

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Moore, T. and Dyer, R. 2011. <i>The way ahead for planning in NSW? Issues Paper of the NSW Planning System Review</i>. Sydney: NSW Government.</p> <p>http://planningreview.nsw.gov.au/LinkClick.aspx?fileticket=Dk6jTOrc-u4%3d&tabid=117</p>	<p>This paper presents the questions and issues raised during the stakeholder and community consultation process for the NSW Planning System Review. In relation to an overarching objective for the new legislation, it was reported that discussion centred on the inclusion of ecologically sustainable development as a primary objective. Other objectives identified as required to underpin the planning system related to economic growth, climate change, the protection of agricultural lands, decentralisation of population and employment, provision of adequate housing and infrastructure, and the fostering of healthy living patterns which encourage walking and active transport.</p>	DPI	<p>NSW Planning System Review; legislation; active transport; walkability; public transport; planning</p>
<p>Watts, P., Phillips, G., Petticrew, M., Harden, A. and Renton, A. 2011. 'The influence of environmental factors on the generalisability of public health research evidence: physical activity as a worked example.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 8(1): 128.</p> <p>http://www.ijbnpa.org/content/8/1/128</p>	<p>This article addresses the extent to which evidence generated through research into the relationship between physical activity and environmental factors can be generalised and used to inform health and built environment interventions. The authors provide a framework for '...thinking about the influence of [environmental factors] when assessing the generalisability of evidence from the location in which the evidence was generated to the location to which the evidence is to be applied', as well as recommendations for how public health professionals can use this framework in the design and implementation of interventions.</p>	APAN	<p>Physical activity; evidence; generalisability; public health; environmental factors; interventions</p>

<p>Siegle, L. 2010. 'Laurence Kemball-Cook's innovation: the Pavegen.' <i>The Observer</i>, 16 May 2010, http://www.guardian.co.uk/environment/2010/may/16/laurence-kemball-cooks-ethical-pavegen</p>	<p>This article describes a new invention called Pavegen – an energy-harvesting paving system created in the UK by Lawrence Kemball-Cook. When a pedestrian steps on to a Pavegen paving stone - which is made from 100% recycled car tyres - 5% of the energy created is used for a central LED light, while 95% of the energy is stored in a battery for up to 3 days. This energy can then be used for any low-power application.</p>	<p>PCAL</p>	<p>Pavegen; renewable energy; physical activity; co-benefits; climate change; walking</p>
<p>WA Department of Transport. 2011. <i>Walkability Audit Tool</i>. Perth: Walking and Access Unit, Sustainable and Active Transport, Western Australia Department of Transport. http://www.transport.wa.gov.au/mediaFiles/AT_WALK_P_Walkability_Audit_Tool.pdf</p>	<p>This Audit Tool has been developed for use by local government, consultants and community groups. It can be used to identify issues relating to pedestrian safety, accessibility and amenity. These issues are documented in an audit report, which can be used to inform a Council action plan, with recommendations for interventions and ways in which the walking environment can be improved. The tool includes a description of the methodology used to work out ratings for the audited site, as well as a framework for the final audit report.</p>	<p>PCAL</p>	<p>Walkability; audit tool; measurement; physical activity; access; safety; local government; interventions; Australia</p>
GETTING PEOPLE ACTIVE			
<p>Fishman, E., Garrard, J., Ker, I., and Litman, T. 2011. <i>Cost and Health Benefit of Active Transport in Queensland: Research and Review, Stage One Report</i>. Victoria: CATALYST for Health Promotion Queensland. http://www.sensibletransport.org.au/sites/sensibletransport.org.au/files/u5/Executive%20Summary%2010.09.11%20V2.pdf</p>	<p>This report provides an analysis of the costs and benefits associated with active transport programs and projects, including an assessment of the models and tools used to undertake cost benefit analysis. The authors provide recommendations for further research, to improve cost benefit analysis of active transport initiatives. These include: collecting better information on the effects of active transport on the health of different age groups; greater understanding of the time period needed for benefits to become apparent; better information on the short- and long-term health effects of walking; Australian-specific research in relation to effects on accident and health risk; and better information on quality-of-life benefits, including how to place a socio-economic value on them, or develop an</p>	<p>PCAL</p>	<p>Cost benefit analysis; active transport; evaluation; walking; physical activity</p>

	evaluation framework which incorporates non-monetary values.		
Eves, F.F., Olander, E.K., Webb, O.J., Griffin, C. and Chambers, J. 2011. 'Likening stairs in buildings to climbing a mountain: Self-reports of expected effects on stair climbing and objective measures of effectiveness.' <i>Psychology of Sport and Exercise</i> 13(2): 170-176. http://www.sciencedirect.com/science/article/pii/S1469029211001555	This article describes a study in which a motivational message relating to mountain climbing goals was used in an attempt to increase stair use in a 12-floor worksite. A point-of-choice intervention with the message 'Take the stairs to the top of this building once a day and in a year, you would have climbed Mount Everest almost twice' was chosen by a majority of interviewees. The results showed that the message had no effect on stair climbing.	APAN	Point-of-choice prompts; stair climbing; physical activity; workplace; health promotion; intervention
Grabow, M.L., Spak, S.N., Holloway, T., Stone Jr., B., Mednick, A.C. and Patz, J.A. 2011. 'Air Quality and Exercise-Related Benefits from Reduced Car Travel in the Midwestern United States.' <i>Environmental Health Perspectives</i> , doi: http://dx.doi.org/10.1289/ehp.1103440 http://ehp03.niehs.nih.gov/article/action?articleURI=info:doi/10.1289/ehp.1103440	This US study provides a prediction of the benefits of reducing car usage for short urban and suburban trips. Using simulation models, the authors calculated changes in hourly pollutant concentrations, annual changes in health outcomes and costs from pollution changes, and benefits of increased physical activity if 50% of short trips were made by bicycle. The results showed that the combined benefits of improved air quality and physical fitness would exceed \$7 billion per year, and mortality would decline by around 1,100 deaths per year.	APAN	Simulation; air quality; car dependence; physical activity; cycling; walking; US; economic benefits
Lucas, M., Mekary, R., Pan, A., Mirzai, F., O'Reilly, E.J., Willett, W.C., Koenen, K., Okereke, O.I. and Ascherio, A. 2011. 'Relation Between Clinical Depression Risk and Physical Activity and Time Spent Watching Television in Older Women: A 10-Year Prospective Follow-up Study.' <i>American Journal of Epidemiology</i> 174(9): 1017-1027. http://aje.oxfordjournals.org/content/174/9/1017.full.pdf+html	This article looks at the relationship between physical activity, television watching and clinical depression risk. 49,821 US women with no depressive symptoms participated in the study, completing questionnaires in 1992, 1994, 1996, 1998 and 2000. Follow-up was undertaken from 1996 to 2006, and the results showed that there were 6,505 cases of depression. Higher levels of physical activity were found to be associated with lower depression risk, while higher levels of television-watching time were linked to higher risk of depression. The authors concluded that physical activity and television watching both contributed independently to depression risk.	APAN	Physical activity; depression; sedentary behaviour; screen time; women

<p>Bicycle Network. 2011. <i>BiXE 2011: The Bicycle Expenditure Index for Local Government 2011-2012 Financial Year</i>. Melbourne: Bicycle Network Victoria. http://www.bv.com.au/media/vanilla/file/BiXE%202011_Final%20Report%20171111.pdf</p>	<p>This Australian report provides data on expenditure by local governments on bicycle infrastructure in 2011, with a focus on Victoria. The authors investigated 98 council budgets, and determined that 42% of the Councils studied were '...meeting the threshold requirement of \$5 per resident that indicates that a municipality has a meaningful commitment to building bicycle infrastructure.' City of Sydney was identified as a capital city council which was spending more than \$10 per resident on cycling infrastructure.</p>	<p>APAN</p>	<p>Cycling infrastructure; expenditure; Australia; Victoria; physical activity</p>
<p>Tolley, R. 2011. <i>Good for Business: The benefits of making streets more walking and cycling friendly</i>. Discussion paper. Adelaide: Heart Foundation South Australia. http://www.heartfoundation.org.au/SiteCollectionDocuments/GoodforBusinessFINAL_Nov.pdf</p>	<p>This discussion paper presents the argument that walkable and bicycle-friendly streets are good for business. The report provides evidence to support the argument, including that: a high proportion of retail expenditure comes from local residents and workers; higher levels of bicycle parking rather than car parking are linked to higher levels of spending; and traffic restraint, public transport improvements and improvements to the walking and cycling environment contributes to retail vitality. Recommendations for change to support more walkable and bicycle-friendly environments include: measures to reduce speed; reallocation of road spaces; widening of footpaths; provision of cycle and bus lanes; improved public transport services; street greening; improved amenity; and investment in maps, street signs and wayfinding.</p>	<p>APAN</p>	<p>Walkability; cycling; physical activity; retail; cost benefit; public transport; amenity; main street; design</p>
<p>Atkin, A.J., Adams, E., Bull, F.C. and Biddle, S.J.H. 2011. 'Non-Occupational Sitting and Mental Well-Being in Employed Adults.' <i>Annals of Behavioural Medicine</i>, doi: 10.1007/s12160-011-9320-y http://www.springerlink.com/content/7357266mt4q65278/</p>	<p>This article looks at the relationship between sedentary behaviour and mental well-being. The UK study specifically looked at non-occupational sedentary behaviours – watching television, using a computer, socialising and travelling by motorised transport – and assessed the mental well-being of participants in relation to self-reported amounts of sitting time. The results showed that non-occupational sitting time is</p>	<p>APAN</p>	<p>Sedentary behaviour; leisure time; women; mental health; physical inactivity; screen time; transport</p>

	adversely associated with mental well-being in women.		
Carver, A., Timperio, A. F., Hesketh, K.D., Ridgers, N.D., Salmon, J.L. and Crawford, D.A. 2011. 'How is active transport associated with children's and adolescents' physical activity over time?' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 8(1): 126. http://www.ijbnpa.org/content/8/1/126	This article looks at how active transport is associated with physical activity among children and adolescents over time. The Australian study of two age groups (5-6 years and 10-12 years) tracked behaviour over five years. The results showed that active transport was associated with boys' physical activity during early adolescence, and for both boys and girls in late adolescence. The authors concluded that active transport may provide an important source of habitual physical activity for adolescent girls in particular.	APAN	Physical activity; active transport; adolescents; girls; longitudinal study
Mushtaq, M.U., Gull, S., Mushtaq, K., Shahid, U., Shad, M.A. and Akram, J. 2011. 'Dietary behaviours, physical activity and sedentary lifestyle associated with overweight and obesity, and their socio-demographic correlates, among Pakistani primary school children.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 8(1): 130. * http://www.ijbnpa.org/content/8/1/130/abstract	This study explored the relationship between dietary behaviours, physical activity and sedentary lifestyle, and overweight and obesity, among Pakistani primary school children. The results showed that skipping breakfast, eating fast food and snacks more than once a week, and more than one hour per day of sedentary behaviour were linked to overweight and obesity, while children who participated in physical activity more than twice a week were less likely to be overweight or obese. Female gender was associated with skipping breakfast, while male gender, urban areas with high socio-economic status, and higher parental education were associated with eating fast food and snacks more than once a week. Living in a rural area was associated with physical activity more than twice a week. The authors recommended that a national strategy for diet and physical activity be developed, with concern for cultural practices and the developing country setting.	APAN	Physical activity; nutrition; obesity; children; Pakistan; developing countries; sedentary behaviour; socio-demographic characteristics; socio-economic status
CONNECTING AND STRENGTHENING COMMUNITIES			
Magee, J. and Jeanes, R. 2011. 'Football's coming home: A critical evaluation of the Homeless World Cup as an intervention to combat social exclusion.' <i>International</i>	This article explores the use of sport programmes to combat social exclusion in the UK. The authors focus on an annual football tournament called the Homeless World Cup, which aims to '...re-engage marginalised,	APAN	Physical activity; sport; social exclusion; social cohesion; social

<p><i>Review for the Sociology of Sport</i>, doi: 10.1177/1012690211428391 http://irs.sagepub.com/content/early/2011/11/23/1012690211428391.abstract?petoc</p>	<p>vulnerable and socially excluded homeless people.' A discussion of the relationship between physical activity, mental health, community cohesion and social capital is included.</p>		<p>capital; mental health; homelessness; disadvantage; socio-economic status</p>
PROVIDING HEALTHY FOOD OPTIONS			
<p>Mushtaq, M.U., Gull, S., Mushtaq, K., Shahid, U., Shad, M.A. and Akram, J. 2011. 'Dietary behaviours, physical activity and sedentary lifestyle associated with overweight and obesity, and their socio-demographic correlates, among Pakistani primary school children.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 8(1): 130. * http://www.ijbnpa.org/content/8/1/130/abstract</p>	<p>This study explored the relationship between dietary behaviours, physical activity and sedentary lifestyle, and overweight and obesity, among Pakistani primary school children. The results showed that skipping breakfast, eating fast food and snacks more than once a week, and more than one hour per day of sedentary behaviour are linked to overweight and obesity, while children who participated in physical activity more than twice a week were less likely to be overweight or obese. Female gender was associated with skipping breakfast, while male gender, urban areas with high socio-economic status, and higher parental education were associated with eating fast food and snacks more than once a week. Living in a rural area was associated with physical activity more than twice a week. The authors recommended that a national strategy for diet and physical activity be developed, with concern for the developing country setting.</p>	<p>APAN</p>	<p>Physical activity; nutrition; obesity; children; Pakistan; developing countries; sedentary behaviour; socio-demographic characteristics; socio-economic status</p>

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