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# The best address to fight the flab

**CARLEEN FROST**

IS where you live making you fat?

The mix of bottle shops, fast-food restaurants, parks and public transport options in your suburb is being studied to determine how “liveable” our neighbourhoods are and whether our environment is contributing to the obesity epidemic crippling NSW.

The National Livability Study will examine access to alcohol, food outlets, public open spaces, employment and land use.

Chief investigator Billie Giles-Corti said the information would be used for future urban planning and government policy.

Professor Giles-Corti said it would also help pinpoint inequities and problem areas.

“We have a definition of livability which is a place that stays socially cohesive, is environmentally sustainable and has affordable housing,” she told The Daily Telegraph.

“In addition are public open space and all the services that you need for daily life.

“The important part from an obesity perspective is the fact that people can walk, cycle and use public transport and get to all the things they need in their daily lives — and not just drive.”

The study, which will be run by the Australian Prevention Partnership Centre in collaboration with the Sax Institute Health and Wellbeing Research Centre, is tipped to be

the world’s most comprehensive livability survey.

Initial results are expected midway through next year.