

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Munro, C. 2011. <i>Australian Cycling Participation 2011</i>. Sydney: Austroads. * http://www.austroads.com.au/documents/AP-C91-11.pdf</p>	<p>A key objective of the National Cycling Strategy 2011-2016 is to double the participation rates in cycling by Australians in the period to which the Strategy applies. This report provides the baseline data on cycling participation required to measure performance towards this target. The data was obtained through telephone interviews which were conducted with a random sample of Australian households in March and April 2011. 9,661 households were surveyed, and the results showed that 17.8% of people had ridden a bicycle in the previous week; young children have the highest levels of cycling participation; 34.8% of those who had cycled in the previous week did so for transport purposes; and males are more likely to participate in cycling than females.</p>	<p>City Futures</p>	<p>Cycling; participation rates; Australia; active transport; National Cycling Strategy; physical activity</p>
<p>Weidmann, B. and Kelly, J. 2011. <i>What Matters Most? Housing Preferences Across the Australian Population</i>. Melbourne: The Grattan Institute. http://www.grattan.edu.au/publications/109_what_matters_most.pdf</p>	<p>Following up on <i>The Housing We'd Choose</i> report, this report provides more insight into the housing preferences of the Australian population. Participants in the survey were asked to elect out of a number of variables - relating to convenience and access, attractiveness of environment, safety and security and dwelling features - which mattered the most when choosing housing, and which mattered the least. The results showed that the number of bedrooms; safety for people and property; and proximity to family and friends were nominated as the 3 most important</p>	<p>APO</p>	<p>Housing preferences; Sydney; Melbourne; neighbourhood design</p>

	variables in housing choice. The report describes results by demographic groups – for lone person households, older households, and households with children.		
<p>Wang, Y.C., McPherson, K., Marsh, T., Gortmaker, S.L. and Brown, M. 2011. 'Health and economic burden of the projected obesity trends in the USA and the UK.' <i>The Lancet</i> 378(9793): 815-825. http://download.thelancet.com/pdfs/journals/lancet/PIIS0140673611608143.pdf?id=3d35b1b5aa0ec416:2540a872:132a39d7269:-3f751317006606295</p>	<p>This article presents the results of a simulation which projected the probable health and economic consequences of a continued rise in obesity levels over the next two decades in the USA and UK. According to the projections, it is estimated that there will be 65 million more obese adults in the USA, and 11 million more obese adults in the UK by 2030. With the predicted increase in rates of diabetes, heart disease and stroke, cancer, and mortality, the medical costs are estimated to increase by \$48 - 66 billion per year in the USA, and by £1.9 – 2 billion per year in the UK by 2030.</p>	APAN	Obesity; economic burden; health system; USA; UK; projections
<p>Gortmaker, S.L., Swinburn, B.A., Levy, D., Carter, R., Mabry, P.L., Finegood, D.T., Huang, T., Marsh, T. and Moodie, M.L. 2011. 'Changing the future of obesity: science, policy and action.' <i>The Lancet</i> 378(9793): 838-847. * http://download.thelancet.com/pdfs/journals/lancet/PIIS0140673611608155.pdf?id=3d35b1b5aa0ec416:2540a872:132a39d7269:-3f751317006606295</p>	<p>This article provides recommendations for cost-effective policies which can be used by governments to address the obesity epidemic. This includes policies to improve food and built environments; cross-disciplinary actions; greater funding for prevention programmes; increased investment in population obesity monitoring; and the integration of actions within the health, trade, agricultural, transport, urban planning and development sectors. Sustainable food security; food policies and regulations which protect and promote health; prioritising of public transport, walking and cycling environments; and provision of safe recreation spaces are some of the core actions for governments identified in the article.</p>	APAN	Obesity; government; policy; food security; food industry regulation; public transport; active transport; physical activity; safety
<p>Fan, Y., Das, K.V. and Chen, Q. 2011. 'Neighbourhood green, social support, physical activity, and stress: Assessing the cumulative impact.' <i>Health & Place</i>, doi: 10.1016/j.healthplace.2011.08.008 * http://www.sciencedirect.com/science/art</p>	<p>This article explores the direct and indirect role of neighbourhood greenness in mitigating stress, through encouraging physical activity and fostering social support. Data from a community health survey in Chicago showed that park spaces indirectly mitigate stress by fostering social support, and the authors</p>	APAN	Green space; neighbourhood design; physical activity; social interaction

icle/pii/S1353829211001481	recommend that policy makers focus on the provision of structured green spaces in neighbourhoods.		
GETTING PEOPLE ACTIVE			
<p>Gortmaker, S.L., Swinburn, B.A., Levy, D., Carter, R., Mabry, P.L., Finegood, D.T., Huang, T., Marsh, T. and Moodie, M.L. 2011. 'Changing the future of obesity: science, policy and action.' <i>The Lancet</i> 378(9793): 838-847. *</p> <p>http://download.thelancet.com/pdfs/journals/lancet/PIIS0140673611608155.pdf?id=3d35b1b5aa0ec416:2540a872:132a39d7269:-3f751317006606295</p>	<p>This article provides recommendations for cost-effective policies which can be used by governments to address the obesity epidemic. This includes policies to improve food and built environments; cross-disciplinary actions; greater funding for prevention programmes; increased investment in population obesity monitoring; and the integration of actions within the health, trade, agricultural, transport, urban planning and development sectors. Sustainable food security; food policies and regulations which protect and promote health; prioritising of public transport, walking and cycling environments; and provision of safe recreation spaces are some of the core actions for governments identified in the article.</p>	APAN	<p>Obesity; government; policy; food security; food industry regulation; public transport; active transport; physical activity; safety</p>
<p>Munro, C. 2011. <i>Australian Cycling Participation 2011</i>. Sydney: Austroads. *</p> <p>http://www.austroads.com.au/documents/AP-C91-11.pdf</p>	<p>A key objective of the National Cycling Strategy 2011-2016 is to double the participation rates in cycling by Australians in the period to which the Strategy applies. This report provides the baseline data on cycling participation required to measure performance towards this target. The data was obtained through telephone interviews which were conducted with a random sample of Australian households in March and April 2011. 9,661 households were surveyed, and the results showed that 17.8% of people had ridden a bicycle in the previous week; young children have the highest levels of cycling participation; 34.8% of those who had cycled in the previous week did so for transport purposes; and males are more likely to participate in cycling than females.</p>	City Futures	<p>Cycling; participation rates; Australia; active transport; National Cycling Strategy; physical activity</p>
<p>Biddle, S.J.H., O'Connell, S. and Braithwaite, R.E. 2011. 'Sedentary behaviour</p>	<p>This article explores whether interventions targeted at reducing sedentary behaviours in young people are</p>	APAN	<p>Sedentary behaviour;</p>

<p>interventions in young people: a meta-analysis.' <i>British Journal of Sports Medicine</i> 45(11): 937 – 942. http://bjsm.bmj.com/content/45/11/937.full.pdf</p>	<p>successful, through conducting a review and analysis of existing literature. The results showed that interventions to reduce screen time and car use have been successful, although only with small effect.</p>		<p>physical activity; screen time; interventions</p>
<p>Pate, R.R., Mitchell, J.A., Byun, W. and Dowda, M. 2011. 'Sedentary behaviour in youth.' <i>British Journal of Sports Medicine</i> 45(11): 909 – 913. http://bjsm.bmj.com/content/45/11/906.full.pdf</p>	<p>This US article looks at how much time children spend engaging in sedentary behaviour, and identifies specific factors associated with this sedentary behaviour. The results showed that children aged 6-11 spent an average of 6.1 hours a day engaging in sedentary behaviours, while children aged 12-15 and 16-19 spent 7.5 and 8 hours per day on sedentary activities. Non-white children, socio-economically disadvantaged children, and children from households with greater access to televisions and computers were found to engage in higher levels of sedentary behaviour. Children whose parents had rules or limitations on screen time were found to engage in lower levels of sedentary behaviour.</p>	<p>APAN</p>	<p>Sedentary behaviour; screen time; children; socio-economic status; parental influence</p>
<p>Van Sluijs, E.M.F., Kriemler, S. and McMinn, A.M. 2011. 'The effect of community and family interventions on young people's physical activity levels: a review of reviews and updated systematic review.' <i>British Journal of Sports Medicine</i> 45(11): 914 – 922. http://bjsm.bmj.com/content/45/11/914.full.pdf</p>	<p>This article explores the role of the family and community environment in encouraging young people to engage in physical activity, by providing a review of research into family and community based interventions. The results showed that the effect of these interventions is largely unclear, however there is some evidence to suggest that family based interventions set in the home have been effective in increasing levels of physical activity in young people.</p>	<p>APAN</p>	<p>Physical activity; interventions; family; community; review</p>
<p>Veitch, J., Timperio, A., Crawford, D., Abbott, G., Giles-Corti, B. and Salmon, J. 2011. 'Is the Neighbourhood Environment Associated with Sedentary Behaviour Outside of School Hours Among Children?' <i>Annals of Behavioural Medicine</i> 41(3): 333-341. http://www.springerlink.com/content/r77</p>	<p>This article explores the relationship between public open spaces, parent perceptions of the neighbourhood, and sedentary behaviours in children. The study involved a survey of parents, to determine the amount of time their child spent engaging in sedentary activities like computer use, as well as their perception of the physical and social neighbourhood. In addition,</p>	<p>APAN</p>	<p>Sedentary behaviour; children; physical activity; neighbourhood design; public open space;</p>

<p>7661111061v5v/fulltext.pdf</p>	<p>children's sedentary time was objectively assessed, and an audit of the nearest public open space was undertaken. The results showed that certain features of the public open space, such as whether it had a water feature or the size of the space, have a relationship with reduced sedentary time for children. Therefore, the authors have concluded that neighbourhood features may positively and negatively influence children's sedentary behaviours.</p>		<p>perception</p>
<p>Prins, R.G., Ball, K., Timperio, A., Salmon, J., Oenema, A., Brug, J. and Crawford, D. 2011. 'Associations between availability of facilities within three different neighbourhood buffer sizes and objectively assessed physical activity in adolescents.' <i>Health & Place</i> doi: 10.1016/j.healthplace.2011.07.012. http://www.sciencedirect.com/science/article/pii/S1353829211001286</p>	<p>In this article, data from the Children Living in Active Neighbourhoods (CLAN) study was used to explore the relationship between objectively measured availability of parks and sports facilities, and moderate-to-vigorous physical activity in adolescents. The study also assessed whether cognitive mediators such as self-efficacy, attitude and perception of availability of facilities had an impact on physical activity. The results showed that there was no direct association between availability of facilities and physical activity, and there was no evidence to suggest that cognitive mediators had any effect in this relationship.</p>	<p>APAN</p>	<p>Physical activity; access to open space; recreation; adolescents; neighbourhood design</p>
<p>Cui, Z., Hardy, L.L., Dibley, M.J. and Bauman, A. 2011. 'Temporal trends and recent correlates in sedentary behaviours in Chinese children.' <i>International Journal of Behavioural Nutrition and Physical Activity</i> 8(1): 93. http://www.ijbnpa.org/content/pdf/1479-5868-8-93.pdf</p>	<p>This article explores the trends and correlates of sedentary behaviours among youth in developing countries, through looking at screen use and sedentary behaviours of Chinese children, using data from the China Health and Nutrition Surveys. The results showed that sedentary behaviour has increased over the last decade, particularly for urban boys aged 13-18 years. The authors recommend a number of measures to ensure that Chinese children meet screen time guidelines, including limiting access to computers, televisions and other technologies.</p>	<p>APAN</p>	<p>Sedentary behaviour; youth; China; screen time; developing countries; socio-economic status</p>
<p>Bundy, A.C., Naughton, G., Tranter, P., Wyver, S., Baur, L., Schiller, W., Bauman, A.,</p>	<p>The Sydney Playground Project aims to increase children's physical activity and social skills through</p>	<p>APAN</p>	<p>Physical activity; outdoor free play;</p>

<p>Engelen, L., Ragen, J., Luckett, T., Niehues, A., Stewart, G., Jessup, G. and Brentnall, J. 2011. 'The Sydney Playground Project: Popping the bubblewrap – unleashing the power of play: a cluster randomised controlled trial of a primary school playground-based intervention aiming to increase children's physical activity and social skills.' <i>BMC Public Health</i> 11(1): 680.</p> <p style="text-align: center;">*</p> <p>http://www.biomedcentral.com/content/pdf/1471-2458-11-680.pdf</p>	<p>facilitating outdoor free play, to address increased levels of overweight and obesity, bullying and poor mental health. The 3 year study will involve a number of interventions in 12 schools across Sydney, with two key strategies: (1) child-based intervention – which involves the introduction of unstructured materials with no obvious play value into the playground; and (2) adult-based intervention – which involves risk reframing sessions with parents and teachers, to 'explore the benefits of allowing children to engage in activities with uncertain outcomes'. The objective of these interventions is to initiate a 'self-sustaining cycle of prevention for childhood obesity, bullying and mental ill health.'</p>		<p>children; obesity; bullying; mental health; schools; playground design</p>
CONNECTING AND STRENGTHENING COMMUNITIES			
<p>Bundy, A.C., Naughton, G., Tranter, P., Wyver, S., Baur, L., Schiller, W., Bauman, A., Engelen, L., Ragen, J., Luckett, T., Niehues, A., Stewart, G., Jessup, G. and Brentnall, J. 2011. 'The Sydney Playground Project: Popping the bubblewrap – unleashing the power of play: a cluster randomised controlled trial of a primary school playground-based intervention aiming to increase children's physical activity and social skills.' <i>BMC Public Health</i> 11(1): 680.</p> <p style="text-align: center;">*</p> <p>http://www.biomedcentral.com/content/pdf/1471-2458-11-680.pdf</p>	<p>The Sydney Playground Project aims to increase children's physical activity and social skills through facilitating outdoor free play, to address increased levels of overweight and obesity, bullying and poor mental health. The 3 year study will involve a number of interventions in 12 schools across Sydney, with two key strategies: (1) child-based intervention – which involves the introduction of unstructured materials with no obvious play value into the playground; and (2) adult-based intervention – which involves risk reframing sessions with parents and teachers, to 'explore the benefits of allowing children to engage in activities with uncertain outcomes'. The objective of these interventions is to initiate a 'self-sustaining cycle of prevention for childhood obesity, bullying and mental ill health.'</p>	<p>APAN</p>	<p>Physical activity; outdoor free play; children; obesity; bullying; mental health; schools; playground design</p>
<p>Fan, Y., Das, K.V. and Chen, Q. 2011. 'Neighbourhood green, social support, physical activity, and stress: Assessing the</p>	<p>This article explores the direct and indirect role of neighbourhood greenness in mitigating stress, through encouraging physical activity and fostering social</p>	<p>APAN</p>	<p>Green space; neighbourhood design; physical</p>

<p>cumulative impact.' <i>Health & Place</i>, doi: 10.1016/j.healthplace.2011.08.008 * http://www.sciencedirect.com/science/article/pii/S1353829211001481</p>	<p>support. Data from a community health survey in Chicago showed that park spaces indirectly mitigate stress by fostering social support, and the authors recommend that policy makers focus on the provision of structured green spaces in neighbourhoods.</p>		<p>activity; social interaction</p>
PROVIDING HEALTHY FOOD OPTIONS			
<p>Swinburn, B.A., Sacks, G., Hall, K.D., McPherson, K., Finegood, D.T., Moodie, M.L. and Gortmaker, S.L. 2011. 'The global obesity pandemic: shaped by global drivers and local environments.' <i>The Lancet</i> 378(9793): 804-814. http://download.thelancet.com/pdfs/journals/lancet/PIIS0140673611608131.pdf?id=3d35b1b5aa0ec416:2540a872:132a39d7269:-3f751317006606295</p>	<p>This article explores the idea that the global obesity epidemic has primarily been driven by changes in the global food system, and the increase in production of more processed, energy dense and affordable foods. The authors state that the interaction of the global food system with local environmental factors leads to variance in the impact of obesity on different population groups. Middle-aged adults (particularly women) from wealthy urban environments are most affected in developing and low income countries, while in high income countries, people who live in disadvantaged areas and of low socio-economic status are most affected. The authors provide a discussion of the impact of obesogenic environments and common approaches which have been used to address the obesity epidemic, and outline a number of recommendations in relation to government leadership and action. This includes improved monitoring of population weight and nutrition; changes to regulations in the trade, agricultural, food and planning sectors; and investment in prevention programmes and research.</p>	<p>APAN</p>	<p>Healthy food options; obesity; global food system; socio-economic status; developing countries; developed countries; government; regulations</p>
<p>Gortmaker, S.L., Swinburn, B.A., Levy, D., Carter, R., Mabry, P.L., Finegood, D.T., Huang, T., Marsh, T. and Moodie, M.L. 2011. 'Changing the future of obesity: science, policy and action.' <i>The Lancet</i> 378(9793): 838-847. * http://download.thelancet.com/pdfs/journals/lancet/PIIS0140673611608131.pdf?id=3d35b1b5aa0ec416:2540a872:132a39d7269:-3f751317006606295</p>	<p>This article provides recommendations for cost-effective policies which can be used by governments to address the obesity epidemic. This includes policies to improve food and built environments; cross-disciplinary actions; greater funding for prevention programmes; increased investment in population obesity monitoring; and the integration of actions within the health, trade,</p>	<p>APAN</p>	<p>Obesity; government; policy; food security; food industry regulation; public transport; active</p>

als/lancet/PIIS0140673611608155.pdf?id=3d35b1b5aa0ec416:2540a872:132a39d7269:-3f751317006606295	<p>agricultural, transport, urban planning and development sectors. Sustainable food security; food policies and regulations which protect and promote health; prioritising of public transport, walking and cycling environments; and provision of safe recreation spaces are some of the core actions for governments identified in the article.</p>		<p>transport; physical activity; safety</p>
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* denotes an item which has been placed in a number of different categories