

## FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
<b>GENERAL POLICY AND RESEARCH</b>			
Pettman, T., McAllister, M., Verity, F., Magarey, A., Dollman, J., Trippree, M., Stanley, S., Wilson, A. and Mastersson, N. 2010. <i>Eat Well Be Active Community Programs</i> . Adelaide: South Australia Department of Health.* <a href="http://www.health.sa.gov.au/pehs/branches/health-promotion/ewba/ewbaCPFinalReport2010Electronic.pdf">http://www.health.sa.gov.au/pehs/branches/health-promotion/ewba/ewbaCPFinalReport2010Electronic.pdf</a>	eat well be active (ewba) is a demonstration project undertaken by SA Health, to provide a starting point for community-based obesity prevention initiatives. The aim of the project was to contribute to the healthy weight of young people (0-18), through promoting healthy eating at physical activity, in the metropolitan suburb of Morphett Vale and the rural city of Murray Bridge. The results showed that the project was particularly successful for early childhood and primary school age children.	APAN	Physical activity; healthy food; youth; school; community-based
International Association of Public Transport. 2011. <i>Becoming a real mobility provider – Combined Mobility: public transport in synergy with other modes like car-sharing, taxi and cycling</i> . Brussels: UTIP. <a href="http://www.uitp.org/mos/focus/FPComMob-en.pdf">http://www.uitp.org/mos/focus/FPComMob-en.pdf</a>	A position paper which provides a strategy to address the increasing need for public transport to provide more flexible and varied mobility services. Combined Mobility involves using car-sharing, taxis and shared taxis, bicycle and bike-sharing, carpooling, demand-responsive transport, car-rental, walking and other forms of transport to complement “classic fixed-line and timetable-bound public transport services”. The paper provides recommendations on how public transport and Combined Mobility services can collaborate successfully.	UTIP	Public transport; active transport; cycling
<b>GETTING PEOPLE ACTIVE</b>			
Pettman, T., McAllister, M., Verity, F., Magarey, A., Dollman, J., Trippree, M., Stanley, S., Wilson, A. and Mastersson, N. 2010. <i>Eat Well Be Active Community</i>	eat well be active (ewba) is a demonstration project undertaken by SA Health, to provide a starting point for community-based obesity prevention initiatives. The aim of the project was to contribute to the healthy weight of	APAN	Physical activity; healthy food; youth; school; community-based

<p><i>Programs. Adelaide: South Australia Department of Health.*</i>  <a href="http://www.health.sa.gov.au/pehs/branches/health-promotion/ewba/ewbaCPFinalReport2010Electronic.pdf">http://www.health.sa.gov.au/pehs/branches/health-promotion/ewba/ewbaCPFinalReport2010Electronic.pdf</a></p>	<p>young people (0-18), through promoting healthy eating at physical activity, in the metropolitan suburb of Morphett Vale and the rural city of Murray Bridge. The results showed that the project was particularly successful for early childhood and primary school age children.</p>		
<p>Krieger, J., Rabkin, J., Sharify, D. And Song, L. 2009. "High Point Walking for Health: Creating Built and Social Environments that Support Walking in a Public Housing Community". <i>American Journal of Public Health</i> 99(S3): S593-S599.*  <a href="http://ajph.aphapublications.org/cgi/rep rint/99/S3/S593">http://ajph.aphapublications.org/cgi/rep rint/99/S3/S593</a></p>	<p>This article describes the High Point Walking for Health project – based in High Point, a culturally diverse public housing community in Seattle, USA, which was redeveloped to become a "health-promoting, mixed-income, sustainable community", using new urbanist principles. The project was run by residents, community-based organisations, public agencies, the Seattle Housing Authority and public health practitioners. Community action teams conducted interviews and door-to-door surveys with residents over two years, to assess existing community conditions, and determine project activities. Activities undertaken as part of the project include leverage of funding for the restoration of a staircase, advocacy for pedestrian safety, and walking groups. Results showed that walking levels increased, general health improved, and social connectedness grew.</p>	<p>InformeDesign</p>	<p>Physical activity; social interaction; low socio-economic status; community-based; neighbourhood design</p>
<p>Holtermann, A., Hansen, J.V., Burr, H., Sjøgaard, K. And Sjøgaard, G. 2011. "The health paradox of occupational and leisure-time physical activity." <i>British Journal of Sports Medicine</i>, doi: 10.1136/bjism.2010.079582  <a href="http://bjsm.bmj.com/content/early/2011/03/31/bjism.2010.079582.full.pdf">http://bjsm.bmj.com/content/early/2011/03/31/bjism.2010.079582.full.pdf</a></p>	<p>This article addresses the hypothesis that occupational and leisure-time physical activity provide similar health benefits, through a study of a sample of Danish employees. The study found that occupational physical activity increases the risk of long term sickness-absence, while leisure-time physical activity decreases the risk.</p>	<p>APAN</p>	<p>Physical activity; workplace</p>
<p>Smith, R. 2011. "On her bike: why women won't ride". <i>Crikey</i>, accessed 29 April 2011  <a href="http://blogs.crikey.com.au/rooted/2011/04/04">blogs.crikey.com.au/rooted/2011/04/04</a></p>	<p>This article addresses the barriers to cycling experienced by women in Australia, and around the world. Transport planner Rachel Smith conducted focus groups with women in Brisbane to explore why women do not use</p>	<p>APAN</p>	<p>Cycling; infrastructure; safety; women</p>

<p><a href="#">/on-her-bike-why-women-wont-ride/</a></p>	<p>bicycles, and what planners can do to address this. The reasons discussed in the focus group largely related to safety – a lack of safe and dedicated infrastructure, traffic safety, personal safety and topography. Smith also travelled to cities like Copenhagen where cycling is widespread, and identified common themes which made cycling the best mode of transport. These related to useable cycling space, complete separation from motorised traffic, streetscaping, signage and other elements. The article also describes Smith’s vision for 7 metre wide Cycling Super Highways in Australia.</p>		
<p>Rissel, C. 2011. “Ditching bike helmets laws better for health”, <i>The Conversation</i>, accessed 29 April 2011  <a href="http://theconversation.edu.au/articles/ditching-bike-helmets-laws-better-for-health-517">theconversation.edu.au/articles/ditching-bike-helmets-laws-better-for-health-517</a></p>	<p>This article is an opinion piece which states that bicycle helmet laws in Australia provide a barrier to cycling, and advocates for the elimination of these laws. The author states that rates of head injuries, which fell after introduction of helmet laws, can possibly be attributed to a decrease in levels of cycling. Helmet legislation discourages people from cycling, and improvements to the road environment could adequately provide for the safety of cyclists.</p>	<p>APAN</p>	<p>Cycling; helmet laws</p>
<p>Lopez, R. 2011. <i>The Potential of Safe, Secure and Accessible Playgrounds to Increase Children’s Physical Activity: Research Brief</i>. San Diego: Active Living Research, Robert Wood Johnson Foundation.  <a href="http://www.activelivingresearch.org/files/ALR_Brief_SafePlaygrounds.pdf">www.activelivingresearch.org/files/ALR_Brief_SafePlaygrounds.pdf</a></p>	<p>Explores the role of playgrounds in supporting physical activity in the United States. Provides a review of case studies in different cities which address proximity, access, security, design and quality, and safety and injuries in playgrounds. It also provides a list of policy implications.</p>	<p>APAN</p>	<p>Physical activity; youth; playground design</p>
<p><b>CONNECTING AND STRENGTHENING COMMUNITIES</b></p>			
<p>Krieger, J., Rabkin, J., Sharify, D. And Song, L. 2009. “High Point Walking for Health: Creating Built and Social Environments that Support Walking in a Public Housing Community”. <i>American Journal of Public</i></p>	<p>This article describes the High Point Walking for Health project – based in High Point, a culturally diverse public housing community in Seattle, USA, which was redeveloped to become a “health-promoting, mixed-income, sustainable community”, using new urbanist</p>	<p>InformeDesign</p>	<p>Physical activity; social interaction; low socio-economic status; community-based;</p>

<p><i>Health 99(S3): S593-S599.*</i>  <a href="http://ajph.aphapublications.org/cgi/rep rint/99/S3/S593">http://ajph.aphapublications.org/cgi/rep rint/99/S3/S593</a></p>	<p>principles. The project was run by residents, community-based organisations, public agencies, the Seattle Housing Authority and public health practitioners. Community action teams conducted interviews and door-to-door surveys with residents over two years, to assess existing community conditions, and determine project activities. Activities undertaken as part of the project include leverage of funding for the restoration of a staircase, advocacy for pedestrian safety, and walking groups. Results showed that walking levels increased, general health improved, and social connectedness grew.</p>		<p>neighbourhood design</p>
<p>Sachs, N. And Vincenta, T. 2011. "Outdoor Environments for Children with Autism and Special Needs". <i>Implications</i> 9(1).  <a href="http://www.informedesign.org/news/april_v09-p.pdf">http://www.informedesign.org/news/april_v09-p.pdf</a></p>	<p>This article addresses the impact that outdoor play and a connection with the natural environment has on children with autism and special needs. It includes consideration of the design of outdoor spaces for children with special needs – in particular, how to address sensory, cognitive, visual and auditory impairments in design – and provides guidelines for development of outdoor play spaces.</p>	<p>InformeDesign</p>	<p>Disability; children; outdoor play spaces; design; social interaction</p>
<b>PROVIDING HEALTHY FOOD OPTIONS</b>			
<p>Pettman, T., McAllister, M., Verity, F., Magarey, A., Dollman, J., Tripptree, M., Stanley, S., Wilson, A. and Mastersson, N. 2010. <i>Eat Well Be Active Community Programs</i>. Adelaide: South Australia Department of Health.*  <a href="http://www.health.sa.gov.au/pehs/branches/health-promotion/ewba/ewbaCPFinalReport2010Electronic.pdf">http://www.health.sa.gov.au/pehs/branches/health-promotion/ewba/ewbaCPFinalReport2010Electronic.pdf</a></p>	<p>eat well be active (ewba) is a demonstration project undertaken by SA Health, to provide a starting point for community-based obesity prevention initiatives. The aim of the project was to contribute to the healthy weight of young people (0-18), through promoting healthy eating at physical activity, in the metropolitan suburb of Morphett Vale and the rural city of Murray Bridge. The results showed that the project was particularly successful for early childhood and primary school age children.</p>	<p>APAN</p>	<p>Physical activity; healthy food; youth; school; community-based</p>

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