

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Williams, A.J., Wyatt, K.M., Hurst, A.J. and Williams, C.A. 2012. 'A systematic review of associations between the primary school built environment and childhood overweight and obesity.' <i>Health & Place</i>, doi: 10.1016/j.healthplace.2012.02/004. http://www.sciencedirect.com/science/article/pii/S1353829212000305</p>	<p>This article provides a review of current literature on the relationship between childhood overweight and obesity and the primary school built environment. The review showed that playground availability; gymnasium availability and quality; and availability of school fields, showers and shading had been investigated, however, minimal research had been undertaken in relation to the associations between the school built environment and weight status, and current results were found to be inconclusive.</p>	APAN	<p>School built environment; overweight and obesity; school recreational facilities; review; children; playground</p>
<p>AIHW. 2012. <i>Risk factors contributing to chronic disease. Cat. no. PHE 157</i>. Canberra: Australian Institute of Health and Welfare. * http://www.aihw.gov.au/publication-detail/?id=10737421466&tab=2</p>	<p>This report describes the prevalence of negative health determinants in Australia, examines the most common combinations of risk factors, and provides information on lifestyle behaviour changes necessary to address these risk factors. Statistics show that over 90% of people do not consume the recommended intake of vegetables per day; around 50% do not consume recommended amounts of fruit; and almost 60% do not engage in sufficient levels of physical activity. The more risk factors present, the higher the likelihood of having a chronic disease. Common combinations of risk factors include unhealthy alcohol consumption, smoking and physical inactivity. High blood pressure is a common co-risk factor for people with obesity. The findings also showed that people living in areas of socio-economic disadvantage are more likely to engage in risky health</p>	APO	<p>Risk factors; chronic disease; nutrition; healthy food options; physical inactivity; socio-economic status</p>

	behaviours, including combinations of risk factors.		
GETTING PEOPLE ACTIVE			
<p>Greater London Authority. 2012. <i>Shaping Neighbourhoods: Children and Young People's Play and Informal Recreation. Draft Supplementary Planning Guidance</i>. London: Greater London Authority. http://www.london.gov.uk/sites/default/files/Childrens%20Playspace%20SPG%2031Jan12.pdf</p>	<p>This Draft Supplementary Planning Guidance addresses the planning, design and provision of play spaces for children and young people, of all ages and abilities. It provides benchmark standards for local government, designers and developers, as well as general requirements for play and informal recreation space provision. These relate to the concept of lifetime neighbourhoods, measuring existing and future needs for play provision, accessibility, the concept of multifunctional spaces, public use of school facilities, funding, management and maintenance, and sustainability. The Guidance also provides examples of successful existing play spaces.</p>	APAN	<p>Play spaces; neighbourhood design; open space; green space; playgrounds; children; youth; accessibility; equal access; disability; London; guidelines; policy</p>
<p>AIHW. 2012. <i>Risk factors contributing to chronic disease. Cat. no. PHE 157</i>. Canberra: Australian Institute of Health and Welfare. * http://www.aihw.gov.au/publication-detail/?id=10737421466&tab=2</p>	<p>This report describes the prevalence of negative health determinants in Australia, examines the most common combinations of risk factors, and provides information on lifestyle behaviour changes necessary to address these risk factors. Statistics show that over 90% of people do not consume the recommended intake of vegetables per day; around 50% do not consume recommended amounts of fruit; and almost 60% do not engage in sufficient levels of physical activity. The more risk factors present, the higher the likelihood of having a chronic disease. Common combinations of risk factors include unhealthy alcohol consumption, smoking and physical inactivity. High blood pressure is a common co-risk factor for people with obesity. The findings also showed that people living in areas of socio-economic disadvantage are more likely to engage in risky health behaviours, including combinations of risk factors.</p>	APO	<p>Risk factors; chronic disease; nutrition; healthy food options; physical inactivity; socio-economic status</p>
<p>Beale, S.J., Bending, M.W., Trueman, P. and Naidoo, B. 2012. 'Should we invest in</p>	<p>This article describes the results of an economic appraisal of environmental interventions that promote</p>	APAN	<p>Physical activity; interventions;</p>

<p>environmental interventions to encourage physical activity in England? An economic appraisal.' <i>The European Journal of Public Health</i>, doi: 10.1093/eurpub/ckr151. http://eurpub.oxfordjournals.org/content/early/2012/02/23/eurpub.ckr151.full.pdf+html</p>	<p>physical activity in England. The appraisal included two cost-utility analyses and a cost-benefit analysis, methods which were used to measure the long-term benefits of physical activity on health outcomes, short-term benefits of physical activity on mental health and well-being, and the benefits of interventions beyond healthcare. The results showed that '...there is a consistent case to support environmental interventions...however, some degree of caution should be taken in interpreting the findings due to the limitations of the evidence upon which they are based.'</p>		<p>built environment; cost benefit analysis; economic appraisal; UK</p>
<p>McMinn, D., Rowe, D.A., Murtagh, S. and Nelson, N.M. 2012. 'The effect of a school-based active commuting intervention on children's commuting physical activity and daily physical activity.' <i>Preventive Medicine</i>, doi: 10.1016/j.ypmed.2012.02.013. http://www.sciencedirect.com/science/article/pii/S0091743512000564</p>	<p>This article examines the effect of a school-based intervention called Travelling Green on active transport and daily physical activity levels for primary school age children. The intervention consists of a teacher's handbook and pupil packs which contain lessons and materials relating to road safety, the importance of a healthy lifestyle, body functions and walking goals. 166 Scottish children between 8 and 9 years of age participated in the intervention, which lasted for 6 weeks. The results showed that the intervention had little effect on walking to and from school; however, a smaller seasonal decrease in total daily physical activity was recorded for children who participated in the intervention, in comparison to children who did not participate.</p>	<p>APAN</p>	<p>Physical activity; active transport; school; children; intervention; Scotland</p>
<p>Nihill, G.F.J., Lubans, D.R. and Plotnikoff, R.C. 2012. 'Associations between sedentary behaviour and self-esteem in adolescent girls from schools in low-income communities.' <i>Mental Health and Physical Activity</i>, doi: 10.1016/j.mhpa.2012.02.003. http://www.sciencedirect.com/science/article/pii/S1755296612000051</p>	<p>This article addresses the relationship between sedentary behaviour and self-esteem among adolescent girls living in low-income communities. 357 girls from 12 secondary schools in low-income communities in NSW participated in the study, in which height, weight, body fat, physical activity levels and self-esteem were assessed. The results showed that there were significant inverse associations between self-esteem and time</p>	<p>APAN</p>	<p>Sedentary behaviour; screen time; self-esteem; mental health; socio-economic status; obesity; adolescent; girls</p>

	spent watching DVDs and using the computer for non-school purposes, however, no significant relationship was found between self-esteem and accelerometer-measured sedentary time.		
Rhodes, R.E., Murray, H., Temple, V.A., Tuokko, H. and Higgins, J.W. 2012. 'Pilot study of a dog walking randomized intervention: Effects of a focus on canine exercise.' <i>Preventive Medicine</i> , doi: 10.1016/j.ypmed.2012.02.014. http://www.sciencedirect.com/science/article/pii/S0091743512000576	This article looks at the how the promotion of dog walking among owners who do not walk their dogs regularly can be used as a physical activity intervention. 58 inactive dog owners participated in the study, through completing questionnaires at the start of the intervention, as well as at six weeks and 12 weeks to follow up, and wore a pedometer for a week. The results showed that there was a significant increase in physical activity as a result of the intervention.	APAN	Dog ownership; walking; physical activity; intervention; health promotion
Levy, T.S., Ruan, C.M., Castellanos, C.A., Coronel, A.S., Aguilar, A.J. and Humaran, I.M.G. 2012. 'Effectiveness of a diet and physical activity promotion strategy on the prevention of obesity in Mexican school children.' <i>BMC Public Health</i> 12(1): 152. * http://www.biomedcentral.com/1471-2458/12/152/abstract	This article provides an assessment of the efficacy of a nutrition and physical activity strategy, called Nutrition on the Go, which was implemented in schools in Mexico, with the aim of addressing overweight and obesity in children. 1020 fifth grade children from 60 schools participated in the intervention, which aimed to decrease the energy content of school breakfasts, increase fruit and vegetable consumption, and increase physical activity and the consumption of water during school hours. The results showed that the intervention was effective in maintaining the body mass index of school children.	APAN	Physical activity; nutrition; healthy food options; school children; intervention strategy; health promotion; obesity; Mexico; middle income country
Steinbach, R., Green, J. and Edwards, P. 2012. 'Look who's walking: Social and environmental correlates of children's walking in London.' <i>Health & Place</i> , doi: 10.1016/j.healthplace.2012.02.005. http://www.sciencedirect.com/science/article/pii/S1353829212000317?v=s5	This article looks at the social and environmental correlates of walking to school; walking outside the school commute during term time; and walking during the summer and on weekends for children in London. The results showed that living in a household without access to vehicles was strongly associated with walking to school, and slightly less strongly with other walking; belonging to a Black or Asian ethnic group was marginally associated with walking to school - although	APAN	Physical activity; walking; active transport; leisure; children; London; environment; social characteristics; culture; London

	being of Asian ethnicity was negatively associated with walking outside the school commute; and high traffic volumes, low traffic speeds and a high proportion of businesses in the area were associated with walking outside the school commute, during summer and on weekends.		
<p>Van Cauwenberg, J., Clarys, P., De Bourdeaudhuij, I., Van Holle, V., Verte, D., De Witte, N., De Donder, L., Buffel, T., Dury, S. and Deforche, B. 2012. 'Physical environmental factors related to walking and cycling in older adults: the Belgian aging studies.' <i>BMC Public Health</i> 12(1): 142.</p> <p>http://www.biomedcentral.com/1471-2458/12/142/abstract</p>	<p>This article explores the relationship between are of residence (urban, semi-urban or rural) and older adults' walking and cycling for transport and recreation. 48,879 Flemish older adults participated in the study by answering questionnaires about walking, cycling and environmental perceptions. The results showed that urban residents were more likely to walk for transport daily than semi-urban and rural residents; semi-urban residents were more likely to cycle for transport than urban residents; and access to destinations and safety were identified as key issues for all residents.</p>	<p>APAN</p>	<p>Physical activity; location; older adults; walking; cycling; active transport; recreation; neighbourhood design; safety; Belgium</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Kelly, J-F., Breadon, P., Davis, C., Hunter, A., Mares, P., Mullerworth, D., and Weidmann, B. 2012. <i>Social Cities</i>. Melbourne: Grattan Institute.</p> <p>http://www.grattan.edu.au/publications/137_report_social_cities.pdf</p>	<p>This report addresses the relationship between the built environment and social isolation and connection. The impacts of loneliness and isolation on health and well-being are described, as well as the way in which different levels of connection with friends, family and the community contribute to good mental and physical health, and decreased risk of chronic disease. Transport systems, street networks, land use patterns, design of public spaces, provision of open space and recreation facilities, provision of private spaces (such as cafes), and social infrastructure (such as local events, farmers' markets, community gardens) are some of the key built environment elements identified in the report as influencing social connections. The authors provide a number of ideas for improving social connection through enhancing the built environment, based on case</p>	<p>City Futures</p>	<p>Social interaction; built environment; transport; neighbourhood design; case studies; social connection; social isolation</p>

	studies from around the world.		
PROVIDING HEALTHY FOOD OPTIONS			
<p>AIHW. 2012. <i>Risk factors contributing to chronic disease. Cat. no. PHE 157.</i> Canberra: Australian Institute of Health and Welfare. * http://www.aihw.gov.au/publication-detail/?id=10737421466&tab=2</p>	<p>This report describes the prevalence of negative health determinants in Australia, examines the most common combinations of risk factors, and provides information on lifestyle behaviour changes necessary to address these risk factors. Statistics show that over 90% of people do not consume the recommended intake of vegetables per day; around 50% do not consume recommended amounts of fruit; and almost 60% do not engage in sufficient levels of physical activity. The more risk factors present, the higher the likelihood of having a chronic disease. Common combinations of risk factors include unhealthy alcohol consumption, smoking and physical inactivity. High blood pressure is a common co-risk factor for people with obesity. The findings also showed that people living in areas of socio-economic disadvantage are more likely to engage in risky health behaviours, including combinations of risk factors.</p>	APO	<p>Risk factors; chronic disease; nutrition; healthy food options; physical inactivity; socio-economic status</p>
<p>Levy, T.S., Ruan, C.M., Castellanos, C.A., Coronel, A.S., Aguilar, A.J. and Humaran, I.M.G. 2012. 'Effectiveness of a diet and physical activity promotion strategy on the prevention of obesity in Mexican school children.' <i>BMC Public Health</i> 12(1): 152. * http://www.biomedcentral.com/1471-2458/12/152/abstract</p>	<p>This article provides an assessment of the efficacy of a nutrition and physical activity strategy, called Nutrition on the Go, which was implemented in schools in Mexico, with the aim of addressing overweight and obesity in children. 1020 fifth grade children from 60 schools participated in the intervention, which aimed to decrease the energy content of school breakfasts, increase fruit and vegetable consumption, and increase physical activity and the consumption of water during school hours. The results showed that the intervention was effective in maintaining the body mass index of school children.</p>	APAN	<p>Physical activity; nutrition; healthy food options; school children; intervention strategy; health promotion; obesity; Mexico; middle income country</p>

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