

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Perkins, M. 2012. 'Sick suburbs.' <i>Sydney Morning Herald</i>, 15 March 2012 * http://www.smh.com.au/victoria/sick-suburbs-20120314-1v3a9.html</p>	<p>This article focuses on the experience and health issues of residents in newer suburbs in Victoria, Australia. The author states: 'In many new estates on Melbourne's fringes there is a paucity of public transport, parks and open space. Schools and services are too far to walk to, large houses have swallowed backyards, commuters sit for long periods in traffic and fast food is often the only offering at the local convenience store.' Another key issue is a rise in poor mental health attributed to increased social isolation, stress and lack of community infrastructure and services. The article includes a number of examples of ways in which local councils, developers and community members are working to change this, through establishing farmers' markets and community gardens, and designing new estates with walkable distances between houses and key destinations, and open spaces, walking tracks and community services. The author notes that the state government's environment and planning committee has been presiding over an inquiry into the relationship between environmental design and health, and a report of the results of this enquiry is expected to be available in June.</p>	SMH	<p>Obesity; mental health; depression; social interaction; physical activity; healthy food options; food environment; planning; development; state government; local government; Victoria</p>
<p>Rosenberg, J. 2012. 'Better diet, exercise can cut cancer by one quarter.' <i>Sydney Morning Herald</i>, 19 March 2012 *</p>	<p>With reference to an article in the Medical Journal of Australia which reported that a quarter of cancer cases could be prevented by 2025 through improved diet and</p>	SMH	<p>Cancer; risk factors; physical activity; nutrition;</p>

http://www.smh.com.au/lifestyle/diet-and-fitness/better-diet-exercise-can-cut-cancer-by-one-quarter-20120318-1vdt7.html	<p>physical activity levels, this article looks at the relationship between sedentary behaviour, poor nutrition, geography and socio-economic status. Access to healthy food options is a critical issue for lower-income Australians, with high-sugar, high-fat and nutritionally-poor food options more accessible and affordable in areas of disadvantage. The article presents the recommendation of one of the authors of the Medical Journal of Australia article, relating to co-ordinated state and federal government funding for preventive health activities.</p>		<p>healthy food options; food environments; socio-economic status; state government; federal government; prevention</p>
GETTING PEOPLE ACTIVE			
<p>Chau, J.Y., van der Ploeg, H.P., Dunn, S., Kurko, J. and Bauman, A.E. 2012. 'Validity of the Occupational Sitting and Physical Activity Questionnaire.' <i>Medicine and Science in Sports and Exercise</i> 44(1): 118-125. http://www.ncbi.nlm.nih.gov/pubmed/21659903</p>	<p>This article looks at the measurement of occupational sitting and physical activity levels, and the validity of the Occupational Sitting and Physical Activity Questionnaire (OSPAQ). The study was conducted in two-medium sized workplaces in Sydney. 99 workers completed the questionnaire, as well as the MONICA Optional Study on Physical Activity Questionnaire and wore an accelerometer for 7 days. The results showed that the OSPAQ has '...excellent test-retest reliability and moderate validity for estimating time spent sitting and standing at work.'</p>	APAN	<p>Physical activity; sitting time; sedentary behaviour; occupational sitting; measurement; questionnaire</p>
<p>Lachowycz, K., Jones, A.P., Page, A.S., Wheeler, B.W. and Cooper, A.R. 2012. 'What can global positioning systems tell us about the contribution of different types of urban greenspace to children's physical activity?' <i>Health & Place</i>, doi:10.1016/j.healthplace.2012.01.006. http://www.sciencedirect.com/science/article/pii/S135382921200007X</p>	<p>This UK study used GPS and accelerometers to measure activity within different types of urban green spaces for 902 children aged between 11 and 12. The results showed that over a third of all outdoor moderate/vigorous physical activity during weekday evenings was undertaken in green spaces, over 40% on Saturdays and around 60% on Sundays. The majority of activity, however, occurred in non-green environments such as roads, pavements and concreted surfaces. Private gardens were shown to be significant for children's play, particularly during the week, while</p>	APAN	<p>Physical activity; children; urban green space; recreational facilities; outdoor play; safety</p>

	school playing fields were used both during the week and on weekends.		
<p>Merom, D., Sinnreich, R., Aboudi, V., Kark, J.D. and Nassar, H. 2012. 'Lifestyle physical activity among urban Palestinians and Israelis: a cross-sectional comparison in the Palestinian-Israeli Jerusalem risk factor study.' <i>BMC Public Health</i> 12:90. http://www.biomedcentral.com/1471-2458/12/90/abstract</p>	<p>This article describes the relationship between physical inactivity and high levels of coronary heart disease, obesity and diabetes among urban Palestinians. The study aimed to identify the correlates of physical inactivity and socio-demographic characteristics for urban Palestinians, and compare this to the Israeli population. 970 Palestinians and 712 Israelis completed a questionnaire, and the results showed that Palestinian men had the highest average of moderate/vigorous physical activity (MVPA) per week, in comparison to Israeli men and Palestinian and Israeli women. 65% of total MVPA reported by Palestinian women was from undertaking domestic chores compared to 36% in Israeli women and 25% among men from both ethnic groups. 42% of Palestinian men, 39% of Israeli men, 53% of Palestinian women and 28% of Israeli women reported no leisure time physical activity, and Palestinian women had the lowest level of walking. Middle age and elderly, lower education levels and unemployment were identified as socio-demographic factors which were linked to physical inactivity.</p>	APAN	<p>Physical inactivity; Palestine; Israel; culture; socio-demographic characteristics; socio-economic status; women; obesity; risk factors; developing countries</p>
<p>Stevens, R.B. and Brown, B.B. 2011. 'Walkable new urban LEED_Neighbourhood-Development (LEED-ND) community design and children's physical activity: selection, environmental or catalyst effect?' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 8:139. http://www.ijbnpa.org/content/8/1/139</p>	<p>This UK study tested whether primary school students living in a new urbanist, Leadership in Energy and Environmental Design-Neighbourhood (LEED-ND) community have higher levels of physical activity than those living in other communities. 187 fifth-graders from 3 different communities participated in the study – one of the communities was walkable, one was mixed, and the other was less walkable. The results showed that new urbanist and walkable design standards are related to higher levels of moderate/vigorous physical activity among children.</p>	APAN	<p>Physical activity; children; new urbanism; walkability; neighbourhood design; LEED-ND; active transport</p>

<p>Zoellner, J., Hill, J.L., Zynda, K., Sample, A.D. and Yadrick, K. 2012. 'Environmental perceptions and objective walking trail audits inform a community-based participatory research walking intervention.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 9:6. http://www.ijbnpa.org/content/9/1/6</p>	<p>This article describes a community-based participatory research project which explored the perceptions of walking trails in a high minority southern community in the US, and how this compared to objective audits of the trails. 372 residents participated in the study by completing a shortened version of the International Physical Activity Questionnaire and survey questions, and the Path Environmental Audit tool was used to assess the design features, amenities, maintenance and pedestrian safety of the trails. The results showed that 21 high quality walking trails were available. Trail use was positively linked to meeting recommendations for physical activity among the participants. Proximity to trails; perceptions of safety; trail amenities and neighbourhood pedestrian safety were identified as key predictors of trail use.</p>	<p>APAN</p>	<p>Physical activity; walking trails; recreational facilities; perception; safety; amenity; socio-economic status</p>
<p>Rosenberg, J. 2012. 'Better diet, exercise can cut cancer by one quarter.' <i>Sydney Morning Herald</i>, 19 March 2012 * http://www.smh.com.au/lifestyle/diet-and-fitness/better-diet-exercise-can-cut-cancer-by-one-quarter-20120318-1vdt7.html</p>	<p>With reference to an article in the Medical Journal of Australia which reported that a quarter of cancer cases could be prevented by 2025 through improved diet and physical activity levels, this article looks at the relationship between sedentary behaviour, poor nutrition, geography and socio-economic status. Access to healthy food options is a critical issue for lower-income Australians, with high-sugar, high-fat and nutritionally-poor food options more accessible and affordable in areas of disadvantage. The article presents the recommendation of one of the authors of the Medical Journal of Australia article, relating to co-ordinated state and federal government funding for preventive health activities.</p>	<p>SMH</p>	<p>Cancer; risk factors; physical activity; nutrition; healthy food options; food environments; socio-economic status; state government; federal government; prevention</p>
<p>Dunstan, D. 2012. 'Office workers – it's time to beat the bulge and quit the sit.' <i>The Conversation</i>, 29 February 2012 http://theconversation.edu.au/office-</p>	<p>This article looks at the impact of sitting time on cardiovascular health. A 2010 study conducted by the author found that risk of dying earlier from cardiovascular disease increases by around 18% for</p>	<p>APAN</p>	<p>Sitting time; sedentary behaviour; physical inactivity;</p>

workers-its-time-to-beat-the-bulge-and-quit-the-sit-5557	<p>every hour spent sitting watching television. In addition each hour spent sitting was linked with an 11% increased risk of death from all causes and a 9% increased risk of death from cancer. The article includes recommendations on breaking up sitting time during the day, particularly on work days. The author found that breaking up sitting time every 30 minutes or so by walking at a light pace enables the human body to better manage blood glucose and insulin levels, which reduces the risk of chronic disease.</p>		<p>workplace; standing desk; cancer; cardiovascular disease</p>
<p>Van Uffelen, J.G.Z., Heesch, K.C. and Brown, W. 2012. 'Correlates of Sitting Time in Working Age Australian Women: Who Should Be Targeted With Interventions to Decrease Sitting Time?' <i>Journal of Physical Activity and Health</i> 9: 270-287. http://journals.humankinetics.com/AcuCustom/SiteName/Documents/DocumentItem/12_van_uffelen_JPAH_20100053.pdf</p>	<p>This article explores the correlates of sitting time in working age Australian women. 7724 women born between 1973-1978 and 8198 women born between 1946-1951 participated in the Australian Longitudinal Study on Women's Health, which looked at whether demographic, family and caring duties, time use, health and health behaviour variables were linked to weekday sitting time. The results showed that indicators of socio-economic advantage, like full-time employment, skilled occupation and university education, were linked to high sitting time. In addition, passive leisure time was also linked to high sitting time. Lower sitting time was found to be linked to moderate/high physical activity levels, non-smoking and non-drinking.</p>	<p>APAN</p>	<p>Sitting time; women; socio-economic status; education; occupation; leisure time</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Perkins, M. 2012. 'Sick suburbs.' <i>Sydney Morning Herald</i>, 15 March 2012 * http://www.smh.com.au/victoria/sick-suburbs-20120314-1v3a9.html</p>	<p>This article focuses on the experience and health issues of residents in newer suburbs in Victoria, Australia. The author states: 'In many new estates on Melbourne's fringes there is a paucity of public transport, parks and open space. Schools and services are too far to walk to, large houses have swallowed backyards, commuters sit for long periods in traffic and fast food is often the only offering at the local convenience store.' Another key issue is a rise in poor mental health attributed to</p>	<p>SMH</p>	<p>Obesity; mental health; depression; social interaction; physical activity; healthy food options; food environment; planning;</p>

	<p>increased social isolation, stress and lack of community infrastructure and services. The article includes a number of examples of ways in which local councils, developers and community members are working to change this, through establishing farmers' markets and community gardens, and designing new estates with walkable distances between houses and key destinations, and open spaces, walking tracks and community services. The author notes that the state government's environment and planning committee has been presiding over an inquiry into the relationship between environmental design and health, and a report of the results of this enquiry is expected to be available in June.</p>		<p>development; state government; local government; Victoria</p>
PROVIDING HEALTHY FOOD OPTIONS			
<p>Perkins, M. 2012. 'Sick suburbs.' <i>Sydney Morning Herald</i>, 15 March 2012 * http://www.smh.com.au/victoria/sick-suburbs-20120314-1v3a9.html</p>	<p>This article focuses on the experience and health issues of residents in newer suburbs in Victoria, Australia. The author states: 'In many new estates on Melbourne's fringes there is a paucity of public transport, parks and open space. Schools and services are too far to walk to, large houses have swallowed backyards, commuters sit for long periods in traffic and fast food is often the only offering at the local convenience store.' Another key issue is a rise in poor mental health attributed to increased social isolation, stress and lack of community infrastructure and services. The article includes a number of examples of ways in which local councils, developers and community members are working to change this, through establishing farmers' markets and community gardens, and designing new estates with walkable distances between houses and key destinations, and open spaces, walking tracks and community services. The author notes that the state government's environment and planning committee has</p>	<p>SMH</p>	<p>Obesity; mental health; depression; social interaction; physical activity; healthy food options; food environment; planning; development; state government; local government; Victoria</p>

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