were not employed; and barriers to leisure time physical activity related to availability of accessible and affordable programs that took cultural and social needs into consideration, safety, social and cultural norms, and the winter climate.</p>	<p>APAN</p>	<p>Physical activity; women; ethnicity; culture; mothers; socio-economic status; safety; climate</p>
<p>Oyeyemi, A.L., Adegoke, B.O., Sallis, J.F., Oyeyemi, A.Y. and De Bourdeaudhuij, I. 2012. 'Perceived crime and traffic safety is related to physical activity among adults in Nigeria.' <i>BMC Public Health</i> 12(1): 294. http://www.ijbnpa.org/content/9/1/42/abstract</p>	<p>This article looks at the relationship between perceived safety and physical activity among Nigerian adults in the city of Maiduguri. 219 people participated in the study, which focused on perceptions of safety from crime and road traffic during the day and at night. The results showed that sufficient moderate to vigorous physical activity levels were associated with greater perceived levels of safety from crime and traffic.</p>	<p>APAN</p>	<p>Physical activity; safety; traffic; crime; perception; developing countries; Nigeria</p>
<p>Robertson, R., Robertson, A., Jepson, R. and</p>	<p>This article provides a review of literature relating to</p>	<p>APAN</p>	<p>Depression;</p>

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<p>Maxwell, M. 2012. 'Walking for depression or depressive symptoms: A systematic review and meta-analysis.' <i>Mental Health and Physical Activity</i>, doi: 10.1016/j.mhpa.2012.03.002 * http://www.sciencedirect.com/science/article/pii/S1755296612000099</p>	<p>the link between walking and alleviation of depressive symptoms. The results showed that walking has a statistically significant large effect on symptoms of depression. However, the authors noted that the interventions and research populations described in the reviewed studies were quite heterogeneous, therefore limiting the generalisability of the results. The authors recommend that further research be undertaken to determine the frequency, intensity and types of effective walking interventions in different populations.</p>		<p>walking; physical activity; intervention</p>
<p>Stanley, R., Ridley, K. and Dollman, J. 2012. 'Correlates of children's time-specific physical activity: A review of the literature.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9(1): 50. http://www.ijbnpa.org/content/9/1/50/abstract</p>	<p>This article provides a review of literature relating to the correlates of children's physical activity behaviour during school break time and after school periods. The 22 studies included in the review showed that gender, age, quality of facilities, and access to facilities and programs were some of the key correlates of children's physical activity behaviour.</p>	<p>APAN</p>	<p>Physical activity; children; school; recreational facilities; physical activity programs; access</p>
<p>Berg, N. 2012. 'Longer Commute, Bigger Waistline.' <i>The Atlantic Cities</i>, 8 May 2012. * http://www.theatlanticcities.com/commute/2012/05/longer-commute-bigger-waistline/1952/</p>	<p>This article looks at the relationship between longer trips to and from work for automobile commuters and various indicators of poor health (including decreased cardio-respiratory fitness, increased weight, high cholesterol, and elevated blood pressure). The author describes a recent study undertaken in Texas, which provides a comparison of commuting distances and medical health indicators for 4,297 people from a number of different counties. The results showed that longer commutes were associated with greater likelihood of overweight and poor health, and people with longer commutes reported lower physical activity levels.</p>	<p>Social Impacts Alert</p>	<p>Commuting time; overweight; obesity; physical activity; sedentary behaviour; chronic disease</p>

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<p>Ogilvie, F. and Goodman, A. 2012. 'Inequalities in usage of a public bicycle sharing scheme: Socio-demographic predictors of uptake and usage of the London (UK) cycle hire scheme.' <i>Preventive Medicine</i>, doi 10.1016/j.ypmed.2012.05.002. http://www.sciencedirect.com/science/article/pii/S0091743512001685</p>	<p>This article explores the inequalities in uptake and usage of the Barclay's Cycle Hire Scheme in London. The authors used registration data from the Cycle Hire Scheme, and compared users with the general population (looking at gender, income deprivation and cycling prevalence). The results showed that the registered users were more likely to be male and living in an area of low deprivation and high cycling prevalence. Females and residents of more deprived areas were found to be 'underrepresented' among users of the Scheme.</p>	<p>APAN</p>	<p>Cycling; physical activity; bicycle sharing; bicycle hire; London; socio-economic status; sex; access</p>
<p>Valery, P.C., Ibiebele, T., Harris, M., Green, A.C., Cotterill, A., Moloney, A., Sinha, A.K. and Garvey, G. 2012. 'Diet, physical activity and obesity in school-aged Indigenous youths in northern Australia.' <i>Journal of Obesity</i>, 28 March 2012. * http://www.hindawi.com/journals/jobs/aip/893508/</p>	<p>This article looks at the relationship between diet, physical activity and obesity in Indigenous youth from Northern Australia. Interviews and questionnaires were used to explore the physical activity levels and dietary intake of 277 high school aged youths. The results showed that overweight/obese youths were more likely to eat local traditional seafood (like fried dugong) regularly and engage in fewer days of physical activity than non-obese youths. Low fruit and vegetable intake was also identified as a key issue.</p>	<p>APAN</p>	<p>Physical activity; healthy food options; nutrition; Indigenous Australians; youths</p>
<p>Strath, S., Greenwald, M., Isaacs, R., Hart, T., Lenz, E., Dondzila, C. and Swartz, A. 2012. 'Measured and perceived environmental characteristics are related to accelerometer defined physical activity in older adults.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9(1): 40. http://www.ijbnpa.org/content/9/1/40</p>	<p>This article looks at the relationship between perceived and measured environmental characteristics, and physical activity levels in older adults living in different types of neighbourhoods. 148 older adults participated in the study, which involved an objective environmental audit and collection of accelerometer data; along with self-report of perceptions of the environment. The results showed that both measured and perceived access to non-residential uses was significantly linked to physical activity levels. Other key predictors included presence of measured neighbourhood crime signage,</p>	<p>APAN</p>	<p>Physical activity; walkability; neighbourhood design; access; services; destinations; older adults; USA</p>

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	measured street safety and perceived neighbourhood satisfaction.		
CONNECTING AND STRENGTHENING COMMUNITIES			
Robertson, R., Robertson, A., Jepson, R. and Maxwell, M. 2012. 'Walking for depression or depressive symptoms: A systematic review and meta-analysis.' <i>Mental Health and Physical Activity</i> , doi: 10.1016/j.mhpa.2012.03.002 * http://www.sciencedirect.com/science/article/pii/S1755296612000099	This article provides a review of literature relating to the link between walking and alleviation of depressive symptoms. The results showed that walking has a statistically significant large effect on symptoms of depression. However, the authors noted that the interventions and research populations described in the reviewed studies were quite heterogeneous, therefore limiting the generalisability of the results. The authors recommend that further research be undertaken to determine the frequency, intensity and types of effective walking interventions in different populations.	APAN	Depression; walking; physical activity; social capital; intervention
PROVIDING HEALTHY FOOD OPTIONS			
Chaix, B., Bean, K., Daniel, M., Zenk, S.N., Kestens, Y., Charreire, H., Leal, C., Thomas, F., Karusisi, N., Weber, C., Oppert, J.M., Simon, C., Merlo, J. and Pannier, B. 2012. 'Associations of Supermarket Characteristics with Weight Status and Body Fat: A Multilevel Analysis of Individuals Within Supermarkets (RECORD Study).' <i>PloS ONE</i> 7(4): e32908. http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0032908	This article explores the impact of food environments on weight status, through looking at associations between supermarket characteristics, BMI and waist circumference. The study was conducted in Paris. 7,131 participants answered survey questions about the supermarket where they undertook their food shopping. The results showed that only 11.4% of participants shopped for food primarily within their residential neighbourhood. Links were also established between supermarket brands, BMI and waist circumference, and people shopping in the same supermarket were found to have a comparable BMI and waist circumference.	HBEP	Healthy food options; supermarkets; food environment; intervention; access
Valery, P.C., Ibiebele, T., Harris, M., Green, A.C., Cotterill, A., Moloney, A., Sinha, A.K. and Garvey, G. 2012. 'Diet, physical activity and obesity in school-aged Indigenous youths in northern Australia.' <i>Journal of</i>	This article looks at the relationship between diet, physical activity and obesity in Indigenous youth from Northern Australia. Interviews and questionnaires were used to explore the physical activity levels and dietary intake of 277 high school aged youths. The results	APAN	Physical activity; healthy food options; nutrition; Indigenous Australians;

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<p>Johnson, B.A., Kremer, P.J., Swinburn, B.A. and de Silva-Sanigorski, A.M. 2012. 'Multilevel analysis of the Be Active Eat Well intervention: environmental and behavioural influences on reductions in child obesity risk.' <i>International Journal of Obesity</i>, doi: 10.1038/ijo.2012.23. * http://www.nature.com/ijo/journal/vaop/ncurrent/abs/ijo201223a.html</p>	<p>This article describes the outcomes of the Be Active Eat Well intervention program in Victoria. This child obesity prevention program focused on both the household and school environment, and aimed to improve individual behaviour in regard to nutrition and physical activity. The results showed that the intervention was successful in modestly reducing unhealthy weight gain for the participants.</p>	<p>APAN</p>	<p>Physical activity; nutrition; children; obesity; overweight; school; home; screen time; intervention</p>

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