

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>NCD Alliance Nutrition, Physical Activity and NCD Prevention Working Group. 2011. <i>Nutrition, Physical Activity and Non-Communicable Disease (NCD) Prevention: A Briefing Document</i>. NCD Alliance. * http://ncdalliance.org/sites/default/files/resource_files/Full%20Briefing%20Paper.pdf</p>	<p>This briefing paper includes key messages, guiding principles and calls for action to improve nutrition and levels of physical activity. It also presents available evidence on the relationship between nutrition, physical activity and non-communicable diseases, and describes successful policies and interventions that have been used to address this relationship. Key messages and guiding principles relate to collaboration between different government and other relevant agencies; adoption of the 'health in all policies' approach; food security; and co-benefits of chronic disease prevention and sustainability, climate change adaptation, economic growth and development. The calls for action relate to: government influence on food supply; food information, and the marketing and promotion of energy dense, nutrient poor foods; and the creation and maintenance of built environments that encourage physical activity and other healthy behaviours.</p>	APAN	Physical activity; healthy food options; food industry regulation; food security; developing countries
<p>De Jong, E., Schokker, D.F., Visscher, T.L., Seidell, J.C. and Renders, C.M. 2011. "Behavioural and socio-demographic characteristics of Dutch neighbourhoods with high prevalence of childhood obesity." <i>International Journal of Pediatric Obesity</i> 6(3-4): 298-305 http://informahealthcare.com/doi/pdf/10.1186/147528756330298</p>	<p>For this study, a number of neighbourhoods with increased prevalence of overweight children were identified, and analysis of socio-demographic characteristics, dietary behaviour and levels of physical activity of 4,072 children was undertaken. The results showed that there were three neighbourhoods where the prevalence of overweight was significantly higher. Children living in those neighbourhoods were more</p>	APAN	Physical activity; healthy food options; children; neighbourhood design

<p>3109/17477166.2011.583659</p>	<p>likely to watch more than 2 hours of television per day; not eat breakfast daily; drink more than 3 glasses of sugared drinks per day; and not participate in organised sports. The authors recommend that such neighbourhoods should be used to further investigate the relationship between the neighbourhood and levels of overweight.</p>		
<p>Talen, E. and Shah, S. 2007. “Neighbourhood Evaluation Using GIS.” <i>Environment and Behavior</i> 39(5): 583-615. http://eab.sagepub.com/content/39/5/583.full.pdf+html</p>	<p>This article provides a review of literature relating to neighbourhood evaluation, and the results of a study of neighbourhood evaluations undertaken by 18 residents in Illinois, USA, in which GIS was used to facilitate the audits. The authors believe the use of GIS addresses existing methodological weaknesses in neighbourhood evaluation. In the study, residents were asked to evaluate their local area by using GIS (with the help of a facilitator) to represent neighbourhood boundaries; social, physical, political and economic elements of the neighbourhood; activity patterns; and neighbourhood problems, deficiencies, strengths and assets. The residents were able to use the analytical capabilities and tools of GIS to ask questions, manipulate and add data, and use layers to create a more meaningful representation of their neighbourhood.</p>	<p>InformeDesign</p>	<p>GIS; measurement; neighbourhood audit</p>
<p>Ware, V., Gronda, H. and Vitis, L. 2010. <i>Addressing locational disadvantage effectively</i>. Sydney: AHURI. http://www.apo.org.au/research/addressing-locational-disadvantage-effectively</p>	<p>This report was commissioned by Housing NSW, to aid the development of an estates strategy, which will guide future interventions in housing estates across NSW. It explores the nature of locational disadvantage, and provides an analysis of international literature on government interventions into the lives of residents in areas of concentrated poverty and disadvantage. Types of interventions include: regeneration of aged public housing stock; relocation and dispersal of public housing tenants; home ownership programs; broader neighbourhood initiatives (such as provision of physical</p>	<p>APO</p>	<p>Public housing; low socio-economic status; neighbourhood design</p>

	<p>infrastructure and improved access to services); and people-based programs (i.e. job and skills training). The authors conclude that successful interventions include a mix of the following factors: both people and place based mechanisms; macro and micro level interventions; alignment of government policies and interventions at multiple levels to ensure positive outcomes at the local level; genuine community empowerment and involvement; partnership between the public, private and community sectors; and long-term, well resourced programs. The report also includes a list of 'worst practice' principles, including: tokenism in partnerships and community involvement; short term quick fixes; and interventions which displace or disperse the problem.</p>		
<p>National Heart Foundation. 2011. <i>Creating Healthy Neighbourhoods: Consumer preferences for healthy development</i>. Sydney: National Heart Foundation. * http://www.heartfoundation.org.au/SiteCollectionDocuments/creating-healthy-neighbourhoods.pdf</p>	<p>This brochure describes the outcomes of a Newspoll survey, conducted in 2009, of around 1,400 people aged 18 years and above in Sydney, Melbourne, Brisbane, Adelaide and Perth. The aim of the survey was to discover whether healthy neighbourhood features may influence people's decision of where to live, and the results showed that being able to walk to the shops, and having access to open space and public transport, is important for many people. Over 45% of people surveyed considered being within walking distance to a local park extremely or very important when deciding where to live; over 50% of people said that paved or concreted footpaths would be extremely or very important; almost 70% of people rated easy walking distance to public transport as extremely or very important; and 64% of people said that being within easy walking distance of local services would be extremely or very important.</p>	<p>Urban Affairs</p>	<p>Neighbourhood design; walkability; consumer preferences</p>
<p>Krizek, K.J., Stonebraker, E. and Tribbey, S.</p>	<p>This report addresses a core problem in the integration</p>	<p>HCD</p>	<p>Cycling;</p>

<p>2011. <i>Bicycling Access and Egress to Transit: Informing the Possibilities</i>. San Jose: Mineta Transportation Institute. http://www.transweb.sjsu.edu/PDFs/research/2825_bicycling_access.pdf</p>	<p>of public transport and bicycles – namely, the capacity for transit vehicles to accommodate bicycles. The report assesses the cost-effectiveness of four different bicycle and transit integration strategies, namely “Bike ON transit” (transport the bicycle on the transit vehicle); “Bike TO transit” (parking the bicycle in facilities at the transit location); “Shared bike” (sharing a bicycle located at either the transit location or the egress point); and “Two bike” (using two bicycles, at the access and egress points). The assessment shows that “Bike ON transit” is the most cost-effective option, and the preferred option of cyclists.</p>		<p>infrastructure; active transport; physical activity</p>
GETTING PEOPLE ACTIVE			
<p>Wallmann, B., Bucksch, J. and Froboese, I. 2011. “The association between physical activity and perceived environment in German adults.” <i>The European Journal of Public Health</i> (advance access published 20 June 2011) http://eurpub.oxfordjournals.org/content/early/2011/06/20/eurpub.ckr069.full.pdf+html</p>	<p>This article describes a German study which explores the relationship between physical activity and perceived environment in urban and rural areas. The authors conducted a survey of residents of urban and rural areas in the west of Germany, with questions relating to access to destinations, well maintained sidewalks, seeing physically active people in the neighbourhood, higher residential density and neighbourhood safety. The results showed that perceived environment is significant for the promotion of moderate to vigorous physical activity and walking in both rural and urban areas. The authors recommend more specific and detailed studies in this area.</p>	APAN	<p>Physical activity; perceived environment; neighbourhood design</p>
<p>Von Tigerstrom, B., Larre, T. and Sauder, J. 2011. “Using the Tax System to Promote Physical Activity: Critical Analysis of Canadian Initiatives.” <i>American Journal of Public Health</i> (advance access published 16 June 2011) http://ajph.aphapublications.org/cgi/reprint/AJPH.2011.300201v1</p>	<p>This article assesses the impact of tax incentives in Canada, which have been introduced to promote physical activity and reduce rates of obesity. The federal and some provincial governments in Canada have introduced tax credits for physical activity programs, and sales tax exemptions for bicycles and recreational programs. Some examples include the Healthy Living Tax Credit, which allows people to claim a tax credit for</p>	APAN	<p>Physical activity; tax incentives</p>

	<p>enrolling children and teenagers in organised sports, recreation and other physical activity programs; the Children's Fitness Tax Credit, a similar incentive; and the Active Families Benefit, through which people receive a refund for an amount claimed, even if no income tax is owed for that year. The authors outline the advantages and limitations of the use of tax incentives – in particular, there is concern that tax credits or rebates do not provide enough of an incentive to change behaviours, given that the benefit will not be received until a tax return has been lodged. This form of incentive may also exclude lower income families.</p>		
<p>Brown, H. And Roberts, J. 2011. "Exercising choice: The economic determinants of physical activity behaviour of an employed population." <i>Social Science and Medicine</i>, doi:10.1016/j.socscimed.2011.06.001 http://www.sciencedirect.com/science/article/pii/S0277953611003315</p>	<p>This article looks at how changes in the global economy have led to an increasingly sedentary work lifestyle in developed countries, and impacted on opportunities for the working population to engage in physical activity. It identifies the key factors influencing the frequency of participation in physical activity for employed people. The results show that dependent children have a negative effect on physical activity levels for women, while education and marriage do the same for men. The authors recommend that policies which make physical activity more convenient are necessary to increase levels of participation in physical activity for employed people.</p>	<p>APAN</p>	<p>Physical activity; working adults</p>
<p>CONNECTING AND STRENGTHENING COMMUNITIES</p>			
<p>National Heart Foundation. 2011. <i>Creating Healthy Neighbourhoods: Consumer preferences for healthy development</i>. Sydney: National Heart Foundation. * http://www.heartfoundation.org.au/SiteCollectionDocuments/creating-healthy-neighbourhoods.pdf</p>	<p>This brochure describes the outcomes of a Newspoll survey, conducted in 2009, of around 1,400 people aged 18 years and above in Sydney, Melbourne, Brisbane, Adelaide and Perth. The aim of the survey was to discover whether healthy neighbourhood features may influence people's decision of where to live, and the results showed that being able to walk to the shops, and having access to open space and public transport, is</p>	<p>Urban Affairs</p>	<p>Neighbourhood design; walkability; consumer preferences</p>

	important for many people. Over 45% of people surveyed considered being within walking distance to a local park extremely or very important when deciding where to live; over 50% of people said that paved or concreted footpaths would be extremely or very important; almost 70% of people rated easy walking distance to public transport as extremely or very important; and 64% of people said that being within easy walking distance of local services would be extremely or very important.		
PROVIDING HEALTHY FOOD OPTIONS			
NCD Alliance Nutrition, Physical Activity and NCD Prevention Working Group. 2011. <i>Nutrition, Physical Activity and Non-Communicable Disease (NCD) Prevention: A Briefing Document</i> . NCD Alliance. * http://ncdalliance.org/sites/default/files/resource_files/Full%20Briefing%20Paper.pdf	This briefing paper includes key messages, guiding principles and calls for action to improve nutrition and levels of physical activity. It also presents available evidence on the relationship between nutrition, physical activity and non-communicable diseases, and describes successful policies and interventions that have been used to address this relationship. Key messages and guiding principles relate to collaboration between different government and other relevant agencies; adoption of the 'health in all policies' approach; food security; and co-benefits of chronic disease prevention and sustainability, climate change adaptation, economic growth and development. The calls for action relate to: government influence on food supply, food information, and the marketing and promotion of energy dense, nutrient poor foods; and the creation and maintenance of built environments that encourage physical activity and other healthy behaviours.	APAN	Physical activity; healthy food options; food industry regulation; food security; developing countries

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