

7 April 2017

## Building healthy high-rise living

As one of the fastest growing regions in Sydney, Liverpool has plenty of exciting changes in store. But did you know, changes to our built environment can affect our health?

South Western Sydney Local Health District's Population Health, in partnership with Liverpool City Council are on a mission to find out how Liverpool can be a healthier city and they are keen to hear from local voices.

The Liverpool Health and Lifestyle Survey aims to find out more about the health and wellbeing of residents particularly those living in medium density housing in the Liverpool Central Business District (CBD).

Dr Stephen Conaty, Director of Population Health, South Western Sydney Local Health District, explained that information collected will be used to help understand the community's needs and guide how health issues such as type 2 diabetes are addressed by future health prevention programs.

"Liverpool's prevalence of type 2 diabetes is higher than the NSW average, and we know healthy urban environments that encourage people to increase their physical activity, reduce sedentary behaviours and eat healthy foods are important for preventing type 2 diabetes," said Dr Conaty.

"The built environment influences how we work and play and the Liverpool Health and Lifestyle Survey will give residents the chance to share their views on how aspects of the built or social environment can be changed to improve health."

Mayor of Liverpool City Council, Wendy Waller, is excited to use survey data to ensure Liverpool builds on its reputation as a liveable, healthy, diverse city.

"Our city is on the cusp of becoming the third major CBD in NSW and this survey will play a vital role in shaping our understanding of the factors that influence the health of our residents," said Mayor Waller.

"We're very proud of the green spaces and opportunities for physical activity that our city has to offer and we're committed to the health and wellbeing of our residents as Liverpool grows.

"With outdoor gyms, a number of cycleways and walkways, green spaces such as Bigge Park and free outdoor physical activity classes, Liverpool City Council is already encouraging residents to lead more active lifestyles," said Mayor Waller.

All 7000 households in the medium density housing areas of Liverpool CBD are invited to participate in the Liverpool Health and Lifestyle online survey.

The survey is also being offered in three community languages; Arabic, Hindi and Serbian and residents without internet access can complete the survey for free at the Liverpool Library.

The survey is voluntary and will be open until 21 April 2017 and can be accessed here:  
<http://listens.liverpool.nsw.gov.au/health-lifestyle-survey>

For more information regarding the survey, please contact Alison Dunshea from SWSLHD on 8738 5763.