



Active Living

CENSUS



2019 Loddon Campaspe Region Preliminary Selected Findings



2019 Active Living Census

Acknowledgement

We respectfully acknowledge that the Loddon Campaspe region encompasses the traditional lands and waters of the Dja Dja Wurrung, Taungurung, Wurundjeri, and Yorta Yorta people. We pay our respects to them, their culture, and their Elders past, present and future.

We also acknowledge the ongoing impact of colonisation on Aboriginal people, including their health and wellbeing. Discrimination, trauma, and forced severed connections to land and culture result in Aboriginal people experiencing higher rates of chronic disease and lower life expectancies than the non-Aboriginal population. Our commitment with this work is to focus on healthy equity: to acknowledge and address barriers faced by members of our Aboriginal community to ensure equity of access in achieving improved health and wellbeing outcomes.

Foreword

The Loddon Campaspe Regional Partnership would like to thank all residents who completed the Healthy Heart of Victoria 2019 Active Living Census (ALC).

The ALC was mailed to households in the Loddon Campaspe region, and was also available for residents to complete online. The Census was completed by almost 25,000 residents, which equated to just over 10% of the Loddon Campaspe region population.

The ALC provides important information about the activity levels of residents across the region, including participation in organised sport or informal activities like weekend bike rides or walking the dog.

It also highlights a range of health and wellbeing indicators, including for physical activity, smoking and consumption of fruit, vegetables, alcohol and sugary drinks. Further, it contains valuable information on what would help community members to meet national guidelines for healthy eating and active living, and how to enhance our open spaces and facilities to encourage more people to be more active, more often.

The findings provide evidence at a local level not previously available across our region and enable reliable comparisons between other data sets, and between townships and demographic groups.

As a result, we will be able to better plan for, develop and enhance public and open spaces, recreation facilities and health promotion services, as well as help influence health and wellbeing outcomes both within specific municipalities and more broadly across the Loddon Campaspe region.

This Selected Findings Report, as well as the full Active Living Census report for the region are both publicly available on our webpage www.rdv.vic.gov.au/regional-partnerships/loddon-campaspe, and I encourage residents, organisations and interested community groups to download the report and make use of the data.

Dave Richardson
Chair, Loddon Campaspe Regional Partnership



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Introduction

The Loddon Campaspe Regional Partnership is one of nine Partnerships across the state, established by the Victorian Government, recognising that local communities are in the best position to understand the challenges and opportunities faced by their region.

The region, in central Victoria, covers an area with a diverse population and a buoyant economy based on agriculture, retail, health, property and manufacturing.

Our region includes:

- Six municipalities – Campaspe Shire, Central Goldfields Shire, City of Greater Bendigo, Loddon Shire, Macedon Ranges Shire and Mount Alexander Shire;
- A gross regional product of \$10.3 billion;
- A population of 228,400
- More than 9% of people born overseas

The Healthy Heart of Victoria initiative works to improve health and wellbeing outcomes for community members in the Loddon Campaspe region – the 'heart' of Victoria. The initiative aims to improve health and wellbeing by making Loddon Campaspe a more safe, inclusive accessible and active region to live.

A key component of this State-funded initiative was to conduct the 2019 Active Living Census as a region-wide evaluation and measurement tool to improve our understanding of people's wellbeing, activity levels and preferences, and increase the effectiveness of investment in infrastructure and programs.

Through the Healthy Heart of Victoria initiative, the Loddon Campaspe Regional Partnership will work with a range of local government areas, organisations and

agencies to build local prevention systems to respond to the prevalence of obesity, chronic disease and high-risk health behaviours in the community, and encourage more people to be more active, more often.

The Process undertaken

The 2019 Active Living Census survey was designed by Healthy Greater Bendigo and Healthy Heart of Victoria, in consultation with the Social Research Centre. A copy of the survey document can be found as an appendix to the full Active Living Census report on our website.

A hard copy version of the Census was sent to households across the municipality, and an online version was also made available.

Survey responses were received from 20 May to 16 June, 2019, and were accepted from respondents aged three and over. Adults were required to complete the 2019 ALC on behalf of children aged three to thirteen years.

Completion of the 2019 ALC was promoted across the Loddon Campaspe region before and during the Census collection period via an integrated advertising and communications campaign including radio, television, print and social media. Incentives including supermarket, bike store and sports store vouchers were offered to maximise the response rate.

In total, 24,549 individual responses were received for the 2019 ALC.

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February 2020

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The Healthy Heart of Victoria 2019 Active Living Census is funded through:

Healthy Heart of Victoria

Healthy Heart of Victoria is a Victorian State Government-funded initiative aimed at improving health outcomes across the Loddon Campaspe region.

<https://www.rdv.vic.gov.au/regional-partnerships/loddon-campaspe/projects>

Healthy Greater Bendigo

Healthy Greater Bendigo is locally funded partnership working together to make it easier for our community to eat well and move more.

How the findings can be used

Data from the 2019 Active Living Census will be used to:

- Provide a snapshot of current data as a benchmark for evaluating the success of local initiatives
- Ascertain residents' current and future health and wellbeing needs to inform future planning and improve decision making and investments by local bodies
- Increase coordination between groups across the community, and a heightened focus on evidence-based priorities
- Increase opportunities to attract projects and initiatives to the region
- Allow for analysis to draw comparisons between different demographics
- Provide data for researchers for use in their own work, which often leads to new opportunities.

The purpose of this document and how to use it

This document supplements the full 2019 Active Living Census Topline report. It has been created to make the findings of the ALC easier to understand and use by a wide-ranging audience including individuals, groups and organisations in the Loddon Campaspe Region and beyond.

Information about group activities and locations of interest has been drawn from the full 2019 ALC Topline report and has been broken down into the following sections:

- Loddon Campaspe Region population – summary findings
- Local group profiles
- Location profiles of the 6 local government areas in the region
- The 10 most popular physical recreation activities

Where possible, data is compared with state benchmarks (Victorian Population Health Survey, 2016).

Some sections of this report include results that have a high (>5%) margin of error, due to small sample sizes. Where you see an asterisk (*), interpret findings with caution. Please refer to the Loddon-Campaspe Topline Report if you are looking for results that are not reported here due to an insufficient sample size.

For further information about any of the findings, activities, locations or groups of interest, please see the full report.

Summary Findings



To assist ease of browsing, information from this point on is broken down according to:

- **Summary findings (page 4 - 15)**
- **Groups of interest (page 16 - 31)**
- **Municipalities (page 32 - 43)**
- **10 most popular physical activities (page 44 - 63)**

Further information on any of the findings can be found in the full report.

Summary Findings



This section summarises the findings from the ALC 2019 for the Loddon Campaspe Region.

The health and wellbeing profile includes results for all adults (18+ unless noted) in the Loddon Campaspe Region relating to general wellbeing (overall life satisfaction and feeling valued by society), general health status, overweight and obesity, consumption of fruit, vegetables, water, sugary drinks and alcohol, smoking rates and gambling habits.

The physical activity profile includes results from all Loddon Campaspe Region residents (3+ unless

noted) relating to exercise, barriers to participation, use of public open spaces and facilities, most popular types of physical activity, ratings of the facilities where these activities take place, how people get there and how far people travel.

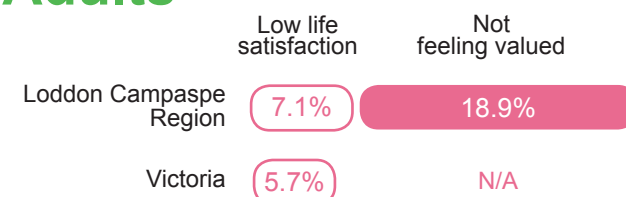
Where possible key findings are compared against Victoria (Victorian Population Health Survey 2016).

These summary results are followed by detailed ALC 2019 findings specific to population groups, the local government areas in the Loddon Campaspe Region, and the Region's most popular physical recreation activities.

Health and wellbeing profile - Adults

General wellbeing (all residents 3+)

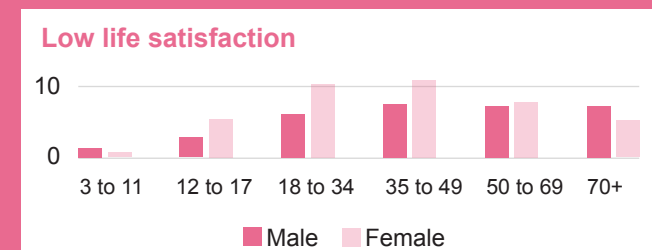
Feeling satisfied with life and valued by society are indicators of a person's general wellbeing.



Life satisfaction

People were asked how satisfied they feel about life in general.

Most people have high or very high life satisfaction. The graph below focusses on low life satisfaction.

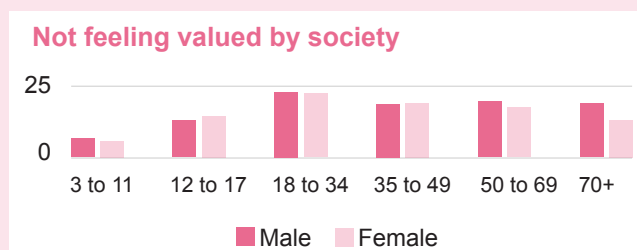


Valued by society

People were asked whether they feel valued by society.

Most people "sometimes" or "definitely" feel valued by society.

The graph below focusses on those who do not feel valued by society.



When people do not feel satisfied with life or valued by society, they are less likely to feel healthy, eat well or participate in physical activities and are more likely to engage in unhealthy behaviours like smoking. Low income and food insecure households are more likely to report lower wellbeing than those from more prosperous households.

General health

Self-rated health is a common, reliable and cost-effective predictor of future health, need for health care resources and early mortality.

People responded to the statement, "In general, would you say your health is..." by selecting one of the 5 response options: excellent, very good, good, fair, poor.

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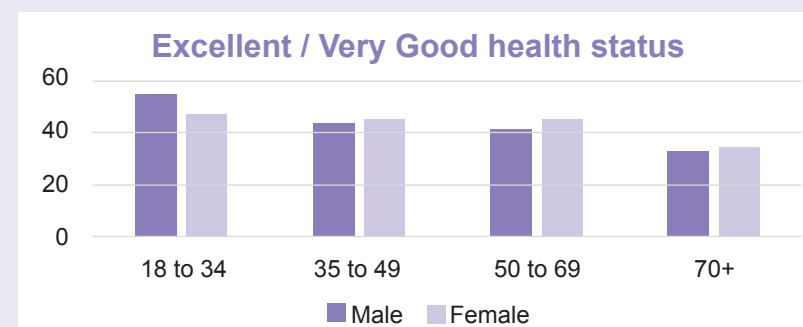


Very good or excellent health

44.1% Loddon Campaspe Region

44.1% Victoria

Younger residents generally report better health status than older residents. Those with higher education and incomes are more likely to report excellent or very good health.

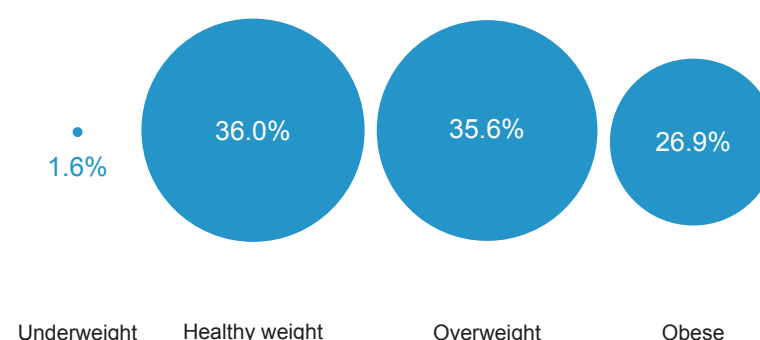


Overweight and obesity

Adults were asked their height and weight to calculate Body Mass Index; a common and cost-effective measurement of weight status that has some limitations.

Maintaining a healthy weight is important for health and wellbeing, reducing the risk of heart disease, stroke, diabetes, high blood pressure and some cancers.

Two in every three adults in the Loddon Campaspe Region are overweight or obese.



Overweight and obesity

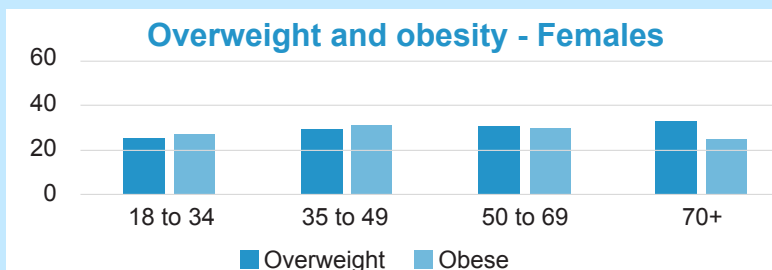
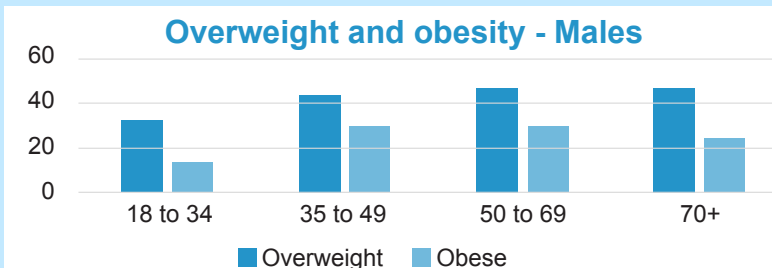
62.5% Loddon Campaspe Region

49.7% Victoria

People who are overweight or obese are more likely to report fair or poor general health and lower life satisfaction.

Groups to focus on:

- Adults 35 to 69 years old
- Low income households
- Aboriginal and/or Torres Strait Islander people



Food security

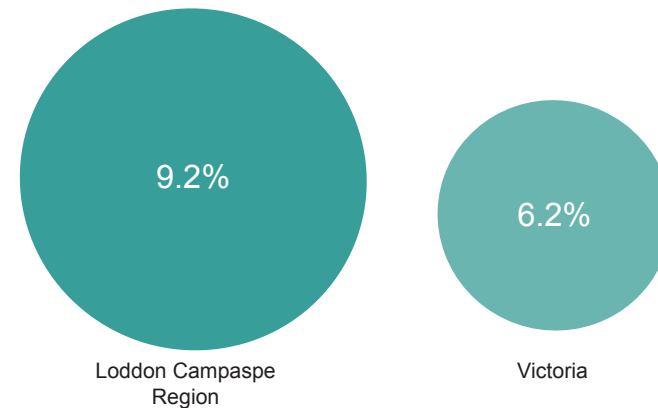
Food security exists when all people, at all times, have physical and economic access to sufficient, safe, nutritious and culturally appropriate food that meets their dietary needs and food preferences for an active and healthy life.

When people do not have enough food, it affects all aspects of daily life and can severely restrict economic, social and educational participation in the community.

One in 10 households in the Loddon Campaspe Region are food insecure - they do not have enough to eat.

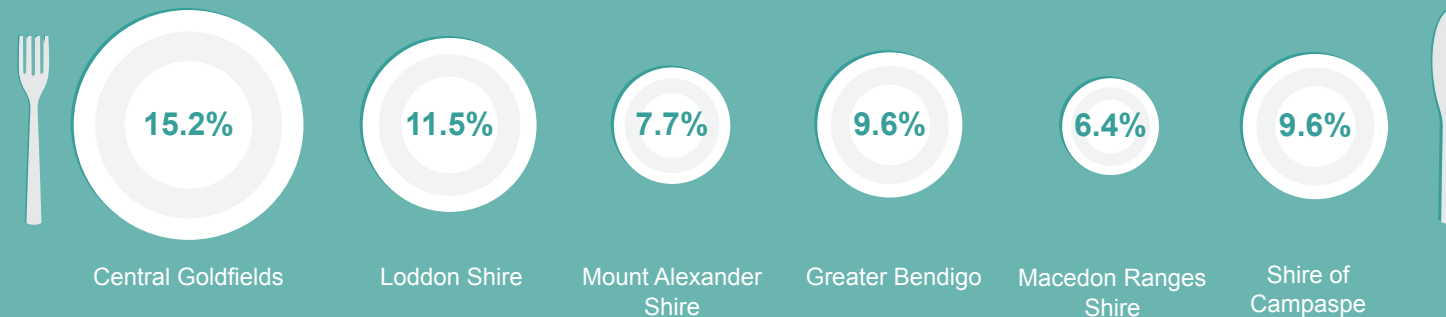
In some areas, this increases to one in 7 households.

Food insecurity rate



Food insecurity is particularly high among specific populations such as Aboriginal and/or Torres Strait islander people, unemployed people, and those with very low household incomes.

Household has run out of food in the last 12 months



People who experience food insecurity are more likely to:

- report poorer physical and mental health
- be overweight
- have an unhealthy diet with low levels of fruit, vegetable and water consumption and high rates of sugary drink consumption



Recommended daily consumption

Recommended daily consumption	Serves of vegetables	Serves of fruit
Boys and girls 3 years	2.5	1.0
Boys and girls 4 to 8 years	4.5	1.5
Boys and girls 9 to 11 years	5.0	2.0
Adolescents		
Girls aged 12 to 18 years	5.0	2.0
Boys aged 12 to 18 years	5.5	2.0
Adults		
Women aged 19 years and over	5.0	2.0
Men aged 19 to 50 years	6.0	2.0
Men aged 51 to 70 years	5.5	2.0
Men aged over 70 years	5.0	2.0

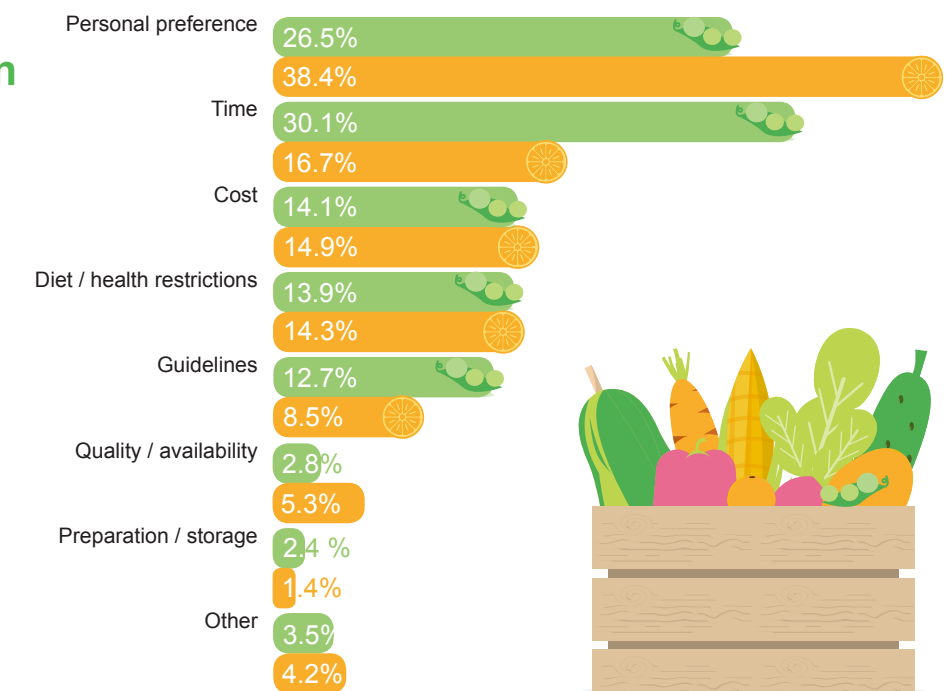
People who eat the recommended amount of fruit and veg were more likely to also report:

- better general health
- greater life satisfaction
- healthier weight
- more physical activity
- not smoking
- drinking less alcohol and sugary drinks
- drinking more water

Barriers to fruit and vegetable consumption

People provided reasons why they were unable to eat the recommended servings of fruit (2 per day) and vegetables (5 or more per day).

Some groups were particularly affected by certain barriers. Barriers were similar but were mentioned at different rates. For example, cost was identified at high rates by people identifying as LGBTQIA+, Aboriginal and Torres Strait Islander people, and by low income households.



A 'serve' of vegetables is ½ cup of cooked vegetables or 1 cup of salad vegetables and a serve of legumes or beans is ½ cup of cooked, dried or canned beans, peas or lentils.

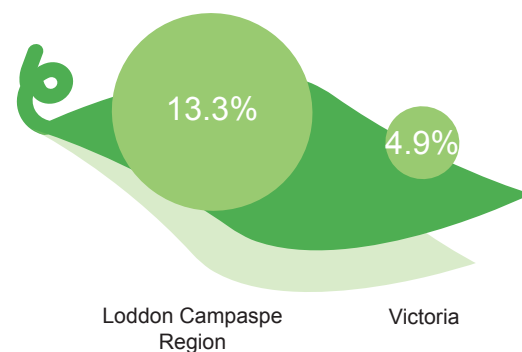
A 'serve' of fruit is 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces.

Vegetables

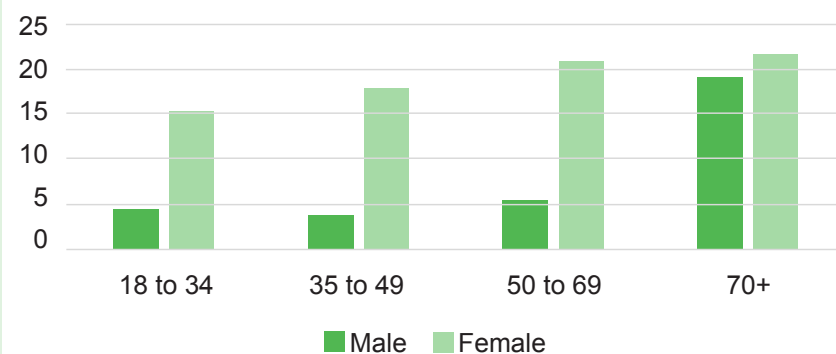
Health experts recommend eating 5 or more serves of vegetables per day.

Only 1 in 8 adults meet the daily vegetable consumption guidelines.

People tend to eat more vegetables as they get older.



Rates of meeting vegetable dietary requirements

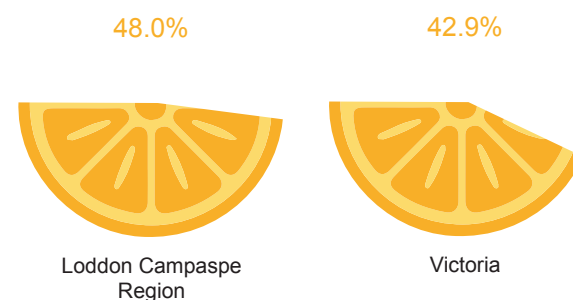


Fruit

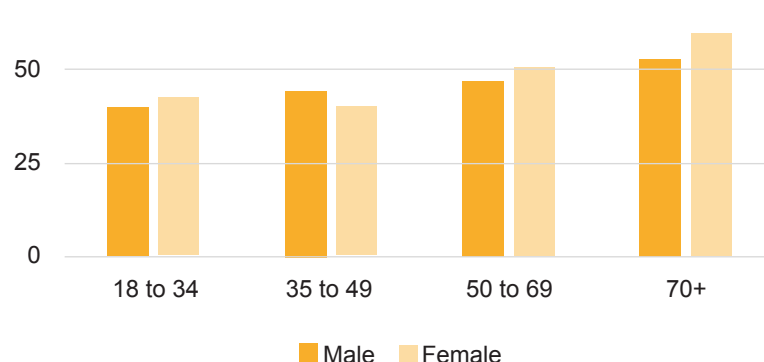
Health experts recommend eating two serves of fruit per day.

One in every 2 Loddon Campaspe adults meet the daily fruit consumption guidelines.

There are no significant gender differences, but adults aged over 70 are most likely to meet fruit consumption guidelines.



Rates of meeting fruit daily requirements



On average, Loddon Campaspe Region adults eat 1.6 serves of fruit per day.

Water

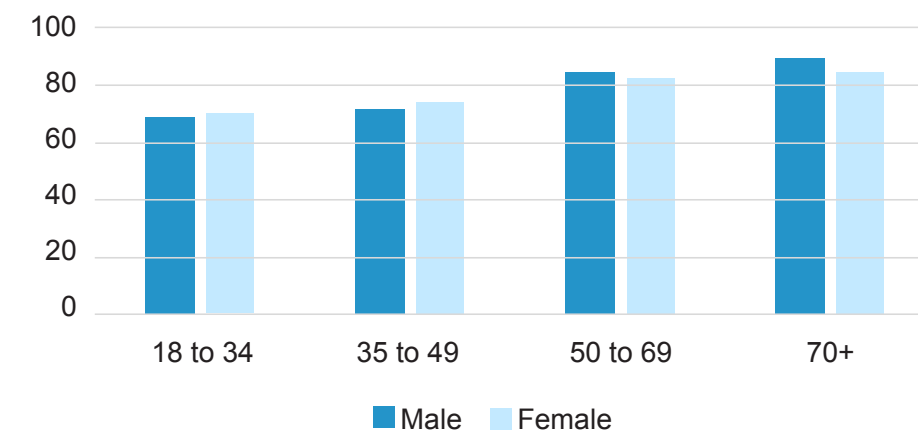
Adults in the Loddon Campaspe Region drink an average of 4.9 cups of water per day, with only 20.7% drinking 8 cups (2 litres) or more.

Average number of cups consumed per day



Levels of water consumption decline with age.

Does not meet water consumption requirements



Sugary drinks

People were asked "How often do you consume cordial, soft drinks, flavoured mineral water, energy or sports drinks...?"

Daily consumption of sugary drinks

14.0% Loddon Campaspe Region

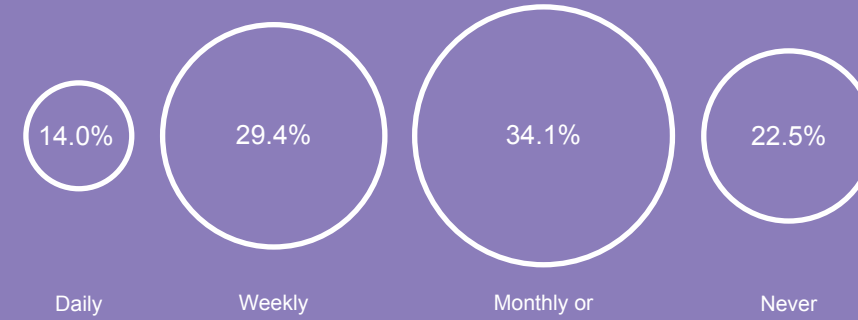
11.2% Victoria

Daily consumers of sugary drinks were more likely to also report:

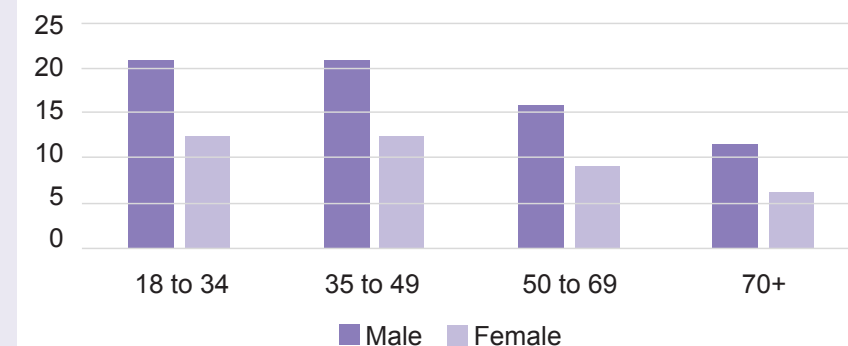
- poorer general health
- lower life satisfaction
- overweight/obesity
- less physical activity
- lower fruit and veg consumption
- smoking

Groups to focus on:

- Males
- Younger people
- Aboriginal and/or Torres Strait Islander people
- People with a disability
- Low income households
- People who identify as LGBTQIA+



Daily sugary drinks consumption



Sugary drink consumption is higher in males than females and declines with age.

Alcohol

Frequency of alcohol consumption

People were asked how often they consume an alcoholic drink.

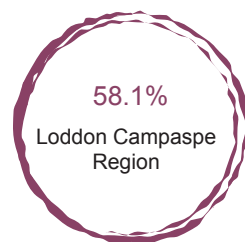


Alcohol is consumed more frequently and in higher amounts by males than females and declines with age.

Binge drinking

People who reported drinking any alcohol were then asked how often they consume 4 or more standard drinks in a day.

Binge drinking



58.1% drink a potentially dangerous amount at least once a year

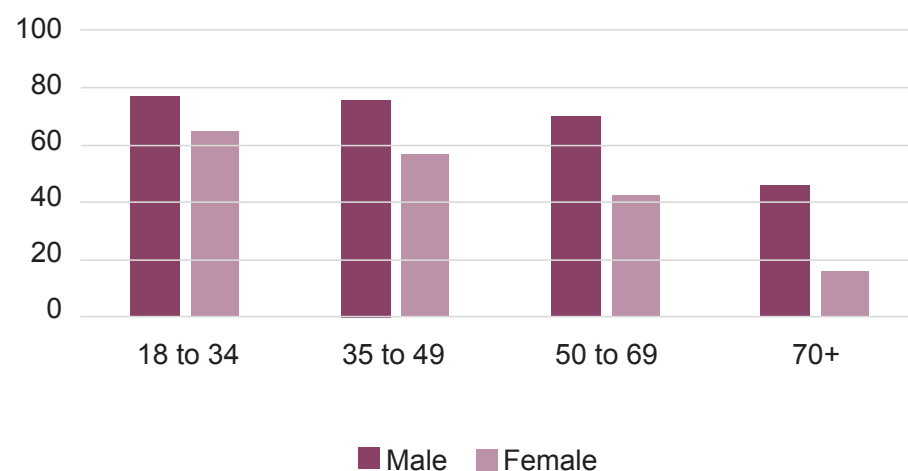
Binge drinkers were more likely to also report:

- overweight/obesity
- lower fruit and veg consumption
- smoking

Groups abstaining from alcohol at high rates

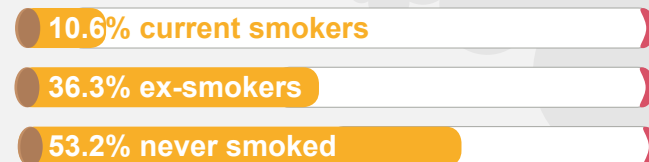
- Adults 70+
- Aboriginal and/or Torres Strait Islander people
- People with a disability
- Low income households

Binge drinking



Smoking

Current smokers include those who smoke daily or occasionally, while ex-smokers include those who used to smoke but do not currently or have tried a few times, as distinct to those who have never smoked.



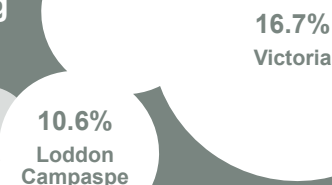
Current smokers were more likely to also report:

- poorer general health
- lower life satisfaction
- overweight/obesity
- less physical activity
- lower fruit and veg consumption
- higher alcohol and sugary drink consumption

Groups to focus on:

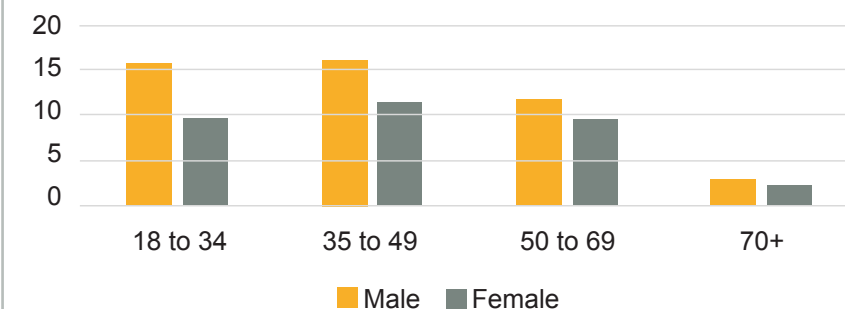
- Adults 18-69
- Aboriginal and/or Torres Strait Islander people
- People who identify as LGBTQIA+
- Low income and food insecure households
- People with a disability

Smoking rate



Males and females aged 35 to 49 smoke at higher rates than other residents.

Current smoking rates



Gambling

People were asked how often they gamble.

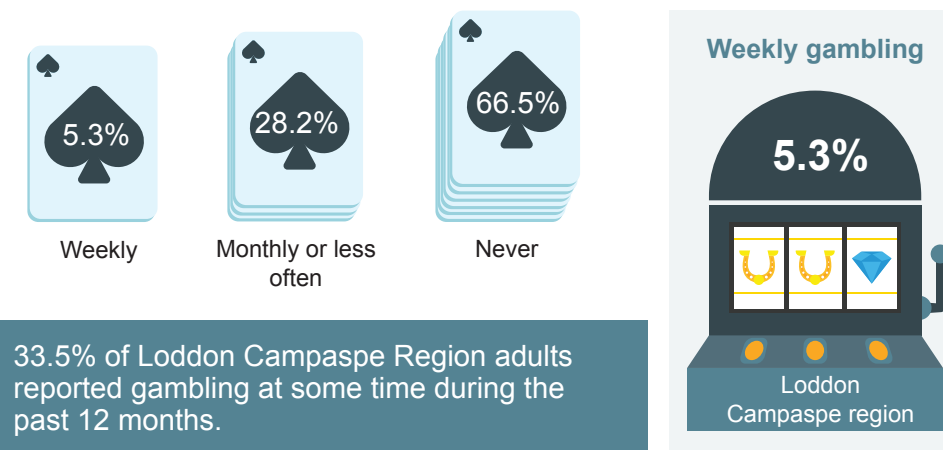
People who gamble weekly or more were also more likely to report:

- overweight/obesity
- lower veg consumption
- high alcohol and sugary drink consumption
- smoking

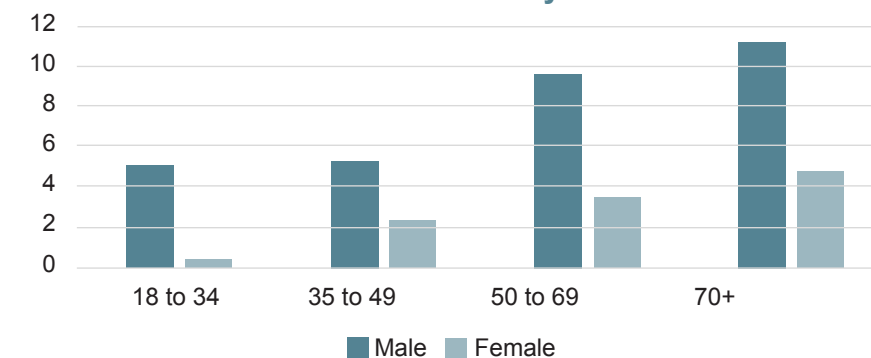
Groups to focus on

- Males 50+
- Aboriginal and/or Torres Strait Islander people
- Low income households
- People with a disability

Weekly gambling is higher among males than females and generally increases with age.



Gamble weekly



People were then asked if gambling had caused them any health problems, including stress or anxiety.

2.0% of all adults report experiencing harm from gambling.

3.9% of adults who gamble report experiencing harm from gambling.

Physical activity profile – All residents

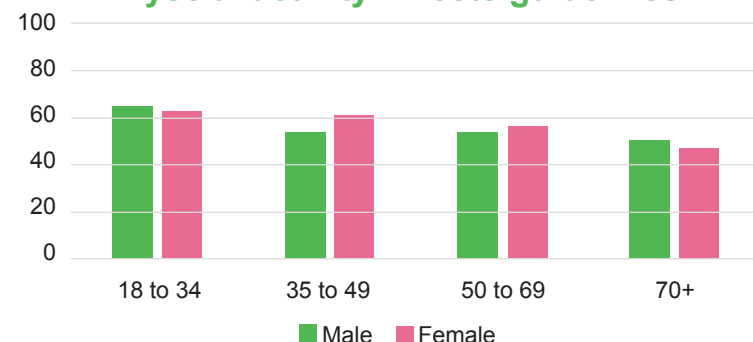


Adults are described as having met the physical activity guidelines, if they engaged in moderate or vigorous intensity activity for sufficient time, ranging from 75 minutes to 300 minutes per week, depending upon the activity. Children's physical activity levels are detailed in another section.

Adults physical activity – Meets guidelines



Physical activity - Meets guidelines



Groups to focus on:

- Adults 70+
- People born overseas
- Aboriginal and Torres Strait Islander people
- People who identify as LGBTQIA+
- Low income or food insecure households
- People with a disability

57.5% of the Loddon Campaspe Region residents meet the physical activity guidelines.

For both males and females, physical activity levels decline with age.

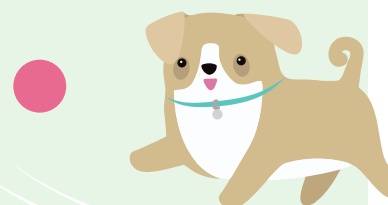
Two in every three people who meet physical activity guidelines report good to excellent general health and wellbeing.

People in the Loddon Campaspe Region want to be more active more often!

53.4% of people want to do more activity.

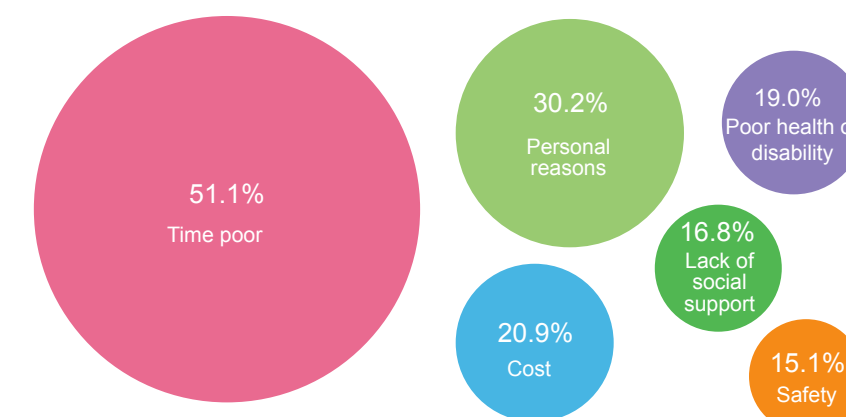
In particular:

- Males: 35-69
- Females: 18-69
- People born overseas or with English as a second language
- Low income households
- People who identify as LGBTQIA+



Barriers to participation

Some groups were particularly affected by certain barriers to participation in physical activities. For example, cost was identified at high rates by people identifying as Aboriginal and Torres Strait Islander and by households that are food insecure or low income households.



Public facilities and open spaces

People were asked about their use of public spaces including open spaces, footpaths, off-road walking and cycling tracks, and recreation facilities.

Frequency of public open space use

58.7% using open spaces weekly or more often.



Use of public facilities

Footpaths rated as the highest used facility with 86.5% of people reporting using footpaths.

Footpaths	86.5%
Parks	80.4%
Off-road walking and cycling tracks	69.9%
Sports grounds, oval and clubrooms	54.9%
Swimming pools/splash parks	50.1%
Community gardens	46.8%
Indoor sports/leisure/fitness centres	41.8%
Halls/ Community Centres	39.5%
Playgrounds	24.5%
Hard courts (e.g. netball/tennis)	24.4%
After hours usage of education facilities	14.4%
Skateparks/BMX	13.6%

Females were more likely than males to use most of the public facilities, except sports grounds, ovals and clubrooms and skateparks / BMX facilities.

Main recreation facilities used

(Excludes unnamed facilities such as footpaths).

1.	Gurri Wanyarra Wellbeing Centre, Kangaroo Flat
2.	Lake Weeroona, Bendigo
3.	Eaglehawk YMCA (Peter Krenz), Eaglehawk
4.	Kennington Reservoir, Kennington
5.	Castlemaine Botanical Gardens, Castlemaine
6.	Bendigo Stadium / Schweppes Centre, Bendigo
7.	Bendigo Creek Trail, Bendigo
8.	Kyneton Sports and Aquatic Centre, Kyneton
9.	Lake Neangar, Eaglehawk
10.	Gisborne Aquatic Centre, Gisborne

Reasons for using public facilities and open spaces

People reported using public facilities and open spaces for a range of reasons, with social and health-related reasons most important.



Exercise / health and fitness	66.8%
Socialising with family / friends	63.3%
For fun / enjoyment	62.0%
Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends)	53.4%
Exercising the dog	35.8%
For time to myself	33.2%
Organised sport (e.g. cricket or netball for a club)	33.0%
Getting back to nature	28.9%
Commuting (i.e. to get from a to b)	24.3%

Improvements that would encourage more regular use of public facilities and open spaces

Walking tracks / footpaths	26.0%
Exercise equipment (including sporting fields / facilities)	16.3%
Bicycle tracks / lanes and skate facilities	14.6%
Toilets / change rooms	11.6%
Lighting	10.6%
Safety measures/restrictions (including dogs on leashes)	8.6%
Bins / rubbish collection / clean environment	7.0%
Accessibility	6.2%
Playgrounds	5.6%
Cover / shade / shelter	4.9%
Dog friendly areas	3.6%
More / better facilities	3.3%
Maintenance / management of spaces and facilities	2.9%
Seating	2.9%
Drinking fountains	2.7%
More / better vegetation / trees / gardens	2.6%
Improve signage / maps / communication	2.0%

Some areas suggested certain improvements at high rates, including:

Walking tracks and footpaths – All

Accessibility – Loddon Shire

Playgrounds – Campaspe Shire

Toilets / change rooms – Greater Bendigo

Dog friendly areas – Mount Alexander Shire

Lighting – Central Goldfield Shire

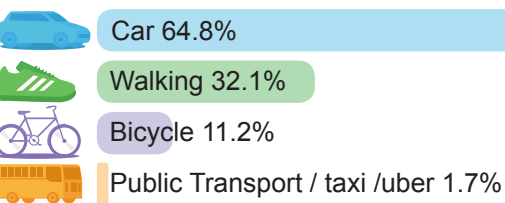
Transport

Distance to activities

On average, people of Loddon Campaspe Region travel 13.1km to get to their activity.

Residents in the Loddon Shire area travel the furthest to get to their activities.

Mode of transport



Participation in activities

The table below shows the 20 activities with the highest rates of annual participation (participating at least once per year).

It also displays the rates of weekly participation for those activities (participating at least once per week during the previous 12 months).

Facility quality and accessibility

The table below shows participants' ratings of the quality and accessibility of the facility where they did each activity.

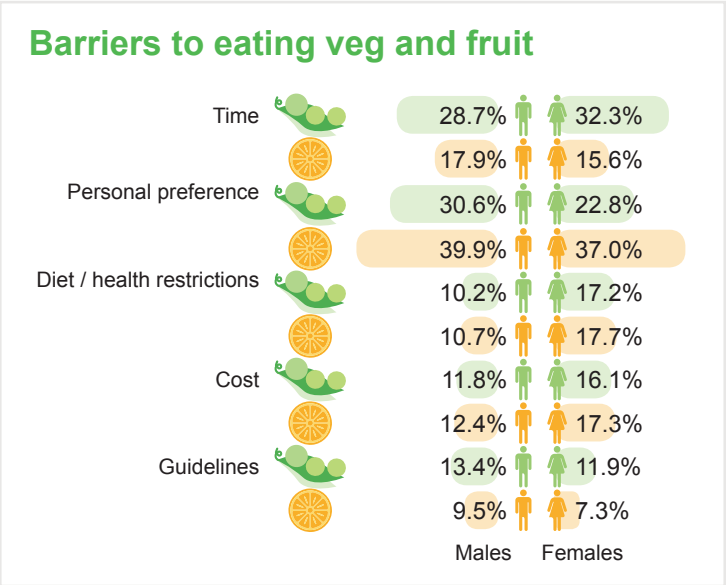
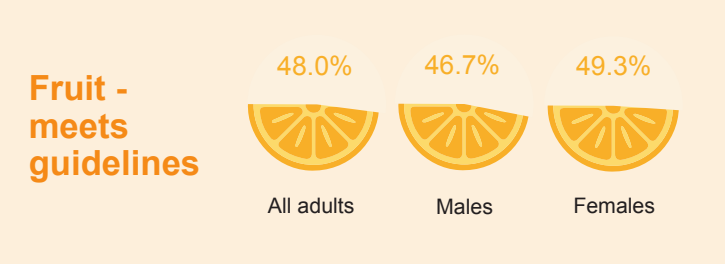
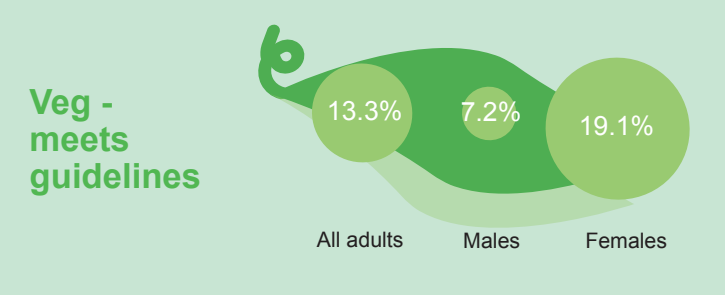
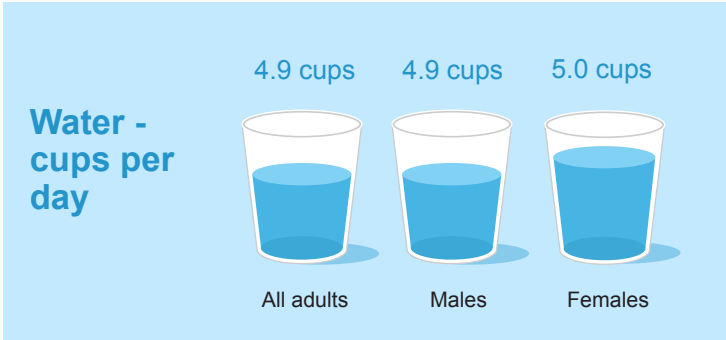
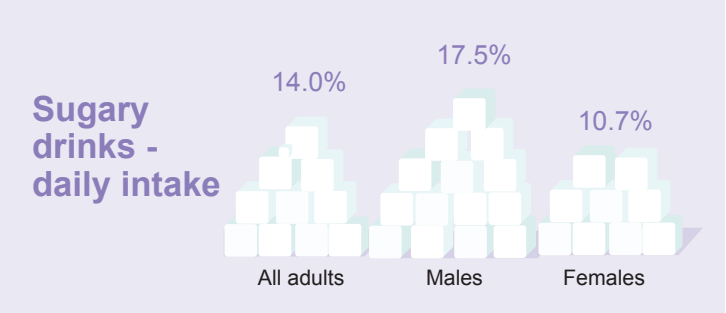
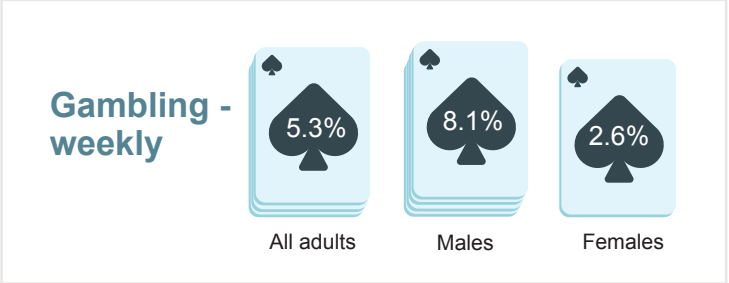
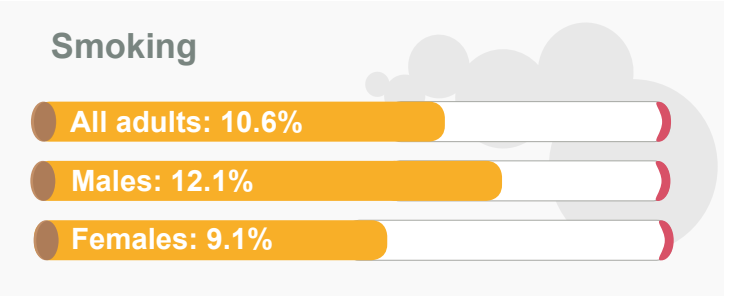
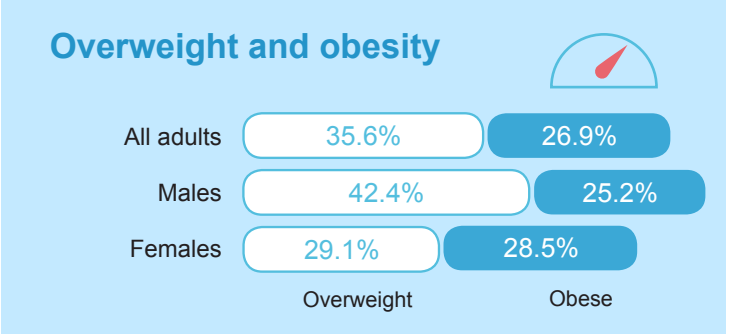
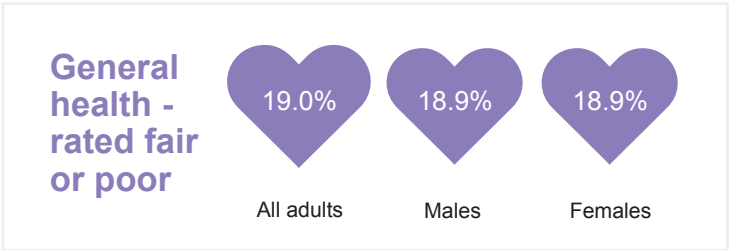
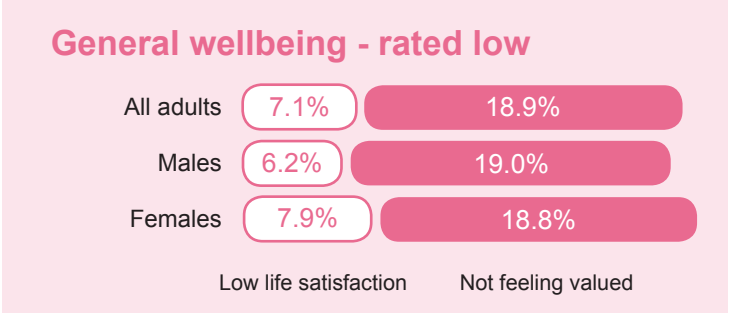
Facilities were rated on a 5-point scale where **1 = very poor, 2 = poor, 3 = average, 4 = good, 5 = excellent.**

These tables display responses from all Loddon Campaspe residents who responded to the ALC 2019, including children.

Activity	Total	Weekly	Quality (out of 5)	Accessibility (out of 5)
Walking	21.3%	78.5%	4.0	4.2
Swimming	8.5%	46.9%	4.2	4.3
Fitness: Gym	6.4%	81.6%	4.4	4.4
Active play (at playgrounds / play centre)	6.2%	57.8%	4.1	4.3
Cycling: General cycling for recreation or transport	5.4%	49.3%	3.9	4.1
Bush walking / Hiking	5.4%	32.0%	4.1	4.1
Jogging/running	3.7%	69.1%	4.1	4.3
Australian Rules football	3.3%	83.6%	4.0	4.2
Fitness: indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.1%	75.2%	4.4	4.4
Fishing	2.5%	6.0%	3.9	3.8
Netball (indoor / outdoor)	2.5%	83.5%	4.0	4.1
Cycling: Mountain bike riding	2.3%	48.3%	4.1	4.2
Golf	2.1%	44.3%	4.3	4.4
Tennis (indoor / outdoor)	1.9%	61.3%	4.1	4.3
Basketball (indoor / outdoor)	1.8%	79.1%	4.3	4.3
Dancing / Ballet / Calisthenics	1.8%	81.5%	4.1	4.2
Cycling: Road and sport cycling	1.3%	69.9%	3.6	4.1
Fitness: Outdoor fitness / Personal training / Group activities	1.3%	79.6%	4.3	4.4
Soccer (indoor / outdoor)	1.3%	80.1%	4.1	4.1
Lawn bowls	1.1%	67.3%	4.4	4.4

Health and wellbeing profile - Adults

Each member of the household was asked what gender best represents them. The section on gender summarises findings from 10,429 males and 13,467 females. A further 60 residents in the Loddon-Campaspe region selected 'gender diverse / non-binary / self-described' (number too low to report).



Physical activity profile - All residents

Most popular activities
(Percentage of residents aged 3 and over participating once or more a year)

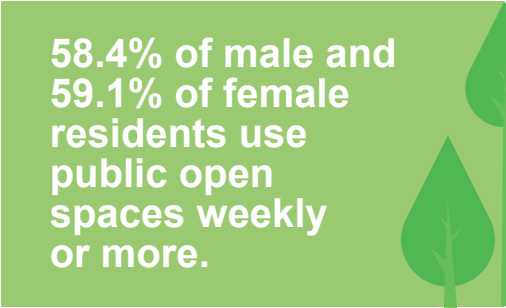
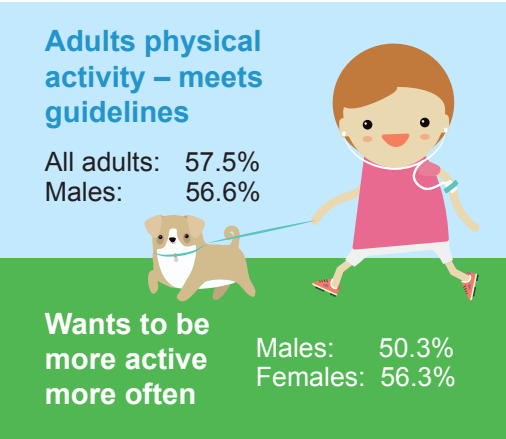
Male participation		Female participation	
Walking	18.1%	Walking	24.2%
Swimming	7.5%	Swimming	9.4%
Cycling for recreation or transport	6.1%	Fitness / Gym	7.2%
Australian Rules football	5.7%	Active play	6.7%
Active play	5.6%	Bushwalking / Hiking	5.7%
Fitness / Gym	5.5%	Indoor group fitness	4.9%
Bushwalking / Hiking	5.1%	Cycling for recreation or transport	4.8%
Fishing	3.9%	Netball	4.4%
Jogging / Running	3.7%	Jogging / Running	3.7%
Mountain bike riding	3.5%	Dancing / Ballet / Calisthenics	2.9%

Barriers to being more active

	Time Poor	Personal Reasons	Cost	Poor health / disability	Lack of social support	Safety
Male	54.2%	26.6%	16.6%	18.5%	13.5%	10.1%
Female	51.8%	35.3%	25.8%	20.2%	20.7%	20.3%

Public facilities and open spaces - rate of use

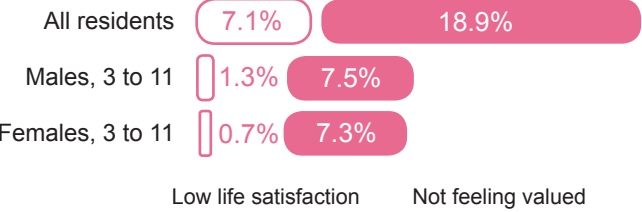
Facility	Male	Female
Footpaths	84.9%	88.1%
Parks	79.3%	82.4%
Off-road walking and cycling tracks	70.6%	69.4%
Sports grounds, ovals and clubrooms	58.7%	52.0%
Swimming pools / splash parks	46.6%	53.2%
Community gardens	44.4%	49.5%
Indoor sports / leisure / fitness centres	38.6%	45.3%
Halls / community centres	36.2%	42.9%
Playgrounds	22.0%	27.4%
Hard courts (e.g. netball / tennis)	22.9%	26.2%
After hours usage of education facilities	13.1%	15.7%
Skateparks / BMX	16.1%	11.4%



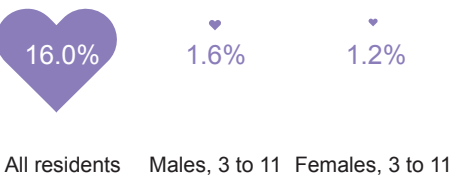
This section summarises findings from 2,156 aged from 3 to 11 years old, who made up 8.9% of all participants (before weighting). Parents were able to fill in the survey for all children over the age of 3 years old. The extent to which children were involved in responding to the survey questions may have differed within and between households.

Health and wellbeing profile

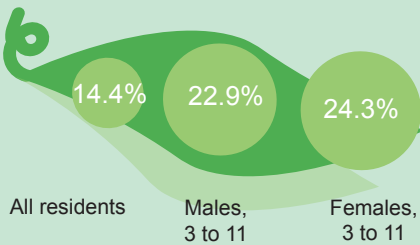
General wellbeing - rated low



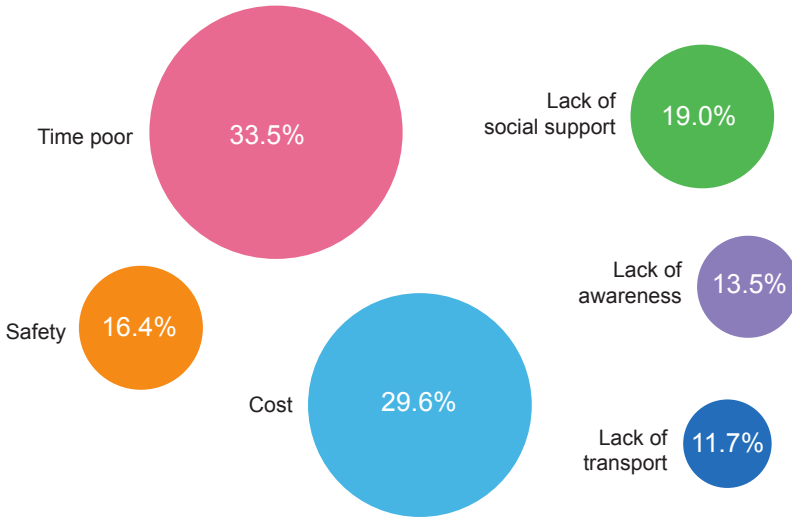
General health - rated fair or poor



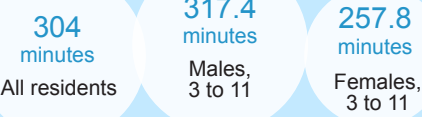
Veg - meets guidelines



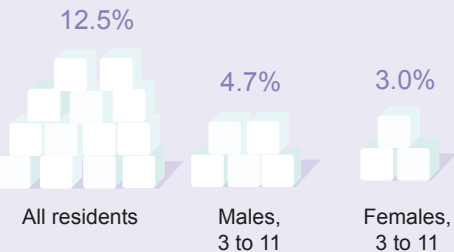
Barriers to being more active



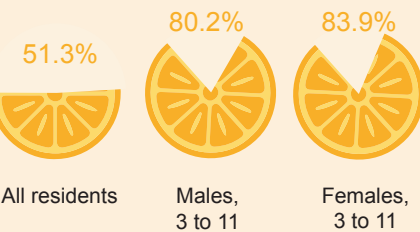
Physical activity – minutes per week



Sugary drinks - daily intake



Fruit - meets guidelines



Wants to be more active more often



Physical activity profile

Most popular activities

(Percentage of residents aged 3 and over participating once or more a year)



Males, 3 to 11 participation

Active play	16.0%
Swimming	14.5%
Australian Rules football	11.5%
Cycling for recreation or transport	9.5%
Walking	7.5%
Basketball	4.9%
Soccer	4.7%
Tennis	3.2%
Bushwalking / Hiking	2.9%
Mountain bike riding*	1.9%



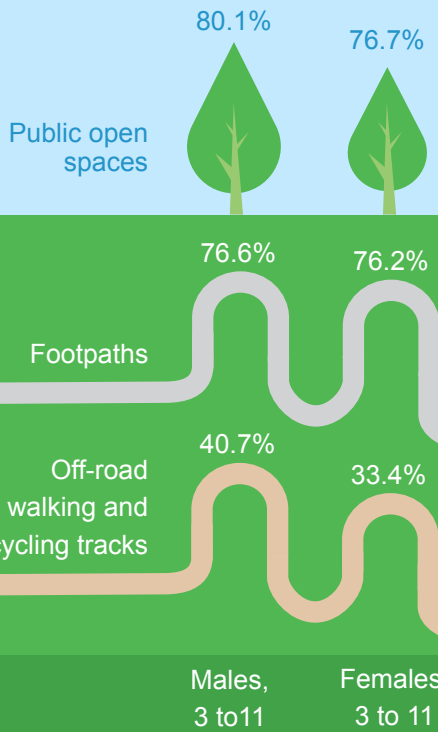
Females, 3 to 11 participation

Swimming	17.1%
Active play	17.0%
Cycling for recreation or transport	9.1%
Dancing / Ballet / Calisthenics	8.6%
Walking	8.1%
Netball	7.6%
Bushwalking / Hiking	2.9%
Tennis*	2.4%
Australian Rules football*	2.0%
Basketball*	1.9%

Public facilities and open spaces - rate of use

Facility	Children 3 to 11
Parks	91.8%
Swimming pools / splash parks	87.8%
Sports grounds, ovals and clubrooms	73.0%
Community gardens	55.6%
Indoor sports / leisure / fitness centres	49.8%
Playgrounds	49.6%
Hard courts (e.g. netball / tennis)	43.8%
Halls / community centres	42.7%
Skateparks / BMX	41.2%
After hours usage of education facilities	24.4%

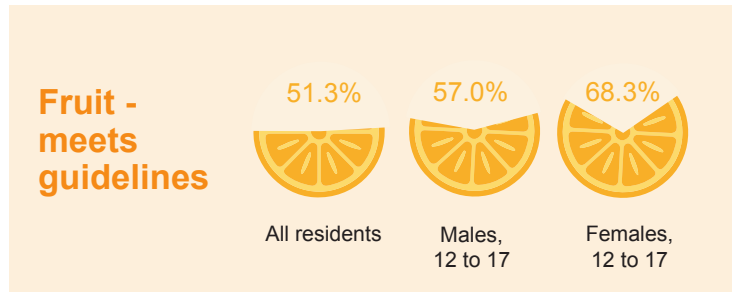
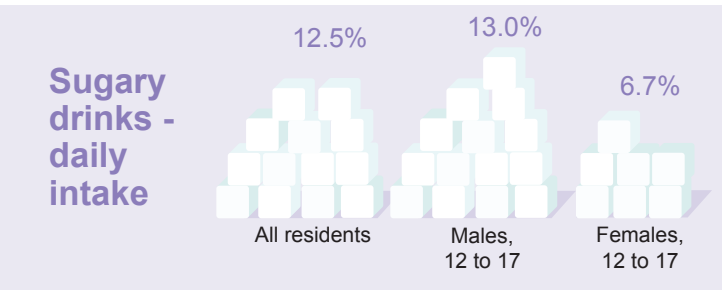
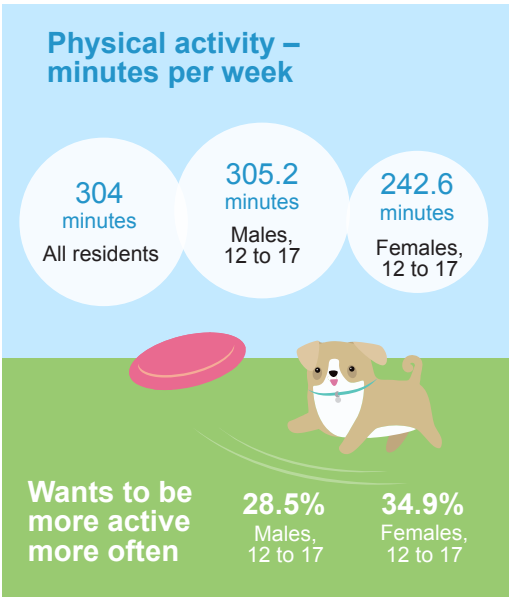
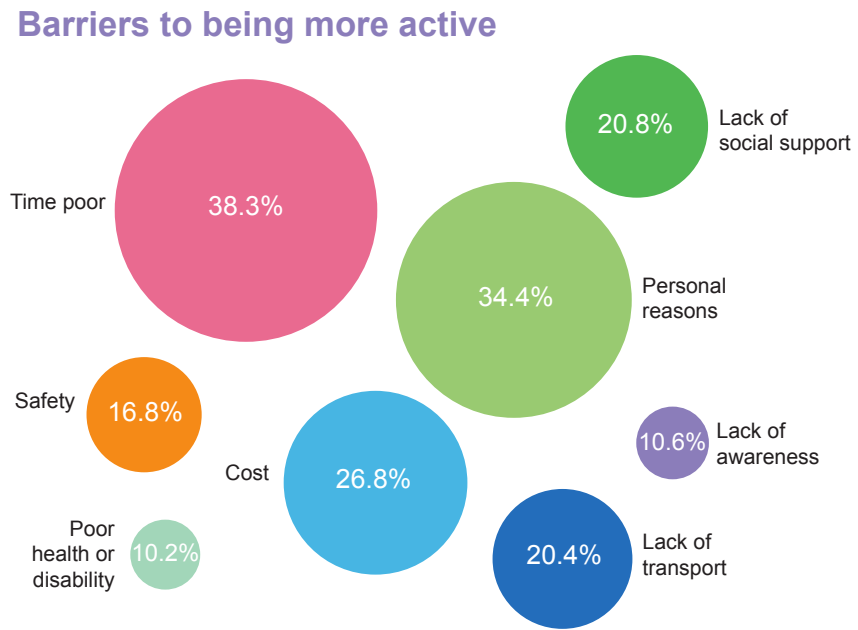
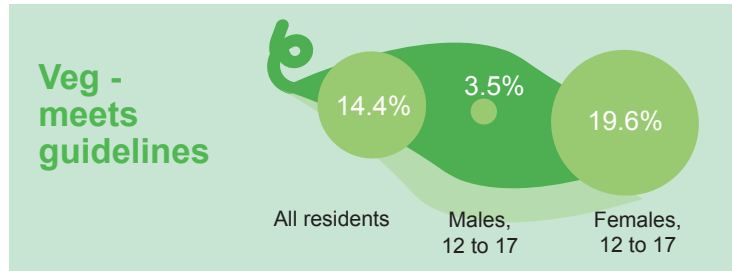
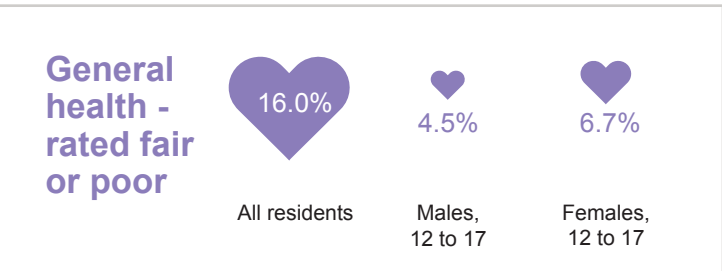
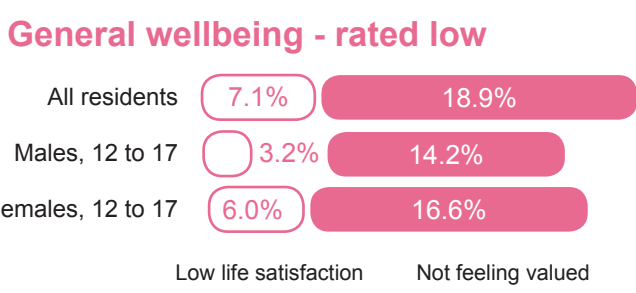
Used weekly or more



*Interpret findings with caution due to a small sample size.

Health and wellbeing profile

This section summarises findings from 1,491 adolescents aged from 12 to 17 years old, who made up 6.2% of all participants (before weighting). Children over 14 years of age were able to fill the survey in themselves, if their parents agreed. Parents filled in the survey for all children under 14 years of age. The extent to which children were involved in responding to the survey questions may have differed within and between households.



Physical activity profile

Most popular activities
(Percentage of residents aged 12 to 17 participating once or more a year)

Males, 12 to 17 participation

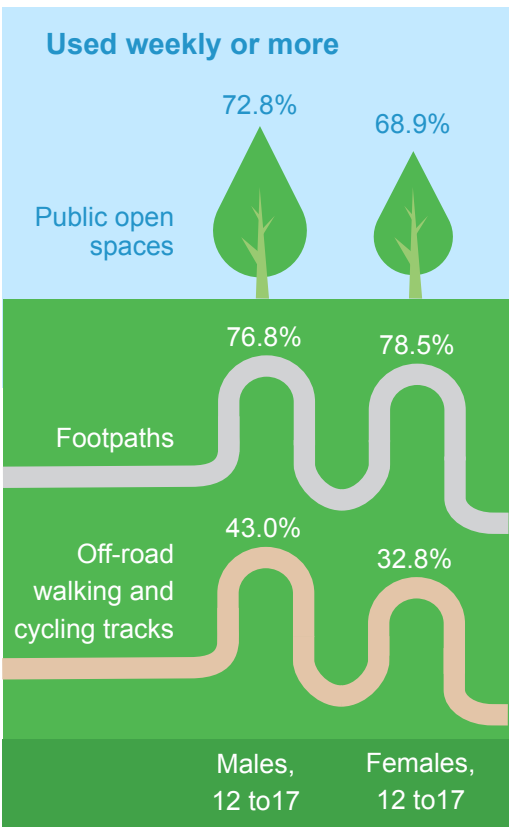
Australian Rules football	12.1%
Walking	8.6%
Basketball	7.3%
Swimming	6.8%
Soccer	5.9%
Mountain bike riding	5.5%
Cycling for recreation or transport	5.2%
Tennis	4.7%
Fitness / Gym*	3.4%
Jogging / running*	3.2%

Females, 12 to 17 participation

Netball	15.4%
Walking	15.2%
Swimming	8.7%
Dancing / Ballet / Calisthenics	6.2%
Fitness / Gym	4.8%
Cycling for recreation or transport	4.5%
Basketball	4.1%
Tennis*	3.9%
Jogging / Running*	3.6%
Active play*	3.5%

Public facilities and open spaces - rate of use

Facility	Adolescents 12 to 17
Parks	79.9%
Sports grounds, ovals and clubrooms	75.4%
Swimming pools / splash parks	71.3%
Indoor sports / leisure / fitness centres	60.7%
Hard courts (e.g. netball / tennis)	53.1%
Community gardens	41.6%
Halls / community centres	41.2%
After hours usage of education facilities	29.7%
Playgrounds	28.6%
Skateparks / BMX	24.3%

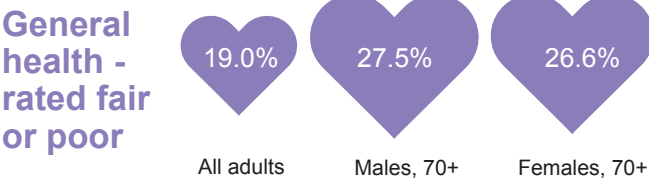
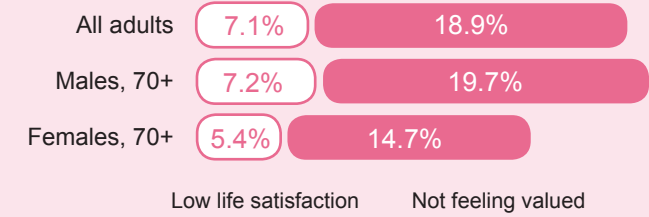


*Interpret findings with caution due to a small sample size.

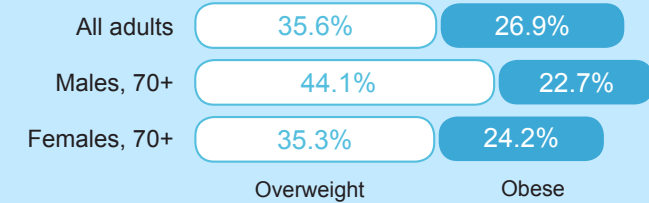
This section summarises findings from 4,305 adults aged over 70 years old, who comprised 17.8% of all survey participants (adjusted during weighting). A total of 1,983 men and 2,207 women aged 70 years and older completed the survey. See the Topline report for results about adults aged 50 to 69 years.

Health and wellbeing profile

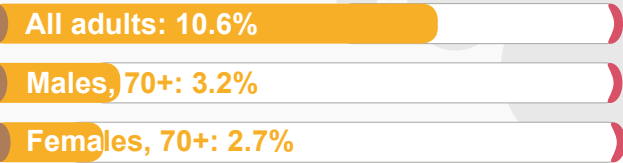
General wellbeing - rated low



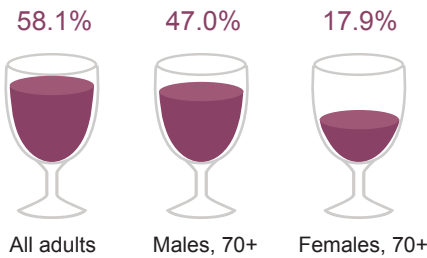
Overweight and obesity



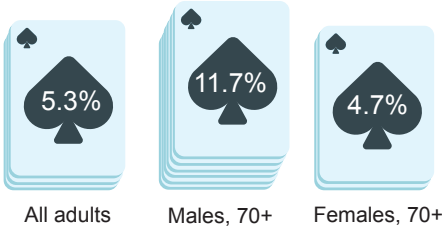
Smoking



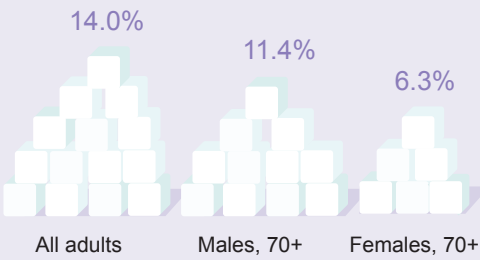
Alcohol - binge drinking



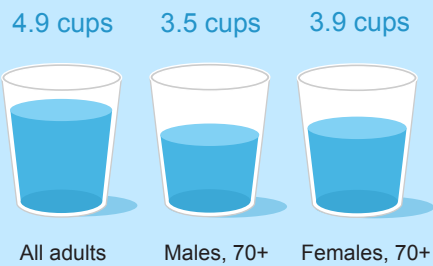
Gambling - weekly



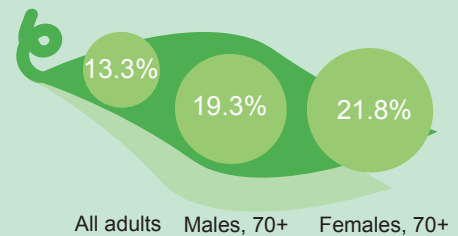
Sugary drinks - daily intake



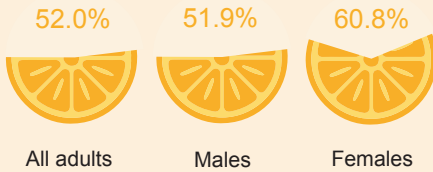
Water - cups per day



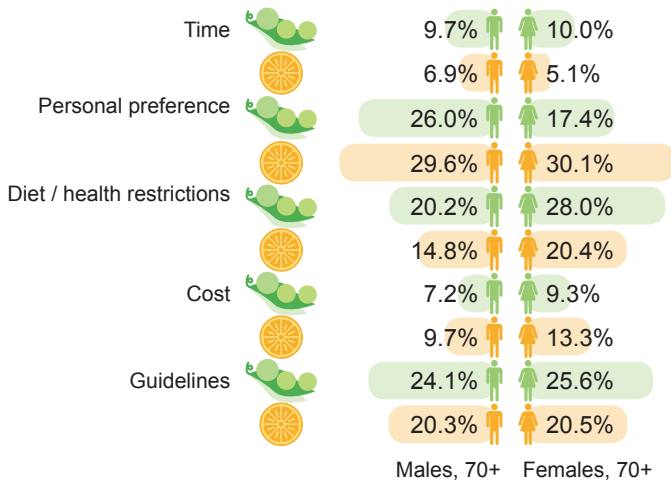
Veg - meets guidelines



Fruit - meets guidelines



Barriers to eating veg and fruit



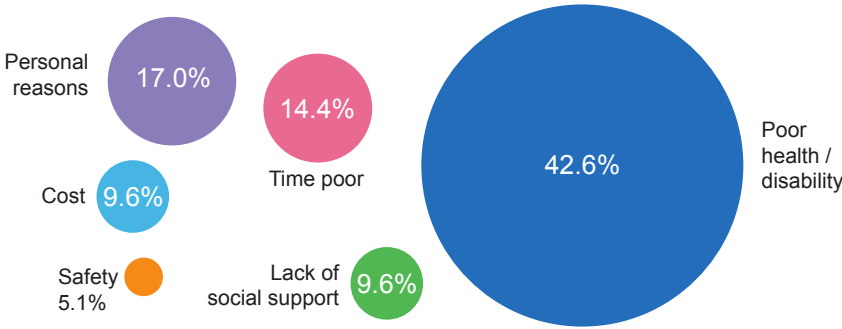
Physical activity profile

Most popular activities

(Percentage of residents aged 70 and over participating once or more a year)

	Male, 70+ participation	Female, 70+ participation
Walking	30.5%	34.1%
Golf	7.6%	8.4%
Lawn bowls	7.1%	6.9%
Bushwalking / Hiking	5.8%	6.3%
Fitness / Gym	4.9%	5.4%
Swimming	4.8%	4.5%
Cycling for recreation or transport	4.8%	3.9%
Fishing	4.0%	3.4%
Active play	2.6%	2.7%
Indoor group fitness	2.5%	2.5%

Barriers to being more active



Public facilities and open spaces - rate of use

Facility	People 70+ %
Parks	59.3%
Halls / community centres	45.8%
Sports grounds, ovals and clubrooms	32.8%
Community gardens	28.8%
Indoor sports / leisure / fitness centres	23.3%
Swimming pools / splash parks	19.7%
Hard courts (e.g. netball / tennis)	3.5%
After hours usage of education facilities	2.7%
Playgrounds	1.9%
Skateparks / BMX	0.8%

Physical activity – meets guidelines

All adults: 57.5%

Males, 70+: 50.0%

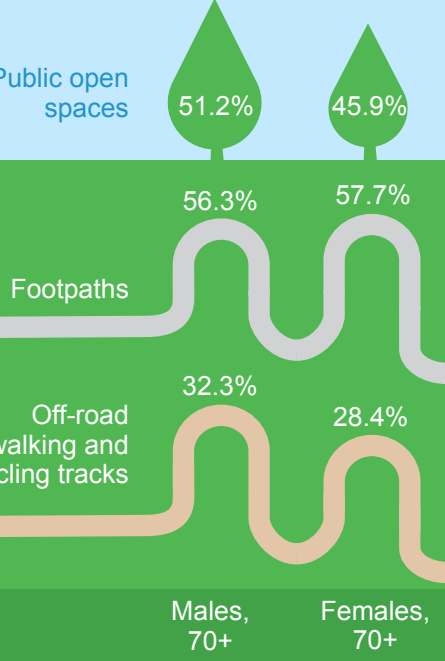
Females, 70+: 49.3%

Wants to be more active more often

Males, 70+: 42.7%

Females, 70+: 45.7%

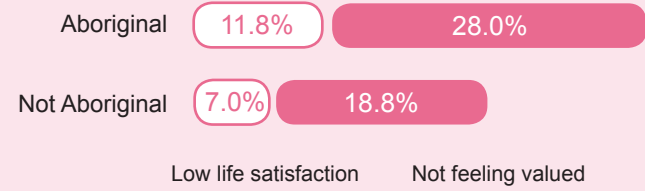
Used weekly or more



The section summarises findings from 295 people who identified as Aboriginal and/or Torres Strait Islander including 204 adults. In this section 'Aboriginal' will be used to represent both Aboriginal and/or Torres Strait Islander peoples, who together made up 1.0% of all participants.

Health and wellbeing profile - Adults

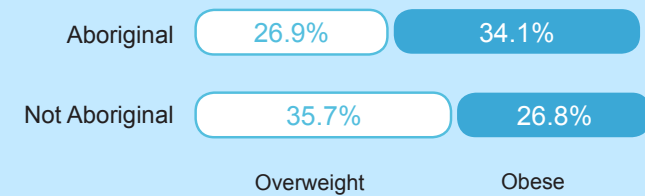
General wellbeing - rated low



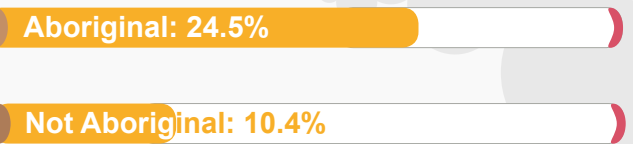
General health - rated fair or poor



Overweight and obesity



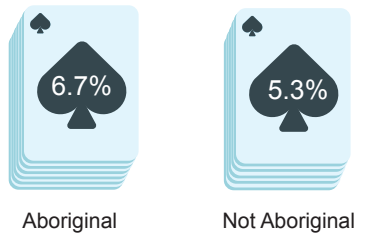
Smoking



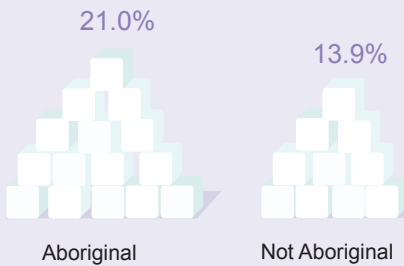
Alcohol - binge drinking



Gambling - weekly



Sugary drinks - daily intake

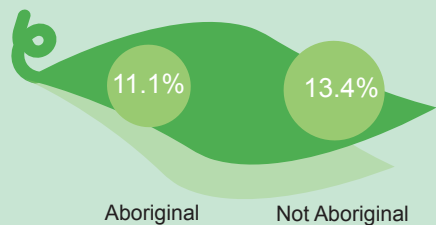


Water - cups per day



Veg - meets guidelines

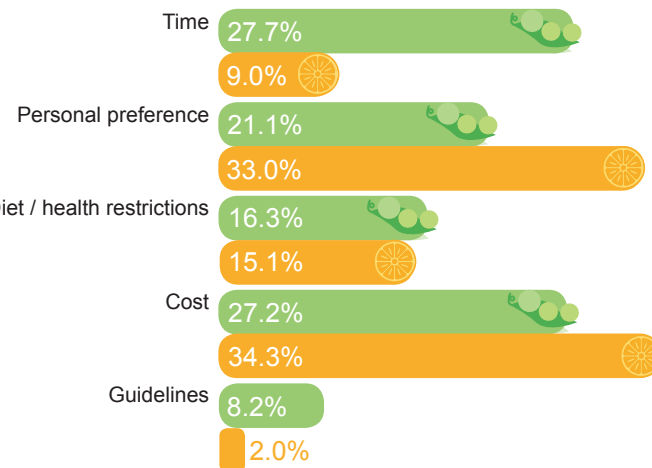
Under 18's eat more veg!



Fruit - meets guidelines

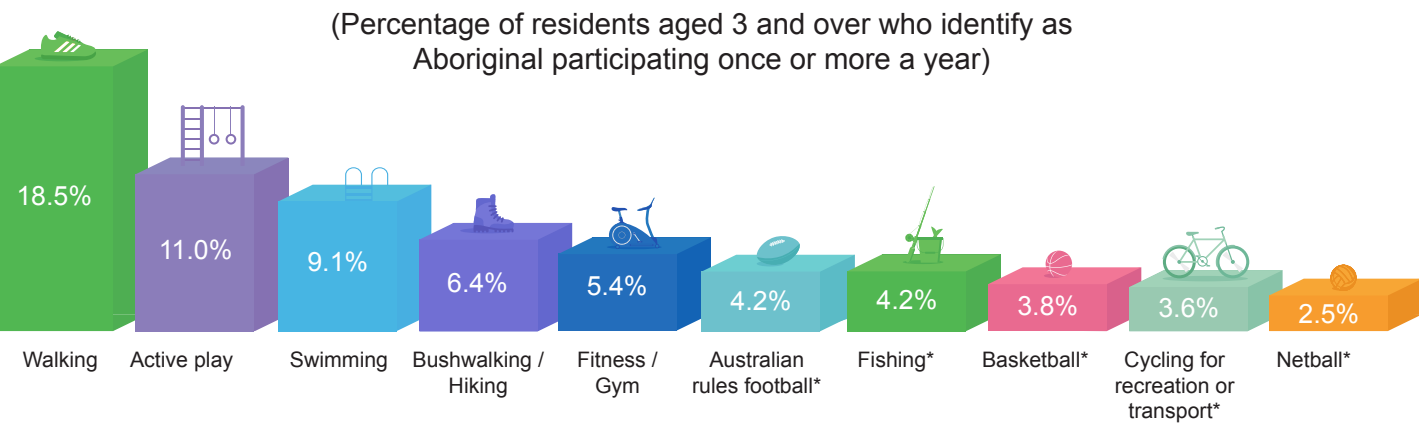


Barriers to eating veg and fruit

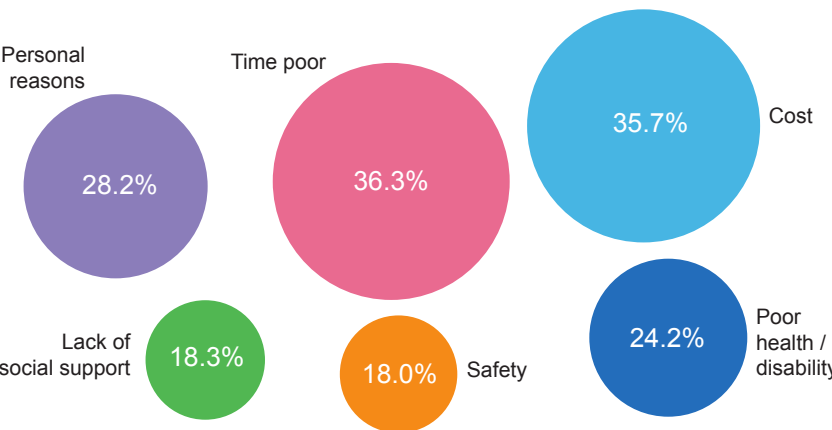


Physical activity profile - All residents

Most popular activities



Barriers to being more active



Public facilities and open spaces - rate of use

Other public facility and open space use	Aboriginal	Not Aboriginal
Footpaths	84.9%	86.5%
Parks	81.4%	81.0%
Off-road walking and cycling tracks	66.0%	70.0%
Swimming pools / splash parks	54.0%	50.0%
Sports grounds, ovals and clubrooms	51.3%	55.3%
Community gardens	49.5%	47.0%
Indoor sports / leisure / fitness centres	38.8%	42.2%
Halls / community centres	28.6%	39.7%
Playgrounds	27.4%	24.9%
Hard courts (e.g. netball / tennis)	21.7%	24.6%
After hours usage of education facilities	17.7%	14.5%
Skateparks / BMX	17.5%	13.6%

Adults physical activity - meets guidelines

Aboriginal: 54.9%
Not Aboriginal: 57.6%

Highly active under 18's!

Wants to be more active more often

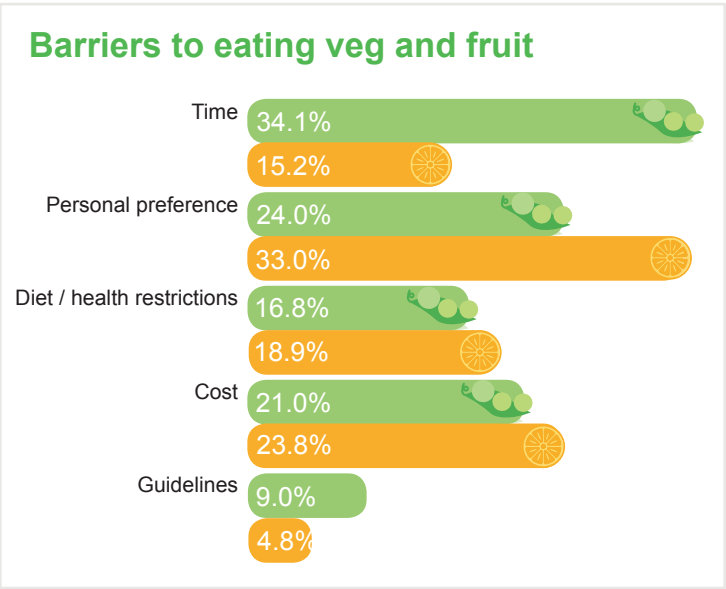
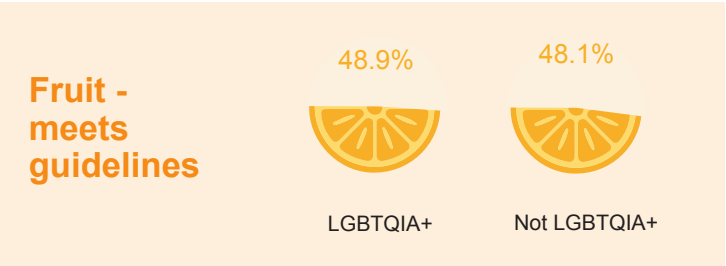
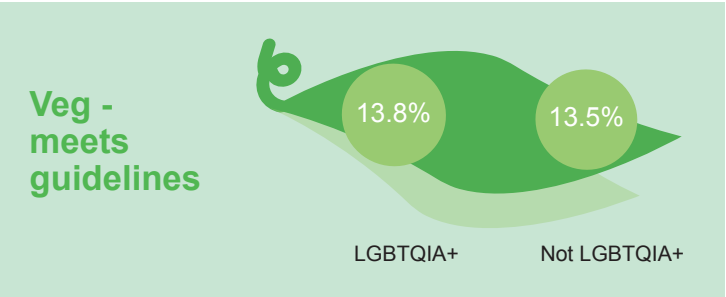
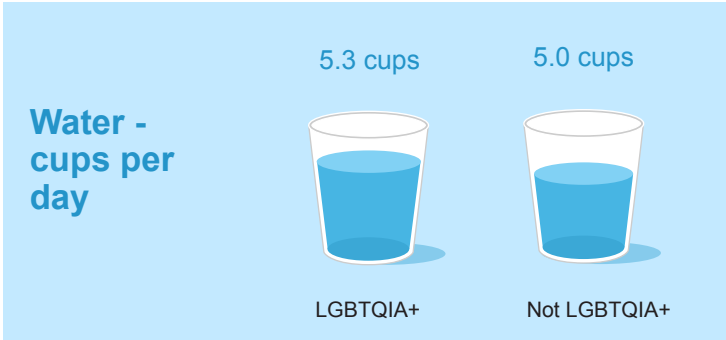
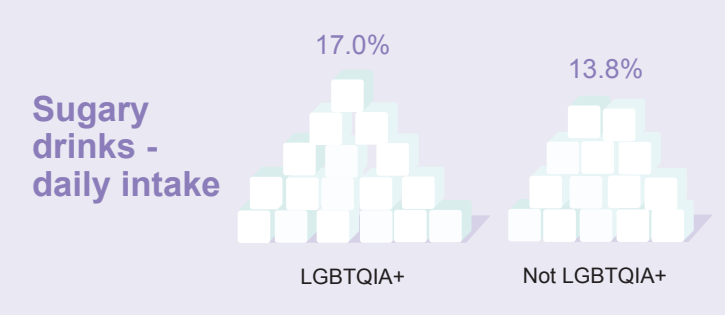
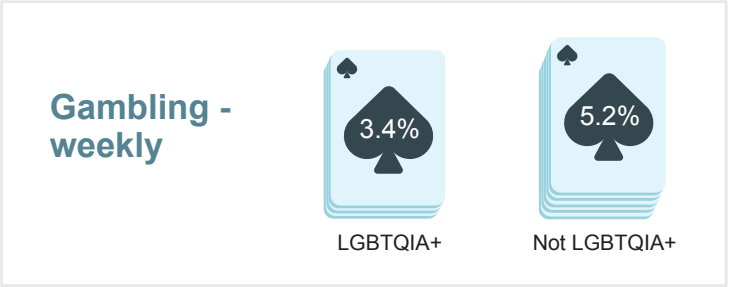
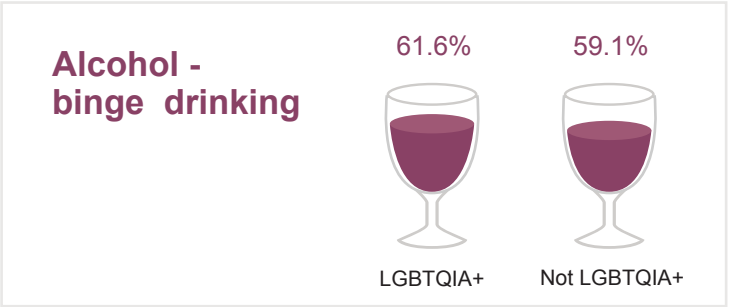
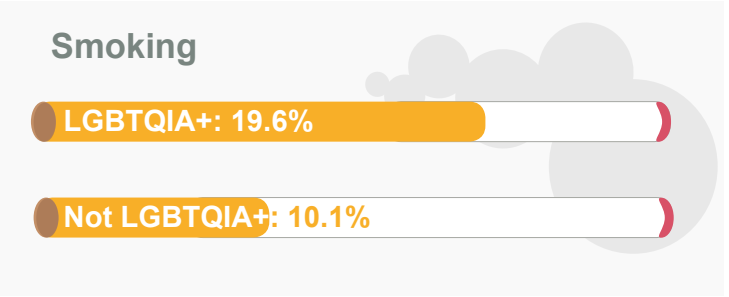
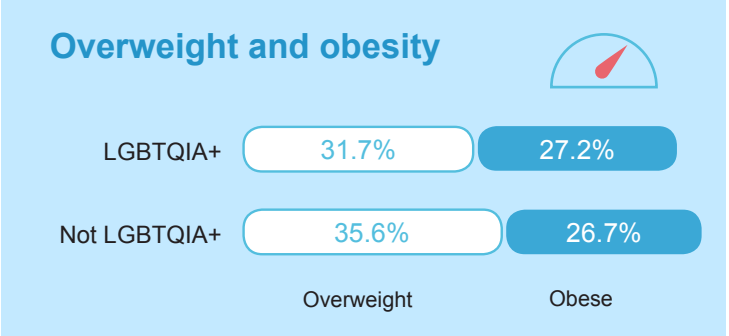
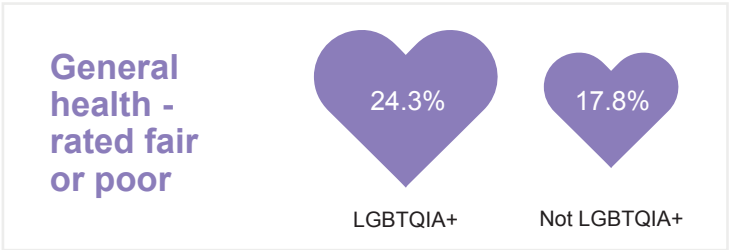
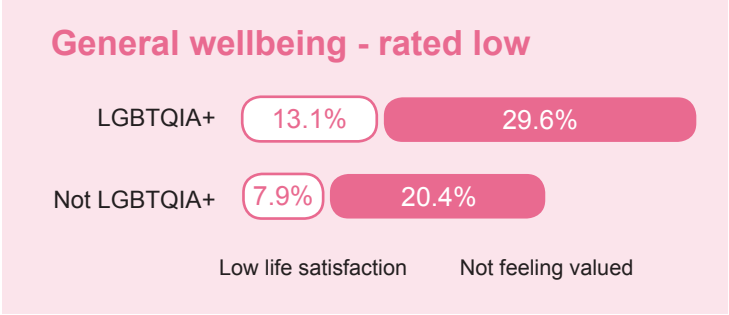
Aboriginal: 55.5%
Not Aboriginal: 53.4%

52.6% of Aboriginal residents use public open spaces weekly or more

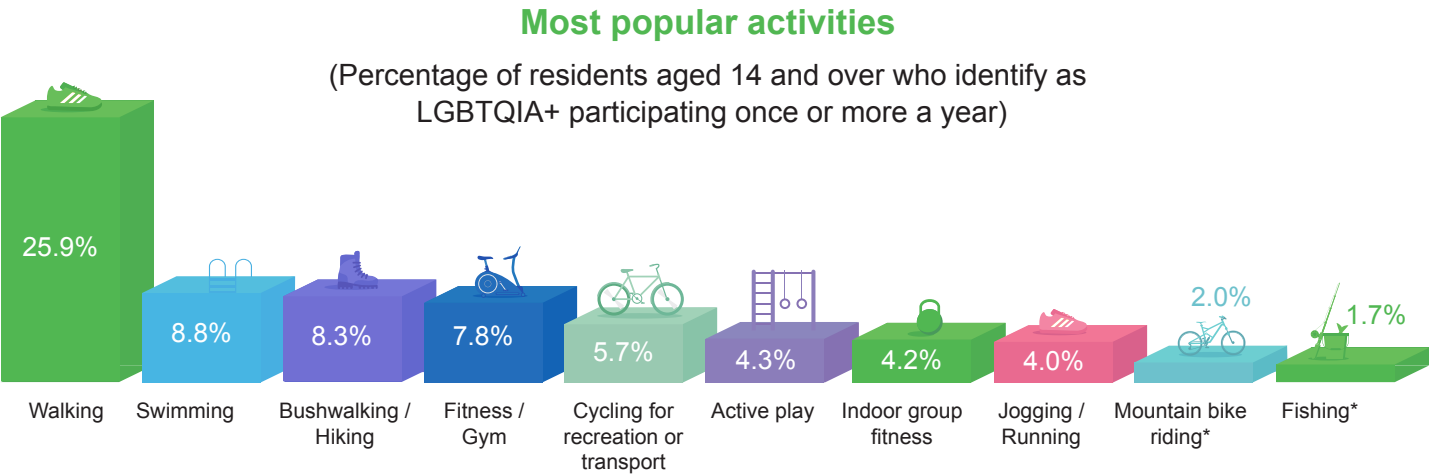
Health and wellbeing profile - Adults

The section summarises findings from 640 residents aged 14 and older who identified as LGBTQIA+. Residents who identify as LGBTQIA+ made up 3.4% of all participants.

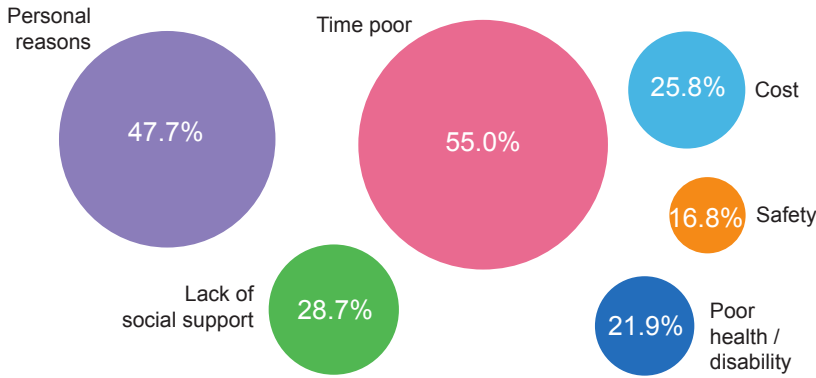
LGBTQIA+ refers to people who identify as lesbian, gay, bisexual, trans, queer or questioning, intersex, asexual and many other terms (such as non-binary and pansexual).



Physical activity profile - All residents

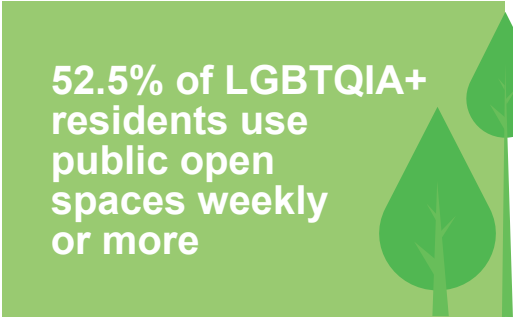
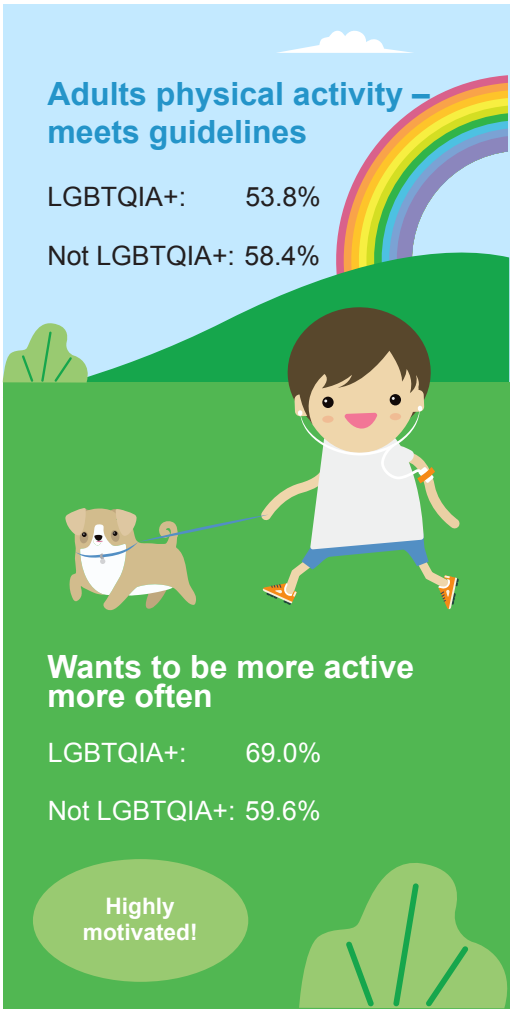


Barriers to being more active



Public facilities and open spaces - rate of use

Facility	LGBTQIA+	Not LGBTQIA+
Footpaths	88.6%	85.4%
Parks	83.3%	80.7%
Off-road walking and cycling tracks	69.6%	68.2%
Community gardens	53.1%	46.9%
Swimming pools / splash parks	44.8%	42.8%
Sports grounds, ovals and clubrooms	40.7%	51.5%
Halls / community centres	39.2%	39.1%
Indoor sports / leisure / fitness centres	37.3%	40.2%
Playgrounds	19.6%	21.9%
After hours usage of education facilities	18.0%	11.7%
Hard courts (e.g. netball / tennis)	13.8%	19.6%
Skateparks / BMX	5.4%	8.7%

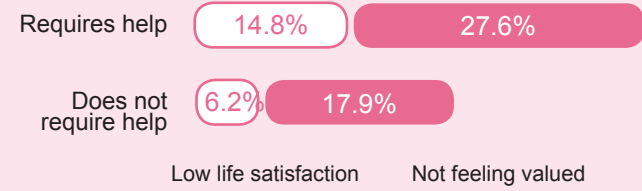


*Interpret findings with caution due to a small sample size.

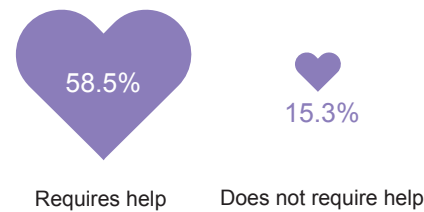
This section summarises findings from 2362 residents over the age of 3 years including 1613 adults who need someone to help them with, or be with them, for daily activities. This includes self-care activities, body movement activities, and/or communication activities. Residents who require help with daily activities made up 8.1% of all participants.

Health and wellbeing profile - Adults

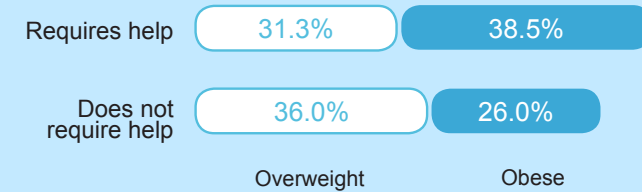
General wellbeing - rated low



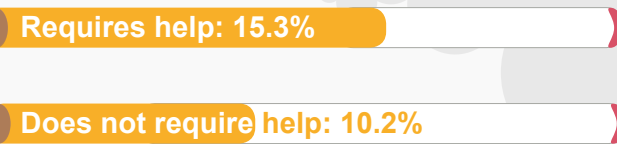
General health - rated fair or poor



Overweight and obesity



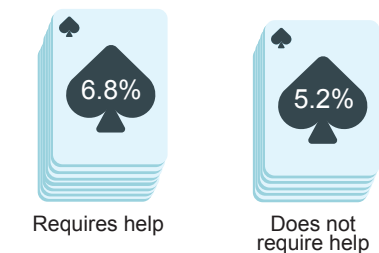
Smoking



Alcohol - binge drinking

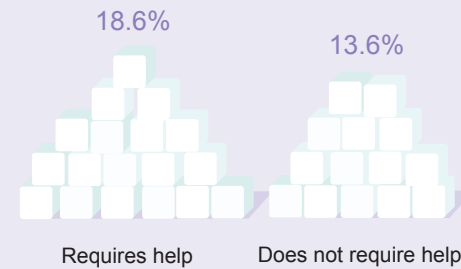


Gambling - weekly

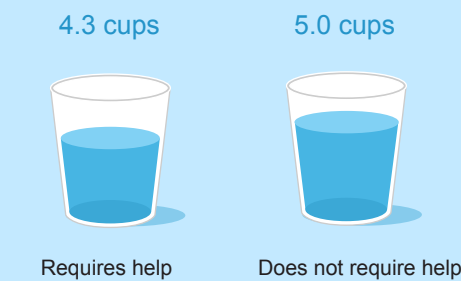


Sugary drinks - daily intake

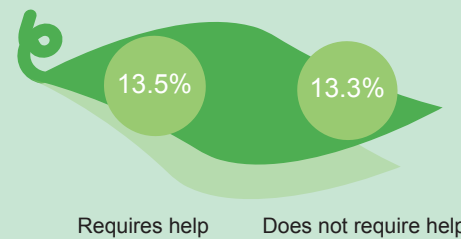
High rates of non-drinkers!



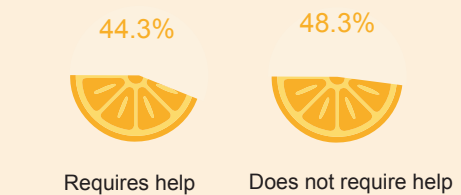
Water - cups per day



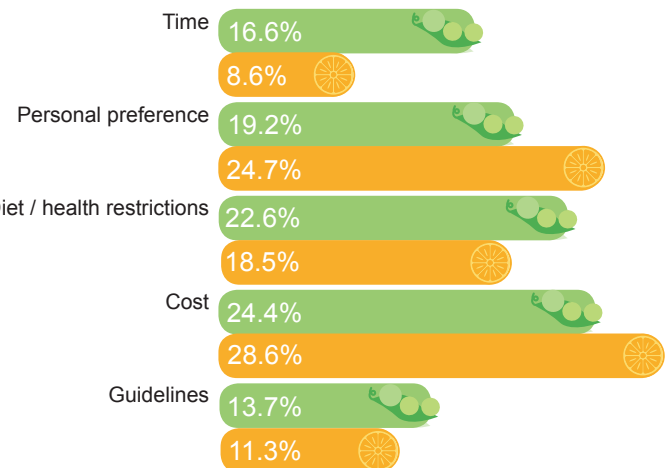
Veg - meets guidelines



Fruit - meets guidelines

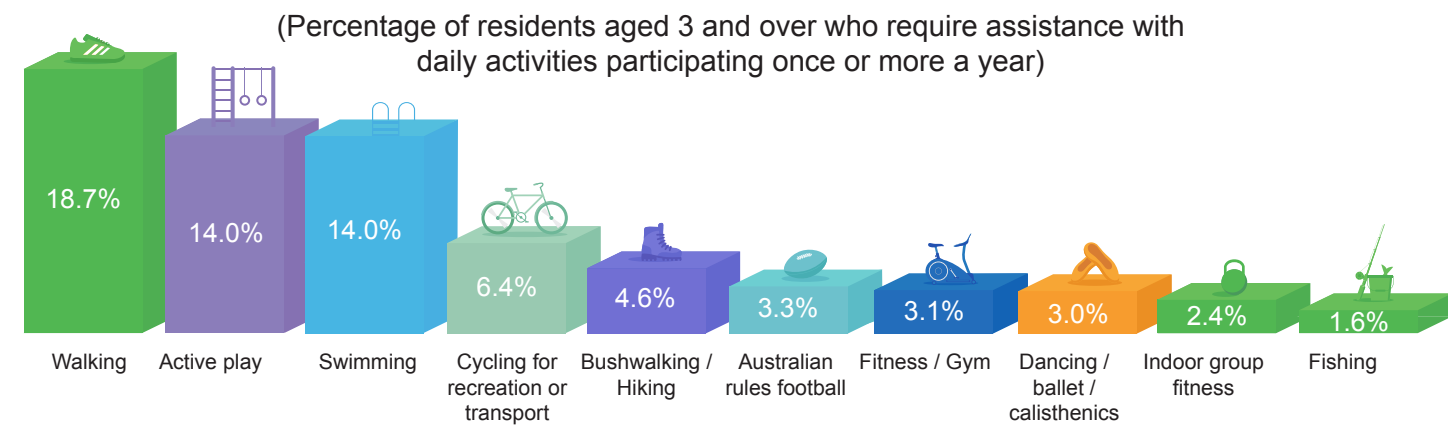


Barriers to eating veg and fruit

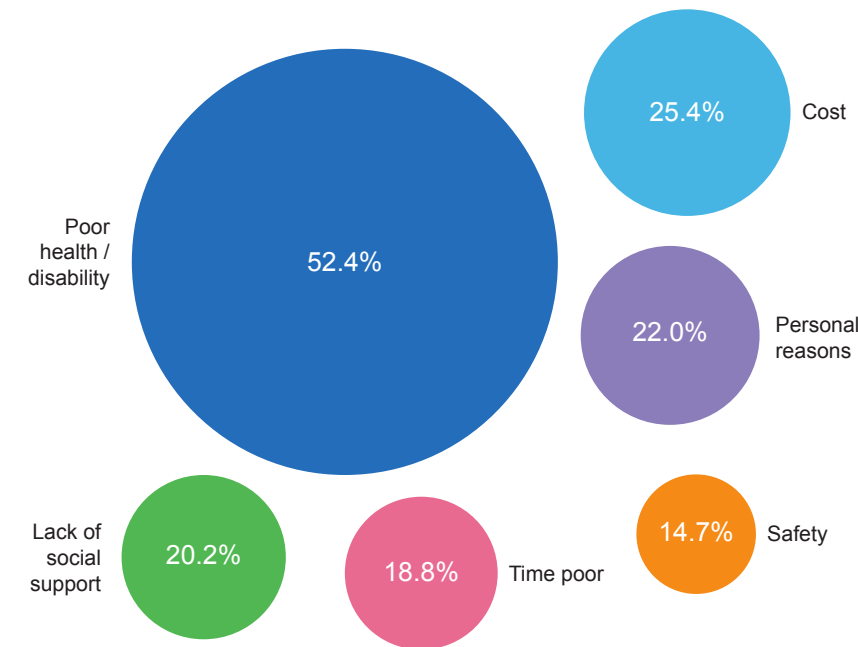


Physical activity profile - All residents

Most popular activities



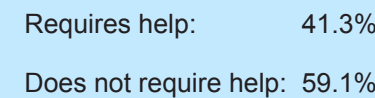
Barriers to being more active



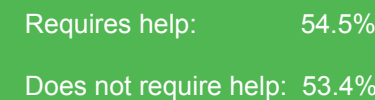
Public facilities and open spaces - rate of use

Facility	Requires help	Does not require help
Footpaths	81.4%	87.1%
Parks	77.3%	81.2%
Off-road walking and cycling tracks	61.2%	70.9%
Swimming pools / splash parks	55.4%	49.6%
Sports grounds, ovals and clubrooms	47.8%	56.0%
Community gardens	45.2%	47.0%
Indoor sports / leisure / fitness centres	34.4%	43.0%

Adults physical activity - meets guidelines



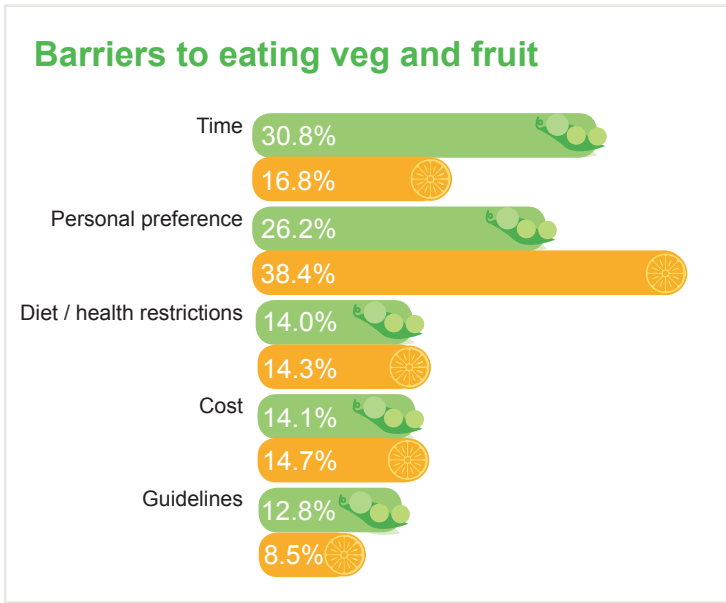
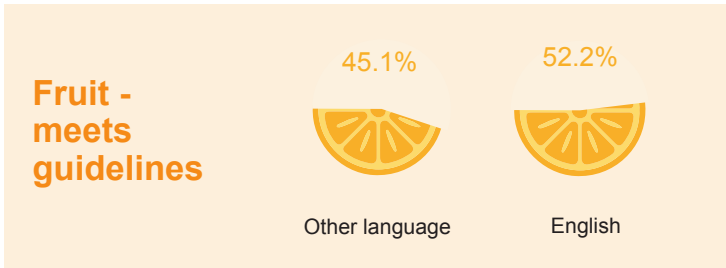
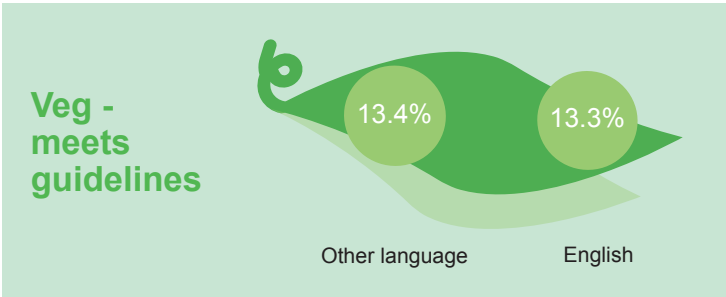
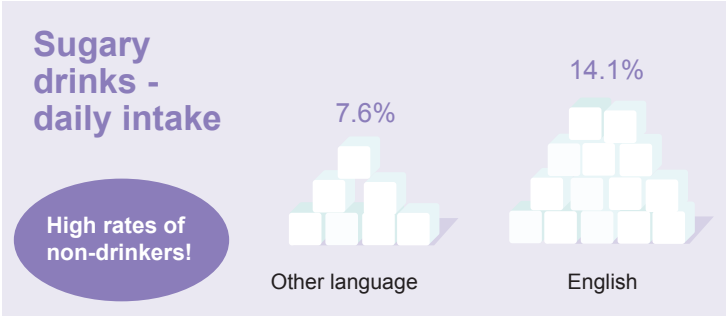
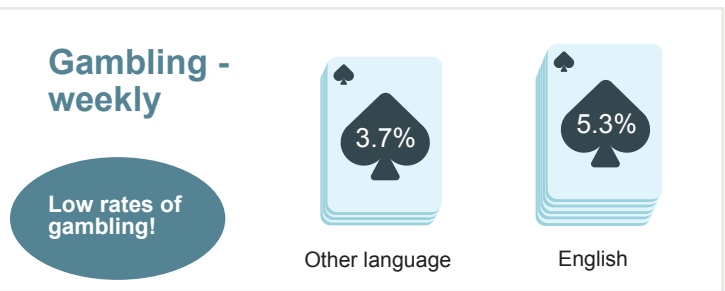
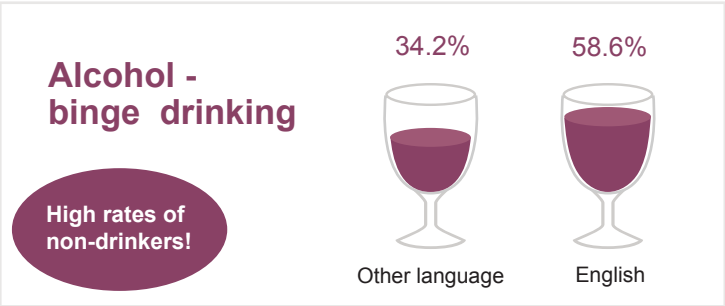
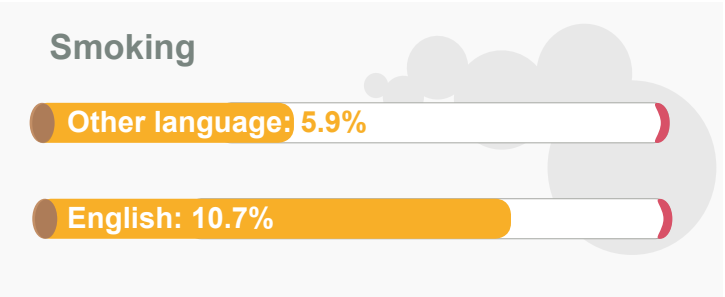
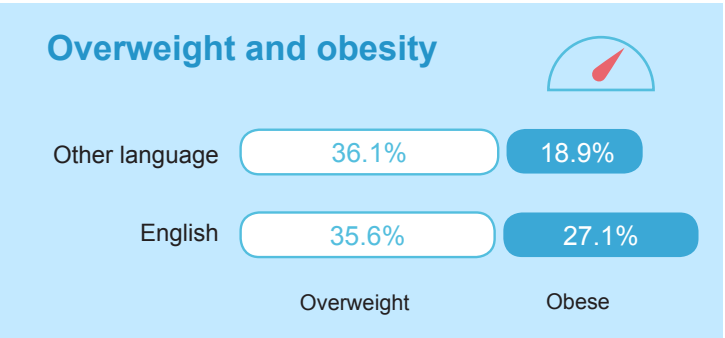
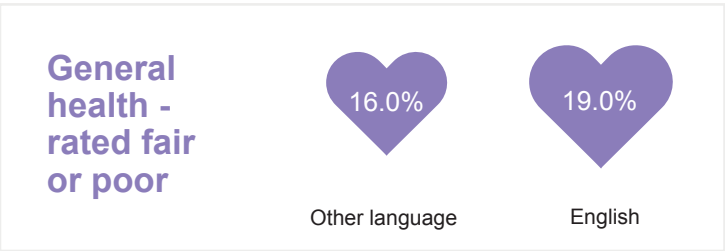
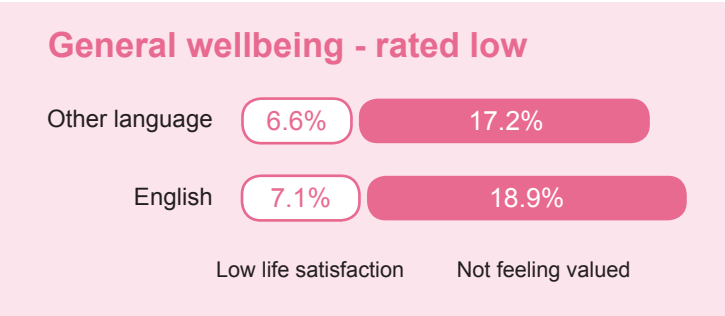
Wants to be more active more often



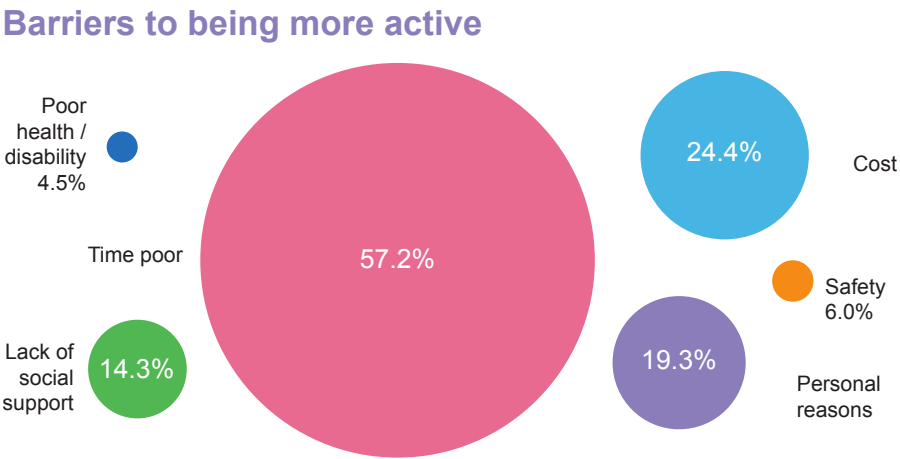
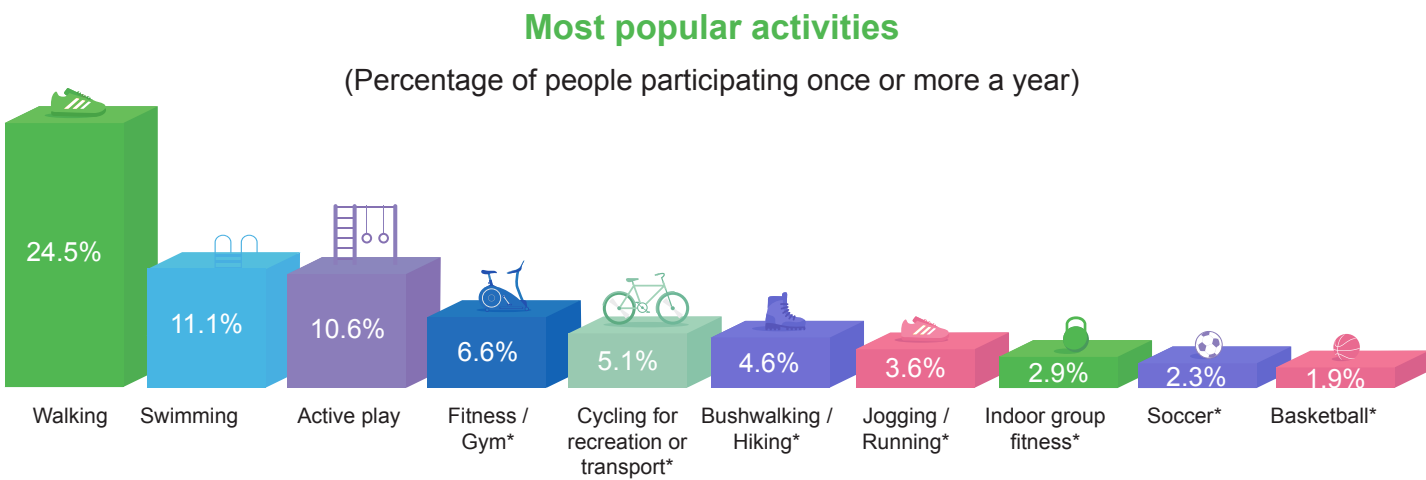
53.9% of residents who require help use public open spaces weekly or more

The section on summarises findings from 355 people whose mainly use a language other than English including 303 adults. People who speak a language other than English made up 1.5% of all participants.

Health and wellbeing profile - Adults

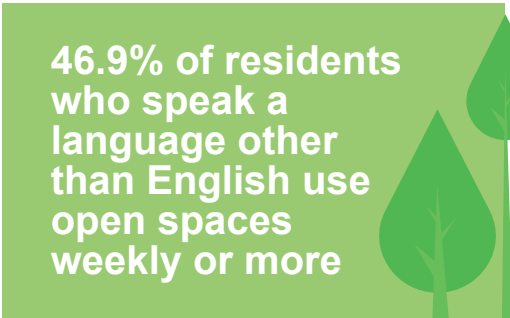
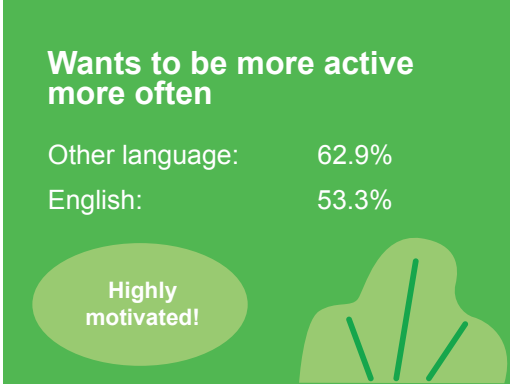
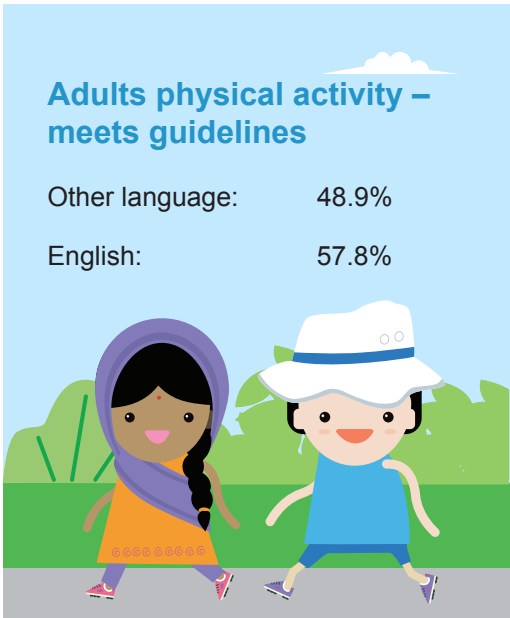


Physical activity profile - All residents



Public facilities and open spaces - rate of use

Facility	Other main language	English
Footpaths	86.5%	84.1%
Parks	85.4%	80.8%
Off-road walking and cycling tracks	70.1%	59.3%
Swimming pools / splash parks	50.5%	49.9%
Community gardens	46.0%	47.0%
Halls / community centres	39.4%	39.7%
Indoor sports / leisure / fitness centres	33.2%	42.2%
Sports grounds, ovals and clubrooms	32.5%	55.6%
Playgrounds	23.0%	25.1%
After hours usage of education facilities	17.2%	14.4%
Hard courts (e.g. netball / tennis)	10.6%	24.7%
Skateparks / BMX	7.6%	13.6%

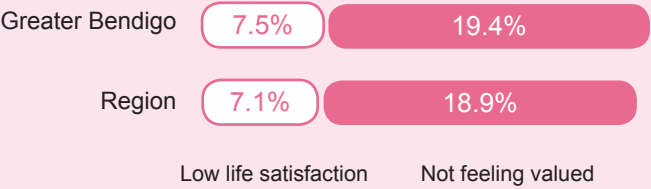


*Interpret findings with caution due to a small sample size.

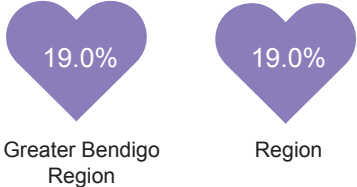
City of Greater Bendigo includes Bendigo, Eaglehawk, Eaglehawk North, Sailors Gully, East Bendigo, Wellsford, Elmore, Rural North, Epsom, Ascot, Flora Hill, Quarry Hill, Spring Gully, Golden Gully, Golden Square, Heathcote & District, Huntly, Kangaroo Flat, Big Hill, Ravenswood, Kennington, Long Gully, West Bendigo, Ironbark, Maiden Gully, Marong, Rural West, North Bendigo, California Gully, Rural East, Strathdale, Strathfieldsaye, White Hills and Jackass Flat. Findings in Bendigo are based on 12,973 responses from residents, or approximately 12.2% of the local population.

Health and wellbeing profile - Adults

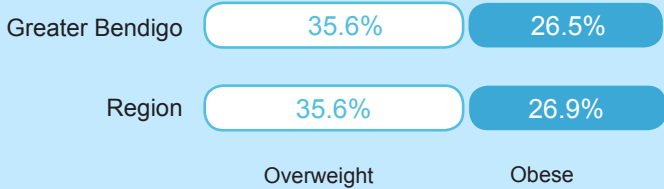
General wellbeing - rated low



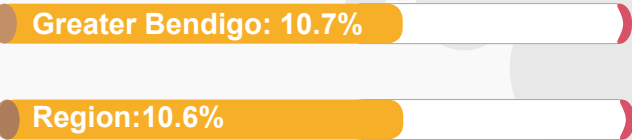
General health - rated fair or poor



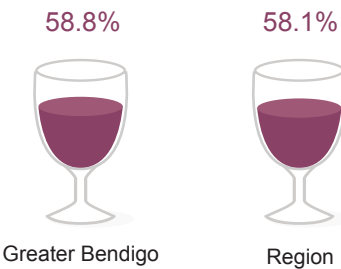
Overweight and obesity



Smoking



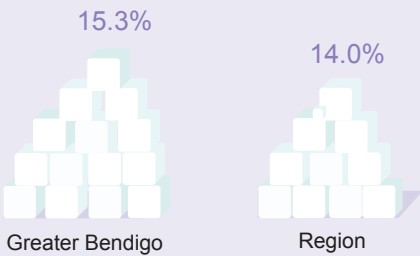
Alcohol - binge drinking



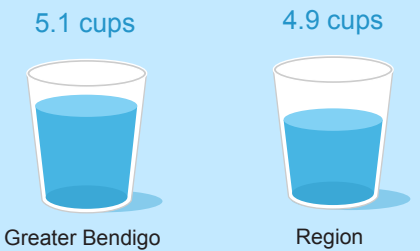
Gambling - weekly



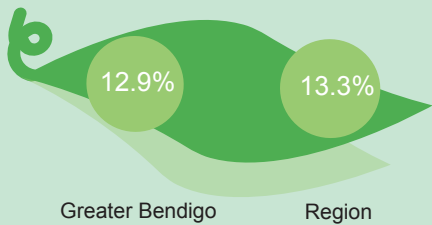
Sugary drinks - daily intake



Water - cups per day



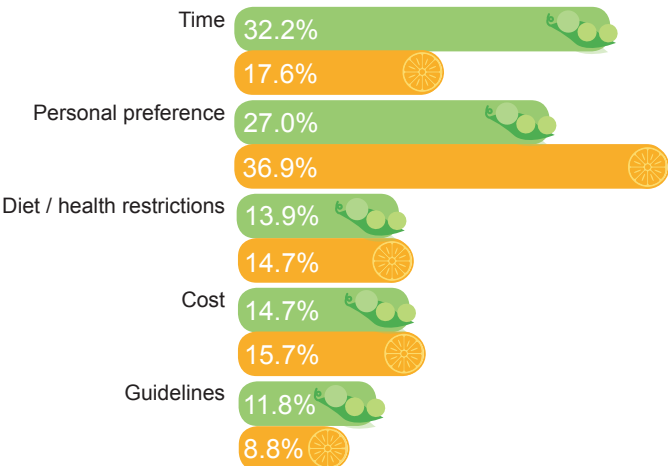
Veg - meets guidelines



Fruit - meets guidelines



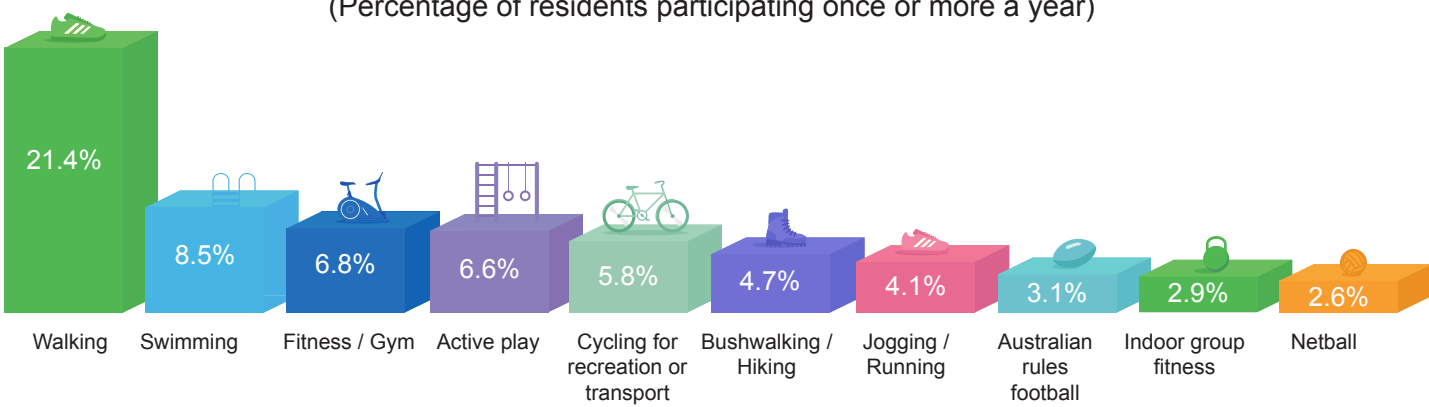
Barriers to eating veg and fruit



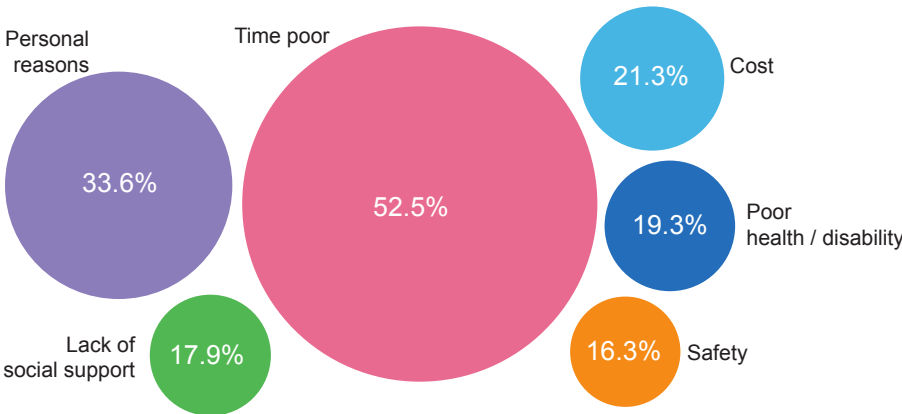
Physical activity profile - All residents

Most popular activities

(Percentage of residents participating once or more a year)



Barriers to being more active



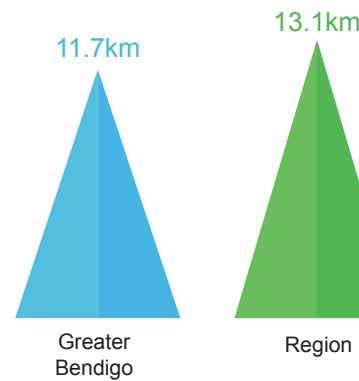
Public facilities and open spaces - rate of use

Footpaths	87.9%
Parks	82.4%
Off-road walking and cycling tracks	71.5%
Sports grounds, ovals and clubrooms	55.2%
Swimming pools / splash parks	52.9%
Community gardens	51.5%
Indoor sports / leisure / fitness centres	44.0%
Halls / community centres	32.4%
Playgrounds	27.2%
Hard courts (e.g. netball / tennis)	23.4%
After hours usage of education facilities	16.2%
Skateparks / BMX	11.3%

57.3% of adults meet physical activity guidelines

52.9% of residents want to be more active more often.

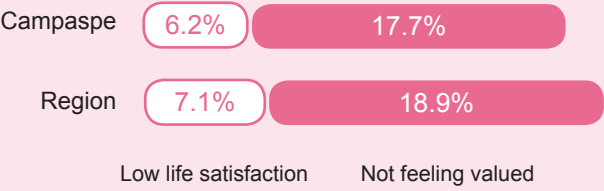
Travel to activities - average distance



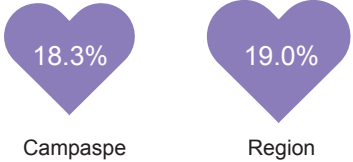
59.6% of residents use open spaces once a week or more.

Health and wellbeing profile - Adults

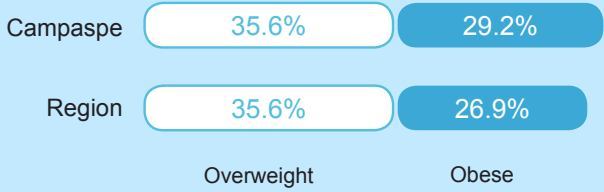
General wellbeing - rated low



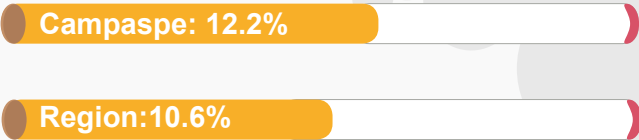
General health - rated fair or poor



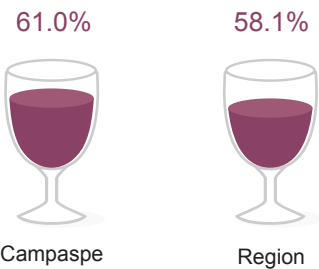
Overweight and obesity



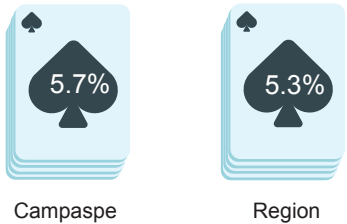
Smoking



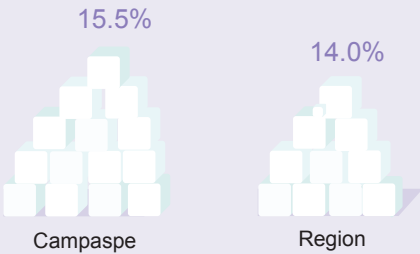
Alcohol - binge drinking



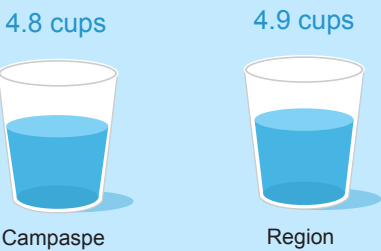
Gambling - weekly



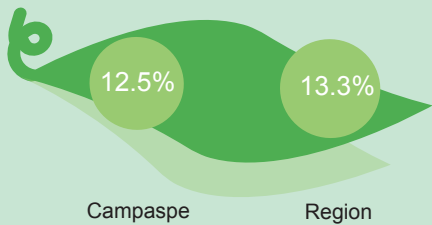
Sugary drinks - daily intake



Water - cups per day



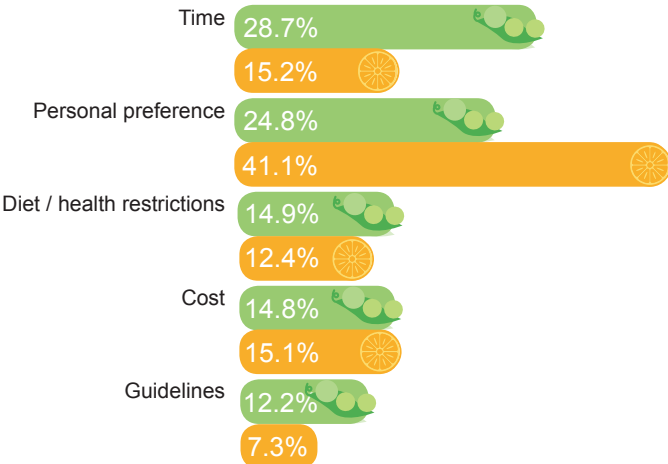
Veg - meets guidelines



Fruit - meets guidelines



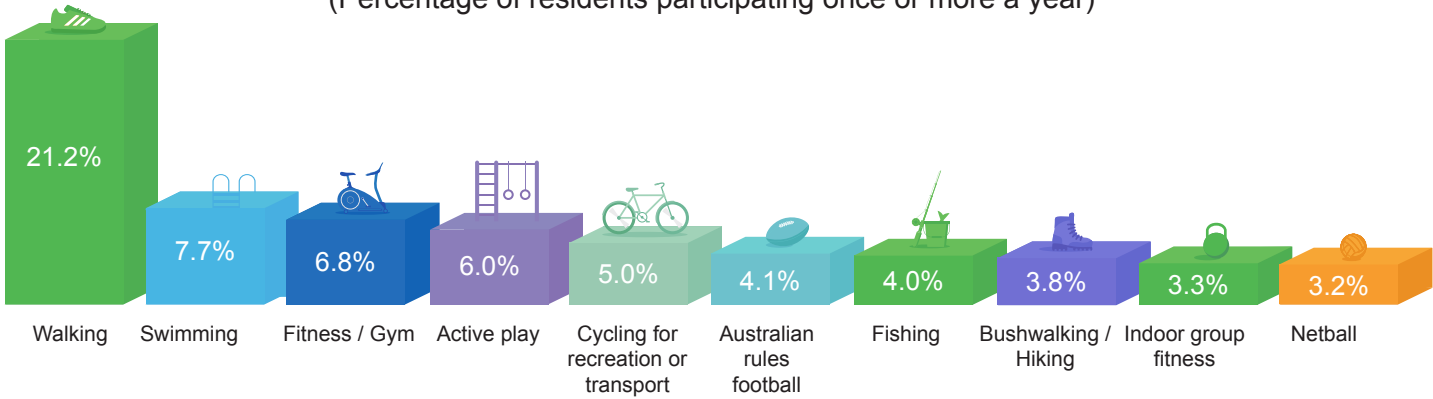
Barriers to eating veg and fruit



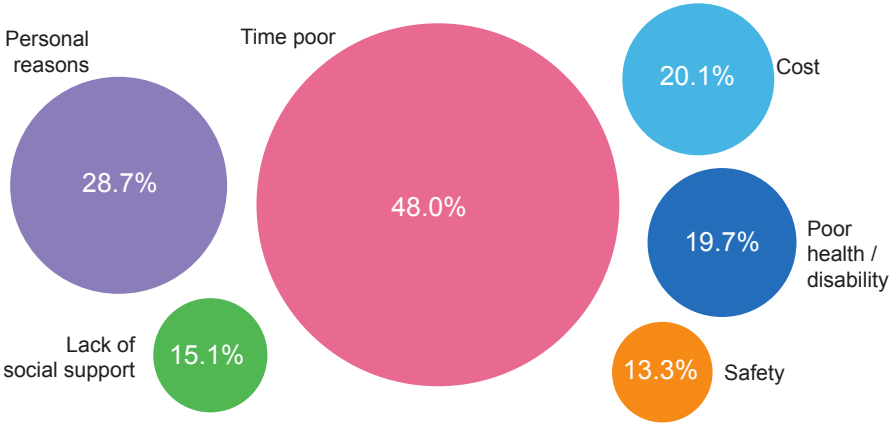
Physical activity profile - All residents

Most popular activities

(Percentage of residents participating once or more a year)



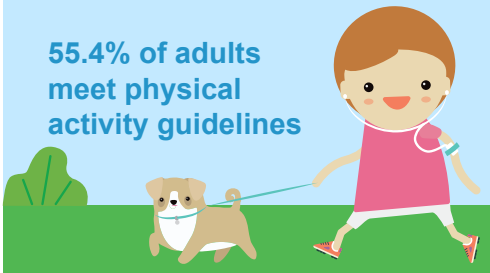
Barriers to being more active



Public facilities and open spaces - rate of use

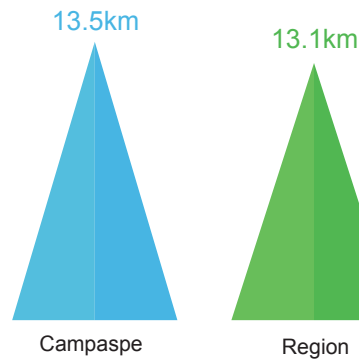
Footpaths	84.0%
Parks	72.4%
Off-road walking and cycling tracks	65.0%
Sports grounds, ovals and clubrooms	59.4%
Swimming pools / splash parks	45.3%
Halls / community centres	41.8%
Indoor sports / leisure / fitness centres	39.4%
Community gardens	36.8%
Hard courts (e.g. netball / tennis)	28.7%
Playgrounds	23.0%
Skateparks / BMX	16.1%
After hours usage of education facilities	13.3%

55.4% of adults meet physical activity guidelines



52.9% of residents want to be more active more often.

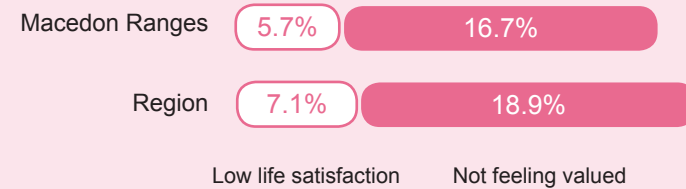
Travel to activities - average distance



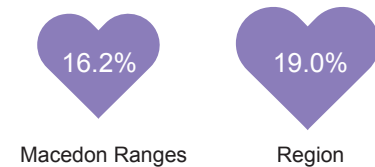
54.0% of residents use open spaces once a week or more.

Health and wellbeing profile - Adults

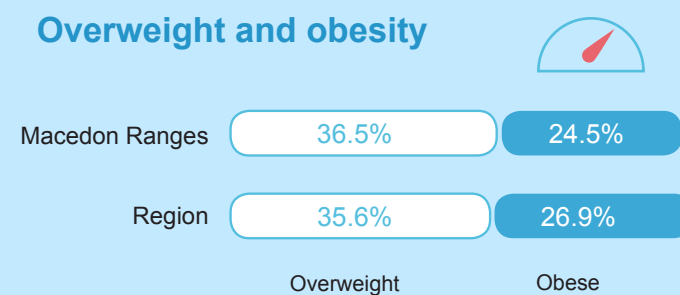
General wellbeing - rated low



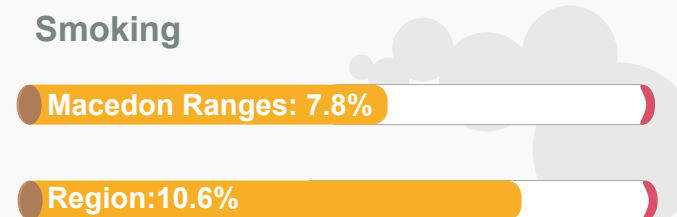
General health - rated fair or poor



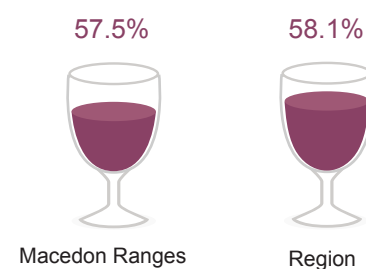
Overweight and obesity



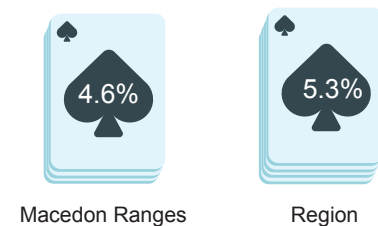
Smoking



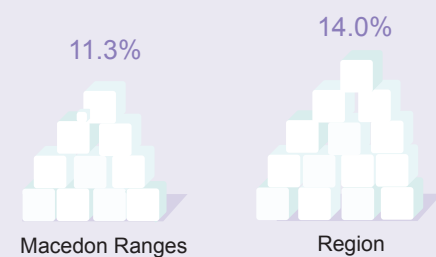
Alcohol - binge drinking



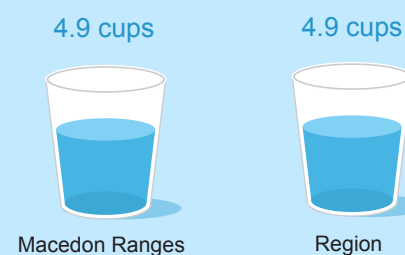
Gambling - weekly



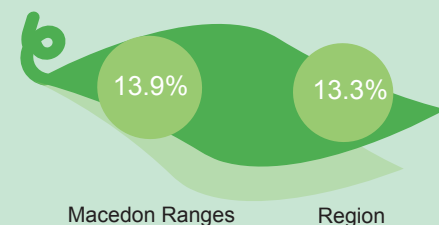
Sugary drinks - daily intake



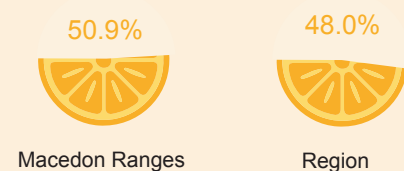
Water - cups per day



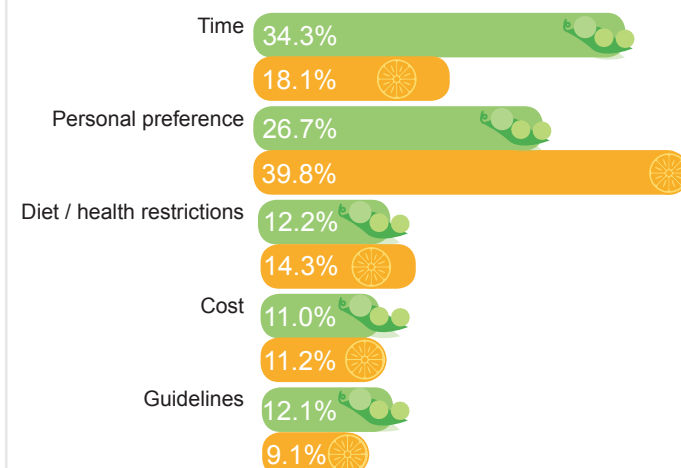
Veg - meets guidelines



Fruit - meets guidelines



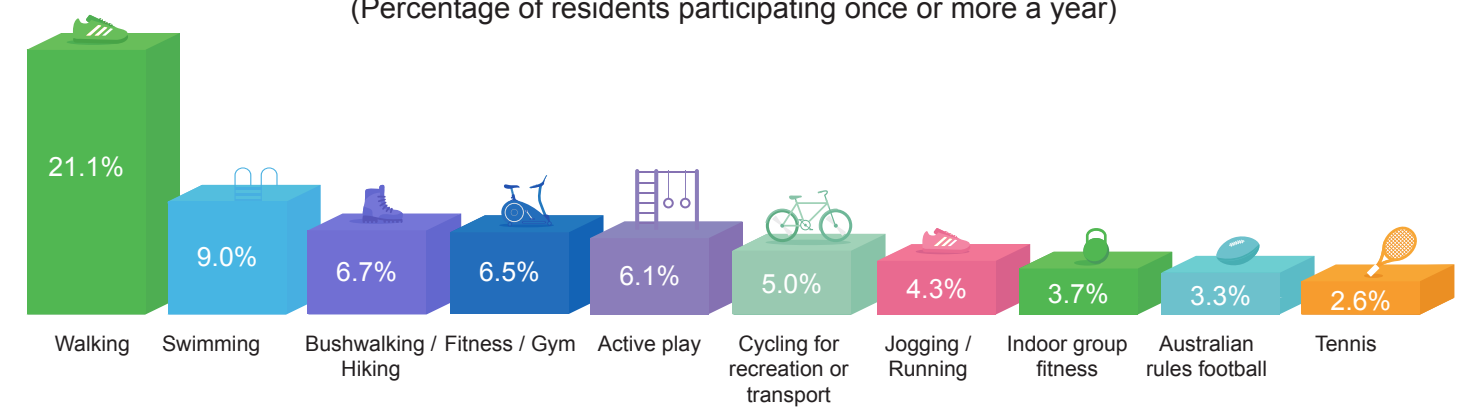
Barriers to eating veg and fruit



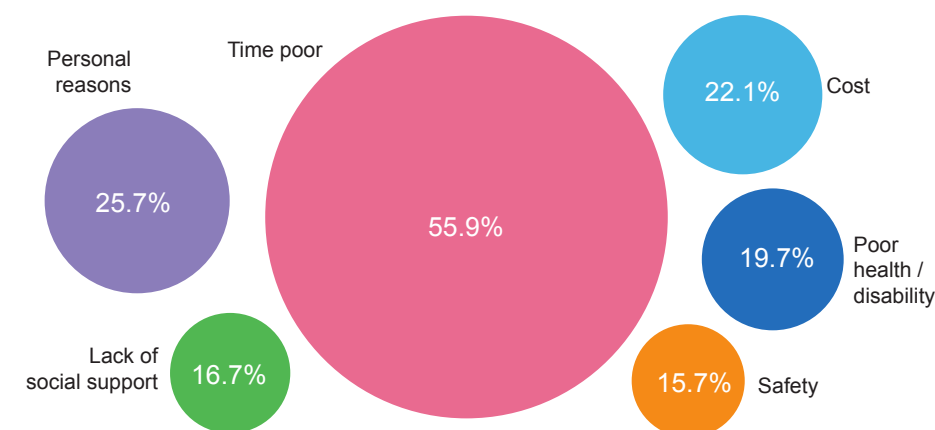
Physical activity profile - All residents

Most popular activities

(Percentage of residents participating once or more a year)



Barriers to being more active



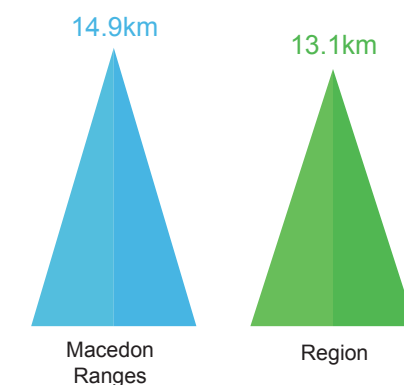
Public facilities and open spaces - rate of use

Footpaths	88.5%
Parks	82.9%
Off-road walking and cycling tracks	72.0%
Sports grounds, ovals and clubrooms	52.6%
Swimming pools / splash parks	51.1%
Community gardens	44.5%
Halls / community centres	44.1%
Indoor sports / leisure / fitness centres	43.9%
Hard courts (e.g. netball / tennis)	23.9%
Playgrounds	22.3%
Skateparks / BMX	18.5%
After hours usage of education facilities	12.6%

61.6% of adults meet physical activity guidelines

52.7% of residents want to be more active more often.

Travel to activities - average distance

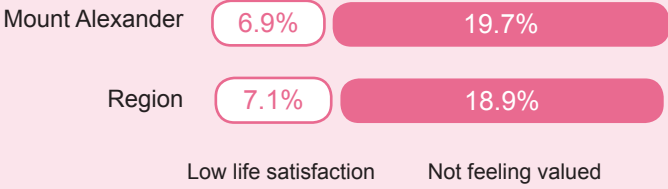


60.5% of residents use open spaces once a week or more.

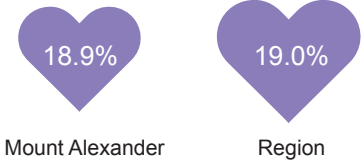
Health and wellbeing profile - Adults

Mount Alexander Shire area includes Campbells Creek, Guildford & Surrounds, Castlemaine, Chewton, Taradale, Elphinstone & Surrounds, Harcourt & Surrounds, Maldon & Surrounds and Newstead & Surrounds. Findings for Castlemaine area are based on 2,329 responses from residents, or approximately 12.7% of the local population.

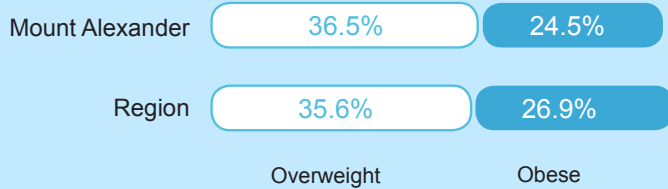
General wellbeing - rated low



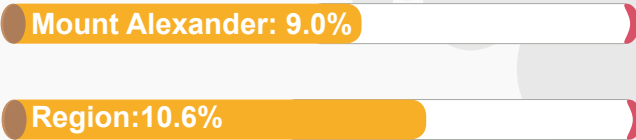
General health - rated fair or poor



Overweight and obesity



Smoking



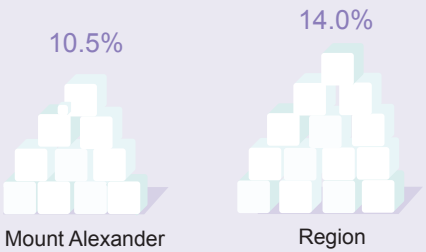
Alcohol - binge drinking



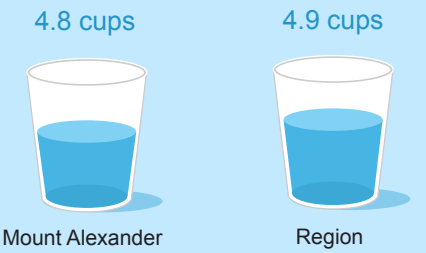
Gambling - weekly



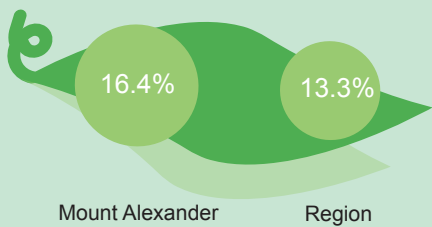
Sugary drinks - daily intake



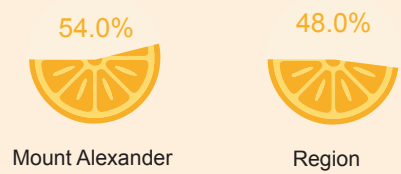
Water - cups per day



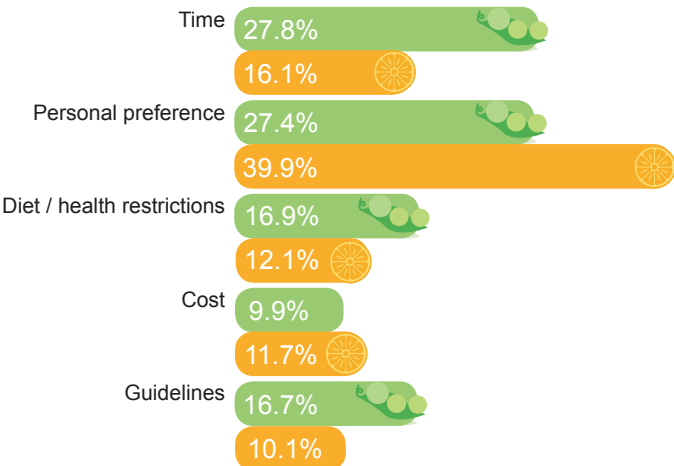
Veg - meets guidelines



Fruit - meets guidelines



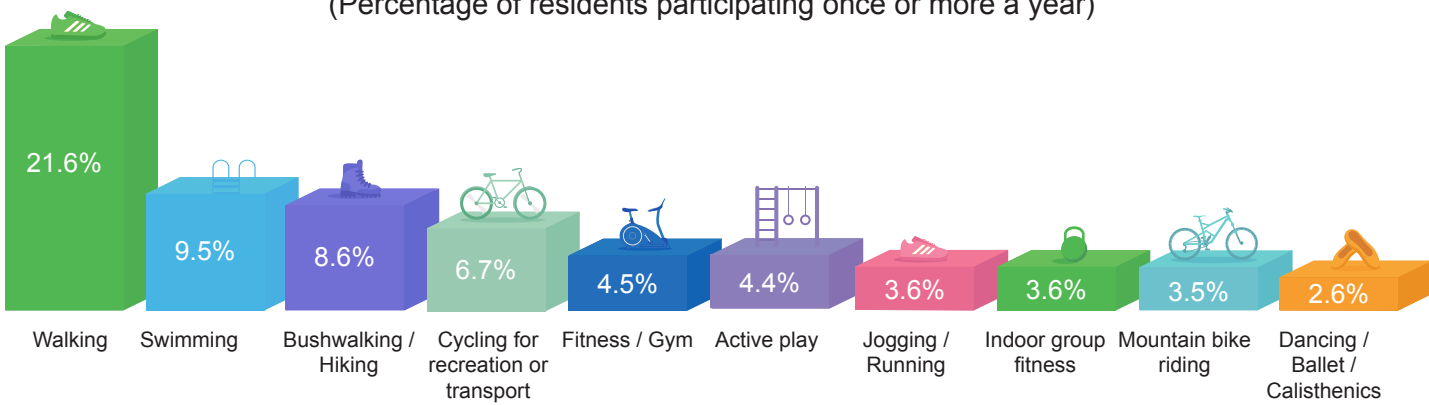
Barriers to eating veg and fruit



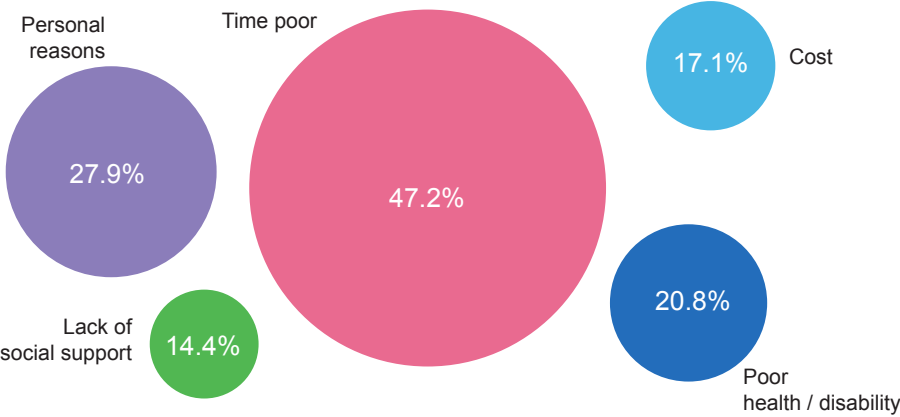
Physical activity profile - All residents

Most popular activities

(Percentage of residents participating once or more a year)



Barriers to being more active



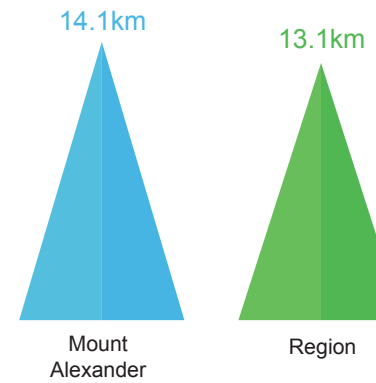
Public facilities and open spaces - rate of use

Footpaths	86.0%
Parks	85.4%
Off-road walking and cycling tracks	75.2%
Halls / community centres	52.2%
Community gardens	49.9%
Sports grounds, ovals and clubrooms	45.4%
Swimming pools / splash parks	45.3%
Indoor sports / leisure / fitness centres	33.7%
Hard courts (e.g. netball / tennis)	19.5%
Playgrounds	19.1%
Skateparks / BMX	14.7%
After hours usage of education facilities	14.1%

61.5% of adults meet physical activity guidelines

55.3% of residents want to be more active more often.

Travel to activities - average distance

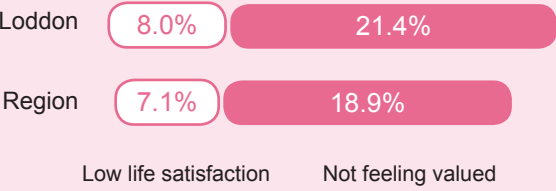


63.9% of residents use open spaces once a week or more.

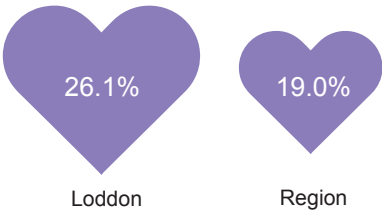
Loddon Shire includes Pyramid Hill & Surrounds, South Loddon Area, Wedderburn and Surrounds, Boort & Surrounds, East Loddon Area and Inglewood-Bridgewater & Surrounds.
Findings Loddon Shire based on 812 responses from residents, or approximately 11.1% of the local population.

Health and wellbeing profile - Adults

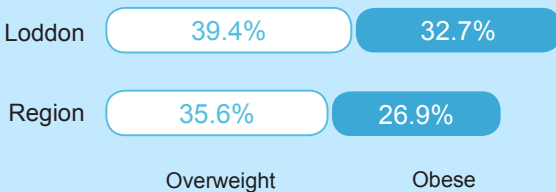
General wellbeing - rated low



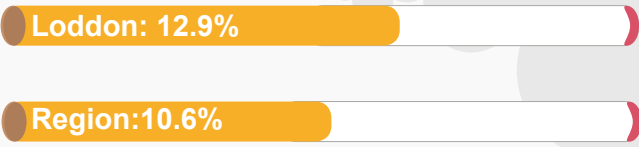
General health - rated fair or poor



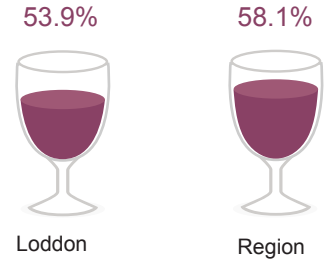
Overweight and obesity



Smoking



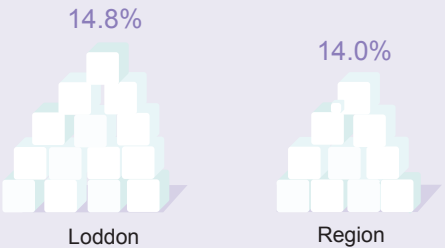
Alcohol - binge drinking



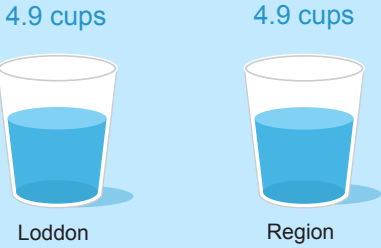
Gambling - weekly



Sugary drinks - daily intake



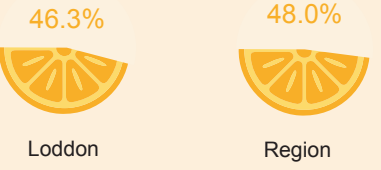
Water - cups per day



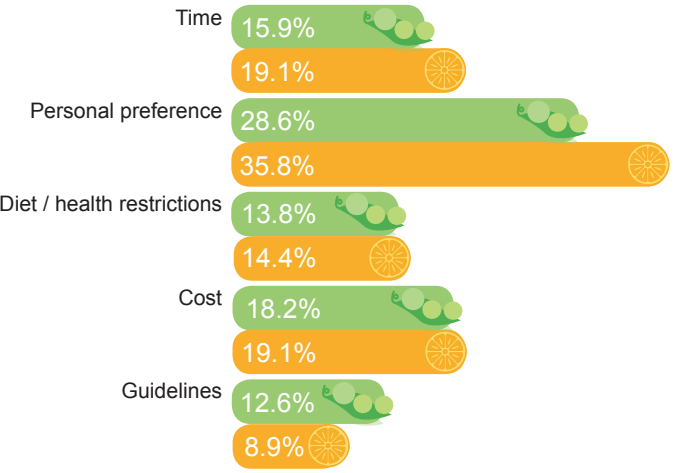
Veg - meets guidelines



Fruit - meets guidelines



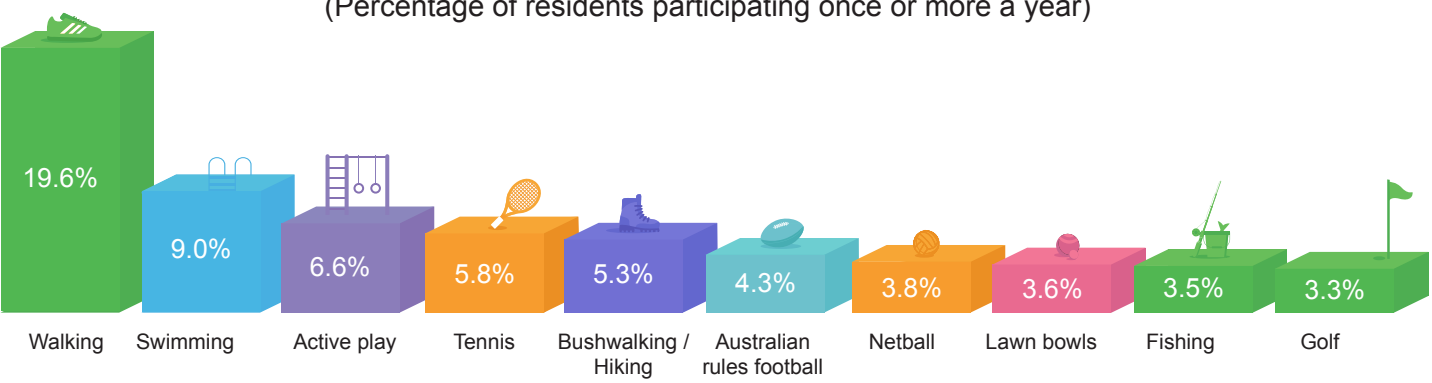
Barriers to eating veg and fruit



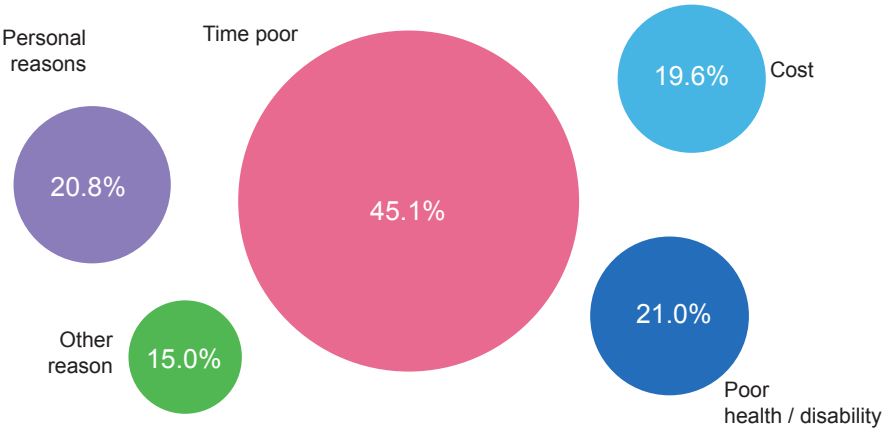
Physical activity profile - All residents

Most popular activities

(Percentage of residents participating once or more a year)



Barriers to being more active



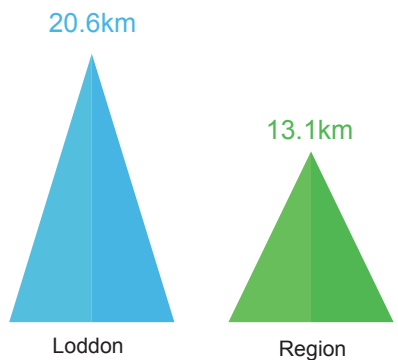
Public facilities and open spaces - rate of use

Parks	71.6%
Footpaths	70.0%
Halls / community centres	68.4%
Sports grounds, ovals and clubrooms	67.4%
Off-road walking and cycling tracks	57.3%
Swimming pools / splash parks	48.5%
Hard courts (e.g. netball / tennis)	36.2%
Community gardens	34.1%
Indoor sports / leisure / fitness centres	30.1%
Playgrounds	27.2%
After hours usage of education facilities	12.7%
Skateparks / BMX	8.3%

50.8% of adults meet physical activity guidelines

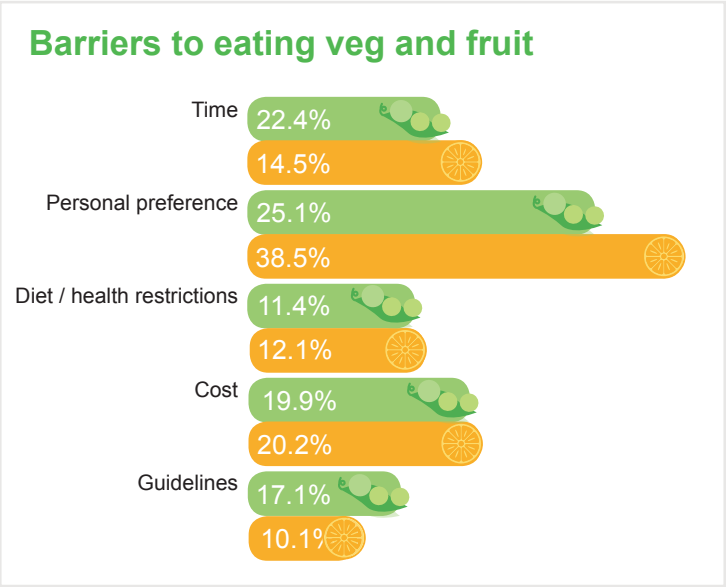
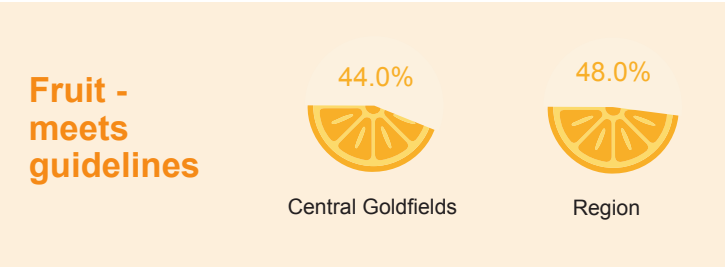
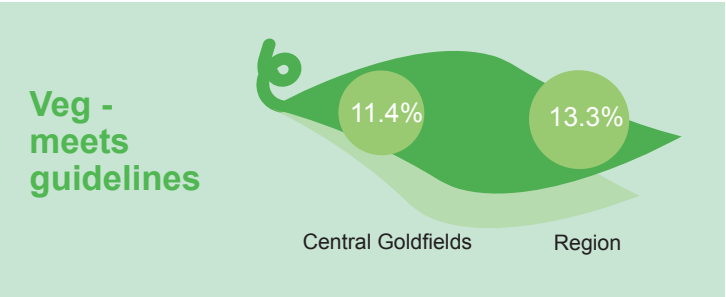
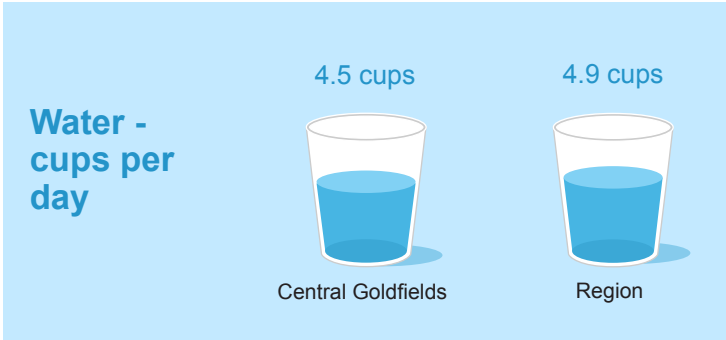
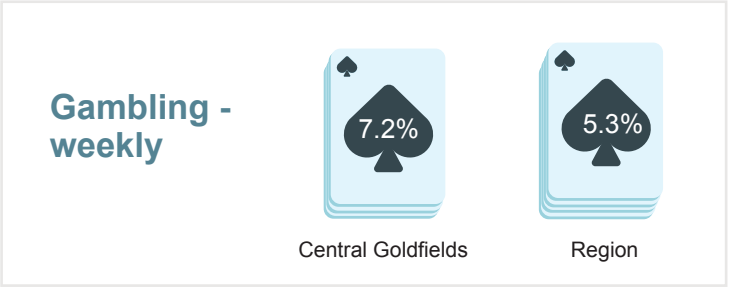
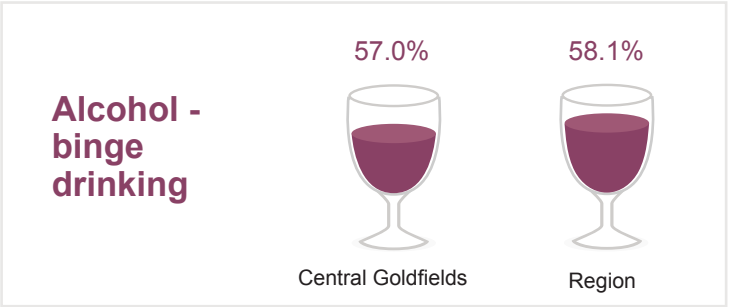
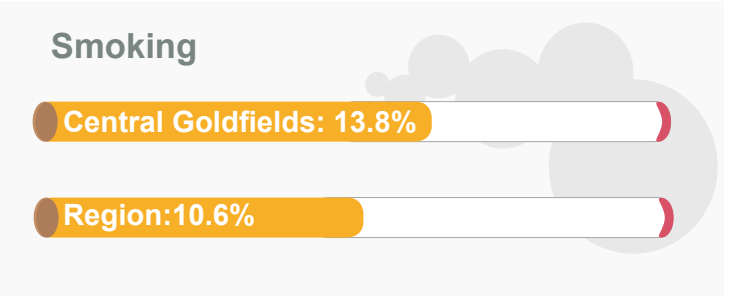
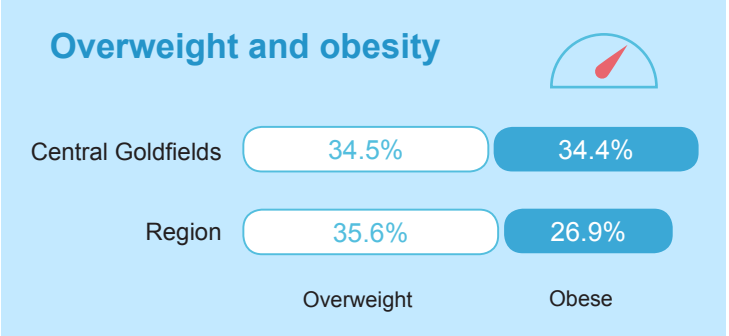
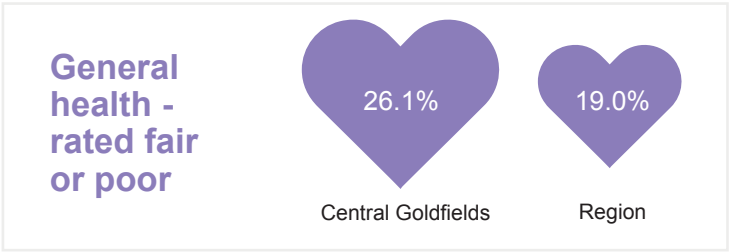
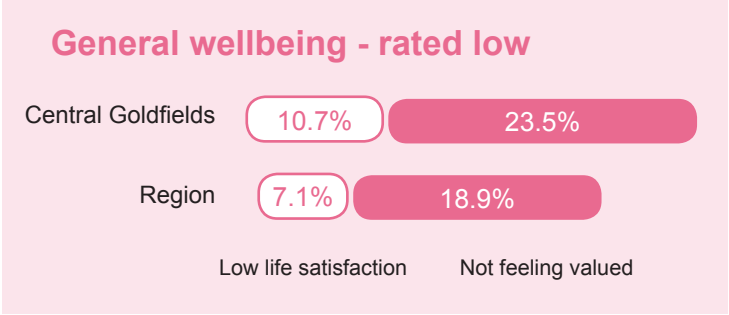
54.6% of residents want to be more active more often.

Travel to activities - average distance

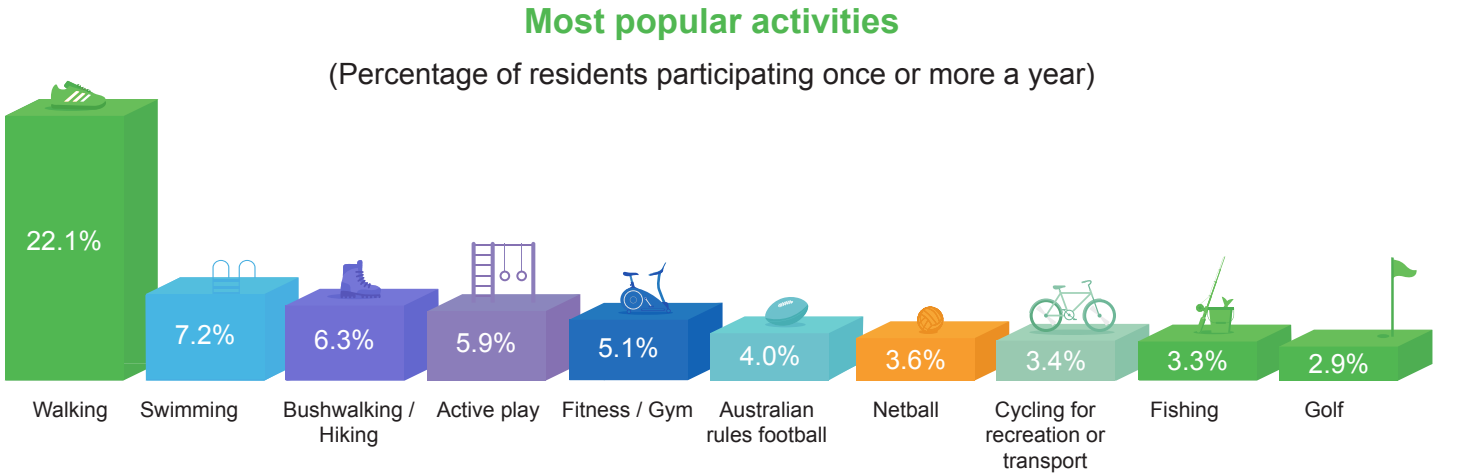


51.9% of residents use open spaces once a week or more.

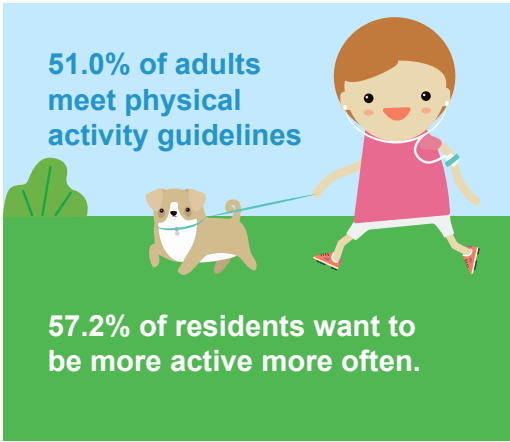
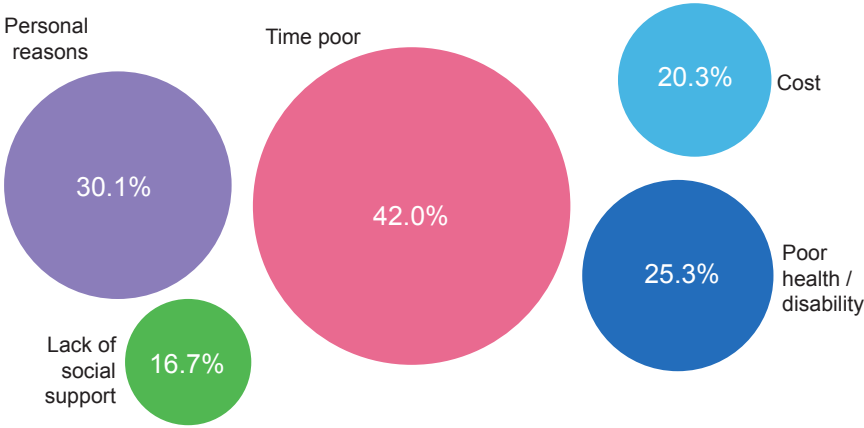
Health and wellbeing profile - Adults



Physical activity profile - All residents

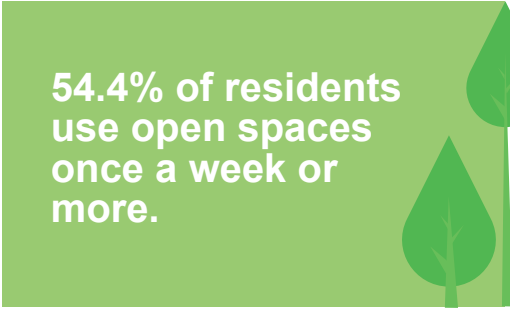
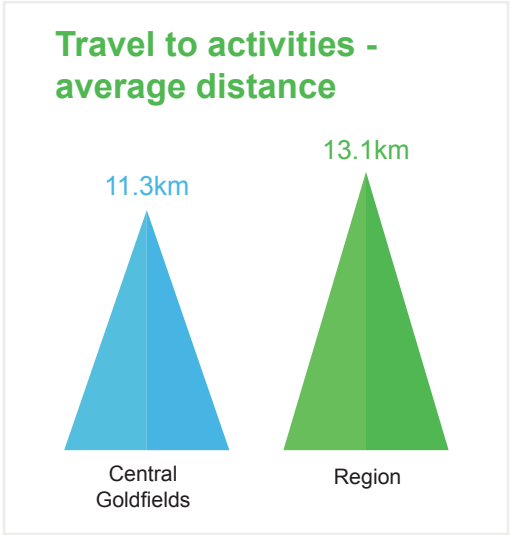


Barriers to being more active



Public facilities and open spaces - rate of use

Footpaths	85.1%
Parks	75.7%
Off-road walking and cycling tracks	63.7%
Sports grounds, ovals and clubrooms	55.9%
Halls / community centres	44.4%
Swimming pools / splash parks	42.6%
Community gardens	42.3%
Indoor sports / leisure / fitness centres	40.3%
Hard courts (e.g. netball / tennis)	23.8%
Playgrounds	21.5%
Skateparks / BMX	11.5%
After hours usage of education facilities	10.4%



Walking in Loddon Campaspe

Participation in walking

Walking is the most popular physical activity among Loddon Campaspe residents with 21.3% of the population reporting that they went walking for exercise in the previous 12 months.

Walking ranged in the Loddon Campaspe region from 19.6% in Loddon Shire to 22.1% in Central Goldfields Shire.



How do people rate walking facilities?

Over 76% of residents who walk for exercise rate the facilities they use as good or excellent in terms of their quality and over 83% rate them as good or excellent in terms of accessibility

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

Walking is most popular among residents of:

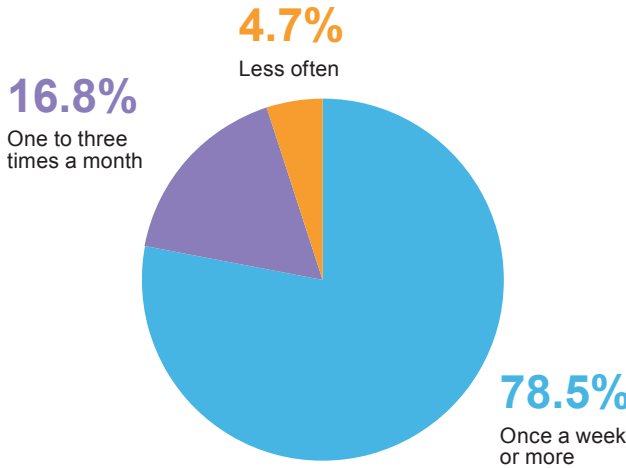


Walking is least popular among residents of:



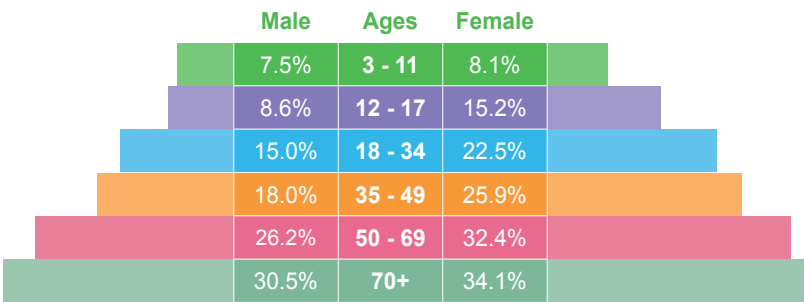
How often?

Most residents who walked for exercise in the past 12 months did so once a week or more.



Who?

Walking is popular amongst all ages and genders. However, females aged 70 plus reported the highest rates of walking.



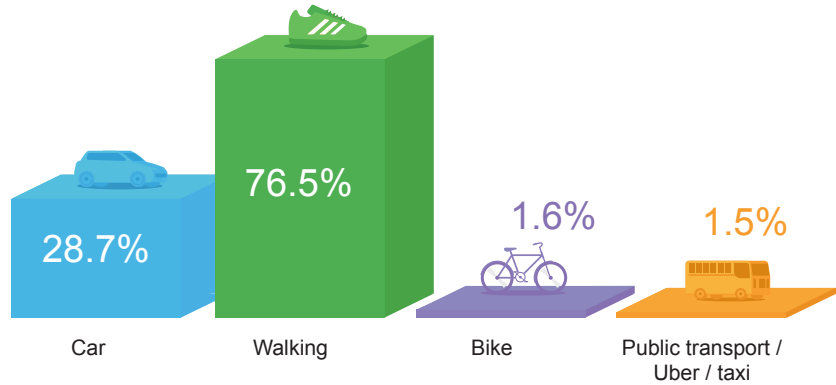
How far do people travel?

The average distance residents travel to their walking activity is 3.9km ranging from 3.4km in Greater Bendigo and Macedon Ranges Shire to 12.4km in Loddon Shire.



How do people get there?

Most residents who walk for exercise do not use any other form of transport for their activity.



Note: Numbers total over 100% as some people use multiple forms of transport.

Facility quality rating

Highest quality

Greater Bendigo	80.5%
Mount Alexander Shire	75.6%

Lowest quality

Campaspe Shire	69.6%
Macedon Ranges Shire	71.9%

Facility accessibility rating

Highest accessibility

Greater Bendigo	86.1%
Mount Alexander Shire	81.7%

Lowest accessibility

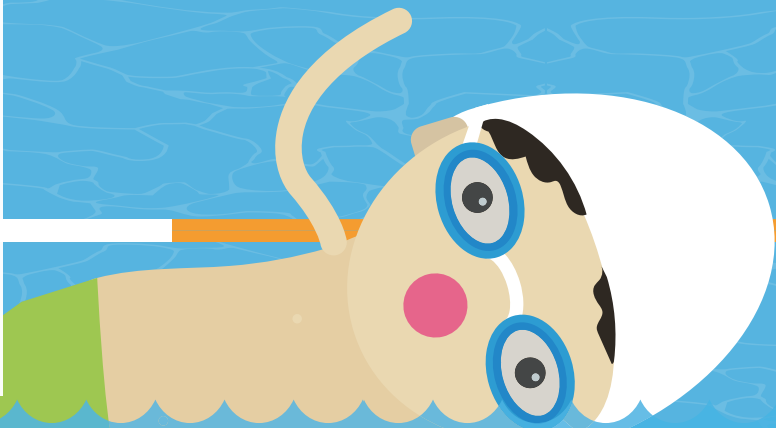
Macedon Ranges Shire	79.9%
Loddon Shire	81.4%

Swimming in Loddon Campaspe

Participation in swimming

Swimming is the second most popular physical activity among Loddon Campaspe residents with 8.5% of the population reporting that they went swimming in the previous 12 months.

Swimming ranged in the Loddon Campaspe region from 7.2% in Central Goldfields Shire to 9.5% in Mount Alexander Shire.



How do people rate swimming facilities?

Nearly 83% of residents who swim for exercise rate the facilities they use as good or excellent in terms of their quality and over 84% rate them as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

Swimming is most popular among residents of:

Mount Alexander Shire

9.5%

Loddon Shire

9.0%

Macedon Ranges Shire

9.0%*

Swimming is least popular among residents of:

Central Goldfields Shire

7.2%

Campaspe Shire

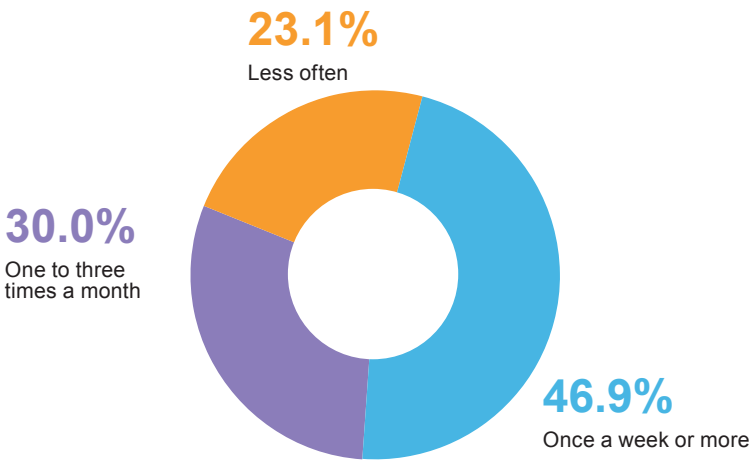
7.7%*

Greater Bendigo

8.5%

How often?

Nearly 47% of all residents who engaged in swimming for exercise in the past 12 months did so once a week or more.



Who?

Swimming is popular amongst males and females of all ages with the highest rates of swimming amongst females aged 3 to 11, followed by males aged 3 to 11.

	Male	Ages	Female
	14.5%	3 - 11	17.1%
	6.8%	12 - 17	8.7%
	5.4%	18 - 34	7.9%
	6.8%	35 - 49	8.5%
	6.7%	50 - 69	8.7%
	4.8%	70+	6.3%

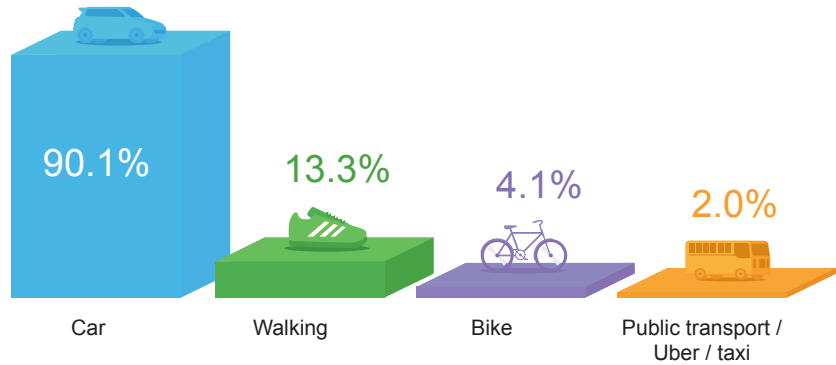
How far do people travel?

The average distance residents travel to their swimming activity is 11.1km ranging from 7.7km in Central Goldfields Shire to 18.2km in Mount Alexander Shire.



How do people get there?

Most residents use their car to get to their swimming activity.



Note: Numbers total over 100% as some people use multiple forms of transport.

Facility quality rating

Highest quality

Greater Bendigo	86.8%
Macedon Ranges Shire	85.4%

Lowest quality

Central Goldfields Shire	65.5%
Mount Alexander Shire	70.6%

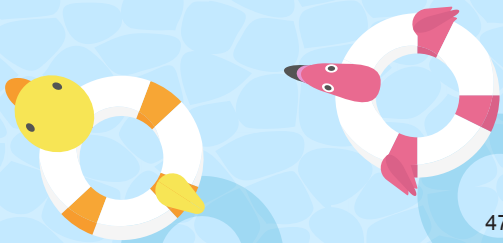
Facility accessibility rating

Highest accessibility

Greater Bendigo	88.2%
Macedon Ranges Shire	85.2%
Campaspe Shire	85.1%

Lowest accessibility

Mount Alexander Shire	69.3%
Loddon Shire	75.4%
Central Goldfields Shire	76.7%

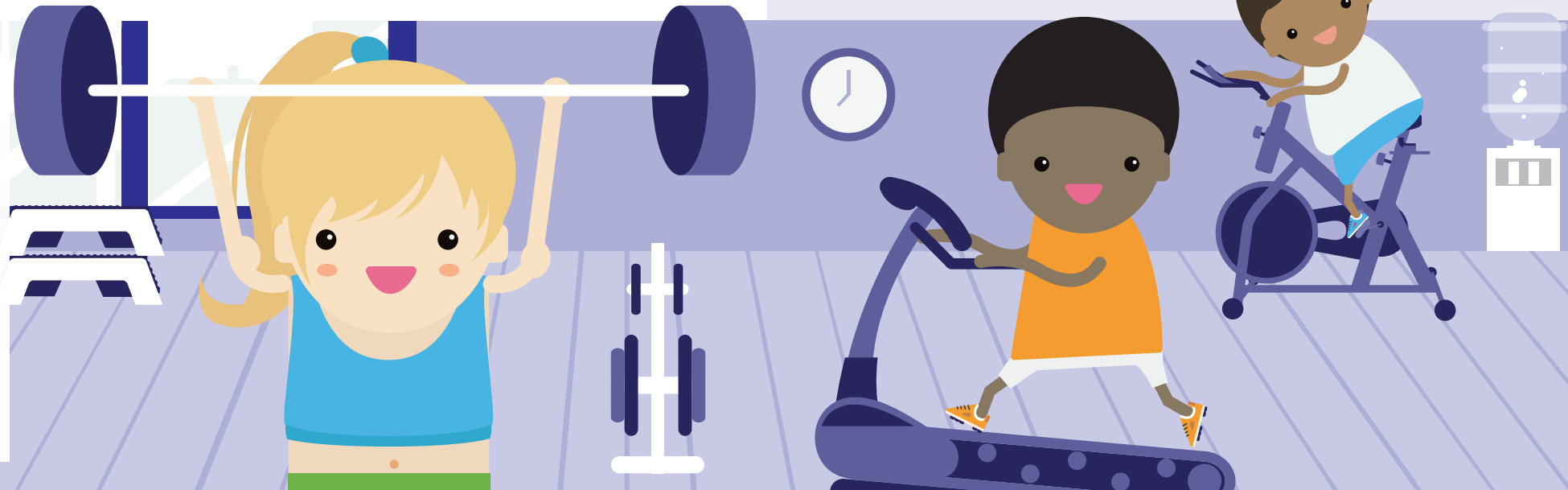


Fitness / gym in Loddon Campaspe

Participation in fitness / gym

Fitness / gym is the third most popular physical activity among Loddon Campaspe residents with 6.4% of the population reporting that they went to gym in the previous 12 months.

Fitness / gym ranged in the Loddon Campaspe region from 3.1% in Loddon Shire to 6.8% in Greater Bendigo and Campaspe Shire.

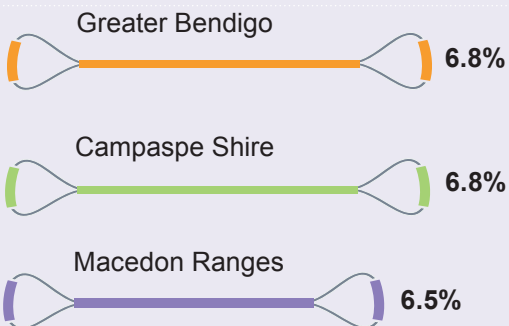


How do people rate fitness / gym facilities?

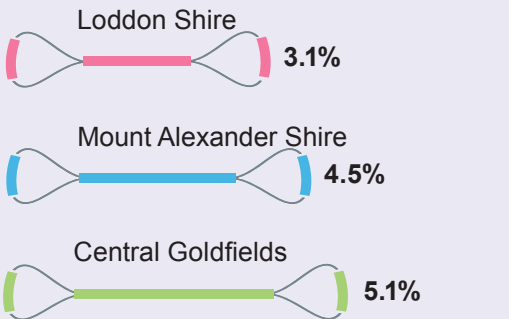
Over 89% of residents who attend gym facilities for exercise rate the facilities they use as good or excellent, in terms of their quality and over 89% rate them as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

Fitness / gym is most popular among residents of:

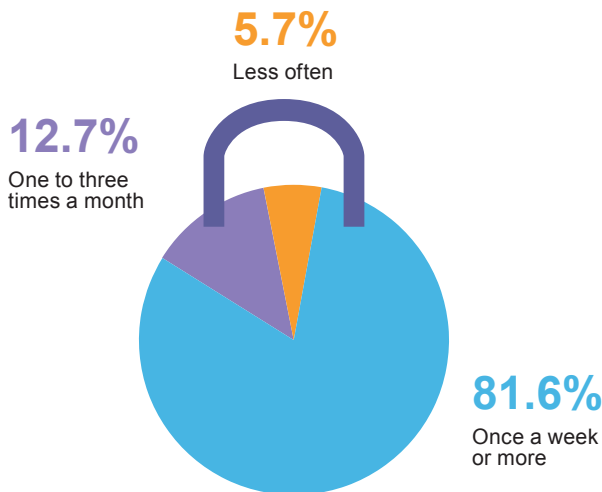


Fitness / gym is least popular among residents of:



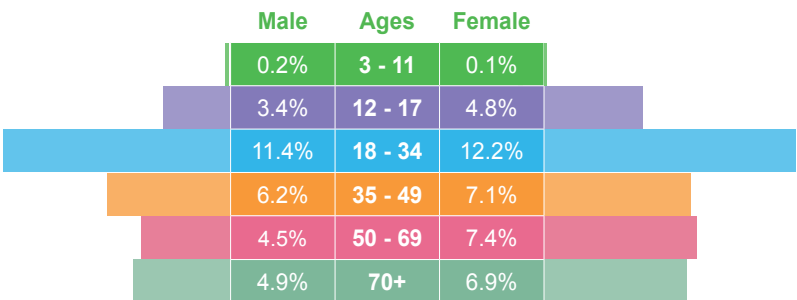
How often?

Most residents who participate in fitness / gym activities in the past 12 months did so once or more a week.



Who?

Fitness / gym activities are popular amongst most age groups and both genders. Females aged 18 to 34 reported the highest participation rates, followed by males aged 18 to 34.



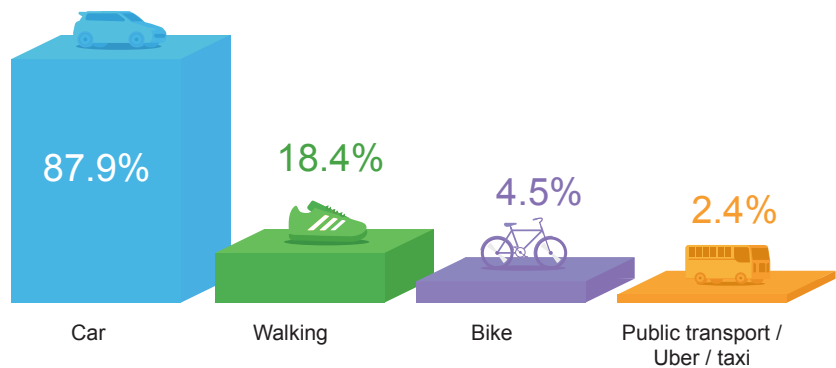
How far do people travel?

The average distance residents travel to a fitness / gym activity is 7.2km ranging from 5.6km in Central Goldfields Shire to 10.6km in Macedon Ranges Shire.



How do people get there?

Most residents use their car to get to a fitness / gym activity.



Note: Numbers total over 100% as some people use multiple forms of transport.

Facility quality rating

Highest quality

Campaspe Shire	96.3%
Greater Bendigo	91.1%
Central Goldfields Shire	90.2%

Lowest quality

Mount Alexander Shire	73.1%
Loddon Shire	81.9%
Macedon Ranges Shire	84.3%

Facility accessibility rating

Highest accessibility

Campaspe Shire	92.5%
Central Goldfields Shire	90.8%
Greater Bendigo	89.0%

Lowest accessibility

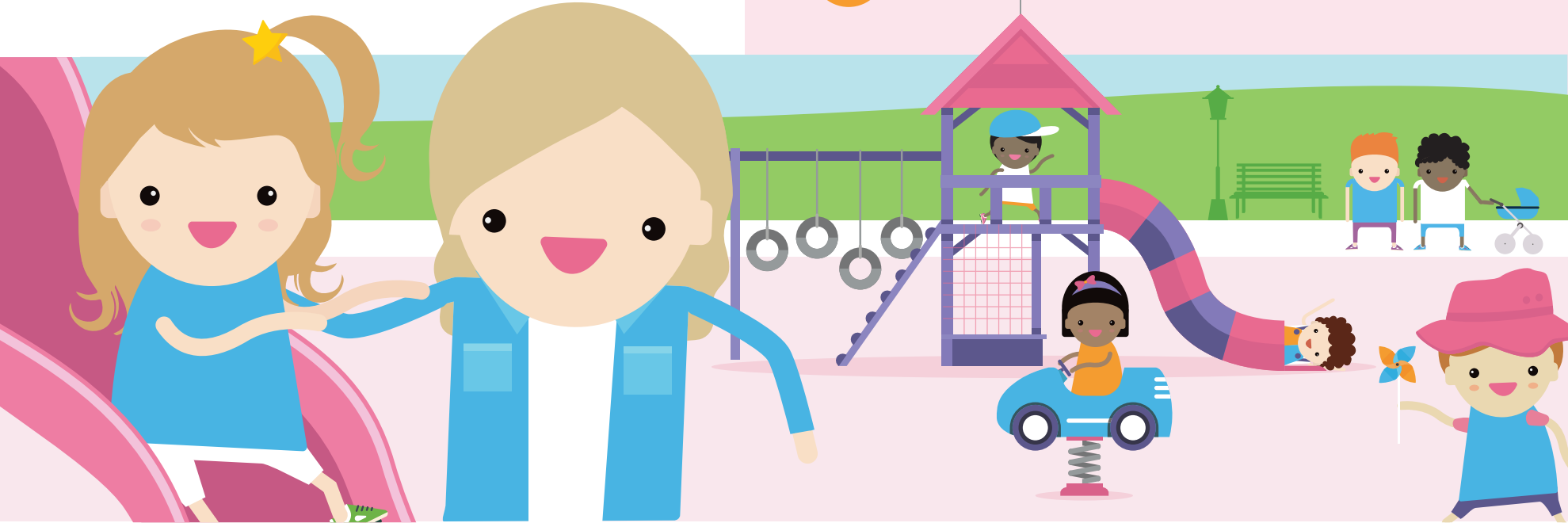
Mount Alexander Shire	85.9%
Loddon Shire	86.3%
Macedon Ranges Shire	87.4%

Active play in Loddon Campaspe

Participation in active play

Active play is the fourth most popular physical activity among Loddon Campaspe residents with 6.2% of the population reporting that they went to an active play facility in the previous 12 months.

Active play ranged in the Loddon Campaspe region from 4.4% in Mount Alexander Shire to 6.6% in Greater Bendigo and Loddon Shire.



How do people rate active play facilities?

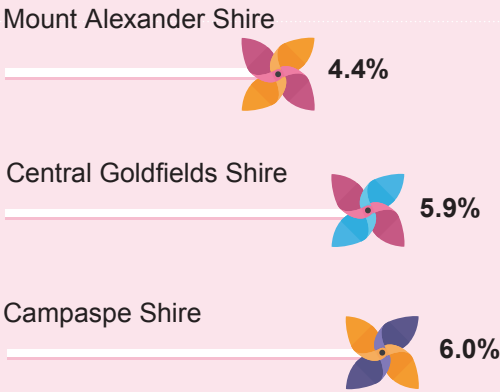
Nearly 82% of residents who reported active play for exercise rated the facilities they use as good or excellent in terms of their quality and 87% rated them as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

Active play is most popular among residents of:

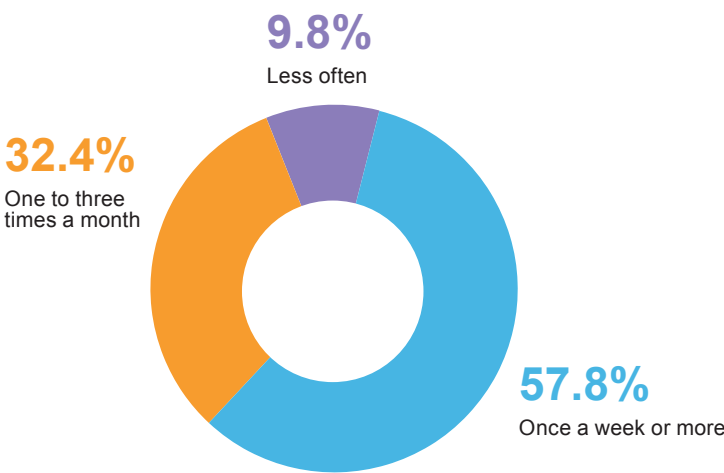


Active play is least popular among residents of:



How often?

Most residents who participated in active play in the past 12 months did so once or more a week.



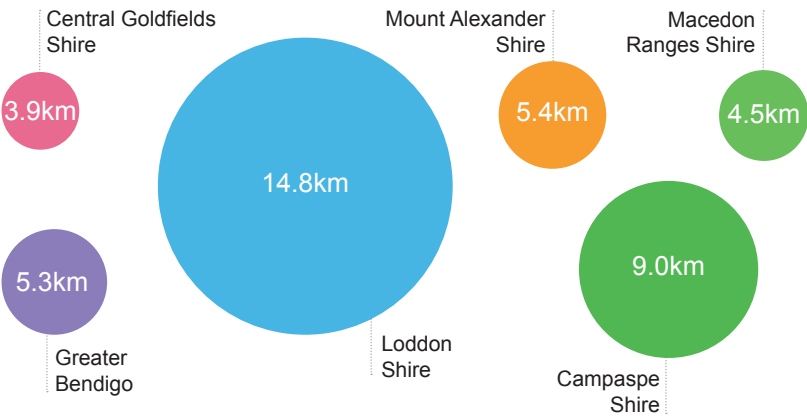
Who?

Active play is popular for all age groups and genders. However, females aged 3 to 11 reported the highest participation rates, followed by males aged 3 to 11.

	Male	Ages	Female
	16.0%	3 - 11	17.0%
	2.7%	12 - 17	3.5%
	4.6%	18 - 34	7.1%
	5.2%	35 - 49	6.3%
	2.4%	50 - 69	3.7%
	2.6%	70+	2.5%

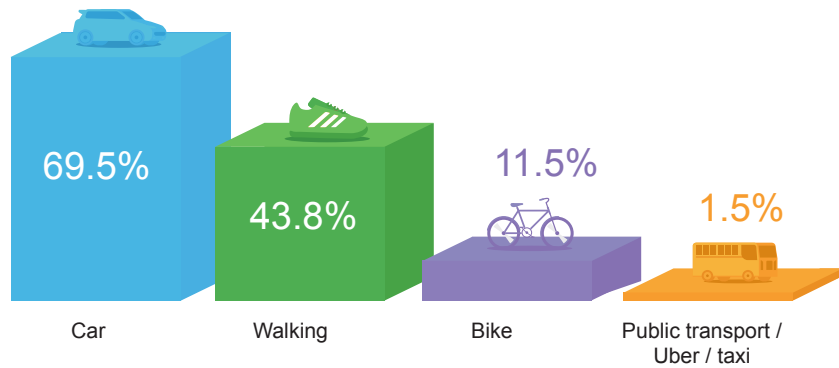
How far do people travel?

The average distance residents travel to their active play activity is 5.9km ranging from 3.9km in Central Goldfields Shire to 14.8km in Loddon Shire.



How do people get there?

Most residents use a car to get to their active play activity.



Note: Numbers total over 100% as some people use multiple forms of transport.

Facility quality rating

Highest quality

Macedon Ranges Shire	85.1%
Mount Alexander Shire	83.9%
Greater Bendigo	83.9%

Lowest quality

Campaspe Shire	69.1%
Loddon Shire	78.5%

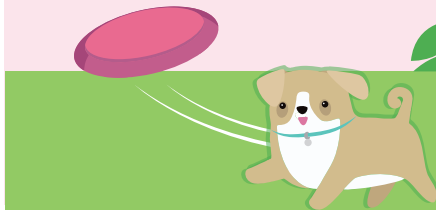
Facility accessibility rating

Highest accessibility

Central Goldfields Shire	88.4%
Greater Bendigo	88.4%
Macedon Ranges Shire	87.7%

Lowest accessibility

Campaspe Shire	81.6%
Mount Alexander Shire	85.1%
Loddon Shire	85.4%

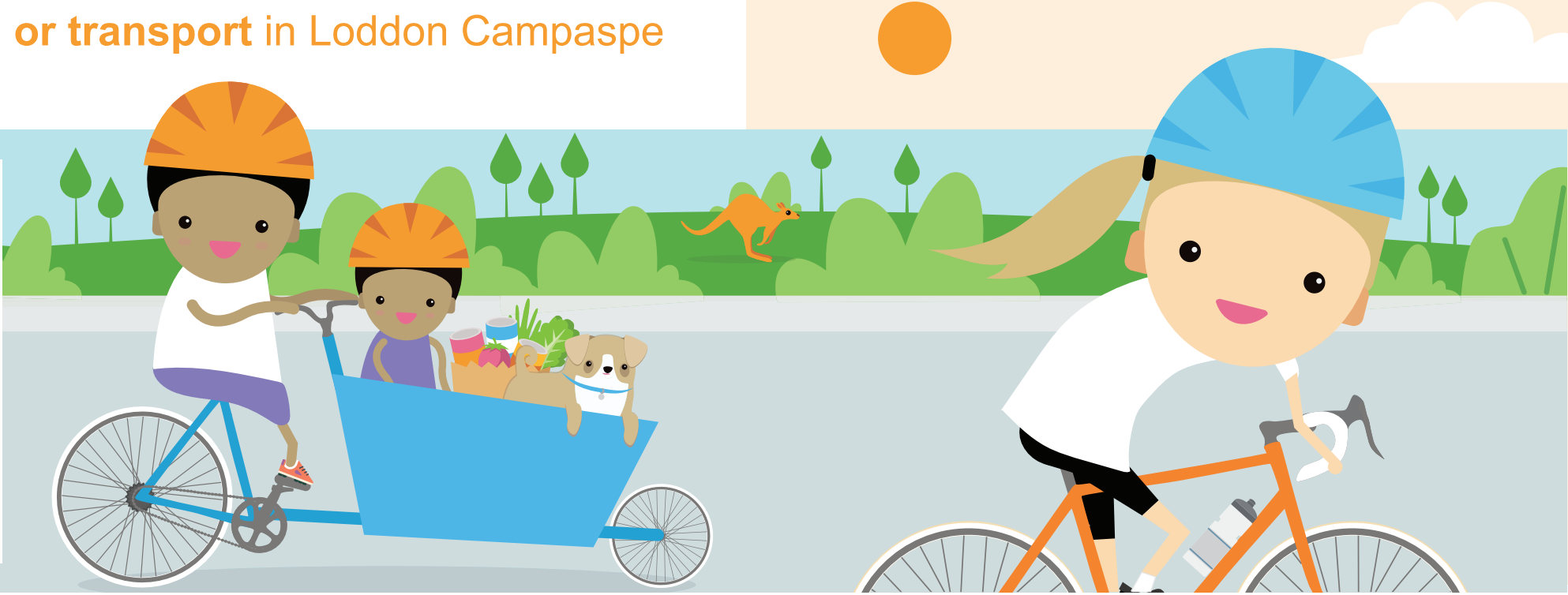


Cycling for recreation or transport in Loddon Campaspe

Participation in cycling for recreation or transport

Cycling for recreation or transport is the fifth most popular physical activity among Loddon Campaspe residents with 5.4% of the population reporting that they went cycling for recreation or transport in the previous 12 months.

Cycling for recreation or transport ranged in the Loddon Campaspe region from 3.1% in Loddon Shire and to 6.7% in Mount Alexander Shire.

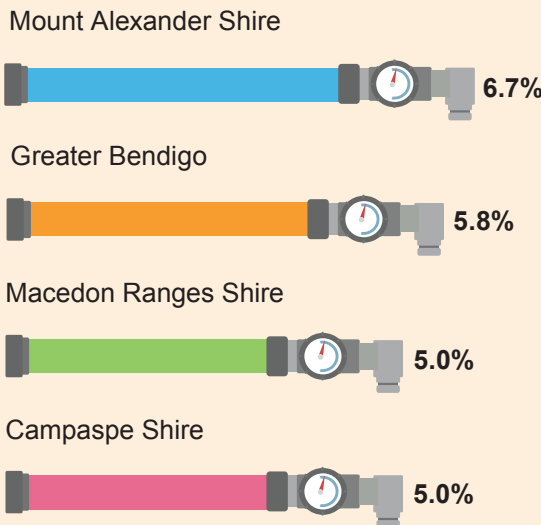


How do people rate cycling facilities?

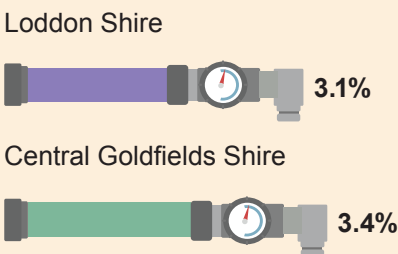
Over 72% of residents who cycle for recreation or transport rate the facilities they use as good or excellent in terms of their quality and nearly 80% rate them as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

Cycling is most popular among residents of:

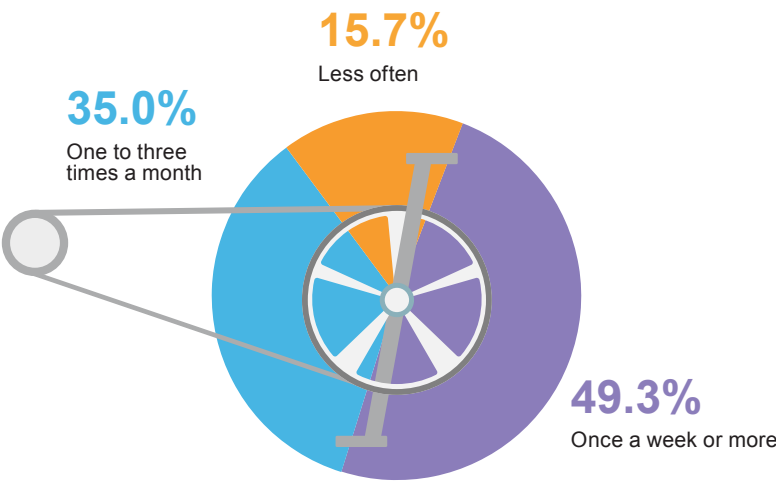


Cycling is least popular among residents of:



How often?

Most residents who cycle for recreation or transport in the past 12 months do so once a week or more.



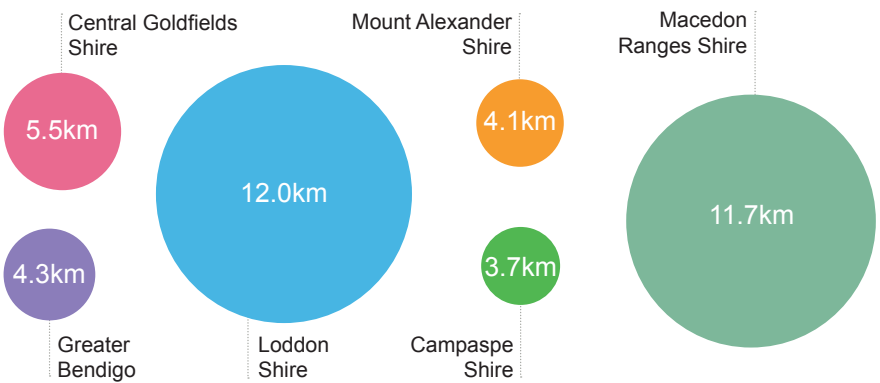
Who?

Cycling for recreation or transport is popular amongst all age groups and genders. Males aged 3 to 11 reported the highest participation rates, followed by females aged 3 to 11.

	Male	Ages	Female	
	9.5%	3 - 11	9.1%	
	5.2%	12 - 17	4.5%	
	3.6%	18 - 34	2.3%	
	5.9%	35 - 49	5.4%	
	6.8%	50 - 69	5.2%	
	4.8%	70+	1.6%	

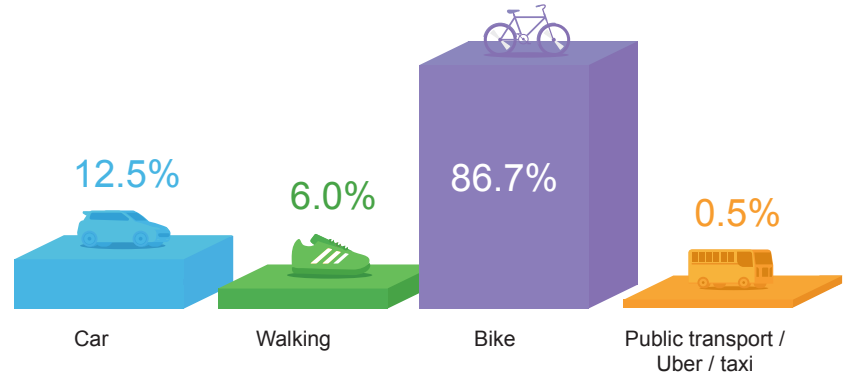
How far do people travel?

The average distance residents travel to their cycling location is 5.7km ranging from 3.7km in Campaspe Shire to 12.0km in Loddon Shire.



How do people get there?

Most residents who went cycling for recreation or transport did not use any other form of transport.



Note: Numbers total over 100% as some people use multiple forms of transport.

Facility quality rating

Highest quality

Greater Bendigo	78.5%
Loddon Shire	78.5%

Lowest quality

Mount Alexander Shire	58.8%
Macedon Ranges Shire	61.2%

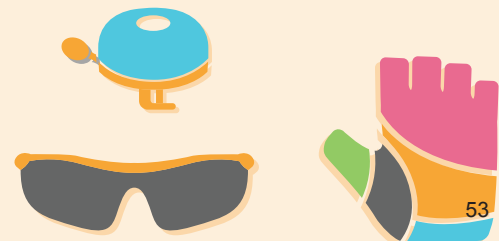
Facility accessibility rating

Highest accessibility

Loddon Shire	89.5%
Central Goldfields Shire	82.3%

Lowest accessibility

Mount Alexander Shire	69.8%
Macedon Ranges Shire	76.1%



Bushwalking / hiking in Loddon Campaspe

Participation in bushwalking / hiking

Bushwalking / hiking is the sixth most popular physical activity among Loddon Campaspe residents with 5.4% of the population reporting that they went bushwalking / hiking in the previous 12 months.

Bushwalking / hiking ranged in the Loddon Campaspe region from 3.8% in Campaspe Shire to 8.6% in Mount Alexander Shire



How do people rate bushwalking / hiking facilities?

Over 82% of residents who bushwalk / hike for exercise rate the facilities they use as good or excellent in terms of their quality and nearly 79% rate them as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

Bushwalking / hiking is most popular among residents of:

Mount Alexander Shire

8.6%



Macedon Ranges Shire

6.7%



Bushwalking / hiking is least popular among residents of:

Campaspe Shire

3.8%



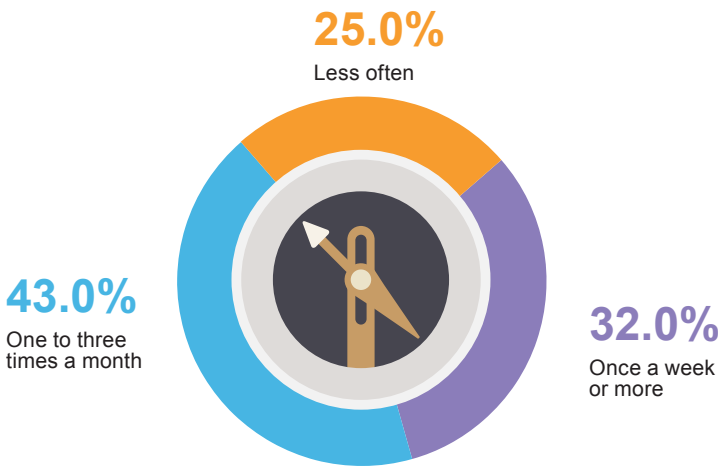
Greater Bendigo

4.7%



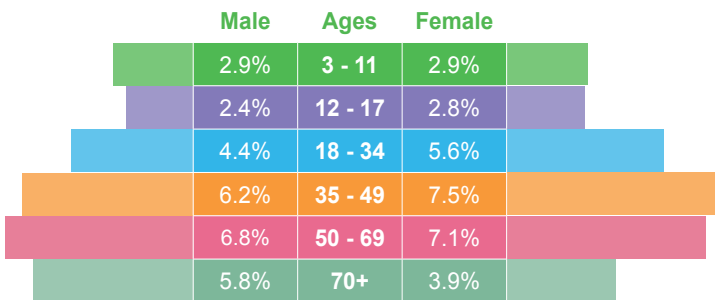
How often?

Most residents who bushwalked / hiked in the past 12 months did so one to three times a month.



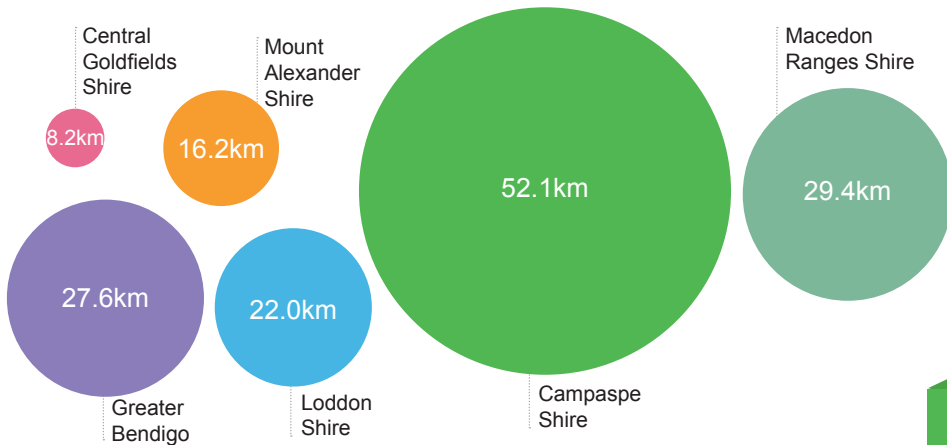
Who?

All age groups and genders bushwalk / hike. Females aged 35 to 49 reported the highest participation rates.



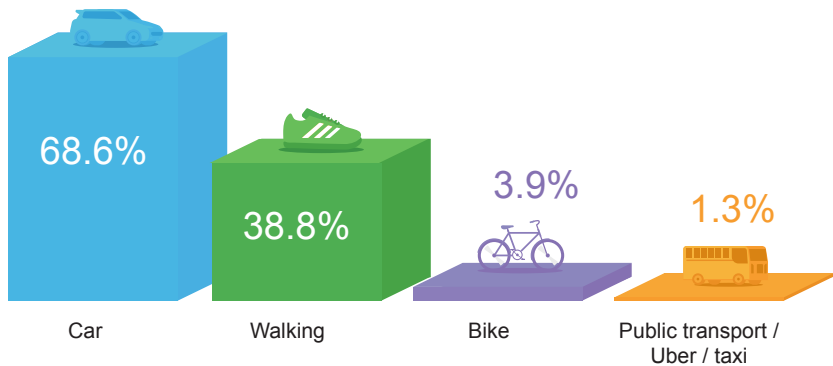
How far do people travel?

The average distance residents travel to their bushwalk / hike activity is 27.7km ranging from 8.2km in Central Goldfields Shire to 52.1km in Campaspe Shire.



How do people get there?

Most residents use their car to get to their bushwalking / hiking activity.



Note: Numbers total over 100% as some people use multiple forms of transport.

Facility quality rating

Highest quality

Macedon Ranges Shire	86.6%
Greater Bendigo	82.7%
Loddon Shire	82.6%

Lowest quality

Central Goldfields Shire	72.7%
Campaspe Shire	78.3%

Facility accessibility rating

Highest accessibility

Loddon Shire	82.4%
Mount Alexander Shire	80.9%
Macedon Ranges Shire	80.8%

Lowest accessibility

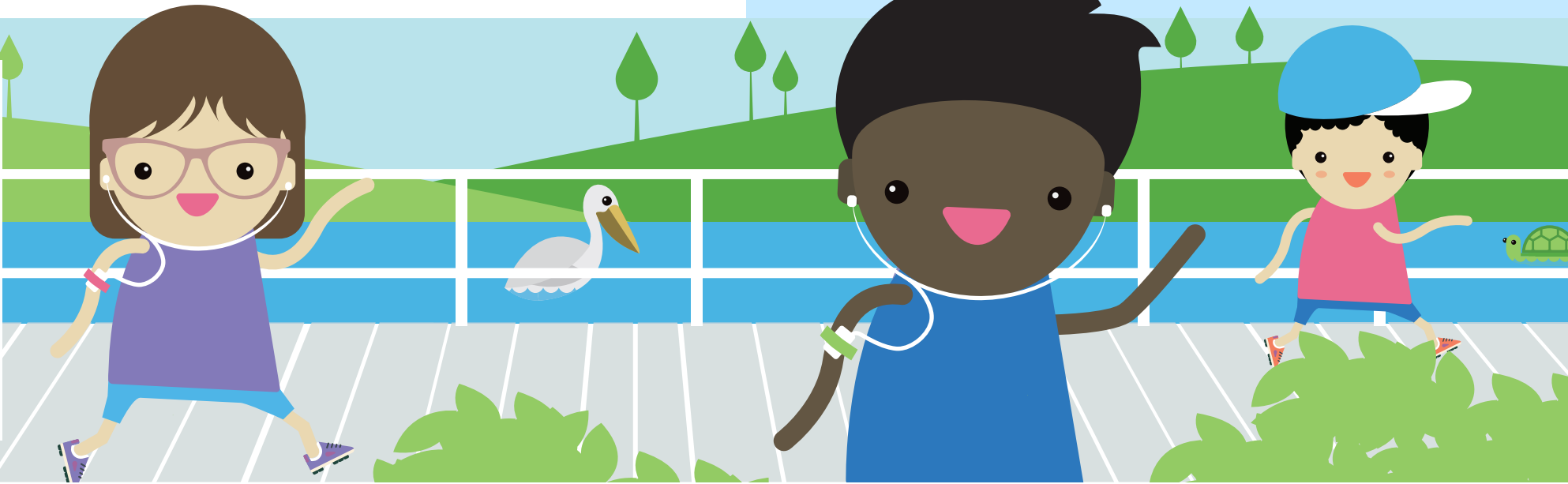
Central Goldfields Shire	68.1%
Campaspe Shire	77.1%

Jogging / running in Loddon Campaspe

Participation in jogging / running

Jogging / running is the seventh most popular physical activity among Loddon Campaspe residents with 3.7% of the population reporting that they participated in jogging / running in the previous 12 months.

Jogging / running ranged in the Loddon Campaspe region from 1.4% in Loddon Shire to 4.3% in Macedon Ranges Shire.

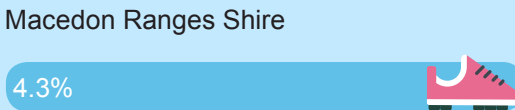


How do people rate jogging / running facilities?

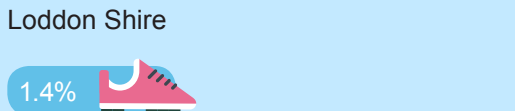
Over 78% of residents who participate in jogging or running for exercise rate the facilities they use as good or excellent in terms of their quality and nearly 86% rate them as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

Jogging / running is most popular among residents of:

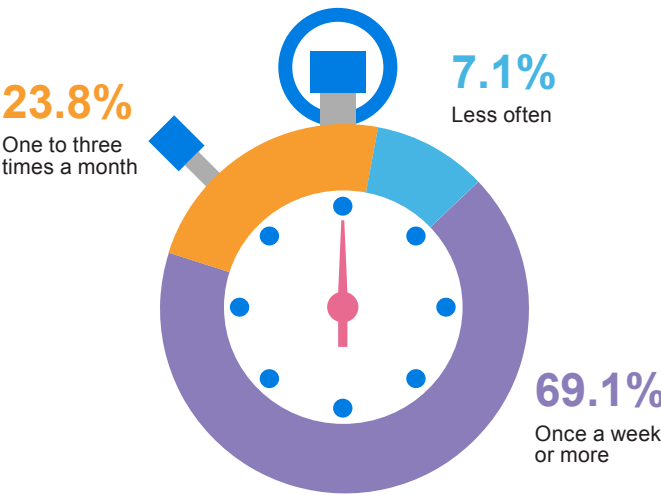


Jogging / running is least popular among residents of:



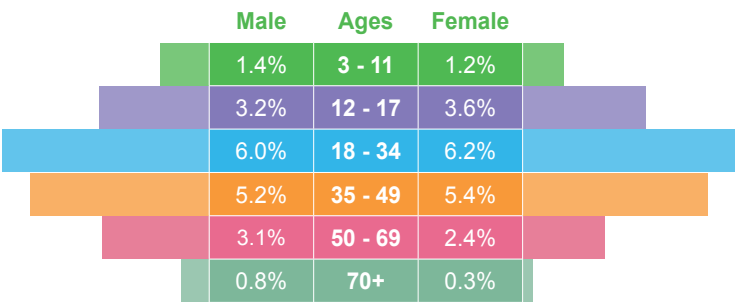
How often?

Most residents who run / jog for exercise in the past 12 months did so once a week or more.



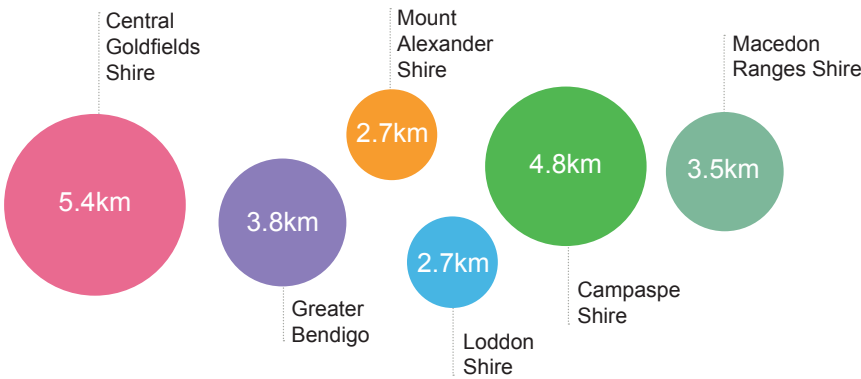
Who?

All ages and genders participate in jogging / running, however females aged 18 to 34 reported the highest participation rates followed by males aged 18 to 34.



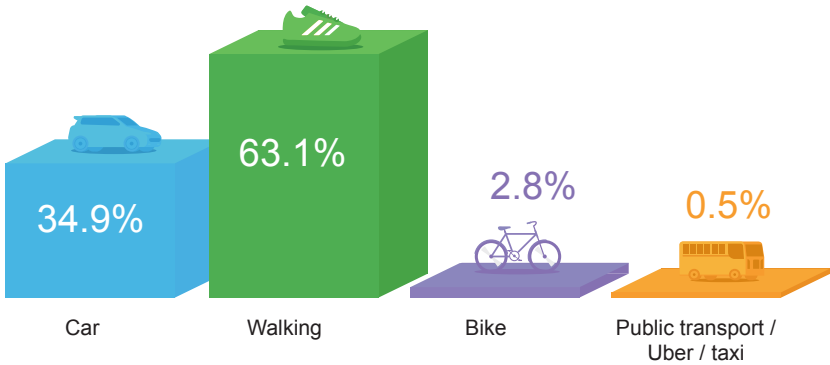
How far do people travel?

The average distance residents travel to a jogging / running activity is 3.8km ranging from 2.7km in Loddon Shire and Mount Alexander Shire to 5.4km in Central Goldfields Shire.



How do people get there?

Most residents who run / jog for exercise do not use any other form of transport to get to their activity.



Note: Numbers total over 100% as some people use multiple forms of transport.

Facility quality rating

Highest quality

Greater Bendigo	83.3%
Mount Alexander Shire	81.4%

Lowest quality

Campaspe Shire	67.2%
Loddon Shire	68.4%

Facility accessibility rating

Highest accessibility

Mount Alexander Shire	86.9%
Greater Bendigo	86.8%

Lowest accessibility

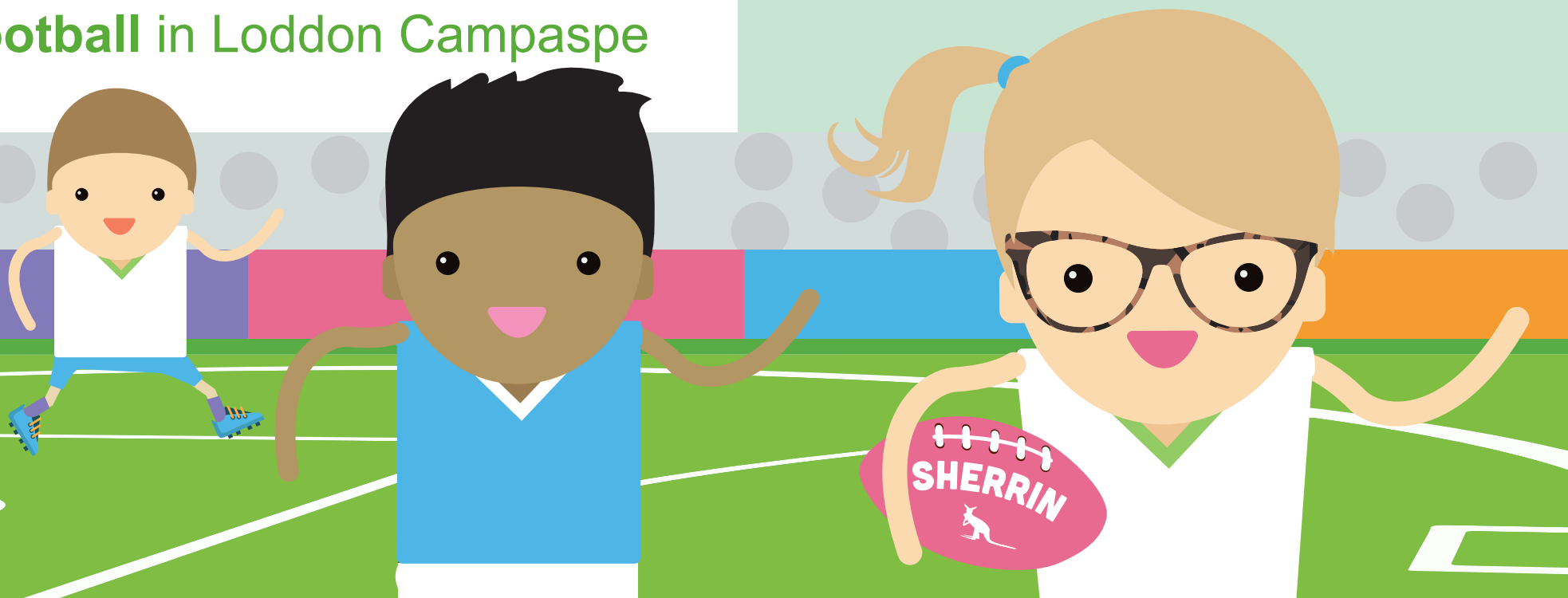
Loddon Shire	77.9%
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Australian rules football in Loddon Campaspe

Participation in Australian rules football

Australian rules football is the eighth most popular physical activity among Loddon Campaspe residents with 3.3% of the population reporting that they participated in Australian rules football in the previous 12 months.

Australian rules football ranged in the Loddon Campaspe region from 1.9% in Mount Alexander Shire to 4.3% in Loddon Shire.



How do people rate Australian rules football facilities?

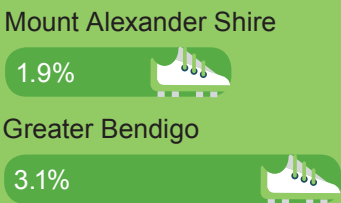
Over 75% of residents who participate in Australian rules football rate the facilities they use as good or excellent in terms of their quality and nearly 83% rate them as good or excellent in terms of accessibility

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

Australian rules football is most popular among residents of:

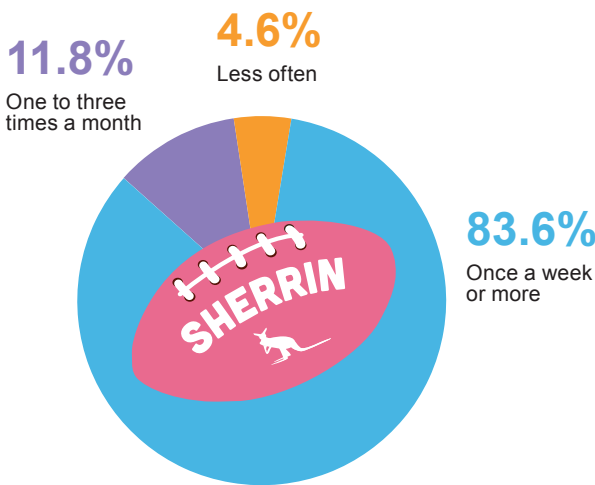


Australian rules football is least popular among residents of:



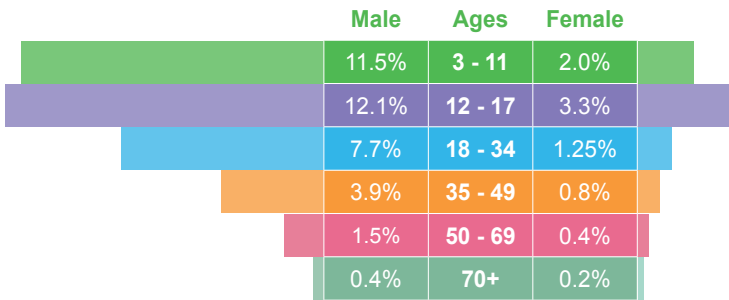
How often?

Most residents who played Australian rules football in the past 12 months did so once a week or more.



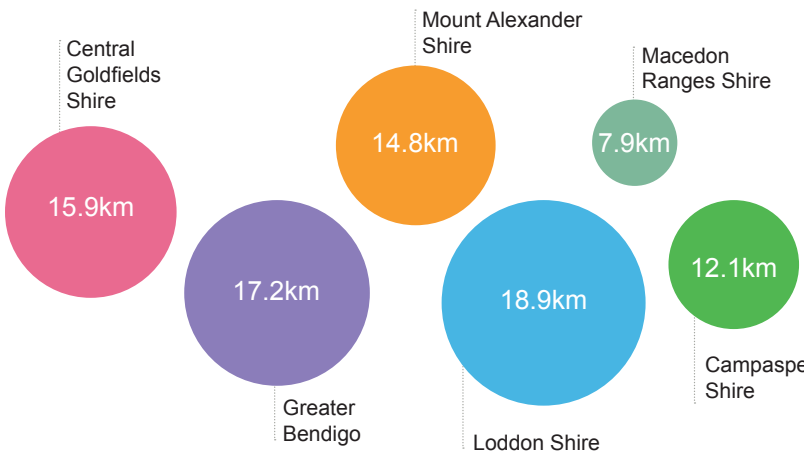
Who?

Males participate in Australian rules football at a much higher rate than females. Males aged 12 to 17 reported the highest rates of participation.



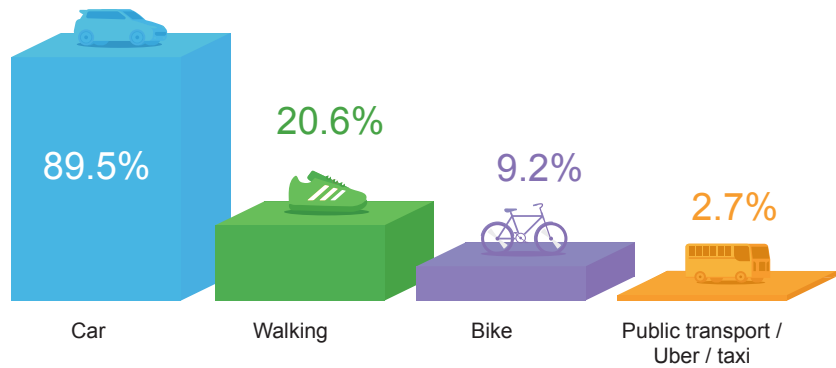
How far do people travel?

The average distance residents travel to their Australian rules football activity is 14.2km ranging from 7.9km in Macedon Ranges Shire



How do people get there?

Most residents use their car to get to their Australian rules football activity.



Note: Numbers total over 100% as some people use multiple forms of transport.

Facility quality rating

Highest quality

Loddon Shire	85.6%
Campaspe Shire	81.4%

Lowest quality

Macedon Ranges Shire	69.5%
Central Goldfields Shire	69.8%

Facility accessibility rating

Highest accessibility

Campaspe Shire	89.3%
Central Goldfields Shire	83.3%
Greater Bendigo	82.7%

Lowest accessibility

Mount Alexander Shire	74.5%
Macedon Ranges Shire	79.6%



Indoor group fitness in Loddon Campaspe

Participation in indoor group fitness

Indoor group fitness is the ninth most popular physical activity among Loddon Campaspe residents with 3.1% of the population reporting that they had participated in indoor group fitness in the previous 12 months.

Indoor group fitness ranged in the Loddon Campaspe region from 1.7% in Central Goldfields Shire and Loddon Shire to 3.7% in Macedon Ranges Shire.



How do people rate indoor group fitness facilities?

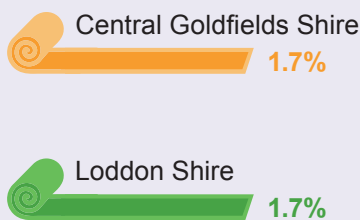
91% of residents who participate in indoor group fitness activities rate the facilities they use as good or excellent in terms of their quality and over 90% rate them as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

Indoor group fitness is most popular among residents of:

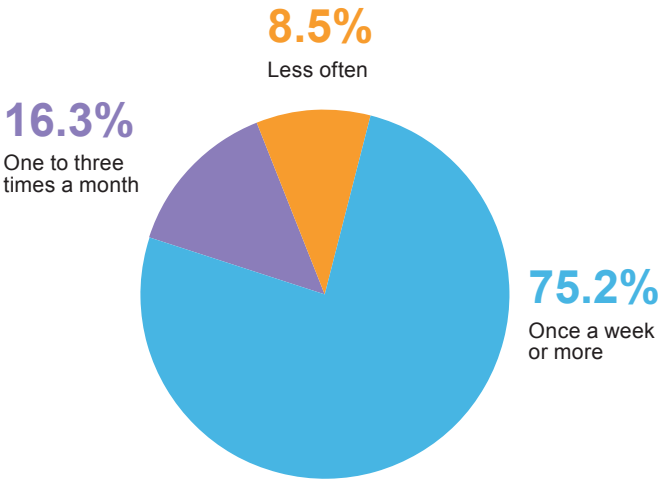


Indoor group fitness is least popular among residents of:



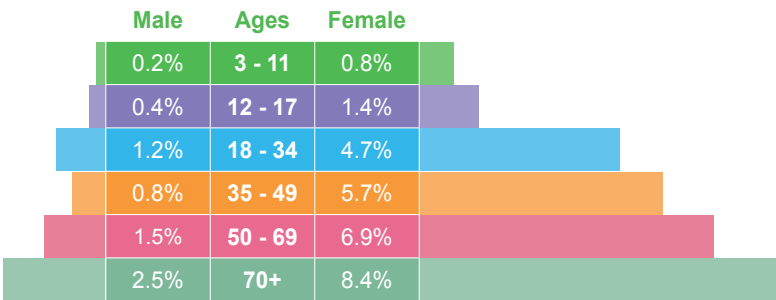
How often?

Most residents who participated in indoor group fitness activities in the past 12 months did so once a week or more.



Who?

All ages and genders participate in indoor group fitness activities, however females aged 70 plus reported the highest participation rates.



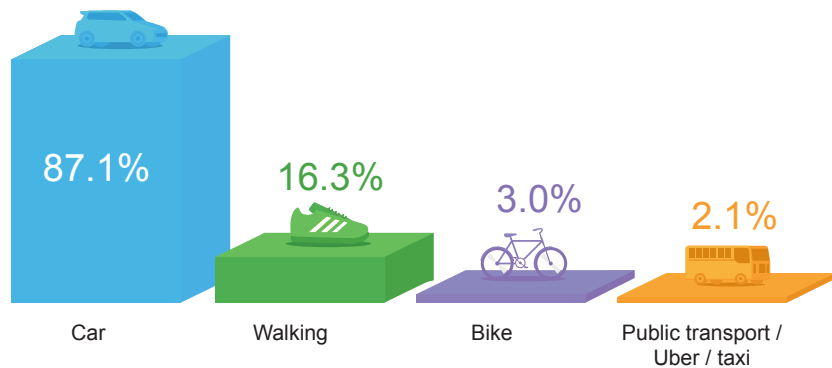
How far do people travel?

The average distance residents travel to an indoor group fitness activity is 8.0km ranging from 5.8km in Central Goldfields Shire to 22.7km in Loddon Shire.



How do people get there?

Most residents use their car to get to an indoor group fitness activity.



Note: Numbers total over 100% as some people use multiple forms of transport.

Facility quality rating

Highest quality	
Loddon Shire	95.9%
Campaspe Shire	93.4%
Greater Bendigo	93.0%
Lowest quality	
Central Goldfields Shire	86.4%
Macedon Ranges Shire	87.2%
Mount Alexander Shire	89.8%

Facility accessibility rating

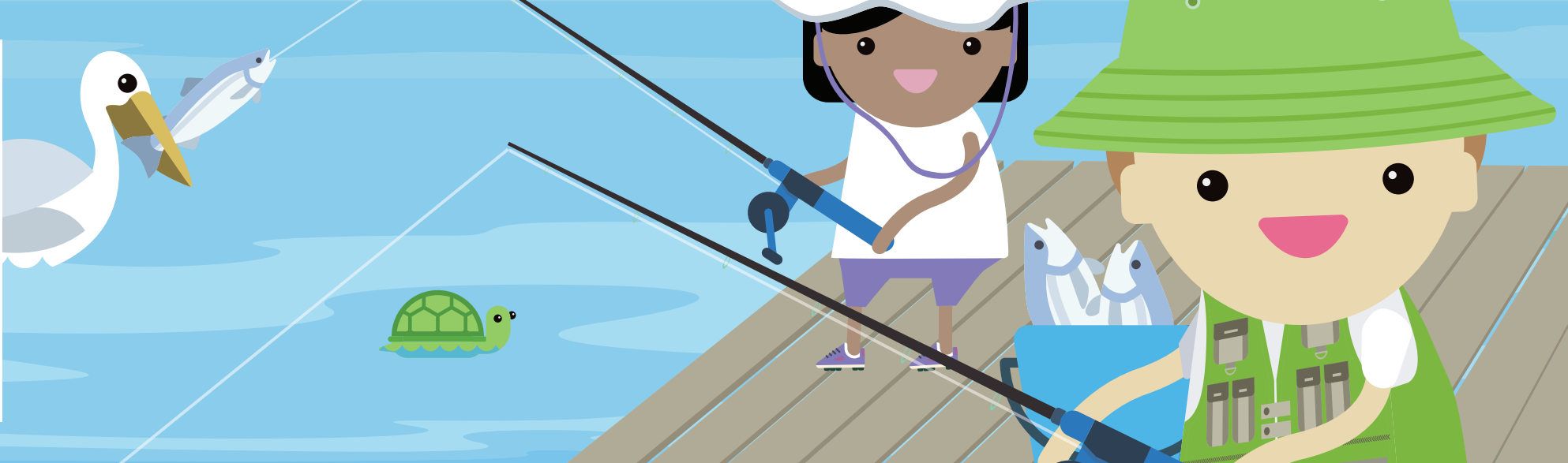
Highest accessibility	
Campaspe Shire	93.0%
Macedon Ranges Shire	92.8%
Central Goldfields Shire	90.1%
Lowest accessibility	
Loddon Shire	83.4%
Mount Alexander Shire	85.8%

Fishing in Loddon Campaspe

Participation in fishing

Fishing is the tenth most popular physical activity among Loddon Campaspe residents with 2.5% of the population reporting that they participated in fishing in the previous 12 months.

Fishing ranged in the Loddon Campaspe region from 1.7% in Macedon Ranges Shire to 4.0% in Campaspe Shire.



How do people rate fishing facilities?

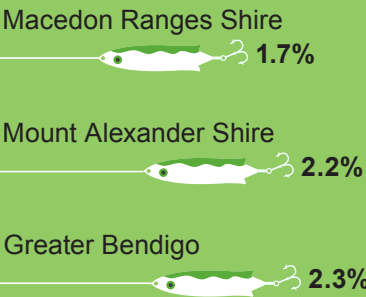
Nearly 72% of residents who participate in fishing for exercise rate the facilities they use as good or excellent in terms of their quality and over 68% rate them as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

Fishing is most popular among residents of:

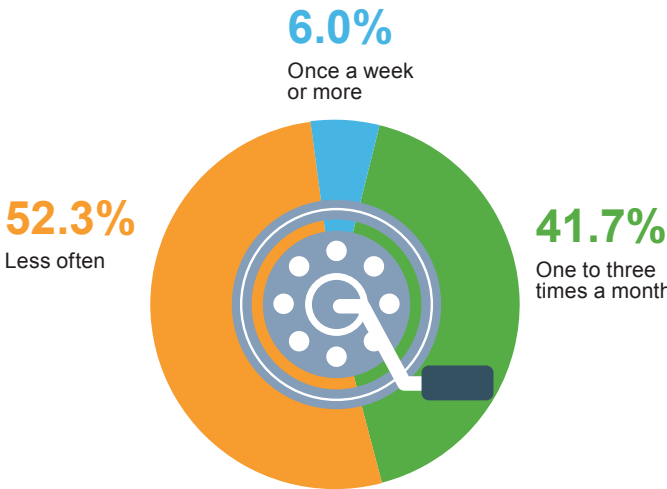


Fishing is least popular among residents of:



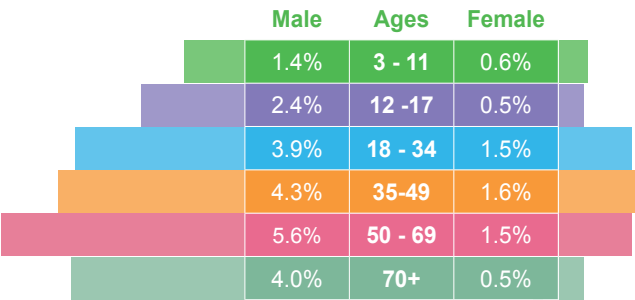
How often?

Over 40% of residents who went fishing in the last 12 months did so one to three times a month.



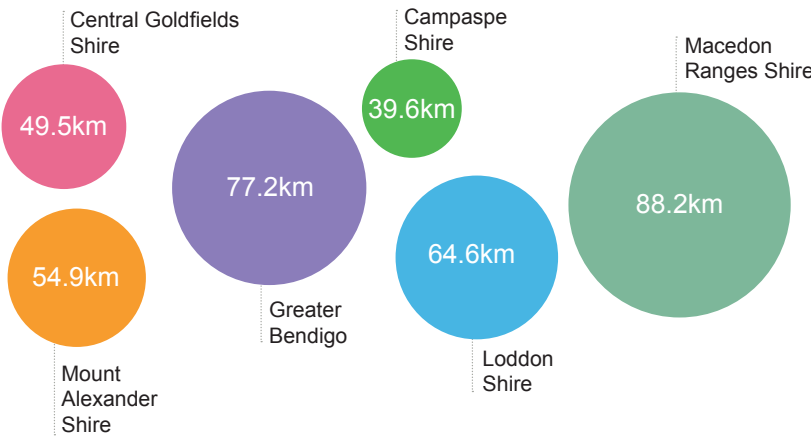
Who?

Residents of all ages and genders go fishing, however males aged 50 to 69 reported the highest rates.



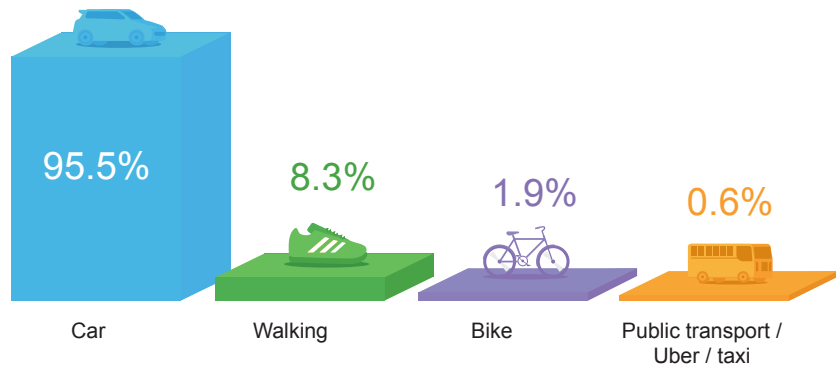
How far do people travel?

The average distance residents travel to their fishing spot is 66.2km ranging from 39.6km in Campaspe Shire to 88.2km in Macedon Ranges Shire.



How do people get there?

Most residents use a car to get to their fishing activity.



Note: Numbers total over 100% as some people use multiple forms of transport.

Facility quality rating

Highest quality	
Macedon Ranges Shire	75.9%
Central Goldfields Shire	74.0%
Lowest quality	
Campaspe Shire	66.5%
Loddon Shire	69.6%

Facility accessibility rating

Highest accessibility	
Central Goldfields Shire	75.6%
Mount Alexander Shire	72.3%
Lowest accessibility	
Campaspe Shire	60.8%
Macedon Ranges Shire	61.7%





T: (03) 5434 6000

National Relay Service: 133 677
then ask for (03) 5434 6000

E: requests@bendigo.vic.gov.au

W: www.bendigo.vic.gov.au

Postal Address:

PO Box 733, Bendigo VIC 3552