

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Parkin, D.M. 2011. 'Cancers attributable to inadequate physical exercise in the UK in 2010.' <i>British Journal of Cancer</i> 105: S38-S41.</p> <p>http://info.cancerresearchuk.org/groups/cr_common/@nre/@new/@pre/documents/generalcontent/cr_080626.pdf</p>	<p>This article looks at the relationship between regular physical exercise and a reduction in the risk of cancer (independently of the effect of physical activity in reducing body weight) – particularly breast cancer, large bowel cancer, colon cancer and endometrial cancer. The results show that an estimated 3.4% of breast cancers, 3.8% of endometrial cancer cases and 5.3% of cancer cases can be attributed to exercising less than the minimum required.</p>	APAN	Physical inactivity; cancer; exercise guidelines
<p>Roberts, B., Patel, P. and McKee, M. 2012. 'Noncommunicable diseases and post-conflict countries.' <i>Bulletin of the World Health Organisation</i> 90: 2-2A.</p> <p>http://www.who.int/bulletin/volumes/90/1/11-098863/en/index.html</p>	<p>This article looks at how countries emerging from armed conflict are affected by rising rates of noncommunicable diseases. The authors note that the types of countries affected by conflict are changing due to shifting geopolitics, and global economic and demographic development – and therefore they are increasingly countries with higher income levels and life expectancy, and a higher burden of noncommunicable diseases. Mental ill health, higher levels of obesity and lower levels of physical activity have been identified as key health concerns. In addition, hazardous levels of alcohol consumption and increased smoking - linked to high levels of psychological distress and rapid urbanisation – have been identified as issues. The authors state that tobacco, alcohol and food companies are known to take advantage of weakened post-conflict trading systems. The capacity of government and health</p>	APAN	Developing countries; post-conflict countries; mental health; nutrition; obesity; overweight; physical inactivity; social determinants of health; healthy food options

	systems to address these issues – often combined with high levels of communicable diseases - is limited. The authors recommend that financial aid and technical support is required to help post-conflict countries to address the underlying social and environmental determinants of health.		
Wilson, J.S., Kelly, C. M., Schootman, M., Baker, E.A., Banerjee, A., Clennin, M. and Miller, D.K. 2012. 'Assessing the Built Environment Using Omnidirectional Imagery.' <i>American Journal of Preventive Medicine</i> 42(2): 193-199). http://download.journals.elsevierhealth.com/pdfs/journals/0749-3797/PIIS0749379711008439.pdf	This article presents an alternative to the observational audits commonly used in healthy built environments research to map and assess the built environment characteristics that affect health-related behaviours and outcomes. Observational audits are time consuming and expensive if needed over large or geographically dispersed areas, or at multiple points in time. The authors conducted audits in 2008 and 2009 using four methods: field audits, and audits derived from interpretation of 3 types of omnidirectional imagery (namely, archived imagery, new imagery and Google Street View imagery). The results showed that there was nearly perfect agreement among the assessed methods, and image-based audits are a reliable methods that can be used in place of observational methods for some key characteristics of the built environment.	APAN	Audits; omnidirectional imagery; observational methods; built environment characteristics
PCAL. 2011. <i>A submission in response to the 2012 Review of the National Guidelines for Transport System Management in Australia (2006)</i> . Sydney: NSW Premier's Council for Active Living. http://www.pcal.nsw.gov.au/_data/assets/pdf_file/0013/135121/PCAL_submission_to_ATC_Guideline_review_-_Final.docx.pdf	This submission to the Australian Transport Council relates to a review of the National Guidelines for Transport System Management in Australia, which provides policy makers and practitioners with guidance in regard to demand and economic appraisal of transport initiatives. PCAL provides a number of recommendations about how active transport appraisal can be incorporated into the Guidelines.	PCAL	Public transport; active transport; guidelines; planning; economic analysis
Mackett, R.L. and Brown, B. 2011. <i>Transport, Physical Activity and Health: Present knowledge and the way ahead</i> . London: UK Transport Research Centre.	This report provides a review of the literature relating to transport and physical activity. It addresses the relationship between public transport, active transport and physical activity levels; the effects of individual	PCAL	Car dependence; transport planning; land use planning; car

http://www.ucl.ac.uk/news/pdf/transport_activityhealth.pdf/	behaviour on physical activity; the effects of the built environment on physical activity; car dependence; and the risks associated with walking and cycling. The authors conclude that priority area is the relationship between car use and physical activity. They discuss how car sharing, public transport and land use planning can be used to reduce car dependence and increase physical activity levels.		sharing; physical activity
GETTING PEOPLE ACTIVE			
Lee, K.K., Perry, A.S., Wolf, S.A., Agarwal, R., Rosenblum, R., Fischer, S., Grimshaw, V.E., Wener, R.E. and Silver, L.D. 2012. 'Promoting Routine Stair Use: Evaluating the Impact of a Stair Prompt Across Buildings.' <i>American Journal of Preventive Medicine</i> 42(2): 136-141. http://www.ajpmonline.org/article/S0749-3797(11)00831-2/abstract	This article describes a study of the impact of a stair use prompt across different building types. The study was undertaken in 2009-2009, and looked at stair and elevator trips in 3 buildings in New York City before and after a sign stating "Burn Calories, Not Electricity" was displayed in each building, which ranged from 3 to 10 storeys. Stair and elevator trips up and down were recorded to distinguish between the impact on ascent and descent. The results showed that there was an increase in stair use at all of the sites both initially following the display of the prompt, and when assessed again 9 months later.	APAN	Physical activity; stair use; point-of-choice prompt; building design; workplace; health promotion
Oliver, L., Schuurman, N., Hall, A. and Hayes, M. 2011. 'Assessing the influence of the built environment on physical activity for utility and recreation in suburban metro Vancouver.' <i>BMC Public Health</i> 11(1): 959. http://www.biomedcentral.com/1471-2458/11/959	This Canadian study used data from a survey of 1602 adults across suburban metro Vancouver, to assess the role of the built environment (i.e. recreational and park land, residential land, institutional land, commercial land and land use mix) in rates of walking to work/school, walking for errands, walking for leisure and moderate physical activity for exercise. The results showed that walking to work/school and moderate physical activity were not associated with any built environment measure used in the study. Low levels of walking for errands were associated with lower land use mix, and lower commercial and recreational land.	APAN	Physical activity; utilitarian; leisure; active transport; land use mix; neighbourhood design; recreational facilities; Canada
AIHW. 2012. <i>Healthy lifestyle programs for</i>	This resource sheet addresses trends of poor nutrition	APO	Physical activity;

<p><i>physical activity and nutrition. Resource sheet no.9 produced by the Closing the Gap Clearinghouse. Canberra: Australian Institute of Health and Welfare. *</i> http://www.aihw.gov.au/closingthegap/documents/resource_sheets/ctgc-rs09.pdf</p>	<p>and physical inactivity in Indigenous communities in non-remote parts of Australia. It provides a summary of evaluations of healthy lifestyle programs from Australia and abroad. These evaluations show that community-initiated, community-led healthy lifestyle programs can be effective in stabilising rates of diabetes in adults, however, the settings in which the programs are delivered contributes to their effectiveness and longevity, and the authors note that ‘...changed behaviours are unlikely to be maintained unless they are reinforced through changes to the social and physical environments.’</p>		<p>nutrition; healthy food options; sedentary behaviour; healthy lifestyle programs; health promotion; Indigenous Australia</p>
<p>Arlington, K. and Stevenson, A. 2012. ‘Police threat to parents on children walking alone.’ Sydney: <i>The Sydney Morning Herald</i>, 9 February 2012. * http://www.smh.com.au/nsw/police-threat-to-parents-on-children-walking-alone-20120208-1rezj.html</p>	<p>This article describes a number of incidents where police have approached parents who have allowed children to walk to the shops or catch public transport alone. Parents have been told that if their children are seen out alone by police, and the officers deem it to be unsafe or inappropriate, a report will be filed with the Department of Community Services. The article explores the issues of child mobility, independence, safety and active transport.</p>	<p>SMH</p>	<p>Children; active transport; safety; walking; cycling; police</p>
<p>Ricciardelli, L.A., Mellor, D., McCabe, M.P., Mussap, A.J., Hallford, D.J. and Tyler, M. 2012. ‘Promoting fit bodies, healthy eating and physical activity among Indigenous Australian men: A study protocol.’ <i>BMC Public Health</i> 12(1): 28. * http://www.biomedcentral.com/1471-2458/12/28/abstract</p>	<p>This article describes a research project which aims to provide an understanding of how Indigenous Australian men perceive health, and how they view and care for their bodies, in order to inform strategies to improve poor nutrition and physical inactivity. The impact of fitness, health and body image; acculturation; loss of traditional roles; and familial and community relationships on health will be key consideration in the research project. The authors describe the project design and methods, and provide an overview of the 3 stages of the project.</p>	<p>APAN</p>	<p>Physical activity; healthy food options; nutrition transition; perceptions of health; Indigenous Australia; socio-economic status; culture; research design</p>
<p>Rissel, C. and Wen, L.M. 2011. ‘The possible effect on frequency of cycling if mandatory</p>	<p>This article looks at the possible effects of repealing mandatory bicycle helmet legislation on levels of cycling</p>	<p>APAN</p>	<p>Cycling; helmet; legislation;</p>

<p>bicycle helmet legislation was repealed in Sydney, Australia: a cross sectional survey.' <i>Health Promotion Journal of Australia</i> 22(3): 178-83. http://sydney.edu.au/medicine/public-health/prevention-research/pdf/HPJA_2011_Rissel.pdf</p>	<p>in Sydney. 600 people participated in a cross-sectional survey, which included questions relating to changes in behaviour as a result of the repeal of mandatory helmet laws, and opinions on the laws. The results showed that 22.6% of participants said they would cycle more frequently if they were not required to wear a helmet; 47.6% said they would never ride without a helmet; and 32.7% did not support the mandatory legislation.</p>		<p>physical activity; safety</p>
<p>Arvidsson, D., Kawakami, N., Ohlsson, H. and Sundquist, K. 2012. 'Physical Activity and Concordance between Objective and Perceived Walkability.' <i>Medicine and Science in Sports and Exercise</i> 44(2): 280-287. http://www.ncbi.nlm.nih.gov/pubmed/21716148</p>	<p>This Swedish study explored the agreement between objective and perceived neighbourhood walkability, with a focus on the '...socio-demographic characteristics of individuals in neighbourhoods with objectively assessed high walkability who misperceive it as low.' The results showed that there was a concordance between objective and perceived walkability for 67% of the participants in the study. Nonconcordance was found to be associated with older and married/cohabiting individuals.</p>	<p>APAN</p>	<p>Physical activity; walkability; perception; objective assessment; socio-demographic characteristics</p>
<p>Al-Hazzaa, H.M., Abahussain, N.A., Al-Sobayel, H.I., Qahwaji, D.M. and Musaiger, A.O. 2011. 'Physical activity, sedentary behaviours and dietary habits among Saudi adolescents relative to age, gender and region.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 8(1): 140. http://www.ijbnpa.org/content/pdf/1479-5868-8-140.pdf</p>	<p>This Saudi Arabian study explored the prevalence of physical activity, sedentary behaviours and dietary habits among 2908 secondary school students from 3 cities – Al-Khobar, Jeddah and Riyadh. The results showed that 84% of males and 91.2% of females engaged in more than 2 hours of screen time per day; almost half of males and three quarters of females did not meet physical activity guidelines; and the majority of the participants skipped breakfast and did not meet dietary guidelines relating to fruit, vegetables and milk. The authors recommended that a national policy to promote active living and healthy eating be developed.</p>	<p>APAN</p>	<p>Physical activity; healthy food options; Saudi Arabia; adolescent; sedentary behaviour; screen time</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Arlington, K. and Stevenson, A. 2012. 'Police threat to parents on children walking alone.' Sydney: <i>The Sydney Morning Herald</i>,</p>	<p>This article describes a number of incidents where police have approached parents who have allowed children to walk to the shops or catch public transport</p>	<p>SMH</p>	<p>Children; active transport; safety; walking; cycling;</p>

<p>9 February 2012. * http://www.smh.com.au/nsw/police-threat-to-parents-on-children-walking-alone-20120208-1rezj.html</p>	<p>alone. Parents have been told that if their children are seen out alone by police, and the officers deem it to be unsafe or inappropriate, a report will be filed with the Department of Community Services. The article explores the issues of child mobility, independence, safety and active transport.</p>		<p>police</p>
<p>The Atlanta Urban Gardening Program. No date given. <i>Community Gardening Manual</i>. Atlanta, USA: Atlanta Regional Commission. * http://documents.atlantaregional.com/aging/ascommunitygardensummitmanual2.pdf</p>	<p>The Senior Community Gardening Initiative began in Atlanta, USA in 2010, and has led to the establishment of 11 successful community gardens in the region, with nutrition education and cooking classes. This manual was designed by the Atlanta Regional Commission to provide some guidelines for individuals and organisations interested in starting and sustaining a community garden. It includes information on choosing and developing a site; organisation of gardeners; conflict and other management; crops; planting and maintenance.</p>	<p>HCD</p>	<p>Community gardens; physical activity; social interaction; healthy food options; seniors; guidelines</p>
<p>Ricciardelli, L.A., Mellor, D., McCabe, M.P., Mussap, A.J., Hallford, D.J. and Tyler, M. 2012. 'Promoting fit bodies, healthy eating and physical activity among Indigenous Australian men: A study protocol.' <i>BMC Public Health</i> 12(1): 28. * http://www.biomedcentral.com/1471-2458/12/28/abstract</p>	<p>This article describes a research project which aims to provide an understanding of how Indigenous Australian men perceive health, and how they view and care for their bodies, in order to inform strategies to improve poor nutrition and physical inactivity. The impact of fitness, health and body image; acculturation; loss of traditional roles; and familial and community relationships on health will be key consideration in the research project. The authors describe the project design and methods, and provide an overview of the 3 stages of the project.</p>	<p>APAN</p>	<p>Physical activity; healthy food options; nutrition transition; perceptions of health; Indigenous Australia; socio-economic status; culture; research design</p>
<p>PROVIDING HEALTHY FOOD OPTIONS</p>			
<p>AIHW. 2012. <i>Healthy lifestyle programs for physical activity and nutrition. Resource sheet no.9 produced by the Closing the Gap Clearinghouse</i>. Canberra: Australian Institute of Health and Welfare. *</p>	<p>This resource sheet addresses trends of poor nutrition and physical inactivity in Indigenous communities in non-remote parts of Australia. It provides a summary of evaluations of healthy lifestyle programs from Australia and abroad. These evaluations show that community-</p>	<p>APO</p>	<p>Physical activity; nutrition; healthy food options; sedentary behaviour; healthy</p>

http://www.aihw.gov.au/closingthegap/documents/resource_sheets/ctgc-rs09.pdf	<p>initiated, community-led healthy lifestyle programs can be effective in stabilising rates of diabetes in adults, however, the settings in which the programs are delivered contributes to their effectiveness and longevity, and the authors note that ‘...changed behaviours are unlikely to be maintained unless they are reinforced through changes to the social and physical environments.’</p>		<p>lifestyle programs; health promotion; Indigenous Australia</p>
<p>The Atlanta Urban Gardening Program. No date given. <i>Community Gardening Manual</i>. Atlanta, USA: Atlanta Regional Commission. *</p> <p>http://documents.atlantaregional.com/agimg/ascommunitygardensummitmanual2.pdf</p>	<p>The Senior Community Gardening Initiative began in Atlanta, USA in 2010, and has led to the establishment of 11 successful community gardens in the region, with nutrition education and cooking classes. This manual was designed by the Atlanta Regional Commission to provide some guidelines for individuals and organisations interested in starting and sustaining a community garden. It includes information on choosing and developing a site; organisation of gardeners; conflict and other management; crops; planting and maintenance.</p>	<p>HCD</p>	<p>Community gardens; physical activity; social interaction; healthy food options; seniors; guidelines</p>

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