

FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
GENERAL POLICY AND RESEARCH			
<p>Hulse, K., Jacobs, K., Arthurson, K. and Spinney, A. 2011. <i>At home and in place? The role of housing in social inclusion, AHURI Final Report No. 177</i>. Melbourne: Australian Housing and Urban Research Institute. * http://apo.org.au/research/home-and-place-role-housing-social-inclusion</p>	<p>This report explores the relationship between housing processes and social inclusion/exclusion in Australia and the UK. 'Housing processes' is a term which refers to market factors, government policies and the preferences and actions of individuals/households over time. The report describes how social exclusion occurs as a result of housing processes – for example, through living in poor quality accommodation; unsafe housing and neighbourhoods; in areas with poor public transport services and a lack of employment opportunities; and in places with inadequate facilities and poor access to services. The research addresses how housing processes affect the ways in which low-income households experience disadvantage; how effective current housing-related programs are at promoting social inclusion; and looks at international good practice in this area.</p>	<p>APO</p>	<p>Housing; social exclusion; UK; Australia; living conditions; safety; access; public transport; services; neighbourhood design; housing affordability</p>
<p>WHO. 2011. <i>Good Practice Appraisal Tool: for obesity prevention programmes, projects, initiatives and interventions</i>. Copenhagen: World Health Organisation Regional Office for Europe. http://www.euro.who.int/data/assets/pdf_file/0007/149740/e95686.pdf</p>	<p>As part of a 3 year joint project from 2008-2010, entitled '<i>Monitoring progress on improving nutrition and physical activity and preventing obesity in the EU</i>', the World Health Organisation has published this report, which describes the development of a Good Practice Appraisal Tool to assess and review the existing public health programs, projects, initiatives and interventions designed to address physical inactivity and poor nutrition. The tool assesses the planning, monitoring and evaluation of the program, and generates a good</p>	<p>APAN</p>	<p>Good Practice Appraisal Tool; obesity ; prevention; physical inactivity; healthy food options; health promotion; interventions; audit tool</p>

	practice score. The tool consists of a questionnaire relating to the main intervention characteristics, monitoring and evaluation, and implementation; an appraisal form; and a scoring sheet. A copy of the questionnaire is included in the report.		
<p>Beaglehole, R., Bonita, R., Alleyne, G. and Horton, R. 2011. 'NCDs: celebrating success, moving forward.' <i>The Lancet</i> 378(9799): 1283-1284. http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(11)61559-6/fulltext</p>	<p>This article addresses the global response to the rise of non-communicable diseases (NCDs), following the adoption of the Political Declaration of the High-Level Meeting of the General Assembly of the UN on the Prevention and Control of Non-communicable Diseases. This Declaration includes four key short-term commitments: '...the development of a comprehensive global monitoring framework, including voluntary global targets and national indicators by the end of 2012; the preparation of options for an effective partnership to carry forward multi-sectoral actions by the end of 2012; the strengthening of multi-sectoral national policies and plans for the prevention and treatment of NCDs by 2013 (and their implementation); and the preparation of a report on the commitments in the Declaration the basis of a comprehensive review by 2014'. The authors provide some recommendations about how these commitments may be achieved.</p>	APAN	<p>United Nations; prevention; global; national policy; multidisciplinary; chronic disease; health promotion; monitoring</p>
<p>Ludwig, J., Sanbonmatsu, L., Gennetian, L., Adam, E., Duncan, G.J., Katz, L.F., Kessler, R.C., Kling, J.R., Lindau, S.T., Whitaker, R.C. and McDade, T.W. 2011. 'Neighbourhoods, Obesity, and Diabetes – A Randomised Social Experiment.' <i>The New England Journal of Medicine</i> 365(16): 1509-1519. http://www.nejm.org/doi/pdf/10.1056/NEJMsa1103216</p>	<p>This article describes a US study into the relationship between neighbourhood environments, obesity and diabetes. In the study, the Department of Housing and Urban Development randomly divided 4498 women with children who lived in public housing in high-poverty areas into 3 groups: in the first, the residents received counselling services and housing vouchers which could only be redeemed if they moved to a low-poverty area; the second group received unrestricted, traditional vouchers and no special counselling; and the third group was a control group, which was not offered</p>	APAN	<p>US; public housing; socio-economic status; poverty; obesity; diabetes; neighbourhood design; access to services</p>

	<p>vouchers or counselling. The results of a follow-up survey 10 years after the designation of the groups showed that members of the group who received the low-poverty vouchers and counselling services were less likely to have a high BMI and glycated haemoglobin levels. The authors concluded that ‘...the opportunity to move from a neighbourhood with a high level of poverty to one with a lower level of poverty was associated with modest but potentially important reductions in the prevalence of extreme obesity and diabetes’.</p>		
<p>McGuirt, J.T., Jilcott, S.B., Vu, M.B. and Keyserling, T.C. 2011. ‘Conducting Community Audits to Evaluate Community Resources for Healthful Lifestyle Behaviours: An Illustration From Rural Eastern North Carolina.’ <i>Preventing Chronic Disease</i> 8(6): A149. * http://www.cdc.gov/pcd/issues/2011/nov/pdf/11_0016.pdf</p>	<p>This article describes the community audit process undertaken by the authors in 10 communities in rural Eastern North Carolina in the US. The objectives of the audit were to verify resources (i.e. walking trails, community parks, free or low-cost gyms, supermarkets and grocery stores, farmers’ markets and produce stands) listed in an existing community resource guide, and to identify and describe the attributes of any resources which were not listed in the guide. The audit also addressed the neighbourhood context and design, looking at the existence of sidewalks, and the number and location of fast-food restaurants, convenience stores and supermarkets. The authors used windshield tours and ground truthing methods to conduct the audit. As a result of the audit, a significant number of additional resources which had not been included in the community resource guide were identified. The authors recommended that community audits be undertaken to improve community resource guides which aim to promote physical activity and consumption of healthy foods.</p>	<p>APAN</p>	<p>Community audit; US; physical activity; healthy food options; access; food deserts; neighbourhood design</p>
<p>Kelly, J-F., Breadon, P. and Reichl, J. 2011. <i>Getting the housing we want</i>. Melbourne: The Grattan Institute.</p>	<p>Following on from <i>The housing we’d choose</i> report, this report looks at the changes that need to be made in planning, developing and delivering housing in Sydney</p>	<p>City Futures</p>	<p>Housing; planning system; housing delivery; housing</p>

http://www.grattan.edu.au/publications/17-report-getting-the-housing-we-want.pdf	<p>and Melbourne. The authors recommend the establishment of Neighbourhood Development Corporations – independent bodies which would work in partnership with industry and local and state governments to plan and deliver housing – and a Commonwealth-State Liveability Fund, for the provision of funding for parks, community facilities, and local infrastructure, to support an increase in density. The authors believe that these changes will allow for greater participation from the community in the planning process, and greater certainty for developers, and will result in Australians getting the housing they want.</p>		<p>type; neighbourhood design</p>
GETTING PEOPLE ACTIVE			
<p>America Walks. 2011. <i>America Walks Federal Policy Platform</i>. Virginia: America Walks. http://americawalks.org/wp-content/upload/Federal-Policy-Platform-America-Walks-October-2011.pdf</p>	<p>This document outlines the federal policy approach of America Walks, a non-profit organisation in the US which advocates for safe, accessible and convenient walking conditions for all. The core principles of the policy relate to pedestrian safety; performance measures and data collection and analysis; and the incorporation of health-related outcomes in transportation and built environment policy, planning and funding programs. The document provides a number of tactics to address these core principles.</p>	<p>APAN</p>	<p>US; walkability; walking infrastructure; public transport; physical activity; safety; access; connectivity; federal policy</p>
<p>Merom, D., Rissel, C., Reinten-Reynolds, T. and Hardy, L.L. 2011. 'Changes in active travel of school children from 2004 to 2010 in New South Wales, Australia.' <i>Preventive Medicine</i>, doi: 10.1016/j.ypmed.2011.09.017. http://www.sciencedirect.com/science/article/pii/S0091743511003860</p>	<p>This article describes a study which looked at the changes in mode of commuting to school among Australian school children between 2004 and 2010, and the relationship of this to BMI and cardio-respiratory fitness. The results showed that rates of active school travel remained stable during the study period (with a small increase in minutes spent on active travel) and no association was found between active travel and BMI. However, there was a significant relationship between frequent car use and low cardio-respiratory fitness. The authors concluded that 'Student inactivity associated</p>	<p>APAN</p>	<p>Physical activity; active transport; school children; Australia; car dependence; obesity; fitness</p>

	with regular car use is plausibly related to lower cardio-respiratory fitness, but active commuting may not be of sufficient energy expenditure to impact upon BMI.'		
Bauman, A., Merom, D., and Rissel, C. 2011. "Where have all the bicycles gone?" Are bicycle sales in Australia translated into health-enhancing levels of bicycle usage?' <i>Preventive Medicine</i> , doi: 10.1016/j.ypmed.2011.09.011 http://www.sciencedirect.com/science/article/pii/S009174351100380X	This article explored whether the reported increase in bicycle sales over the past decade has led to an increased number of people engaging in cycling. The authors looked at data from the annual Exercise, Recreation and Sport Surveys from 2001 to 2008, and from this calculated an estimated number of new riders each year, and compared this to industry sales figures. The results showed that there appear to be more bicycles sold than used in Australia. The authors suggest that further improvements in the cycling environment are required to improve levels of cycling participation.	APAN	Cycling; participation rates; cycling infrastructure; safety; physical activity; active transport
Byun, W., Dowda, M. and Pate, R.R. 2011. 'Correlates of Objectively Measured Sedentary Behaviour in US Preschool Children.' <i>Pediatrics</i> , doi: 10.1542/peds.2011-0748 http://pediatrics.aappublications.org/content/early/2011/10/14/peds.2011-0748.full.pdf+html	This article describes a US study of 331 preschool age children, from a range of ethnic and socio-economic backgrounds, which aimed to identify correlates of objectively measured sedentary behaviour. The results showed that girls spent more time in sedentary behaviour than boys; TV/video games and physical activity equipment in the home were found to be correlates of boys' sedentary behaviour; and BMI score and athletic coordination were found to be correlates of girls' sedentary behaviour.	APAN	Children; US; sedentary behaviour; screen time; BMI; child development; physical activity
Carlson, J.A., Sallis, J.F., Conway, T.L., Saelens, B.E., Frank, L.D., Kerr, J., Cain, K.L. and King, A.C. 2011. 'Interactions between psychosocial and built environment factors in explaining older adults' physical activity.' <i>Preventive Medicine</i> , doi: 10.1016/j.ypmed.2011.10.004 http://www.sciencedirect.com/science/article/pii/S0091743511003975	This article explored the psychosocial and environmental correlates of physical activity in 719 older adults living independently in the community in Baltimore, USA. The authors measured walkability, access to park and recreation facilities, and rates of moderate-to-vigorous physical activity per week. They also used self-report data from the participants to assess neighbourhood aesthetics, walking facilities, social support, self-efficacy, barriers and transportation and leisure walking. The results showed that '...living in a	APAN	Older adults; physical activity; walking; walkability; psychosocial attributes; access; physical activity; active transport; leisure

	supportive environment (vs unsupportive) was related to 30-59 more minutes per week of physical activity for participants with more positive psychosocial attributes, but only 0-28 more minutes per week for participants with less positive psychosocial attributes.'		
Chau, J.Y., van der Ploeg, H.P., Dunn, S., Kurko, J. and Bauman, A.E. 2011. 'A tool for measuring workers' sitting time by domain: the Workforce Sitting Questionnaire.' <i>British Journal of Sports Medicine</i> , doi: 10.1136/bjsports-2011-090214 http://bjsm.bmj.com/content/early/2011/09/22/bjsports-2011-090214.full.pdf	This article assessed the reliability and accuracy of the Workforce Sitting Questionnaire, a tool which measures and assesses sitting times for working adults in different contexts. The authors concluded that the Questionnaire is an effective and accurate measure of sitting time at work, and for assessing total sitting time based on work and non-workdays.	APAN	Measurement; questionnaire; sitting time; sedentary behaviour; physical inactivity; workplace
Gilson, N.D., Suppini, A., Ryde, G.C., Brown, H.E. and Brown, W.J. 2011. 'Does the use of standing 'hot' desks change sedentary work time in an open plan office?' <i>Preventive Medicine</i> , doi: 10.1016/j.yjmed.2011.10.012 http://www.sciencedirect.com/science/article/pii/S0091743511004300	This article provides an assessment of the use of standing hot desks in an open plan office, and the impact of this practice on sedentary work time. The 2010 study took place in Australia: participants were asked to wear an armband accelerometer for 2 consecutive working weeks. In the second week, participants were encouraged to use standing hot desks as often as possible. The results showed that there were some individual changes in sedentary work time, however, '...desk use did not alter overall sedentary work time in this sample.'	APAN	Standing desk; workplace; sedentary behaviour; physical inactivity
Heesch, K.C., Sahlqvist, S. and Garrard, J. 2011. 'Cyclists' experiences of harassment from motorists: Findings from a survey of cyclists in Queensland, Australia.' <i>Preventive Medicine</i> , doi: 10.1016/j.yjmed.2011.09.015 http://www.sciencedirect.com/science/article/pii/S0091743511003847	This article examined the incidence and correlates of harassment of cyclists in Queensland, Australia. 1830 people responded to a survey about their experiences of harassment when cycling from car users. The results showed that 76% of men and 72% of women had experienced harassment in the previous 12 months. Common forms of harassment included driving too close, shouting abuse, obscene gestures and sexual harassment. Older age, overweight/obesity, less cycling experience, and less frequent cycling were found to be	APAN	Cycling; perceptions of cyclists; harassment; safety; cycling infrastructure; road networks; physical activity

	associated with less likelihood of harassment, while living in areas of high advantage, cycling for recreation, and cycling for competition were found to be associated with higher likelihood of harassment.		
Hoehner, C.M., Handy, S.L., Yan, Y., Blair, S.N. and Berrigan, D. 2011. 'Association between neighbourhood walkability, cardiorespiratory fitness and body-mass index.' <i>Social Science & Medicine</i> , doi: 10.1016/j.socscimed.2011.09.032 http://www.sciencedirect.com/science/article/pii/S0091743511003847	This article explored the relationship between cardio-respiratory fitness, BMI and neighbourhood walkability. The US study involved 16,543 adults in Texas. The results showed that living in neighbourhoods with older homes and with residents travelling shorter distances to work was positively associated with cardio-respiratory fitness among younger adults, but negatively associated with BMI in older adults.	APAN	Physical activity; walkability; neighbourhood design; US; walking infrastructure; commuting; car dependence; active transport
Timperio, A., Salmon, J., Ball, K., te Velde, S.J., Brug, J. and Crawford, D. 2011. 'Neighbourhood characteristics and TV viewing in youth: Nothing to do but watch TV?' <i>Journal of Science and Medicine in Sport</i> , doi: 10.1016/j.jsams.2011.07.010 * http://www.sciencedirect.com/science/article/pii/S1440244011001502	This study examined the relationship between perceived and objective measures of the physical and social neighbourhood environment and TV viewing among children and adolescents. The results showed that for children, cul-de-sac density and reported crime were positively associated with TV viewing, while parental agreement that their neighbourhood has good sporting facilities was negatively associated with TV viewing. For adolescents, number of sport options and parental agreement there the level of traffic makes it difficult/unpleasant for their child to walk were negatively associated with TV viewing. The authors concluded that crime and a lack of quality sporting facilities or options may contribute to higher rates of TV viewing among children and adolescents.	APAN	Children; adolescents; physical activity; screen time; sedentary behaviour; safety; crime; road safety; traffic; sport facilities; access
CONNECTING AND STRENGTHENING COMMUNITIES			
Timperio, A., Salmon, J., Ball, K., te Velde, S.J., Brug, J. and Crawford, D. 2011. 'Neighbourhood characteristics and TV viewing in youth: Nothing to do but watch TV?' <i>Journal of Science and Medicine in</i>	This study examined the relationship between perceived and objective measures of the physical and social neighbourhood environment and TV viewing among children and adolescents. The results showed that for children, cul-de-sac density and reported crime	APAN	Children; adolescents; physical activity; screen time; sedentary

<p><i>Sport</i>, doi: 10.1016/j.jsams.2011.07.010 * http://www.sciencedirect.com/science/article/pii/S1440244011001502</p>	<p>were positively associated with TV viewing, while parental agreement that their neighbourhood has good sporting facilities was negatively associated with TV viewing. For adolescents, number of sport options and parental agreement there the level of traffic makes it difficult/unpleasant for their child to walk were negatively associated with TV viewing. The authors concluded that crime and a lack of quality sporting facilities or options may contribute to higher rates of TV viewing among children and adolescents.</p>		<p>behaviour; safety; crime; road safety; traffic; sport facilities; access</p>
<p>Hulse, K., Jacobs, K., Arthurson, K. and Spinney, A. 2011. <i>At home and in place? The role of housing in social inclusion, AHURI Final Report No. 177</i>. Melbourne: Australian Housing and Urban Research Institute. * http://apo.org.au/research/home-and-place-role-housing-social-inclusion</p>	<p>This report explores the relationship between housing processes and social inclusion/exclusion in Australia and the UK. 'Housing processes' is a term which refers to market factors, government policies and the preferences and actions of individuals/households over time. The report describes how social exclusion occurs as a result of housing processes – for example, through living in poor quality accommodation; unsafe housing and neighbourhoods; in areas with poor public transport services and a lack of employment opportunities; and in places with inadequate facilities and poor access to services. The research addresses how housing processes affect the ways in which low-income households experience disadvantage; how effective current housing-related programs are at promoting social inclusion; and looks at international good practice in this area.</p>	<p>APO</p>	<p>Housing; social exclusion; UK; Australia; living conditions; safety; access; public transport; services; neighbourhood design; housing affordability</p>
<p>PROVIDING HEALTHY FOOD OPTIONS</p>			
<p>Grundy, R. 2011. 'The rise of the inner-city farmer.' <i>Sunday Life</i>, 14 November 2011 http://www.smh.com.au/lifestyle/homestyle/the-rise-of-the-innecity-farmer-20111114-1nen3.html</p>	<p>This article describes a growing trend among inner-city residents of producing their own fruit, vegetables and herbs. The author includes reference to new resources on balcony gardening, urban gardening, the keeping of chickens in urban backyards, and rooftop beehives.</p>	<p>SMH</p>	<p>Food access; urban agriculture; food security; edible balcony; city; apartments</p>
<p>McGuirt, J.T., Jilcott, S.B., Vu, M.B. and Keyserling, T.C. 2011. 'Conducting</p>	<p>This article describes the community audit process undertaken by the authors in 10 communities in rural</p>	<p>APAN</p>	<p>Community audit; US; physical</p>

<p>Community Audits to Evaluate Community Resources for Healthful Lifestyle Behaviours: An Illustration From Rural Eastern North Carolina.' <i>Preventing Chronic Disease</i> 8(6): A149. *</p> <p>http://www.cdc.gov/pcd/issues/2011/nov/pdf/11_0016.pdf</p>	<p>Eastern North Carolina in the US. The objectives of the audit were to verify resources (i.e. walking trails, community parks, free or low-cost gyms, supermarkets and grocery stores, farmers' markets and produce stands) listed in an existing community resource guide, and to identify and describe the attributes of any resources which were not listed in the guide. The audit also addressed the neighbourhood context and design, looking at the existence of sidewalks, and the number and location of fast-food restaurants, convenience stores and supermarkets. The authors used windshield tours and ground truthing methods to conduct the audit. As a result of the audit, a significant number of additional resources which had not been included in the community resource guide were identified. The authors recommended that community audits be undertaken to improve community resource guides which aim to promote physical activity and consumption of healthy foods.</p>		<p>activity; healthy food options; access; food deserts; neighbourhood design</p>
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* denotes an item which has been placed in a number of different categories