

## FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
<b>GENERAL POLICY AND RESEARCH</b>			
<p>Hunter New England Population Health. 2012. <i>Liveability Assessment Tool</i>. Wallsend, NSW: Hunter New England Population Health.</p> <p><a href="http://www.hnehealth.nsw.gov.au/_data/assets/pdf_file/0006/91626/Liveability_Assessment_Tool_Final_Low_Res_Version_.pdf">http://www.hnehealth.nsw.gov.au/_data/assets/pdf_file/0006/91626/Liveability_Assessment_Tool_Final_Low_Res_Version_.pdf</a></p>	<p>This Liveability Assessment Tool provides an evidence-based framework against which local governments and partner organisations can assess liveability within a specific geographical area. It includes a set of liveability indicators (based on the four key liveability principles of connectivity, sustainability; accessibility and flexibility); quantitative measures for measuring the indicators; and data sources for each of the measures.</p>	PCAL	<p>Liveability; assessment tool; neighbourhood design; physical activity; healthy food options; social interaction; measurement; surveys</p>
<p>Leeder, S. 2012. 'Australia can lead the fight against Asia's lifestyle disease epidemic.' <i>The Conversation</i>, 18 April 2012. *</p> <p><a href="http://theconversation.edu.au/australia-can-lead-the-fight-against-asias-lifestyle-disease-epidemic-6239">http://theconversation.edu.au/australia-can-lead-the-fight-against-asias-lifestyle-disease-epidemic-6239</a></p>	<p>This article explores how rates of smoking, obesity and other risk factors for chronic disease can be reduced in Asia. The author provides a brief description of current rates of death and disability resulting from chronic diseases in China, India and Thailand. He also provides a number of examples of involvement by the Australian government in health promotion initiatives which aim to improve health in these countries, such as the World Health Organisation's Framework Convention for Tobacco Control (the objective of which is to eliminate trade in illicit tobacco products). The author recommends that Australia review its trade relations with Asia to ensure that food exports do not contribute to and exacerbate risky health behaviours and poor nutrition.</p>	APAN	<p>Chronic disease; tobacco; smoking; healthy food options; trade practices; Australia: Asia; developing countries; health promotion</p>

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<p>NSW Government. 2012. <i>Sydney over the next 20 years: A Discussion Paper</i>. Sydney: NSW Government. *</p> <p><a href="http://haveyoursay.nsw.gov.au/metrostrategy">http://haveyoursay.nsw.gov.au/metrostrategy</a></p>	<p>This Discussion Paper provides the starting point for the development of a new Metropolitan Strategy for Sydney. One of the guiding planning principles listed in the paper is: ‘...building new places and improving existing places to promote healthy, active lifestyles and to create safe, inclusive and comfortable neighbourhoods’. Other relevant principles relate to public transport, employment, services, protection of agricultural lands, housing, energy efficiency and climate change. Questions relating to some of the guiding planning principle are listed in the report. Those concerning healthy built environments relate to: priority locations and planning actions for social inclusion; protection of rural and resource lands; and improved public transport connections.</p>	<p>DPI</p>	<p>Metropolitan planning; strategic planning; physical activity; social interaction; healthy food options; agricultural land; public transport; infrastructure</p>
<p>ABS. 2010. <i>Causes of Death 2010</i>. Canberra: Australian Bureau of Statistics.</p> <p><a href="http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/0/E39670183DE1B0D9CA2579C6000F7A4E/\$File/33030_2010.pdf">http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/0/E39670183DE1B0D9CA2579C6000F7A4E/\$File/33030_2010.pdf</a></p>	<p>This report provides statistics on the number of deaths in 2010 by state or territory, sex, age group and cause of death. Ischaemic heart disease (which includes angina, blocked arteries of the heart, and heart attacks) was identified as the leading underlying cause of death in 2010, responsible for 15.1% of deaths in Australia (15.9% of all male deaths, and 14.3% of all female deaths). Cancers of the digestive organs accounted for 11,856 deaths; diabetes was the cause of 2.7% of deaths (3,945 people); and obesity was the cause of 221 deaths. While Ischaemic heart disease was also the leading cause of death for Aboriginal and Torres Strait Islanders, the second leading cause of death was diabetes (8.4% of all deaths).</p>	<p>APO</p>	<p>Causes of death; chronic disease; Ischaemic heart disease; diabetes; obesity; cancer; statistics</p>
<p>World Transport, Policy and Practice Special Edition. 2012. ‘A Future Beyond the Car?’ <i>World Transport, Policy and Practice</i></p>	<p>This special edition of the World Transport, Policy and Practice journal contains 5 articles and an editorial which address the question of ‘...how to mitigate,</p>	<p>PCAL</p>	<p>Car dependence; car free development;</p>

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<p>17(4).  <a href="http://www.eco-logica.co.uk/pdf/wtpp17.4.pdf">http://www.eco-logica.co.uk/pdf/wtpp17.4.pdf</a></p>	<p>counteract or eliminate the problems created by cars', by providing a number of viewpoints on a car free future. The first article, by Goodwin, provides a discussion on the views surrounding peak car theory; in the second article, Hillman explores how low carbon practices and patterns of development can be achieved; in the third article, Matan and Newman discuss the impact of Jan Gehl's work on the uptake of pedestrian-based transport planning, particularly in Australia; Ghent looks at the market potential for car-free development in York, UK in the fourth article; and in the fifth article, Crawford presents a proposal to use a 'dedicated, automated system to deliver standard ISO shipping containers inside car-free areas.'</p>		<p>peak car; climate change; low carbon living; pedestrian-based transport planning; non-motorised transport; active transport</p>
<p>Herbert, K., Plugge, E., Foster, C. and Doll, H. 2012. 'Prevalence of risk factors for non-communicable diseases in prison populations worldwide: A systematic review.' <i>The Lancet</i>, doi: 10.1016/s0140-6736(12)60319-5  <a href="http://www.sciencedirect.com/science/article/pii/S0140673612603195">http://www.sciencedirect.com/science/article/pii/S0140673612603195</a></p>	<p>This article provides a systematic review of literature relating to the prevalence of poor diet, inadequate physical activity, and overweight and obesity in prison inmates in high, middle and low-income countries. The authors reviewed 31 studies from Australia, Bangladesh, Cameroon, east Africa, Germany, Ivory Coast, Japan, Nigeria, Pakistan, Romania, Russia, Taiwan, UK, USA and West Africa. The results showed that male prisoners were less likely to be obese than males in the general population, while female prisoners were more likely to be obese than females in the general population in the USA and Australia. Although prevalence rates of overweight and obesity were lower in low and middle-income countries, studies from Cameroon show that the rates are increasing. Gender inequality was identified as a key issue, with the authors stating that '...prisons are institutions designed by men for men with little concern for the needs of women'.</p>	<p>APAN</p>	<p>Prisoners; disadvantaged populations; physical activity; nutrition; healthy food options; prison environment; obesity; developing countries; developed countries; gender inequality; systematic review</p>

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<b>GETTING PEOPLE ACTIVE</b>			
<p>City of Canterbury Council. 2011. <i>Boys on Bikes</i>. Sydney: City of Canterbury Council. <a href="http://www.canterbury.nsw.gov.au/www/html/16-news.asp?n=1982">http://www.canterbury.nsw.gov.au/www/html/16-news.asp?n=1982</a></p>	<p>This article describes an initiative run by Punchbowl Boys High School called 'Boys on Bikes', which aims to increase levels of active transport both among the school population and the wider community. Through the initiative, second-hand, damaged and unused bicycles are collected from a number of sources, and once repaired, are used by students at the school. Students are also trained as bicycle mechanics and riding instructors.</p>	PCAL	<p>Physical activity; cycling; active transport; school; youth; intervention; socio-economic status; training and education</p>
<p>Cleland, C.L., Tully, M.A., Kee, F. and Cupples, M.E. 2012. 'The effectiveness of physical activity interventions in socio-economically disadvantaged communities: A systematic review.' <i>Preventive Medicine</i>, doi: 10.1016/j.ypmed.2012.04.004. <a href="http://www.sciencedirect.com/science/article/pii/S0091743512001107">http://www.sciencedirect.com/science/article/pii/S0091743512001107</a></p>	<p>This article explores the effectiveness of physical activity interventions in socio-economically disadvantaged communities. 27 studies were included in the review, and the results showed that group-based interventions were found to be effective for adults but not children; there was insufficient evidence available on the effectiveness of interventions targeted at individuals; and there was limited evidence which suggested that community-wide interventions achieved a small change in physical activity. Effective interventions included education, physical activity and social support elements. The authors concluded that the most effective interventions were multi-component adult group-based interventions with theoretical frameworks.</p>	APAN	<p>Physical activity; intervention; socio-economic status; effectiveness; measurement</p>
<p>Carver, A., Timperio, A.F. and Crawford, D.A. 2012. 'Young and free? A study of independent mobility among urban and rural dwelling Australian children.' <i>Journal of Science and Medicine in Sport</i>, doi: 10.1016/j.jsams.2012.03.005. <a href="http://www.sciencedirect.com/science/article/pii/S1440295712000000">http://www.sciencedirect.com/science/article/pii/S1440295712000000</a></p>	<p>This cross-sectional study aimed to examine differences in children's independent mobility in urban and rural areas; associations between mobility licences (i.e. actions children had been given permission by their parents to undertake on their own) and independent mobility; and potential correlates of mobility licences. 430 primary and 258 secondary school students and</p>	APAN	<p>Physical activity; children's independent mobility; mobility licences; active transport; rural; urban; safety;</p>

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<a href="http://dx.doi.org/10.1186/1475-2875-14-402">icle/pii/S1440244012000321</a>	<p>their parents participated in the study. The results showed that on average, boys were granted more mobility licences than girls in both urban and rural locations; boys attending urban primary schools had the highest rates of walking/cycling independently to school, while those attending rural schools had the lowest rates; access to outdoor play spaces was associated with mobility licences for urban boys and rural primary school-aged girls; and mobile phone ownership was associated with mobility licences among urban primary school-aged boys.</p>		<p>perceptions; access</p>
<p>Dearth-Wesley, T., Gordon-Larsen, P., Adair, L., Zhang, B. and Popkin, B. 2012. 'Longitudinal, cross-cohort comparison of physical activity patterns in Chinese mothers and children.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9(1): 39. <a href="http://www.ijbnpa.org/content/9/1/39/abstract">http://www.ijbnpa.org/content/9/1/39/abstract</a></p>	<p>This article looks at the relationship between socio-economic variables and physical activity behaviours in Chinese mother-child pairs. The authors used longitudinal data from the China Health and Nutrition Survey to look at levels of active commuting, leisure-time sports and sedentary behaviours. The results showed that children experienced an increase in rates of active commuting and leisure-time sports activities as they grew older, however mothers experienced a decline in these areas. Levels of sedentary behaviour were found to be high for both mothers and children over time. The results also showed that maternal education was linked both to a greater likelihood of high leisure-time sports activity and sedentary behaviour in mothers.</p>	<p>APAN</p>	<p>Physical activity; active commuting; sedentary behaviour; leisure-time sports; children; mothers; China; middle income country</p>
<p>Flórez Pregonero, A., Gómez, L.F., Parra, D.C., Cohen, D.D., Arango Paternina, C.M. and Lobelo, F. 2012. 'Time spent travelling in motor vehicles and its association with overweight and abdominal obesity in Colombian adults who do not own a car.'</p>	<p>This article looks at the relationship between time spent travelling in motor vehicles per week and BMI and abdominal obesity among urban Colombian adults who do not own a car. The authors analysed data from the 2005 National Nutrition Survey of Colombia and conducted an assessment of time spent travelling in</p>	<p>APAN</p>	<p>Physical inactivity; sedentary behaviours; travel time; motorised transport; obesity; overweight;</p>

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<p><i>Preventive Medicine</i>, doi: 10.1016/j.ypmed.2012.04.002.  <a href="http://www.sciencedirect.com/science/article/pii/S0091743512001089">http://www.sciencedirect.com/science/article/pii/S0091743512001089</a></p>	<p>motor vehicles through use of the International Physical Activity Questionnaire. The results showed that 42% of participants were overweight or obese, and 22.4% had abdominal obesity. Higher levels of time spent travelling in motor vehicles were associated with a greater likelihood of obesity or overweight in males.</p>		<p>Colombia</p>
<b>CONNECTING AND STRENGTHENING COMMUNITIES</b>			
<p>NSW Government. 2012. <i>Sydney over the next 20 years: A Discussion Paper</i>. Sydney: NSW Government. *  <a href="http://haveyoursay.nsw.gov.au/metrostrategy">http://haveyoursay.nsw.gov.au/metrostrategy</a></p>	<p>This Discussion Paper provides the starting point for the development of a new Metropolitan Strategy for Sydney. One of the guiding planning principles listed in the paper is: '...building new places and improving existing places to promote healthy, active lifestyles and to create safe, inclusive and comfortable neighbourhoods'. Other relevant principles relate to public transport, employment, services, protection of agricultural lands, housing, energy efficiency and climate change. Questions relating to some of the guiding planning principle are listed in the report. Those concerning healthy built environments relate to: priority locations and planning actions for social inclusion; protection of rural and resource lands; and improved public transport connections.</p>	<p>DPI</p>	<p>Metropolitan planning; strategic planning; physical activity; social interaction; healthy food options; agricultural land; public transport; infrastructure</p>
<b>PROVIDING HEALTHY FOOD OPTIONS</b>			
<p>Muir, C. 2012. 'Marrying health and agriculture: Food, what is it good for?' <i>Griffith Review Edition 36: What is Australia For?</i>  <a href="http://griffithreview.com/images/stories/edition_articles/ed36/cameron%20muir%20-%20marrying%20health%20and%20agriculture.pdf">http://griffithreview.com/images/stories/edition_articles/ed36/cameron%20muir%20-%20marrying%20health%20and%20agriculture.pdf</a></p>	<p>This essay explores the impact of the global food system on the health and wellbeing of people, nations and the environment. The author provides statistics on food wastage in high income countries, and describes how the types of foods being produced relate to environmental destruction, starvation and rising levels of obesity and chronic diseases. He describes the practices of OzHarvest, a charity organisation that collects excess food from supermarkets, restaurants and</p>	<p>APO</p>	<p>Global food system; agriculture; public health; social justice; environmental impact; obesity; food markets; international</p>

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	<p>other food sources, and redistributes it to charities supporting vulnerable and disadvantaged people in Sydney, Canberra, Newcastle, Adelaide and Brisbane. He also provides an historical overview of attempts in Australia, the USA and the UK to align agriculture with health and social justice objectives , through international governmental cooperation.</p>		trade
<p>Leeder, S. 2012. 'Australia can lead the fight against Asia's lifestyle disease epidemic.' The Conversation, 18 April 2012. * <a href="http://theconversation.edu.au/australia-can-lead-the-fight-against-asias-lifestyle-disease-epidemic-6239">http://theconversation.edu.au/australia-can-lead-the-fight-against-asias-lifestyle-disease-epidemic-6239</a></p>	<p>This article explores how rates of smoking, obesity and other risk factors for chronic disease can be reduced in Asia. The author provides a brief description of current rates of death and disability as a result of chronic diseases in China, India and Thailand. He also provides a number of examples of involvement by the Australian government in health promotion initiatives which aim to improve health in these countries, such as the World Health Organisation's Framework Convention for Tobacco Control (which aims to eliminate trade in illicit tobacco products). The author recommends that Australia review its trade relations with Asia to ensure that food exports do not contribute to and exacerbate risky health behaviours and poor nutrition.</p>	APAN	<p>Chronic disease; tobacco; smoking; healthy food options; trade practices; Australia: Asia; developing countries; health promotion</p>

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