

# The complex effects of our neighbourhoods on quality of life

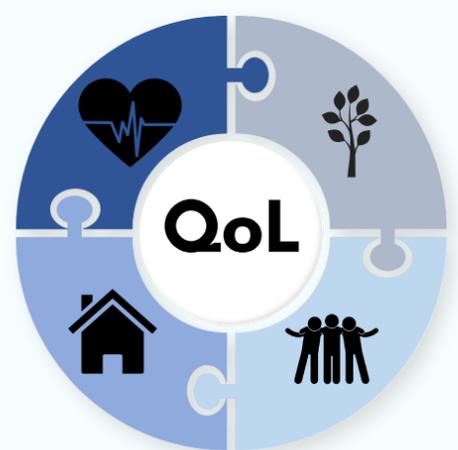
By **2050** the global population of older adults will have increased to **16%**



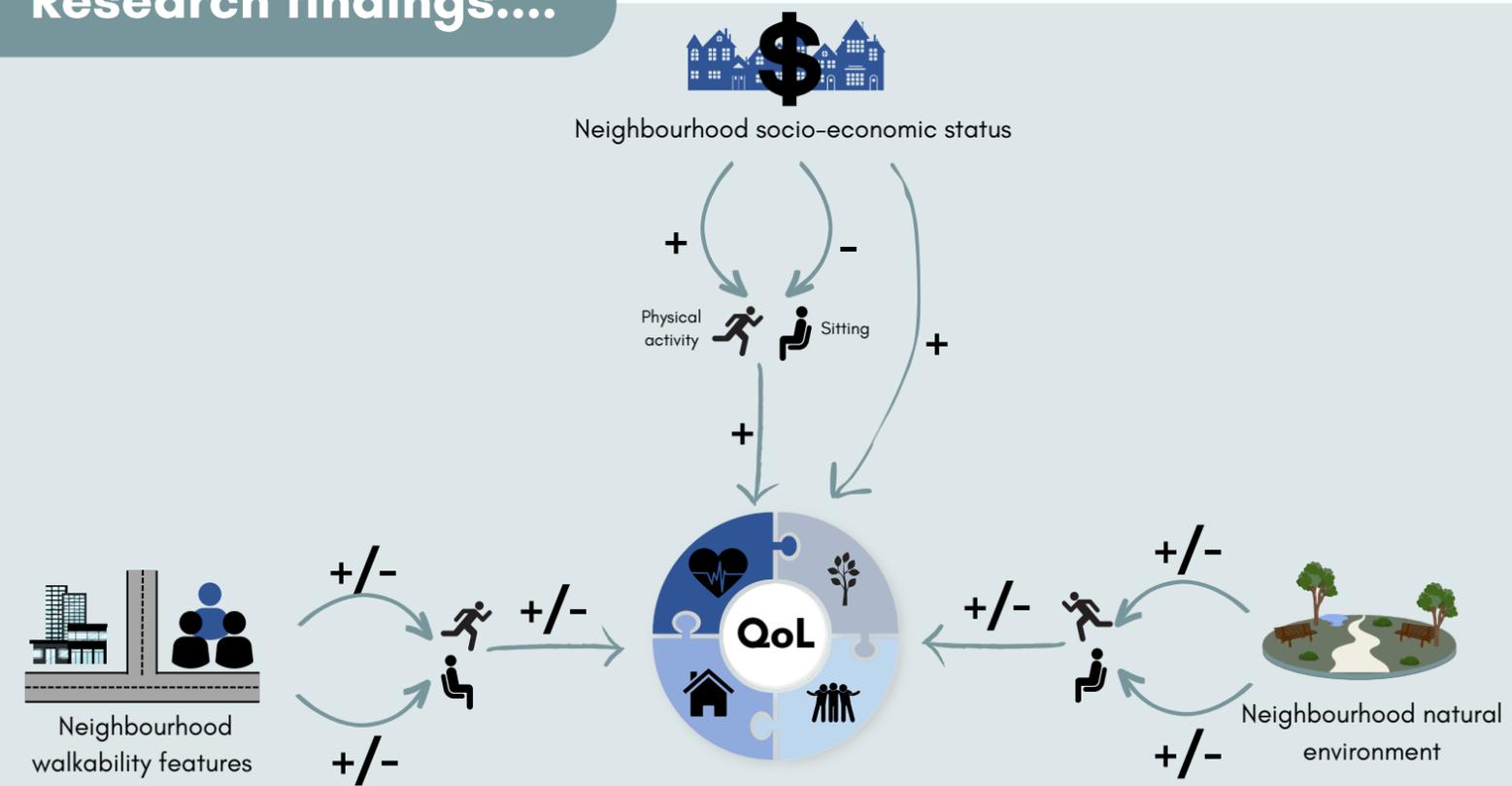
A high % of the world's population lives in cities, making the modification of neighbourhood features to those supporting healthy lifestyles a potential population strategy to preserve mid-to-older adults **quality of life**.

## What is Quality of Life?

**Quality of Life (QoL)** is a concept that refers to an individual's perception of their wellbeing and comfort in society which takes into account physical, mental, social, and emotional factors that can contribute to an individual's happiness and sense of fulfilment.



## Research findings....



- **Neighbourhood socio-economic status** had a direct and indirect (through promoting an active lifestyle) positive impact on quality of life.
- **Natural environment features** and features that define **neighbourhood walkability** can both positively and negatively influence quality of life through promoting or hindering lifestyle behaviours that are beneficial or detrimental to health.

## Research Impact

The findings highlight the importance of conducting studies that consider how lifestyle behaviours are impacted by neighbourhood features, and how this can affect the link between our neighbourhood environment and quality of life in older adults.

**Citation:** Barnett A, Shaw JE, Martino E, Knibbs LD, Poudel G, Owen N, Cerin E. Associations of neighbourhood environmental attributes and socio-economic status with health-related quality of life in urban mid-aged and older adults: mediation by physical activity and sedentary behaviour. *Cities*

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