

RESEARCH CONNECTIONS

AUSTRALIA & NEW ZEALAND

AUSTRALIAN ADULT PHYSICAL ACTIVITY SUFFICIENCY TREND DATA: POSITIVE, PREVALENT, AND PERSISTENT CHANGES 2002-2012

Authors

Katherine Reta Devonshire-Gill and Kevin Ian Norton

Article Abstract

Insufficient physical activity (PA) is a risk factor for several noncommunicable chronic diseases. The World Health Organisation stresses the need for national PA trend data to help inform strategies to arrest noncommunicable chronic disease incidence. The Active Australia Survey questionnaire quantifies leisure-time physical activity. Despite being used repeatedly in large population surveys, these data have never been analysed as a single dataset. This study established temporal trends for aerobic PA sufficiency prevalences in the Australian adult (18–75+ y) population, 2002–2012, based on leisure-time physical activity.

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Price \$19.95

SPORT AND AGEING: A SYSTEMATIC REVIEW OF THE DETERMINANTS AND TRENDS OF PARTICIPATION IN SPORT FOR OLDER ADULTS

Authors

Claire R Jenkin, Rochelle M Eime, Hans Westerbeek, Grant O'Sullivan and Jannique G Z van Uffelen

Article Abstract

The global population is ageing. As

ageing is often associated with a decline in health, there is a need to further develop preventative health measures. Physical activity can positively influence older adults' (aged 50 years and older) health. Previous research on the relationship between physical activity and health for older adults has mainly focused on physical activity in general and not specific types of exercise. Due to the social nature of sport, it may assist in improving physical, mental and social health for older adults. Sport, as a form of physical activity, has not been widely explored as a physical activity opportunity for older adults. This review concurrently explored two research questions: the determinants and the trends of sport participation for community dwelling older adults.

Published BMC Public Health

(December 2017). 17:976

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TESTING SPATIAL MEASURES OF PUBLIC OPEN SPACE PLANNING STANDARDS WITH WALKING AND PHYSICAL ACTIVITY HEALTH OUTCOMES: FINDINGS FROM THE AUSTRALIAN NATIONAL LIVEABILITY STUDY

Authors

Paula Hooper, Bryan Boruff, Bridget Beesley, Hannah Badland and Billi Giles-Cortic

Article Abstract

Green public open spaces (POS) are an important component of healthy, liveable, and sustainable urban environs. Planning policies for POS provision however, tend to be evidence-free. A review of Australian state-level POS planning policies and standards was conducted and policy-specific spatial measures generated in GIS. These were linked with health data from the RESIDE survey and relationships examined with weekly walking for recreation and moderate-vigorous physical activity (MVPA). To facilitate the development of a comparable national measure of POS provision, the measures were replicated using a national-level dataset on POS and compared using intra-class correlations. Sixteen POS policy standards relating to the location, amount, access, and size of POS were identified. Only one

POS standard was associated with a health outcome: RESIDE participants living in suburbs where 95% of residents lived within 400 m of a park had a three-fold increased odds of doing weekly MVPA. The national dataset did not appear to align with the types of POS typically addressed by urban POS planning policies and showed a low level of reliability with the finer-grain state layer (ICCs 0.185–0.312). These findings support existing literature indicating that neighbourhoods with greater access to POS within 400 m are associated with higher odds of physical activity. The current study suggests that not all POS standards are equal, and more research is required to determine whether current planning standards being implemented are achieving their full potential. The development of national evidence-based, policy-relevant POS indicators has the potential to inform future POS planning policies and decisions.

Published Landscape and Urban Planning (March 2018). Vol 171. pp 57-67

Download doi.org/10.1016/j.landurbplan.2017.12.001

Price \$71

STATE OF LEISURE STUDIES IN AUSTRALIA AND NEW ZEALAND

Authors

John Tower, Richard McGrath, Ruth Sibson, Daryl Adair, Nadia Bevan, Graham Brown, Carmel Foley, Simone Fullagar, Lyndal Gray, Clayton Hawkins, Ruth Jeanes, Roslyn Kerr, Kate Martin, Hazel Maxwell, Katie McDonald, Nicole Peel, Arianne Reis, Trisha Xing, Rachel Yerbury and Jo An Zimmerman

Article Abstract

A recurring theme has emerged from past ANZALS (Australia and New Zealand Association for Leisure Studies) Conferences' keynote presentations concerning the status of leisure studies from a teaching and research perspective. While this broad discussion has been raised, little is formally known about the current status of leisure studies in Australian and New Zealand universities. The ANZALS Board initiated a project in 2015 to gain insights into this topic. The purpose of the project was to document issues about leisure studies in Australian and New Zealand universities and to explore strategies that could assist ANZALS to promote leisure studies

CALL FOR SUBMISSIONS

Abstracts for current research projects that may be of interest to others are always welcomed, in particular research relating to:

- Parks, Gardens and Conservation. Abstracts required 22/06/2018
- Events, Tourism and the Arts. Abstracts required 21/09/2018

Please forward material or enquiries to John Wood at jwocs@bigpond.net.au

across various sectors. This initiative sought feedback from the ANZALS Patron organisations as well as members via a workshop conducted at the 2015 ANZALS Conference. Outcomes from the project have identified leisure studies as a diverse and disparate field of study. Leisure studies is no longer a centralised field within Australian and New Zealand universities. Instead, leisure studies have become divergent and focused on the elements within leisure such as recreation, sport, tourism and events, as well as across domains such as management and health. The project outcomes indicate the need for organisations such as ANZALS to develop and maintain collaborative networks with a variety of stakeholders, both within the tertiary sector as well as amongst practitioners in various industry sectors. There is also a need for ANZALS and kindred organisations to recognise and acknowledge the past and ensure its future by examining how leisure studies can be defined for application in a realm of related fields of study.

Published World Leisure Journal (July 2017). Vol 60. Issue 1. pp 58-66
Download tandfonline.com/doi/full/10.1080/16078055.2017.1343326
Price \$42.50

SERIOUS LEISURE AMONG OLDER GARDENERS IN AUSTRALIA

Authors

Eva (Hui-Ping) Cheng,
 Robert Stebbins and Jan Packer

Article Abstract

Activities such as gardening are fast becoming acknowledged as a much-desired health management strategy in later life. However, few studies have examined gardening as a serious leisure pursuit. The aim of this study was to apply the concept of serious leisure to the context of leisure gardening by older adults in Australia. Casual, participant and devotee gardeners were compared with respect to the relative importance of the characteristics of serious leisure, using self-administered questionnaires (n = 514). Findings indicated that characteristics of serious leisure varied significantly across the three groups. The most powerful discriminating characteristics were Identity, Unique Ethos and Significant Effort; with Identity particularly important for devotee gardeners. The deeper the level of engagement, the more gardening was perceived as contributing to overall life satisfaction. Findings indicated that gardening could be a serious leisure pursuit that assists in the development

of a positive leisure identity and contributes to a more mobile and active life for older adults.

Published Leisure Studies Journal (May 2016). Vol 36. Issue 4. pp 505-518
Download tandfonline.com/doi/abs/10.1080/02614367.2016.1188137?journalCode=rlst20
Price \$42.50

COMMUNITY GARDENING AND HEALTH-RELATED BENEFITS FOR A RURAL VICTORIAN TOWN

Authors

Erin Louise Sanchez and
 Pranee Liamputtong

Article Abstract

Community gardens are growing in popularity as a strategy to effectively deal with population health at a local level. There is a need to gather information about the health-related benefits of community gardens for people living in a rural locale. This paper discusses the health-related benefits of rural community gardens. We adopted a qualitative approach to examine these issues. Ten participants, eight females and two males, aged between 50 and 82, who have participated in a community garden located in South Gippsland, Victoria, for a minimum of 12 months, took part in this study. Semi-structured interviews that lasted between 30 and 60 min were conducted to explore the perspectives and lived experiences of the participants. Thematic analysis was utilised to analyse the data. We situate our discussion in this paper within the therapeutic landscape theory. Findings indicate that there is a range of health-related benefits associated with participation in rural community gardens, including physical, nutritional, social and psychological. Despite these benefits, the participants wished to see some improvements that could attract more people in rural areas to participate in community gardens. Given the paucity of research available regarding rural community gardens, future research should continue to develop an understanding of these rural sites, especially given the ever-growing popularity of community gardens Australia-wide.

Published Leisure Studies Journal (November 2016). Vol 36. Issue 2. pp 269-281
Download tandfonline.com/doi/abs/10.1080/02614367.2016.1250805
Price \$42.50

UNASSISTED INVASIONS: UNDERSTANDING AND RESPONDING TO AUSTRALIA'S

HIGH-IMPACT ENVIRONMENTAL GRASS WEEDS

Authors

Rieks D van Klinken and
 Margaret H Friedel

Article Summary

Alien grass species are among the worst environmental weeds in Australia. We analysed the 339 currently naturalised species and found 17 to seriously impact diverse environments across Australia. Available evidence suggests their success was assisted by ecological novelty, high propagule pressure and an ability to respond to, and even alter, natural disturbance regimes. New management approaches will be needed to negate these natural advantages.

Published Australian Journal of Botany (January 2018). Vol 65. Issue 8. pp 678-690

Download publish.csiro.au/bt/BT17152
Price FREE

INTERNATIONAL

THE USABILITY OF UNMANNED AERIAL VEHICLES (UAVS) FOR MEASURING PARK-BASED PHYSICAL ACTIVITY

Authors

Keunhyun Park and Reid Ewing

Article Abstract

While various observation techniques have been developed to measure park use or park-based physical activity, no study has used unmanned aerial vehicles (UAVs) to do so. Thus, this study develops a new observation method that uses UAVs to survey park-based physical activity. This study tests the inter-rater reliability and criterion validity of the UAV-using observation method in comparison to an existing on-the-ground observation tool in five diverse urban parks in Salt Lake City, Utah. With a systematic observation tool, SOPARC (System for Observing Play and Recreation in Communities), this study finds that the UAV observations show a high level of inter-rater reliability (ICC = 0.99 for a total number of users). In addition, compared to the results of on-the-ground observations using SOPARC, those of UAV observations demonstrate validity (ICC = 0.98 for a total number of users). Compared to existing methods, the UAV observation tool, covering larger target areas, is suitable for counting park users in a more reliable and efficient way and mapping their use patterns; however, the tool is weaker at collecting detailed user information and surveying under poor weather conditions. Thus, the UAV method could complement existing tools. Finally, this study suggests

practical implications of the UAV observation method.

Published Landscape and Urban Planning (November 2017). Vol 167. pp 157-164

Download [sciencedirect.com/science/article/pii/S0169204617301469](https://www.sciencedirect.com/science/article/pii/S0169204617301469)

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GREEN STREETS: QUANTIFYING AND MAPPING URBAN TREES WITH STREET-LEVEL IMAGERY AND COMPUTER VISION

Authors

Ian Seiferling, Nikhil Naik, Carlo Ratti and Raphaël Proulx

Article Abstract

Traditional tools to map the distribution of urban greenspace have been hindered by either high cost and labour inputs or poor spatial resolution given the complex spatial structure of urban landscapes. What's more, those tools do not observe the urban landscape from a perspective in which citizens experience a city. We test a novel application of computer vision to quantify urban tree cover at the street-level. We do so by utilizing the open-source image data of city streetscapes that is now abundant (Google Street View). We show that a multi-step computer vision algorithm

segments and quantifies the percent of tree cover in streetscape images to a high degree of precision. By then modelling the relationship between neighbouring images along city street segments, we are able to extend this image representation and estimate the amount of perceived tree cover in city streetscapes to a relatively high level of accuracy for an entire city. Though not a replacement for high resolution remote sensing (eg. aerial LiDAR) or intensive field surveys, the method provides a new multi-feature metric of urban tree cover that quantifies tree presence and distribution from the same viewpoint in which citizens experience and see the urban landscape.

Published Landscape and Urban Planning (September 2017). Vol 165. pp 93-101

Download [sciencedirect.com/science/article/pii/S0169204617301147?via%3Dihub](https://www.sciencedirect.com/science/article/pii/S0169204617301147?via%3Dihub)

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AN EXPLORATORY STUDY OF YOUNG WOMEN'S USE OF LEISURE SPACES AND TIMES: CONSTRAINED, NEGOTIATED, OR UNCONSTRAINED BEHAVIOUR?

Author

Dr Neil Carr

Article Abstract

How young women (18–24 years old) perceive risk and use leisure spaces is reported in this paper. The data were collected in the town of Torquay, in Southwest England, using a series of recall diaries and in-depth interviews. This work aims to expand on the suggestion that women are demonstrating spatial behaviour of an increasingly unconstrained nature. It also assesses how this hypothesis may relate to the more traditional view of women's use of leisure spaces as constrained and/or negotiated. The young women who took part in this study identified a number of 'risks' with going out in Torquay, especially at night. Despite this, they were willing to go almost anywhere within the town. While some women reported going out at night by themselves, others preferred to do so in groups. Although the group seems to have acted as a safety net against perceived risks, it also appears to have been used as a social tool. Overall, the results suggest that the women displayed varying degrees of negotiated and unconstrained spatial behaviour.

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Published World Leisure Journal (March 2011). Vol 42. Issue 3. pp 25-32

Download tandfonline.com/doi/abs/10.1080/04419057.2000.9674193

Price \$42.50

NYC LANDFILL SITE BEING CONVERTED INTO 2200-ACRE PARK

Authors

Anisha Nandi and Ari Mont

Article Summary

What was once a landfill on New York City's Staten Island is being turned into a park spanning 2200

acres. Freshkills Park won't be fully open until 2036, but plans are for playgrounds, art installations, trails, fields and kayaking.

Published CBS News online (January 2018)

Download cbsnews.com/news/freshkills-landfill-turned-to-park-staten-island-new-york/

Price FREE

PLACEMAKING, LIVABILITY AND PUBLIC SPACES: ACHIEVING SUSTAINABILITY THROUGH HAPPY PLACES

Author

Marichela Sepe

Article Abstract

Liveability of places is set by many factors which are in turn influenced by a variety of elements - both tangible and intangible - concerning the area in question and its surroundings. One of these factors is constituted by urban happiness, which, together with the term sustainability meant in its wide meaning, constitutes a key concept in placemaking. In this respect, a new attention to urban happiness has been given but often in terms of theoretical sense or from an observational point of view. Aim of this study is to present the Happy place mapping, a method of analysis specifically devoted to the identification of factors that influence the perception of happiness from the urban point of view. To illustrate the method, the emblematic HafenCity case study carried out in Hamburg is showed. A long process of urban regeneration is interesting this area and the new public spaces are changing the identity of the city, making it more livable and agreeable both for locals and visitors. The discussion on questions related to methods that concern intangible aspects and on Happy place mapping conclude the paper.

Published The Journal of Public Space (2017). Vol 2. Issue 4. pp 63-76

Download journalpublicspace.org/article/view/141/96

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THE APPLICATION OF NETWORK-BASED GIS TOOLS TO INVESTIGATE SPATIAL VARIATIONS IN THE PROVISION OF SPORTING FACILITIES

Authors

Mitchel Langford, Gary Higgs (ORCID Icon) and Jonathan Radcliffe

Article Abstract

Methods whereby access to facilities can be captured in order to support national policies geared towards promoting sports participation and help plan the provision of local facilities are urgently needed. Objective measures derived from the use of Geographical Information Systems can be used to gain an understanding of spatial variations in the location and quality of sporting infrastructure. The aim of this study is to draw on a recreational database for Wales to demonstrate the benefits of 'enhanced two-step floating catchment area' techniques for gaining a wider understanding of variations in potential demand for sport facilities in the light of available supply. A practical demonstration showing how such tools can be used to examine variations in provision in relation to potential demand arising from targeted demographic groups is illustrated using the case study of spatial access to lawn bowling greens, an increasingly popular leisure pursuit in Wales.

Published Annals of Leisure Research (January 2017). Vol 21. Issue 2. pp 178-198

Download tandfonline.com/doi/abs/10.1080/11745398.2016.1272059

Price \$42.50

ENGAGEMENT OF 'AT-RISK' YOUTH THROUGH MEANINGFUL LEISURE

Authors

Tristan D Hopper and Yoshitaka Iwasaki

Article Abstract

Many young people today experience marginalisation and exclusion. In particular, youth living with challenging conditions such as poverty, homelessness, abusive/addictive behaviours, and mental health issues, often have limited access to opportunities and resources. This paper focuses on the role of leisure as a meaningful way of youth engagement. Specifically, the paper explores how youth-led leisure opportunities can help young people caught in the dynamics

of exclusion and marginalisation, which often magnify inequities and hinder positive developmental outcomes. Through both a critical review of the literature and a reflection on the gaps identified within the examined literature, a conceptual model of mechanisms involving leisure and youth engagement is presented for potential use in future research and practice.

Published Journal of Park and Recreation Administration (March 2017). Vol 35. Issue 1. pp 20-33

Download js.sagamorepub.com/jpra/article/view/7289

Price FREE

CONFLICTS, BATTLEFIELDS, INDIGENOUS PEOPLES AND TOURISM: ADDRESSING DISSONANT HERITAGE IN WARFARE TOURISM IN AUSTRALIA AND NORTH AMERICA IN THE TWENTY FIRST CENTURY (2013)

Authors

Raynald Harvey Lemelin, Kyle Powys Whyte, Kelsey Johansen, Freya Higgins Desbiolles, Christopher Wilson and Steve Hemming

Article Abstract

The purpose of this paper is to examine the omission of Indigenous narratives in battlefields and sites of conflicts while also highlighting how certain battlefields and sites of conflicts have attempted to address dissonant heritage by diversifying interpretation strategies and implementing elements of collaborative management approaches, thereby addressing Indigenous erasure. The content analysis reveals that aboriginal erasure is still prevalent within the literature on warfare and battlefield tourism. However, the case studies suggest that dissonant heritage in warfare tourism is being addressed through collaborative management strategies and culturally sensitive interpretation strategies.

Published International Journal of Culture, Tourism and Hospitality Research, Vol 7. Issue 3. August 2013. pp 257-271

Download http://www.emeraldinsight.com/doi/full/10.1108/IJCTHR-05-2012-0038

Price \$32