

## HBEP FORTNIGHTLY LITERATURE REVIEW

REFERENCE	DESCRIPTION	ALERT SOURCE	KEYWORDS
<b>GENERAL POLICY AND RESEARCH</b>			
Botchwey, N.D., Falkenstein, R., Levin, J., Fisher, T. & Trowbridge, M. 2015. 'The built environment and actual causes of death: Promoting an ecological approach to Planning and Public Health.' <i>Journal of Planning Literature</i> 30 (3): 261-281. <a href="http://jpl.sagepub.com/content/30/3/261">http://jpl.sagepub.com/content/30/3/261</a>	This article reviews the literature to establish another collection of evidence related to the built environment and physical activity, nutrition and injury. Its basis of analysis focuses on existing reviews of the literature. While the title of this article mentions 'actual causes of death' the discussion of death is not apparent, yet relies upon investigation of targeted health concerns (e.g. physical activity and nutrition). Its primary contributions, however, are its emphasis of injury, specifically in the guise of traffic safety and the environment as well as its recommendations for planning practice, research and pedagogy.	SS	Built environment; physical activity; nutrition; safety; injury; literature review
Economists Intelligence Unit. (2015). <i>Global liveability report: August 2015</i> . <a href="http://apo.org.au/research/global-liveability-ranking-2015">http://apo.org.au/research/global-liveability-ranking-2015</a>	This report provides the Liveability Ranking for 140 cities around the world. The cities are ranked according to how well living conditions are provided for the populace. Thirty indicators are used to assess cities across five categories: stability, healthcare, culture and environment, education and infrastructure. While Melbourne has retained the title of the world's most liveable city, findings highlight the declining conditions of liveability. Average liveability scores have fallen specifically in categories of stability and safety. This decline has been attributed to civil unrest and ongoing conflicts.	APO	Liveability cities; ranking
Wojan, T.R. & Hamrick, K.S. 2015. 'Can walking or biking to work really make a difference? Compact development,	This article assesses the association between compact/sprawl development, body mass index and active transport. Data from the American Time Use	SS	Active transport; physical activity; compact

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<p>observed commuter choice and body mass index.' <i>PLoS ONE</i> 10 (7): art. no. e0130903  <a href="http://www.ncbi.nlm.nih.gov/pubmed/26154176">http://www.ncbi.nlm.nih.gov/pubmed/26154176</a> *</p>	<p>Survey and the Eating &amp; Health Module provided daily time-use diaries and geographical coding of residences and workplaces. Regression analysis show that activity levels of residents were found to be similar in those living in compact and sprawl developments. Place characteristics, however, were strongly associated with the small share of residents partaking in active transport. A strong association was found between active transport and lower BMI. These findings suggest that compact development alone will not promote physical activity. Rather, policies and infrastructure to promote active transport may help support opportunities to lower body mass index.</p>		<p>development; sprawl development; policy</p>
<p>Cassarino, M. &amp; Setti, A. 2015. 'Environment as 'Brain Training': A review of geographical and physical environmental influences on cognitive ageing.' <i>Ageing Research Reviews</i> 23 (Part B): 167-182.  <a href="http://www.sciencedirect.com/science/article/pii/S1568163715300027">http://www.sciencedirect.com/science/article/pii/S1568163715300027</a>*</p>	<p>This article provides a framework for investigating the characteristics of rural and urban environments and their effects on cognitive resilience in older adults. It first provides an historical perspective on environment and cognition and the prevalence of dementia in the built environment. Direct associations between environmental restorative properties (e.g. green space), environmental layout (e.g. level of clutter) and environmental noise are presented. Socioeconomic status and lifestyle (i.e. physical activity and social engagement) are highlighted as mediating factors. This framework provides a starting point for future research to investigate the physical and social factors contributing to cognitive health among the ageing adult population.</p>	<p>SS</p>	<p>Built environment; rural; urban; physical activity; social engagement; mental health; restoration; older adults; ageing</p>
<b>GETTING PEOPLE ACTIVE</b>			
<p>McNeill, L. H., Murguia, K., Nguyen, N. &amp; Taylor, W. C. 2015. 'Walking trail use among a sample of Black, White, Hispanic</p>	<p>This article investigates trail use among ethnic populations. Intercept surveys (participants stopped on site at a trail) and follow-up surveys provided data on</p>	<p>SS</p>	<p>Recreational trails; walking; physical activity;</p>

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<p>and Asian adult walkers.' <i>Journal of Physical Activity and Health</i> 12 (Supplement): S31-S39.  <a href="http://www.ncbi.nlm.nih.gov/pubmed/25155909">http://www.ncbi.nlm.nih.gov/pubmed/25155909</a></p>	<p>trail use, trail characteristics, physical activities and body mass index. Statistical analyses of the data reveal that time spent on trail did not significantly differ by ethnicity or gender but by age. Participants 40 years and older were more likely to spend 30 minutes or more walking a day and use it 4 or more times per week. Safety and well-maintained trails were perceived to be the most important features of the trail. These findings suggest that recreational trails provide convenient and accessible active opportunities for people aged 40 and over irrespective of gender and ethnicity and thus encourage their use.</p>		<p>gender; ethnicity</p>
<p>Curtis, C., Babb, C. &amp; Olaru, D. 2015. 'Built environment and children's travel to school.' <i>Transport Policy</i> 42 (August 2015): 21-33.  <a href="http://www.sciencedirect.com/science/article/pii/S0967070X15300032">http://www.sciencedirect.com/science/article/pii/S0967070X15300032</a></p>	<p>This article assesses children's independent school travel in four urban regions of Australia (Brisbane, Melbourne, Perth and Rockhampton). Built environment measures included distance to CBD, street connectivity, population density, dwelling density and presence of railway. Social measures included children's preferred and actual mode of transport, and parents' restrictions/promotions of children's independent mobility. Cluster analysis of the data reveals that distance to school has a strong influence on children's ability to travel independently and this is related to density. The average distance between residences and schools is about 1.7 km (which is beyond the 800m walkable range). No other built environmental factors were found to be relevant. While this study is one of the first to investigate the built environment and children's independent school travels, it refrains from investigating the destinations/land uses within walkable distances. Future studies examining such may report different findings.</p>	<p>SS</p>	<p>Walking; active transport; built environment; density; distance; children</p>

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<p>Wojan, T.R. &amp; Hamrick, K.S. 2015. 'Can walking or biking to work really make a difference? Compact development, observed commuter choice and body mass index.' <i>PLoS ONE</i> 10 (7): art. no. e0130903 <a href="http://www.ncbi.nlm.nih.gov/pubmed/26154176">http://www.ncbi.nlm.nih.gov/pubmed/26154176</a> *</p>	<p>This article assesses the association between compact/sprawl development, body mass index and active transport. Data from the American Time Use Survey and the Eating &amp; Health Module provided daily time-use diaries and geographical coding of residences and workplaces. Regression analysis show that activity levels of residents were found to be similar in those living in compact and sprawl developments. Place characteristics, however, were strongly associated with the small share of residents partaking in active transport. A strong association was found between active transport and lower BMI. These findings suggest that compact development alone will not promote physical activity. Rather, policies and infrastructure to promote active transport may help support opportunities to lower body mass index.</p>	<p>SS</p>	<p>Active transport; physical activity; compact development; sprawl development; policy</p>
<b>CONNECTING AND STRENGTHENING COMMUNITIES</b>			
<p>Cassarino, M. &amp; Setti, A. 2015. 'Environment as 'Brain Training': A review of geographical and physical environmental influences on cognitive ageing.' <i>Ageing Research Reviews</i> 23 (Part B): 167-182. <a href="http://www.sciencedirect.com/science/article/pii/S1568163715300027">http://www.sciencedirect.com/science/article/pii/S1568163715300027</a>*</p>	<p>This article provides a framework for investigating the characteristics of rural and urban environments and their effects on cognitive resilience in older adults. It first provides an historical perspective on environment and cognition and the prevalence of dementia in the built environment. Direct associations between environmental restorative properties (e.g. green space), environmental layout (e.g. level of clutter) and environmental noise are presented. Socioeconomic status and lifestyle (i.e. physical activity and social engagement) are highlighted as mediating factors. This framework provides a starting point for future research to investigate the physical and social factors contributing to cognitive health among the ageing adult population.</p>	<p>SS</p>	<p>Built environment; rural; urban; physical activity; social engagement; mental health; restoration; older adults; ageing</p>

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<p>Lovell, R., Husk, K., Cooper, C., Stahl-Timmins, W. &amp; Garside, R. 2015. 'Understanding how environmental enhancement and conservation activities may benefit health and wellbeing: A systematic review of environmental health.' <i>BMC Public Health</i>, 15 (1): art. no. 864. <a href="http://www.biomedcentral.com/1471-2458/15/864">http://www.biomedcentral.com/1471-2458/15/864</a></p>	<p>This article reviews the literature to assess how environmental enhancement and conservation activities may contribute to health and wellbeing. Such activities include litter picking, re-greening of urban waste sites, habitat restoration and other similar activities that generally occur in groups. Thirty-two papers were selected for review and represent the UK, Canada, Australia and the US. Analyses of the literature depict inconclusive effects on health and wellbeing due to little robust quantitative evidence. Qualitative evidence reveals four characteristics of activity participation associated with positive health impacts: physical activity; achievement and contribution, social contact and contact with the natural environment. Further research is needed to assess the relationship between revitalisation of sustainable urban habitats and human health.</p>	<p>SS</p>	<p>Health; well-being; sustainability; environmental enhancement; conservation activities; literature review</p>
<p>McMahan, E.A. &amp; Estes, D. 2015. 'The effect of contact with natural environments on positive and negative affect: A meta-analysis.' <i>Journal of Positive Psychology</i> 10 (6): 507-519. <a href="http://www.tandfonline.com/doi/abs/10.1080/17439760.2014.994224">http://www.tandfonline.com/doi/abs/10.1080/17439760.2014.994224</a></p>	<p>This article analyses the literature to measure the effect of natural environment contact on emotional wellbeing. From a total of 389 potentially relevant studies, thirty-two studies were included in this analysis. A meta-analysis of the studies reveals that brief contact with nature was associated with higher levels of positive emotional wellbeing. Contact with urban green space or wilderness areas produced similar emotional wellbeing effects. These findings suggest that policies supporting access to urban green areas may help facilitate higher levels of wellbeing among its visitors.</p>	<p>SS</p>	<p>Urban green space; wilderness areas; wellbeing; literature review</p>
<b>PROVIDING HEALTHY FOOD OPTIONS</b>			
<p>Maguire, E.R., Burgoine, T. &amp; Monsivais, P. 2015. 'Area deprivation and the food environment over time: A repeated cross-</p>	<p>This article examines disparities in the retail food environment between 1990-2008 in Norfolk, UK. Food outlet data was taken from telephone directories,</p>	<p>SS</p>	<p>Retail food outlet; fast food; supermarket;</p>

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<p>sectional study on takeaway outlet density and supermarket presence in Norfolk, UK, 1990-2008.' <i>Health and Place</i> 33 (May 2015): 142-147.  <a href="http://www.sciencedirect.com/science/article/pii/S1353829215000325">http://www.sciencedirect.com/science/article/pii/S1353829215000325</a></p>	<p>classified into supermarket and takeaway food, and addresses were geocoded. Statistical analyses of the data show a significant difference in outlet density between deprived areas over time. The most economically deprived areas saw an increase in fast food retail outlets from a mean of 4.6 to 6.5 (43% increase). Supermarket presence was not associated with deprivation. These findings suggest that socioeconomic inequalities in the prevalence of unhealthy food outlets exist. Policies and initiatives should address such inequities.</p>		<p>socioeconomic status</p>
<p>Wilkins, J. L., Farrell, T. J. &amp; Rangarajan, A. 2015. 'Linking vegetable preferences, health and local food systems through community-supported agriculture.' <i>Public Health Nutrition</i> 18 (13): 2392-2401.  <a href="http://www.ncbi.nlm.nih.gov/pubmed/25824468">http://www.ncbi.nlm.nih.gov/pubmed/25824468</a></p>	<p>This article explores the influence of community-supported agriculture on vegetable intake. Measures of new and changed vegetable preferences and frequency of purchases were taken from 151 community-supported agriculture participants (new &amp; returning/full-paying and subsidised) in a rural county in New York. Analysis of the data shows that participants reported the intake of eleven different vegetables during the season and over half reporting at least one new vegetable. Community-supported agriculture is a viable option for increasing vegetable consumption and has the potential to address disparities in food access.</p>	<p>SS</p>	<p>Vegetable intake; community supported agriculture</p>

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