

POPULATION

Glen Eira's on brink of population boom: study

Holly McKay

GLEN Eira is set to boom, with close to an extra 22,000 people expected to descend into the area in the next 15 years.

The Victoria in Future study predicts there will be about 170,412 people living in the municipality by 2031.

Houses occupied by single people are expected to rise the most, from 16,717 this year to 19,690 in 2031.

The report also predicts there will be 10.1 million people living in the state by 2051, eight million of them in Melbourne.

Planning expert Professor Michael Buxton said there was "enormous pressure" on the inner east and "established middle ring" suburbs.

He said roughly 80 per cent of Glen Eira's residential area was zoned as neighbourhood residential, which hadn't stopped growth.

"The real issue is what type of development should be allowed and where."

He said open space was also a "huge issue".

"Providing open space is a real problem," he said.

"Councils used to be able to buy houses for fairly cheap and increase park sizes. Now, it's more expensive and increasingly difficult.

"Developer contributions should be much higher," he said.

HEALTH

Doctors target obesity



St Kilda East doctor and National GP Weight Loss Alliance member Leon Massage.

Picture: JOSIE HAYDEN

PATIENTS RESPECT THEIR DOCTOR'S ADVICE ON WEIGHT LOSS

Holly McKay

DOCTORS are being urged to ramp up treatment for overweight and obese patients.

The Weigh Forward clinical audit, recently published in *Clinical Obesity*, confirms doctors could play a vital role in successfully helping patients with significant weight loss.

But the report also found that GPs were hesitating to intensify suggested interventions, including pharmacotherapy, very-low energy

diets and bariatric surgery, which if used earlier could stimulate greater weight loss and health improvement.

St Kilda East doctor and the Australian Medical Association, Victoria's spokesman on weight loss, nutrition and healthy eating, Leon Massage, said their focus was to upskill doctors to help stimulate weight loss in patients.

Dr Massage, who also works at Inkerman Medical Group, said one of the reasons GPs played a pivotal

role was because patients listen to their doctors advice. "Weight and obesity are such difficult areas because you have to motivate patients," Dr Massage said.

"The reason GPs should be doing more is because patients actually listen to them. We know that when a doctor recommends something, they (patients) at least go away and think about it."

Dr Massage said people more often than not had "unrealistic expectations" about weight loss, with many first trying fad diets

that promised rapid weight loss.

"They're given a piece of paper saying do this for five weeks and that's it," he said.

"GPs can give them the information they need and continue to support and supervise them over a long period of time."

He said as well as the likelihood of diabetes, heart disease and arthritis, doctors had found that the further into the obesity spectrum people got made their chances of losing the weight lower.

TRAINS

ALP fast to fix rail lines

FROM PAGE 1

"The Labor Party has seized on the idea it's a can-do government," Dr Economou said. "Presumably they think delivering on public transport will deliver votes."

UNDER the Bentleigh, Ormond and McKinnon level crossing removal project, all three lines were put under the road. McKinnon is now open, with Ormond and Bentleigh stations to open late August.

THE sky rail project will see nine level crossings removed between Caulfield and Dandenong and five stations replaced. The Carnegie and Murrumbeena station carparks have closed, and those stations will shut next Monday to reopen September 26. The \$1.6 billion project is expected to finish in 2018.

CONSTRUCTION started on Southland station last week. The station will be built between Cheltenham and Highett stations by 2017.

PLANNING is under way to remove eight level crossings between Cheltenham and Frankston, by 2018.

Public Transport Users Association spokesman Daniel Bowen said the State Government seemed "keen to paint themselves as all action" and have the works completed before the next state election.

Leader of the Opposition Matthew Guy said the level crossings needed to go.

Public Transport Minister Jacinta Allen did not respond to *Leader's* questions before deadline.

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