28 November – 9 December 2011

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
CHETRE. 2011. *NSW Planning System Review Submission*. Sydney: Centre for Health Equity Training Research and Evaluation, UNSW. http://apo.org.au/sites/default/files/NSW%20Planning%20System%20Review%20Submission%20CHETRE.pdf	This submission to the NSW Planning System Review states that new legislation should '...ensure that plans and projects at all levels and of all types across the state have two important consequences for public health: protecting health by ensuring that the built environment minimises the risks of illness and injury and enhancing health and wellbeing by creating a built environment that assist people to live healthy lives.' The submission includes three key recommendations, relating to the incorporation of health and wellbeing as core goals of the legislation, and the inclusion of health and wellbeing in planning and development assessment systems; the incorporation of Health Impact Assessment and other similar health instruments into planning and development assessment; and the integration of population health representation into the system.	APO	NSW Planning System Review; legislation; policy; Health Impact Assessment; planning; population health
PCAL. 2011. *A submission in response to the 2011 Review of the NSW Planning System*. Sydney: Premier's Council for Active Living. http://www.pcal.nsw.gov.au/__data/assets/pdf_file/0017/133244/NSW_Planning_System_Review_final_version_for_PCAL_site.pdf	This submission to the NSW Planning System Review provides the recommendations developed at a forum of relevant stakeholders convened by PCAL and the Healthy Built Environments Program. The submission details a number of recommendations and key points, relating to: the inclusion of protection and promotion of health and wellbeing of all communities as a key principle of the planning system; the creation of supportive environments for active living as a key objective of the planning system, and any instruments	PCAL	NSW Planning System Review; legislation; policy; Health Impact Assessment; planning; population health; active living; physical activity

	and guidelines prepared under the new system; the integration of plan making at all levels, to ensure that infrastructure provision meets local needs; a renewed emphasis on place making; the inclusion of consideration of impacts on community health and wellbeing in development assessment; and adoption of formal Health Impact Assessment in the development assessment system.		
McCormack, G.R. and Shiell, A. 2011. 'In search of causality: a systematic review of the relationship between the built environment and physical activity among adults.' *International Journal of Behavioural Nutrition and Physical Activity* 8(1):125. http://www.ijbnpa.org/content/8/1/125/abstract	This article provides a systematic review of literature addressing the relationship between the built environment and physical activity, with a focus on study design, and particularly the impact of neighbourhood self-selection on causality. The results showed that land use mix, connectivity, population density and overall neighbourhood design were important determinants of physical activity, and the built environment was more likely to be associated with walking for transport rather than walking for leisure. The review identified 3 studies which found a weakened association between the built environment and physical activity after accounting for neighbourhood self-selection.	APAN	Neighbourhood design; physical activity; residential self-selection; study design; review; causality
Hughes, L. and McMichael, T. 2011. *The Critical Decade: Climate change and health*. Canberra: The Climate Commission Secretariat (Department of Climate Change and Energy Efficiency). * http://climatecommission.gov.au/topics/the-critical-decade-climate-change-and-health/	This report outlines the key anticipated impacts on health as a result of climate change. These include the risks relating to direct and flow on effects. Direct impacts include: an increase in heart attacks, strokes, heat exhaustion and deaths as a result of more frequent and intense heat waves; more injuries, deaths and post-traumatic stress caused by an increase in extreme weather events; and more asthma attacks, burns and deaths as a result of an increase in the incidence of fires. Flow on effects include: an increase in the severity of respiratory illnesses as a result of more exposure to air pollutants and air-borne allergens; an increase in the spread and activity of disease-transmitting mosquitoes	APO	Climate change; health; food security; mental health; social cohesion; physical activity

	and food-borne infections due to changing rainfall patterns and hotter temperatures; higher incidence of mental health problems in rural communities; changes to food production, and the availability and affordability of foods that make up a healthy diet; negative effects on social and economic wellbeing due to mass displacement of people within and outside Australia; and increased pressure on health systems and emergency response organisations. The report provides a number of strategies for mitigation and adaptation relating to the above impacts.		
GETTING PEOPLE ACTIVE			
Davis, M.G., Fox, K.R., Hillsdon, M., Coulson, J.C., Sharp, D.J., Stathi, A. and Thompson, J.L. 2011. 'Getting out and about in older adults: the nature of daily trips and their association with objectively assessed physical activity.' *International Journal of Behavioural Nutrition and Physical Activity* 8(1): 116. http://www.ijbnpa.org/content/pdf/1479-5868-8-116.pdf	This article describes a study which aimed to describe the frequency, purpose and travel mode of daily trips in older adults, and the relationship between this and participant characteristics and objectively assessed physical activity levels. The results showed that daily trips are associated with objectively measured physical activity – and particularly those involving public transport and active trips.	APAN	Older adults; physical activity; active transport; public transport; neighbourhood design
Lewis, A.L. and Eves, F.F. 2011. 'Testing the theory underlying the success of point-of-choice prompts: A multi-component stair climbing intervention.' *Psychology of Sport and Exercise* 13(2): 126-132. http://www.sciencedirect.com/science/article/pii/S1469029211001415	For this study, a 'volitional and motivational' component was added to a stair-climbing intervention in the UK. In addition to a point-of-choice prompt, a motivational message encouraging those who were climbing the stairs was displayed at a tram station. The results showed that the motivational component increased the effectiveness of the intervention.	APAN	Physical activity; stair climbing; incidental physical activity; point-of-choice prompts; motivation
Trapp, G.S.A., Giles-Corti, B., Christian, H.E., Bulsara, M., Timperio, A.F., McCormack, G.R. and Villanueva, K.P. 2011. 'Increasing Children's Physical Activity: Individual, Social, and Environmental Factors	This article explores the individual, social and environmental factors associated with walking to and from school for primary school aged children. The study looked at boys and girls aged between 9 and 13 attending Australian primary schools in high or low	APAN	Children; active transport; walking; school; safety; traffic; perception;

Associate With Walking to and From School.' *Health Education & Behaviour*, doi: 10.1177/1090198111423272 http://heb.sagepub.com/content/early/2011/10/08/1090198111423272.full.pdf+html	walkable neighbourhoods. The participants completed a 1-week travel diary and a parent/child questionnaire on travel habits and attitudes. The results showed that boys were more likely to walk to school if their neighbourhood had high connectivity and low traffic, and less likely to walk if they had to cross a busy road. There was a significant relationship between the likelihood of girls walking to school and confidence in their ability to do so without an adult, school encouragement, scheduling commitments and parent-perceived convenience of driving. Across both genders, child-perceived convenience of walking and preference were associated with walking to school.		gender
van Rossem, L., Vogel, I., Moll, H.M., Jaddoe, V.W., Hofman, A., Mackenbach, J.P. and Raat, H. 2011. 'An observational study on socio-economic and ethnic differences in indicators of sedentary behaviour and physical activity in preschool children.' *Preventive Medicine*, doi: 10.1016/j.ypmed.2011.10.016 http://www.sciencedirect.com/science/article/pii/S009174351100435X	This Dutch study looked at the associations between social disadvantage, sedentary behaviour and physical activity in preschool-aged children. The results showed that education and cultural background were significantly related to levels of screen time, and the amount of time children spent playing outside.	APAN	Children; physical activity; sedentary behaviour; socio-economic status; education; ethnicity; disadvantage; screen time
Panter, J., Griffin, S., Jones, A., Mackett, R. and Ogilvie, D. 2011. 'Correlates of time spent walking and cycling to and from work: baseline results from the Commuting and Health in Cambridge study.' *International Journal of Behavioural Nutrition and Physical Activity* 8(1): 124. http://www.ijbnpa.org/content/8/1/124/abstract	This article looks at the relationship between environmental perceptions, psychological measures and walking and cycling behaviours. Participants in the study completed a postal survey which included questions relating to travel modes and time spent travelling to and from work; perceptions of the route; psychological measures regarding car use; and socio-demographic characteristics. The results showed that short distance to work and not having access to a car were strongly associated with walking and cycling. Convenience and a pleasant walking route were also	APAN	Physical activity; active transport; walking; cycling; work; commute; perception; neighbourhood design; behaviour; values

	reported as reasons to walk or cycle to and from work. There was a relationship found between positive attitudes towards car use and time spent walking to and from work, while strong perceived behavioural control for car use was negatively associated with walking.		
Trapp, G.S.A., Giles-Corti, B., Christian, H., Bulsara, M., Timperio, A.F., McCormack, G.R. and Villaneuva, K.P. 2011. 'On your bike! a cross-sectional study of the individual, social and environmental correlates of cycling to school.' *International Journal of Behavioural Nutrition and Physical Activity* 8(1): 123. http://www.ijbnpa.org/content/8/1/123	This article explores the correlates of cycling to school among primary school age children. The study looked at boys and girls aged between 9 and 13 attending Australian primary schools in high or low walkable neighbourhoods. The participants completed a 1-week travel diary and a parent/child questionnaire on travel habits and attitudes. The results showed that 31.2% of boys and 14.6% of girls reported cycling to school more than once a week, while 59.4% of boys and 36.7% of girls reported cycling as their preferred school transport mode. Cycling to school was found to be associated with parental confidence in cycling ability; parental perceived convenience of driving; and child's preference to cycle.	APAN	Physical activity; cycling; children; active transport; school; safety; perception
Teychenne, M., Ball, K. and Salmon, J. 2011. 'Perceived influences on and strategies to reduce sedentary behaviour in disadvantaged women experiencing depressive symptoms: A qualitative study.' *Mental Health and Physical Activity* 4(2): 95-102. http://www.sciencedirect.com/science/article/pii/S1755296611000263	This article explores the relationship between sedentary behaviour, depression and socio-economic disadvantage among women. Eighteen women, aged 18-46, living in disadvantaged neighbourhoods and experiencing depressive symptoms participated in interviews in which they answered questions relating to intra-personal, social and physical environmental influences on sedentary behaviour. The results showed that depression, childhood television habits, weather, and the impact of children were found to influence levels of television viewing.	APAN	Mental health; sedentary behaviour; television viewing; depression; women; socio-economic status
Hume, C., Salmon, J., Veitch, J., O'Connell, E., Crawford, D. and Ball, K. 2011. 'Socio-demographic characteristics of children experiencing socioeconomic disadvantage	This article describes an Australian study which aimed to identify the socio-demographic characteristics of children from socio-economically disadvantaged neighbourhoods who meet physical activity and screen	APAN	Physical activity; screen time; children; socio-economic status;

who meet physical activity and screen-time recommendations: The READI study.' *Preventive Medicine*, doi: 10.1016/j.ypmed.2011.10.019 http://www.sciencedirect.com/science/article/pii/S0091743511004397	time recommendations. The results showed that around 84% of the 373 children studied met physical activity guidelines, while 43% met screen time recommendations. Age was found to be inversely associated with the likelihood of meeting the recommendations, and overweight/obese status was linked to lower likelihood of meeting screen recommendations. For boys, living in a rural area was positively associated with meeting screen recommendations, while for girls, high levels of maternal education was linked to meeting screen recommendations.		socio-demographic characteristics
CONNECTING AND STRENGTHENING COMMUNITIES			
Hughes, L. and McMichael, T. 2011. *The Critical Decade: Climate change and health*. Canberra: The Climate Commission Secretariat (Department of Climate Change and Energy Efficiency). * http://climatecommission.gov.au/topics/the-critical-decade-climate-change-and-health/	This report outlines the key anticipated impacts on health as a result of climate change. These include the risks relating to direct and flow on effects. Direct impacts include: an increase in heart attacks, strokes, heat exhaustion and deaths as a result of more frequent and intense heat waves; more injuries, deaths and post-traumatic stress caused by an increase in extreme weather events; and more asthma attacks, burns and deaths as a result of an increase in the incidence of fires. Flow on effects include: an increase in the severity of respiratory illnesses as a result of more exposure to air pollutants and air-borne allergens; an increase in the spread and activity of disease-transmitting mosquitoes and food-borne infections due to changing rainfall patterns and hotter temperatures; higher incidence of mental health problems in rural communities; changes to food production, and the availability and affordability of foods that make up a healthy diet; negative effects on social and economic wellbeing due to mass displacement of people within and outside Australia; and increased pressure on health systems and	APO	Climate change; health; food security; mental health; social cohesion; physical activity

	emergency response organisations. The report provides a number of strategies for mitigation and adaptation relating to the above impacts.		
PROVIDING HEALTHY FOOD OPTIONS			
Kelly, B., Baur, L.A., Bauman, A.E., King, L., Chapman, K. and Smith, B.J. 2011. 'Restricting unhealthy food sponsorship: Attitudes of the sporting community.' *Health Policy*, doi: 10.1016/j.healthpol.2011.10.004 http://www.sciencedirect.com/science/article/pii/S0168851011002028	This article addresses the issue of unhealthy food sponsorship in children's sport. For the study, a number of interviews were conducted at sports clubs with parents, officials and governing sporting associations. The participants were asked questions relating to attitudes towards sponsorship and support for sponsorship regulations. The results showed that a significant number of officials and parents perceived children to be very influenced by elite sport sponsorship, while children were thought to be less influenced by sponsorship of their own sports clubs. 50% of officials and 70% of parents supported restrictions to children's sport sponsorship, including the use of unhealthy food logos on uniforms.	APAN	Unhealthy food; marketing; sponsorship; sports clubs; children

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