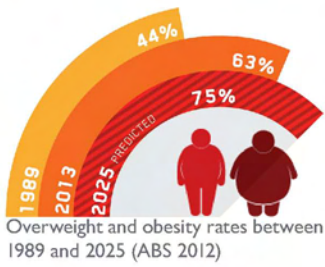


# EATING AS A PLANNED ACTIVITY

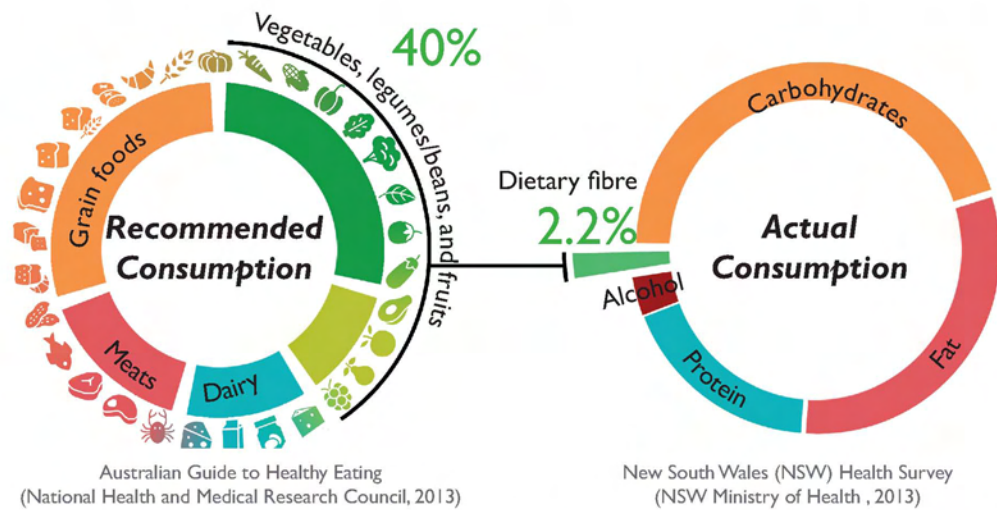
AN ONGOING STUDY OF FOOD CHOICE AND THE BUILT ENVIRONMENT IN SYDNEY

## PROBLEM STATEMENT



In Australia, around 90 percent of the total population live in metropolitan areas whereby 63 percent of adults are overweight or obese, with an increase of 19 percent since 1989 (Australian Bureau of Statistics (ABS), 2012). If current trends continue, 3 in 4 Australians will be overweight or obese (Walls et al., 2012).

Dietary behaviour, particularly urban food choice, is predominantly unhealthy amongst Australians. Although it is recommended to have 5 servings of vegetables, the population's dietary fibre intake is still significantly low.



This study attempts to understand how **the built environment** influences people's **food choice** in Sydney.

## STUDYING FOOD CHOICE IN THE BUILT ENVIRONMENT FIELD

1. Requires an interdisciplinary study to bring all the factors together.
2. Current studies underestimate the influence of the built environment to food choice, whilst most factors are related to the built environment.
3. Studies regarding food desert focus on extreme cases: research should be a step further.

## METHODOLOGY



### Spatial statistic analysis

- Representing the food choice outcome
- Selecting case study area



### Qualitative analysis

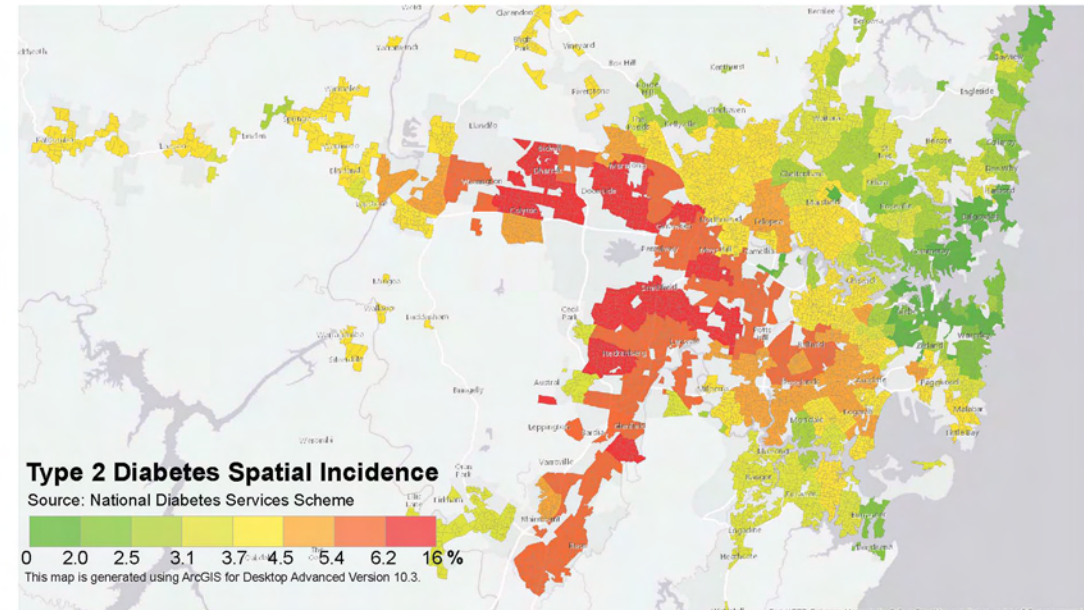
Interviews targeting 3 aspects

- Availability, types and perceptions of food outlets
- Accessibility to food
- How food activities are integrated into daily routines

## FOOD CHOICE IN SYDNEY

### Measuring food choice: Type 2 Diabetes Incidence

Reasons: A healthy diet can reduce the risk of Type 2 Diabetes, hence the incidence of Type 2 Diabetes can indicate the utilisation of healthy food and the food choices.



The T2D spatial incidence map suggests the link between food choice behaviour and the built environment.

## PRIMARY FINDINGS IN INTERVIEWS



### Topologies shaping the choice

"Yeah, I know I can get my fresh fruit down the road, I just don't like hiking up any hills!" - Jessica

### Choosing food as a pedestrian

"It's just across the road, but I live where there are major intersections. It's a lot of trouble and effort..." - Steve

### Integrating food choice into routines

"I shop [food] there; that's halfway to pick up my kids. Plus I can always find a parking space there." - Wendy



### The perception of food availability

Jeff: "There's no health food on the other side, just fast food chains."  
Me: "There are at least two fresh food grocers..."  
Jeff: "Oh really? I can't recall any. I thought there's just fast food on that side."

## CONCLUSION

The built environment shapes the food choice in multiple ways. The understanding of this relationship can help reduce the urban barriers to healthy food for a healthy built environment.

### Acknowledgements

I thank my supervisors Dr Ilan Wiesel and Associate Professor Linda Corkery for their constructive support.

fanqi.liu@student.unsw.edu.au