

## FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
<b>GENERAL POLICY AND RESEARCH</b>			
<p>NSW Government. 2011. <i>NSW 2021: A Plan to Make NSW Number One</i>. Sydney: Department of Premier and Cabinet. <a href="http://www.2021.nsw.gov.au/sites/default/files/NSW2021_WEBVERSION.pdf">http://www.2021.nsw.gov.au/sites/default/files/NSW2021_WEBVERSION.pdf</a></p>	<p>NSW 2021 is a ten year plan with five key strategies, relating to rebuilding the State's economy; improving transport, health, policing, justice and family services systems; renovating infrastructure; protecting natural environments and strengthening social cohesion; and restoring accountability to government. The plan has 32 goals, including increasing public transport patronage, walking and cycling; reducing overweight and obesity; building liveable centres; and making it easier for people to be involved in their communities.</p>	PCAL	<p>NSW; State government; policy; liveability; walking; cycling; public transport; obesity; social cohesion</p>
<p>City of Port Phillip Council. 2011. <i>Sustainable Transport Strategy: A Connected and Liveable City</i>. St Kilda: City of Port Phillip Council. <a href="http://www.envirohub.com.au/uploads/policies-and-strategies/SustainableTransportStrategy_v30.pdf">http://www.envirohub.com.au/uploads/policies-and-strategies/SustainableTransportStrategy_v30.pdf</a></p>	<p>This Strategy sets out plans to achieve Council's vision of a connected and liveable city, where people can live and travel car free. The Council has committed to aiming for a 50% reduction in greenhouse gas emissions per person by 2020; reducing private vehicle travel for residents from 78% to 53% of total distance travelled; increasing walking and cycling by residents from 9% to 20% of total distance travelled; and increasing public transport use from 13% to 28% of total distance travelled.</p>	PCAL	<p>Victoria; local government; climate change; active transport; public transport; walking; cycling; Sustainable Transport Strategy</p>
<p>City of Port Phillip Council. 2011. <i>Walk Plan 2011-2020. Feet First: Making pedestrians the priority</i>. St Kilda: City of Port Phillip Council. <a href="http://www.envirohub.com.au/uploads/p">http://www.envirohub.com.au/uploads/p</a></p>	<p>This plan succeeds the Walk Plan 2005-2010. It aims to build on the achievements of the first plan, with four key goals, relating to the creation of a destinations-based walking network that connects neighbourhoods and destinations across the Council area; providing a high</p>	PCAL	<p>Victoria; local government; policy; Walk Plan; active transport; neighbourhood</p>

<a href="#">olicies-and-strategies/WalkPlan FeetFirst v16.pdf</a>	quality local walking environment; improving the integration of the walking network with the public transport network; and building a culture of walking in the area.		design; walkability; walking infrastructure
City of Port Phillip Council. 2011. <i>Bike plan 2011-2020. Pedal Power: Making bike riding better.</i> St Kilda: City of Port Phillip Council. <a href="http://www.enviroehub.com.au/uploads/policies-and-strategies/WalkPlan FeetFirst v16.pdf">http://www.enviroehub.com.au/uploads/policies-and-strategies/WalkPlan FeetFirst v16.pdf</a>	This plan succeeds the Bike Plan 2005-2010. It aims to improve cycling infrastructure and networks across Port Phillip, and motivate more people to take up cycling. The four key goals of the Plan relate to connecting local and regional destinations through improvements to the cycle network; improving the integration of cycling networks with public transport and walking networks; changing people's travel behaviour; and building a bike riding culture in the area.	PCAL	Victoria; local government; policy; Bike Plan; cycling infrastructure; active transport; neighbourhood design
Masanauskas, J. 2011. 'Vegie-friendly apartments to take sprout in Fitzroy.' <i>Herald Sun</i> , 25 August 2011 * <a href="http://www.heraldsun.com.au/news/more-news/vegie-friendly-apartments-to-take-sprout-in-fitzroy/story-fn7x8me2-1226121533058">http://www.heraldsun.com.au/news/more-news/vegie-friendly-apartments-to-take-sprout-in-fitzroy/story-fn7x8me2-1226121533058</a>	This article describes a proposed apartment block development in Fitzroy (Melbourne) where residents will be provided with a public transport smartcard rather than parking spaces, in an effort to reduce carbon emissions. The development will also provide substantial bicycle parking; access to a car share scheme; a raw food restaurant; communal vegetable garden; solar heating; and rainwater collection and reuse for garden taps, toilets and washing machines. The development application has been advertised, and the Council is yet to make a decision.	PCAL	Victoria; building design; parking; public transport; active transport; apartments; climate change; healthy food options
Webb, E., Netuveli, G. and Millett, C. 2011. 'Free bus passes, use of public transport and obesity among older people in England.' <i>Journal of Epidemiology and Community Health</i> , doi: 10.1136/jech.2011.133165 <a href="http://jech.bmj.com/content/early/2011/08/31/jech.2011.133165.full.pdf">http://jech.bmj.com/content/early/2011/08/31/jech.2011.133165.full.pdf</a>	This article looks at the relationship between public transport use, active transport and levels of obesity in older people in the UK. The results showed that eligibility for a free bus travel initiative introduced in 2006 was positively associated with increased public transport use, and reduced odds of being obese.	APAN	Obesity; public transport; UK; active transport; elderly; incentive scheme
Blacksher, E. and Lovasi, G.S. 2011. 'Place-focused physical activity research, human	This article explores the role of human agency in the healthy built environments paradigm. This involves	APAN	Human agency; built environment

<p>agency and social justice in public health: 'Taking agency seriously in studies of the built environment.' <i>Health &amp; Place</i>, doi: 10.1016/j.healthplace.2011.08.019  <a href="http://www.sciencedirect.com/science/article/pii/S1353829211001596">http://www.sciencedirect.com/science/article/pii/S1353829211001596</a></p>	<p>consideration of the degree to which structural variables (such as social class, race, living conditions and socialisation) and human agency (interpretation, perception, values) influence lifestyle choices. An understanding of how human agency impacts on the way people interact with the built environment can provide a base from which to explore and understand the variability in success rates of healthy built environment interventions. The authors suggest that human agency and social justice be taken into account in research and interventions, in order to tailor and target interventions 'to the particular needs and circumstances of vulnerable groups.'</p>		<p>interventions;  physical activity research;  participation;  socio-economic status</p>
<p>Davey, R.C., Hurst, G.L., Smith, G.R., Grogan, S.C. and Kurth, J. 'The impact and process of a community-led intervention on reducing environmental inequalities related to physical activity and healthy eating – a pilot study.' <i>BMC Public Health</i> 11(1): 697. *  <a href="http://www.biomedcentral.com/content/pdf/1471-2458-11-697.pdf">http://www.biomedcentral.com/content/pdf/1471-2458-11-697.pdf</a></p>	<p>This article describes a UK pilot study which will evaluate community-led interventions in disadvantaged areas, which aim to improve physical activity levels and nutrition. The study involves GIS mapping of environmental factors (such as location of green spaces, walkability, crime and location of food outlets) and a community postal survey. The results of the audits and surveys will inform the design of an intervention, which will involve community participatory research, use of community partnerships, recruitment of local residents in the implementation, and the development of local systems to monitor and evaluate the intervention.</p>	<p>APAN</p>	<p>Community-led intervention;  participatory research methods;  physical activity;  healthy food options</p>
<p><b>GETTING PEOPLE ACTIVE</b></p>			
<p>Planet Ark. 2011. <i>Climbing Trees: Getting Aussie Kids Back Outdoors</i>. Sydney: Planet Ark.  <a href="http://treeday.planetark.org/documents/doc-534-climbing-trees-research-report-2011-07-13-final.pdf">http://treeday.planetark.org/documents/doc-534-climbing-trees-research-report-2011-07-13-final.pdf</a></p>	<p>This report describes the results of a study which explored current levels of children's outdoor physical activity and interaction with nature, and the reasons why this has changed over time. The report provides an overview of the benefits of outdoor play, the barriers to outdoor play, and also includes some recommendations for parents on how to incorporate outdoor play into a regular daily routine.</p>	<p>PCAL</p>	<p>Children; outdoor play; interaction with nature;  physical activity;  social interaction;  cognitive development;  mental health</p>

<p>Ding, D. and Gebel, K. 2011. 'Built environment, physical activity and obesity: What have we learned from reviewing the literature?' <i>Health &amp; Place</i>, doi: 10.1016/j.healthplace.2011.08.021  <a href="http://www.sciencedirect.com/science/article/pii/S1353829211001614">http://www.sciencedirect.com/science/article/pii/S1353829211001614</a></p>	<p>This article provides an evaluation of 37 review papers on the relationship between the built environment, physical activity and obesity. The authors identify research gaps and areas for improvement, as well as propose a future research agenda. Recommendations relate to the adoption of a more systematic review methodology; and improvement of specificity of reporting (e.g. in regard to target age groups) and conceptual match between environmental attributes and domains of physical activity.</p>	<p>APAN</p>	<p>Review; physical activity; obesity; research design; methodology; research gaps</p>
<p>Florida, R. 2011. 'The Geography of How We Get to Work.' <i>The Atlantic</i>, 13 July 2011  <a href="http://www.theatlantic.com/national/archive/2011/07/the-geography-of-how-we-get-to-work/240258/">http://www.theatlantic.com/national/archive/2011/07/the-geography-of-how-we-get-to-work/240258/</a></p>	<p>This article presents the results of research into the determinants of public transport use, walking and cycling in US metropolitan areas. The results show that population density increased public transport use, but not walking and cycling; active forms of transport and public transport use are more common in drier climates; and urban sprawl is negatively associated with public transport and active transport. The research also showed that there is a relationship between the way people travel to work, and the type of work they do. Workers in the 'creative class' (including scientists, engineers, researchers, artists, designers, healthcare professionals, business and finance professionals, and legal and education professionals) are more likely to take public transport or walk or cycle to work.</p>	<p>HCD</p>	<p>Commute; work; active transport; public transport; car dependence; US; neighbourhood design; determinants of active transport</p>
<p>Almanza, E., Jerrett, M., Dunton, G., Seto, E. and Pentz, M. 2011. 'A study of community design, greenness and physical activity in children using satellite, GPS and accelerometer data.' <i>Health &amp; Place</i>, doi: 10.1016/j.healthplace.2011.09.003  <a href="http://www.sciencedirect.com/science/article/pii/S135382921100164X">http://www.sciencedirect.com/science/article/pii/S135382921100164X</a></p>	<p>This article explores the relationship between exposure to greenness and 'free living physical activity behaviour' in children who live in smart growth and conventionally designed neighbourhoods. The results of the study showed that exposure to greenness was positively associated with moderate-to-vigorous physical activity, particularly for children living in smart growth neighbourhoods.</p>	<p>APAN</p>	<p>Physical activity; access to green space; children; neighbourhood design; smart growth</p>
<p>Davey, R.C., Hurst, G.L., Smith, G.R., Grogan,</p>	<p>This article describes a UK pilot study which will</p>	<p>APAN</p>	<p>Community-led</p>

<p>S.C. and Kurth, J. 'The impact and process of a community-led intervention on reducing environmental inequalities related to physical activity and healthy eating – a pilot study.' <i>BMC Public Health</i> 11(1): 697. * <a href="http://www.biomedcentral.com/content/pdf/1471-2458-11-697.pdf">http://www.biomedcentral.com/content/pdf/1471-2458-11-697.pdf</a></p>	<p>evaluate community-led interventions in disadvantaged areas, which aim to improve physical activity levels and nutrition. The study involves GIS mapping of environmental factors (such as location of green spaces, walkability, crime and location of food outlets) and a community postal survey. The results of the audits and surveys will inform the design of an intervention, which will involve community participatory research, use of community partnerships, recruitment of local residents in the implementation, and the development of local systems to monitor and evaluate the intervention.</p>		<p>intervention; participatory research methods; physical activity; healthy food options</p>
<p>Rodriguez, D.A., Cho, G., Evenson, K.R., Conway, T.L., Cohen, D., Ghosh-Dastidar, B., Pickrel, J.L., Veblen-Mortensen, S. and Lytle, L.A. 2011. 'Out and about: Association of the built environment with physical activity behaviours of adolescent females.' <i>Health &amp; Place</i>, doi: 10.1016/j.healthplace.2011.08.020 <a href="http://www.sciencedirect.com/science/article/pii/S1353829211001602">http://www.sciencedirect.com/science/article/pii/S1353829211001602</a></p>	<p>This article describes a study of physical activity behaviours of 293 adolescent females aged between 15 and 18 in Minneapolis and San Diego. The study used locational data logged using GPS units, and matched this with accelerometer data gathered from the participants. The results showed that higher physical activity intensity was more likely to occur on weekdays, in areas with parks, schools and high population densities. Lower physical activity intensity was more likely to occur in areas with more roads and food outlets.</p>	<p>APAN</p>	<p>US; physical activity; girls; adolescents; neighbourhood design; GPS</p>
<p>ABS. 2011. 4835.0.55.001 – <i>Physical Activity in Australia: A Snapshot, 2007-08</i>. Canberra: ABS. <a href="http://www.abs.gov.au/ausstats/abs@.nsf/mediareleasesbyCatalogue/E4A26CF152A501FCCA257905007AA615?Opendocument">http://www.abs.gov.au/ausstats/abs@.nsf/mediareleasesbyCatalogue/E4A26CF152A501FCCA257905007AA615?Opendocument</a> ABS. 2011. <i>Six out of ten Australian adults not getting enough exercise</i>. Canberra: ABS. <a href="http://www.abs.gov.au/AUSSTATS/abs@.nsf/Lookup/4835.0.55.001Main+Features12007-08?OpenDocument">http://www.abs.gov.au/AUSSTATS/abs@.nsf/Lookup/4835.0.55.001Main+Features12007-08?OpenDocument</a></p>	<p>This research showed that in 2007-08, around six out of ten Australian adults did not meet the recommended guidelines for physical activity. Women were found to be less likely to meet physical activity requirements than men; and around three quarters of people aged 75 years and over did not meet the guidelines. The research also showed that adults living in lowest income households were more likely to engage in sedentary behaviours than those in highest income households; 45% of employed adults worked in a less active job environment; women were more likely to spend more time sitting at work than men; and people with dependent children were less likely to meet physical</p>	<p>APAN</p>	<p>ABS data; physical activity; statistics; socio-economic status; sex; workplaces</p>

	activity guidelines than those without children. The report includes figures on walking for transport, and consideration of access to sporting and public transport facilities in remote areas.		
<p>Leavy, J.E., Bull, F.C., Rosenberg, M. and Bauman, A. 2011. 'Physical activity mass media campaigns and their evaluation: a systematic review of the literature 2003-2010.' <i>Health Education Research</i>, doi: 10.1093/her/cyr069  <a href="http://her.oxfordjournals.org/content/early/2011/09/06/her.cyr069.full.pdf+html">http://her.oxfordjournals.org/content/early/2011/09/06/her.cyr069.full.pdf+html</a></p>	<p>This article looks at the effectiveness of mass media campaigns which aim to promote regular moderate-vigorous intensity physical activity. The authors provide a review of evaluation designs, theory used, formative evaluation, campaign effects and outcomes for 18 campaigns. The levels of effectiveness of the campaigns were mixed. There was a particular issue with the way that impacts of the campaign were measured and reported. Seven of the campaigns reported significant increases in physical activity levels. The article provides a number of recommendations for the design and evaluation of future mass media campaigns.</p>	APAN	<p>Health promotion; mass media campaigns; effectiveness; physical activity; evaluation; campaign design</p>
<p>Bull, F.C. and Bauman, A. 2011. 'Physical Inactivity: The "Cinderella" Risk Factor for Noncommunicable Disease Prevention.' <i>Journal of Health Communication</i> 16(supp2): 13-26.  <a href="http://www.tandfonline.com/doi/pdf/10.1080/10810730.2011.601226">http://www.tandfonline.com/doi/pdf/10.1080/10810730.2011.601226</a></p>	<p>In this article, the authors argue that, although physical inactivity has been identified as the 4<sup>th</sup> leading risk factor for non-communicable diseases, in most countries this has not resulted in widespread recognition or necessary policy action. The authors identify and explore 8 possible reasons for why this is the case – namely, the evidence relating to physical inactivity is new and not fully accepted; there is a lack of consensus-based guidelines to outline the amount of physical activity needed to prevent chronic diseases; 'physical activity' is difficult to define in itself, and therefore to communicate; there are difficulties related to the reliable measurement of physical inactivity; physical inactivity is not recognised as an issue for low and middle income countries; there is a perception that population wide physical activity levels cannot be changed; there is a lack of ownership of the problem;</p>	APAN	<p>Physical inactivity; global; health promotion; interventions; communication; government; leadership; interdisciplinary partnerships; developing countries; developed countries</p>

	and advocacy and communications have not been utilised effectively enough. The article provides a number of recommendations to counter these issues.		
<b>CONNECTING AND STRENGTHENING COMMUNITIES</b>			
<p>Markus, A. 2011. <i>Mapping Social Cohesion: The Scanlon Surveys Summary Report</i>. Victoria: Monash University.  <a href="http://www.arts.monash.edu.au/mapping-population/--documents/mapping-social-cohesion-summary-report-2011.pdf">http://www.arts.monash.edu.au/mapping-population/--documents/mapping-social-cohesion-summary-report-2011.pdf</a></p>	<p>This report presents the results of the 2011 Scanlon Surveys on social cohesion and population issues in Australia. The survey was delivered in the context of the economic recovery following the Global Financial Crisis, low unemployment rates, and declining population growth. A key issue for people at this time was policy relating to asylum seekers who travel to Australia by boat. The Scanlon-Monash Index of Social Cohesion (SMI) measures belonging, participation, social justice, sense of worth, and acceptance and rejection. In 2010, the SMI showed a decline in social cohesion, while in 2011 this had stabilised but was still at a relatively low level. The results of the surveys showed that while the vast majority of Australians feel a strong sense of pride and belonging, attitudes around immigration and asylum seekers have impacted negatively on social cohesion, and there is also evidence of a heightened experience of discrimination and loss of trust in government and fellow citizens. There has also been a decline in participation in voluntary work. The report concludes that there has been ‘an erosion of individual connectedness, weakening of communal organisations and a low level of trust in government, key indicators of threats to social cohesion’.</p>	APO	<p>Social cohesion; statistics; Index of Social Cohesion; Australia; discrimination; immigration; cultural difference; socio-economic status</p>
<b>PROVIDING HEALTHY FOOD OPTIONS</b>			
<p>Jacka, F.N., Kremer, P.J., Berk, M., de Silva-Sanigorski, A.M., Moodie, M., Leslie, E.R., Pasco, J.A. and Swinburn, B.A. 2011. ‘A Prospective Study of Diet Quality and Mental Health in Adolescents.’ <i>Plos One</i></p>	<p>This article addresses the relationship between diet quality and mental health in adolescents aged 11-18 years. Information on the diet and mental health of 3040 Australian adolescents was collected during 2005-6 and 2007-8. The results showed that improvements in diet</p>	APO	<p>Mental health; nutrition; healthy food options; adolescents; Australia</p>

<p>6(9): e24805.  <a href="http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0024805">http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0024805</a></p>	<p>quality were linked to improvements in mental health, while deteriorating diet quality was linked to poorer psychological functioning.</p>		
<p>Davey, R.C., Hurst, G.L., Smith, G.R., Grogan, S.C. and Kurth, J. 'The impact and process of a community-led intervention on reducing environmental inequalities related to physical activity and healthy eating – a pilot study.' <i>BMC Public Health</i> 11(1): 697. *  <a href="http://www.biomedcentral.com/content/pdf/1471-2458-11-697.pdf">http://www.biomedcentral.com/content/pdf/1471-2458-11-697.pdf</a></p>	<p>This article describes a UK pilot study which will evaluate community-led interventions in disadvantaged areas, which aim to improve physical activity levels and nutrition. The study involves GIS mapping of environmental factors (such as location of green spaces, walkability, crime and location of food outlets) and a community postal survey. The results of the audits and surveys will inform the design of an intervention, which will involve community participatory research, use of community partnerships, recruitment of local residents in the implementation, and the development of local systems to monitor and evaluate the intervention.</p>	<p>APAN</p>	<p>Community-led intervention;  participatory research methods;  physical activity;  healthy food options</p>
<p>Masanauskas, J. 2011. 'Vegie-friendly apartments to take sprout in Fitzroy.' <i>Herald Sun</i>, 25 August 2011 *  <a href="http://www.heraldsun.com.au/news/more-news/vegie-friendly-apartments-to-take-sprout-in-fitzroy/story-fn7x8me2-1226121533058">http://www.heraldsun.com.au/news/more-news/vegie-friendly-apartments-to-take-sprout-in-fitzroy/story-fn7x8me2-1226121533058</a></p>	<p>This article describes a proposed apartment block development in Fitzroy (Melbourne) where residents will be provided with a public transport smartcard rather than parking spaces, in an effort to reduce carbon emissions. The development will also provide substantial bicycle parking; access to a car share scheme; a raw food restaurant; communal vegetable garden; solar heating; and rainwater collection and reuse for garden taps, toilets and washing machines. The development application has been advertised, and the Council is yet to make a decision.</p>	<p>PCAL</p>	<p>Victoria; building design; parking; public transport; active transport; apartments; climate change; healthy food options</p>

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