

## PHYSICAL HEALTH, OUTDOOR ENVIRONMENTS, AND CHILD DEVELOPMENT

### Publication Listing (2016 Oct - Please note: This is an update to the 2016 April listing)

This rapid literature search aims to highlight papers related to:

- The importance of play/physical activity on children’s development – two sections, the latter includes an Indigenous focus;
- The influence of neighbourhood/physical/outdoor environments on play;
- Physical activity requirements for children and policies to create supportive, active-friendly environments;
- Nature of active/free play, risky play, and childhood safety;
- Physical activity, children, and technology

The focus is on literature published in 2016, as an update to the rapid literature scan completed in April 2016 (available from the Human Early Learning Partnership). Note: some older papers are included.

This list is not comprehensive, but it includes select reviews, RCTs, meta-analyses, and other papers which have key findings, perspectives, etc. This list is alphabetically ordered (within each content area numbered 1-6 below).

### CONTENTS: PHYSICAL ACTIVITY, ENVIRONMENTS AND CHILD DEVELOPMENT LITERATURE

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## 1) PLAY/PHYSICAL ACTIVITY/OUTDOORS AND CHILDREN'S DEVELOPMENT

1. Chawla L. **Benefits of nature contact for children.** Journal of Planning Literature. 2015;0885412215595441. Available from: <http://jpl.sagepub.com/content/early/2015/07/19/0885412215595441>.
2. Coon JT, Boddy K, Stein K, Whear R, Barton J, Depledge MH. **Does participating in physical activity in outdoor natural environments have a greater effect on physical and mental wellbeing than physical activity indoors? A systematic review.** Environ Sci Technol. 2011;45(5):1761-72. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/21291246>.
3. Wight RA, Kloos H, Maltbie CV, Carr VW. **Can playscapes promote early childhood inquiry towards environmentally responsible behaviors? An exploratory study.** Environmental Education Research. 2016;22(4):518-37. Available from: [https://www.uc.edu/content/dam/uc/ccrl/docs/publications/Wight\\_Alan\\_2015.pdf](https://www.uc.edu/content/dam/uc/ccrl/docs/publications/Wight_Alan_2015.pdf).

## 2) NEIGHBOURHOOD/PHYSICAL/OUTDOOR ENVIRONMENTS AND CHILDREN'S PLAY ACTIVITIES

1. Allsopp LB. **The science of play: how to build playgrounds that enhance children's development.** Choice: Current Reviews for Academic Libraries. 2015;52(9):1492-. Available from: <https://www.amazon.ca/Science-Play-Playgrounds-Childrens-Development/dp/1611686105>.
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3. Jansson M, Sundevall E, Wales M. **The role of green spaces and their management in a child-friendly urban village.** Urban Forestry & Urban Greening. 2016;18:228-36. Available from: <http://www.sciencedirect.com/science/article/pii/S1618866716302576>.
4. Jensen PS. **It takes a (green) village ....** J Am Acad Child Adolesc Psychiatry. 2016;55(7):540-1. Available from: [http://www.jaacap.com/article/S0890-8567\(16\)30174-5/abstract](http://www.jaacap.com/article/S0890-8567(16)30174-5/abstract).
5. Mjaavavn PE. **Changes in children's preferences for outdoor activities: a longitudinal study.** Leisure/Loisir: Journal of the Canadian Association for Leisure Studies. 2016;40(2):225-44. Available from: <http://www.tandfonline.com/doi/full/10.1080/14927713.2016.1220260>.

## 3) PHYSICAL ACTIVITY REQUIREMENTS AND POLICIES TO CREATE ACTIVE-FRIENDLY ENVIRONMENTS

1. Bangsbo J, Krstrup P, Duda J, Hillman C, Andersen LB, Weiss M, et al. **The Copenhagen Consensus Conference 2016: children, youth, and physical activity in schools and during leisure time.** Br J Sports Med. 2016;50(19):1177-8. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/27354718>.
2. Gainforth HL, Jarvis JW, Berry TR, Chulak-Bozzer T, Deshpande S, Faulkner G, et al. **Evaluating the ParticipACTION "Think Again" campaign.** Health Educ Behav. 2016;43(4):434-41. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/26377523>.
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4. Gordon ES, Tucker P, Burke SM, Carron AV. **Effectiveness of physical activity interventions for preschoolers: a meta-analysis.** Res Q Exerc Sport. 2013;84(3):287-94. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/24261007>.
5. Jachyra P, Fusco C. **The place of play: from playground to policy to classroom well-being.** Sport, Education & Society. 2016;21(2):217-38. Available from: <http://www.tandfonline.com/doi/abs/10.1080/13573322.2014.896331>.
6. Lang JJ, Tremblay MS, Léger L, Olds T, Tomkinson GR. **International variability in 20 m shuttle run performance in children and youth: who are the fittest from a 50-country comparison? A systematic literature review with pooling of aggregate results.** Br J Sports Med. 2016. Available from: <http://bjsm.bmj.com/content/early/2016/09/20/bjsports-2016-096224.abstract>.

7. Larouche R, Garriguet D, Gunnell KE, Goldfield GS, Tremblay MS. **Outdoor time, physical activity, sedentary time, and health indicators at ages 7 to 14: 2012/2013 Canadian Health Measures Survey.** Ottawa, ON: Statistics Canada, Health Reports; 2016 Sep. Available from: <http://www.statcan.gc.ca/pub/82-003-x/2016009/article/14652-eng.htm>.
8. Yao CA, Rhodes RE. **Parental correlates in child and adolescent physical activity: a meta-analysis.** Int J Behav Nutr Phys Act. 2015;12. Available from: <http://dx.doi.org/10.1186/s12966-015-0163-y>.
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#### 4) NATURE OF ACTIVE/FREE PLAY, RISKY PLAY, AND CHILDHOOD SAFETY

1. Huggins V. **Reviews of risk and adventure in early years outdoor play: learning from forest schools and forest schools for all.** Early Years: An International Journal of Research and Development. 2012;32(1):99-100. Available from: <https://uk.sagepub.com/en-gb/eur/risk-adventure-in-early-years-outdoor-play/book234719>.
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3. Loebach J, Gilliland J. **Neighbourhood play on the endangered list: examining patterns in children's local activity and mobility using GPS monitoring and qualitative GIS.** Children's Geographies. 2016;14(5):573-89. Available from: <http://www.tandfonline.com/doi/abs/10.1080/14733285.2016.1140126>.
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7. Solomon SG. **The science of play: How to build playgrounds that enhance children's development:** UPNE; 2014. Available from: <https://www.amazon.ca/Science-Play-Playgrounds-Childrens-Development/dp/1611686105>.
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#### 5) PHYSICAL ACTIVITY, CHILDREN, AND TECHNOLOGY

1. Cross G. **From playgrounds to playstation: the interaction of technology and play.** Journal of the History of Childhood & Youth. 2016;9(2):354-6. Available from: <https://jhupbooks.press.jhu.edu/content/playgrounds-playstation>.
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## 6) PLAY/PHYSICAL ACTIVITY AND CHILDREN'S DEVELOPMENT – INDIGENOUS FOCUS

1. Akande VO, Hendriks AM, Ruiter RAC, Kremers SPJ. **Determinants of dietary behavior and physical activity among Canadian Inuit: a systematic review.** Int J Behav Nutr Phys Activity. 2015;12:1-17. Available from: <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-015-0252-y>.
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