

## Australia's happiest residents revealed

Australia's most competitive and popular suburbs, it turns out, are not necessarily the best. It has been revealed the country's happiest place to live is not a flashy harbourfront postcode or a beachside enclave.



*The Sydney suburb of Sutherland houses the happiest residents in the country. Photo: iStock*

Instead, a new national study has handed the title to Sutherland, the leafy and sleepy suburb in Sydney's south, located about 26 kilometres from the CBD.

The Select research ranked 88 regions across Australia, balancing 10 factors linked to liveability, including employment, housing affordability, economic security, health, safety, environment and social cohesion.

The result uncovered where residents are living well, rather than simply living somewhere expensive.

Sutherland came out on top, helped by low unemployment, a strong community feeling and easy access to the coast and green areas.

For buyers, that liveability comes at a price.

Domain data shows the median price for a three-bedroom house in Sutherland is \$1.3 million, while the median price for a two-bedroom unit is \$823,000.



*Central Adelaide was a close second.*

Adelaide Central and Hills ranked second nationally, with the shorter commutes, strong access to healthcare and better work-life balance driving its appeal.

Sydney's Northern Beaches placed third, helped by its coastal lifestyle, green space and flexible working rates.

Baulkham Hills and Hawkesbury followed closely behind in fourth, while Inner Perth rounded out the top five.

The survey also revealed the nation's most unhappy areas.

North Moreton Bay in Queensland was ranked the least liveable region in the country.



*Moreton Bay took the title for the least happy residents in the country.*

Ipswich and Logan-Beaudesert were ranked next, with higher unemployment, longer commutes, elevated crime rates and weaker health outcomes dragging down their scores.

iSelect General Manager, Health, Andres Gutierrez, said that where Australians live can have a clear impact on wellbeing.

"The research shows that where we live can have a significant impact on both physical and mental well-being," he said.

"Factors like access to healthcare, proximity to green spaces or the beach, manageable commutes and opportunities for social connection can all influence daily stress, activity and overall quality of life."

"Areas that support these aspects tend to help residents maintain better long-term health and well-being," he added.

**Author:**



Suki Reid, May 1, 2026

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**Photos:** iStock and public domain