

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>UNICEF. 2012. <i>The State of the World's Children 2012 Executive Summary: Children in an Urban World</i>. New York: UNICEF. http://www.unicef.org/sowc2012/pdfs/SOWC-2012-Executive-Summary_EN_10Jan2012.pdf</p>	<p>According to this report, around one third of the world's urban population lives in slums, and it is anticipated that by 2020, around 1.4 billion people will live in slums and informal settlements. Children make up a significant portion of this population, and are among the most vulnerable members of the community. The report details the issues facing children in urban environments, including hunger and malnutrition; a lack of access to healthy food options such as fruit, vegetables, fish and meat; exposure to high levels of outdoor and indoor air pollution; lack of safe play spaces, sidewalks and crossings; and lack of water, sanitation and hygiene. A key issue is the threat from vehicular traffic, which causes 1.3 million deaths annually worldwide, with people aged 15-29 and 5-14 most affected. The report provides a number of recommendations to address these issues.</p>	APO	<p>Developing countries; housing conditions; nutrition; healthy food options; physical activity; safety; air pollution; children</p>
<p>C3 Collaborating for Health. 2011. <i>Review: The benefits of physical activity for health and well-being</i>. London: C3 Collaborating for Health. * http://www.c3health.org/wp-content/uploads/2009/09/C3-review-of-physical-activity-and-health-v-1-20110603.pdf</p>	<p>This report provides an overview of the literature on the relationship between physical inactivity and non-communicable diseases through looking at the social and environmental determinants of health. It provides a review of physical activity interventions, and presents a number of case studies from around the world, to provide guidelines for individuals and organisations aiming to improve physical activity levels in their community.</p>	APAN	<p>Physical inactivity; walking; review; social determinants of health; interventions; case studies; health promotion</p>

<p>Kaczynski, A.T., Wilhelm Stanis, S.A. and Besenyi, G.M. 2012. 'Development and Testing of a Community Stakeholder Park Audit Tool.' <i>American Journal of Preventive Medicine</i> 42(3): 242-249. * http://www.sciencedirect.com/science/article/pii/S0749379711009032</p>	<p>This article describes the development of a Community Stakeholder Park Audit Tool which documents and assesses Park Information, Access and Surrounding Neighbourhood, Park Activity Areas, and Park Quality and Safety. The authors undertook 3 workshops and field testing to ensure that the instrument was relevant and effective. The results showed that the instrument is a reliable and user-friendly tool which can be used by stakeholders and community members to assess the capacity of parks to promote and support physical activity.</p>	<p>APAN</p>	<p>Physical activity; parks; audit tool; safety; amenity; neighbourhood design</p>
GETTING PEOPLE ACTIVE			
<p>NCD Alliance. 2011. <i>WHO monitoring framework and targets for the prevention and control of NCDs: Why we need a global target on physical inactivity</i>. NCD Alliance. http://ncdalliance.org/sites/default/files/rfile/Position%20Statement%20Global%20indicator%20%20target%20Physical%20Inactivity_NCDs%20monitoring%20framework_8feb2012_0.pdf</p>	<p>This Declaration aims to address the omission of physical inactivity as a target and indicator in the current <i>WHO Discussion Paper on a Global Monitoring Framework and Voluntary Targets for the Prevention and Control of NCDs</i>. The authors describe the evidence on the relationship between physical inactivity and chronic diseases, and provide a recommendation for the inclusion of a target of a 10% reduction in rates of physical inactivity in adults.</p>	<p>APAN</p>	<p>Physical inactivity; WHO; monitoring; targets</p>
<p>Bopp, M., Kaczynski, A.T. and Besenyi, G. 2012. 'Active commuting influences among adults.' <i>Preventive Medicine</i>, doi:10.1016/j.ypmed.2012.01.016. http://www.sciencedirect.com/science/article/pii/S0091743512000370</p>	<p>This article explores the individual, setting, community and environmental influences on participation in active commuting. 375 people participated in an online survey which included questions relating to walking, cycling and driving patterns; the influence of motivators, barriers, self-efficacy and workplace factors on active commuting; and demographics. The results showed that 24.2% of participants reported engaging in active commuting one or more times a week. A significant association was found between demographic variables, employment related factors, barriers and motivators, and walking, cycling and driving.</p>	<p>APAN</p>	<p>Physical activity; active commuting; active transport; walking; cycling; car dependence; influences</p>
<p>Morley, B.C., Scully, M.L., Niven, P.H., Okely,</p>	<p>This article looks at the factors relating to overweight</p>	<p>APAN</p>	<p>Obesity;</p>

<p>A.D., Baur, L.A., Pratt, I.S. and Wakefield, M.A. 2012. 'What factors are associated with excess body weight in Australian secondary school students?' <i>Medical Journal of Australia</i> 196(3): 189-192. https://www.mja.com.au/sites/default/files/issues/196_03_200212/mor11184_fm.pdf</p>	<p>and obesity in Australian secondary school students. Data from 12,188 students who participated in the National Secondary Students' Diet and Activity Survey in 2209-10 was analysed, and the results showed that 18% of students were overweight, and 5% were obese. Males and students of low and medium socio-economic status were more likely to be overweight or obese, while low levels of physical activity, higher levels of screen time and short sleep duration were associated with higher likelihood of being overweight or obese.</p>		<p>overweight; adolescents; socio-economic status; physical activity; screen time; sleep</p>
<p>Ding, D., Sugiyama, T. and Owen, N. 2012. 'Habitual active transport, TV viewing and weight gain: A four year follow-up study.' <i>Preventive Medicine</i>, doi:10.1016/j.ypmed.2012.01.021. http://www.sciencedirect.com/science/article/pii/S0091743512000424</p>	<p>This article explored the relationship between TV viewing time, domain-specific physical activity and weight change. 969 adults from Adelaide, Australia participated in the study, which was undertaken over a four year period. The results showed that on average, participants gained 1.6kg over 4 years. There was a positive association between weight gain and TV viewing time, with each additional hour of TV viewing linked to 0.24-0.27kg of extra weight gain – however, TV viewing time was not significantly associated with weight change among those who engaged in habitual active transport.</p>	<p>APAN</p>	<p>Physical activity; active transport; sedentary behaviour; television viewing; commuting; obesity; weight gain; walking; cycling; public transport</p>
<p>Del Duca, G.F., Silva, K.S., Garcia, L.M.T., de Oliveira, E.S.A. and Nahas, M.V. 2012. 'Clustering of unhealthy behaviours in a Brazilian population of industrial workers.' <i>Preventive Medicine</i>, doi:10.1016/j.ypmed.2012.02.005. http://www.sciencedirect.com/science/article/pii/S0091743512000485</p>	<p>This article explores the clustering of tobacco use, excessive alcohol consumption, physical inactivity and low consumption of fruits and vegetables, and the association of these unhealthy behaviours with socio-demographic factors in a Brazilian population of industrial workers. 44,477 workers participated in a survey, which showed that 18% of men and 11.4% of women accumulated 3 or 4 unhealthy behaviours. The most common combination was physical inactivity and low consumption of fruits and vegetables. The likelihood of engaging in more than one unhealthy behaviour was linked to being male, younger, and of lower socio-</p>	<p>APAN</p>	<p>Physical inactivity; poor nutrition; socio-economic status; Brazil; clustering; risk factors; overweight</p>

	economic status.		
Gustat, J., Rice, J., Parker, K.M., Becker, A.B. and Farley, T.A. 2012. 'Effect of Changes to the Neighbourhood Built Environment on Physical Activity in a Low-Income African American Neighbourhood.' <i>Preventing Chronic Disease</i> 9:E57. http://www.cdc.gov/pcd/issues/2012/11_0165.htm	This article explored how changes in the built environment impacted on physical activity levels in a low-income neighbourhood in New Orleans with a predominantly African-American community, following an intervention. The intervention involved the construction of a 6-block walking path and a school playground. The results showed that self-reported physical activity increased over time in the study site, with observations showing that there was a significant increase in the section with the walking path.	APAN	Physical activity; neighbourhood design; intervention; walking; walking environment; footpath; socio-economic status
Morabia, A., Zhang, F.F., Kappil, M.A., Flory, J., Mirer, F.E., Santella, R.M., Wolff, M. and Markowitz, S.B. 2012. 'Biologic and epigenetic impact of commuting to work by car or using public transportation: A Case-control study.' <i>Preventive Medicine</i> , doi:10.1016/j.ypmed.2012.01.019. http://www.sciencedirect.com/science/article/pii/S0091743512000400	This article explored the biologic consequences of commute-specific physical activity by conducting a study of 101 public transport commuters and 79 car drivers in New York. The authors compared the diet; physical activity levels; weight and height; inflammatory markers and epigenetic characteristics of each participant to assess whether commute-specific physical activity is linked to chronic disease pathways. The results showed that recommended physical activity levels were met by more car drivers than public transport users, and though public transport users were lighter than car drivers, they did not have a lower inflammatory response, which may be due to the fact that the public transport users spent more time commuting than the car drivers, and therefore did not have as much time to dedicate to exercise, food preparation and sleep.	APAN	Physical activity; public transport; car use; chronic disease; active transport; time use
C3 Collaborating for Health. 2011. <i>Review: The benefits of physical activity for health and well-being</i> . London: C3 Collaborating for Health. * http://www.c3health.org/wp-content/uploads/2009/09/C3-review-of-	This report provides an overview of the literature on the relationship between physical inactivity and non-communicable diseases through looking at the social and environmental determinants of health. It provides a review of physical activity interventions, and presents a number of case studies from around the world, to	APAN	Physical inactivity; walking; review; social determinants of health; interventions;

physical-activity-and-health-v-1-20110603.pdf	provide guidelines for individuals and organisations aiming to improve physical activity levels in their community.		case studies; health promotion
Kaczynski, A.T., Wilhelm Stanis, S.A. and Besenyi, G.M. 2012. 'Development and Testing of a Community Stakeholder Park Audit Tool.' <i>American Journal of Preventive Medicine</i> 42(3): 242-249. * http://www.sciencedirect.com/science/article/pii/S0749379711009032	This article describes the development of a Community Stakeholder Park Audit Tool which documents and assesses Park Information, Access and Surrounding Neighbourhood, Park Activity Areas, and Park Quality and Safety. The authors undertook 3 workshops and field testing to ensure that the instrument was relevant and effective. The results showed that the instrument is a reliable and user-friendly tool which can be used by stakeholders and community members to assess the capacity of parks to promote and support physical activity.	APAN	Physical activity; parks; audit tool; safety; amenity; neighbourhood design
CONNECTING AND STRENGTHENING COMMUNITIES			
Kaczynski, A.T., Wilhelm Stanis, S.A. and Besenyi, G.M. 2012. 'Development and Testing of a Community Stakeholder Park Audit Tool.' <i>American Journal of Preventive Medicine</i> 42(3): 242-249. * http://www.sciencedirect.com/science/article/pii/S0749379711009032	This article describes the development of a Community Stakeholder Park Audit Tool which documents and assesses Park Information, Access and Surrounding Neighbourhood, Park Activity Areas, and Park Quality and Safety. The authors undertook 3 workshops and field testing to ensure that the instrument was relevant and effective. The results showed that the instrument is a reliable and user-friendly tool which can be used by stakeholders and community members to assess the capacity of parks to promote and support physical activity.	APAN	Physical activity; parks; audit tool; safety; amenity; neighbourhood design
PROVIDING HEALTHY FOOD OPTIONS			
Rissel, C.E., Reinten-Reynolds, T.A., Wen, L.M. and Hardy, L.L. 2012. 'Soft drink consumption and obesity in NSW school students.' <i>Medical Journal of Australia</i> 196(3): 171-172. https://www.mja.com.au/sites/default/files/issues/196_03_200212/letters_200212_fm-	This letter to the editor addresses the sale of sugar-sweetened beverages in NSW government schools. This practice was banned in 2007. The authors provide an overview of the evidence on the relationship between consumption of soft drink and obesity in children and adolescents – in 2010, students were 1.3 times more likely to be obese if they consumed more than 2 cups of	APAN	Schools; soft drink; obesity; children; adolescents; government policy

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