



# Active Living

## CENSUS



2019  
City of Greater Bendigo  
Selected Findings



CITY OF GREATER  
**BENDIGO**

# 2019 Active Living Census

## Acknowledgement

The City of Greater Bendigo acknowledges we are on Dja Dja Wurrung and Taungurung Country.

We would like to acknowledge and extend our appreciation for the Dja Dja Wurrung People and the Taungurung People, the Traditional Owners of the land that we walk and cycle on today.

We pay our respects to leaders and Elder's past, present and emerging for they hold the memories, the traditions, the culture and the hopes of all Dja Dja Wurrung Peoples and Taungurung Peoples.

We express our gratitude in the sharing of this land, our sorrow for the personal, spiritual and cultural costs of that sharing and our hope that we may walk forward together in harmony and in the spirit of healing.

## Foreword

The City of Greater Bendigo would like to thank all residents who completed the Healthy Heart of Victoria 2019 Active Living Census (ALC).

The ALC was mailed to every household in the Loddon Campaspe region, and was also available for residents to complete online. Within the City of Greater Bendigo, the Census was completed by almost 13,000 residents, which equated to 12.2% of our council's population.

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

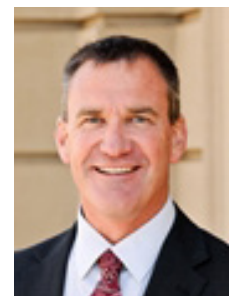
It also highlights a range of health indicators, such as smoking rates and fruit and vegetable consumption, and where improvements to services and infrastructure can be made.

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

As a result, the City of Greater Bendigo 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 outcomes both within the municipality and more broadly across the Loddon Campaspe region.

This Selected Findings Report, as well as the full Active Living Census report are both publicly available on our website at [www.bendigo.vic.gov.au/Services/Community-and-Care/Active-Living-Census](http://www.bendigo.vic.gov.au/Services/Community-and-Care/Active-Living-Census), and I encourage residents, organisations and interested community groups to download the report and make use of the data.

Craig Niemann  
Chief Executive Officer,  
City of Greater Bendigo



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## Introduction

The City of Greater Bendigo is located in the Loddon Campaspe region, in the centre of Victoria, about 150 kilometres north-west of Melbourne.

We have a growing population of more than 110,000 residents, and are the state's third largest economy base in Victoria. We are a service and infrastructure centre for north central Victoria, and are surrounded by 40,000 hectares of regional, state and national parkland.

The Healthy Heart of Victoria initiative works across the Loddon Campaspe region, of which the City of Greater Bendigo is a part of, to improve health outcomes for residents. 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 allow a deep 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, City of Greater Bendigo is building a local prevention system 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 and managed by Healthy Greater Bendigo in consultation with the Social Research Centre on behalf of Healthy Heart of Victoria. 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 each household 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 residents 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, including 12,973 from City of Greater Bendigo.

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## Suggested citation

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June 2020

## Project management

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

## Project funding

The 2019 Active Living Census was funded by Healthy Heart of Victoria – a Victorian State Government-funded initiative aimed at improving health outcomes across the Loddon Campaspe region.

## How the findings can be used

- 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 Greater Bendigo 2019 Active Living Census Topline Report. It has been created to make the findings of the 2019 ALC easier to understand and use by a wide-ranging audience including individuals, groups and organisations in the Greater Bendigo region and beyond.

Information about group activities and locations of interest has been drawn from the 2019 ALC Topline Report and collated to enable fast location and easy understanding of the report highlights.

The following sections of this document highlight 2019 ALC findings relevant to:

- City of Greater Bendigo population overall
- Local Groups:
  - o Gender
  - o Children, 3 – 11
  - o Adolescents, 12 – 17
  - o Older adults, 70+
  - o Aboriginal and Torres Strait Islander
  - o People who require assistance with daily activities
  - o LGBTQIA+
  - o Languages other than English
- Each town/suburb in City of Greater Bendigo
  - o Localities were summarised into 19 standard regions within City of Greater Bendigo
- The 10 activities with the highest rate of yearly or more participation

Some specific findings in this report are based on responses from a small number of people. Where you see an asterisk (\*), interpret findings with caution ( $n \leq 30$ ). Please refer to the City of Greater Bendigo Topline Report if you are looking for results that are not reported here due to an insufficient sample size.

Care should also be applied when interpreting the activities results as respondents were asked about a maximum of four activities. Thus, participation in individual activities is likely to be underrepresented as activities participated in by those who engage in more than four activities were not counted and are therefore not reported.

For further information about any of the findings, activities, locations or groups of interest, please see the Topline 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)**
- **Towns / Suburbs (page 32 - 43)**
- **10 most popular physical activities (page 70 - 89)**

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

# Summary Findings



This section summarises the findings from the ALC 2019 for Greater Bendigo.

The health and wellbeing profile includes results for all adults (18+) in Greater Bendigo 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 Greater Bendigo residents (3+) 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 they travel.

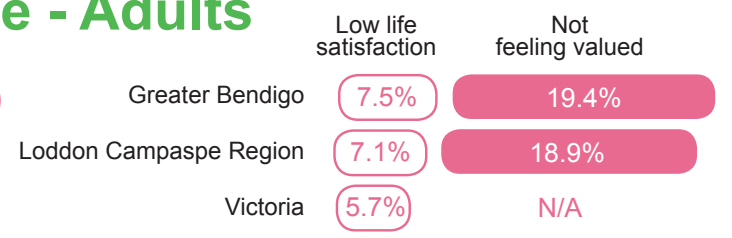
Where possible key findings are compared against recent data specific to Greater Bendigo and Victoria (Victorian Population Health Survey 2016) and the Loddon Campaspe Region (2019 ALC).

These summary results are followed by detailed 2019 ALC findings specific to population groups, suburbs and towns in Greater Bendigo and Greater Bendigo's most popular physical recreation activities.

## Health and wellbeing profile - Adults

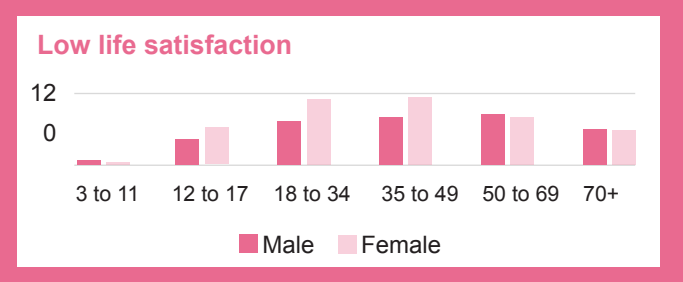
### General wellbeing (all residents 3+)

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



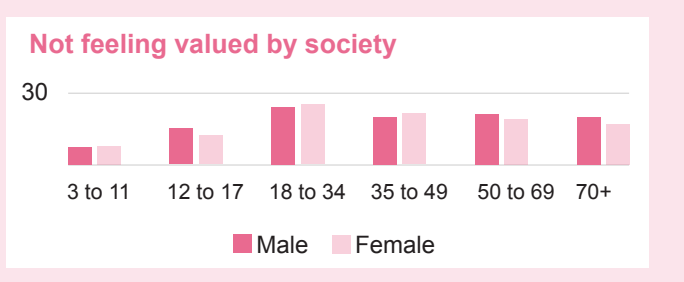
### Life satisfaction

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.

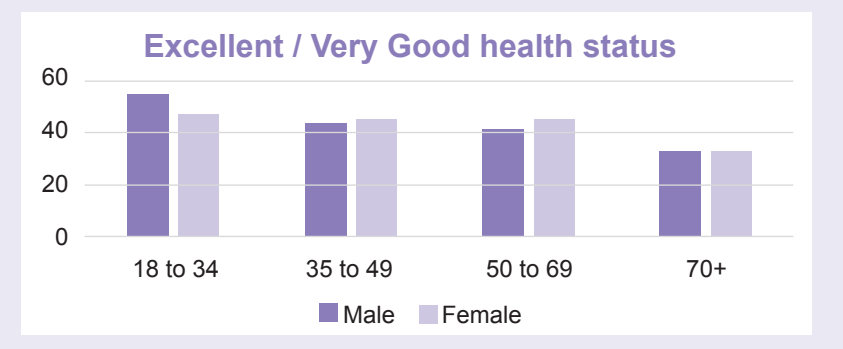
People responded to the statement, "In general, would you say your health is..." by selecting one of the 5 response options: excellent, very good, good, fair, poor.



### Very good or excellent health



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.

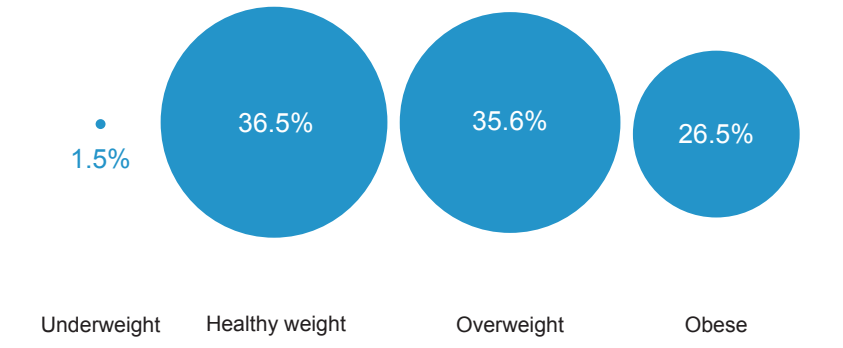


## Overweight and obesity

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.

2 in every 3 adults in Greater Bendigo are overweight or obese.



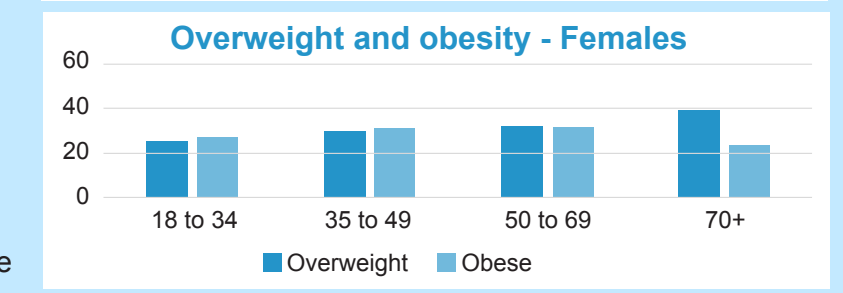
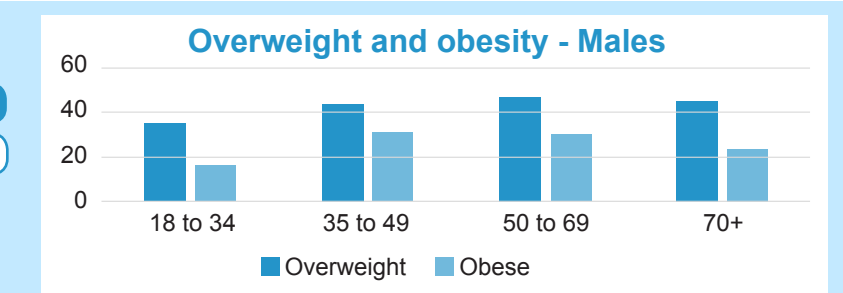
### Overweight and obesity



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

#### Groups to focus on:

- Males 35+
- Females 70+
- Low income households
- Aboriginal and/or Torres Strait Islander people

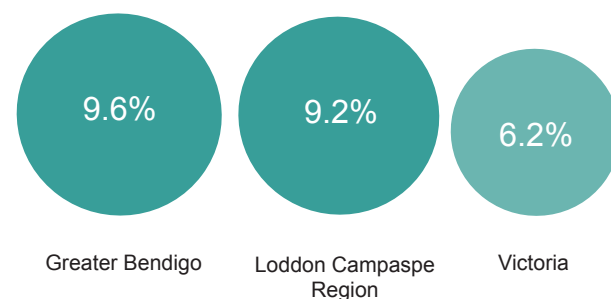


## Food security

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.

## Food insecurity rate



1 in 10 households in Greater Bendigo are food insecure - they do not have enough to eat.

In some areas, this increases to 1 in 5 households.

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

Total	9.6%	Heathcote and District	13.6%	Huntly	9.0%	Strathfieldsaye	6.7%
Long Gully - West Bendigo - Ironbark	18.6%	Marong - Rural West	11.0%	Kangaroo Flat - Big Hill	8.9%	Strathdale	6.2%
North Bendigo - California Gully	16.6%	Bendigo	10.6%	Golden Square	8.6%	Flora Hill - Quarry Hill - Spring Gully - Golden Gully	6.1%
Eaglehawk - Eaglehawk North - Sailors Gully	15.8%	Epsom - Ascot	10.6%	Kennington	7.5%	Maiden Gully	4.1%
White Hills - Jackass Flat	15.0%	Elmore - Rural North	9.8%	East Bendigo	6.8%	Rural East	4.0%

## 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
<b>Adolescents</b>		
Girls aged 12 to 18 years	5.0	2.0
Boys aged 12 to 18 years	5.5	2.0
<b>Adults</b>		
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

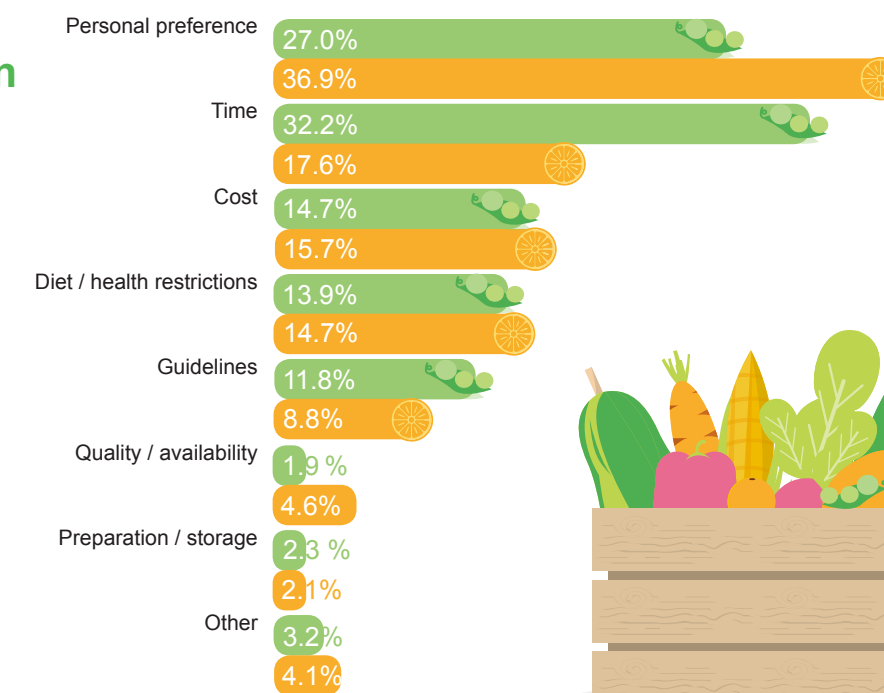
People who eat the recommended amount of fruit and veg were more likely to also report:

- 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.

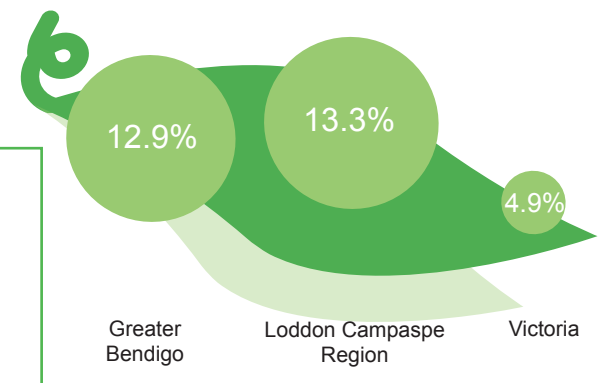
A 'serve' of fruit is 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces.

## Vegetables

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

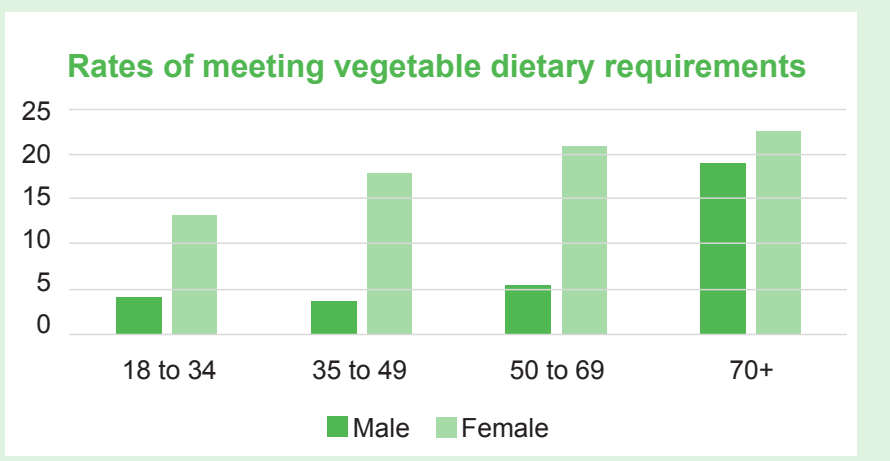
Only 1 in 8 adults meet the daily vegetable consumption guidelines.

People tend to eat more vegetables as they get older.



Females are more likely than males to meet the vegetable consumption guidelines (19.1%, compared to 7.2%).

On average, Greater Bendigo adults eat 2.8 serves of veg per day.

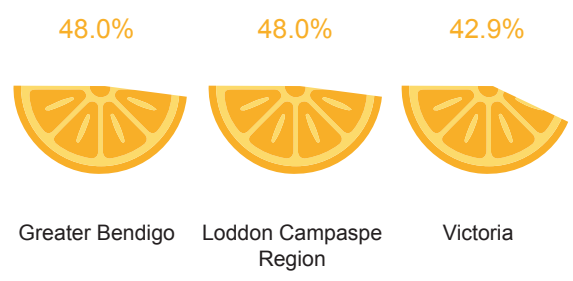


## Fruit

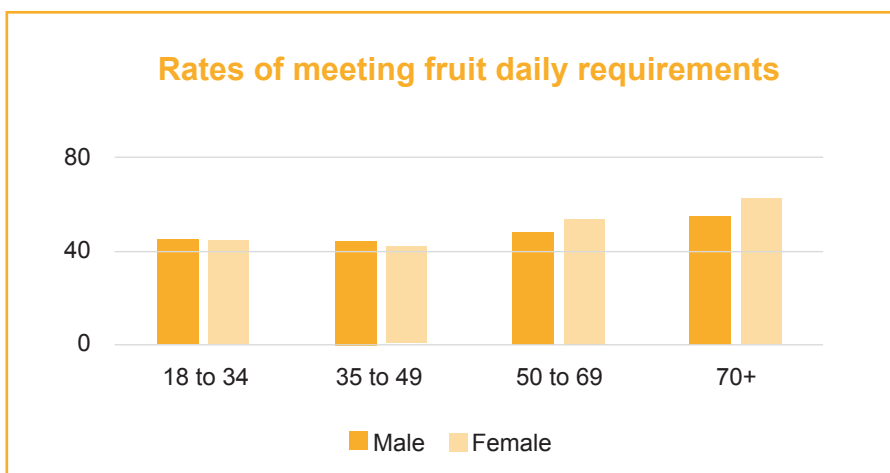
Health experts recommend eating two serves of fruit per day.

1 in every 2 Greater Bendigo 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.



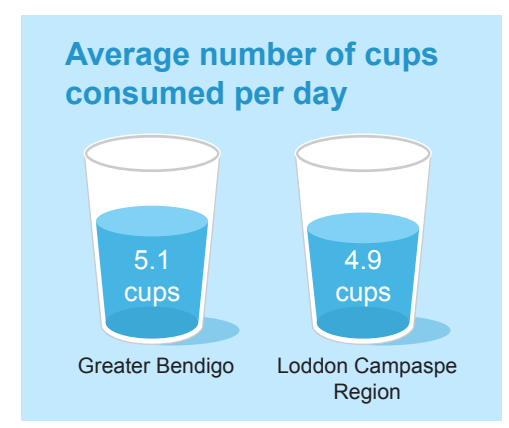
On average, Greater Bendigo adults eat 1.6 serves of fruit per day.



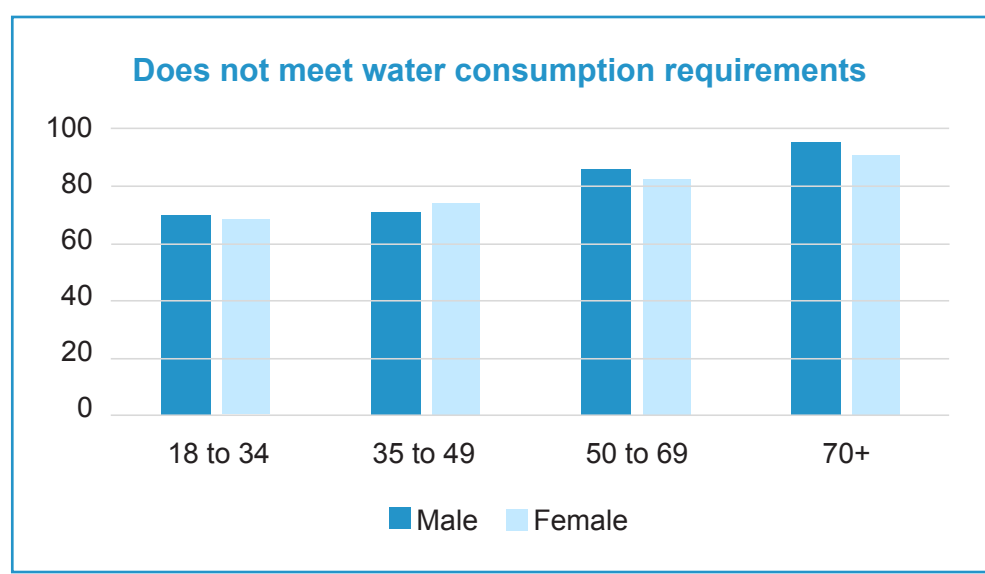
**Standout finding!** People born overseas eat lots of fruit! 1.8 serves per day.

## Water

Greater Bendigo adults drink an average of 5.1 cups of water per day, with only 22% drinking 8 cups (2 litres) or more.

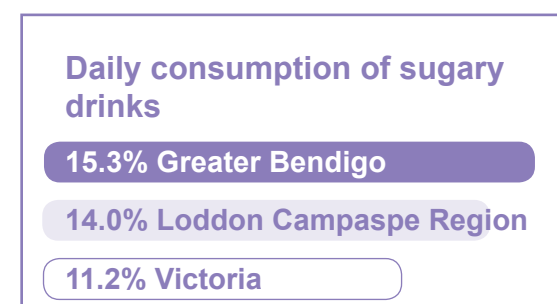


Levels of water consumption decline with age.



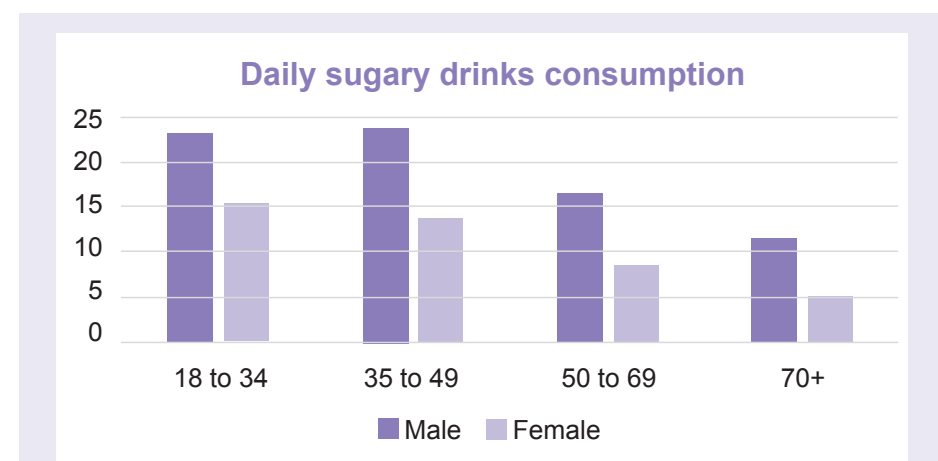
## Sugary drinks

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



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



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.



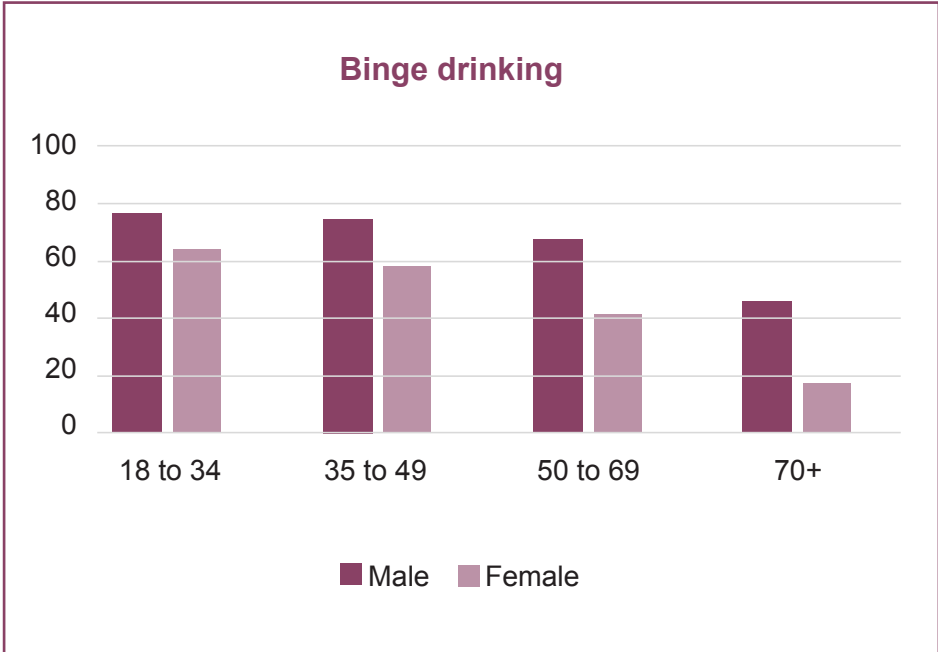
**58.8% drink at potentially dangerous levels at least once a year.**

### 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+
- English as a second language
- Aboriginal and/or Torres Strait Islander people
- People who identify as LGBTQIA+
- People with a disability



## 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.

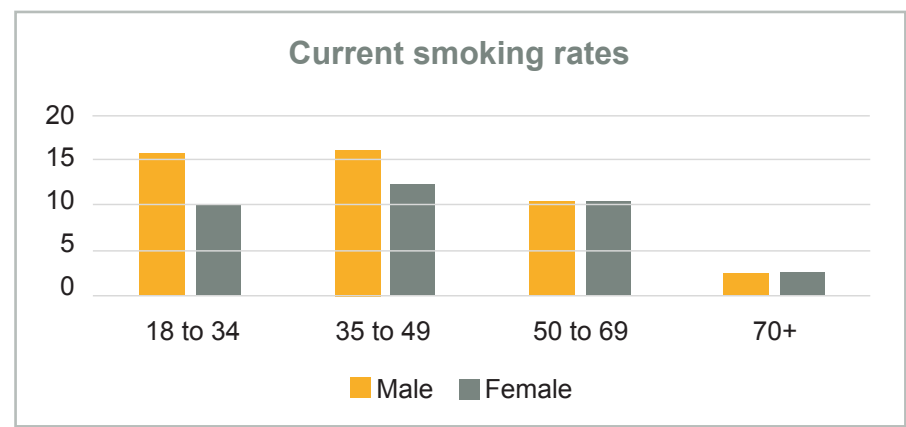
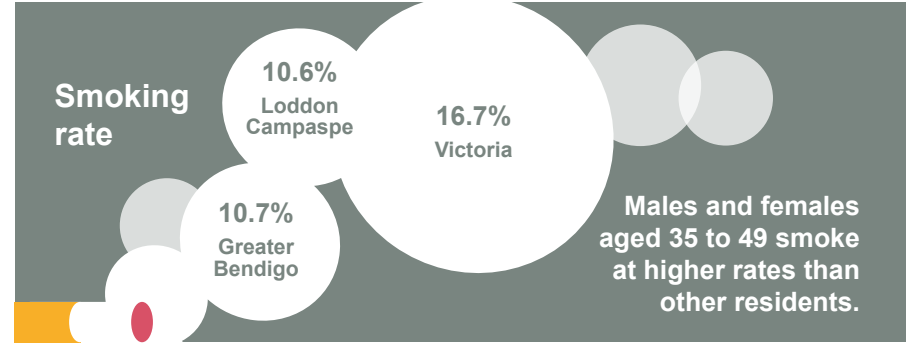


### Current smokers were more likely to also report:

- 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:

- Males 18-49
- Females 35-49
- Aboriginal and/or Torres Strait Islander people
- People who identify as LGBTQIA+
- Low income and food insecure households



## Gambling

People were asked how often they gamble.

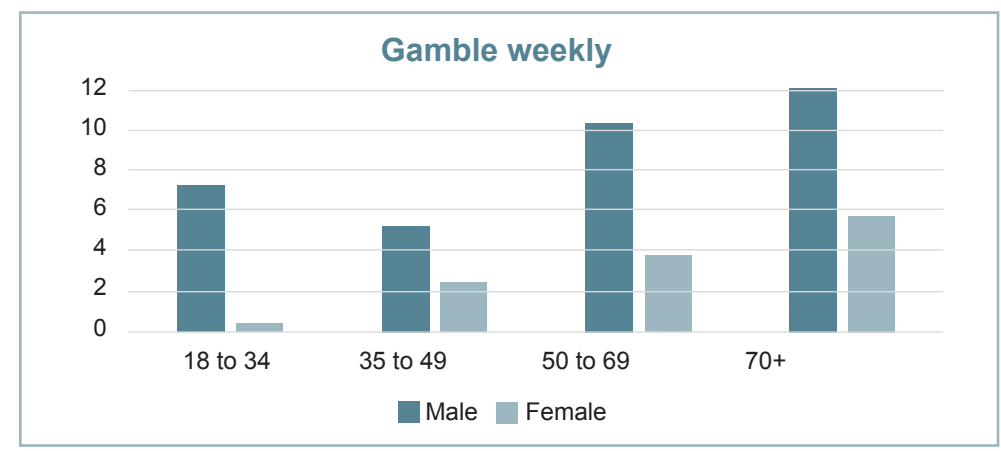
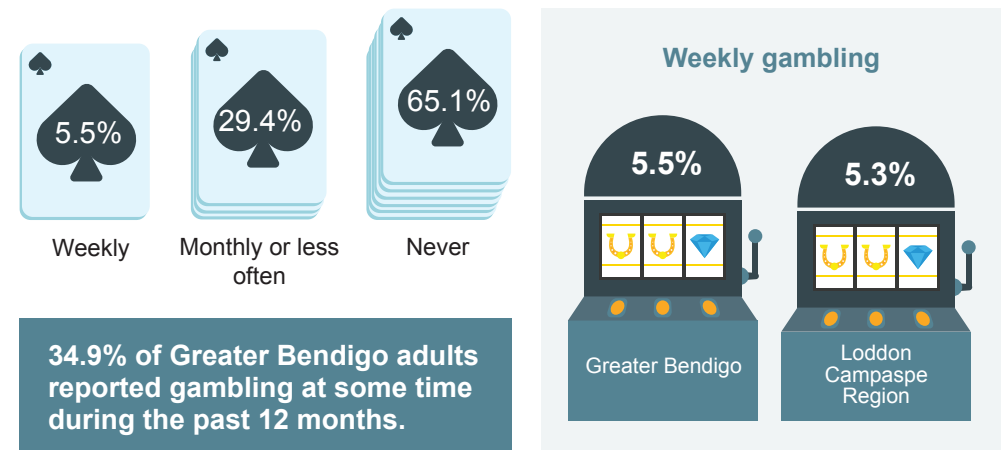
### People who gamble weekly or more were also more likely to report:

- 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
- People with a disability

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



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

2.3% of all adults report experiencing harm from gambling.

4.2% of adults who gamble report experiencing harm from gambling.

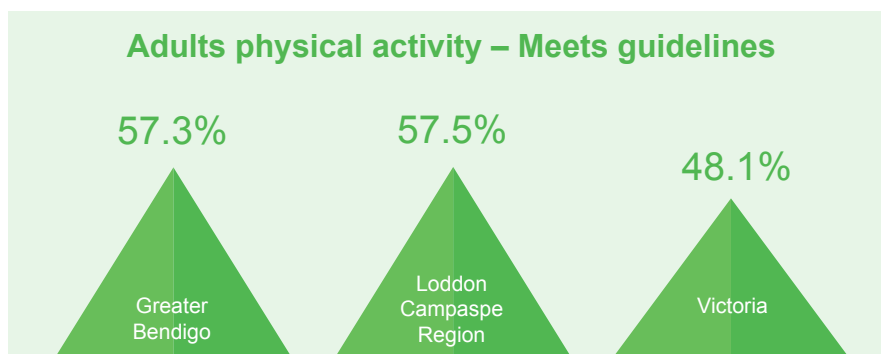


## Physical activity profile – All residents

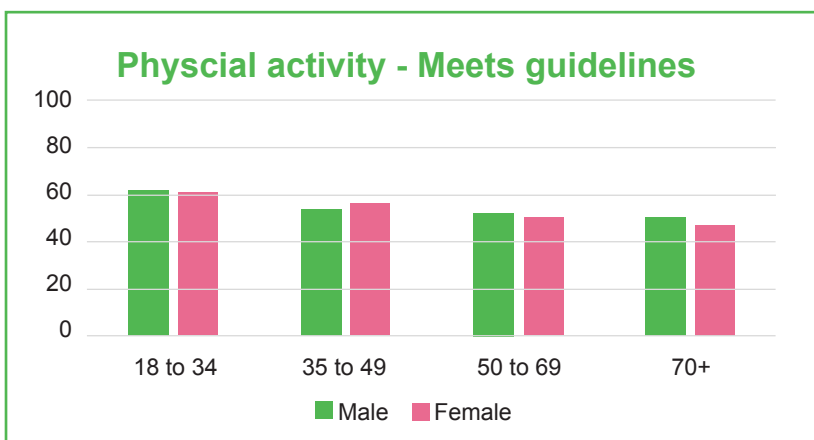


People are described as having met the physical activity guidelines if they engaged in moderate or vigorous intensity activity for sufficient time ranging from 75 minutes to 300 minutes per week depending upon the activity.

### Adults physical activity – Meets guidelines



### Physical activity - Meets guidelines



### Groups to focus on:

- People born overseas
- English as a second language
- People with a disability
- Low income and food insecure households

57.3% of Greater Bendigo residents meet the physical activity guidelines.

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

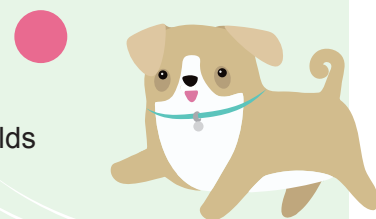
Two in every three people who meet physical activity guidelines report good to excellent general health and wellbeing.

People in Greater Bendigo want to be more active more often!

52.9% of people want to do more activity.

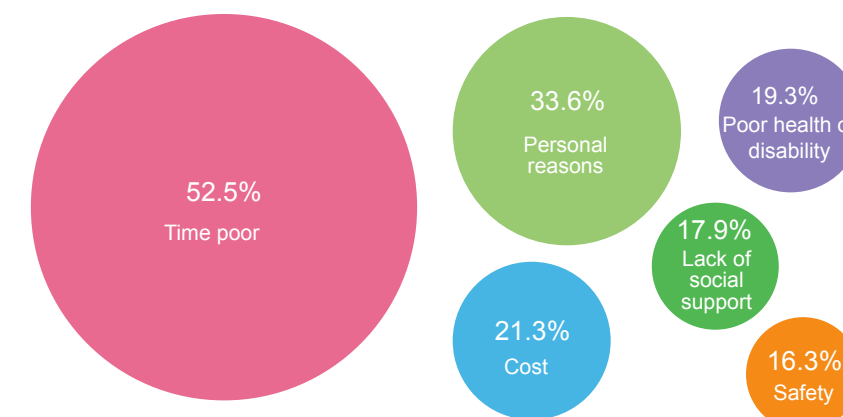
### In particular:

- Females
- Adults 18 to 69
- People with high education
- Low income and food insecure households



## 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 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

Around 90% of people reported using open spaces, with 60% using open spaces weekly or more often



## Use of public facilities

Footpaths rated as the highest used facility with 87.9% of people reporting using footpaths.

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%

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)
4.	Kennington Reservoir
5.	Bendigo Stadium
6.	Bendigo Creek Trail
7.	Lake Neangar, Eaglehawk
8.	Bendigo East Swimming Pool
9.	Greater Bendigo National Park - One Tree Hill
10.	Crusoe and No 7 Park

## 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	67.5%
Socialising with family / friends	66.1%
For fun / enjoyment	63.9%
Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends)	55.0%
Exercising the dog	36.7%
For time to myself	33.3%
Organised sport (e.g. cricket or netball for a club)	33.3%
Getting back to nature	28.2%
Commuting (i.e. to get from a to b)	25.2%

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

Walking tracks / footpaths	21.4%
Bicycle tracks / lanes and skate facilities	14.5%
Exercise equipment / facilities	14.2%
Toilets / change rooms	13.5%
Lighting	13.0%
Safety measures / restrictions	10.2%
Bins / rubbish collection / clean environment	8.7%
Playgrounds	6.2%
Cover / shade / shelter	5.5%
Accessibility	5.4%
Seating	3.2%
Drinking fountains	3.1%
More / better facilities	3.0%
More / better vegetation / trees / gardens	2.8%
Dog friendly areas	2.7%
Maintenance / management of spaces and facilities	2.7%
Improve signage / maps / communication	2.0%

### Some areas suggested certain improvements at high rates, including:

Walking tracks and footpath improvements were among the main suggestions provided for Greater Bendigo. The other common mentions by residents of particular suburbs were:

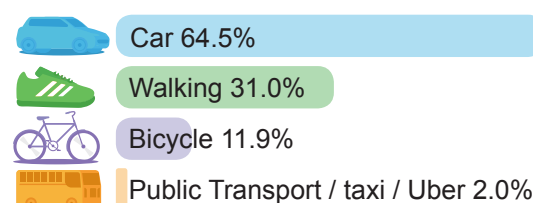
Lighting and safety measures	<b>Bendigo</b>
Safety measures and exercise equipment	<b>Kangaroo Flat</b>
Exercise equipment and bicycle tracks	<b>Golden Square</b>
Bicycle tracks and toilets / change rooms	<b>Maiden Gully</b>
Bicycle tracks and exercise equipment	<b>Strathfieldsaye</b>

### Transport - Distance to activities

On average, people of Greater Bendigo travel 11.7km to get to their activity.

Residents in the rural areas and the suburbs of Huntly and Epsom – Ascot travel 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.

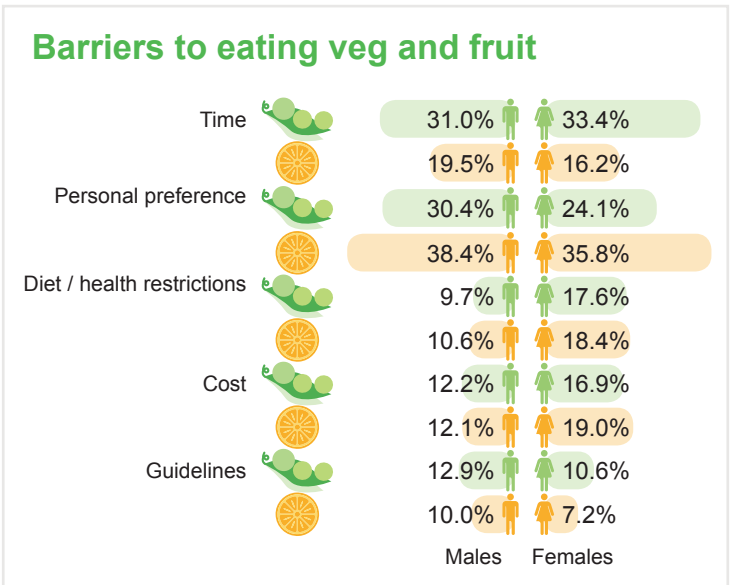
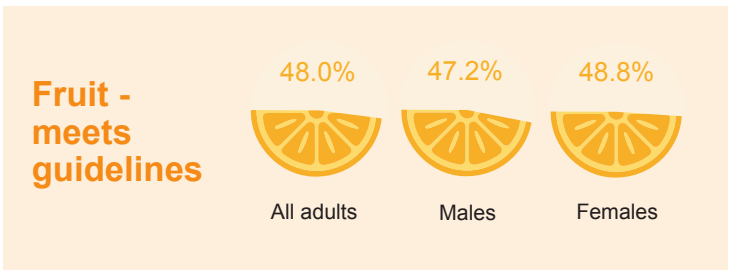
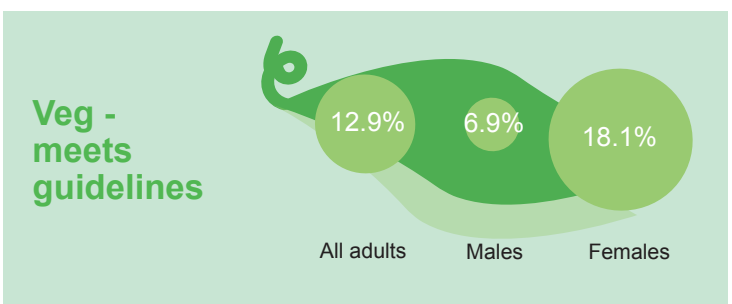
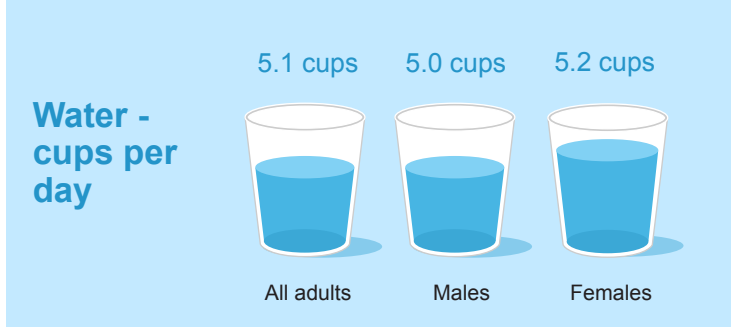
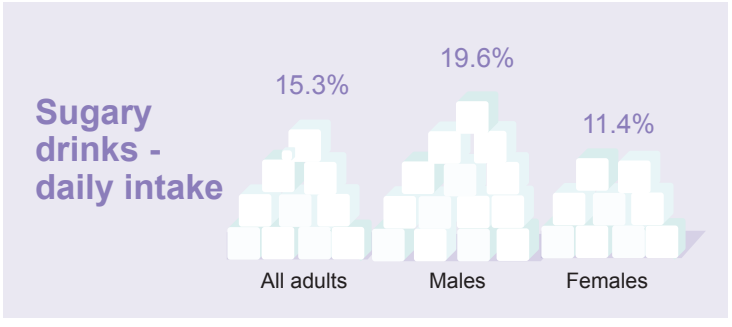
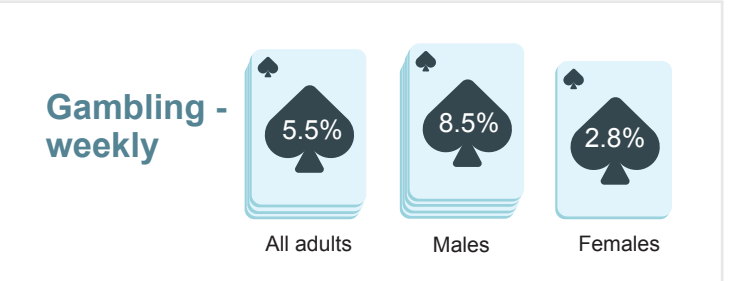
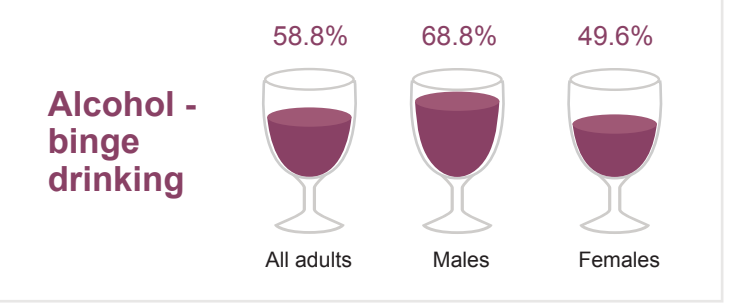
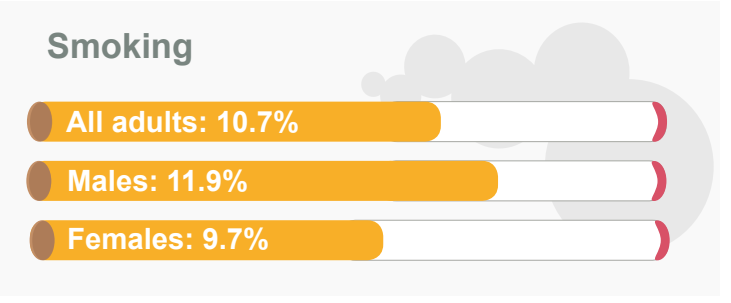
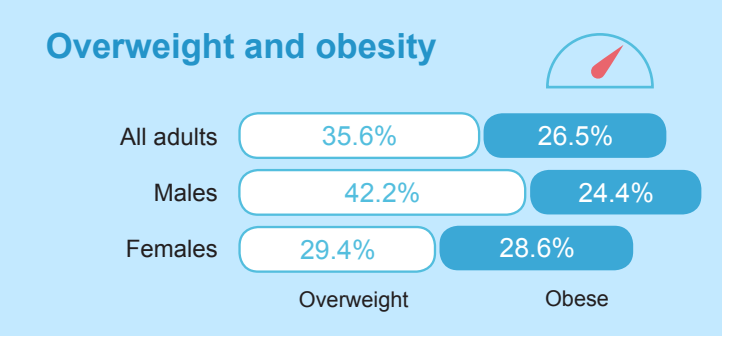
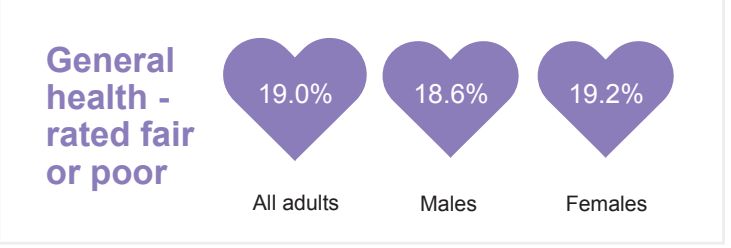
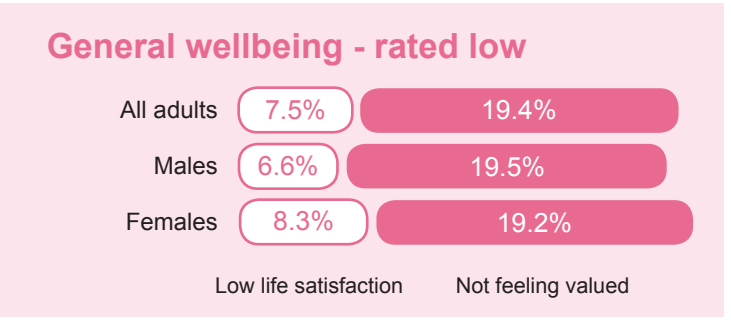
Facilities were rated on a 5-point scale where **1 = very poor, 2 = poor, 3 = average, 4 = good, 5 = excellent.**

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

Activity	Total	Weekly	Quality (out of 5)	Accessibility (out of 5)
Walking	21.4%	78.0%	4.1	4.3
Swimming	8.5%	44.1%	4.3	4.4
Fitness: Gym	6.8%	81.0%	4.4	4.4
Active play (at playgrounds / play centre)	6.6%	56.5%	4.2	4.4
Cycling: General cycling for recreation or transport	5.8%	48.1%	4.0	4.1
Bush walking / Hiking	4.7%	35.3%	4.1	4.1
Jogging / Running	4.1%	67.4%	4.2	4.3
Australian rules football	3.1%	85.7%	4.0	4.2
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	2.9%	74.5%	4.5	4.4
Netball (indoor/ outdoor)	2.6%	81.7%	4.1	4.2
Cycling: Mountain bike riding	2.5%	49.1%	4.1	4.2
Fishing	2.3%	5.0%	3.9	3.9
Basketball (Indoor/Outdoor)	2.0%	79.7%	4.5	4.4
Golf	1.9%	44.3%	4.3	4.3
Tennis (indoor / outdoor)	1.5%	60.8%	4.1	4.3
Dancing / Ballet / Calisthenics	1.4%	81.5%	4.2	4.2
Cycling: Road and sport cycling	1.4%	75.4%	3.6	4.1
Soccer (indoor/outdoor)	1.4%	82.6%	4.2	4.2
Fitness: Outdoor fitness / Personal training / Group activities	1.4%	80.8%	4.4	4.4
Cricket	1.3%	73.4%	3.9	4.2

## Health and wellbeing profile - Adults

Each member of the household was asked what gender best represents them. The section on gender summarises findings from 5,586 males and 7,096 females including 4,398 adult males and 5,860 adult females. A further 26 residents in Greater Bendigo 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)

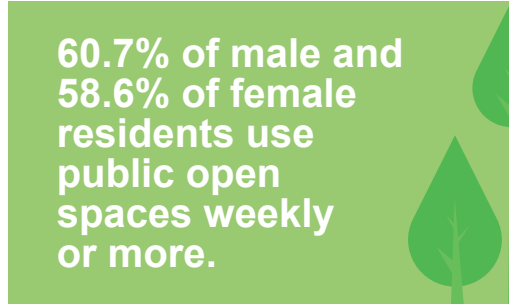
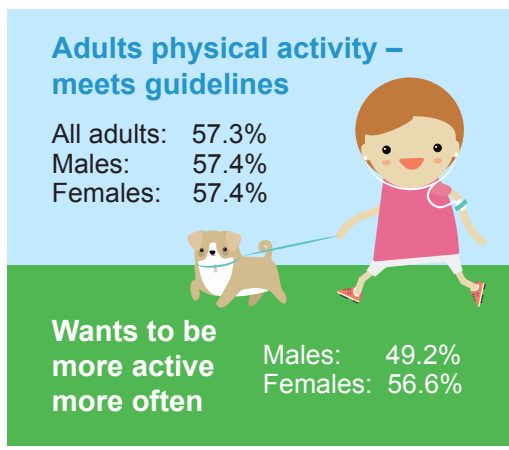
Male participation		Female participation	
Walking	18.2%	Walking	24.2%
Swimming	7.5%	Swimming	9.5%
Cycling for recreation or transport	6.7%	Fitness / Gym	8.0%
Active play	6.0%	Active play	7.2%
Fitness / Gym	5.6%	Bushwalking / Hiking	5.1%
Australian rules football	5.4%	Cycling for recreation or transport	5.0%
Bushwalking / Hiking	4.3%	Indoor group fitness	4.6%
Jogging / Running	3.9%	Netball	4.5%
Mountain bike riding	3.7%	Jogging / Running	4.3%
Fishing	3.6%	Dancing / Ballet / Calisthenics	2.3%

### Barriers to being more active

	Time Poor	Personal Reasons	Cost	Poor health / disability	Lack of social support	Safety
Males	55.0%	29.9%	17.6%	18.9%	14.2%	10.3%
Females	53.4%	38.6%	25.3%	20.5%	21.9%	22.0%

### Public facilities and open spaces - rate of use

Facility	Male	Female
Footpaths	87.0%	88.5%
Parks	81.3%	84.2%
Off-road walking and cycling tracks	73.5%	69.6%
Sports grounds, ovals and clubrooms	58.9%	55.4%
Swimming pools / splash parks	50.0%	54.9%
Community gardens	48.6%	52.5%
Indoor sports / leisure / fitness centres	40.8%	47.2%
Halls / community centres	30.3%	34.5%
Playground	25.4%	29.4%
Hard courts (e.g. netball / tennis)	22.2%	24.8%
After hours usage of education facilities	14.8%	17.5%
Skateparks / BMX	14.2%	8.6%

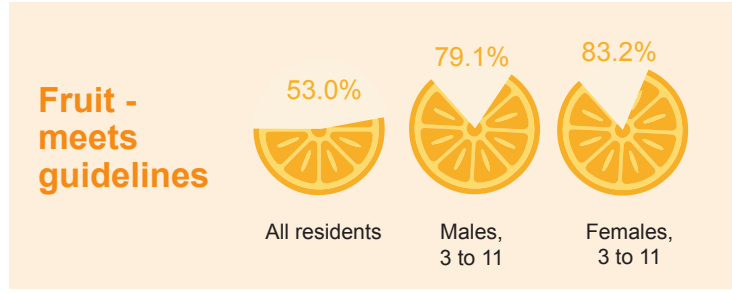
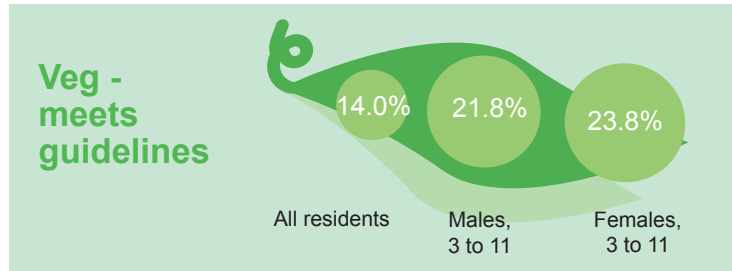
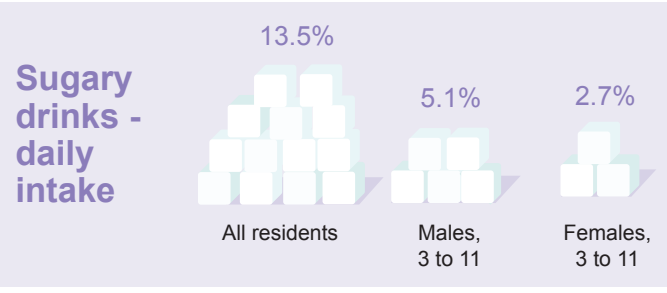
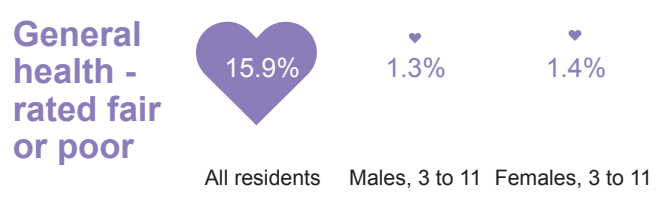
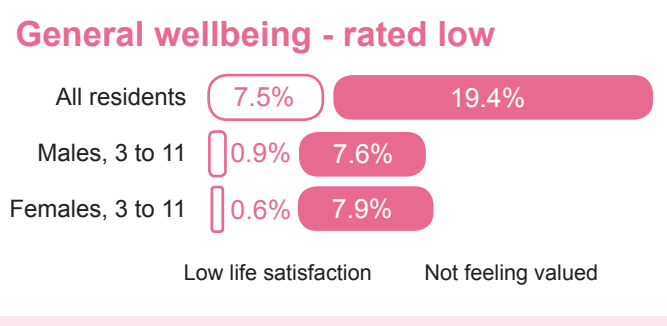




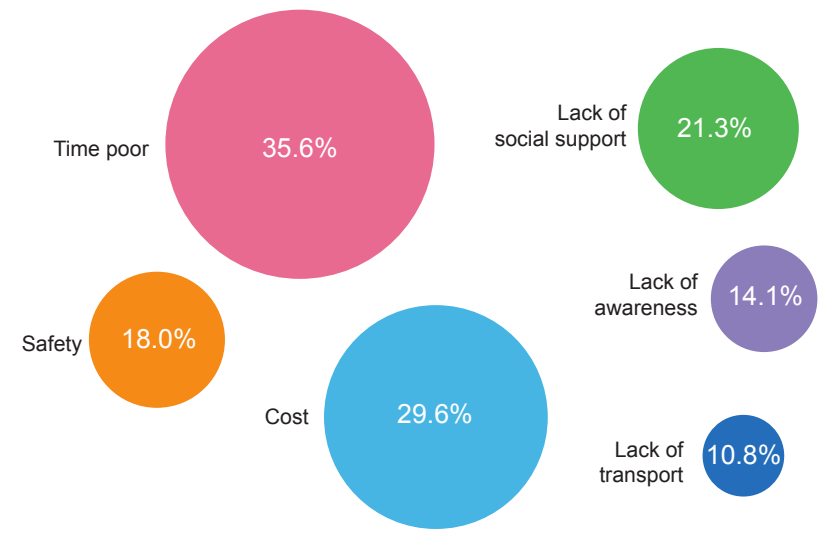
This section summarises findings from 1,135 children aged from 3 to 11 years old, who made up 8.9% of all participants (before weighting). Parents were able to fill in the survey for all children aged 3 and over. The extent to which children were involved in responding to the survey questions may have differed within and between households.



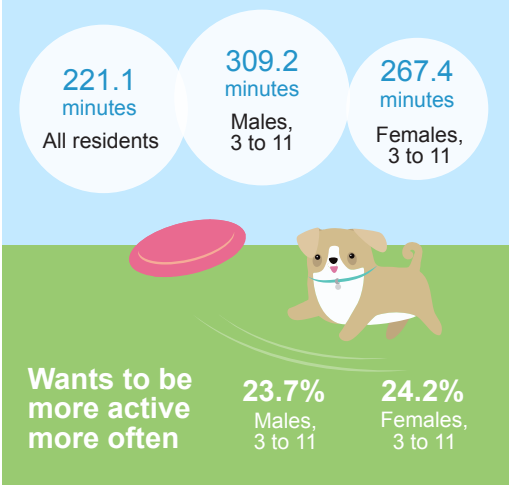
## Health and wellbeing profile



## Barriers to being more active



## Physical activity - minutes per week



## Physical activity profile

### Most popular activities

(Percentage of residents aged 3 to 11 participating once or more a year)

#### Males, 3 to 11 participation

Active play	16.8%
Swimming	14.3%
Cycling for recreation or transport	11.0%
Australian rules football	9.9%
Walking	7.3%
Basketball	5.7%
Soccer	4.9%
Cricket	2.7%
Bushwalking / Hiking	2.6%
Tennis	2.0%

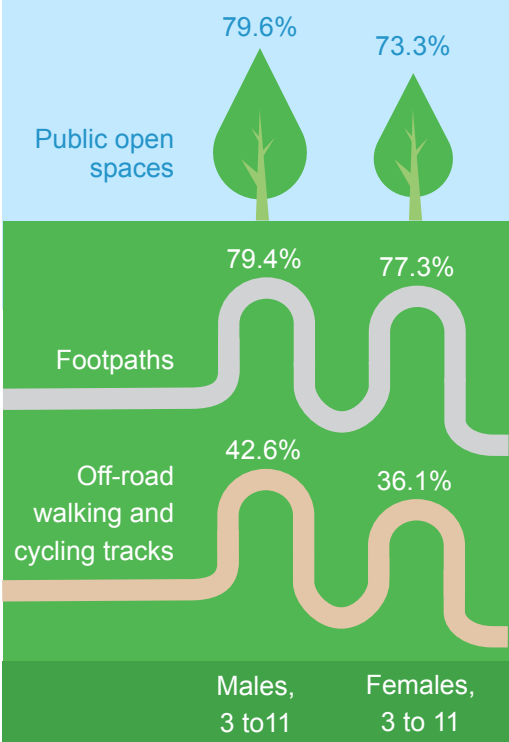
#### Females, 3 to 11 participation

Active play	18.7%
Swimming	16.9%
Cycling for recreation or transport	9.2%
Walking	8.1%
Netball	7.0%
Dancing / Ballet / Calisthenics	6.1%
Basketball	2.7%
Bushwalking / Hiking	2.3%
Jogging / Running*	2.2%
Australian rules football*	2.2%

## Public facilities and open spaces - rate of use

Facility	Children 3 to 11
Parks	91.4%
Swimming pools / splash parks	88.3%
Sports grounds, ovals and clubrooms	72.8%
Community gardens	63.2%
Playgrounds	53.3%
Indoor sports / leisure / fitness centres	50.4%
Hard courts (e.g. netball / tennis)	40.5%
Halls / community centres	33.2%
Skateparks / BMX	33.2%
After hours usage of education facilities	26.0%

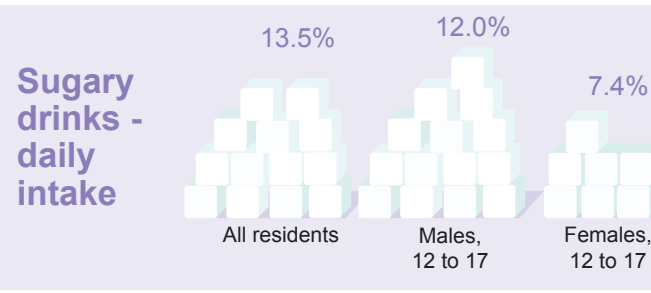
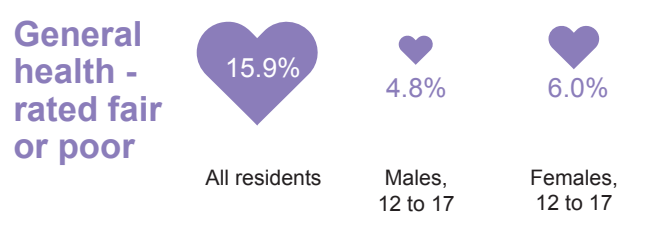
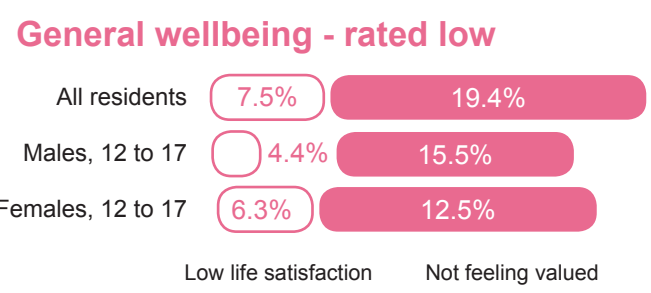
## Used weekly or more



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

This section summarises findings from 813 adolescents aged from 12 to 17 years old, who made up 6.4% 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.

## Health and wellbeing profile



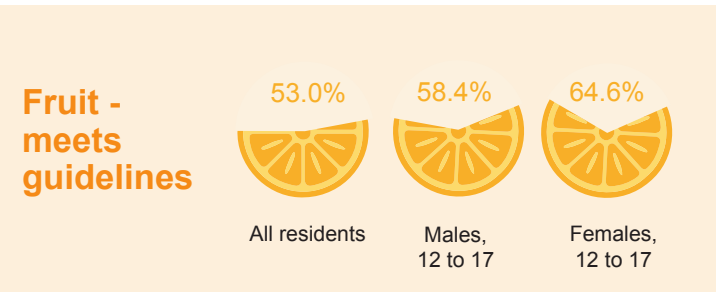
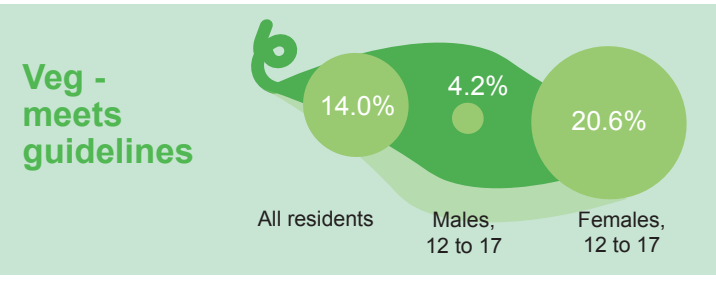
## Physical activity profile

### Most popular activities

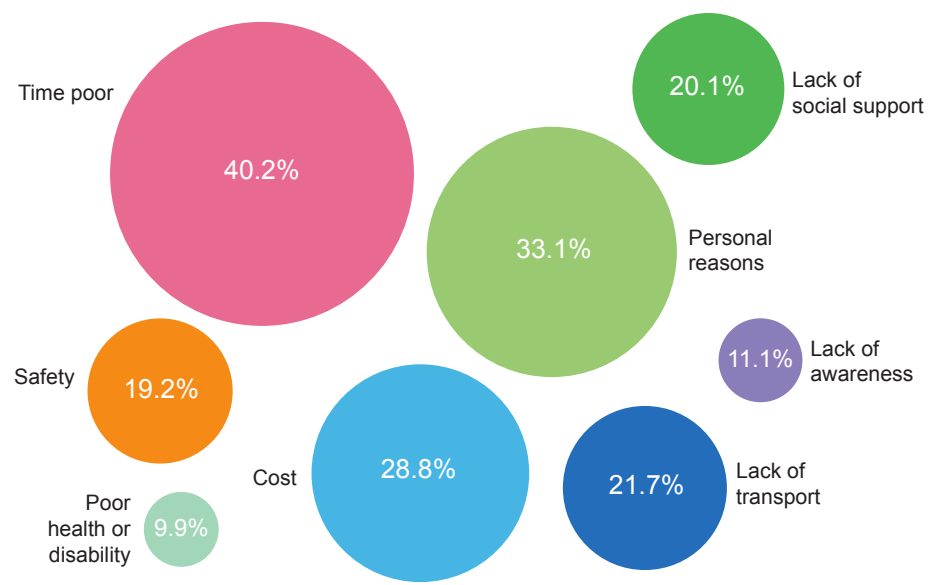
(Percentage of residents aged 12 to 17 participating once or more a year)

Males, 12 to 17 participation	
Australian rules football	11.9%
Walking	10.8%
Basketball	7.1%
Soccer	7.1%
Swimming	6.5%
Mountain bike riding	6.1%
Cycling for recreation or transport	6.0%
Cricket	5.1%
Fitness / Gym	3.5%
Jogging / Running	3.5%

Females, 12 to 17 participation	
Walking	16.3%
Netball	16.2%
Swimming	8.3%
Cycling for recreation or transport	5.3%
Dancing / Ballet / Calisthenics	4.4%
Jogging / Running	4.3%
Active play	4.1%
Fitness / Gym	3.9%
Australian rules football	3.6%
Basketball	3.2%

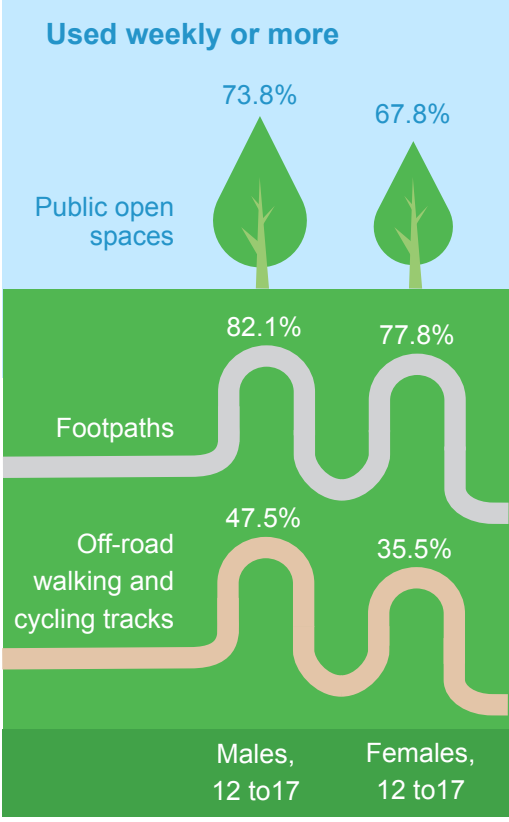
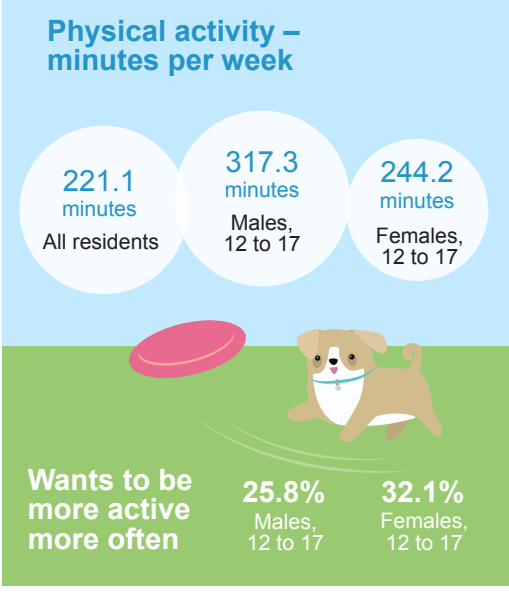


### Barriers to being more active



### Public facilities and open spaces - rate of use

Facility	Adolescents 12 to 17
Parks	80.7%
Sports grounds, ovals and clubrooms	74.5%
Swimming pools / splash parks	71.3%
Indoor sports / leisure / fitness centres	60.2%
Hard courts (e.g. netball / tennis)	49.0%
Community gardens	42.2%
Halls / community centres	35.1%
After hours usage of education facilities	32.3%
Playgrounds	29.5%
Skateparks / BMX	20.8%

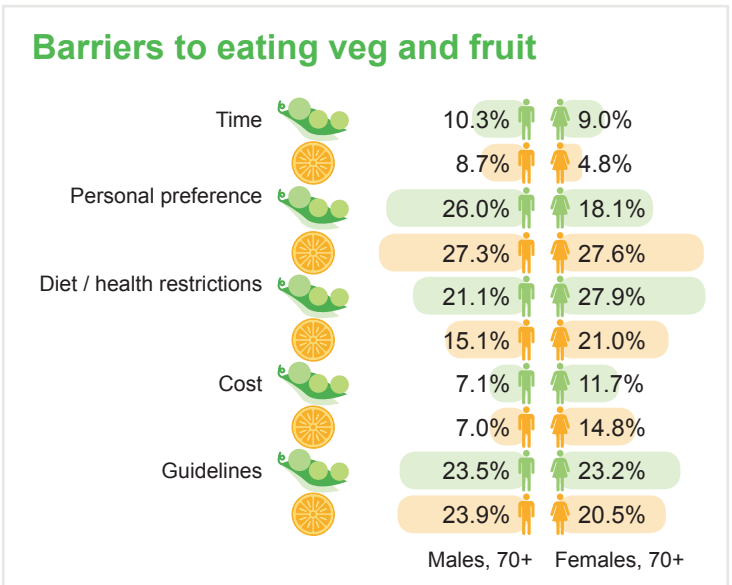
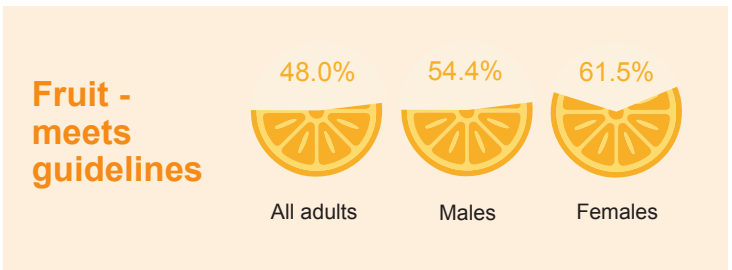
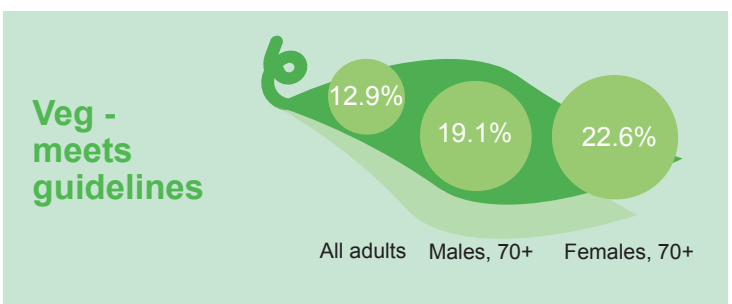
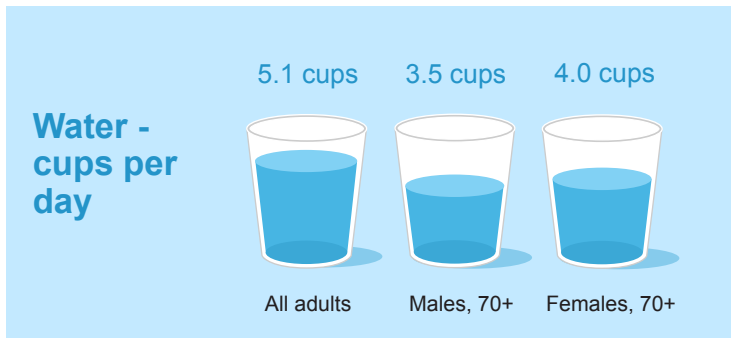
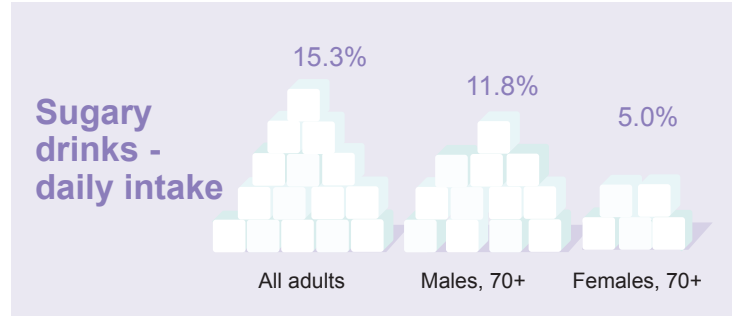
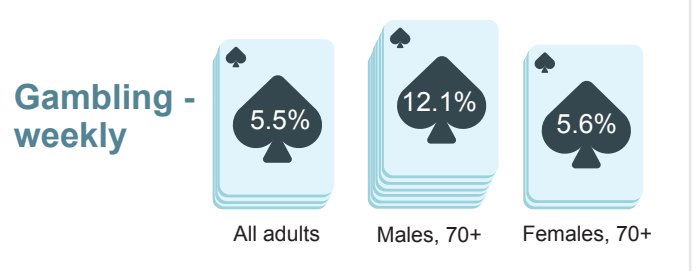
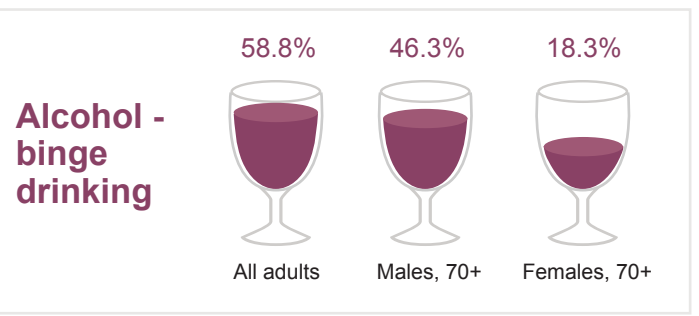
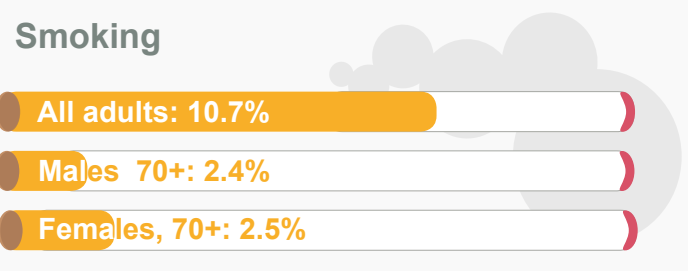
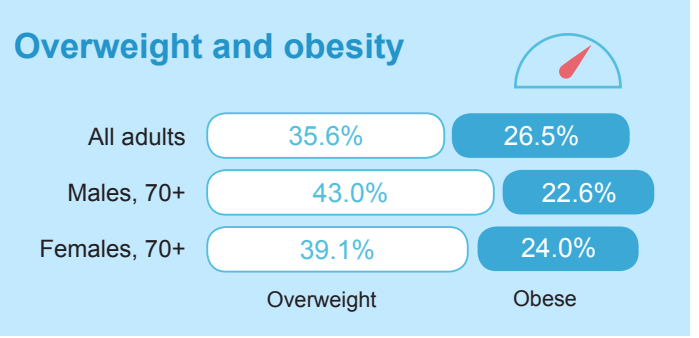
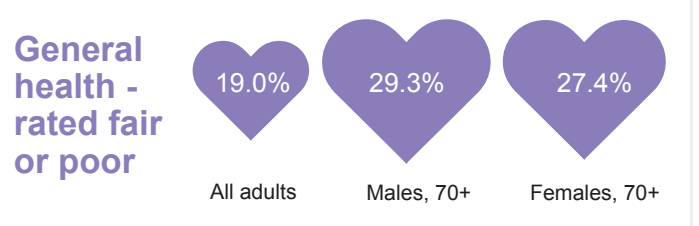
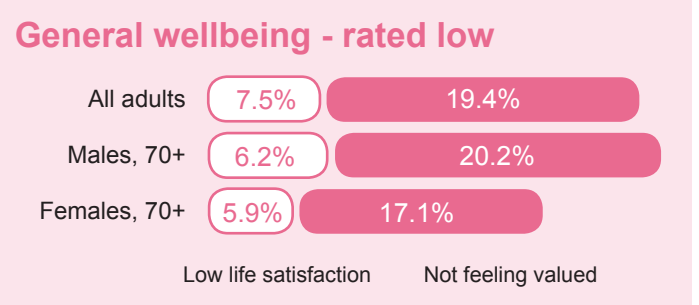


\*Interpret findings with caution due to a small sample size.



This section summarises findings from 2,031 adults aged over 70 years old, who comprised 15.9% of all survey participants (adjusted during weighting). A total of 943 men and 1,035 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



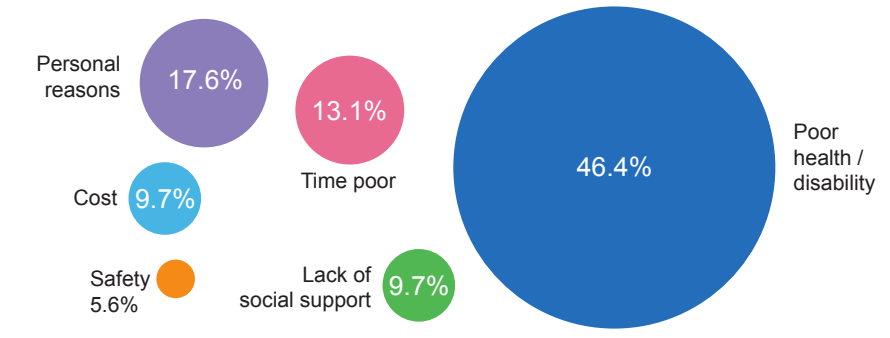
## Physical activity profile

### Most popular activities

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

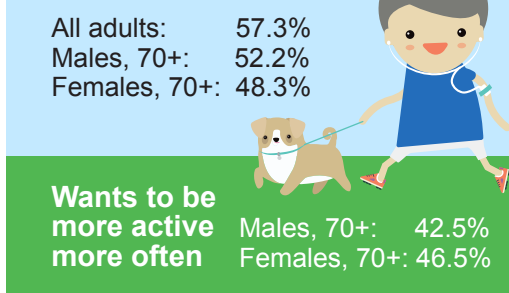
Male, 70+ participation		Female, 70+ participation	
Walking	31.1%	Walking	34.4%
Golf	7.6%	Indoor group fitness	8.5%
Swimming	6.2%	Swimming	7.6%
Cycling for recreation or transport	5.5%	Fitness / Gym	7.5%
Fitness / Gym	5.1%	Bushwalking / Hiking	3.7%
Bushwalking / Hiking	3.8%	Active play	2.9%
Fishing	3.7%	Golf	2.9%
Indoor group fitness	2.8%	Dancing / Ballet / Calisthenics	2.1%
Active play	2.6%	Outdoor fitness*	1.2%
Dancing / Ballet / Calisthenics*	1.4%	Cycling for recreation or transport*	1.1%

### Barriers to being more active



### Physical activity - meets guidelines

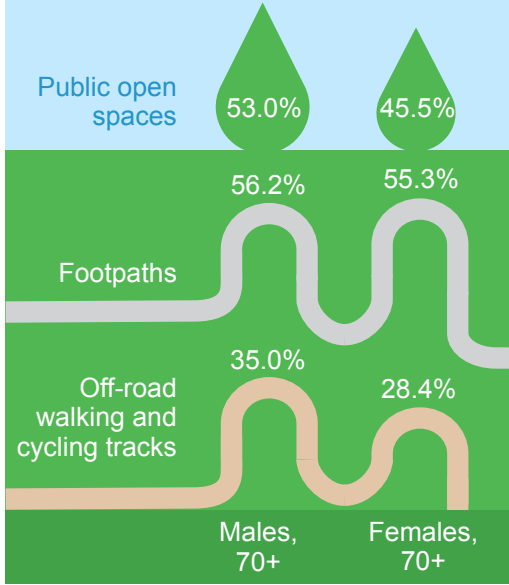
150-300 minutes of moderate physical activity, or 75-150 minutes of vigorous physical activity each week.



### Public facilities and open spaces - rate of use

Facility	People, 70+ %
Parks	62.3%
Halls / community centres	39.3%
Sports grounds, ovals and clubrooms	33.6%
Community gardens	31.8%
Indoor sports / leisure / fitness centres	24.9%
Swimming pools / splash parks	23.5%
Hard courts (e.g. netball / tennis)	3.4%
After hours usage of education facilities	2.4%
Playgrounds	2.0%
Skateparks / BMX	0.5%

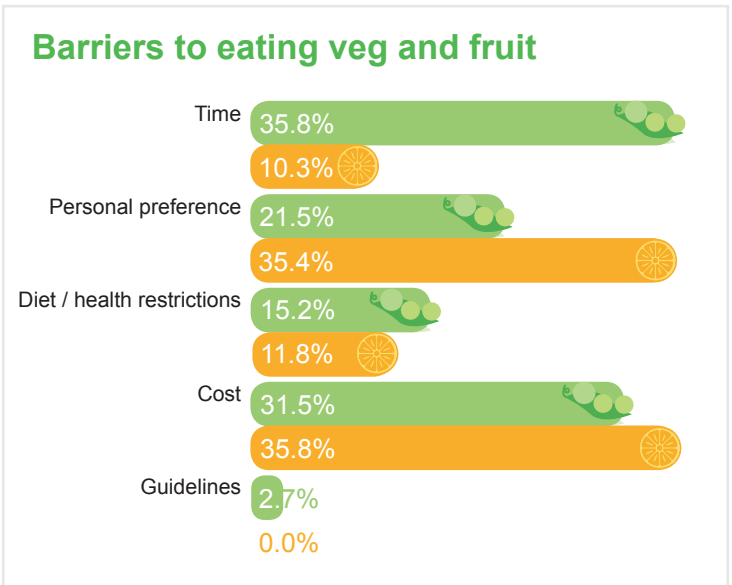
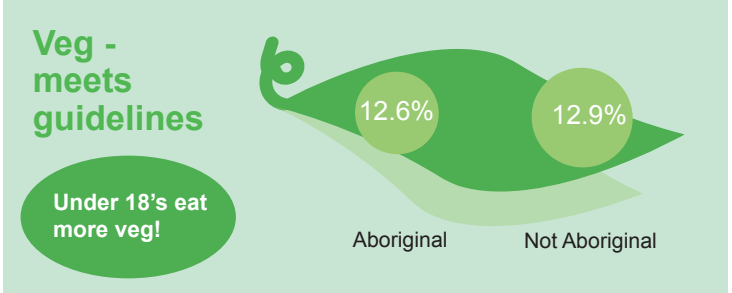
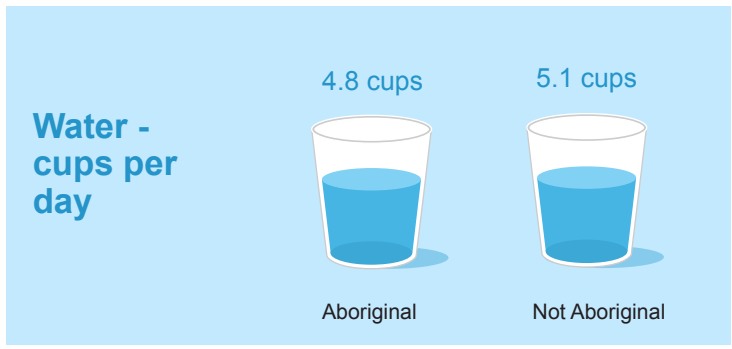
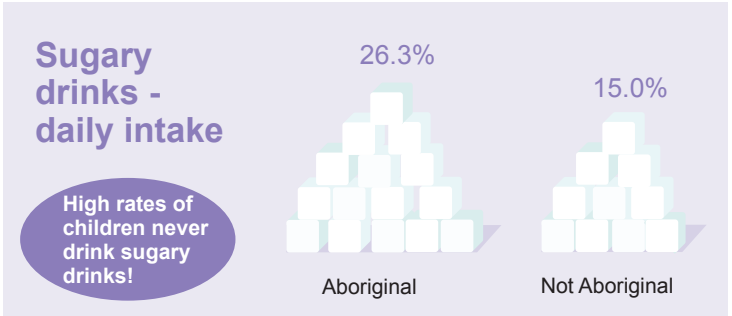
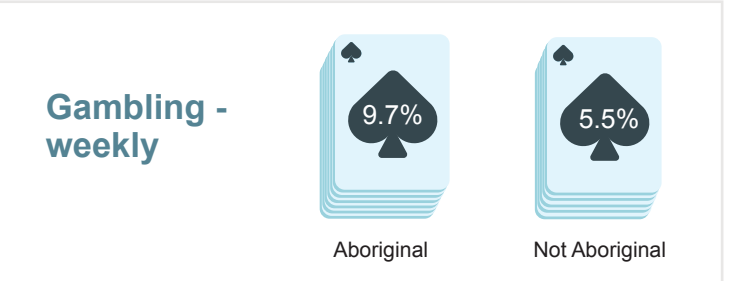
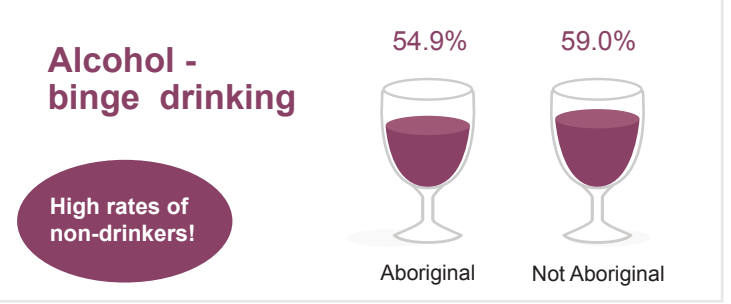
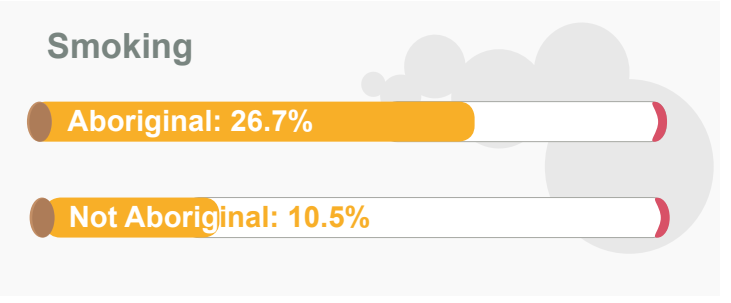
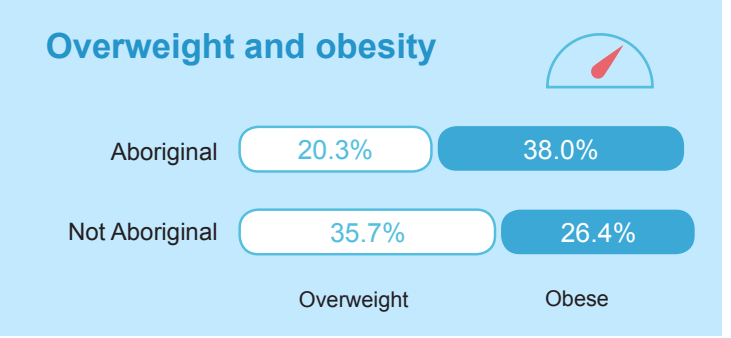
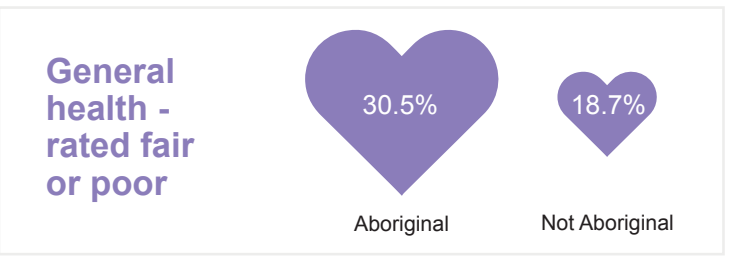
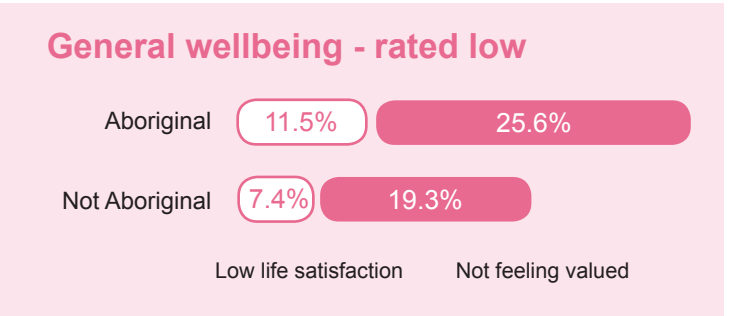
### Used weekly or more



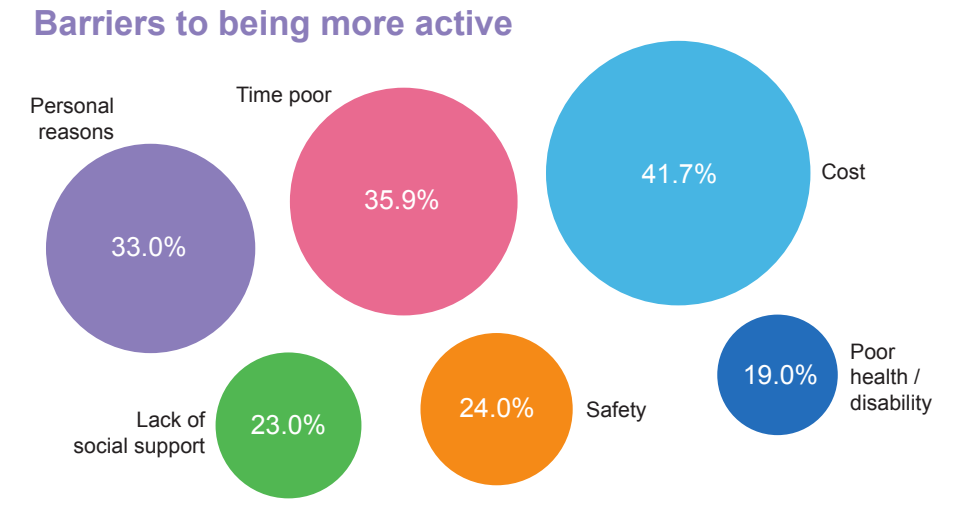
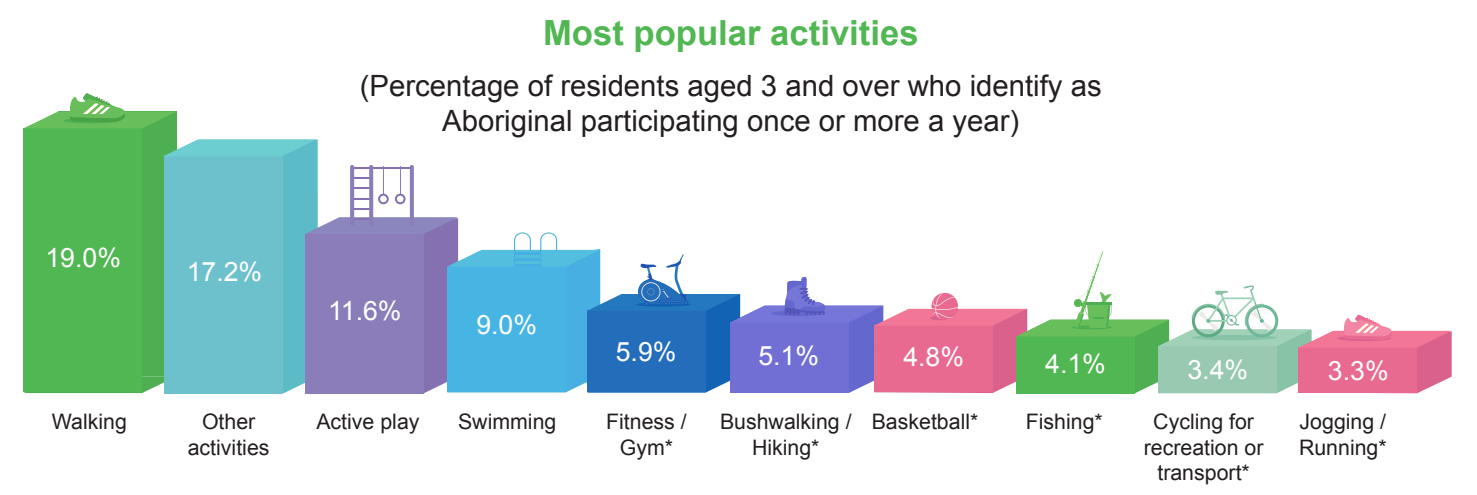
\*Interpret findings with caution due to a small sample size.

## Health and wellbeing profile - Adults

The section summarises findings from 120 people who identified as Aboriginal and/or Torres Strait Islander out of a population of 1,058 (ABS Census 2016). In this section 'Aboriginal' will be used to represent both Aboriginal and/or Torres Strait Islander peoples, who together made up 1.1% of all participants in Greater Bendigo.



## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

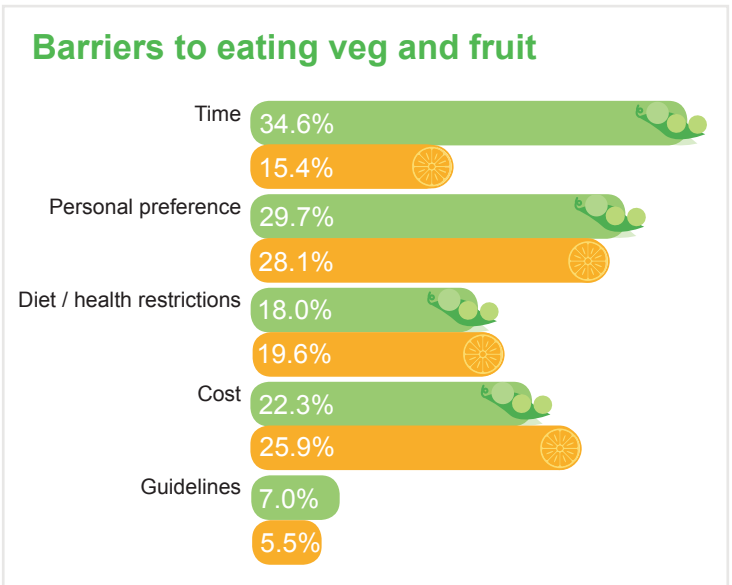
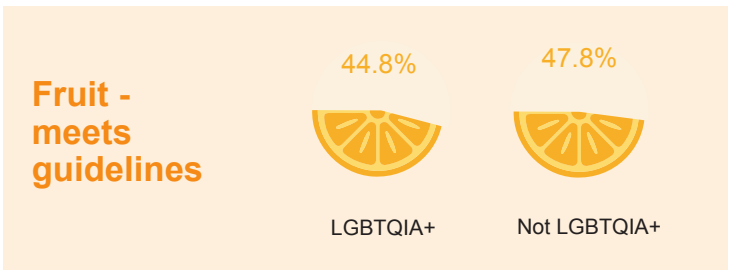
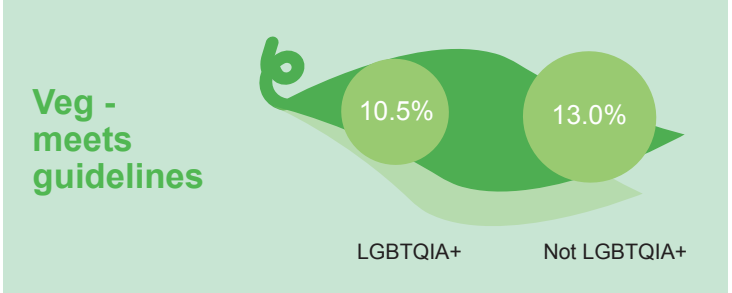
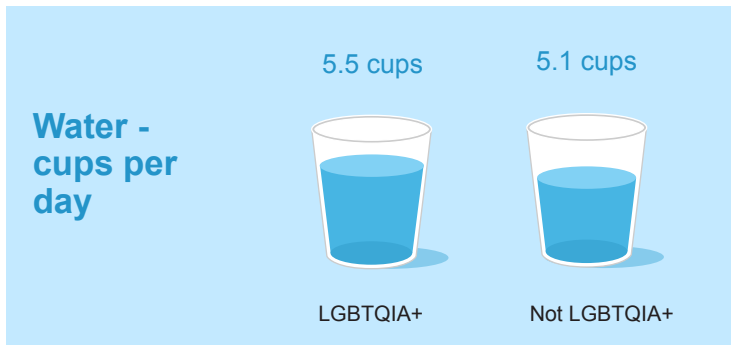
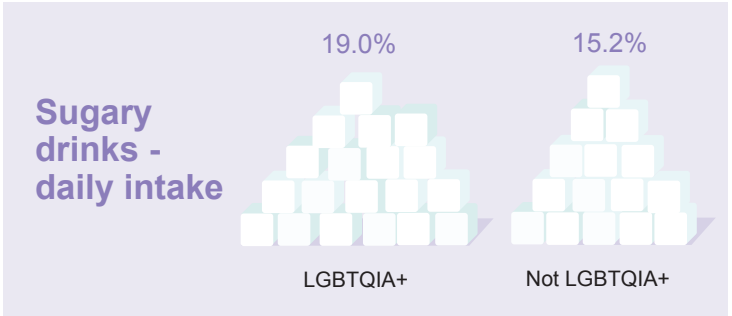
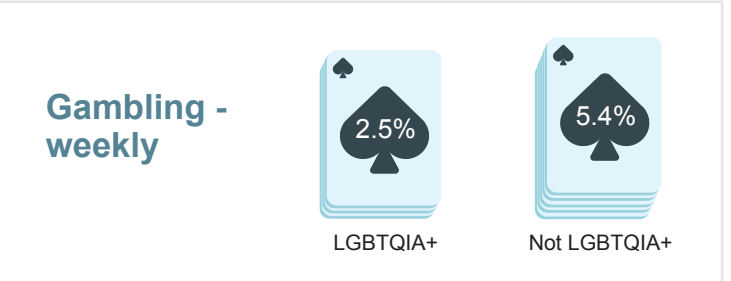
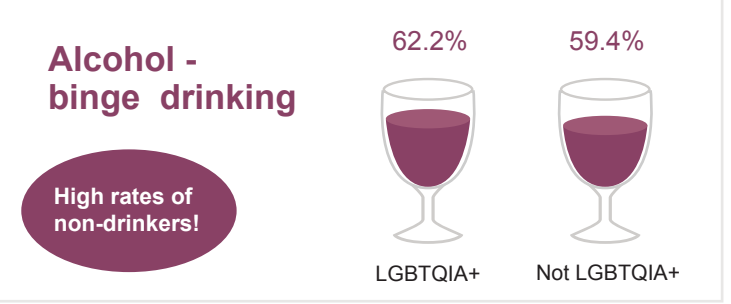
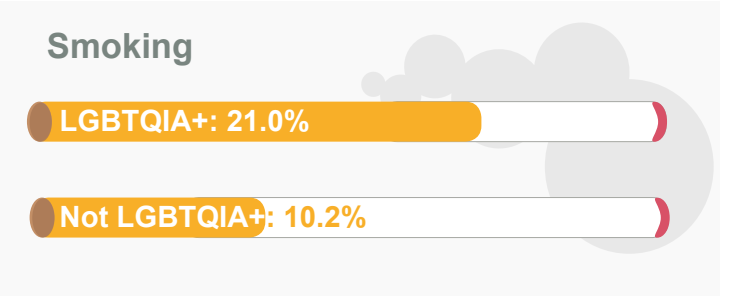
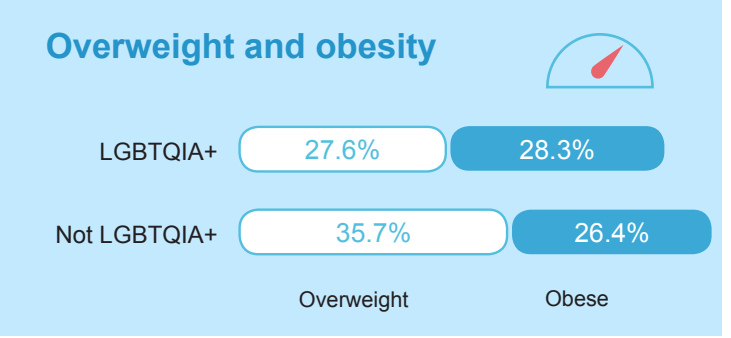
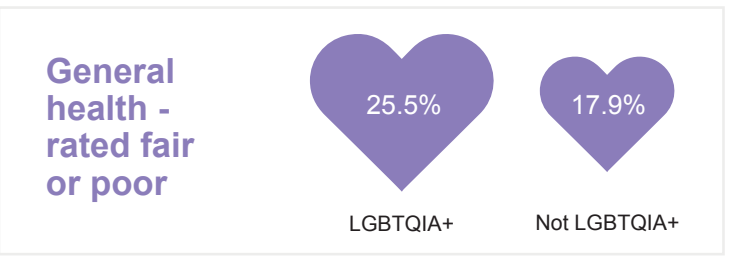
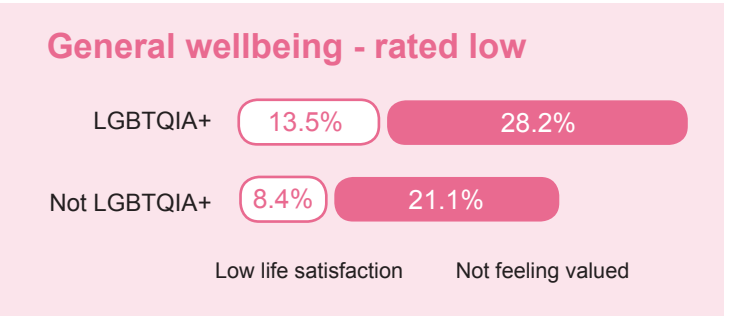
Facility	Aboriginal	Not Aboriginal
Footpaths	88.2%	87.9%
Parks	85.5%	82.9%
Off-road walking and cycling tracks	69.7%	71.6%
Community gardens	62.2%	51.7%
Swimming pools / splash parks	59.9%	52.8%
Sports grounds, ovals and clubrooms	51.5%	55.7%
Indoor sports / leisure / fitness centres	43.9%	44.3%
Playgrounds	28.6%	27.6%
Halls / community centres	25.8%	32.6%
Hard courts (e.g. netball / tennis)	22.6%	23.6%
After hours usage of education facilities	20.3%	16.2%
Skateparks / BMX	17.9%	11.2%



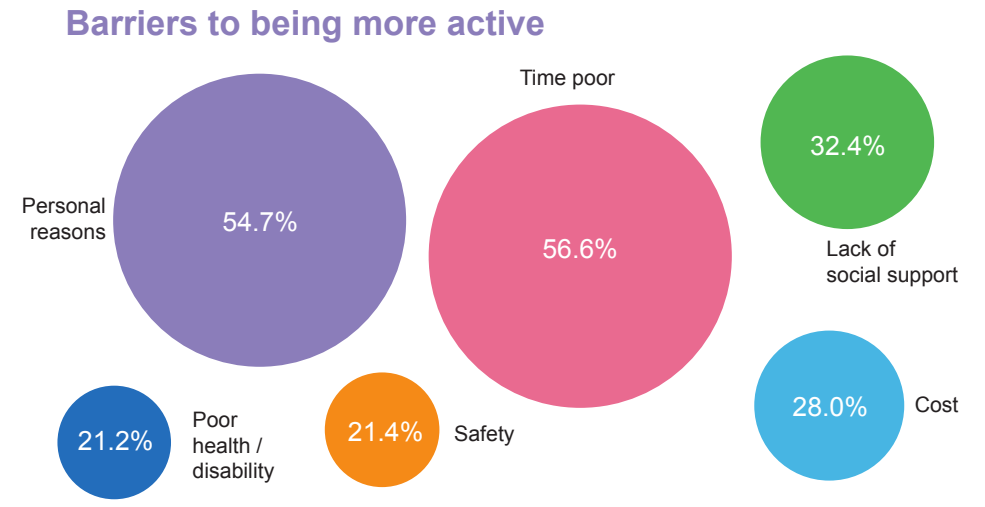
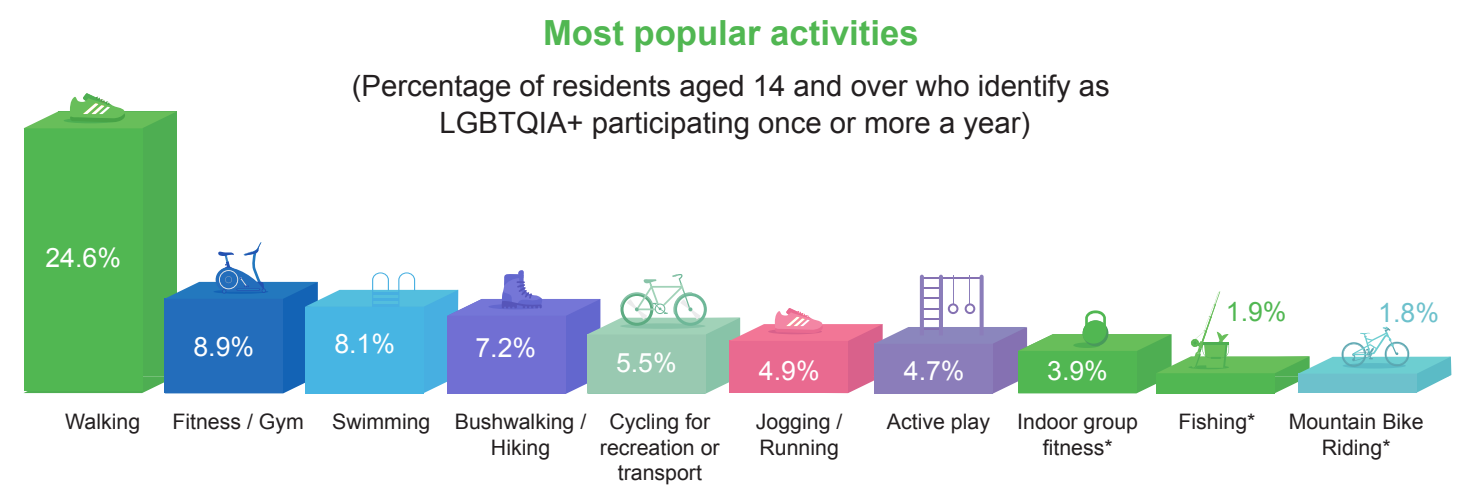
51.3% of Aboriginal residents use public open spaces weekly or more

## Health and wellbeing profile - Adults

The section summarises findings from 327 people who identified as LGBTQIA+. People who identify as LGBTQIA+ made up 3.2% 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).

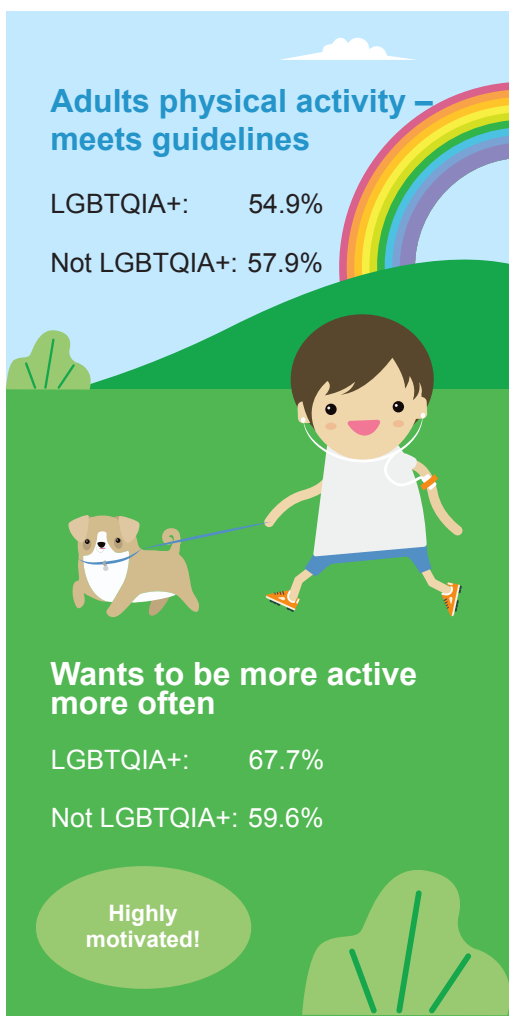


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

Facility	LGBTQIA+	Not LGBTQIA+
Footpaths	87.8%	86.8%
Parks	85.8%	82.6%
Off-road walking and cycling tracks	71.2%	70.1%
Community gardens	55.4%	51.6%
Swimming pools / splash parks	47.9%	45.9%
Sports grounds, ovals and clubrooms	40.7%	52.1%
Indoor sports / leisure / fitness centres	39.7%	42.9%
Halls / community centres	33.0%	32.2%
Playgrounds	22.8%	24.4%
After hours usage of education facilities	22.6%	13.2%
Hard courts (e.g. netball / tennis)	15.9%	19.0%
Skateparks / BMX	4.7%	7.1%



**49.4% of LGBTQIA+ residents use public open spaces weekly or more**

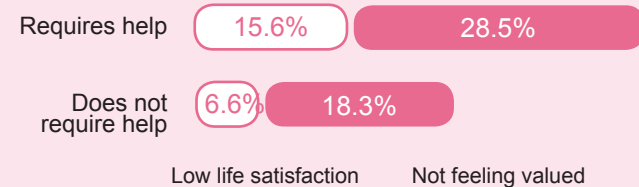
\*Interpret findings with caution due to a small sample size.



This section summarises findings from 820 people over the age of 3 years 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. People who require help with daily activities made up 7.8% of all participants.

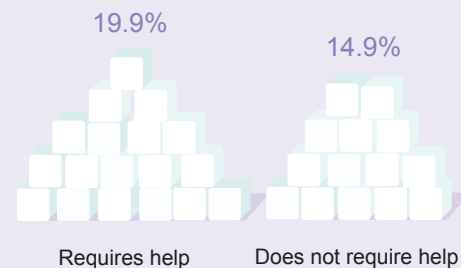
## Health and wellbeing profile - Adults

### General wellbeing - rated low

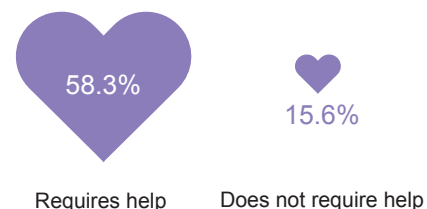


### Sugary drinks - daily intake

High rates of non-drinkers!



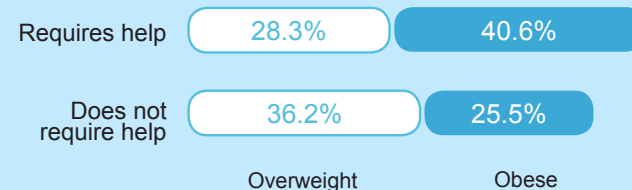
### General health - rated fair or poor



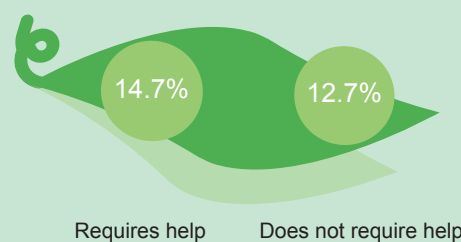
### Water - cups per day



### Overweight and obesity



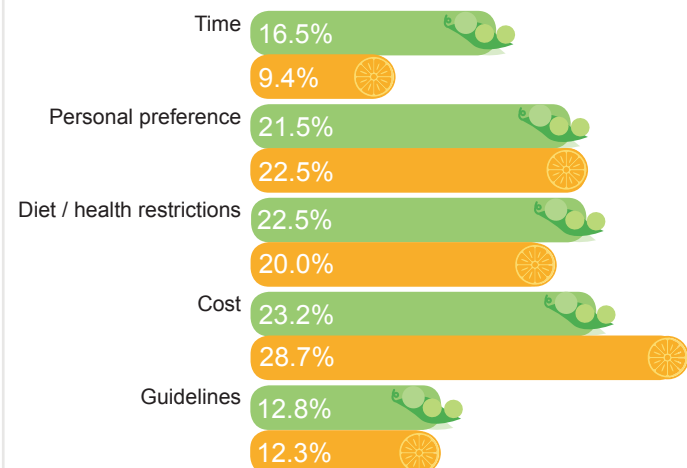
### Veg - meets guidelines



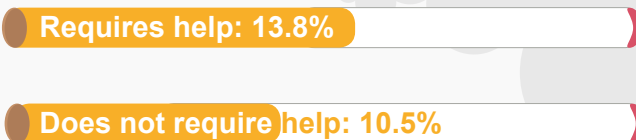
### Fruit - meets guidelines



### Barriers to eating veg and fruit

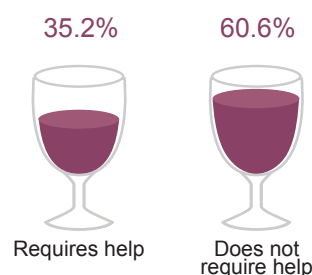


### Smoking

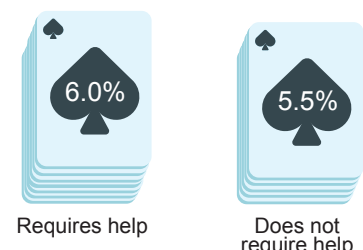


### Alcohol - binge drinking

High rates of non-drinkers!

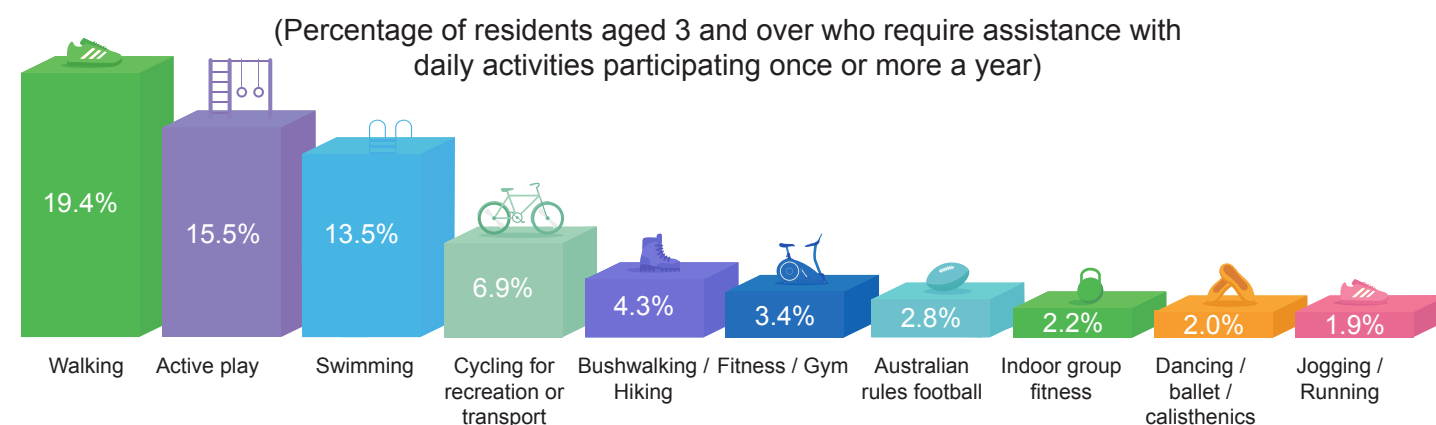


### Gambling - weekly

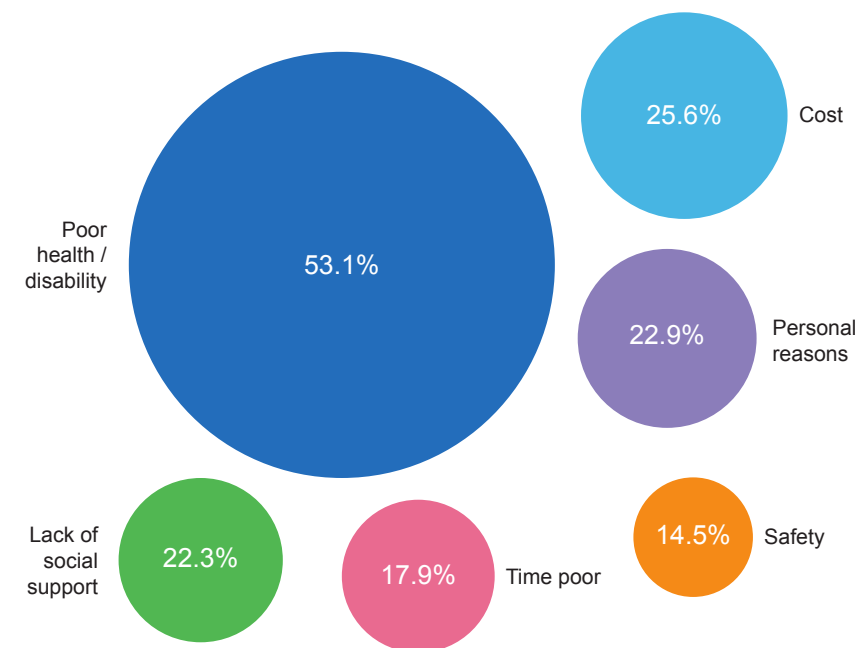


## Physical activity profile - All residents

### Most popular activities



### Barriers to being more active



### Adults physical activity - meets guidelines

Requires help: 42.1%  
Does not require help: 58.8%



### Wants to be more active more often

Requires help: 54.7%  
Does not require help: 53.0%

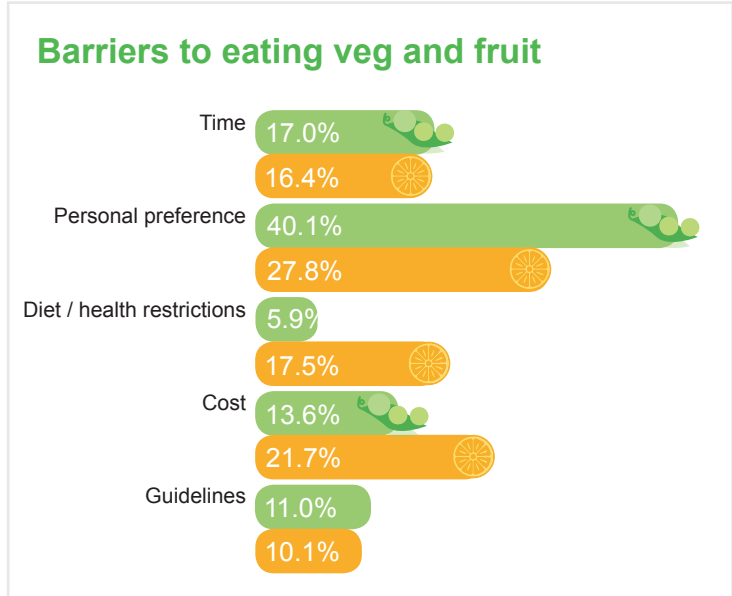
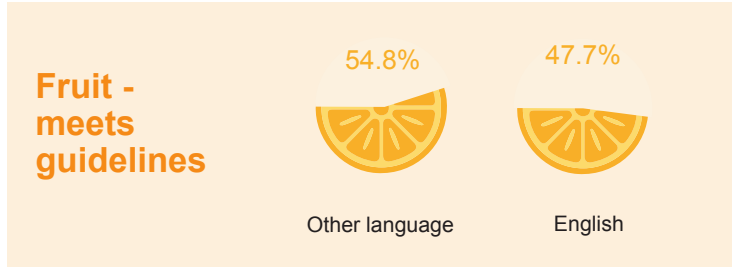
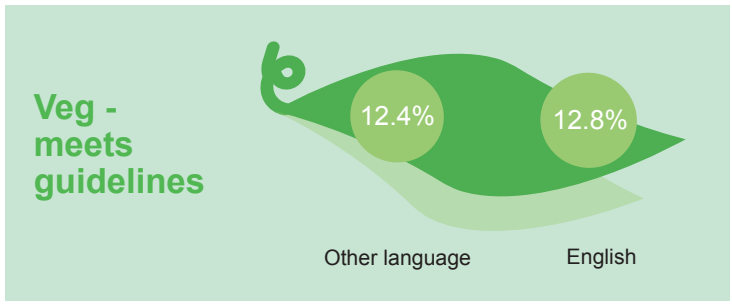
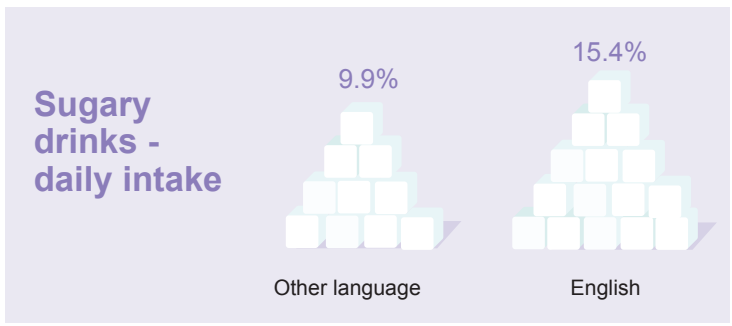
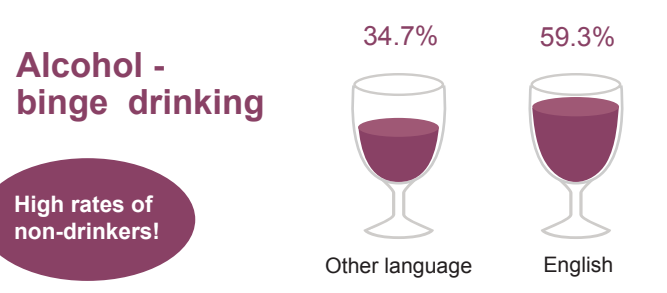
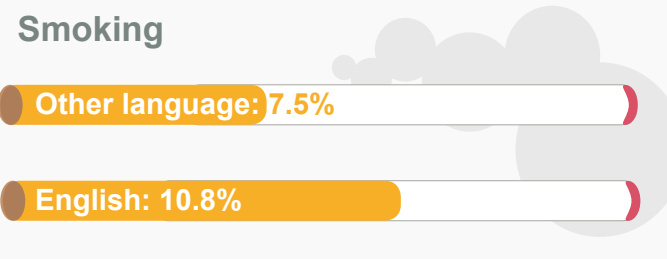
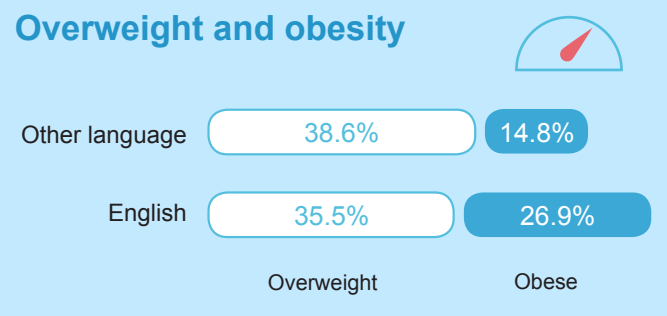
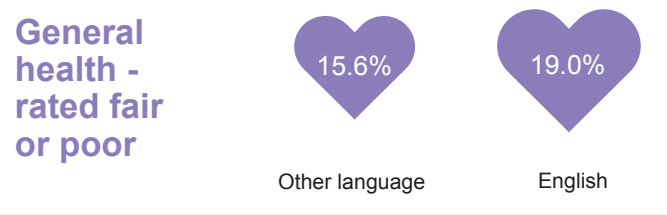
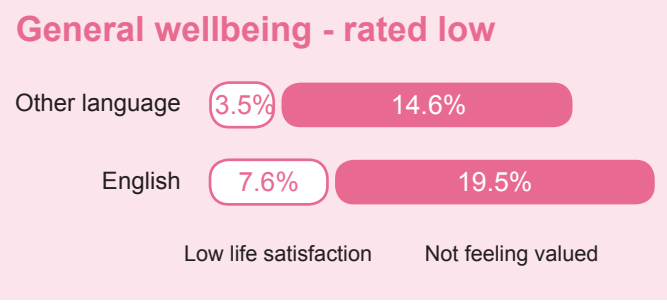
### Public facilities and open spaces - rate of use

Facility	Requires help	Does not require help
Footpaths	81.6%	88.5%
Parks	78.1%	83.1%
Off-road walking and cycling tracks	59.4%	72.9%
Swimming pools / splash parks	57.1%	52.4%
Community gardens	51.6%	51.7%
Sports grounds, ovals and clubrooms	46.9%	56.4%
Indoor sports / leisure / fitness centres	34.7%	45.2%

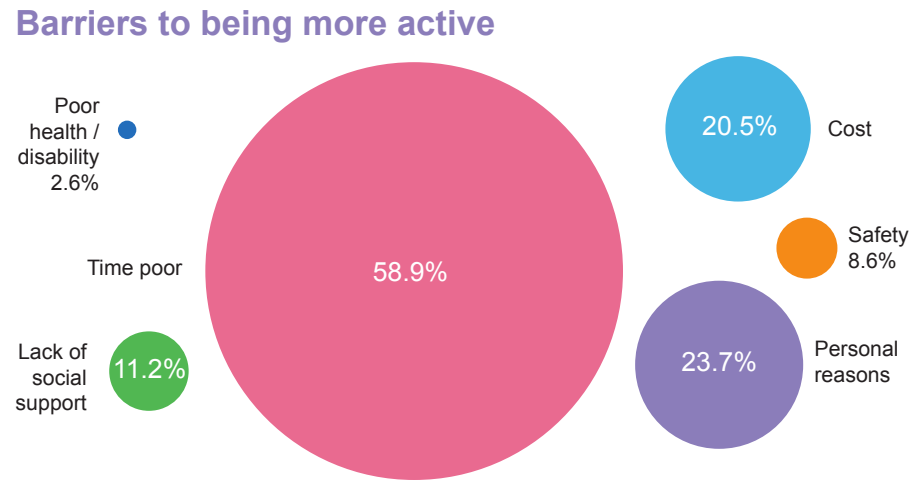
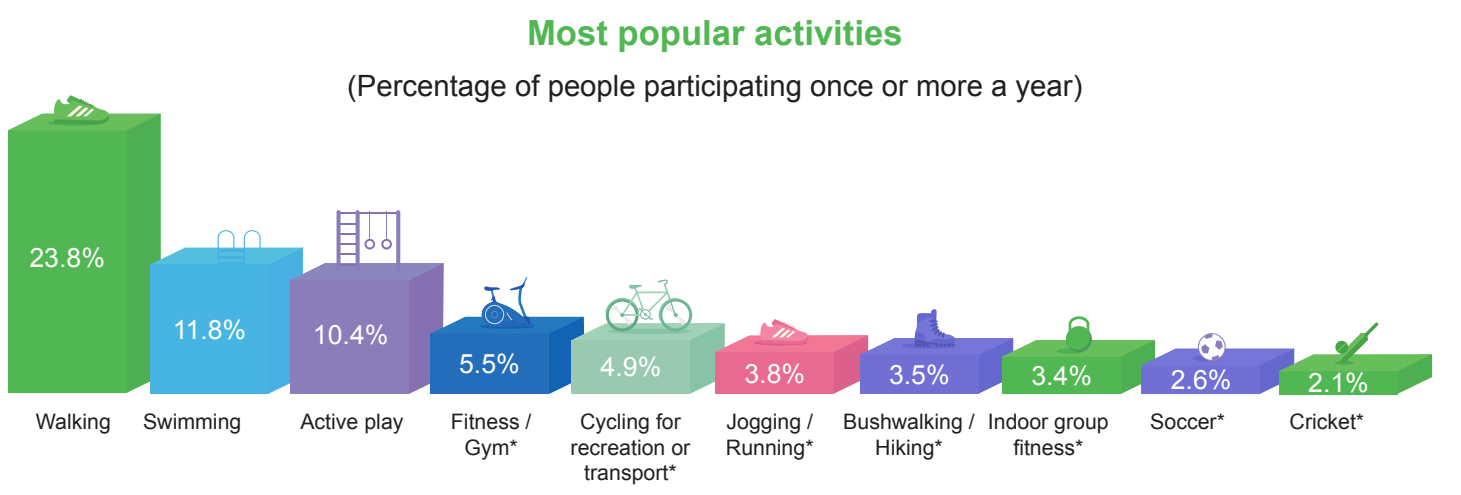
54.0% of residents who require help use public open spaces weekly or more

This section summarises findings from 198 people who mainly use a language other than English. People who speak a language other than English made up 1.5% of all participants. Where you see an asterisk (\*), interpret findings with caution due to a small sample size. This limits comparison with other results in this report or elsewhere (for example, over time).

## Health and wellbeing profile - Adults

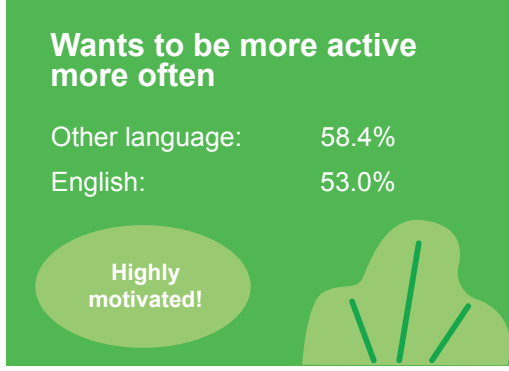
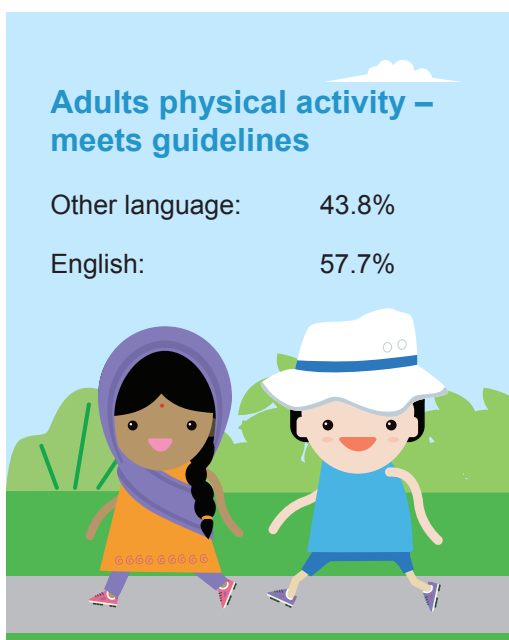


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

Facility	Other main language	English
Footpaths	87.8%	85.7%
Parks	85.7%	82.8%
Off-road walking and cycling tracks	71.7%	67.0%
Swimming pools / splash parks	52.9%	52.8%
Community gardens	47.1%	51.9%
Halls / community centres	38.4%	32.3%
Indoor sports / leisure / fitness centres	34.4%	44.4%
Sports grounds, ovals and clubrooms	33.3%	56.0%
Playgrounds	20.1%	27.9%
After hours usage of education facilities	19.8%	16.2%
Hard courts (e.g. netball / tennis)	10.4%	23.8%
Skateparks / BMX	5.0%	11.3%



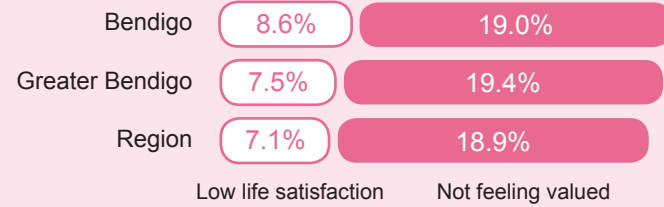
49.3% of residents who speak a language other than English use open spaces weekly or more

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

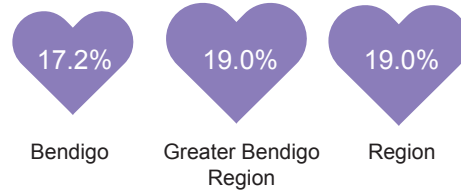


## Health and wellbeing profile - Adults

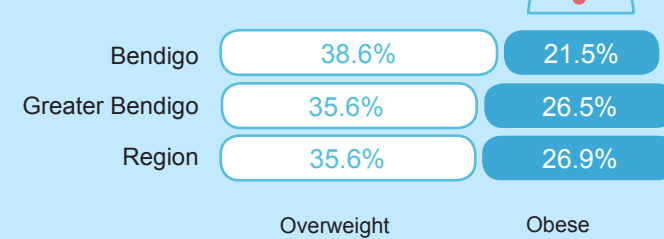
### General wellbeing - rated low



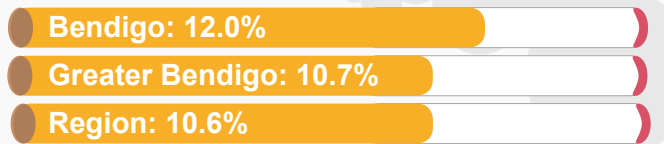
### General health - rated fair or poor



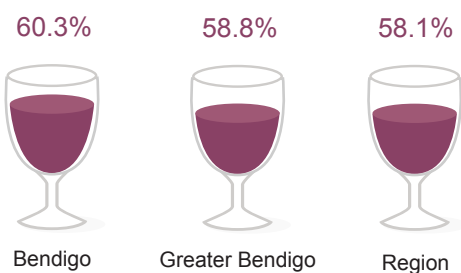
### Overweight and obesity



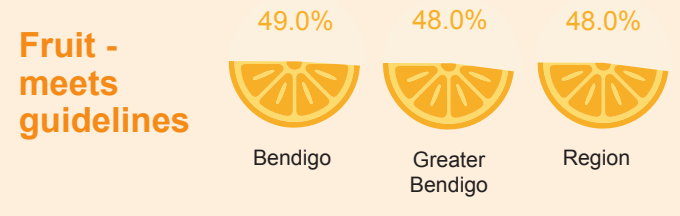
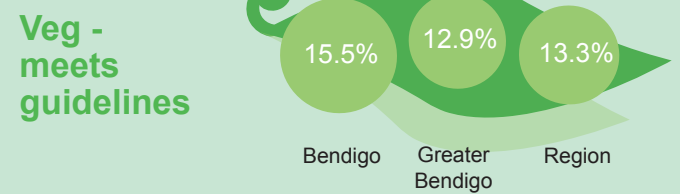
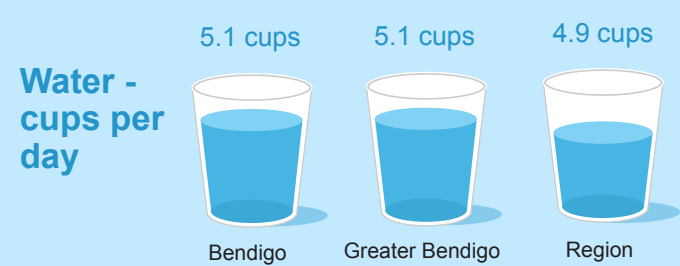
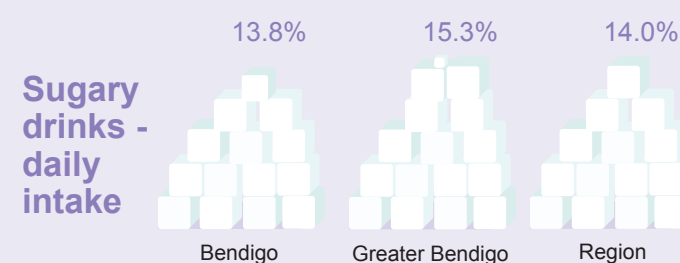
### Smoking



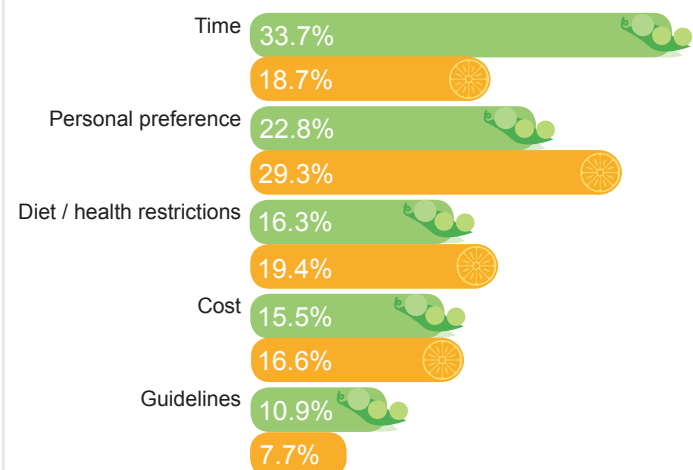
### Alcohol - binge drinking



### Gambling - weekly



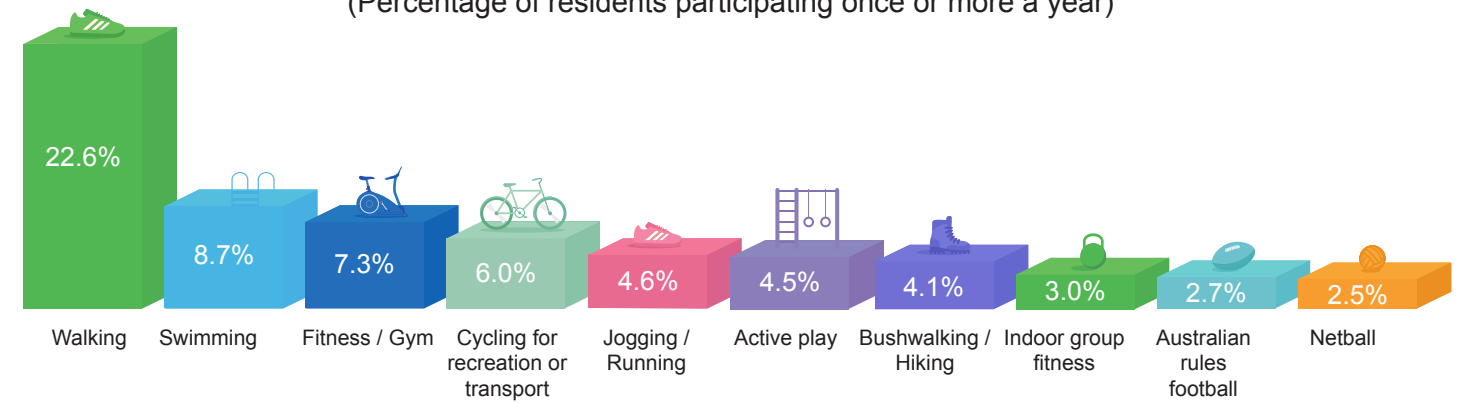
### Barriers to eating veg and fruit



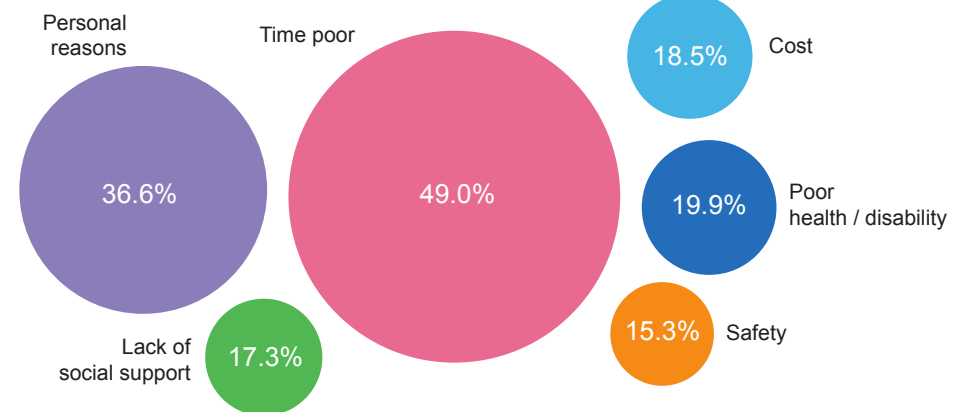
## Physical activity profile - All residents

### Most popular activities

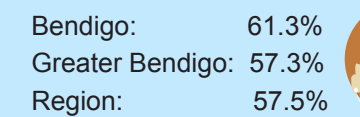
(Percentage of residents participating once or more a year)



### Barriers to being more active



### Adults physical activity - meets guidelines

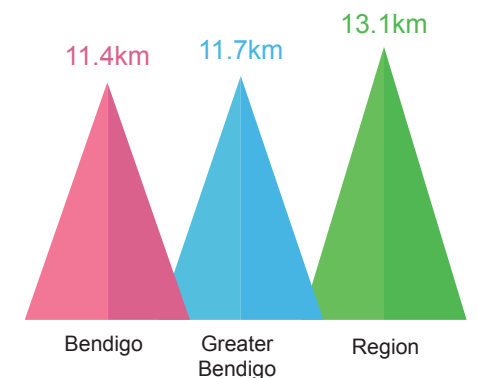


51.4% of residents want to be more active more often.

### Public facilities and open spaces - rate of use

Footpaths	92.4%
Parks	85.9%
Off-road walking and cycling tracks	75.0%
Sports grounds, ovals and clubrooms	54.2%
Swimming pools / splash parks	53.1%
Community gardens	51.4%
Indoor sports / leisure / fitness centres	47.2%
Halls / community centres	33.8%
Hard courts (e.g. netball / tennis)	22.7%
Playgrounds	21.6%
After hours usage of education facilities	18.1%
Skateparks / BMX	8.9%

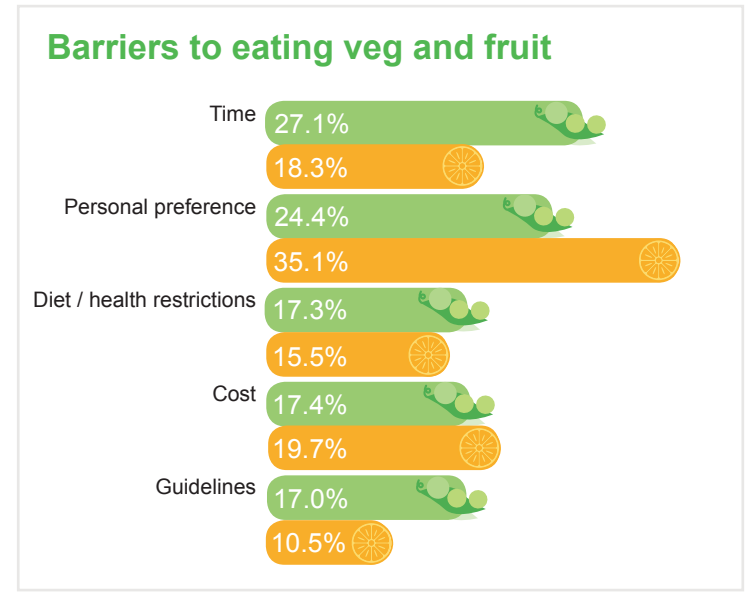
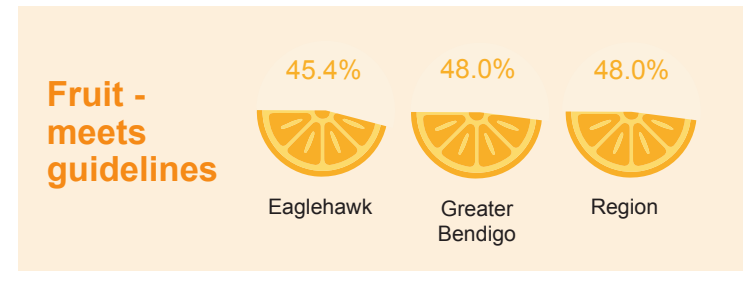
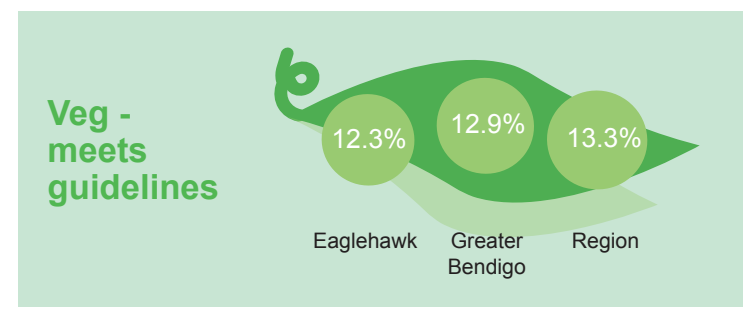
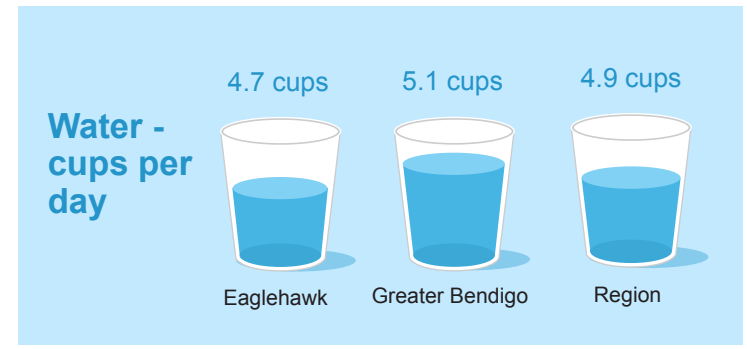
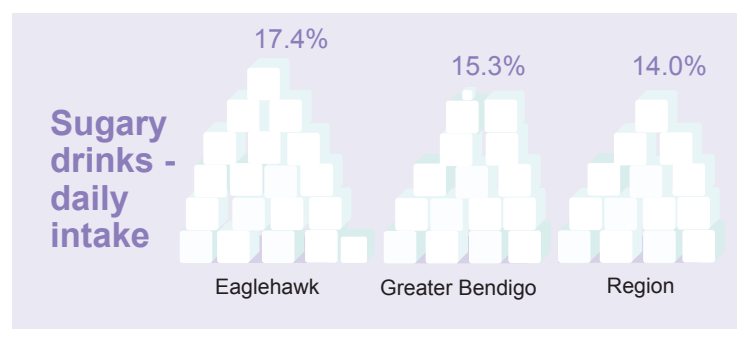
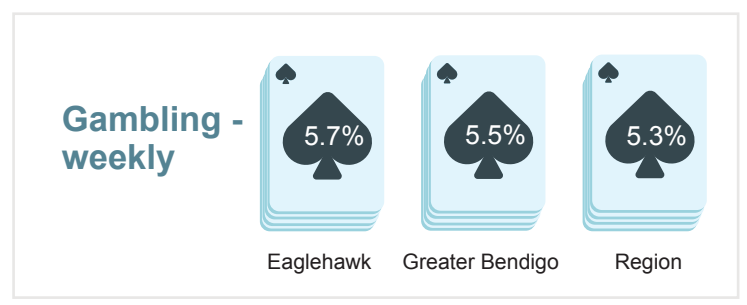
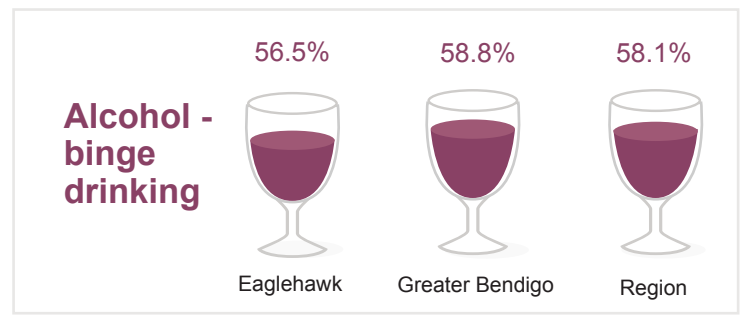
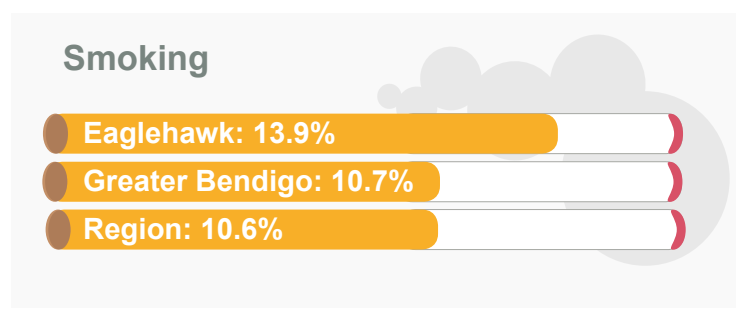
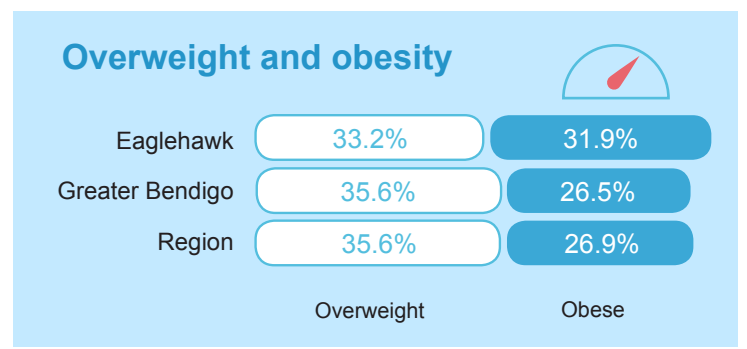
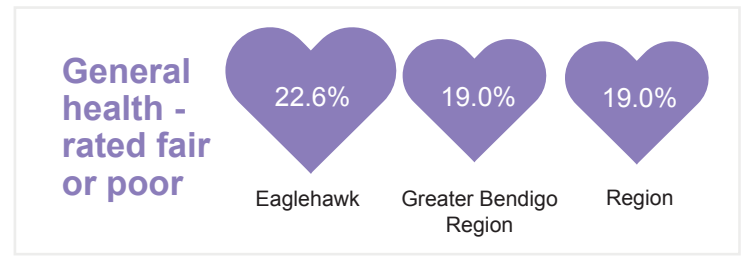
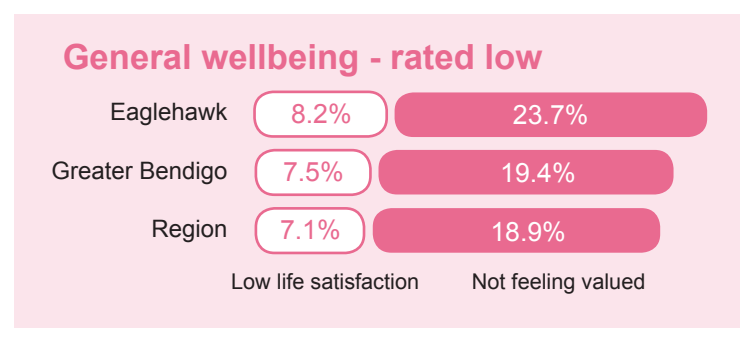
### Travel to activities - average distance



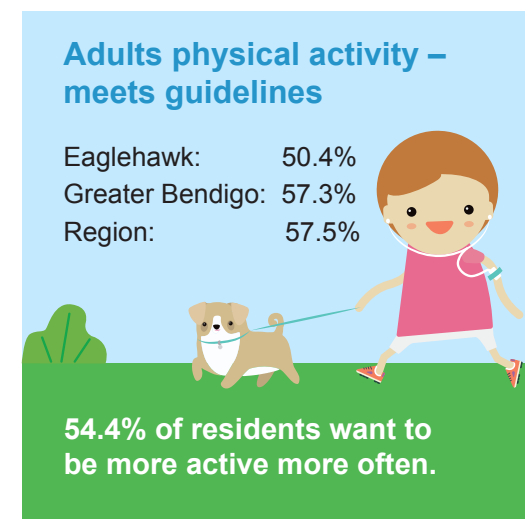
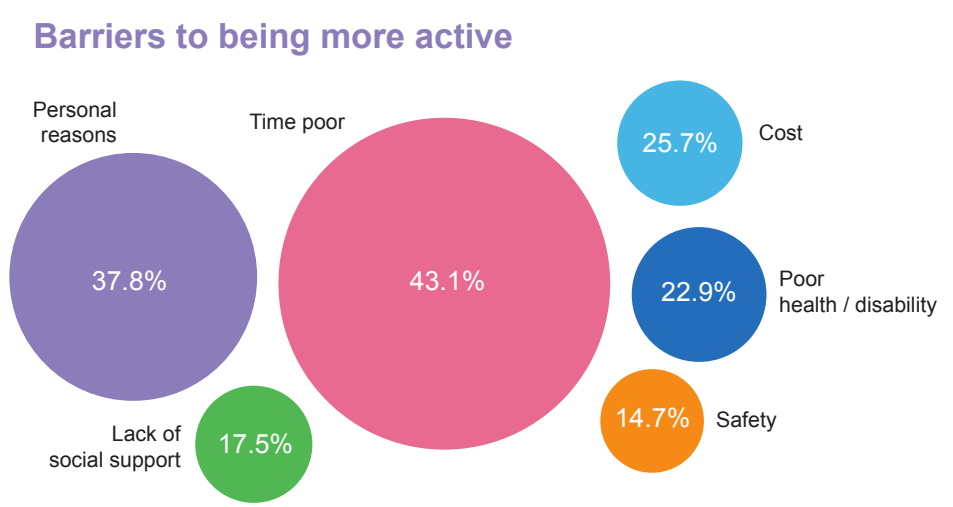
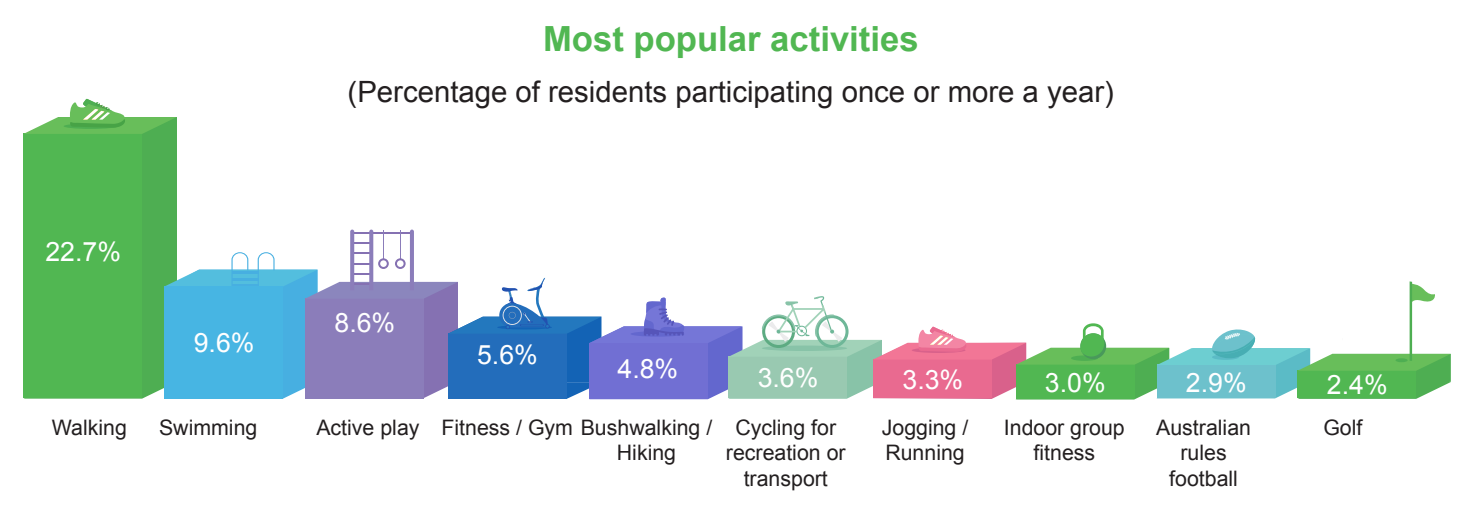
67.1% of residents use open spaces once a week or more.

## Health and wellbeing profile - Adults

Findings for Eaglehawk - Eaglehawk North - Sailors Gully are based on 838 responses from residents, or approximately 16.8% of the local population.

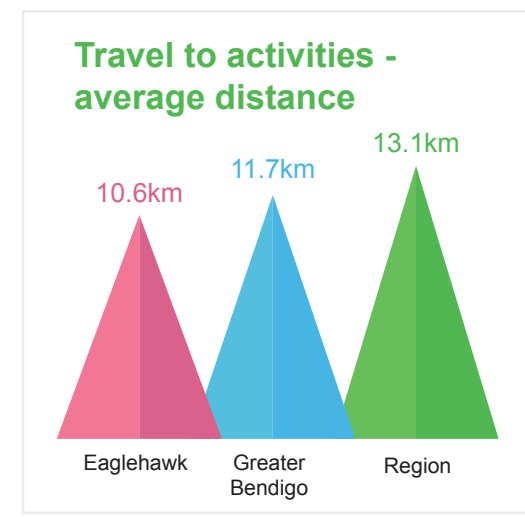


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

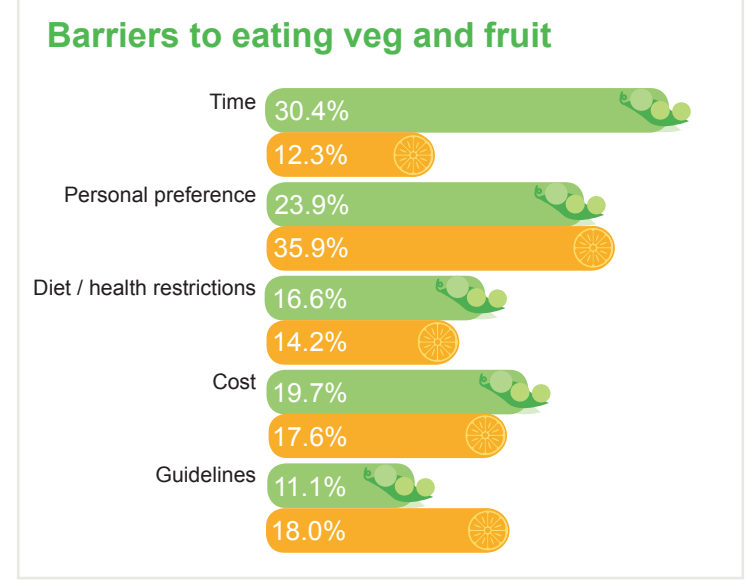
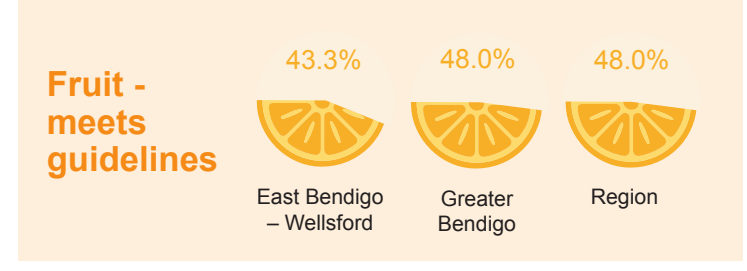
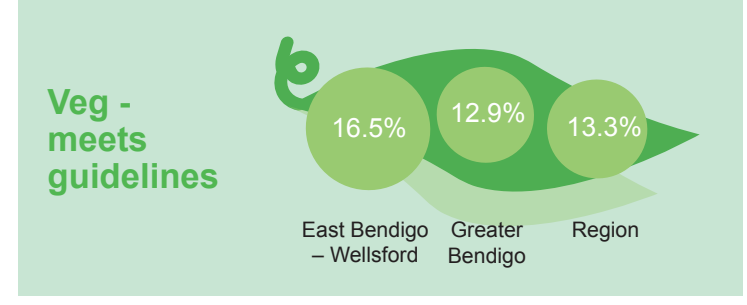
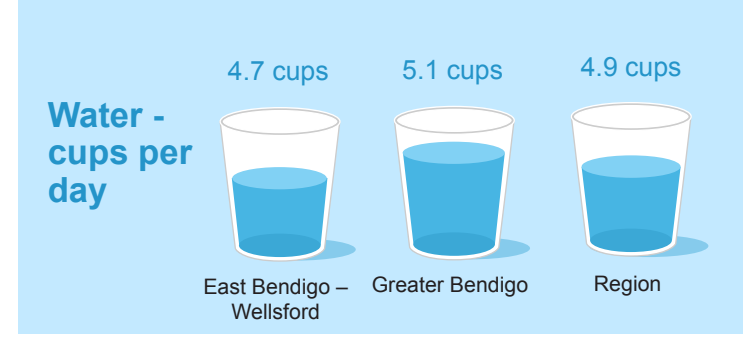
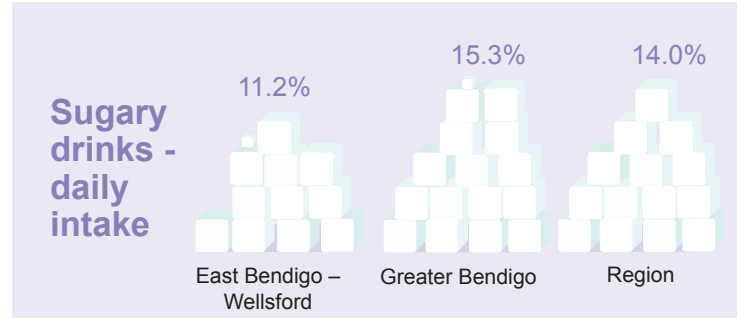
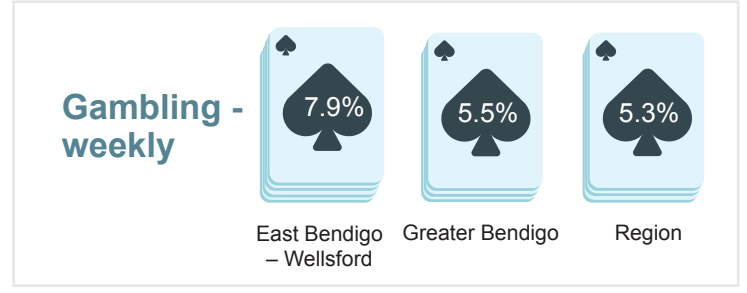
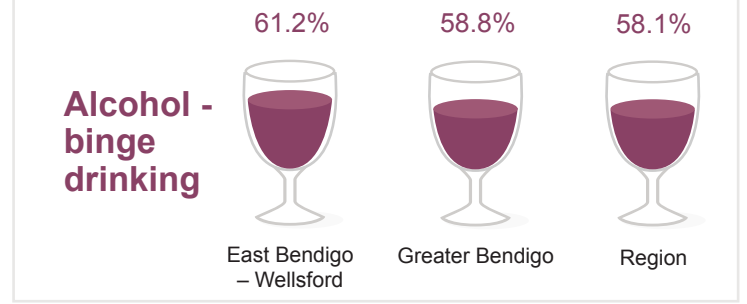
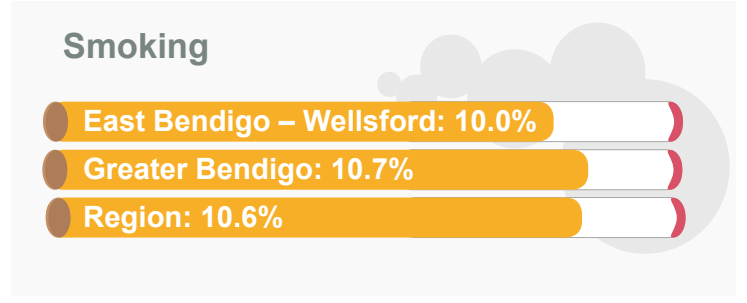
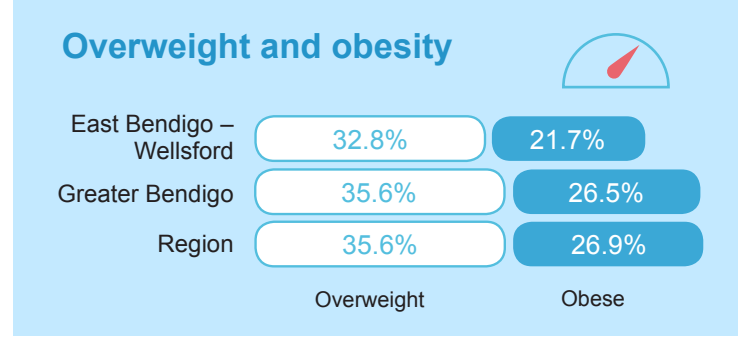
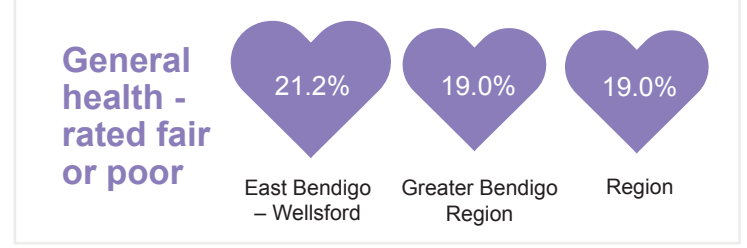
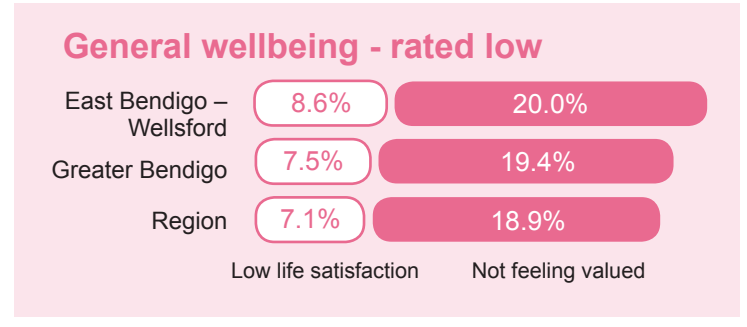
Footpaths	85.0%
Parks	82.1%
Off-road walking and cycling tracks	68.1%
Community gardens	55.6%
Swimming pools / splash parks	51.4%
Sports grounds, ovals and clubrooms	47.9%
Indoor sports / leisure / fitness centres	37.2%
Halls / community centres	33.2%
Playgrounds	26.9%
Hard courts (e.g. netball / tennis)	17.7%
Skateparks / BMX	15.6%
After hours usage of education facilities	13.3%



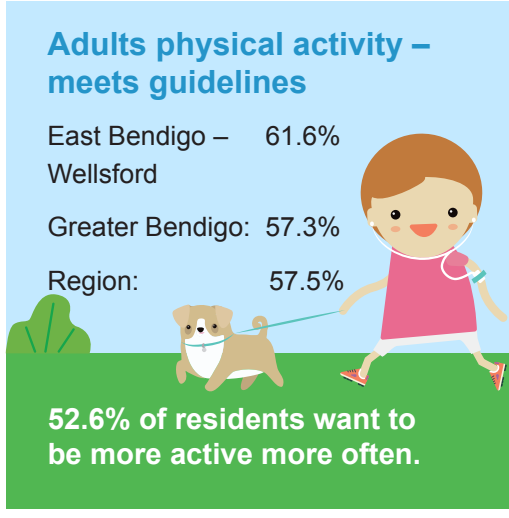
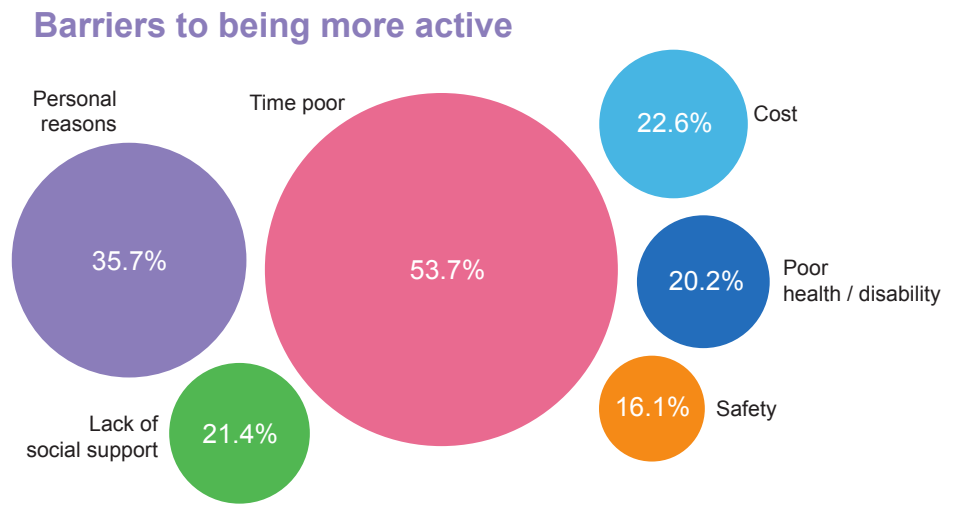
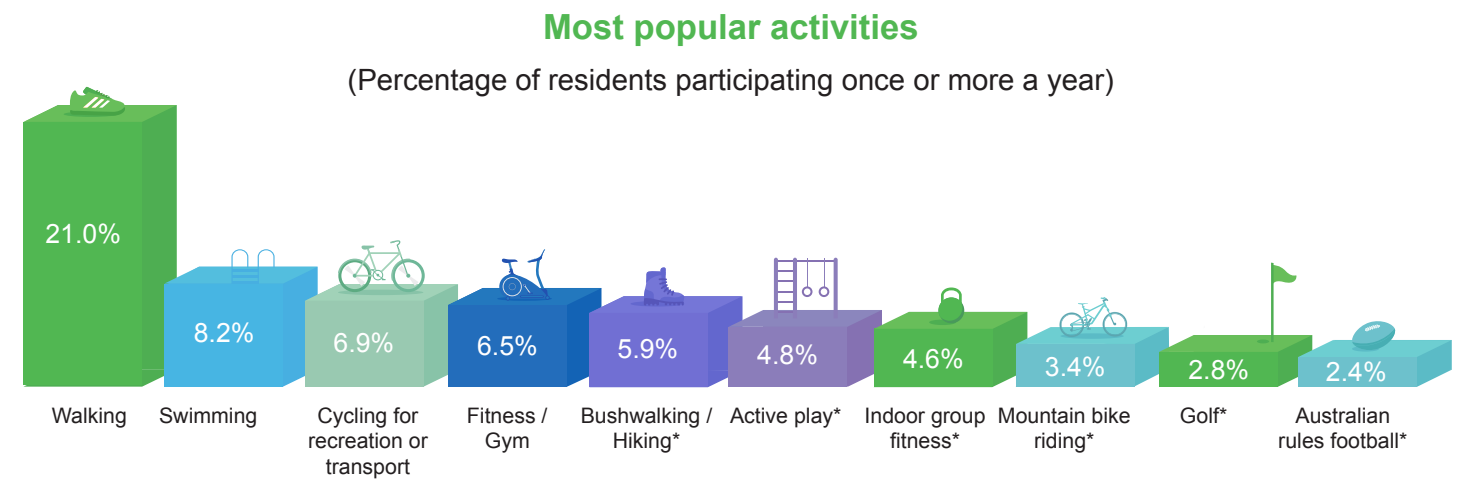
58.0% of residents use open spaces once a week or more.

## Health and wellbeing profile - Adults

Findings for East Bendigo – Wellsford are based on 231 responses from residents, or approximately 12.4% of the local population.

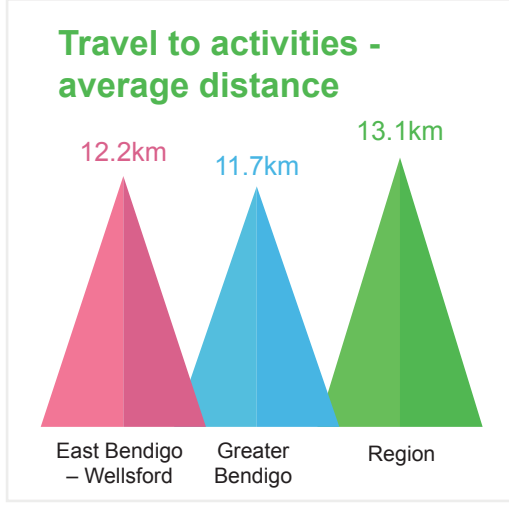


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

Footpaths	88.0%
Parks	87.5%
Off-road walking and cycling tracks	75.4%
Community gardens	57.3%
Sports grounds, ovals and clubrooms	52.4%
Swimming pools / splash parks	50.0%
Indoor sports / leisure / fitness centres	42.3%
Halls / community centres	31.7%
Playgrounds	28.9%
Hard courts (e.g. netball / tennis)	18.0%
After hours usage of education facilities	15.8%
Skateparks / BMX	9.4%

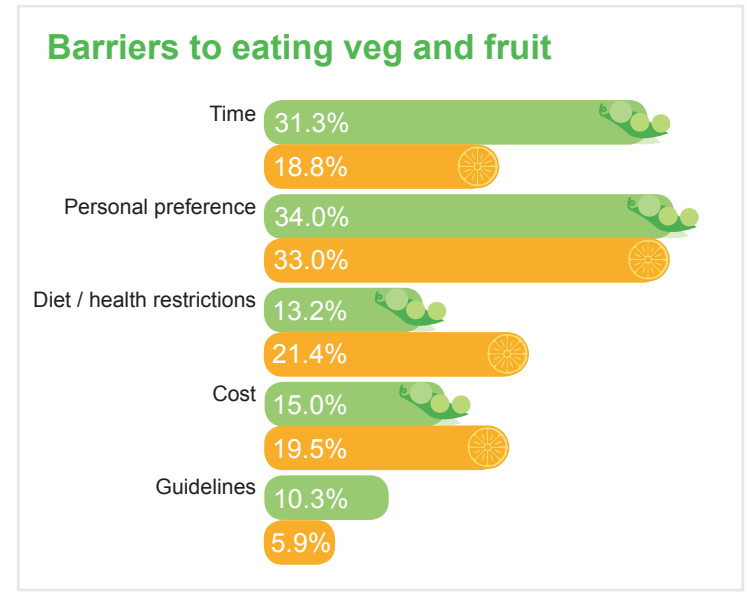
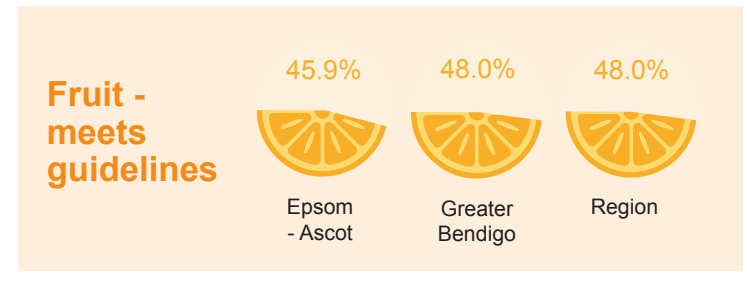
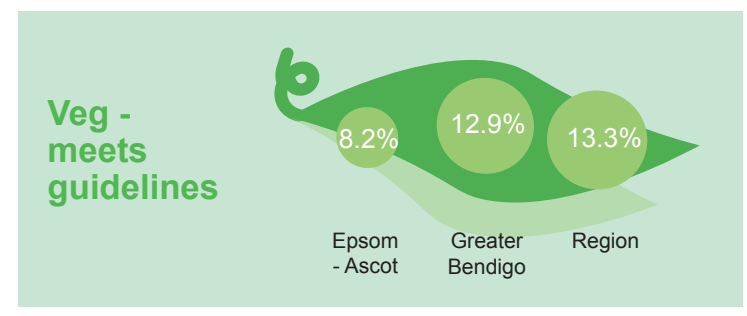
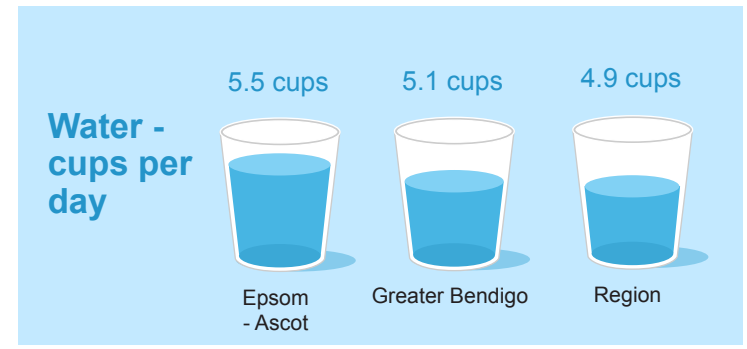
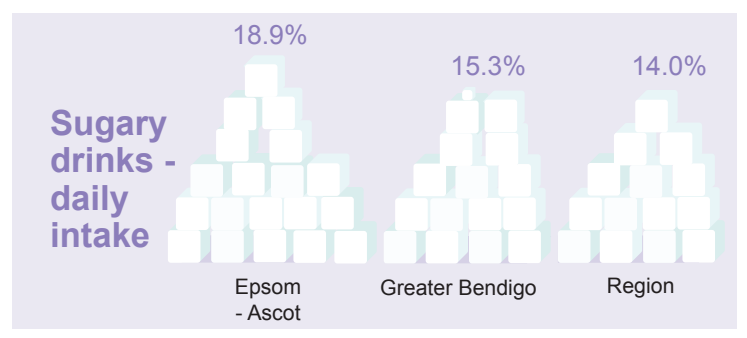
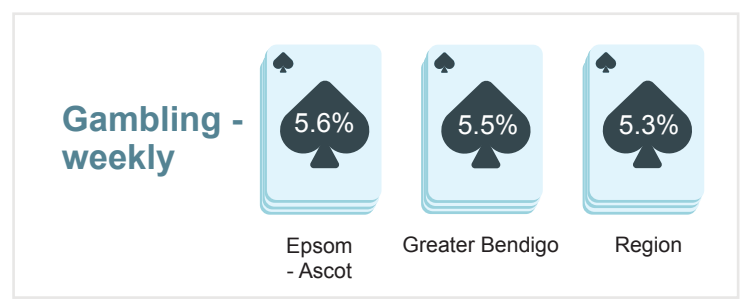
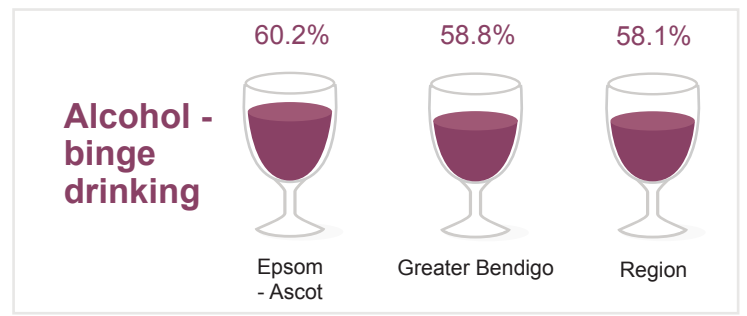
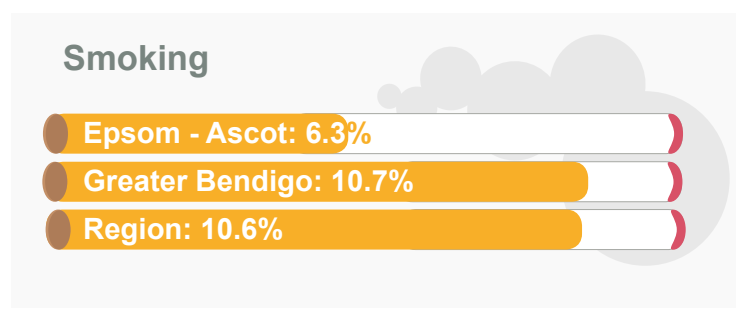
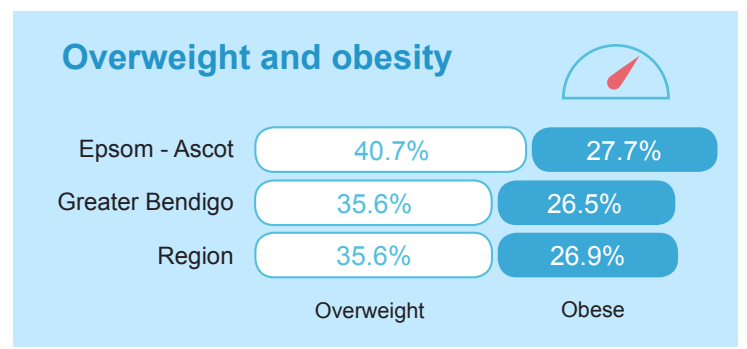
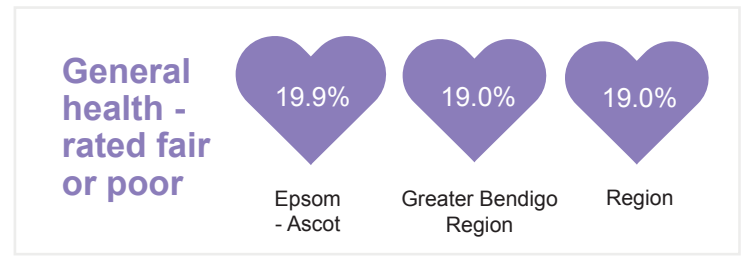
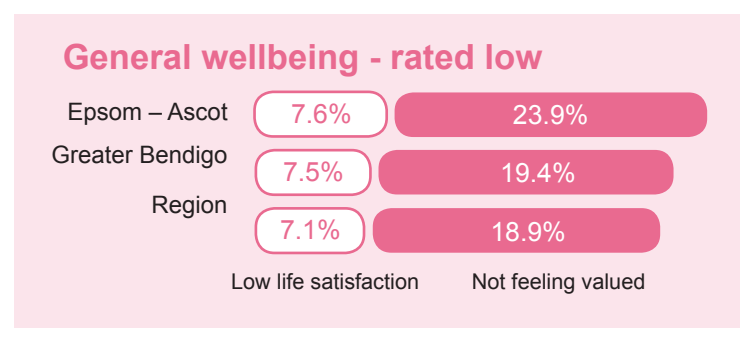


59.3% of residents use open spaces once a week or more.

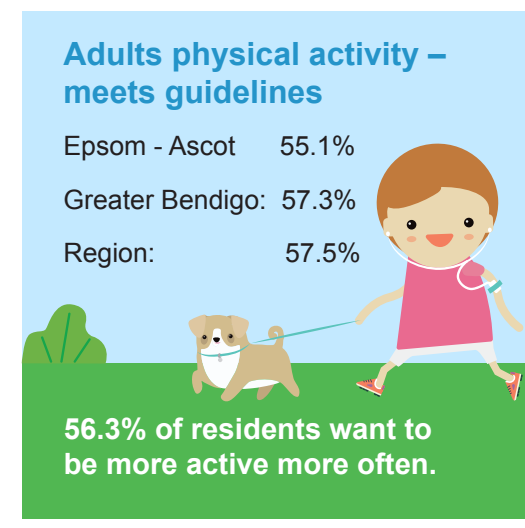
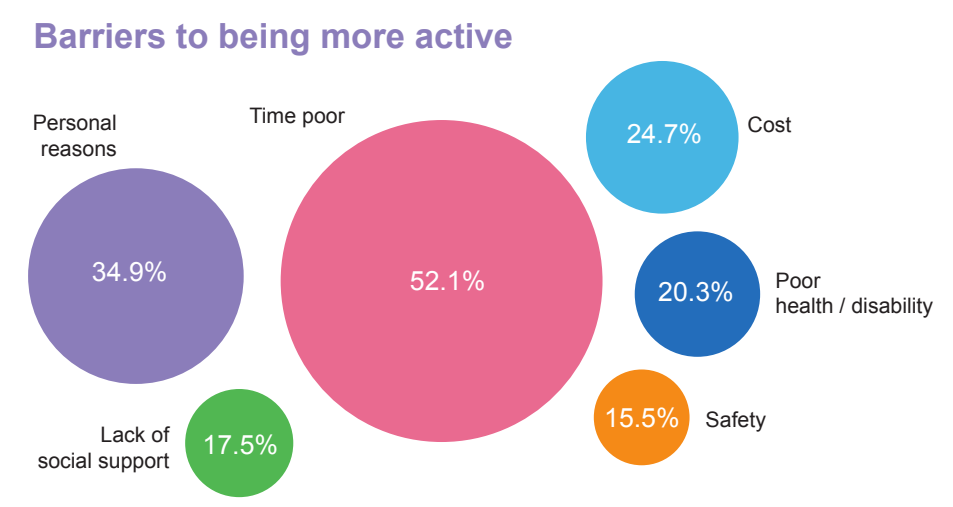
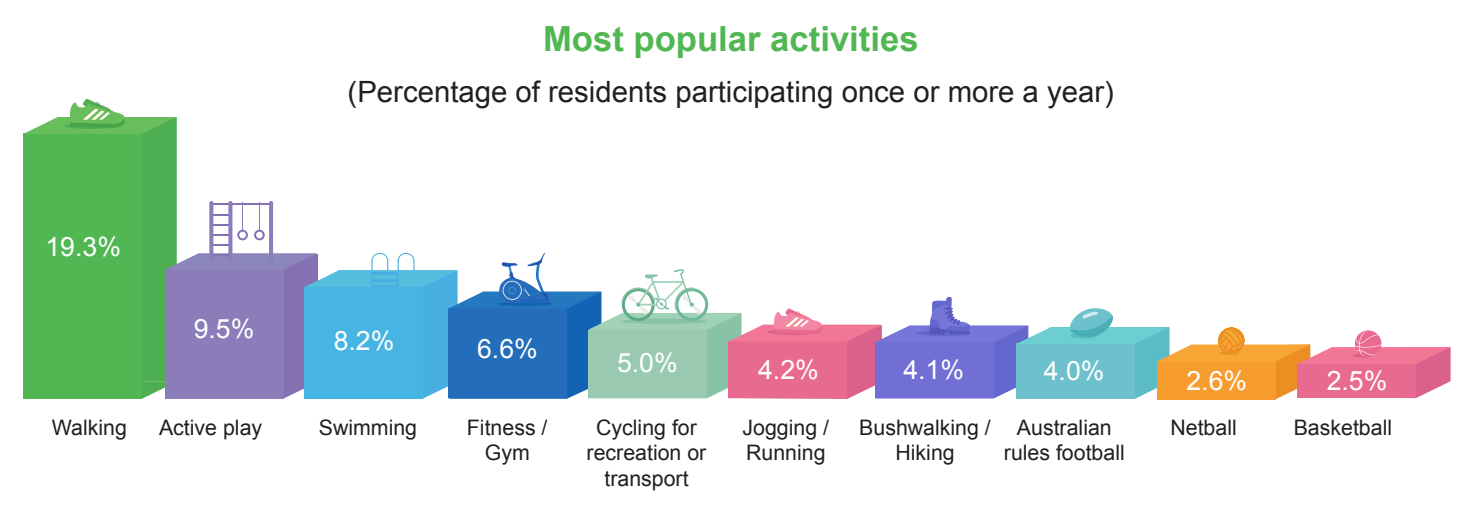


## Health and wellbeing profile - Adults

Findings for Epsom - Ascot are based on 486 responses from people, or approximately 10.6% of the local population.

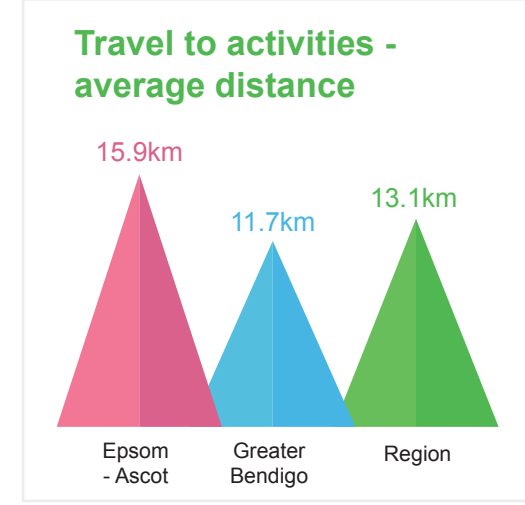


## Physical activity profile - All residents



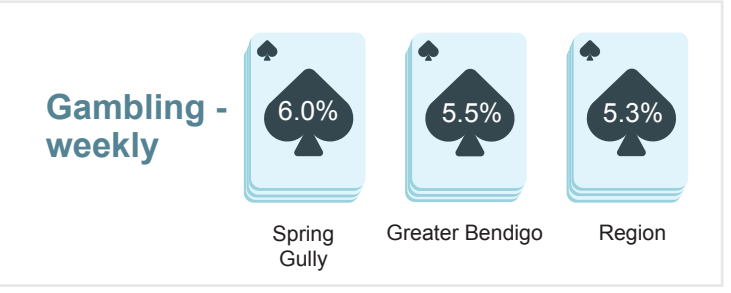
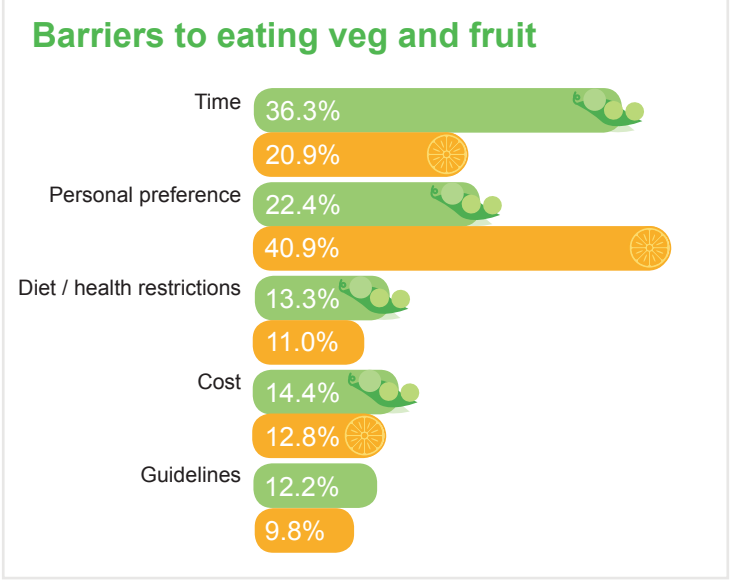
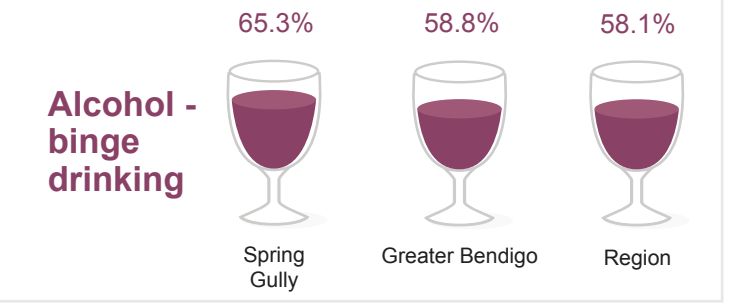
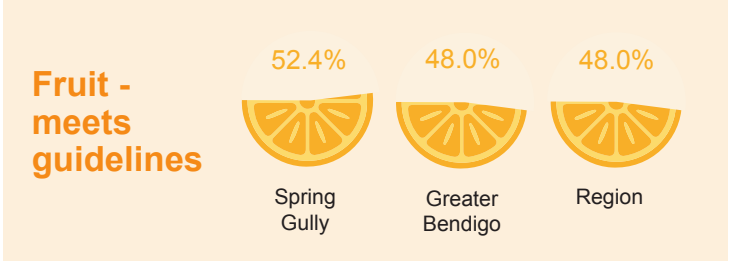
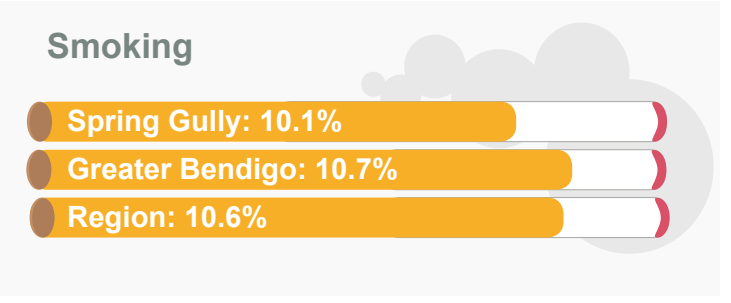
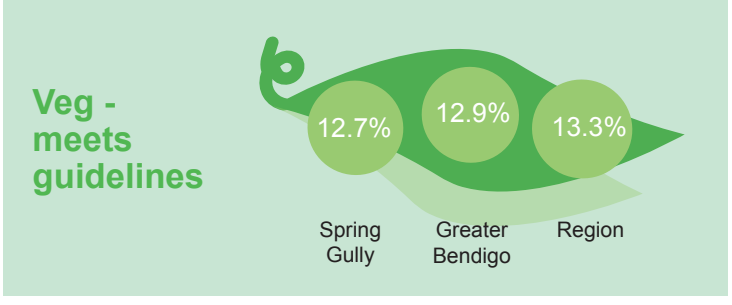
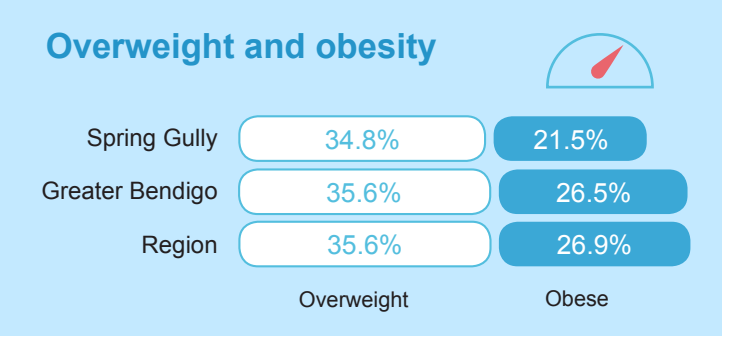
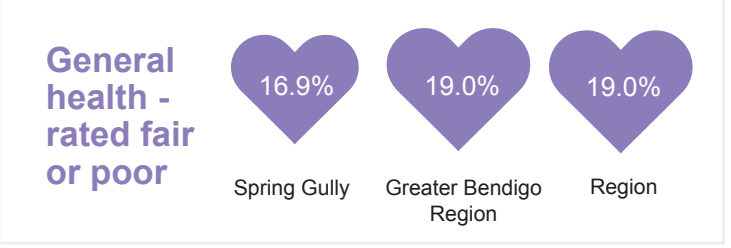
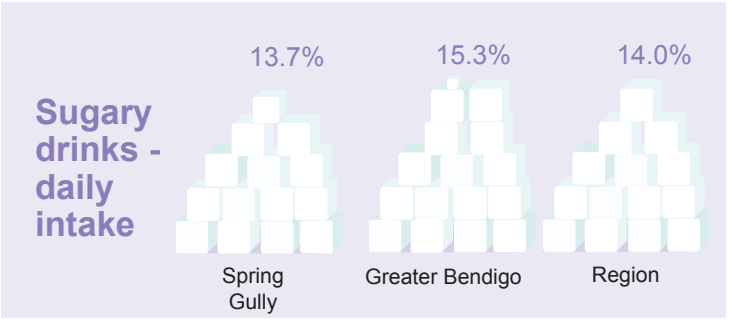
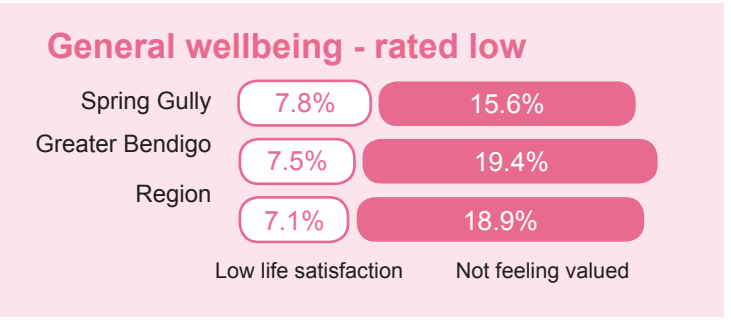
### Public facilities and open spaces - rate of use

Footpaths	86.3%
Parks	85.5%
Community gardens	67.8%
Off-road walking and cycling tracks	66.0%
Sports grounds, ovals and clubrooms	58.3%
Swimming pools / splash parks	52.4%
Indoor sports / leisure / fitness centres	51.0%
Playgrounds	41.4%
Halls / community centres	28.2%
Hard courts (e.g. netball / tennis)	25.4%
After hours usage of education facilities	13.9%
Skateparks / BMX	10.9%

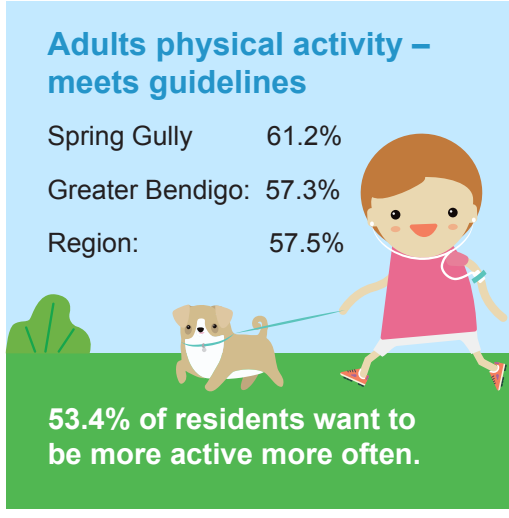
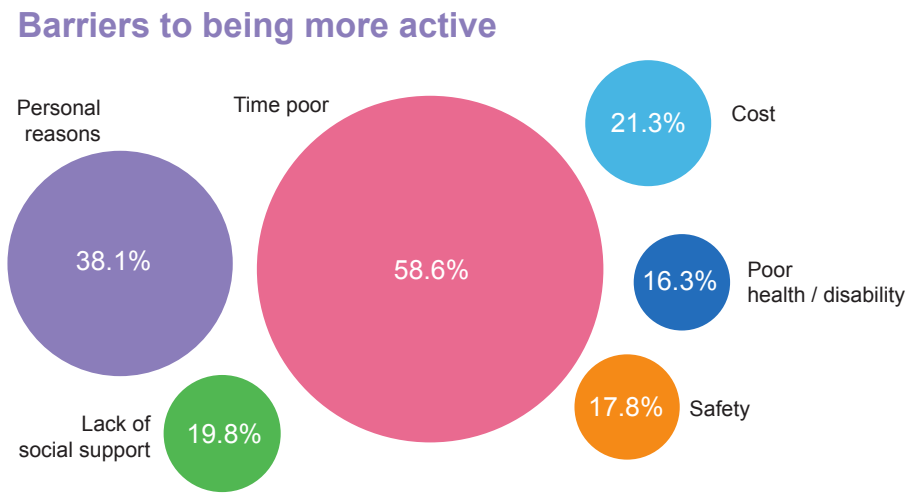
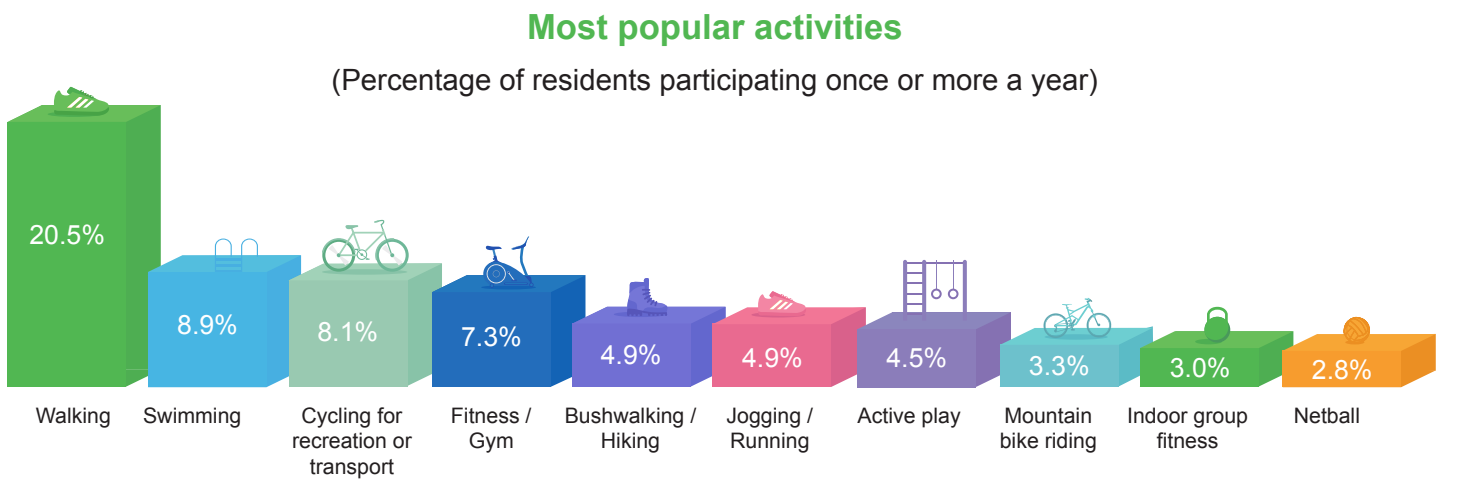


### Health and wellbeing profile - Adults

Findings for Spring Gully - Quarry Hill - Golden Gully - Flora Hill are based on 1,358 responses from people, or approximately 18.2% of the local population.

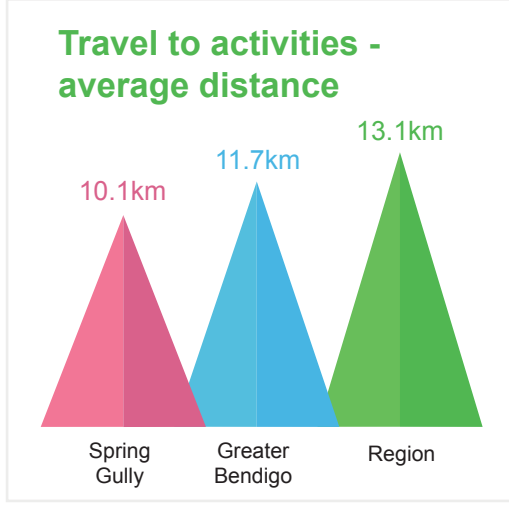


### Physical activity profile - All residents



#### Public facilities and open spaces - rate of use

Footpaths	94.7%
Parks	86.5%
Off-road walking and cycling tracks	80.5%
Sports grounds, ovals and clubrooms	58.7%
Community gardens	57.2%
Swimming pools / splash parks	57.0%
Indoor sports / leisure / fitness centres	49.0%
Halls / community centres	37.0%
Hard courts (e.g. netball / tennis)	30.9%
Playgrounds	27.1%
After hours usage of education facilities	24.7%
Skateparks / BMX	16.4%

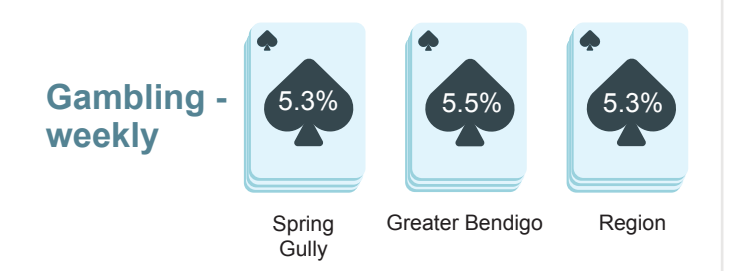
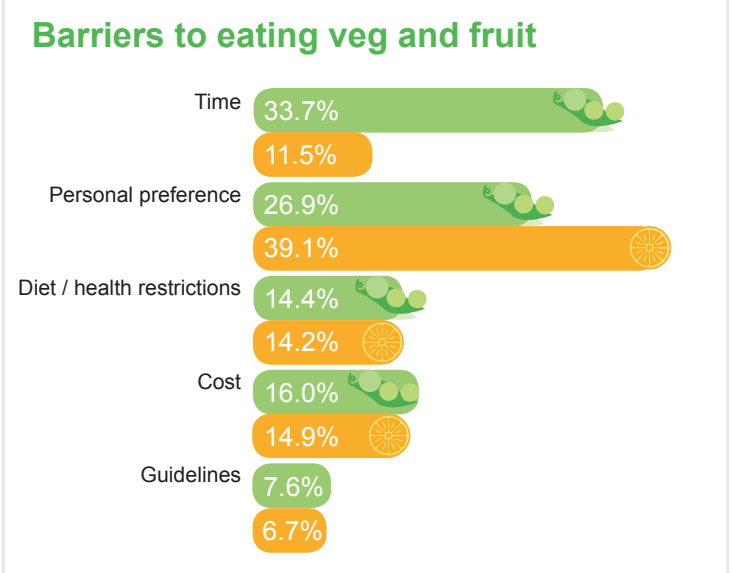
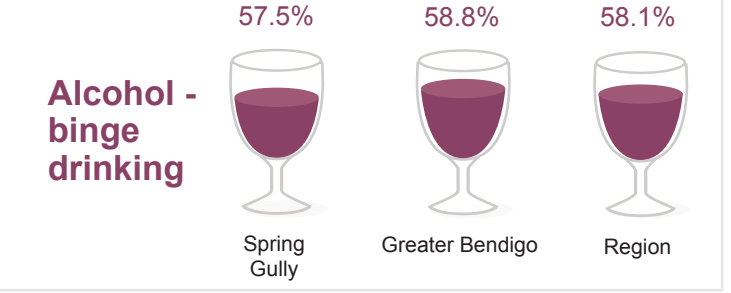
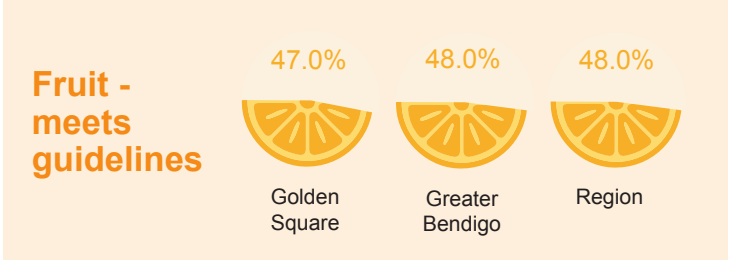
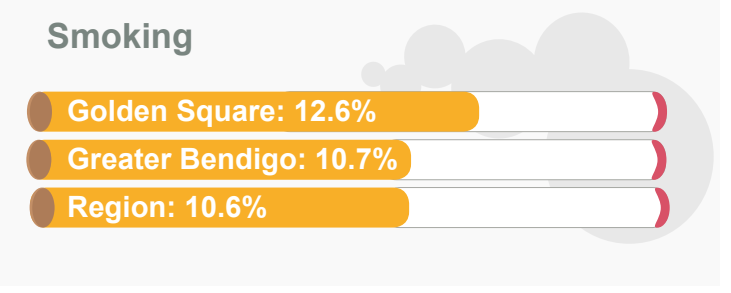
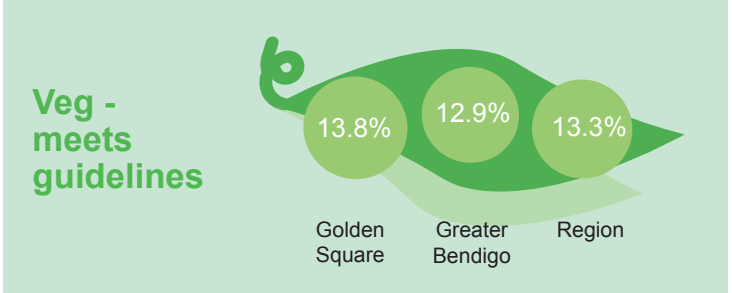
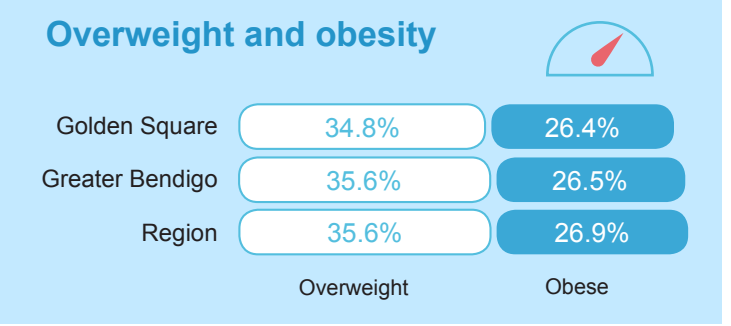
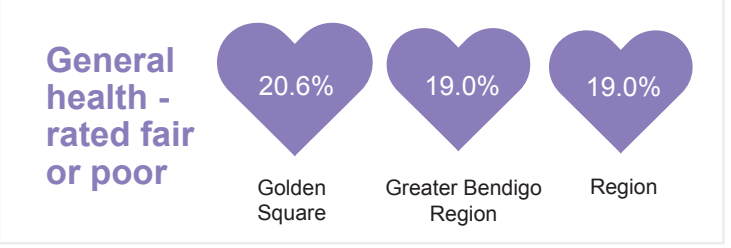
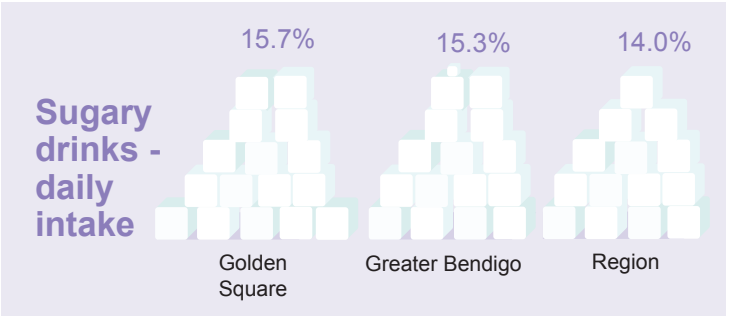
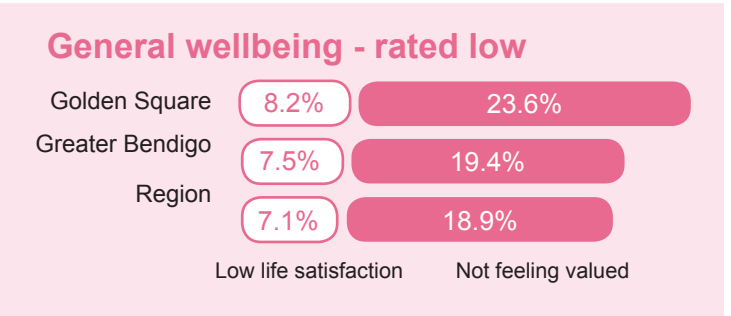


66.4% of residents use open spaces once a week or more.

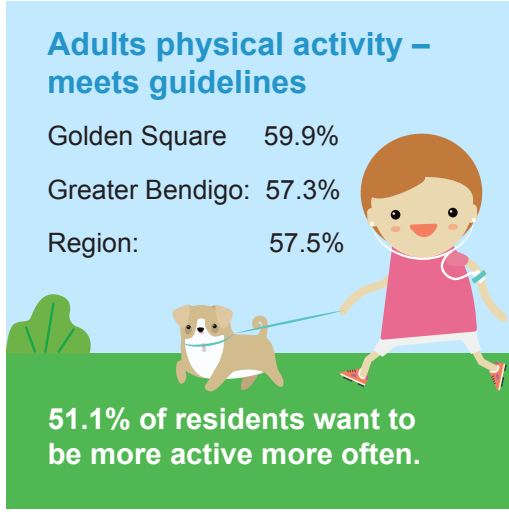
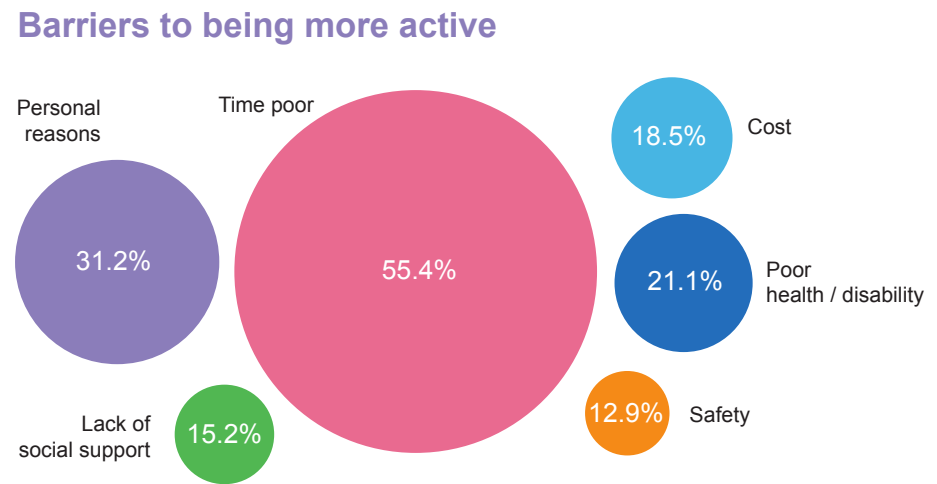
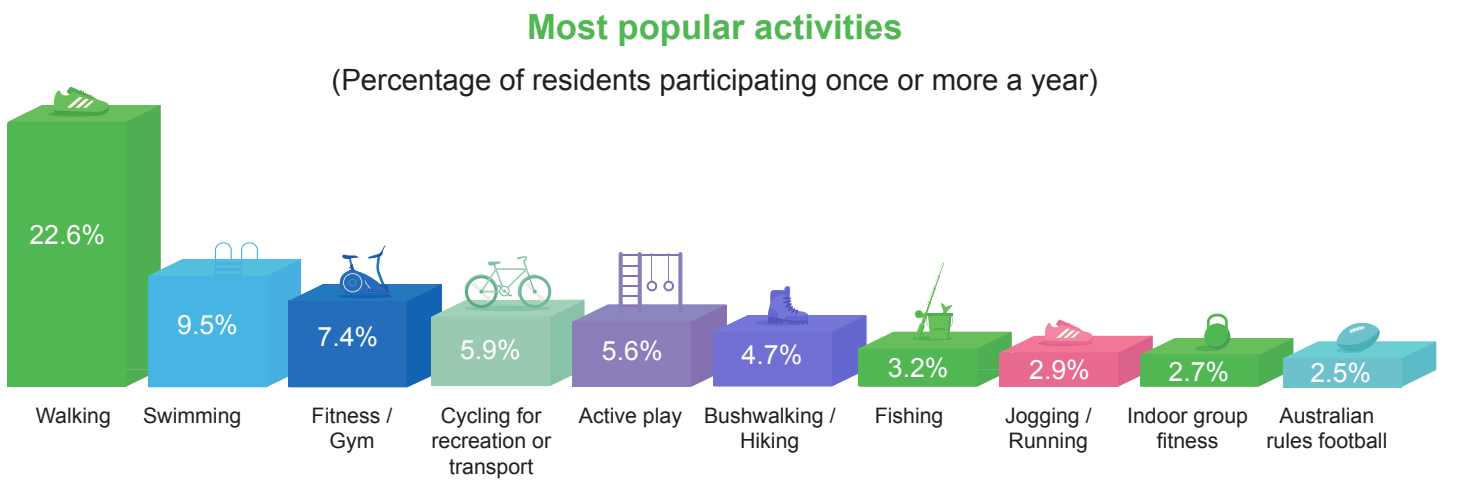


## Health and wellbeing profile - Adults

Findings for Golden Square are based on 998 responses from people, or approximately 14.2% of the local population.

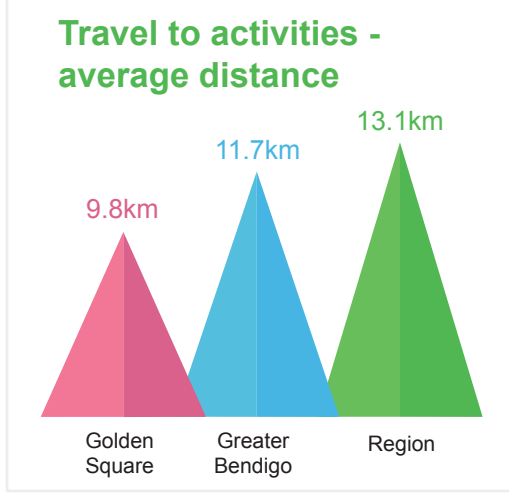


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

Footpaths	89.3%
Parks	80.2%
Off-road walking and cycling tracks	71.3%
Sports grounds, ovals and clubrooms	54.4%
Swimming pools / splash parks	54.3%
Community gardens	50.7%
Indoor sports / leisure / fitness centres	47.2%
Halls / community centres	30.5%
Playgrounds	27.5%
Hard courts (e.g. netball / tennis)	20.1%
After hours usage of education facilities	14.9%
Skateparks / BMX	9.0%

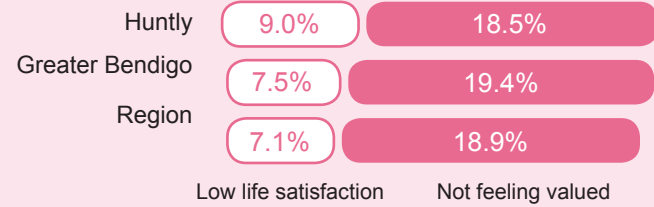


56.0% of residents use open spaces once a week or more.

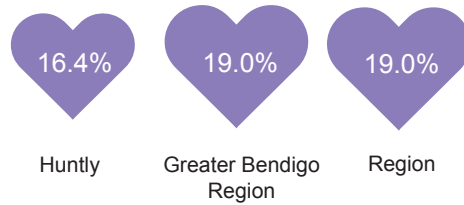
## Health and wellbeing profile - Adults

Findings for the Huntly-Bagshot area are based on 202 responses from people, or approximately 10.3% of the local population.

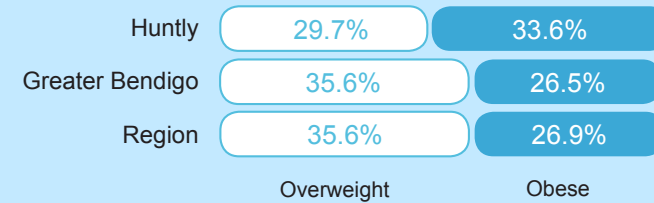
### General wellbeing - rated low



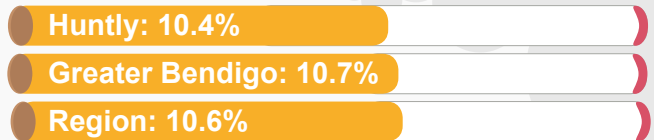
### General health - rated fair or poor



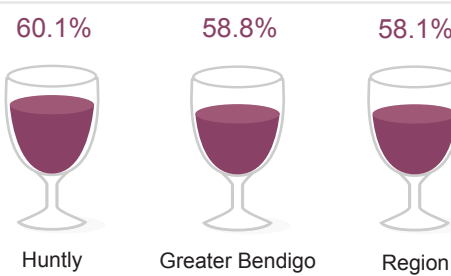
### Overweight and obesity



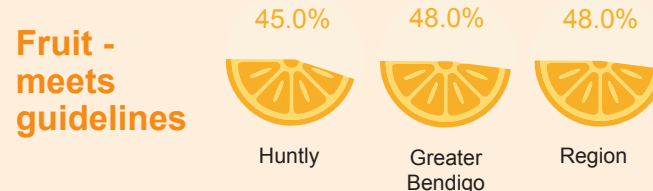
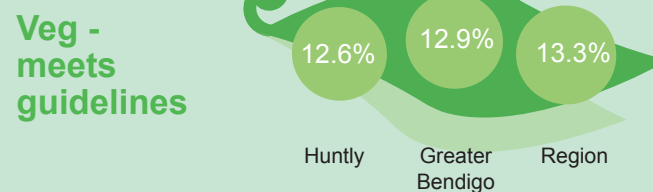
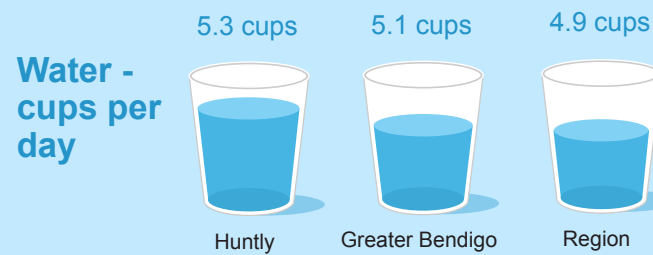
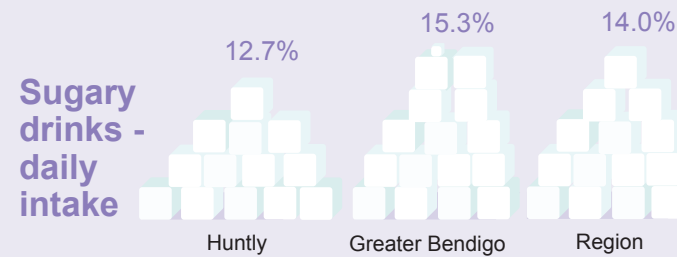
### Smoking



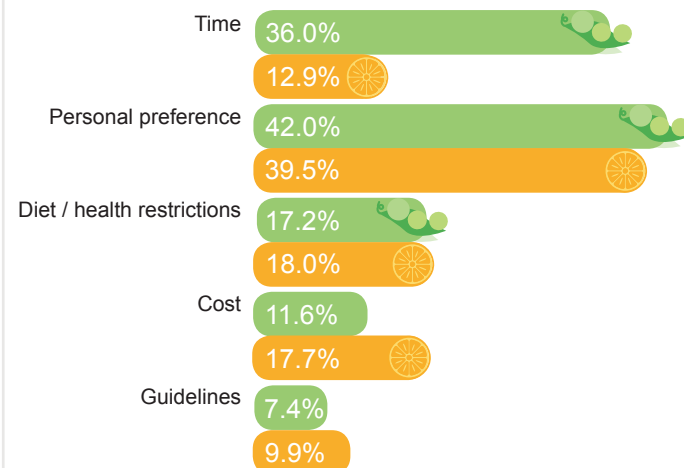
### Alcohol - binge drinking



### Gambling - weekly



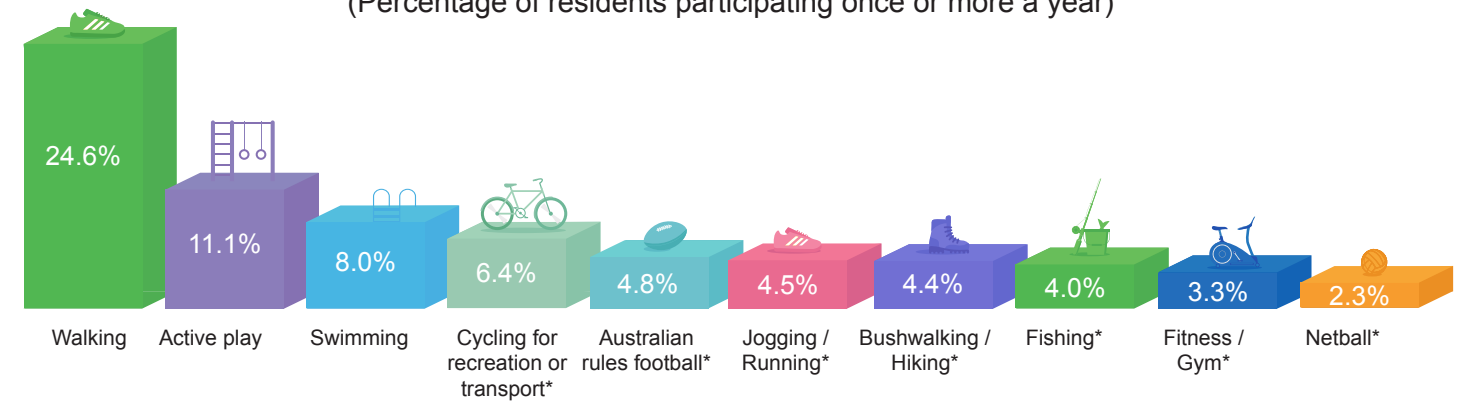
### Barriers to eating veg and fruit



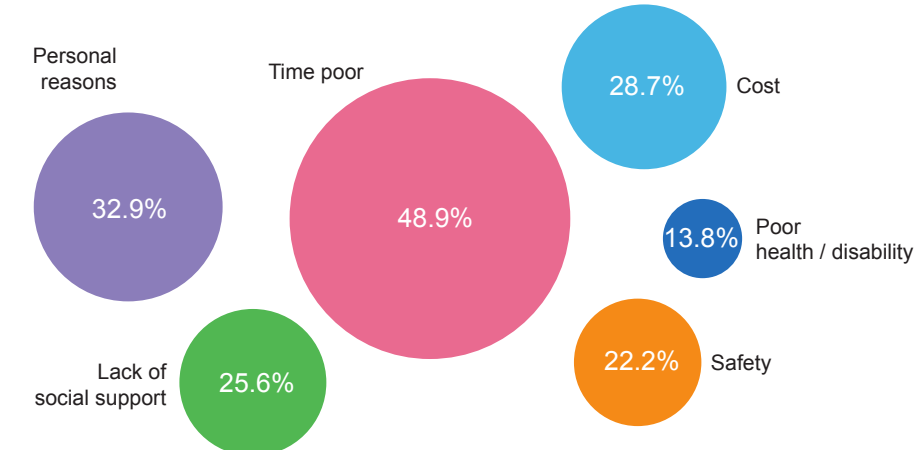
## Physical activity profile - All residents

### Most popular activities

(Percentage of residents participating once or more a year)



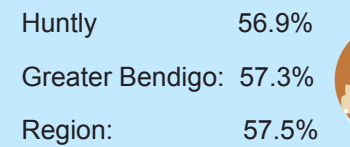
### Barriers to being more active



### Public facilities and open spaces - rate of use

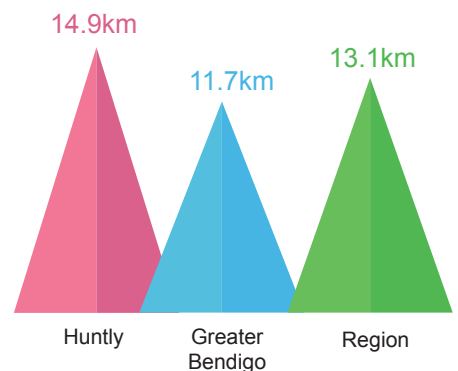
Footpaths	85.5%
Parks	83.5%
Community gardens	64.2%
Off-road walking and cycling tracks	63.9%
Sports grounds, ovals and clubrooms	62.4%
Swimming pools / splash parks	48.5%
Playgrounds	41.7%
Halls / community centres	37.6%
Indoor sports / leisure / fitness centres	34.7%
Hard courts (e.g. netball / tennis)	23.1%
After hours usage of education facilities	12.6%
Skateparks / BMX	7.4%

### Adults physical activity - meets guidelines



56.9% of residents want to be more active more often.

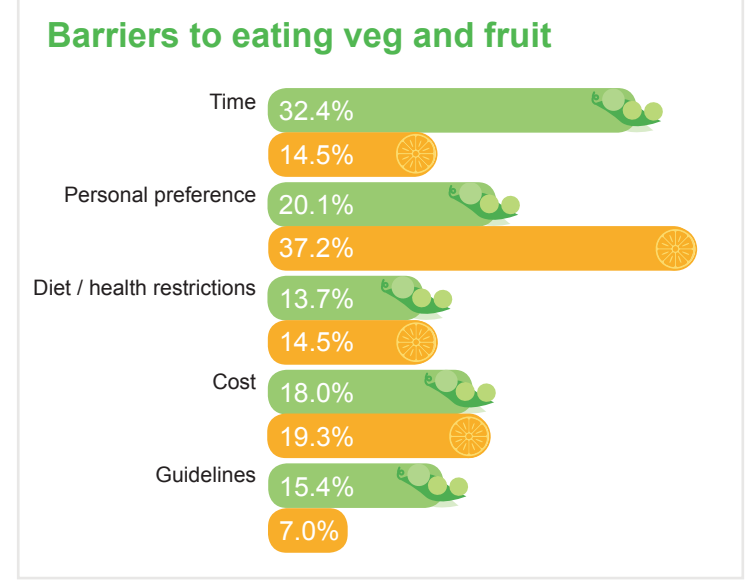
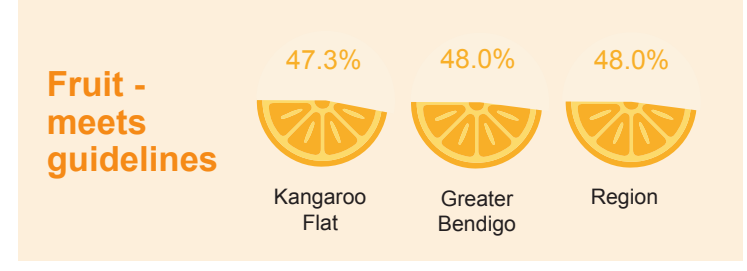
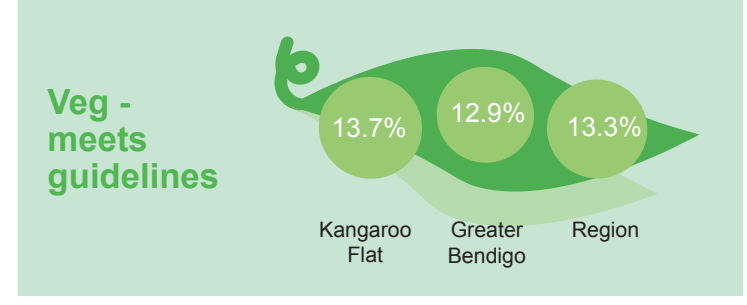
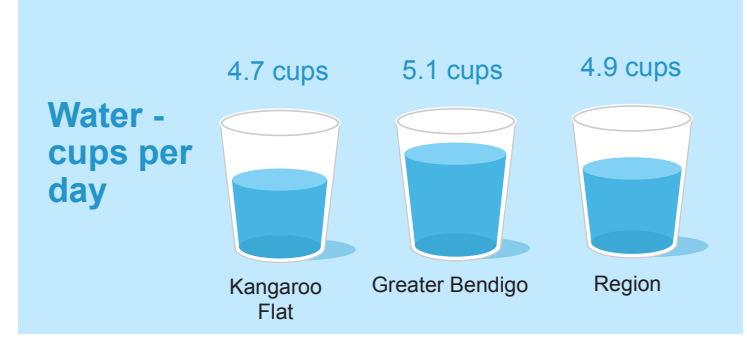
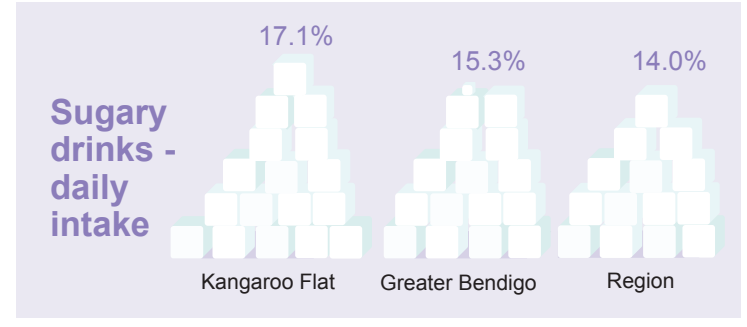
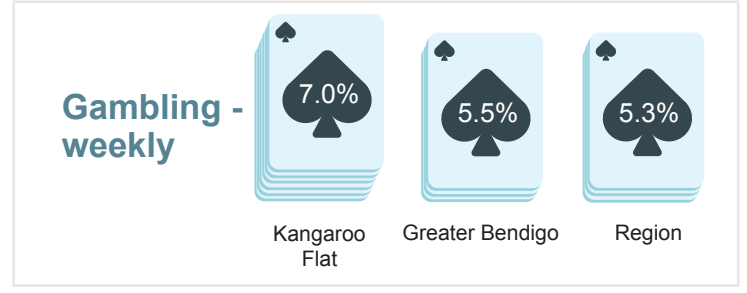
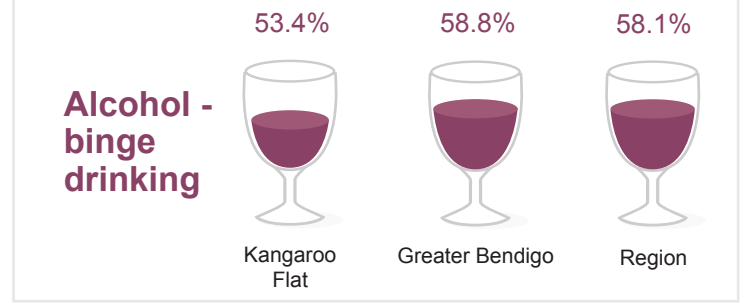
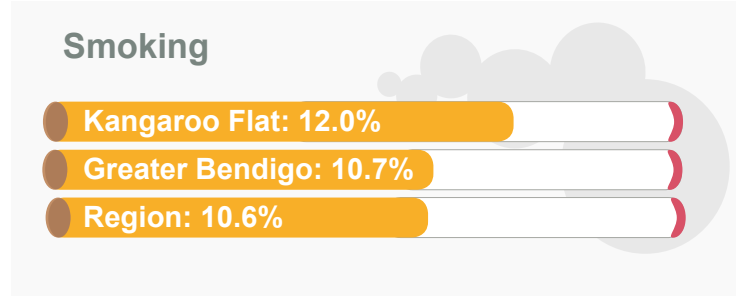
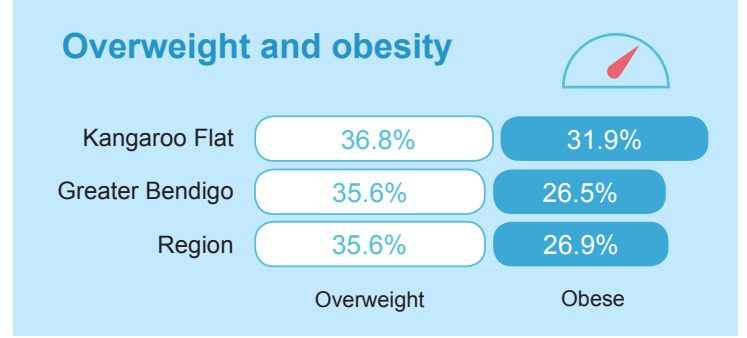
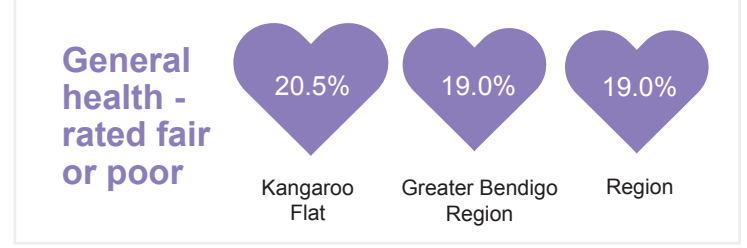
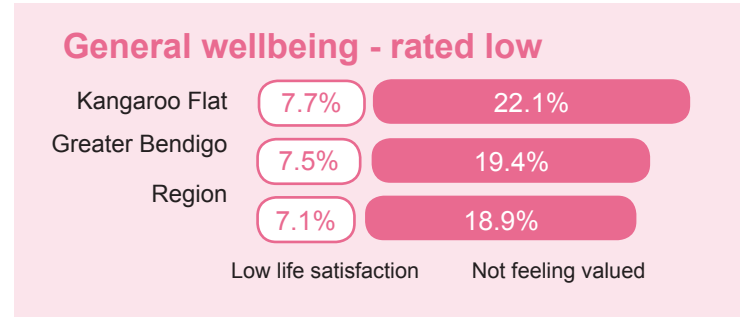
### Travel to activities - average distance



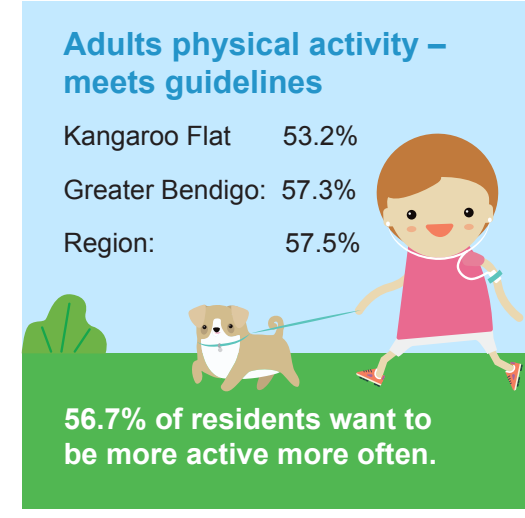
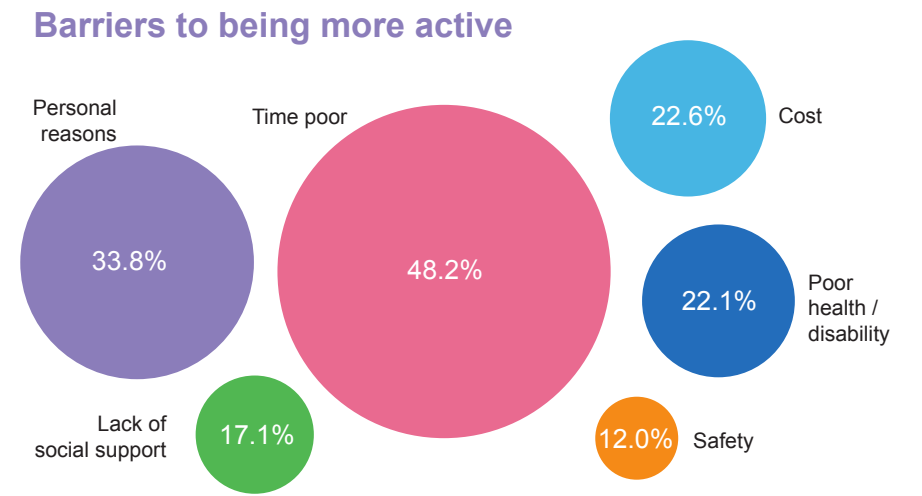
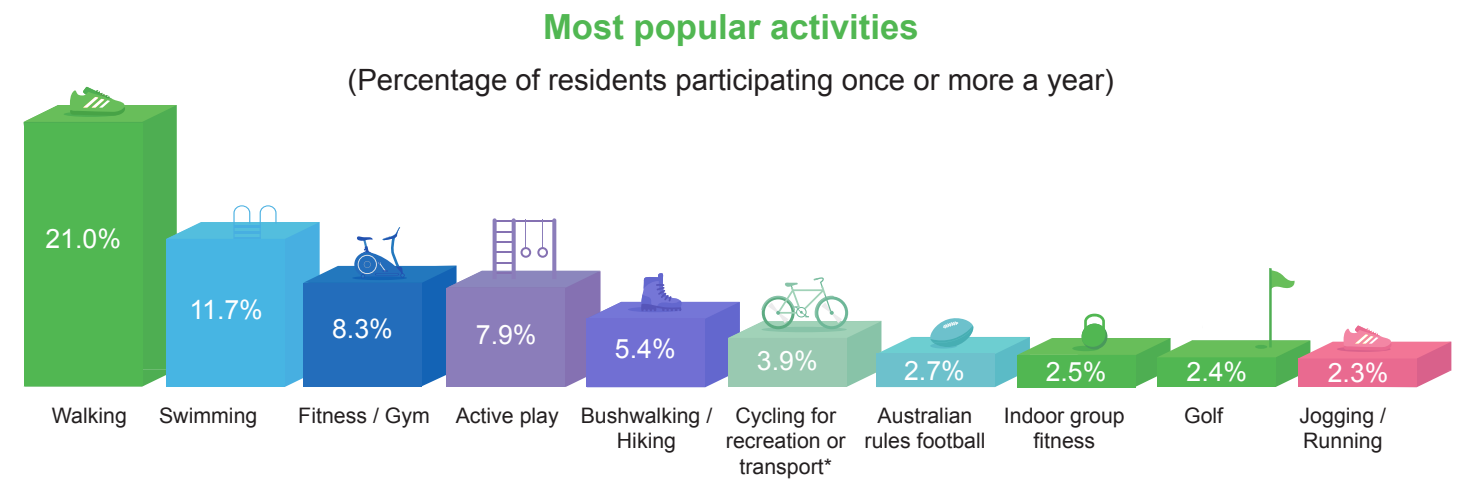
54.7% of residents use open spaces once a week or more.

## Health and wellbeing profile - Adults

Findings for the Kangaroo Flat - Big Hill - Ravenswood area are based on 1,300 responses from people, or approximately 14.8% of the local population.

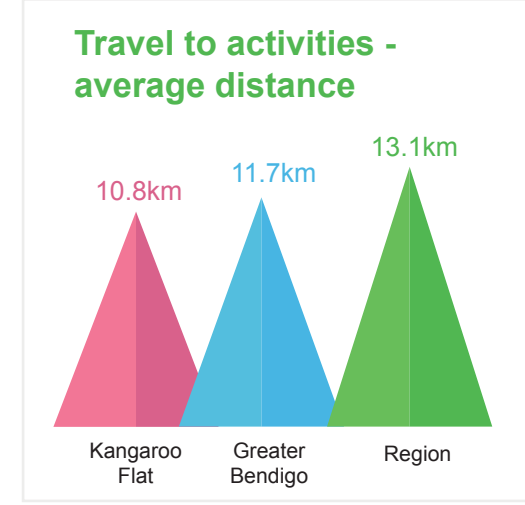


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

Footpaths	84.0%
Parks	71.8%
Off-road walking and cycling tracks	65.6%
Swimming pools / splash parks	58.3%
Indoor sports / leisure / fitness centres	43.9%
Sports grounds, ovals and clubrooms	43.7%
Community gardens	38.1%
Halls / community centres	28.3%
Playgrounds	22.5%
Hard courts (e.g. netball / tennis)	13.8%
After hours usage of education facilities	9.3%
Skateparks / BMX	7.3%



50.0% of residents use open spaces once a week or more.

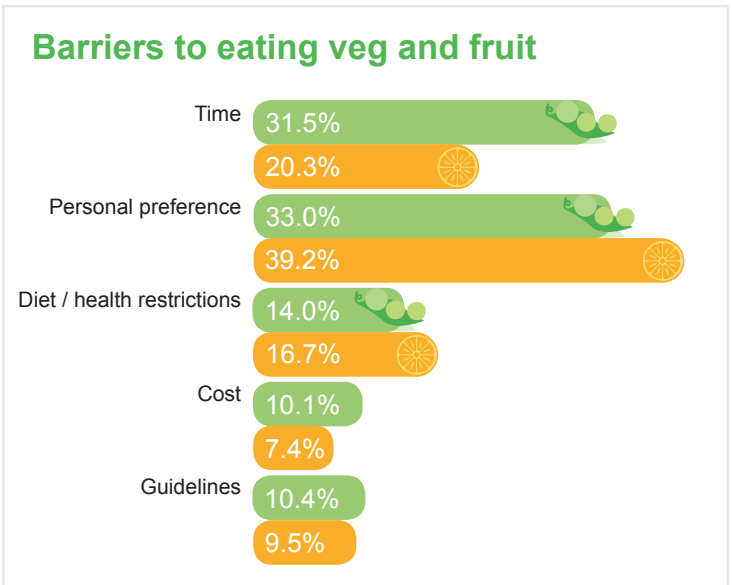
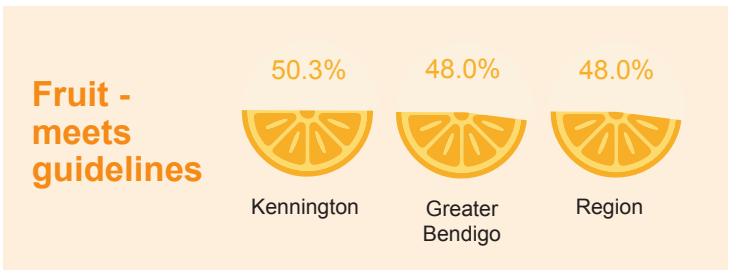
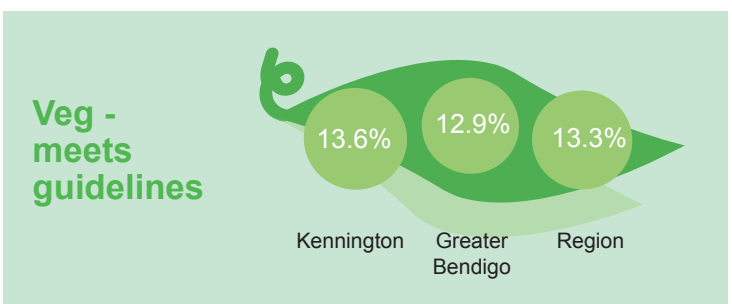
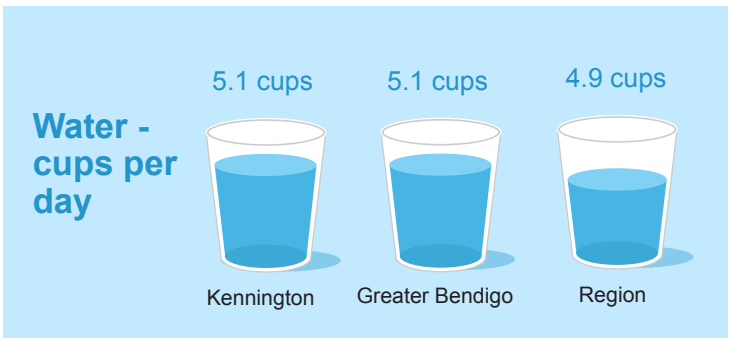
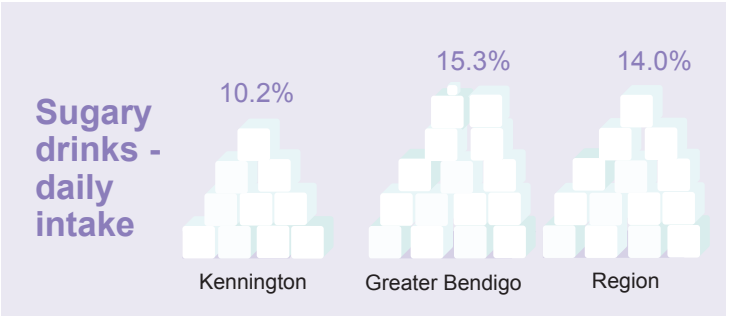
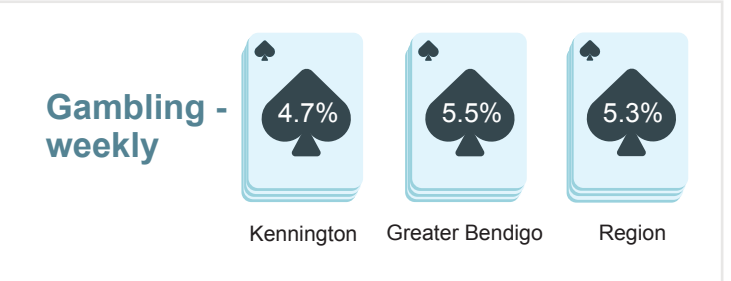
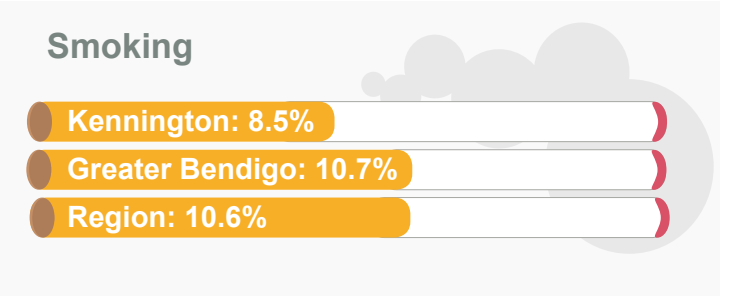
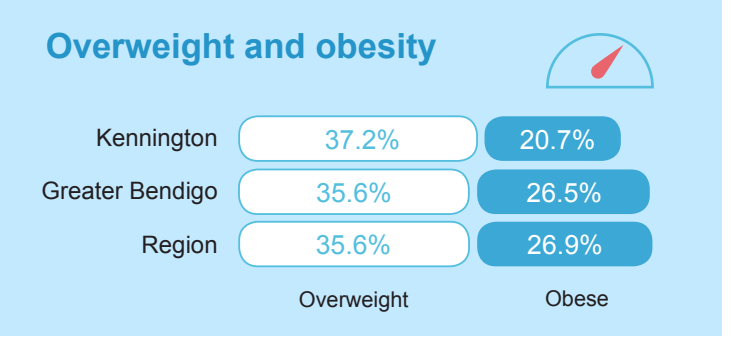
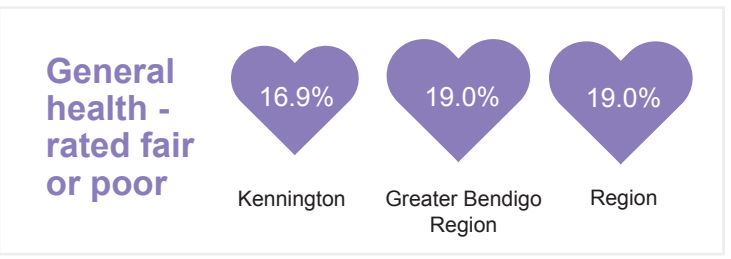
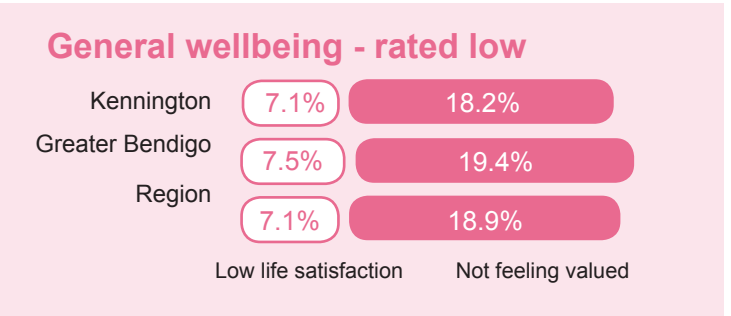
46 Note: Greater Bendigo = Greater Bendigo municipality; Region = Loddon Campaspe Region. Kangaroo Flat = Kangaroo Flat - Big Hill - Ravenswood.

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

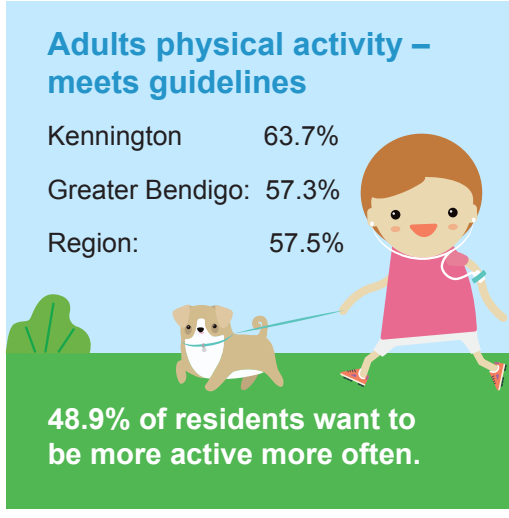
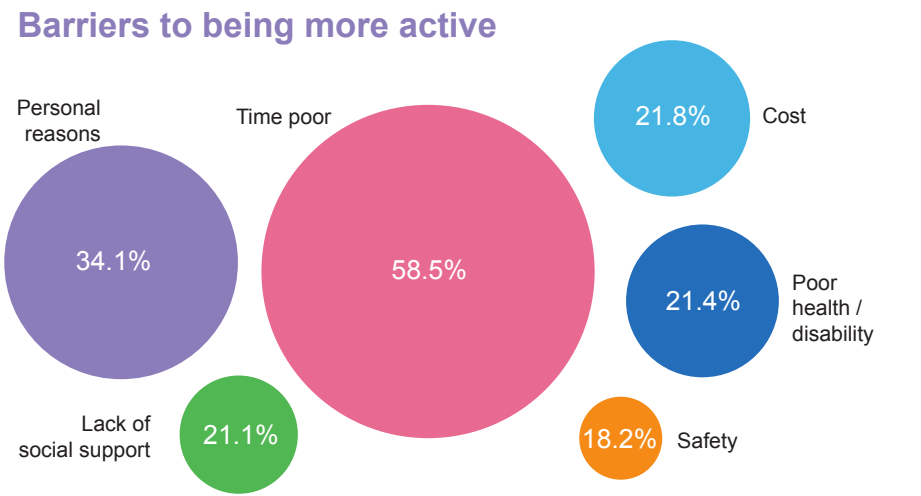
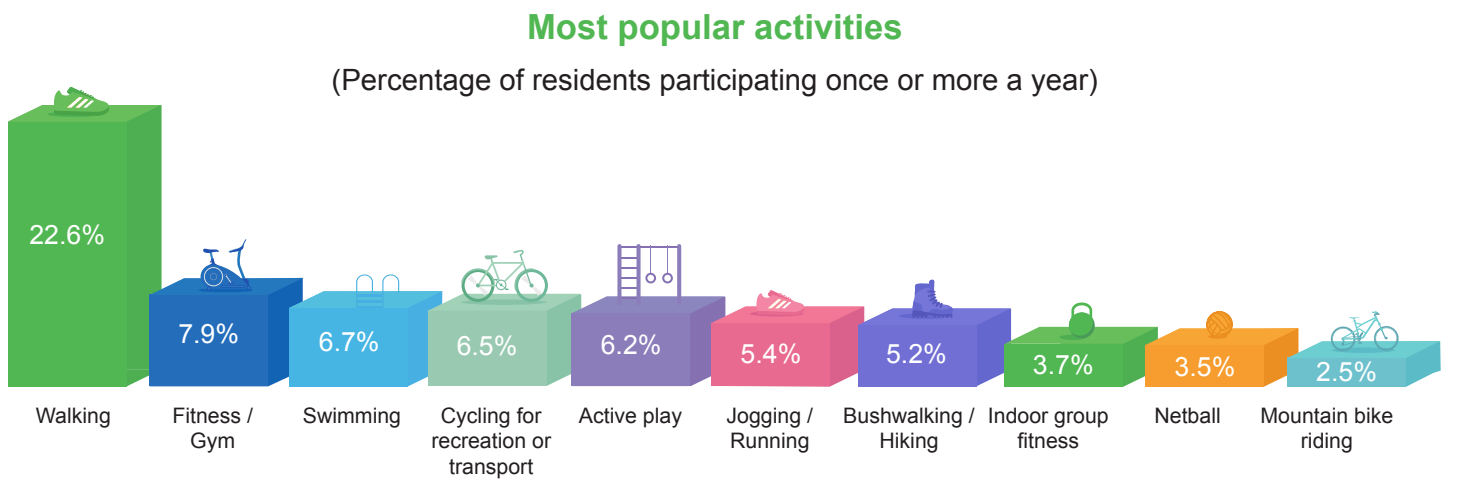


## Health and wellbeing profile - Adults

Findings for Kennington are based on 710 responses from people, or approximately 15.4% of the local population.

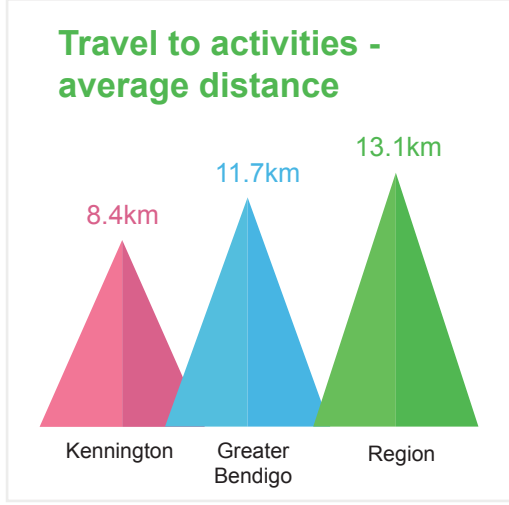


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

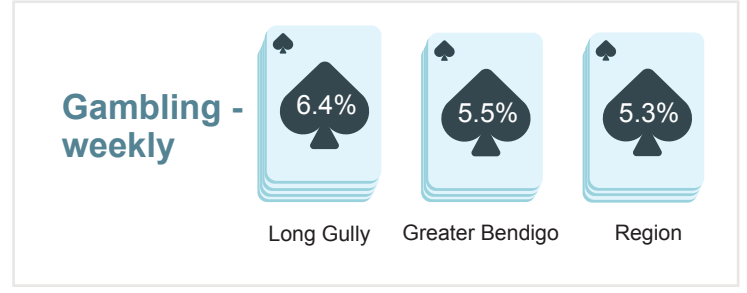
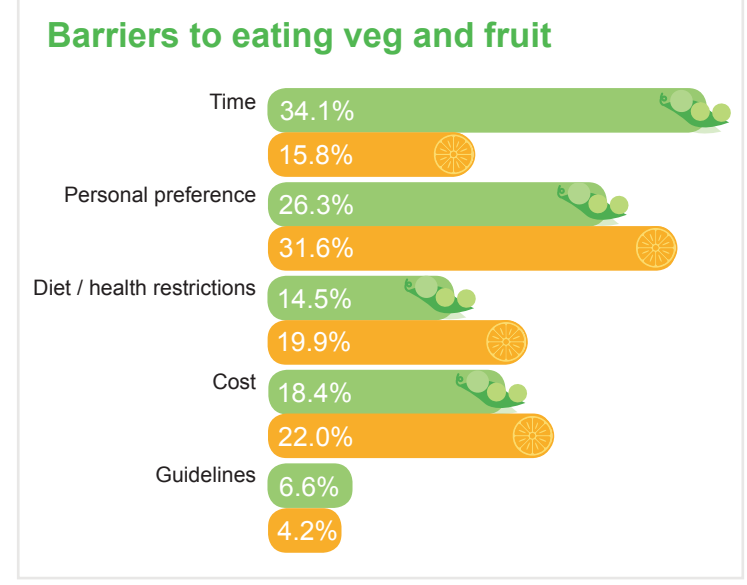
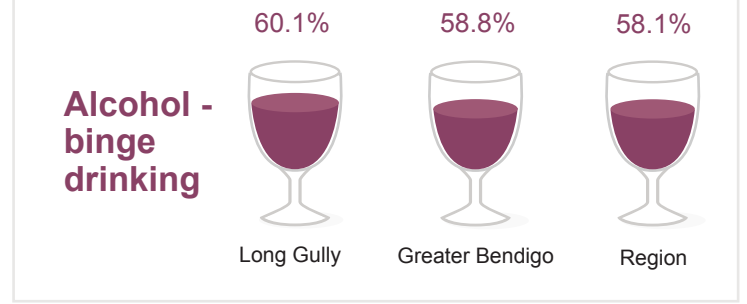
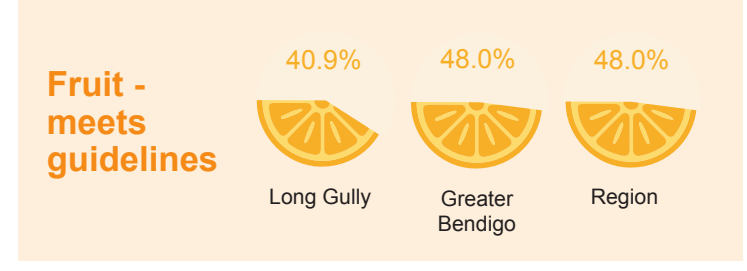
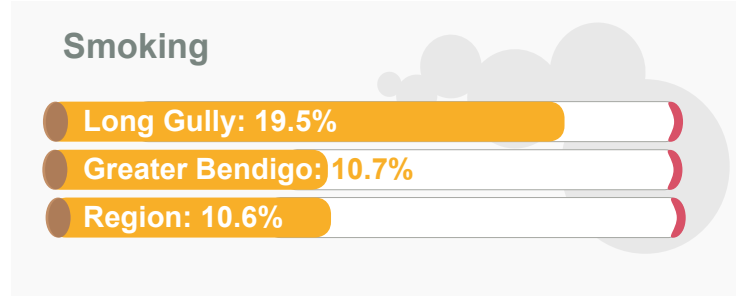
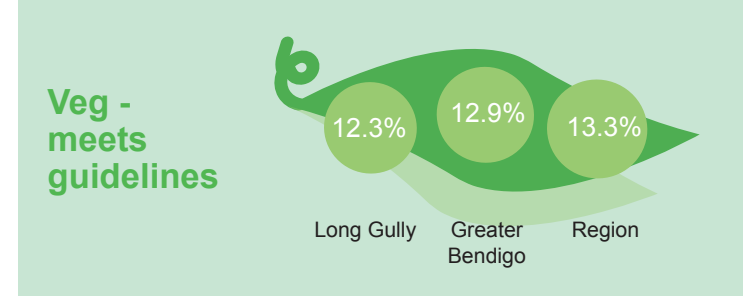
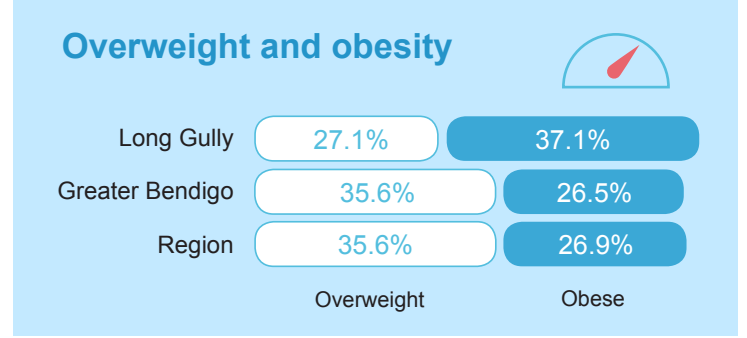
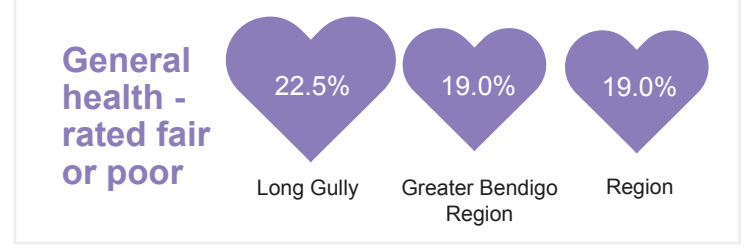
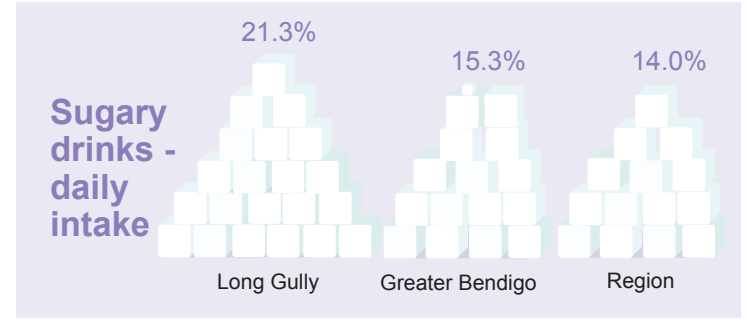
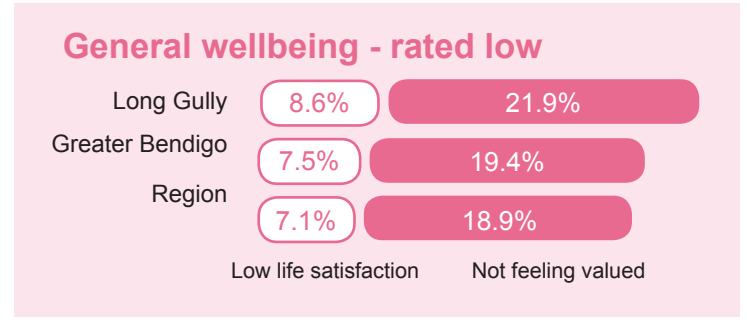
Footpaths	93.9%
Parks	84.0%
Off-road walking and cycling tracks	76.6%
Community gardens	58.5%
Sports grounds, ovals and clubrooms	55.1%
Swimming pools / splash parks	44.9%
Indoor sports / leisure / fitness centres	43.9%
Halls / community centres	38.0%
Hard courts (e.g. netball / tennis)	26.1%
Playgrounds	20.7%
After hours usage of education facilities	15.7%
Skateparks / BMX	8.7%



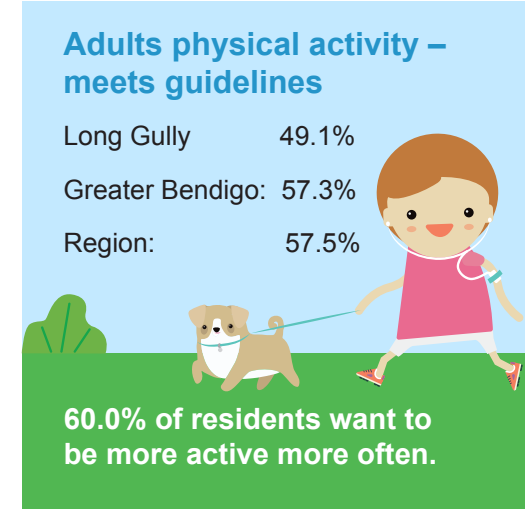
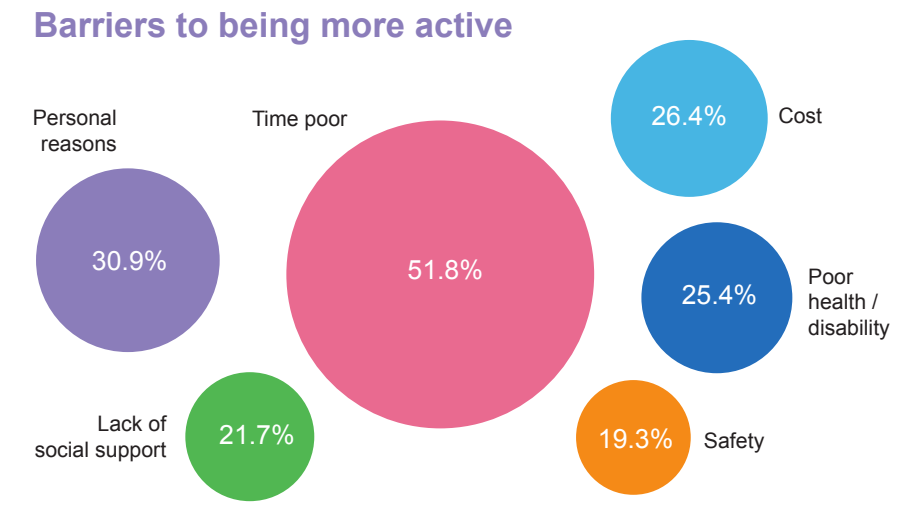
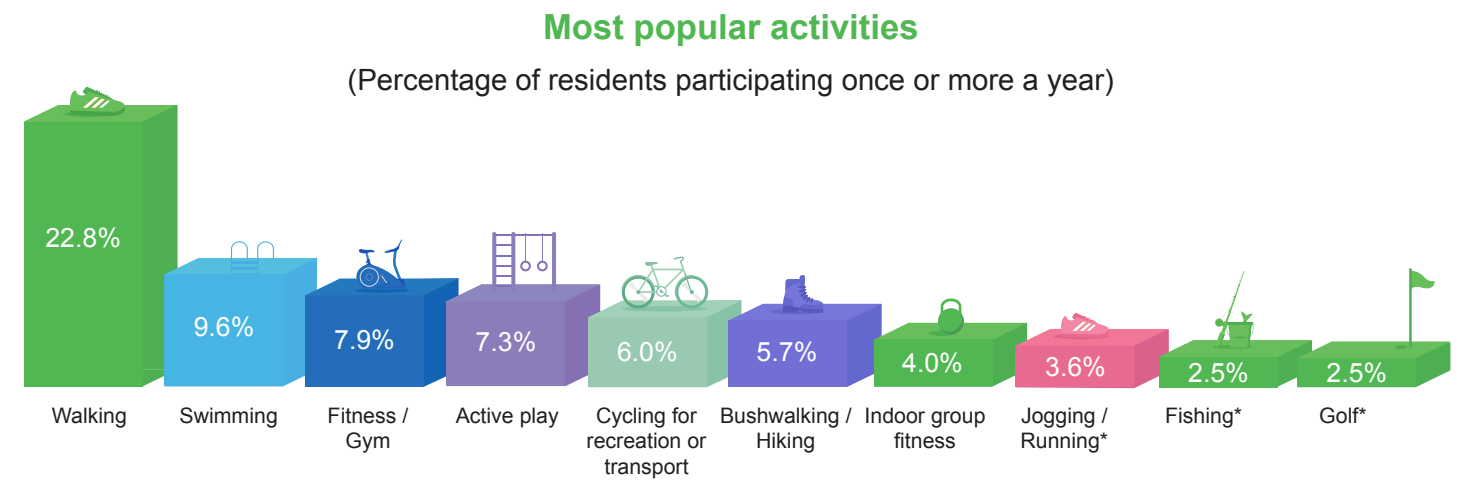
65.8% of residents use open spaces once a week or more.

## Health and wellbeing profile - Adults

Findings for Long Gully - West Bendigo - Ironbark are based on 461 responses from people, or approximately 12.0% of the local population.

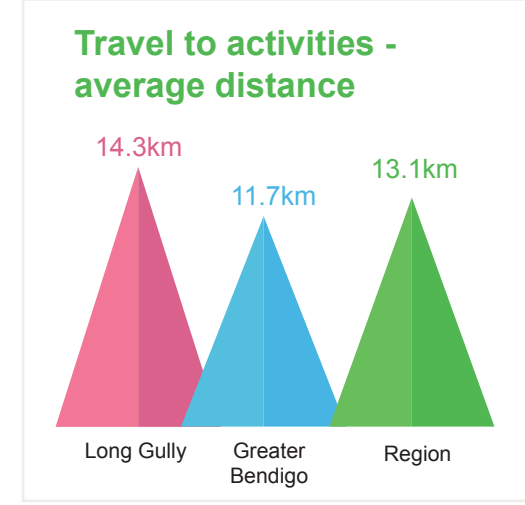


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

Footpaths	86.6%
Parks	81.6%
Off-road walking and cycling tracks	60.7%
Swimming pools / splash parks	57.2%
Community gardens	48.9%
Sports grounds, ovals and clubrooms	46.7%
Indoor sports / leisure / fitness centres	41.3%
Halls / community centres	29.8%
Playgrounds	24.7%
After hours usage of education facilities	18.5%
Hard courts (e.g. netball / tennis)	17.3%
Skateparks / BMX	9.3%



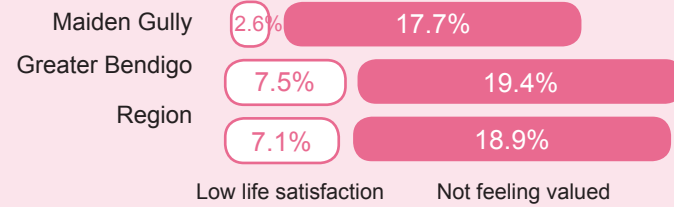
46.7% of residents use open spaces once a week or more.



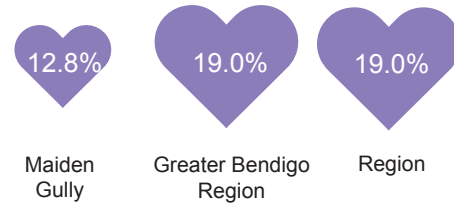
## Health and wellbeing profile - Adults

Findings for Maiden Gully are based on 706 responses from people, or approximately 20.6% of the local population.

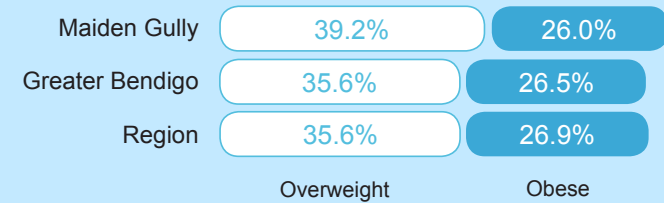
### General wellbeing - rated low



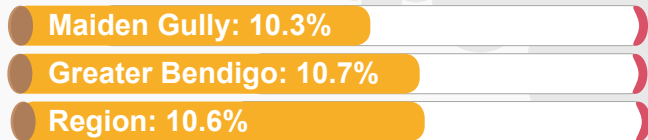
### General health - rated fair or poor



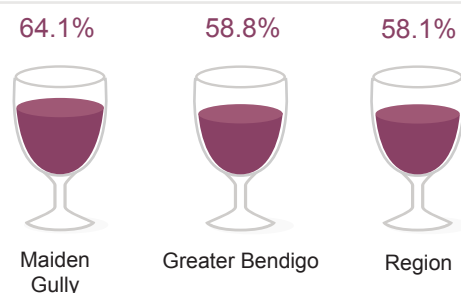
### Overweight and obesity



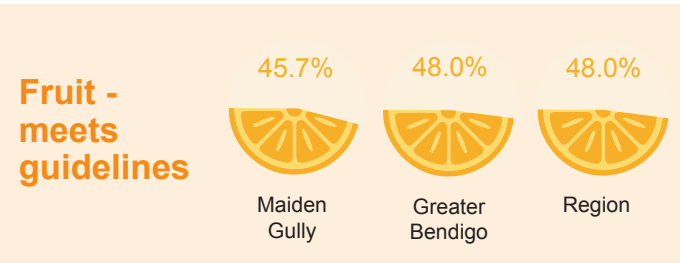
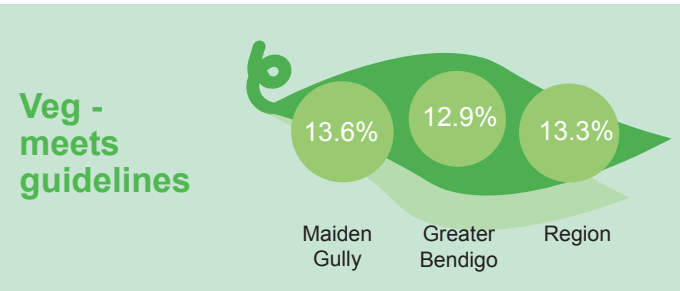
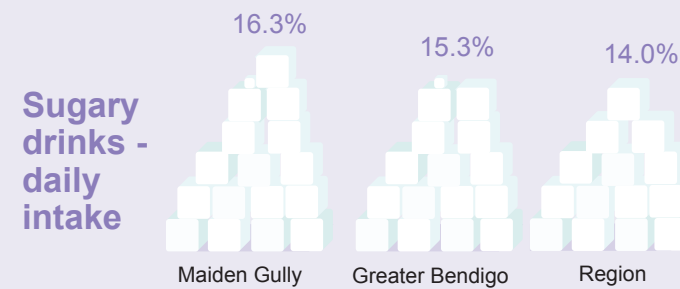
### Smoking



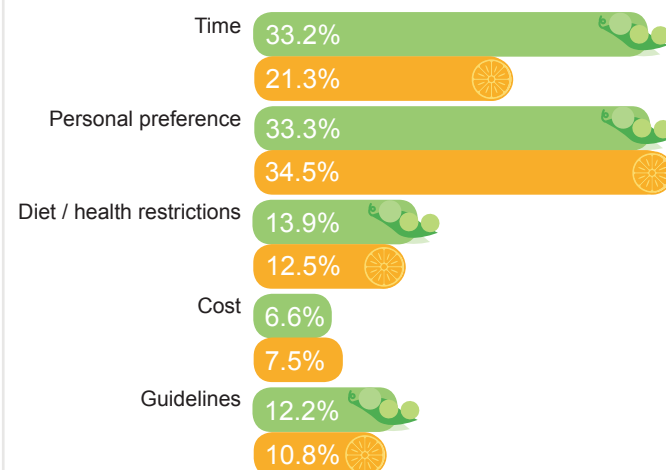
### Alcohol - binge drinking



### Gambling - weekly



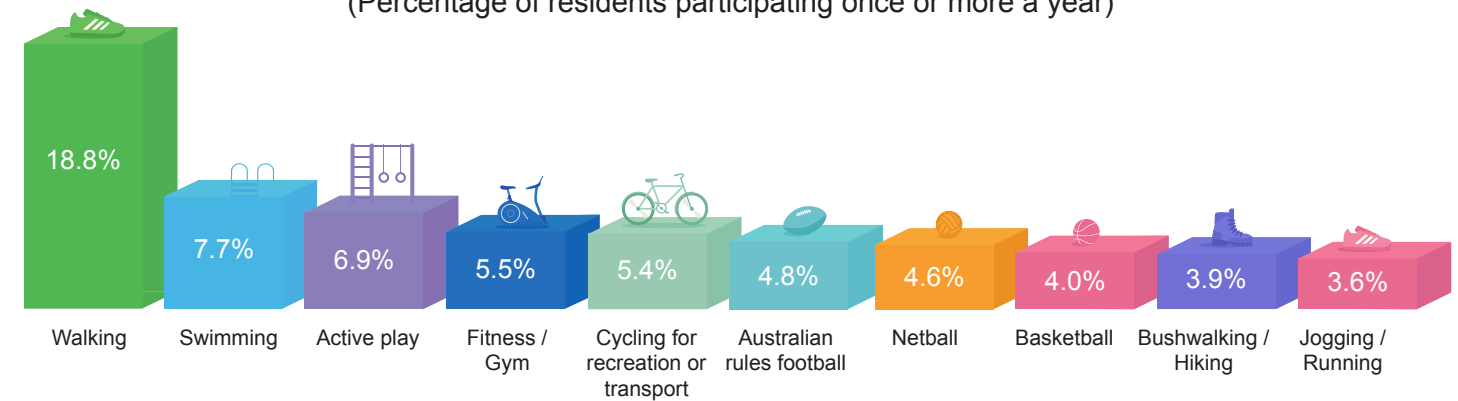
### Barriers to eating veg and fruit



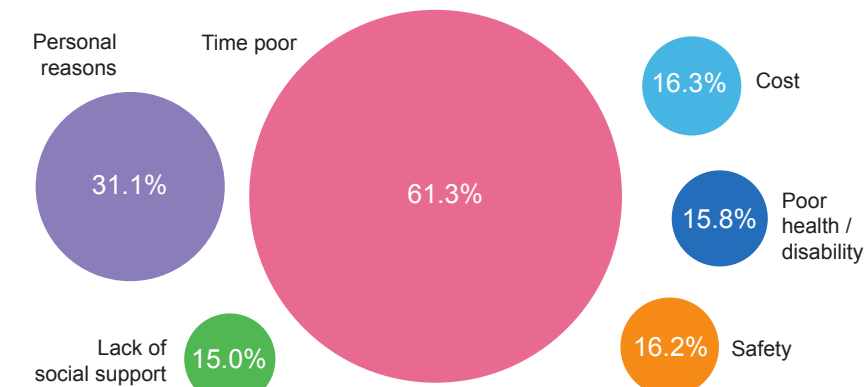
## Physical activity profile - All residents

### Most popular activities

(Percentage of residents participating once or more a year)



### Barriers to being more active

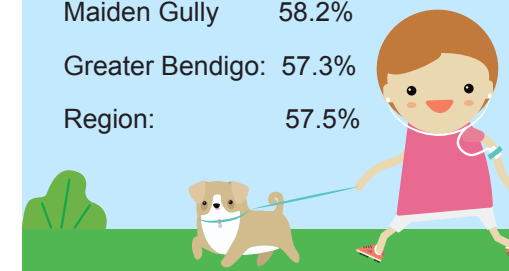


### Public facilities and open spaces - rate of use

Footpaths	84.5%
Parks	82.8%
Off-road walking and cycling tracks	69.9%
Sports grounds, ovals and clubrooms	64.0%
Swimming pools / splash parks	59.3%
Community gardens	52.0%
Indoor sports / leisure / fitness centres	47.9%
Halls / community centres	33.3%
Hard courts (e.g. netball / tennis)	30.9%
Playgrounds	27.4%
After hours usage of education facilities	18.6%
Skateparks / BMX	12.0%

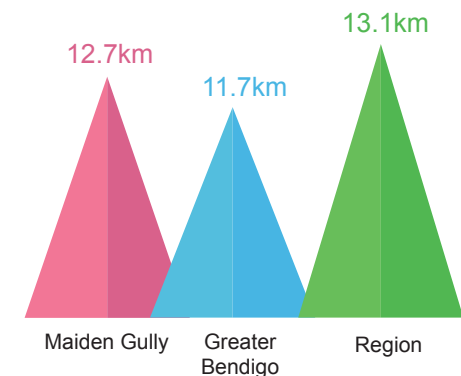
### Adults physical activity - meets guidelines

Maiden Gully 58.2%  
Greater Bendigo: 57.3%  
Region: 57.5%



49.0% of residents want to be more active more often.

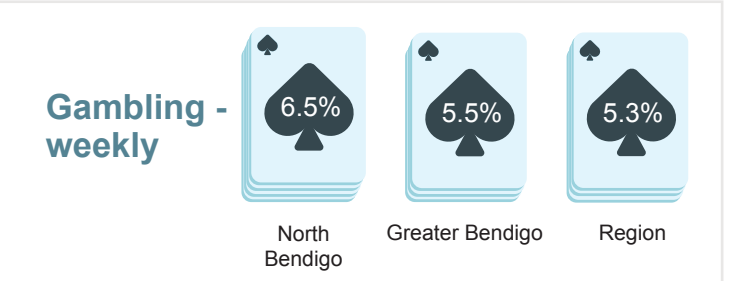
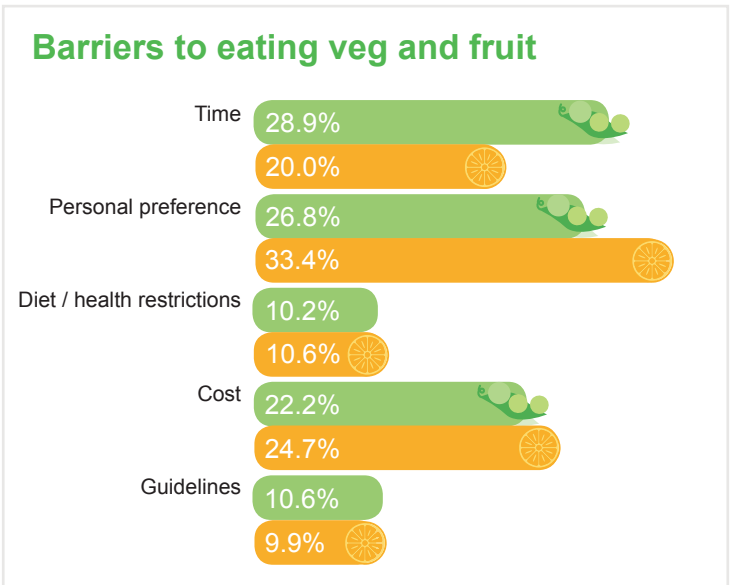
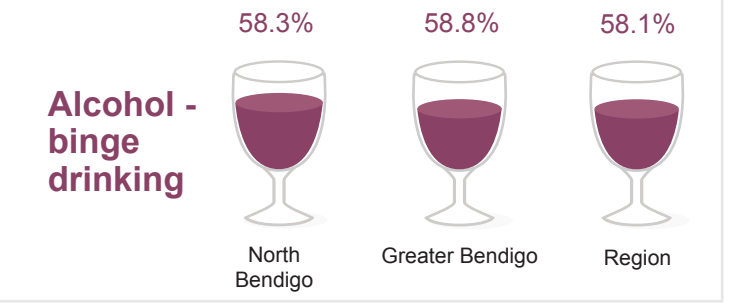
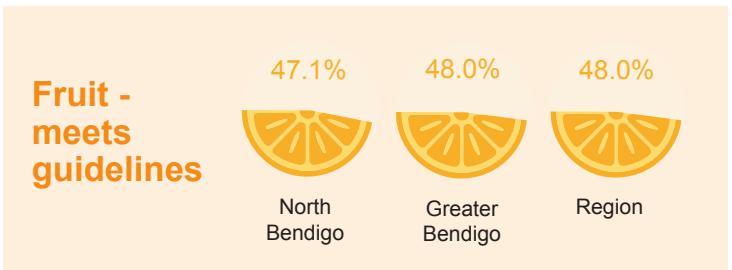
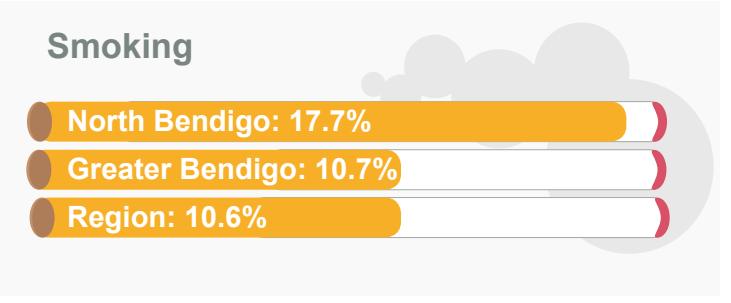
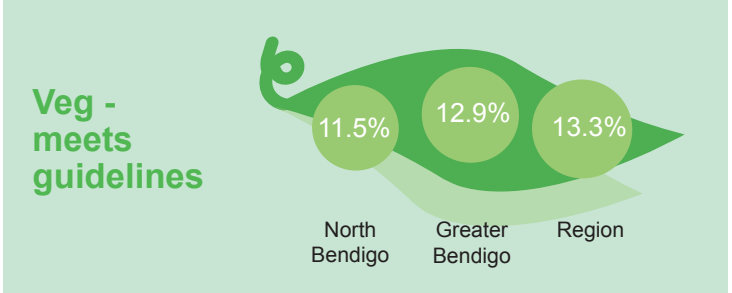
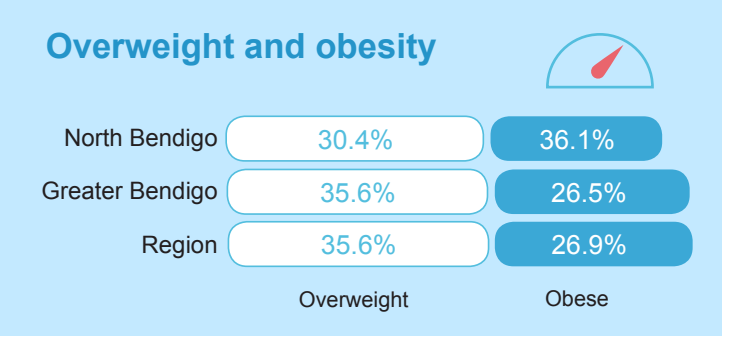
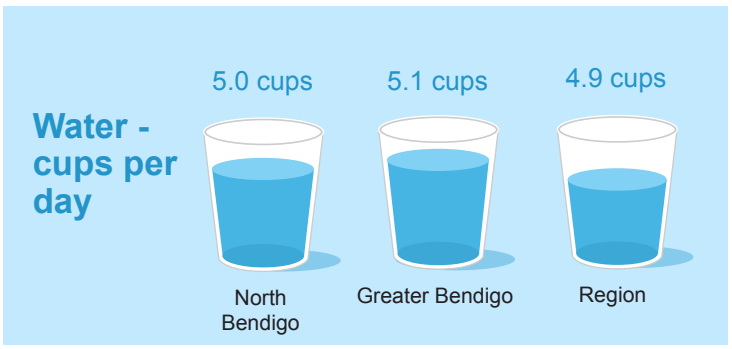
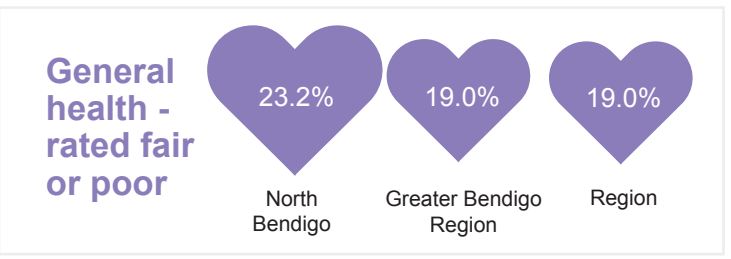
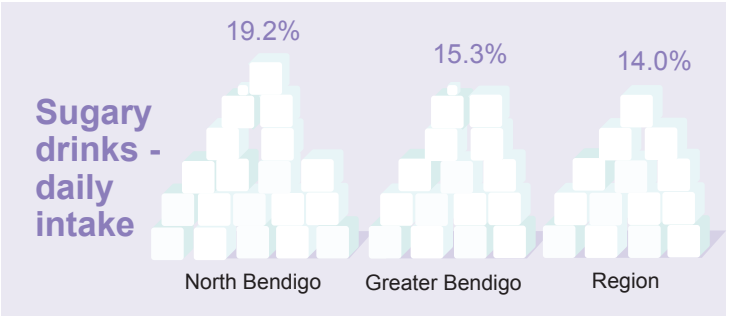
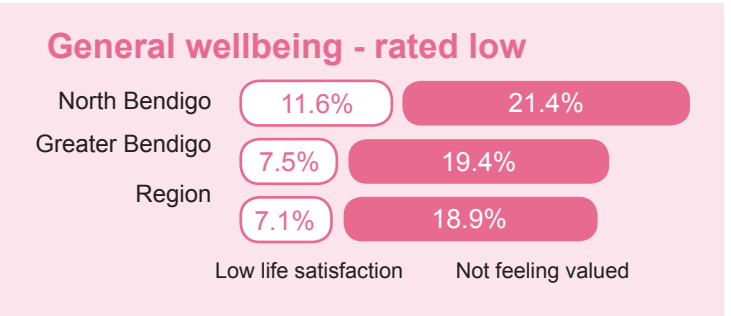
### Travel to activities - average distance



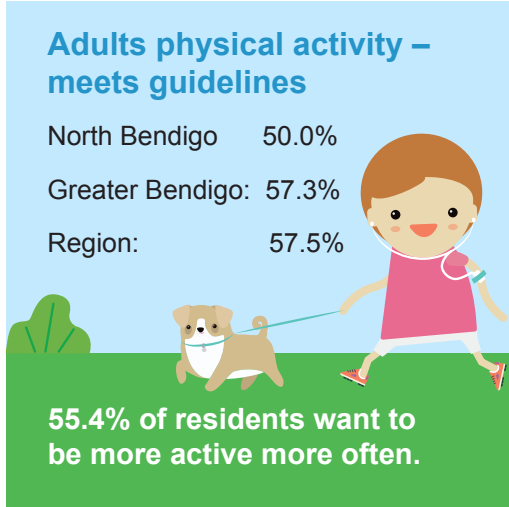
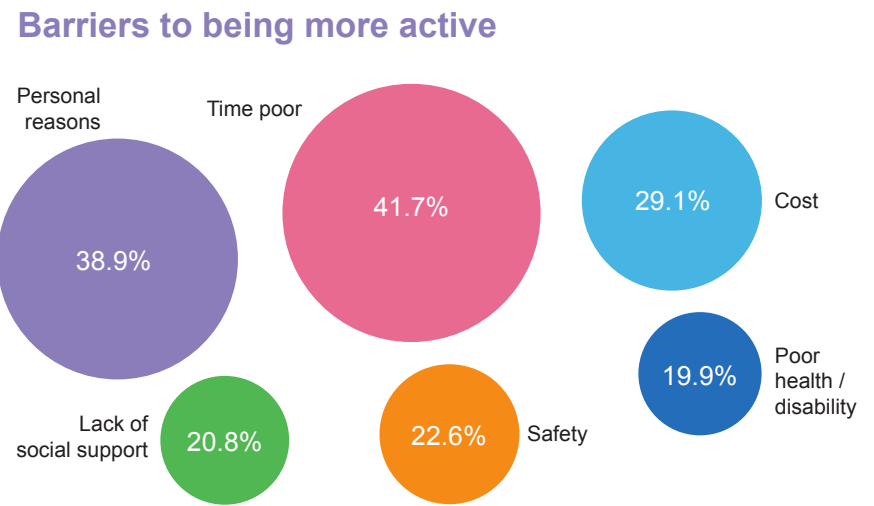
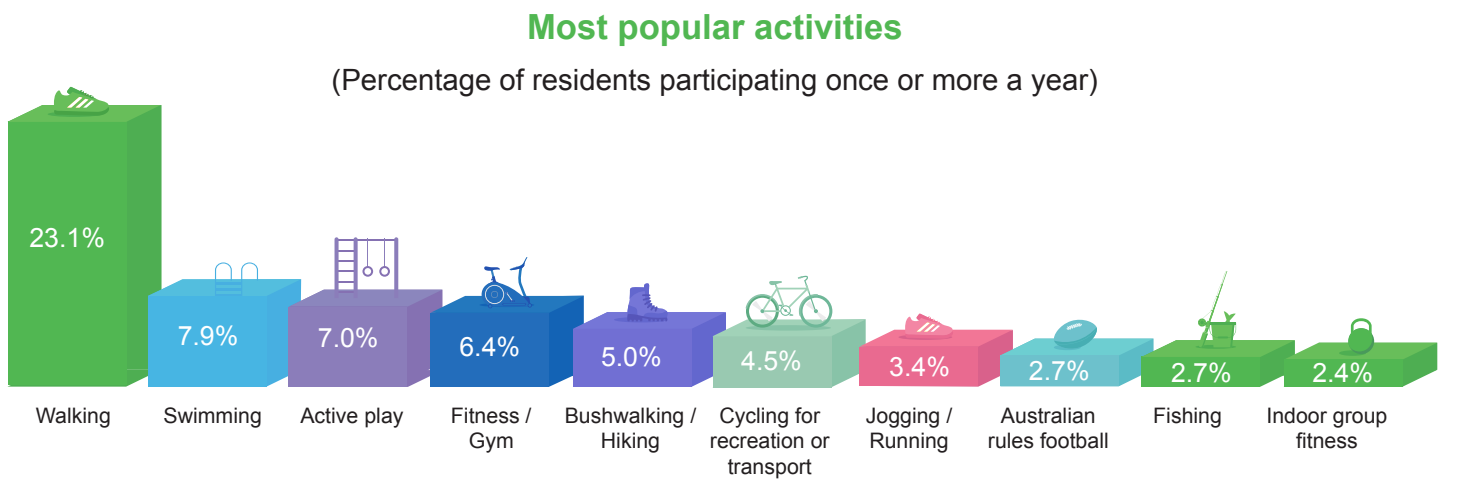
59.0% of residents use open spaces once a week or more.

## Health and wellbeing profile - Adults

Findings for the North Bendigo - California Gully area are based on 736 responses from people, or approximately 11.2% of the local population.

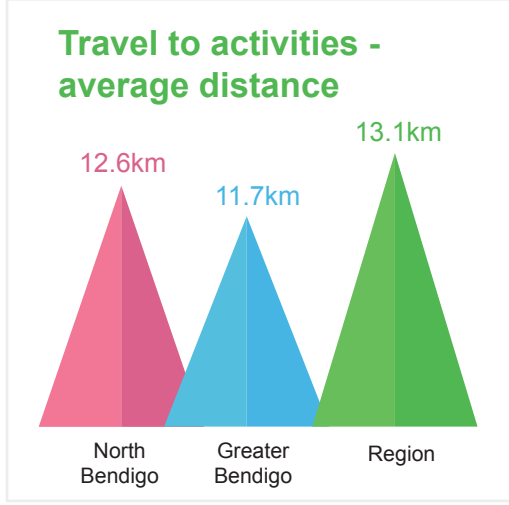


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

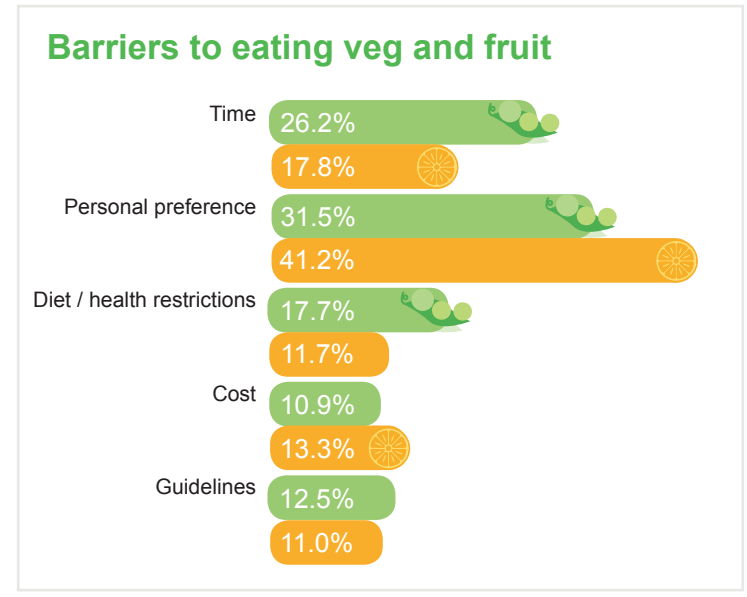
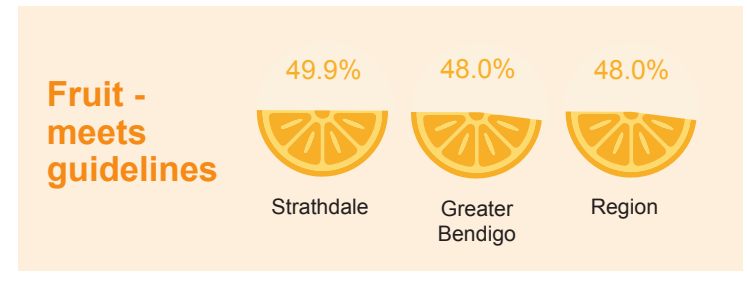
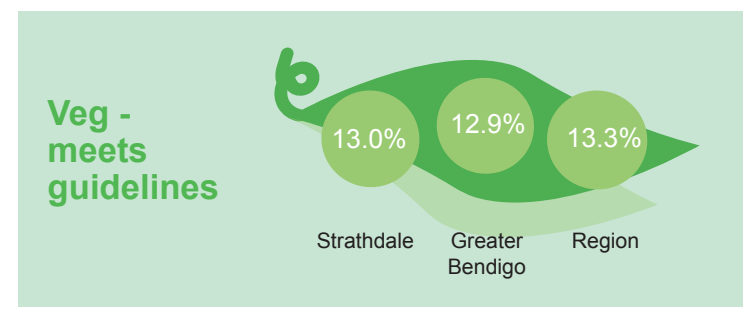
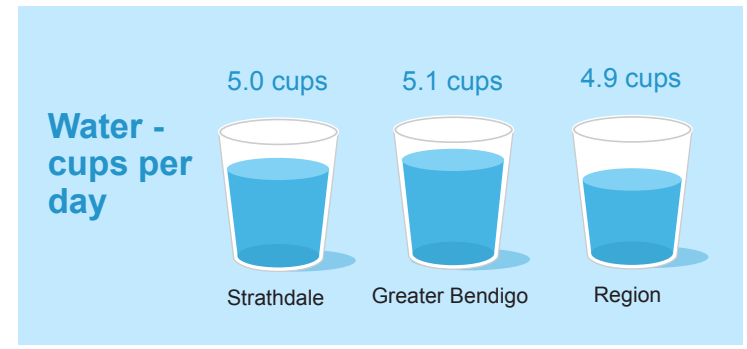
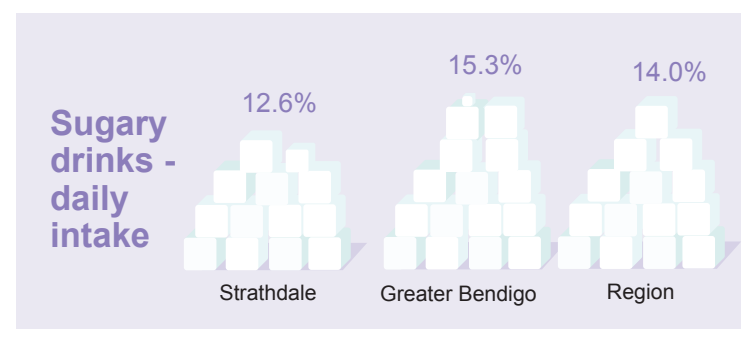
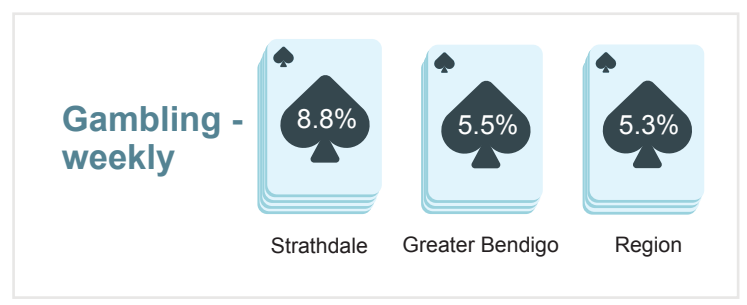
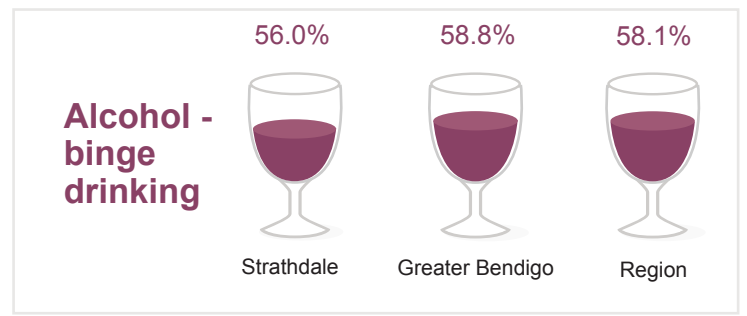
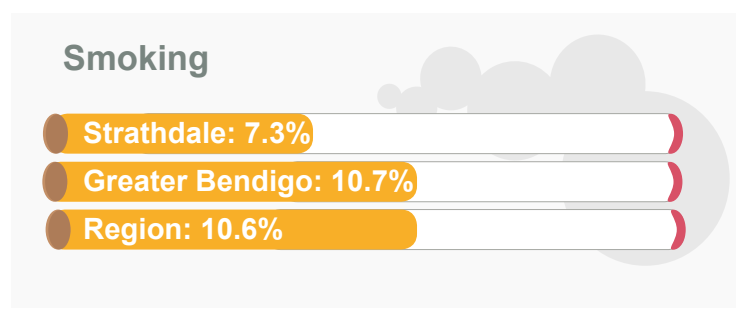
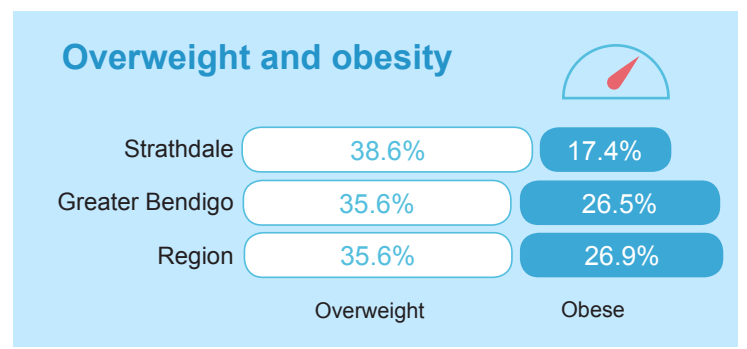
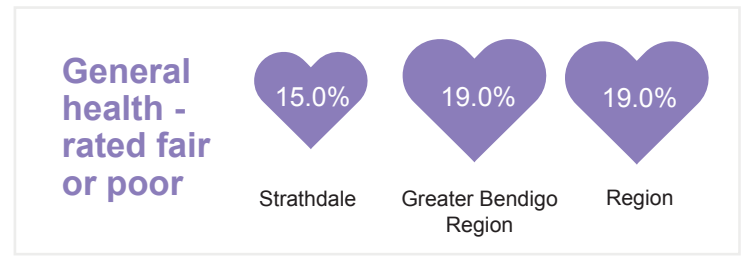
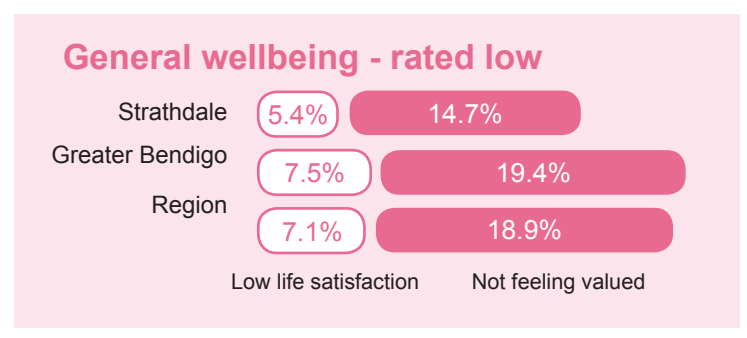
Footpaths	86.3%
Parks	85.2%
Off-road walking and cycling tracks	67.6%
Swimming pools / splash parks	55.0%
Sports grounds, ovals and clubrooms	53.2%
Community gardens	52.0%
Indoor sports / leisure / fitness centres	41.1%
Halls / community centres	27.4%
Playgrounds	24.4%
Hard courts (e.g. netball / tennis)	19.4%
After hours usage of education facilities	15.4%
Skateparks / BMX	13.1%



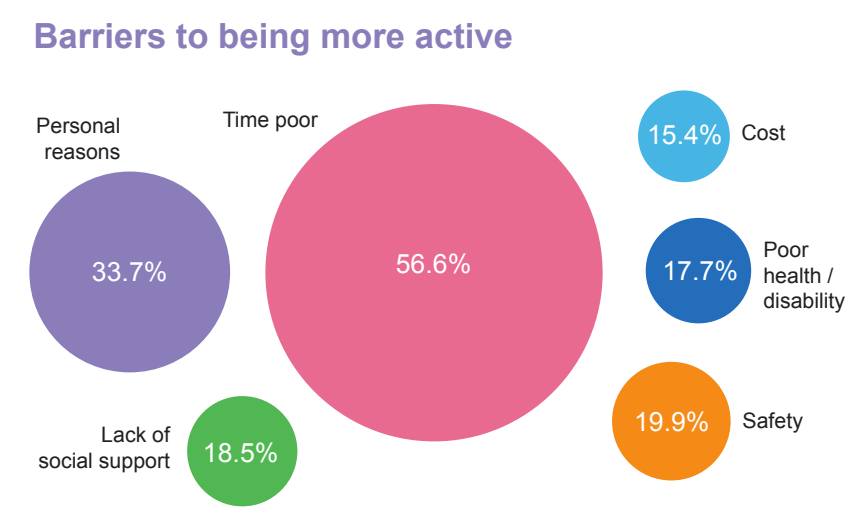
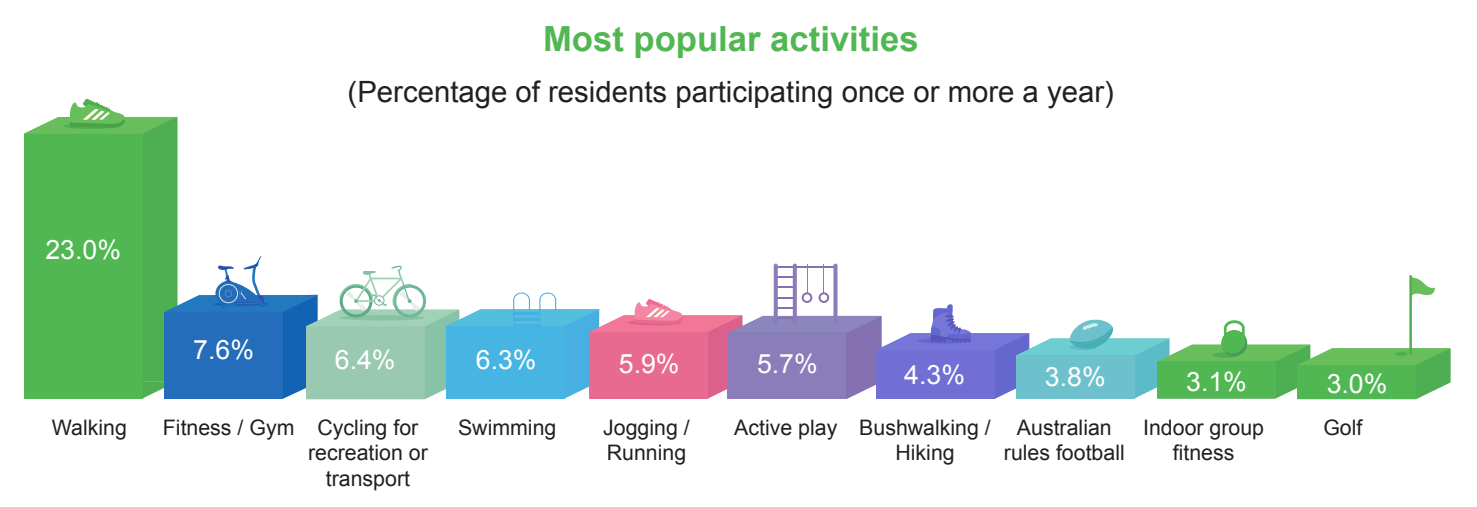
54.5% of residents use open spaces once a week or more.

## Health and wellbeing profile - Adults

Findings for Strathdale are based on 860 responses from people, or approximately 19.3% of the local population.

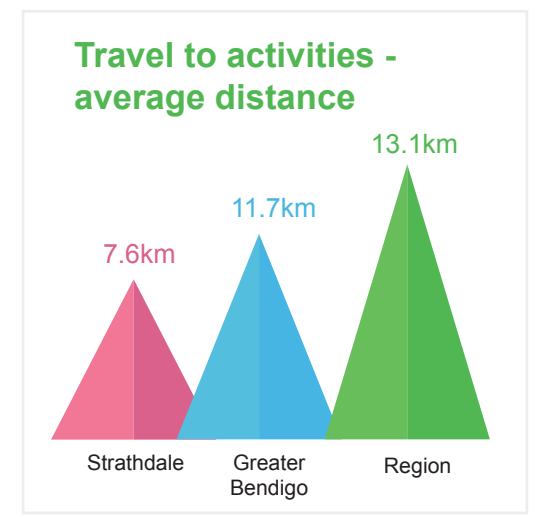
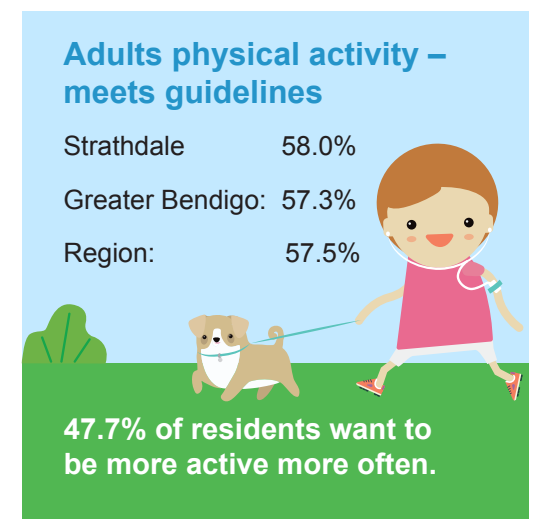


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

Footpaths	92.1%
Parks	87.3%
Off-road walking and cycling tracks	75.5%
Sports grounds, ovals and clubrooms	62.5%
Community gardens	49.4%
Swimming pools / splash parks	46.9%
Indoor sports / leisure / fitness centres	45.3%
Halls / community centres	25.9%
Hard courts (e.g. netball / tennis)	25.6%
Playgrounds	23.8%
After hours usage of education facilities	11.4%
Skateparks / BMX	9.1%

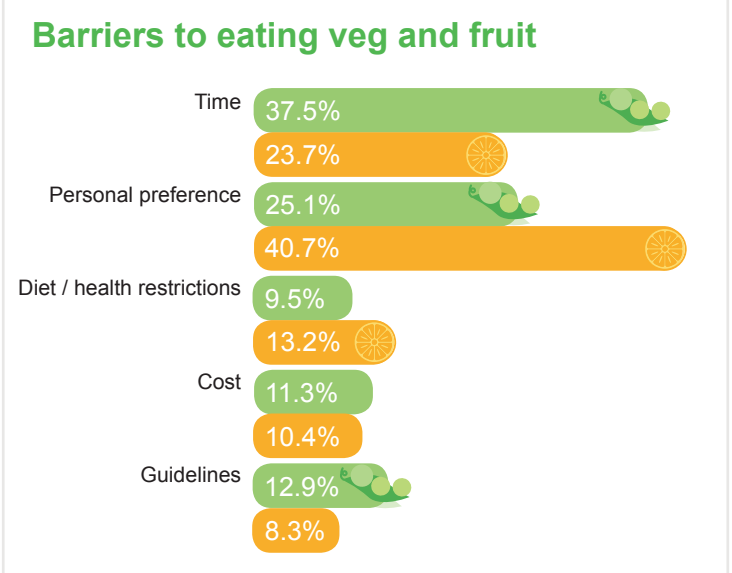
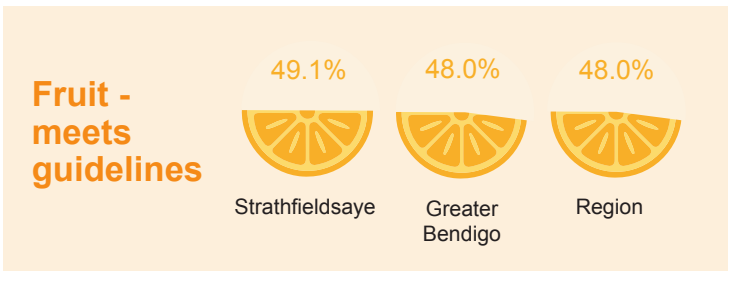
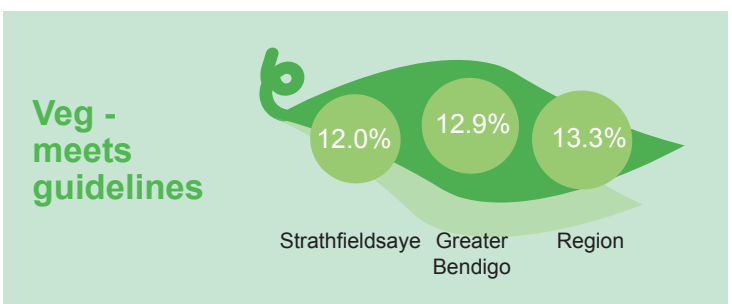
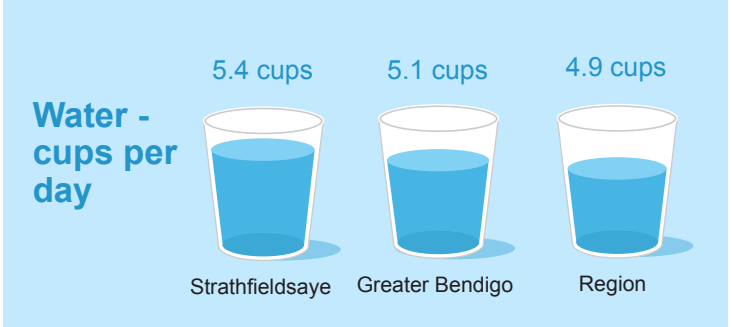
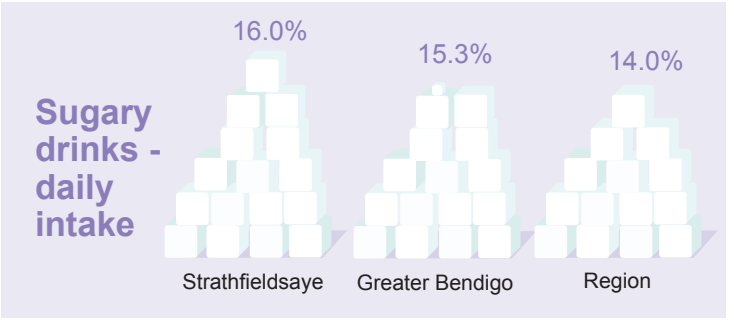
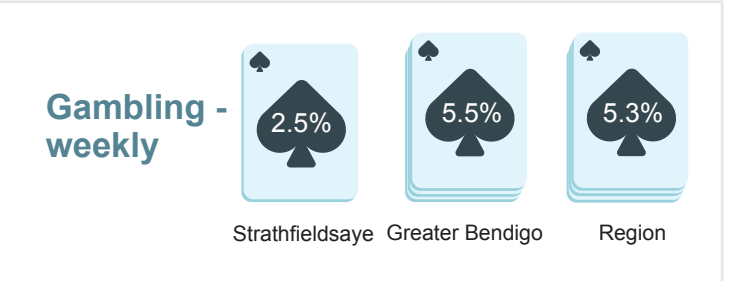
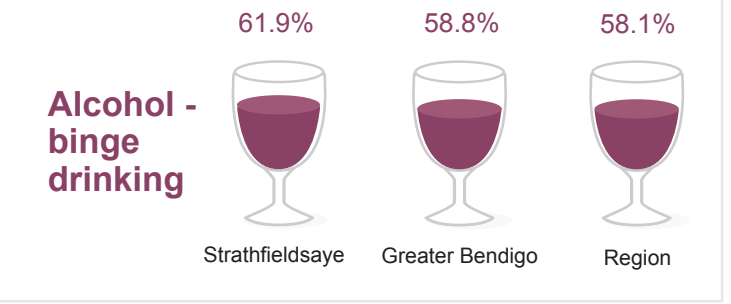
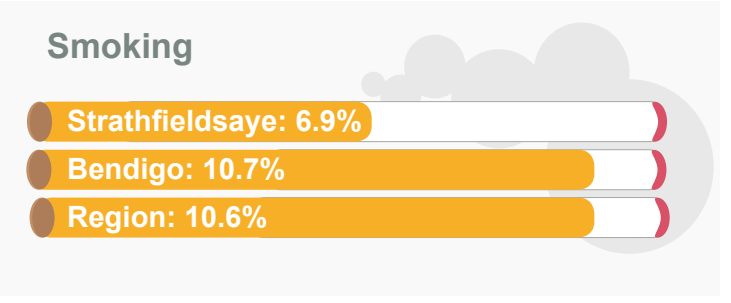
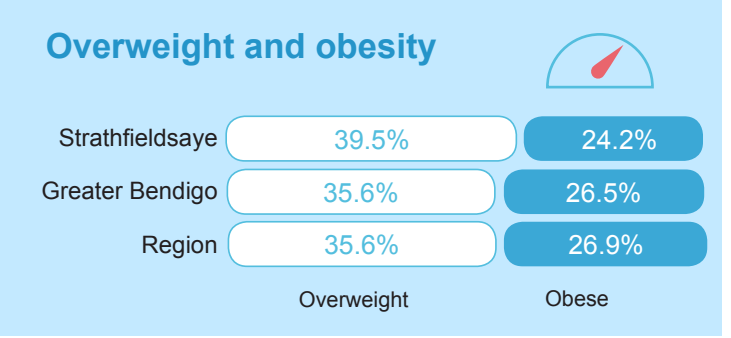
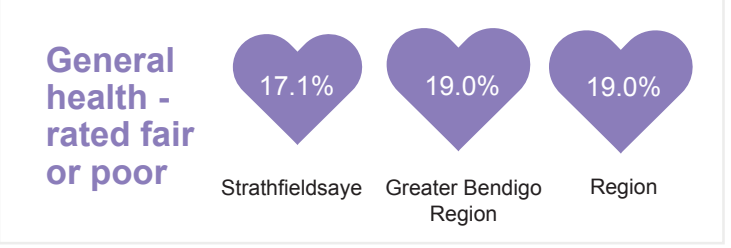
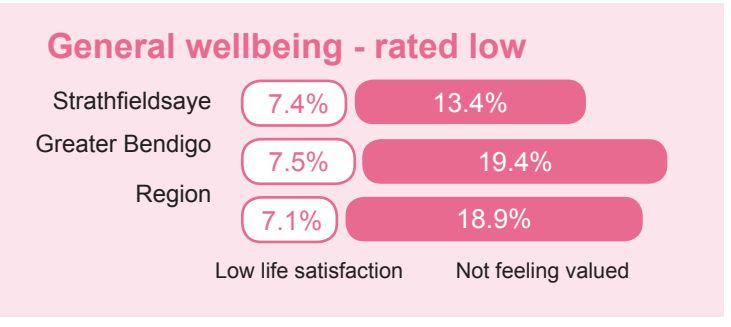


70.2% of residents use open spaces once a week or more.

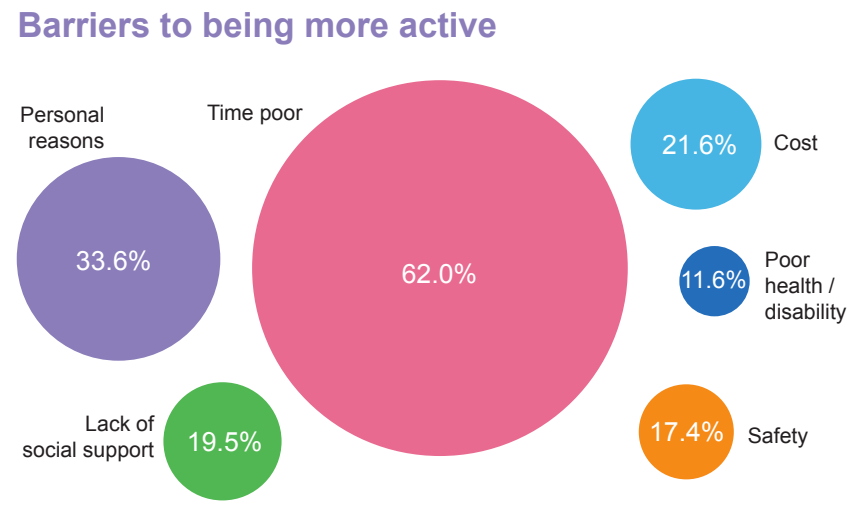
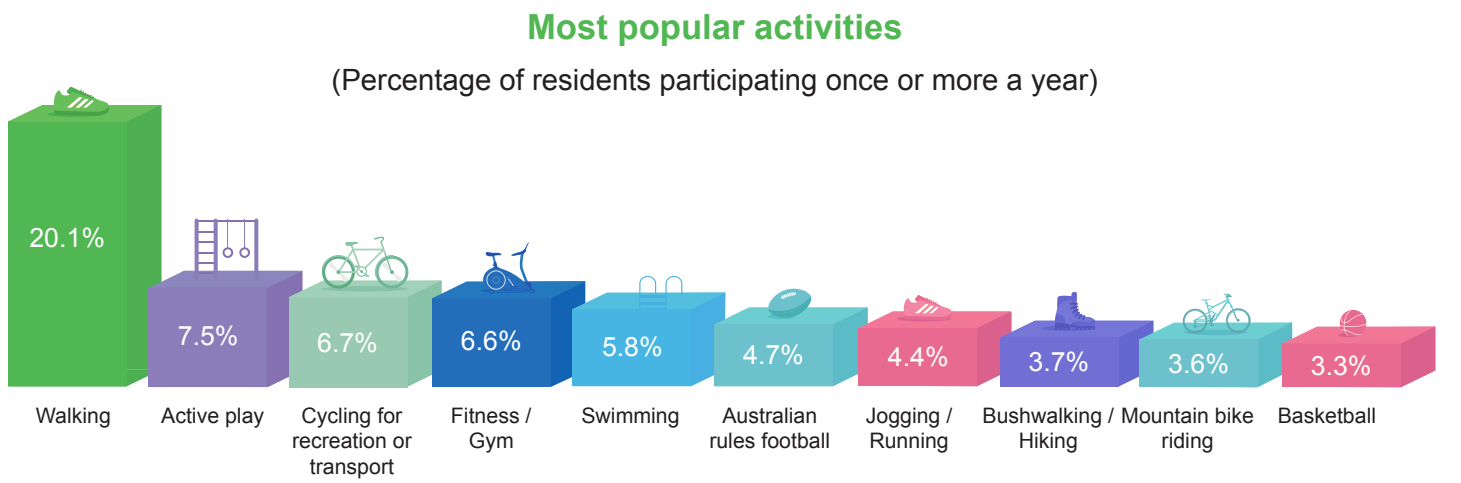


## Health and wellbeing profile - Adults

Findings for Strathfieldsaye are based on 754 responses from people, or approximately 20.4% of the local population.

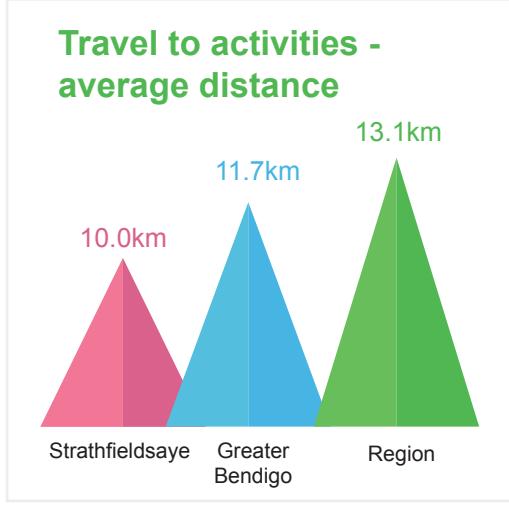
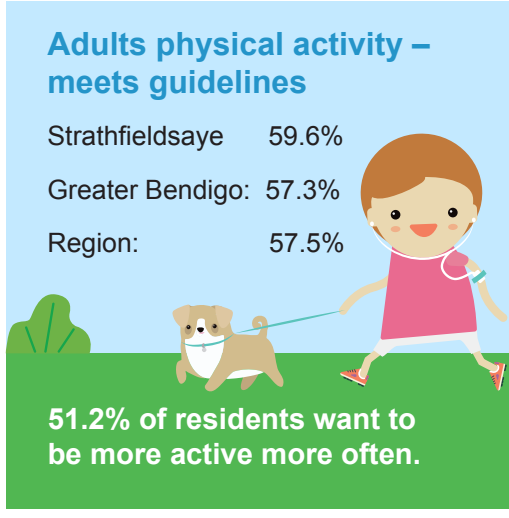


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

Footpaths	93.4%
Parks	82.5%
Off-road walking and cycling tracks	79.4%
Sports grounds, ovals and clubrooms	73.2%
Swimming pools / splash parks	51.2%
Community gardens	49.2%
Indoor sports / leisure / fitness centres	46.1%
Halls / community centres	36.7%
Playgrounds	36.4%
Hard courts (e.g. netball / tennis)	31.4%
After hours usage of education facilities	22.2%
Skateparks / BMX	15.2%

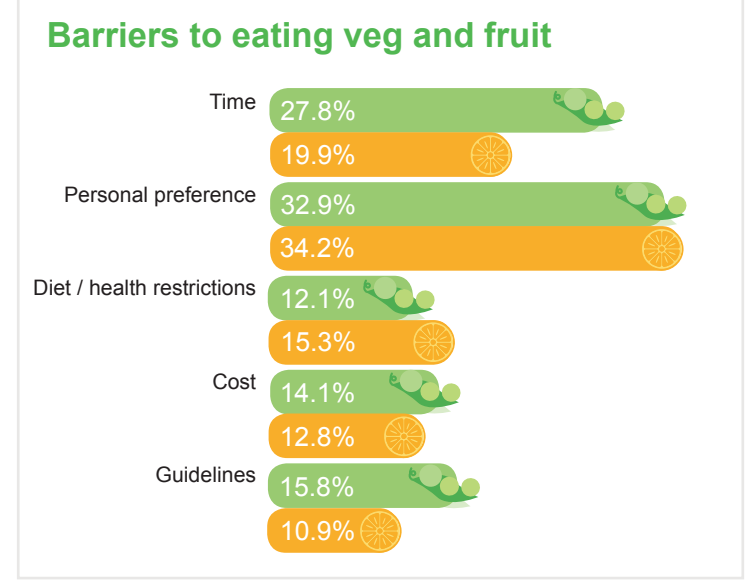
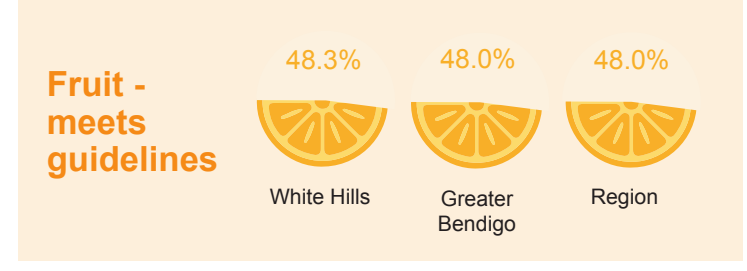
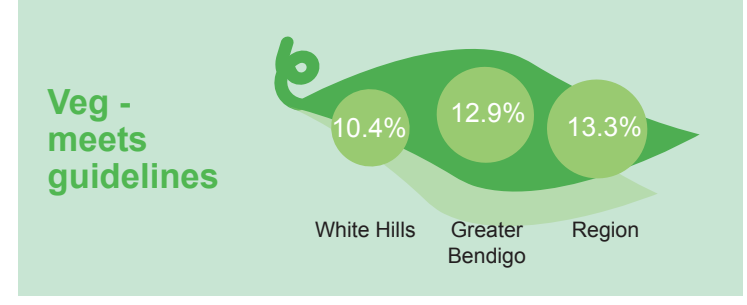
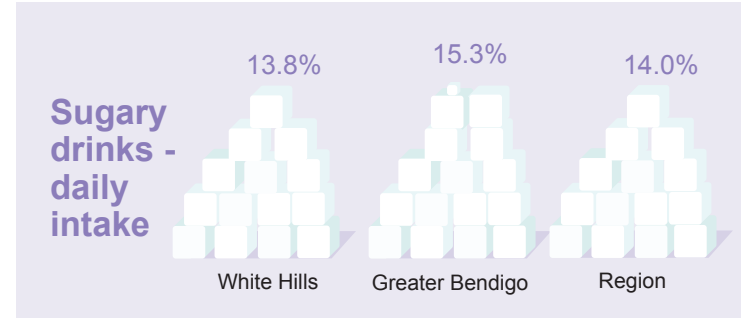
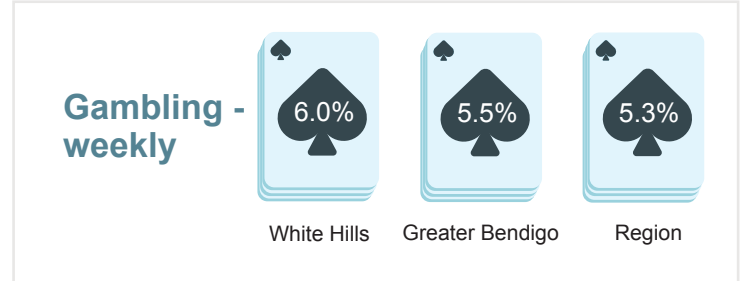
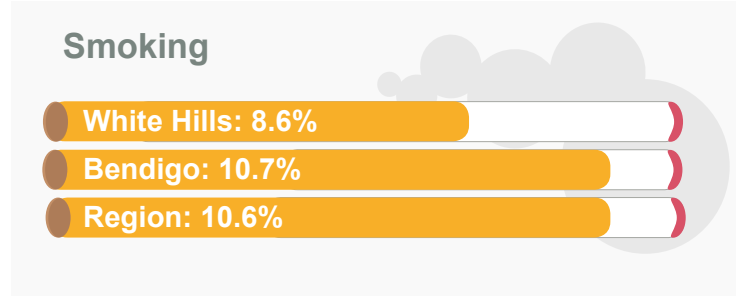
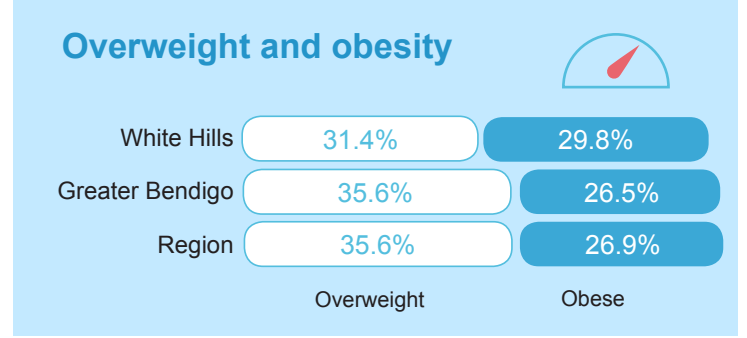
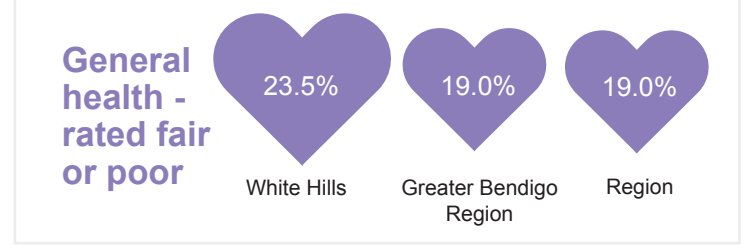
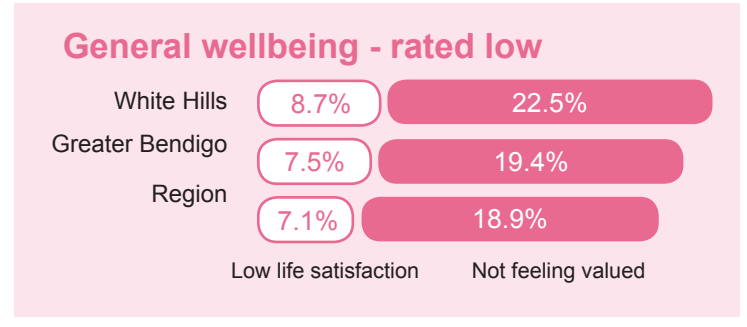


66.7% of residents use open spaces once a week or more.

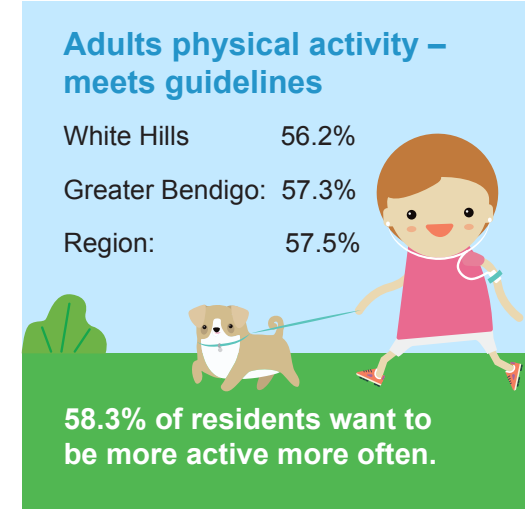
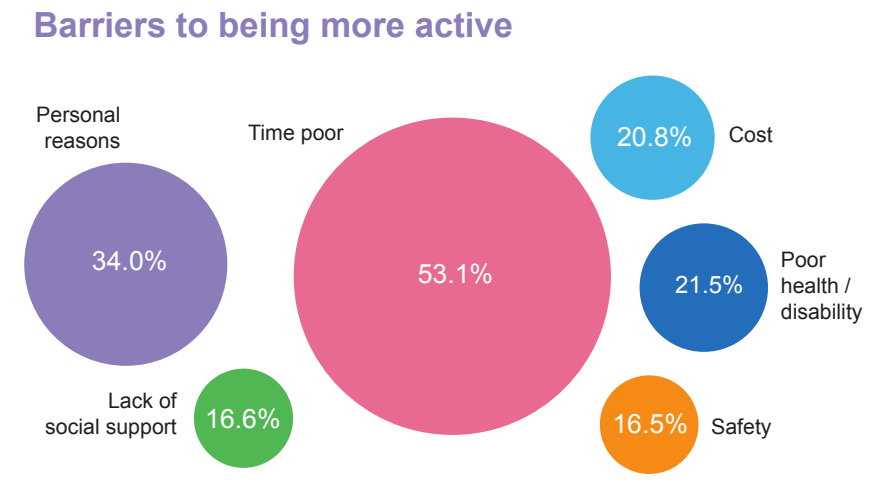
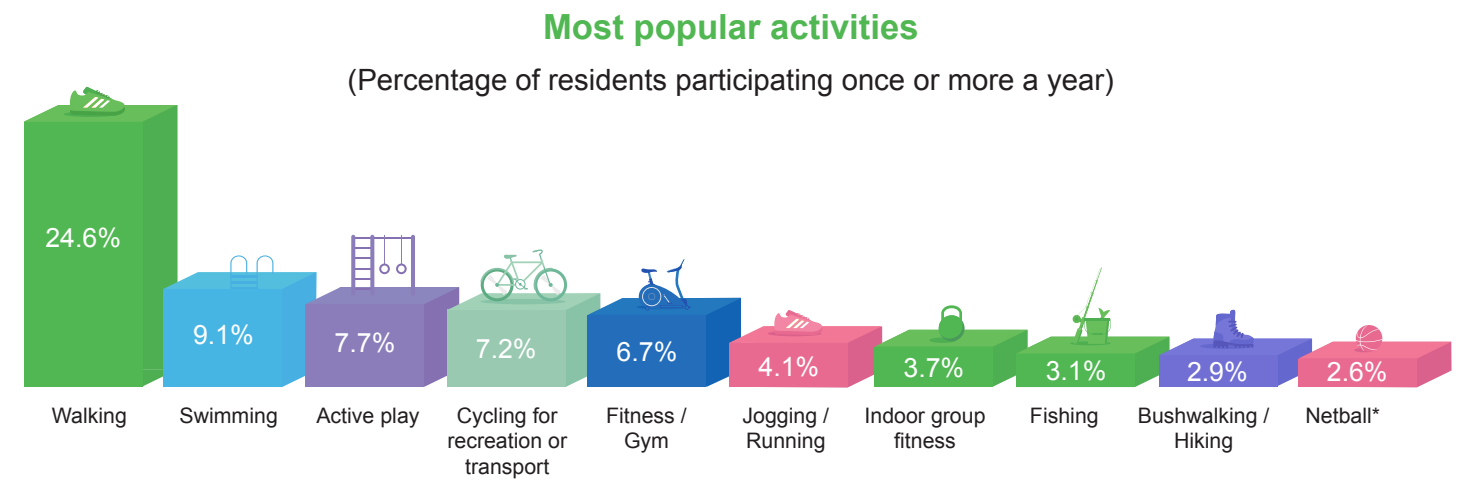


## Health and wellbeing profile - Adults

Findings for the White Hills - Jackass Flat area are based on 520 responses from people, or approximately 16.1% of the local population.

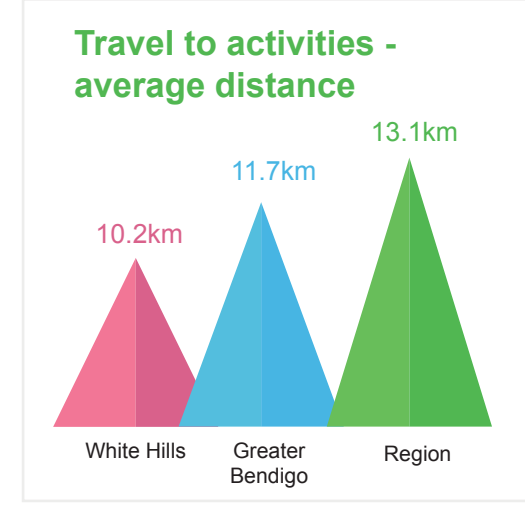


## Physical activity profile - All residents



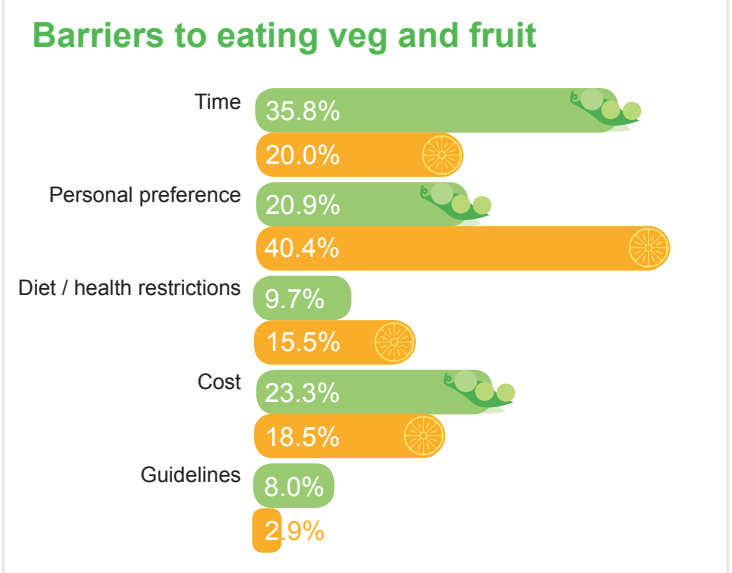
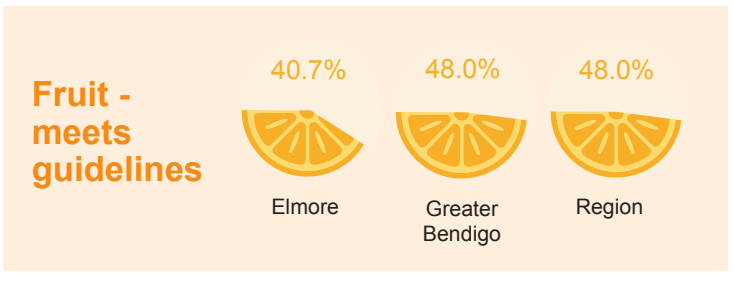
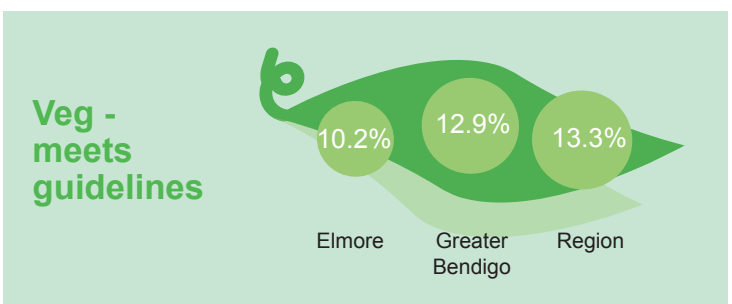
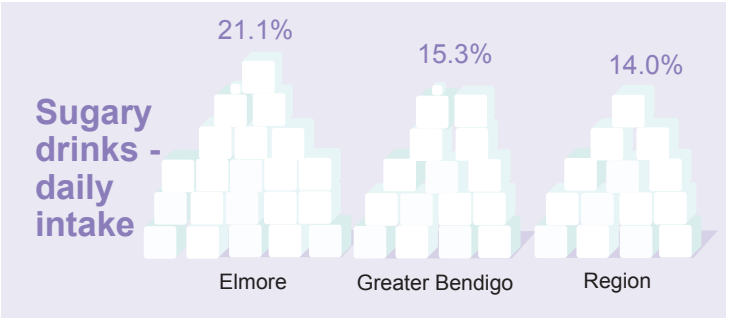
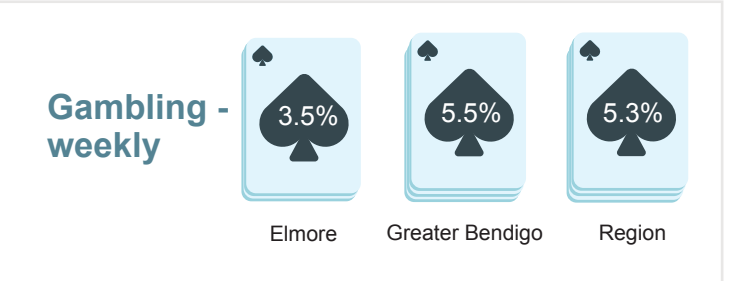
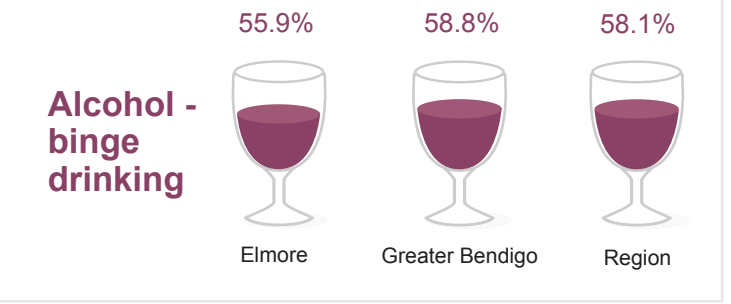
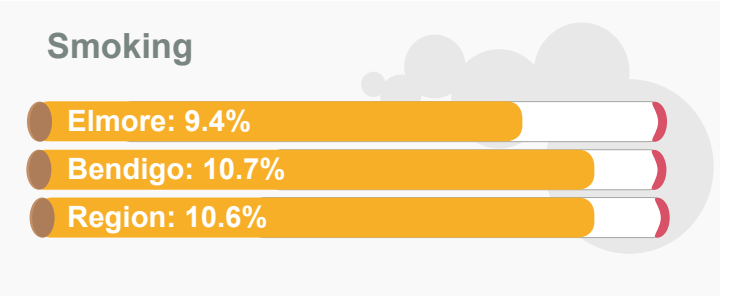
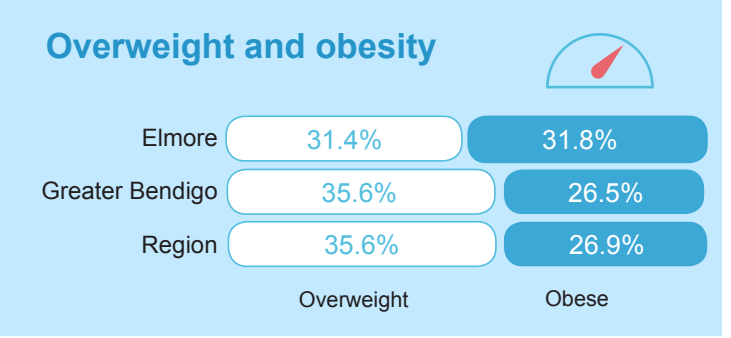
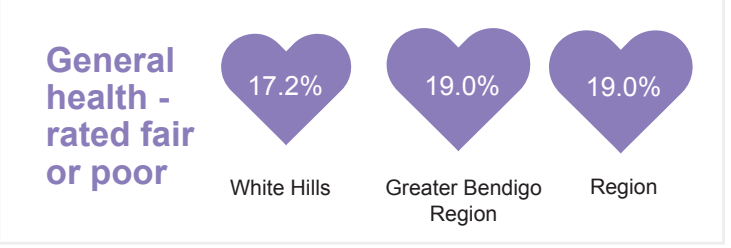
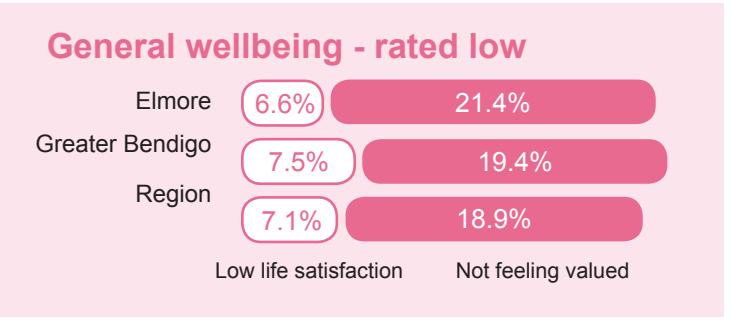
### Public facilities and open spaces - rate of use

Footpaths	91.1%
Parks	89.8%
Off-road walking and cycling tracks	73.8%
Community gardens	64.0%
Sports grounds, ovals and clubrooms	51.7%
Swimming pools / splash parks	50.7%
Indoor sports / leisure / fitness centres	41.5%
Halls / community centres	29.9%
Playgrounds	27.1%
Hard courts (e.g. netball / tennis)	18.5%
After hours usage of education facilities	15.5%
Skateparks / BMX	7.5%

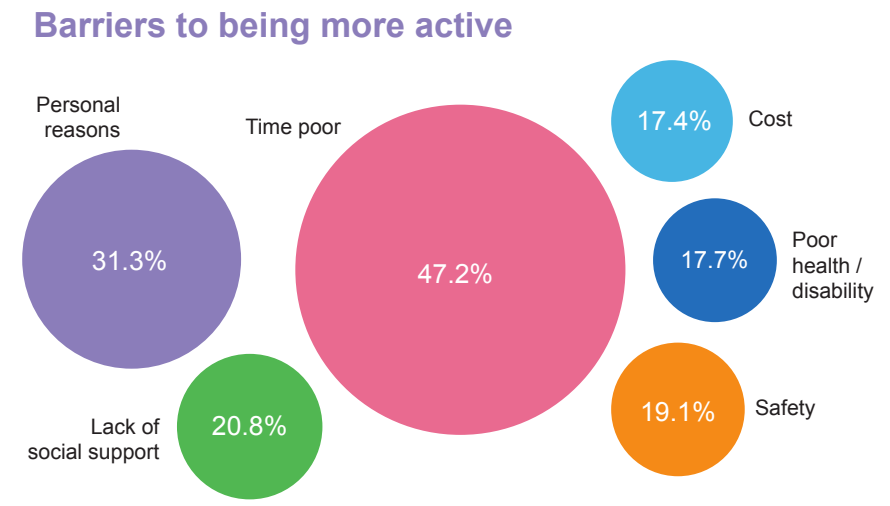
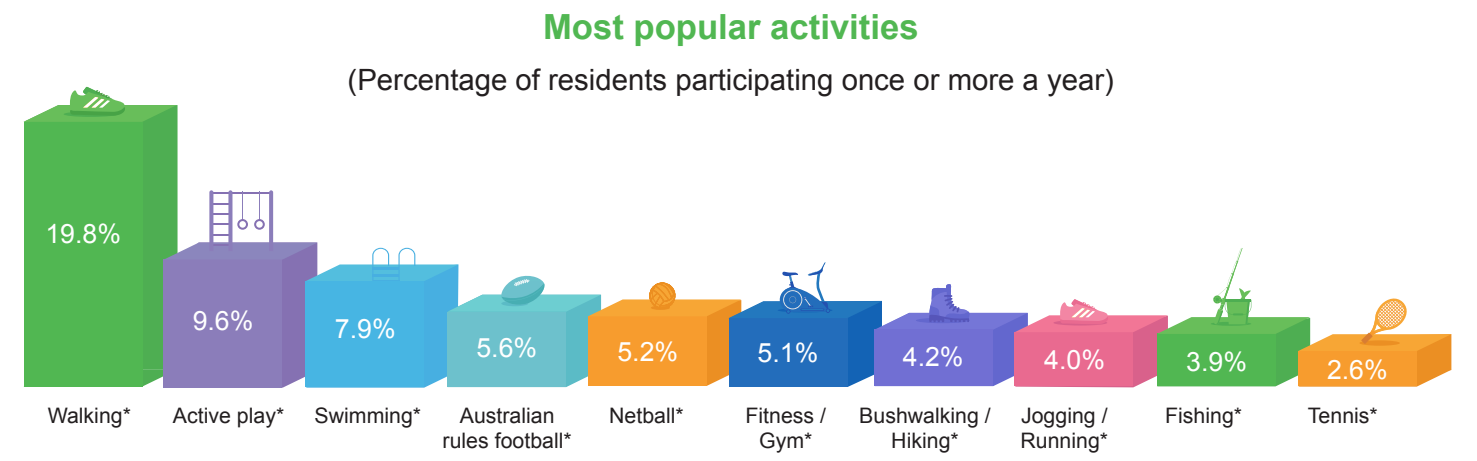


## Health and wellbeing profile - Adults

Elmore - Rural North area includes Elmore, Hunter, Goomong, Neilborough, Raywood, Sebastian and Woodvale. Findings for the Elmore - Rural North area include are based on 182 responses from residents, or approximately 8.2% of the local population.

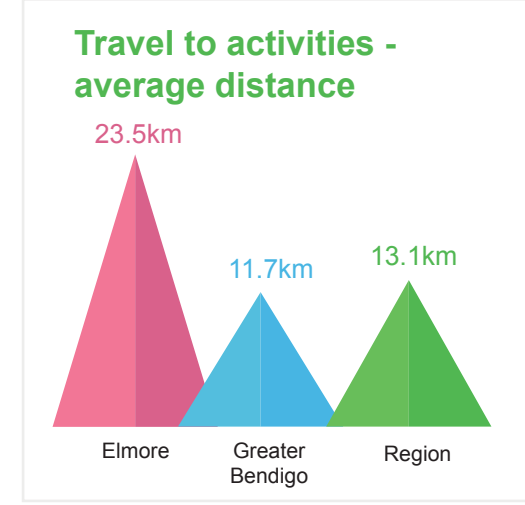
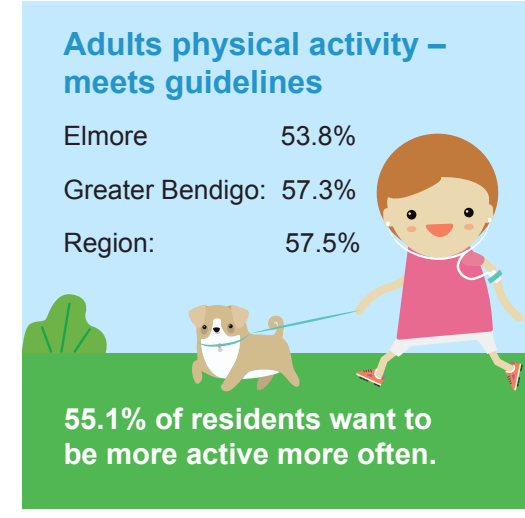


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

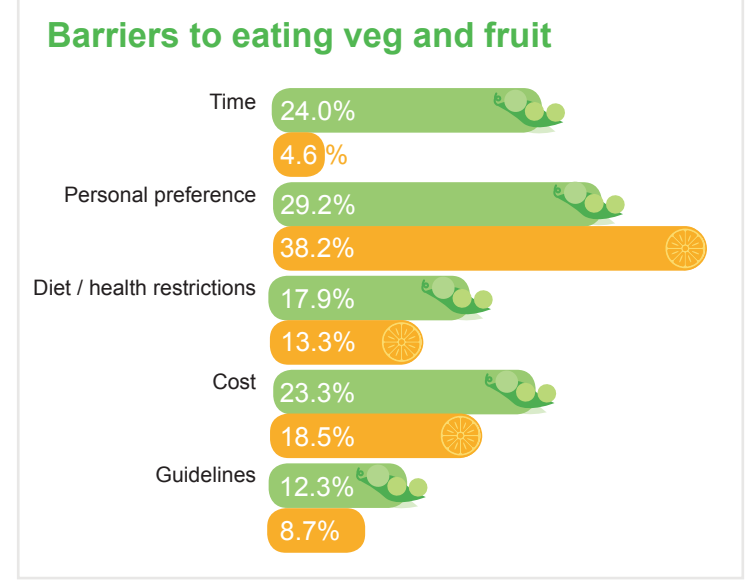
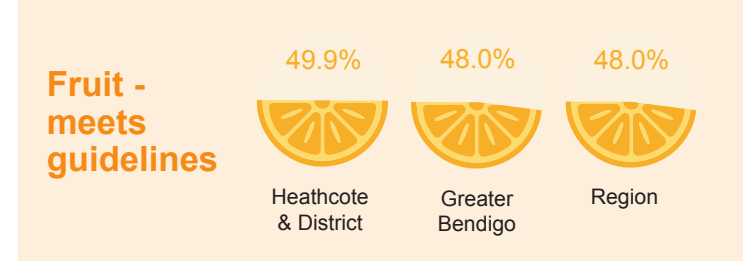
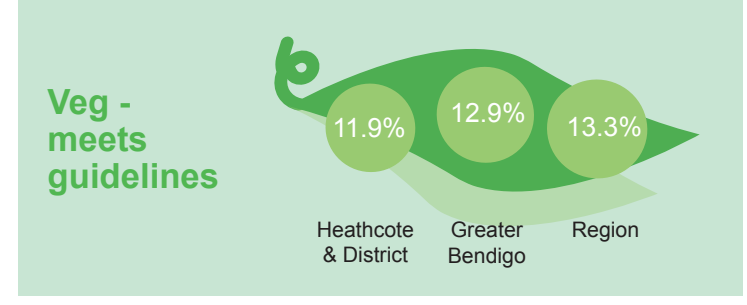
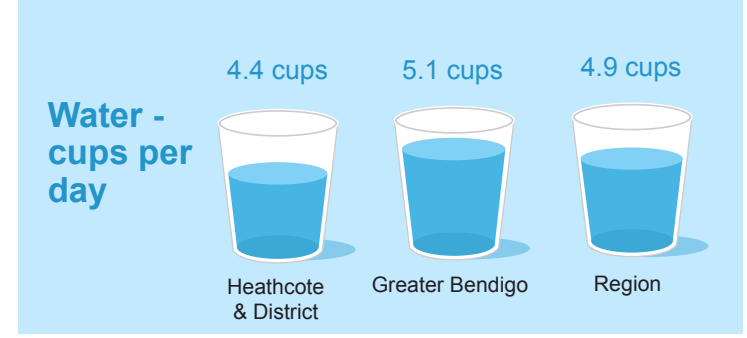
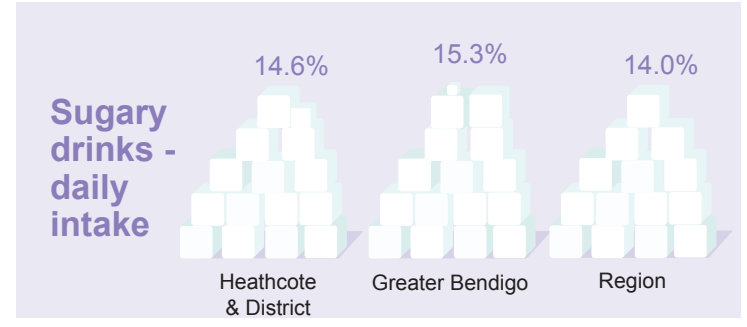
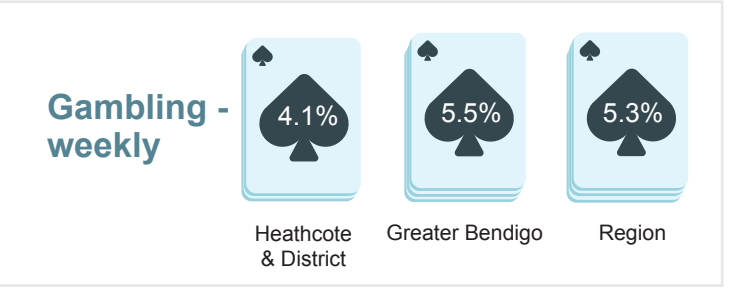
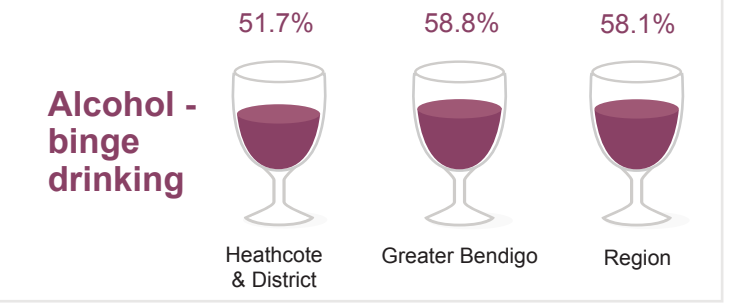
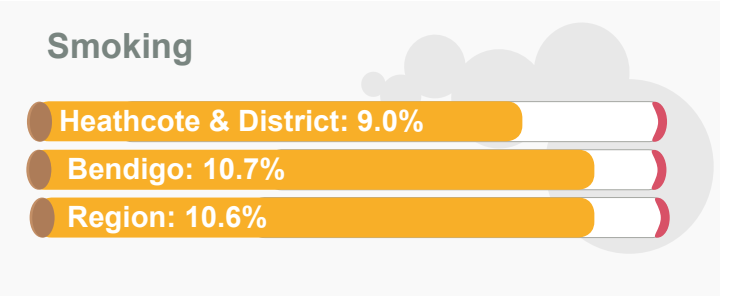
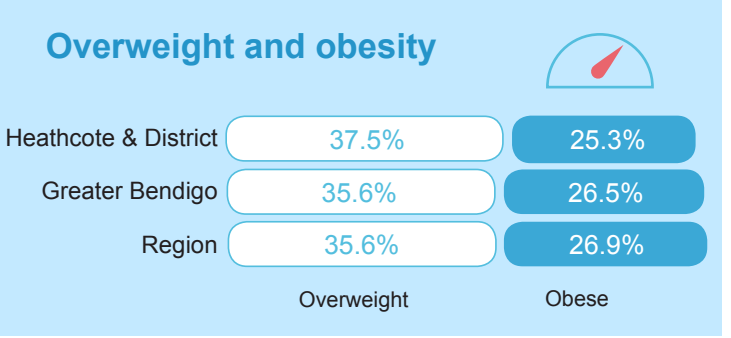
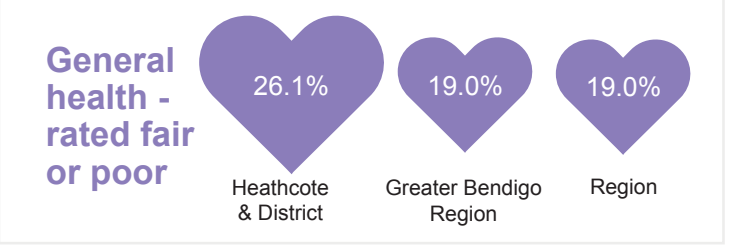
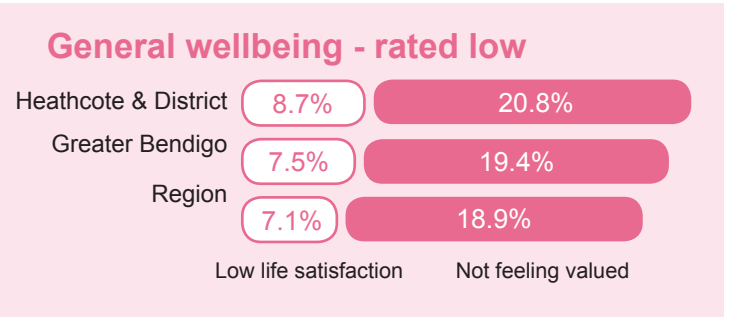
Parks	75.0%
Footpaths	72.6%
Sports grounds, ovals and clubrooms	59.8%
Off-road walking and cycling tracks	53.2%
Swimming pools / splash parks	50.8%
Community gardens	43.7%
Halls / community centres	42.1%
Indoor sports / leisure / fitness centres	29.3%
Hard courts (e.g. netball / tennis)	29.1%
Playgrounds	27.6%
Skateparks / BMX	7.4%
After hours usage of education facilities	6.8%



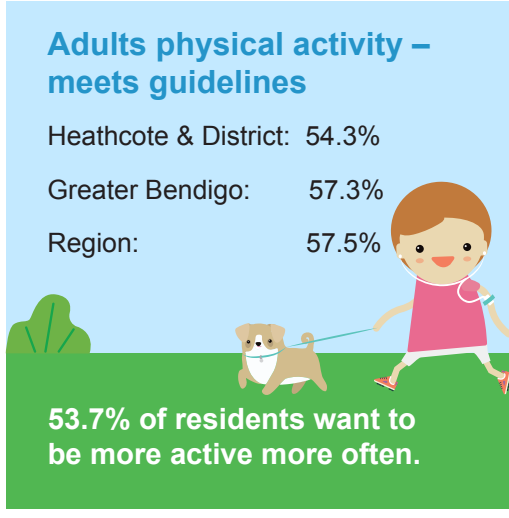
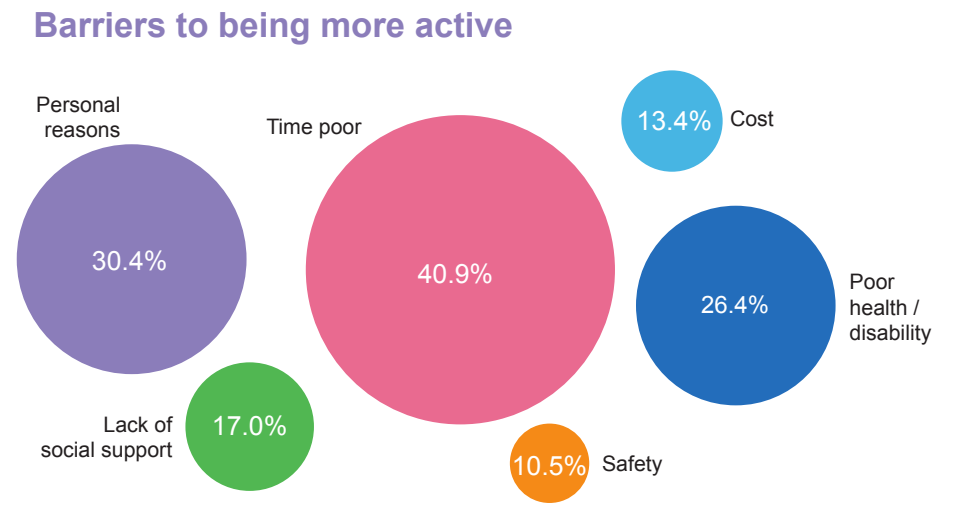
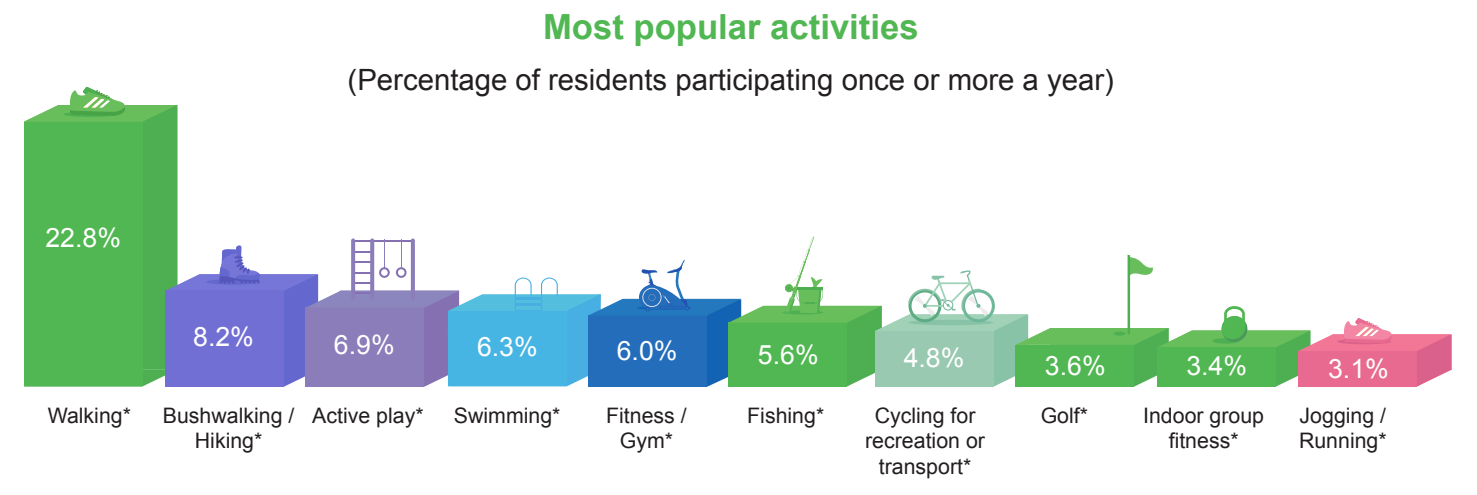
49.9% of residents use open spaces once a week or more.

## Health and wellbeing profile - Adults

Heathcote & District area includes Argyle, Derrinal, Heathcote, Knowsley, Lady's Pass, Mount Camel, Redcastle, Lyal, Mia Mia, Myrtle Creek and Redesdale. Findings for the Heathcote & District area are based on 304 responses from people, or approximately 8.9% of the local population.

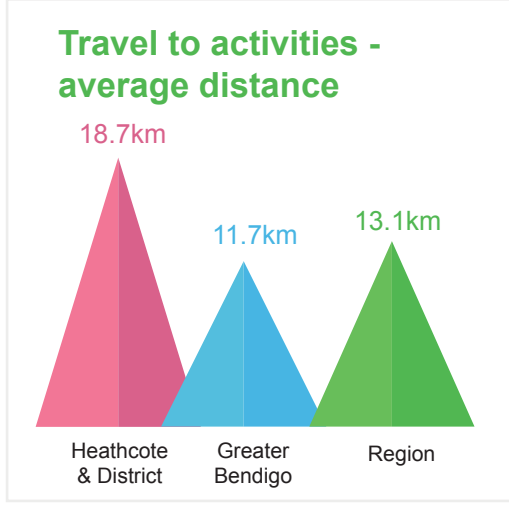


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

Footpaths	77.1%
Parks	69.2%
Off-road walking and cycling tracks	59.3%
Sports grounds, ovals and clubrooms	42.0%
Swimming pools / splash parks	39.1%
Halls / community centres	39.0%
Community gardens	33.0%
Indoor sports / leisure / fitness centres	24.9%
Playgrounds	19.3%
Hard courts (e.g. netball / tennis)	14.6%
After hours usage of education facilities	13.1%
Skateparks / BMX	9.7%



48.3% of residents use open spaces once a week or more.

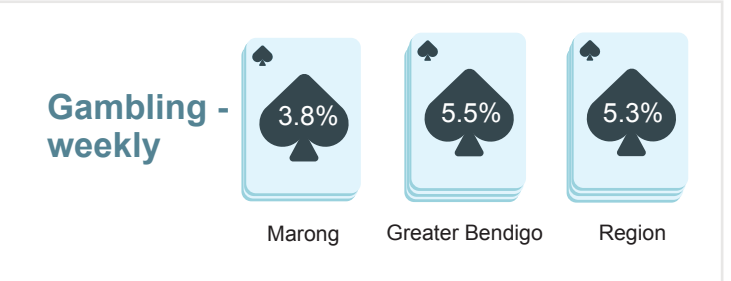
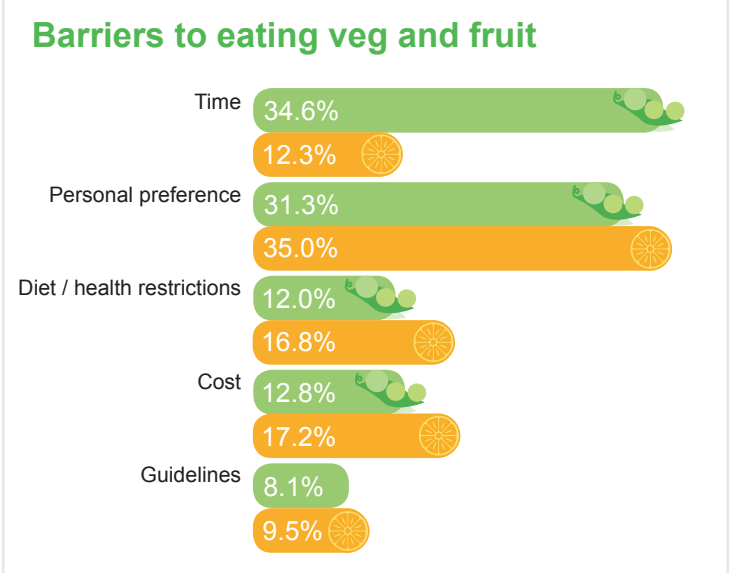
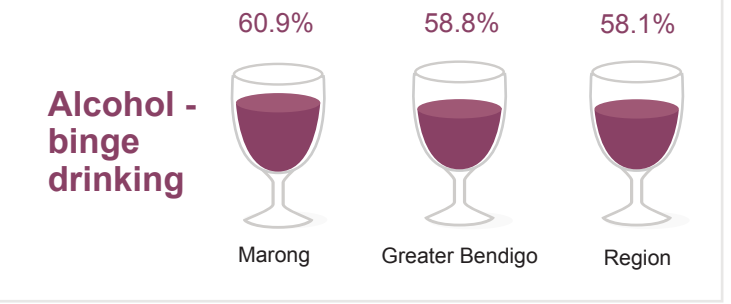
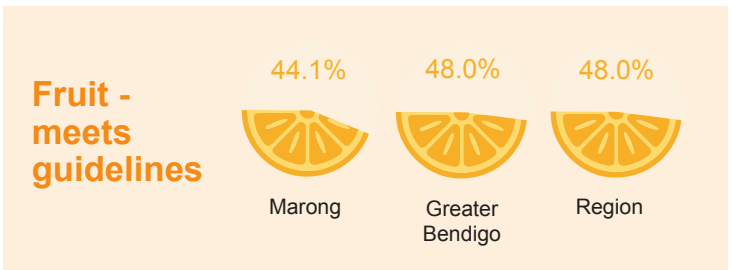
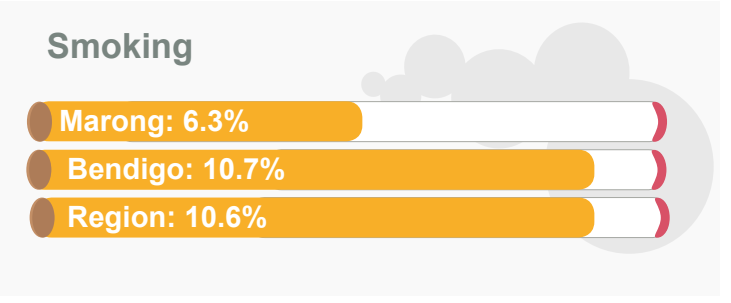
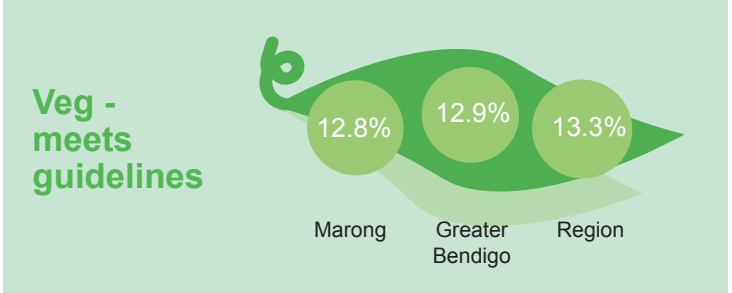
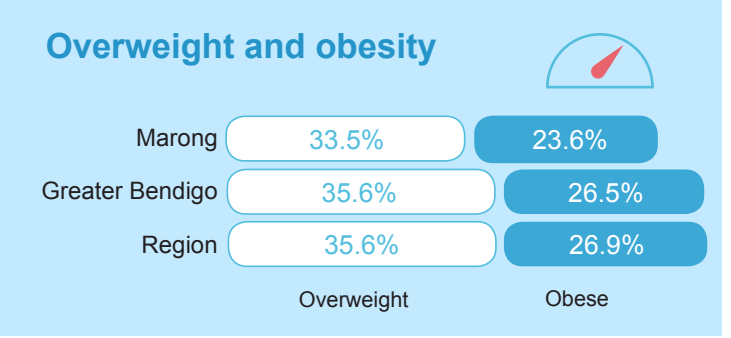
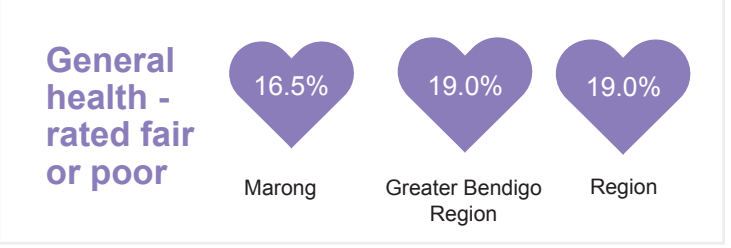
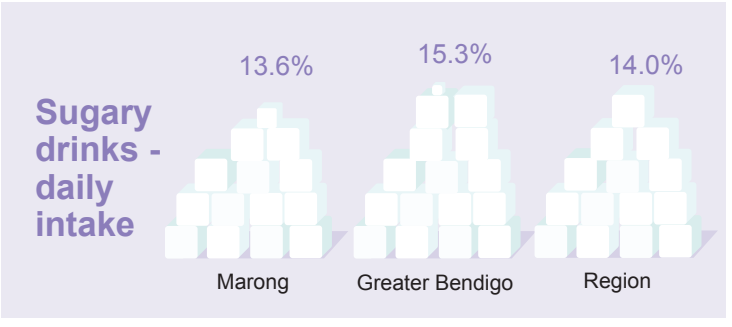
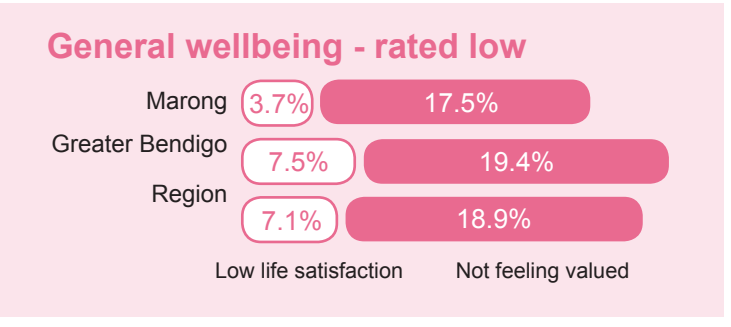
64 Note: Greater Bendigo = Greater Bendigo municipality; Region = Loddon Campaspe Region.

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

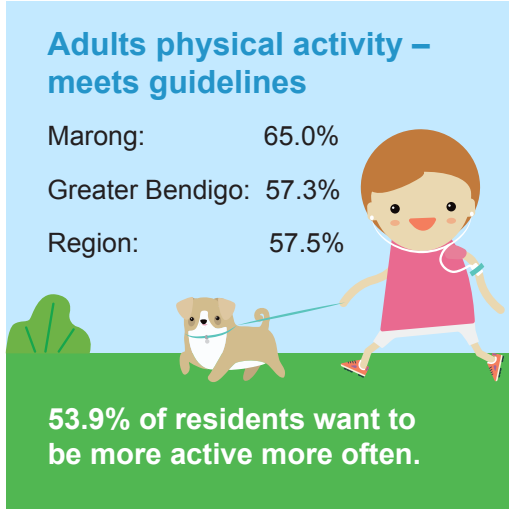
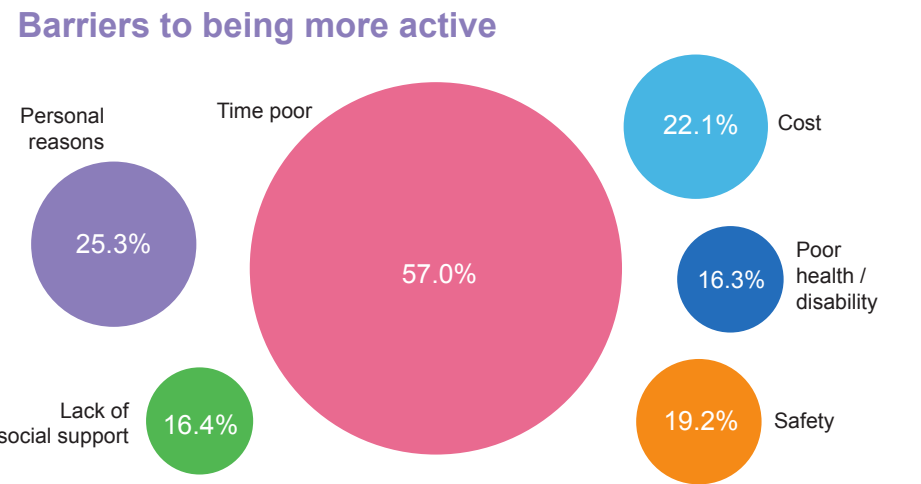
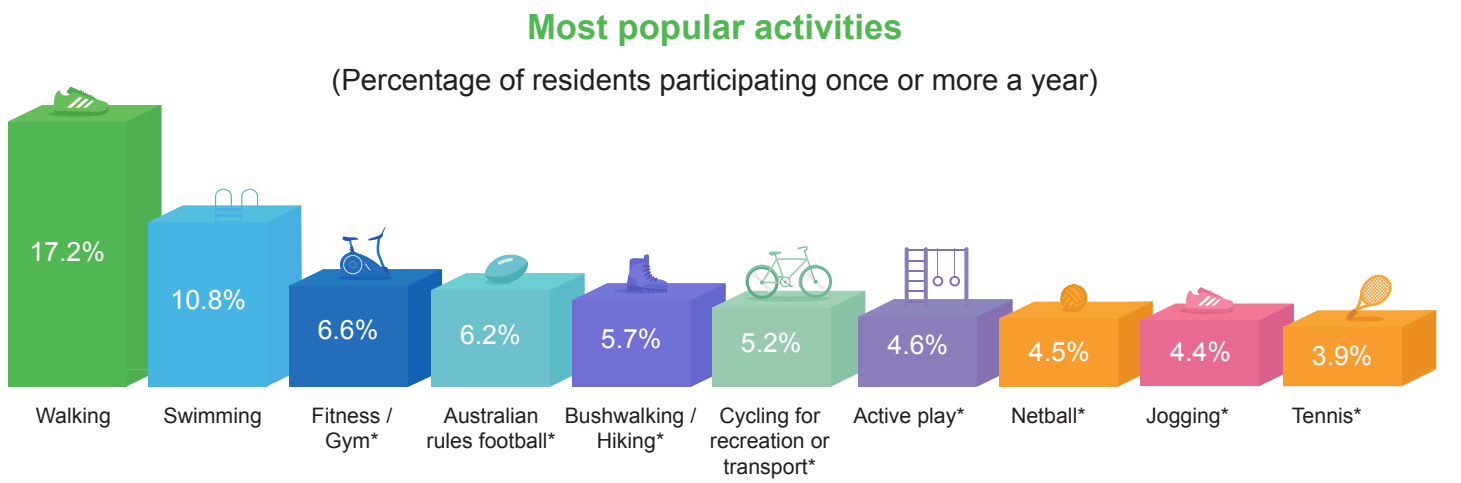


## Health and wellbeing profile - Adults

Marong - Rural West area includes Marong, Myers Flat, Wilsons Hill, Lockwood, Lockwood South and Shelbourne. Findings for the Marong - Rural West area are based on 235 responses from people, or approximately 7.8% of the local population.

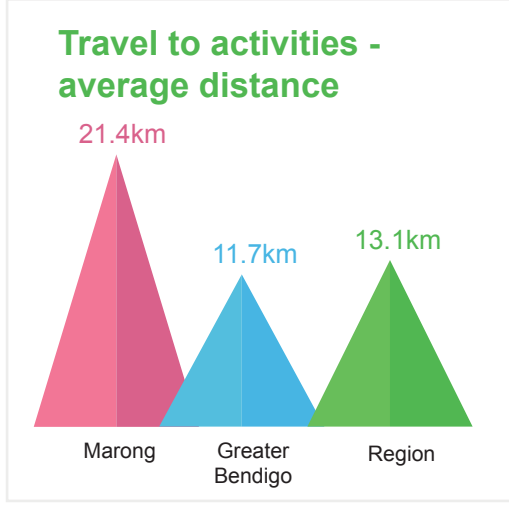


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

Footpaths	78.4%
Parks	76.0%
Off-road walking and cycling tracks	67.8%
Sports grounds, ovals and clubrooms	65.5%
Swimming pools / splash parks	58.6%
Community gardens	46.9%
Indoor sports / leisure / fitness centres	46.9%
Hard courts (e.g. netball / tennis)	46.0%
Playgrounds	35.6%
Halls / community centres	29.7%
After hours usage of education facilities	17.0%
Skateparks / BMX	11.4%

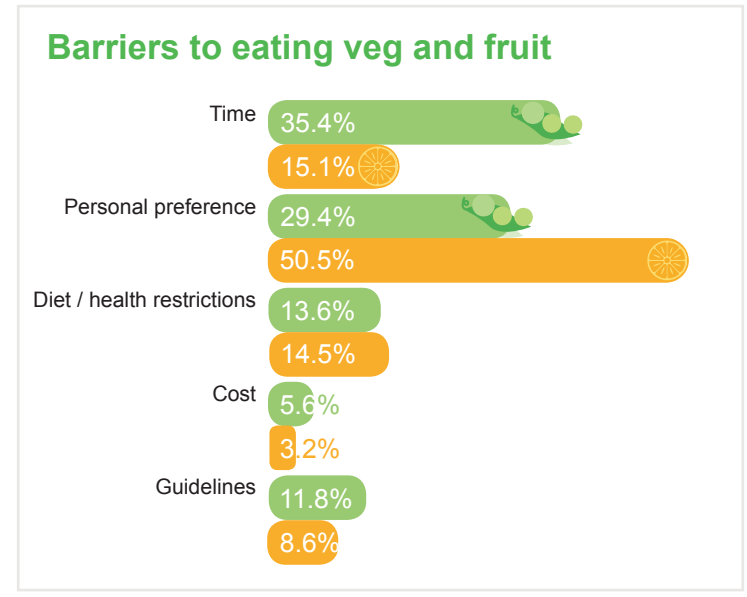
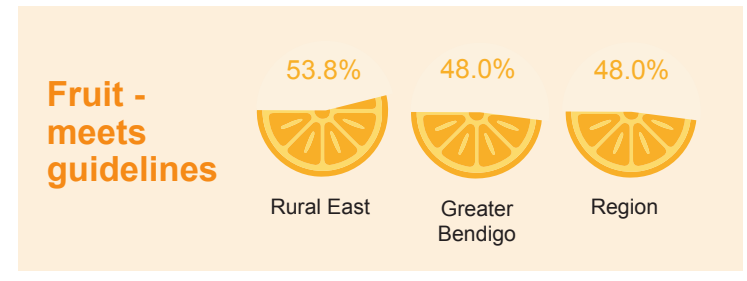
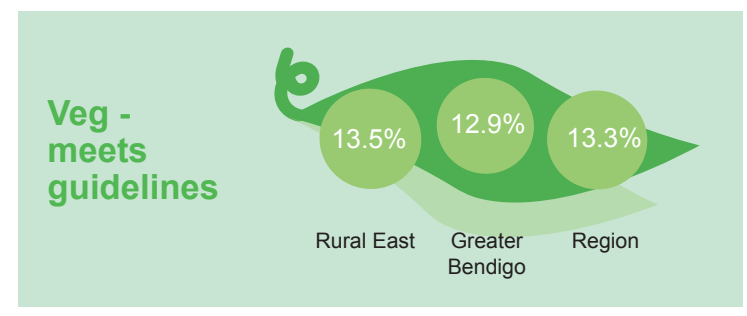
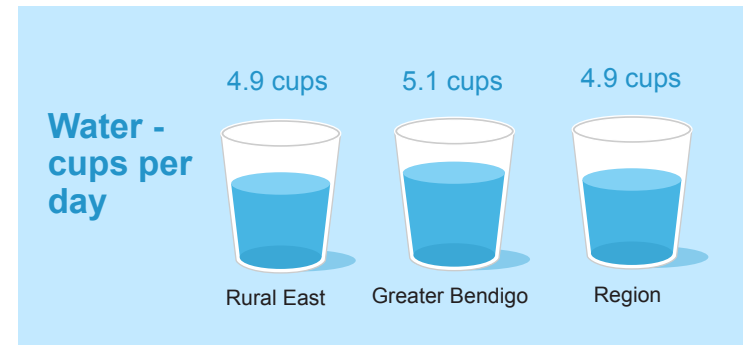
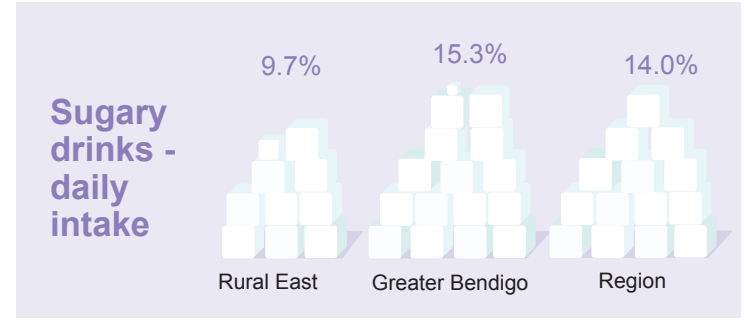
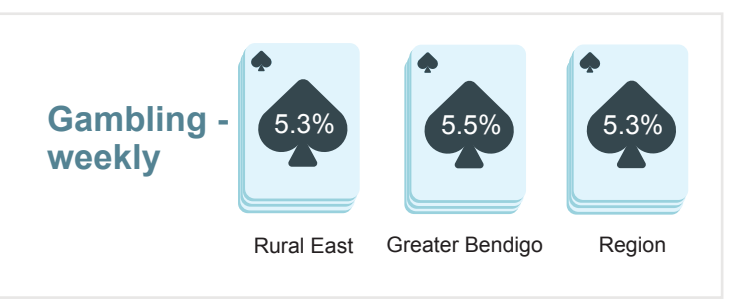
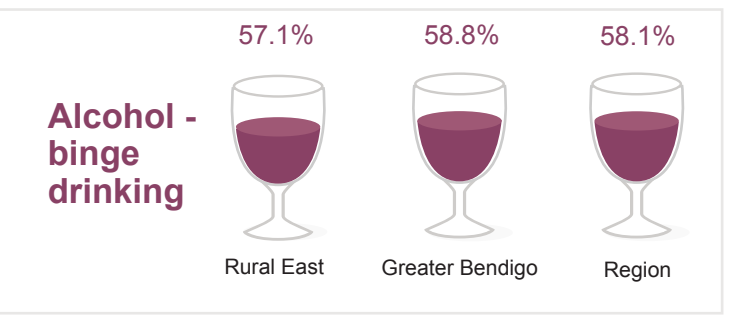
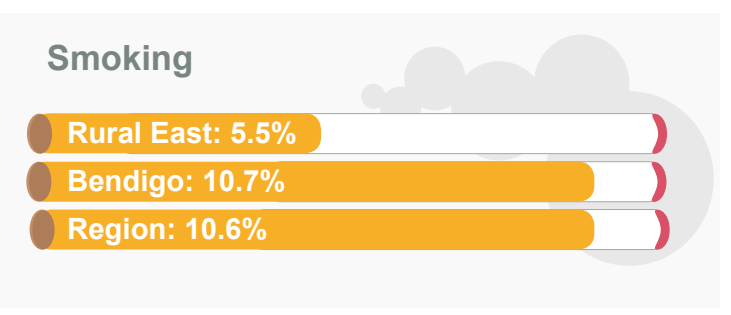
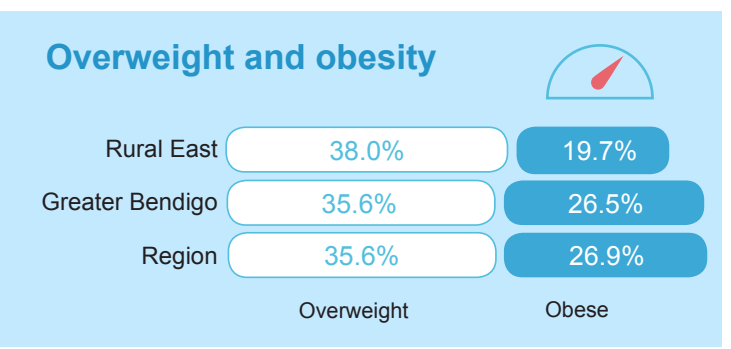
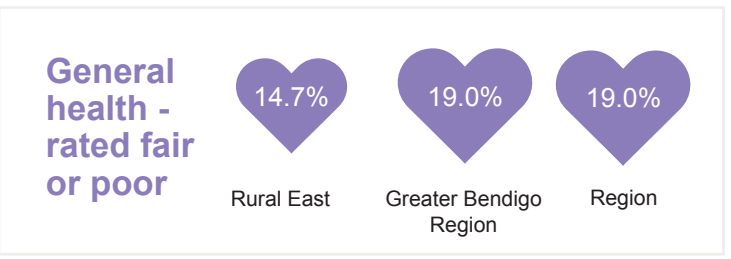
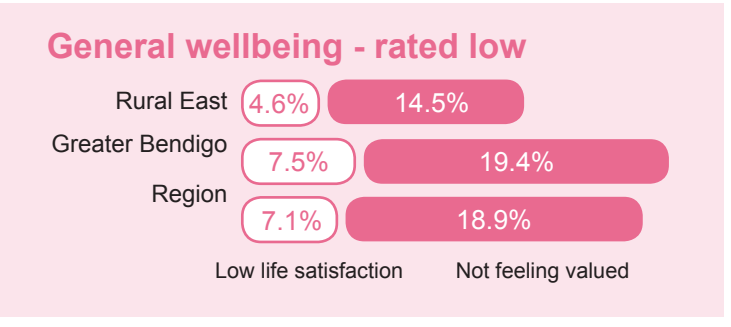


57.6% of residents use open spaces once a week or more.

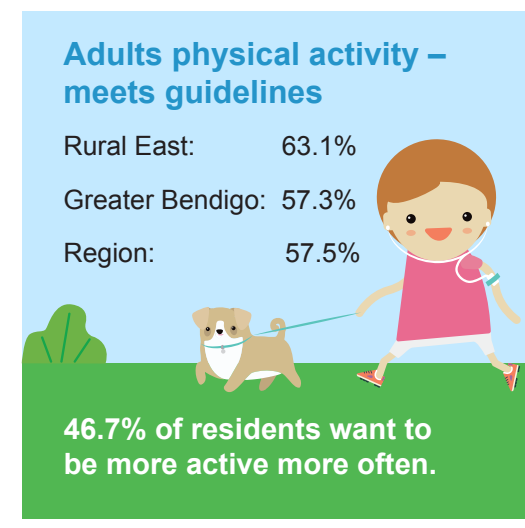
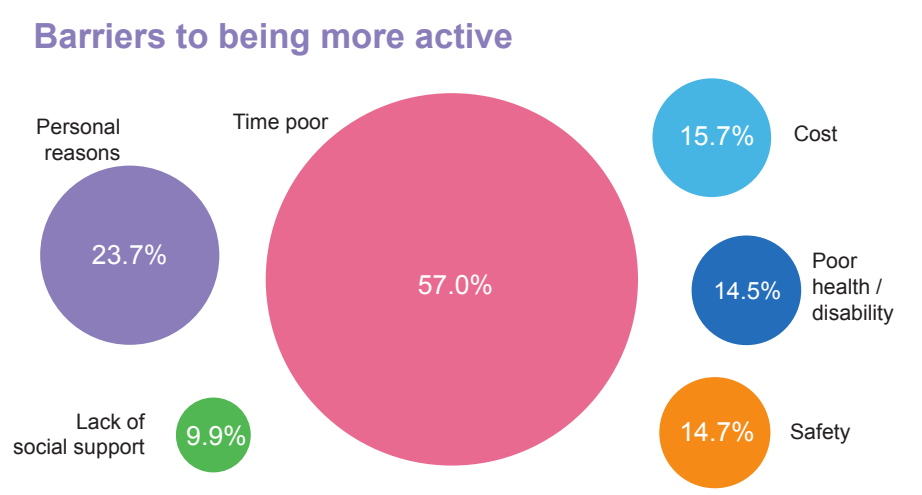
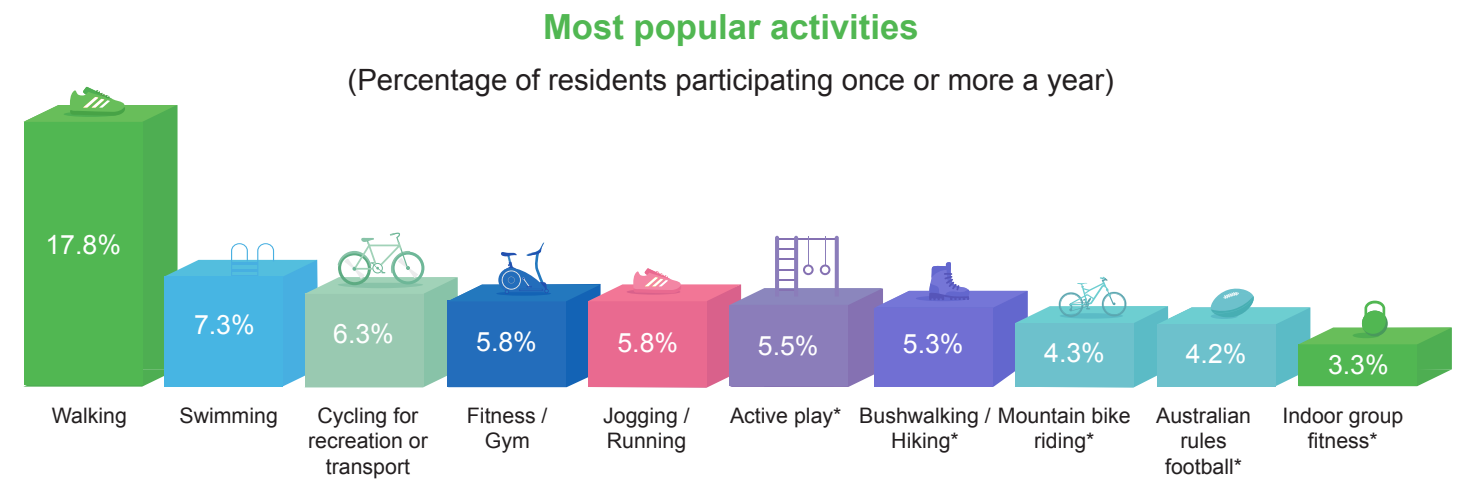


## Health and wellbeing profile - Adults

Rural East area includes Axe Creek, Emu Creek, Eppalock, Harcourt North, Mandurang, Mandurang South, Sedgwick, Axedale Junortoun and Longlea. Findings for the Rural East area are based on 773 responses from people, or approximately 13.9% of the local population.

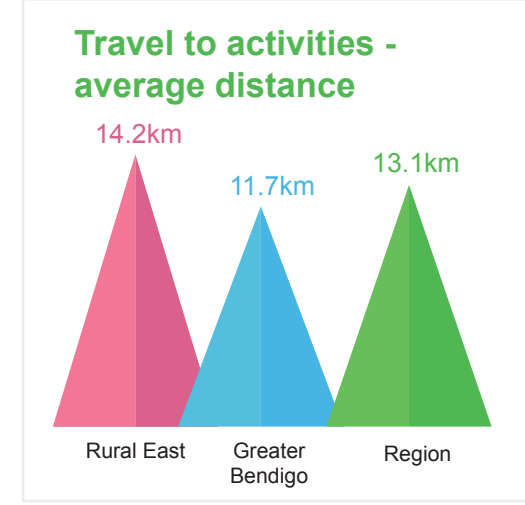


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

Parks	81.6%
Footpaths	79.0%
Off-road walking and cycling tracks	76.3%
Sports grounds, ovals and clubrooms	51.8%
Swimming pools / splash parks	44.3%
Community gardens	43.9%
Indoor sports / leisure / fitness centres	41.8%
Halls / community centres	34.8%
Playgrounds	31.3%
Hard courts (e.g. netball / tennis)	24.5%
After hours usage of education facilities	16.7%
Skateparks / BMX	12.6%



58.1% of residents use open spaces once a week or more.

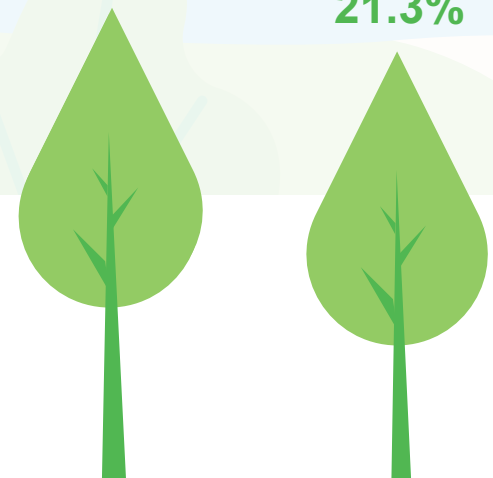
# Walking in Greater Bendigo

## Participation in walking

Walking is the most popular physical activity amongst Greater Bendigo residents with 21.4% of the population reporting that they went walking for exercise in the last 12 months.

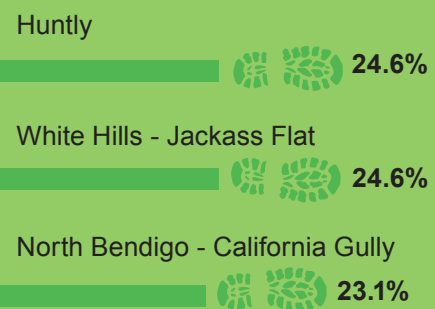
21.4%

21.3%

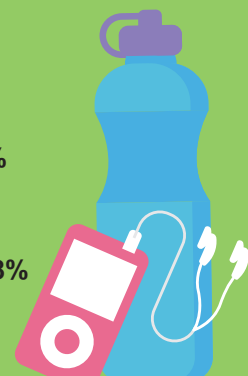
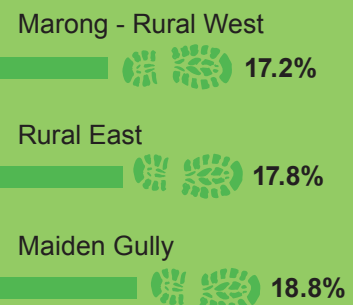


Greater Bendigo Loddon Campaspe

## Walking is most popular among residents of:

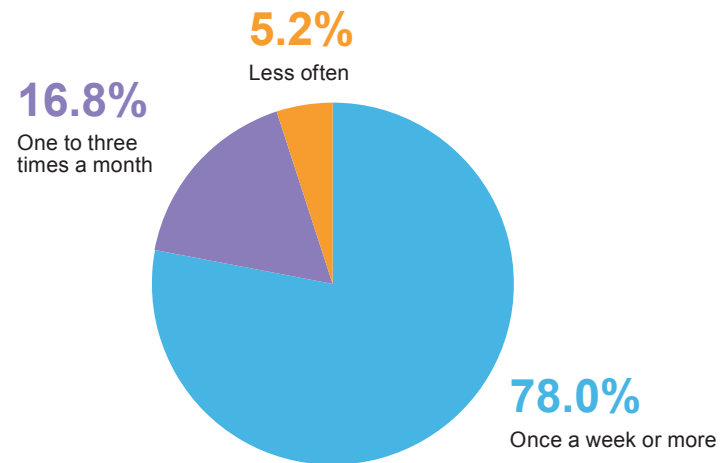


## Walking is least popular among residents of:



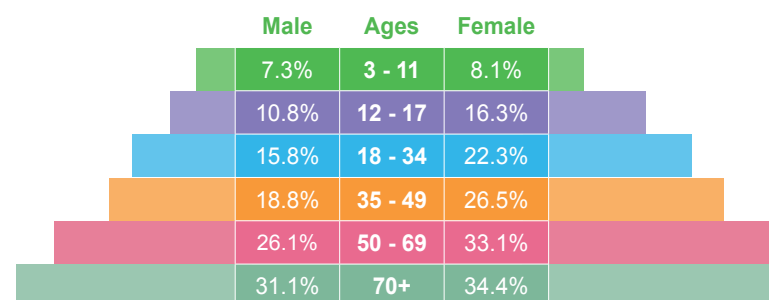
## How often?

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



## Who?

Walking is popular amongst all ages and genders, although more females than males walk. Females aged 70 plus reported the highest rates of walking.



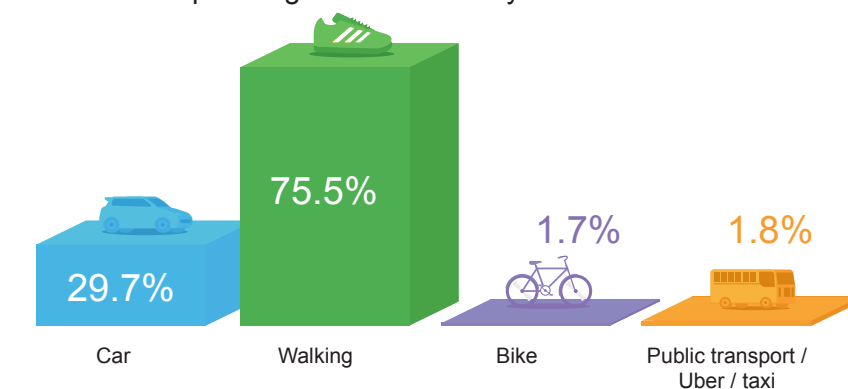
## How far do people travel?

The average distance residents travel to their walking activity is 3.4km ranging from 1.8km in Strathdale to 11.4km in Elmore-Rural North.

Bendigo	2.5km	Maiden Gully	3.0km
Eaglehawk - Eaglehawk North - Sailors Gully	3.3km	North Bendigo - California Gully	2.6km
East Bendigo	3.8km	Strathdale	1.8km
Epsom - Ascot	7.9km	Strathfieldsaye	2.3km
Flora Hill - Quarry Hill - Spring Gully - Golden Gully	2.1km	White Hills - Jackass Flat	2.2km
Golden Square	2.6km	Elmore - Rural North	11.4km
Huntly	9.8km	Heathcote and District	2.9km
Kangaroo Flat - Big Hill	5.3km	Marong - Rural West	4.8km
Kennington	2.7km	Rural East	5.2km
Long Gully - West Bendigo - Ironbark	2.9km		

## How do people get there?

Most residents who walk 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.

## How do people rate walking facilities?

Over 80% of residents who reported walking for exercise rate the walking facilities they use as good or excellent in terms of their quality and over 86% rate them as good or excellent in terms of their accessibility.

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

## Facility quality rating

### Highest quality

East Bendigo	86.4%
White Hills - Jackass Flat	85.4%
Strathdale	85.1%

### Lowest quality

Marong - Rural West	59.9%
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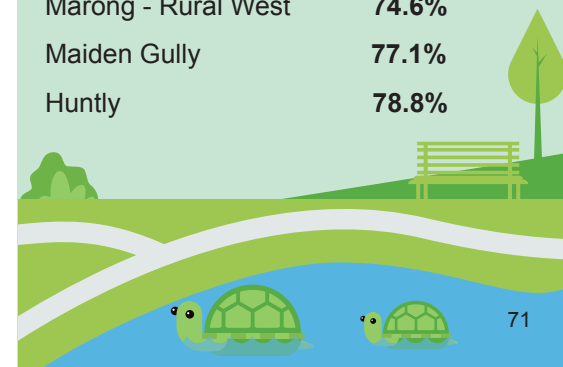
## Facility accessibility rating

### Highest accessibility

East Bendigo	92.8%
Strathdale	91.1%
Bendigo	90.5%
Kennington	90.4%

### Lowest accessibility

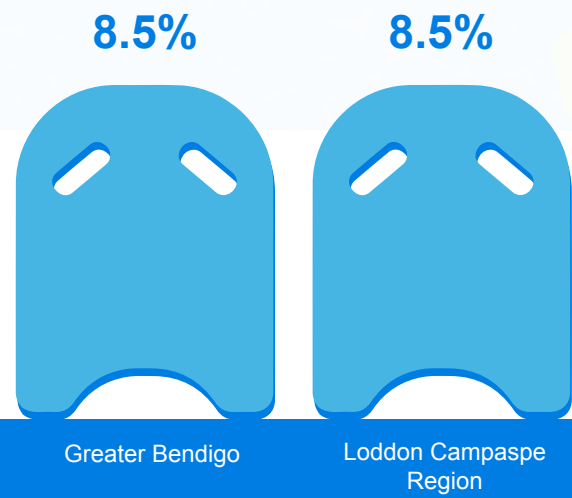
Marong - Rural West	74.6%
Maiden Gully	77.1%
Huntly	78.8%



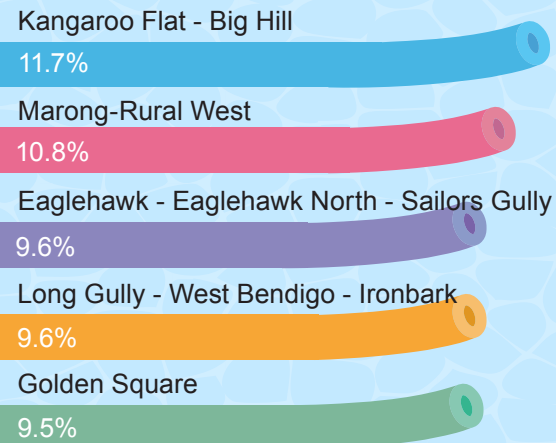
# Swimming in Greater Bendigo

## Participation in swimming

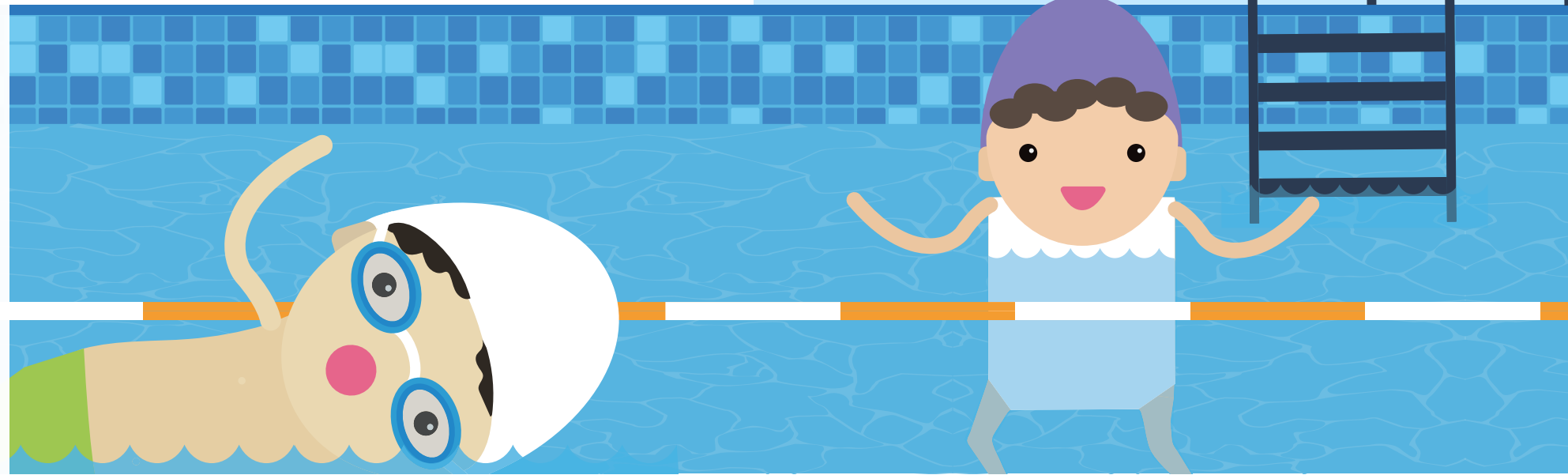
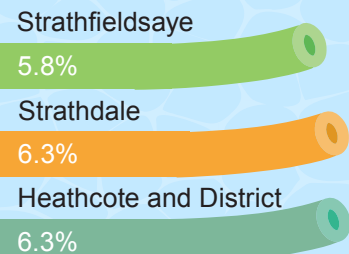
Swimming is the second most popular physical activity among Greater Bendigo residents with 8.5% of the population reporting that they went swimming in the previous 12 months.



## Swimming is most popular among residents of:



## Swimming is least popular among residents of:



## How do people rate swimming facilities?

Nearly 87% of residents who reported swimming for exercise rate the swimming facilities they use as good or excellent in terms of their quality and over 88% rate them as good or excellent in terms of their accessibility.

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

## How often?

Over 44% of all residents who engaged in swimming for exercise in the past 12 months did so once a week or more.



## Who?

Residents of all ages and genders participate in swimming for exercise, although, swimming was more popular for females than males. Males and females aged 3 to 11 reported the highest rates of swimming.

	Male	Ages	Female
	14.3%	3 - 11	16.9%
	6.5%	12 - 17	8.3%
	5.3%	18 - 34	8.1%
	6.7%	35 - 49	8.4%
	6.5%	50 - 69	9.1%
	6.2%	70+	7.6%

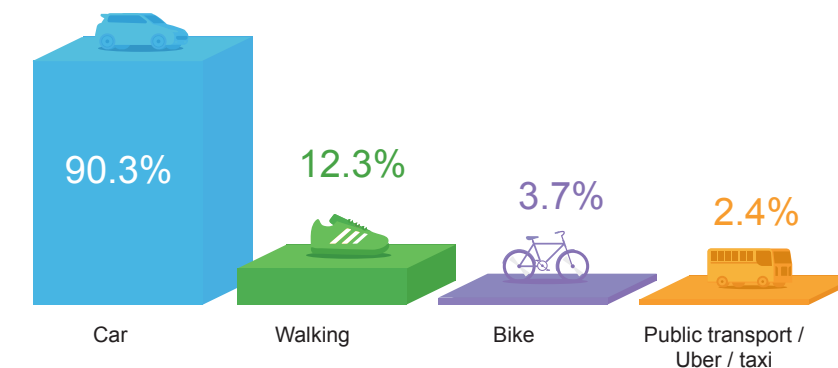
## How far do people travel?

The average distance residents travel to their swimming activity is 9.2km ranging from 3.0km in Kangaroo Flat-Big Hill to 28km in Epsom-Ascot.

Bendigo	8.0km	Maiden Gully	11.3km
Eaglehawk - Eaglehawk North - Sailors Gully	8.0km	North Bendigo - California Gully	5.6km
East Bendigo	4.6km	Strathdale	14.6km
Epsom - Ascot	28.0km	Strathfieldsaye	11.9km
Flora Hill - Quarry Hill - Spring Gully - Golden Gully	9.3km	White Hills - Jackass Flat	6.4km
Golden Square	6.3km	Elmore - Rural North	25.5km*
Huntly	14.1km	Heathcote and District	16.8km
Kangaroo Flat - Big Hill	3.0km	Marong - Rural West	12.0km
Kennington	5.1km	Rural East	10.9km
Long Gully - West Bendigo - Ironbark	7.6km		

## How do people get there?

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



## Facility quality rating

### Highest quality

East Bendigo	95.7%
Strathdale	93.4%
Bendigo	92.7%

### Lowest quality

Heathcote and District	50.7%
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## Facility accessibility rating

### Highest accessibility

Kangaroo Flat - Big Hill	93.7%
Huntly	92.7%
North Bendigo - California Gully	92.6%
Heathcote and District	92.5%

### Lowest accessibility

Rural East	75.4%
Elmore - Rural North	78.9%*

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

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





# Fitness / gym in Greater Bendigo

## Participation in fitness / gym

Fitness / gym is the third most popular physical activity among Greater Bendigo residents with 6.8% of the population reporting that they participated in fitness / gym activities in the previous 12 months.

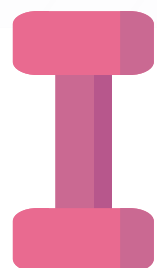


## How do people rate fitness / gym facilities?

Over 91% of residents who reported fitness / gym for exercise rate the fitness / gym facilities they use as good or excellent in terms of their quality and 89% rate them as good or excellent in terms of their accessibility.

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

6.8%



Greater Bendigo

6.4%



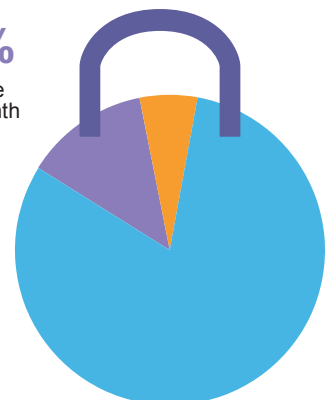
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## How often?

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

13.4%

One to three times a month



5.6%

Less often

81.0%

Once a week or more

## Who?

Residents of all ages and genders go to the gym, however, more females than males reported going to the gym. Females aged 18 to 34 reported the highest rates of attending a gym in the previous 12 months.

Male	Ages	Female
0.3%	3 - 11	0.2%
3.5%	12 - 17	3.9%
10.5%	18 - 34	13.0%
6.1%	35 - 49	7.8%
4.9%	50 - 69	7.7%
5.1%	70+	7.5%

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

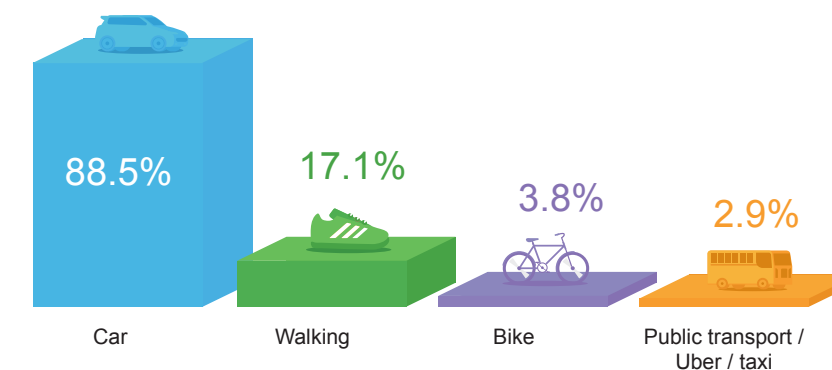
## How far do people travel?

The average distance residents travel to their fitness / gym activity is 5.8km from 3.1km for Bendigo residents to 23.9km for Elmore-Rural North residents.

Bendigo	3.1km	Maiden Gully	7.8km
Eaglehawk - Eaglehawk North - Sailors Gully	5.8km	North Bendigo - California Gully	6.1km
East Bendigo	3.7km	Strathdale	4.1km
Epsom - Ascot	6.7km	Strathfieldsaye	9.8km
Flora Hill - Quarry Hill - Spring Gully - Golden Gully	3.5km	White Hills - Jackass Flat	6.9km
Golden Square	3.7km	Elmore - Rural North	23.9km*
Huntly	10.2km*	Heathcote and District	11.1km*
Kangaroo Flat - Big Hill	3.9km	Marong - Rural West	16.0km
Kennington	3.3km	Rural East	10.8km
Long Gully - West Bendigo - Ironbark	4.9km		

## How do people get there?

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



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

## Facility quality rating

### Highest quality

East Bendigo	97.9%
Strathfieldsaye	96.4%
Marong - Rural West	95.4%
Long Gully - West Bendigo - Ironbark	95.4%

### Lowest quality

Epsom - Ascot	85.0%
Eaglehawk - Eaglehawk North - Sailors Gully	85.9%
Heathcote & District	86.2%*

## Facility accessibility rating

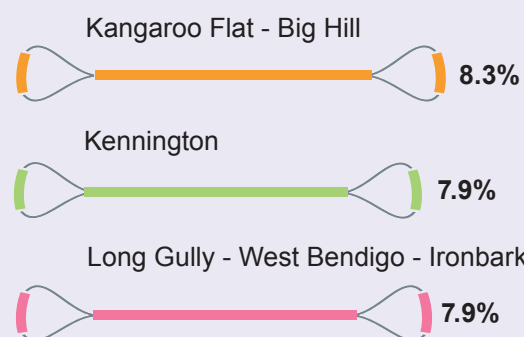
### Highest accessibility

East Bendigo	98.4%
Elmore - Rural North	96.8%*
Kangaroo Flat - Big Hill	92.8%

### Lowest accessibility

White Hills - Jackass Flat	80.6%
Huntly	83.1%*
Maiden Gully	84.1%

## Fitness / gym is most popular among residents of:



## Fitness / gym is least popular among residents of:

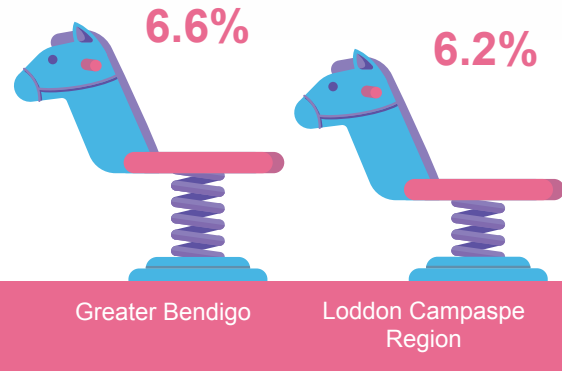




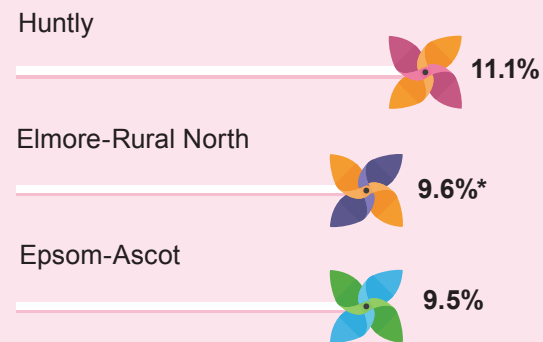
# Active play in Greater Bendigo

## Participation in active play

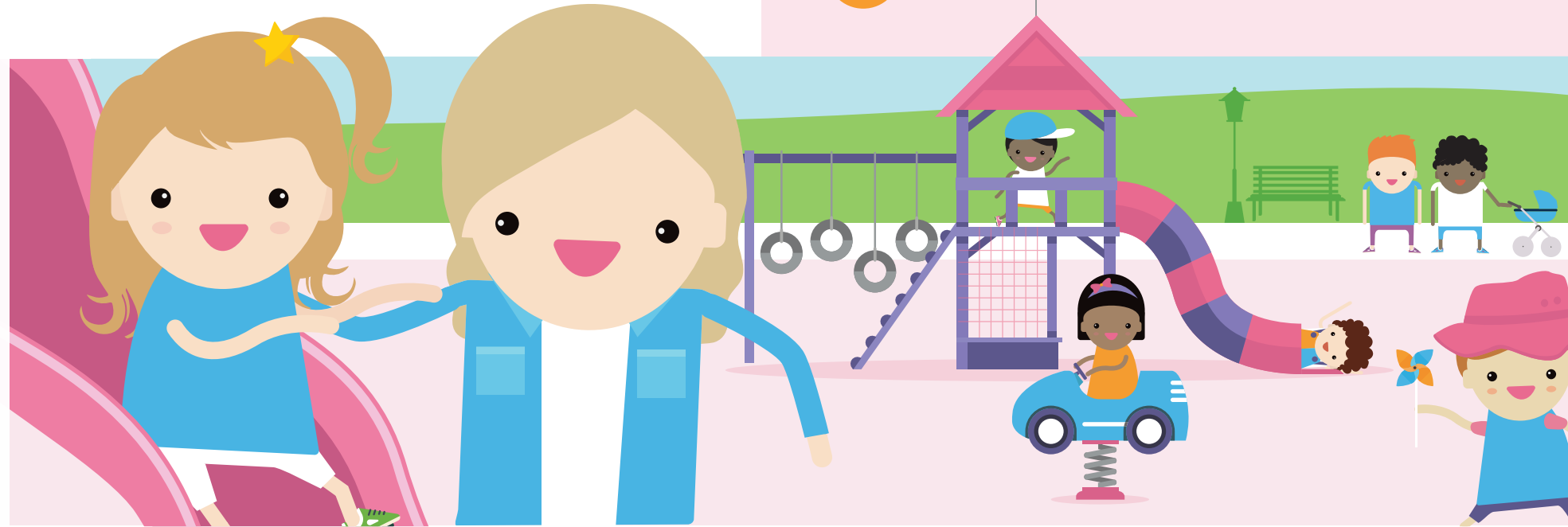
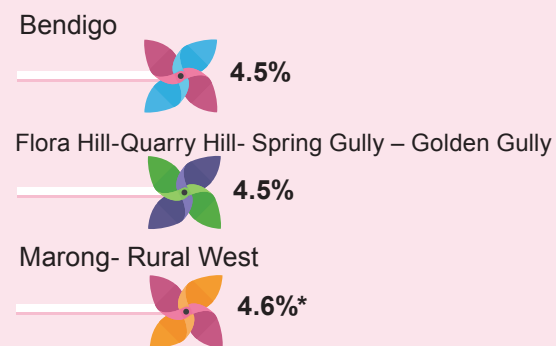
Active play is the fourth most popular physical activity among Greater Bendigo residents with 6.6% of the population reporting that they engaged in active play in the previous 12 months.



## Active play is most popular among residents of:

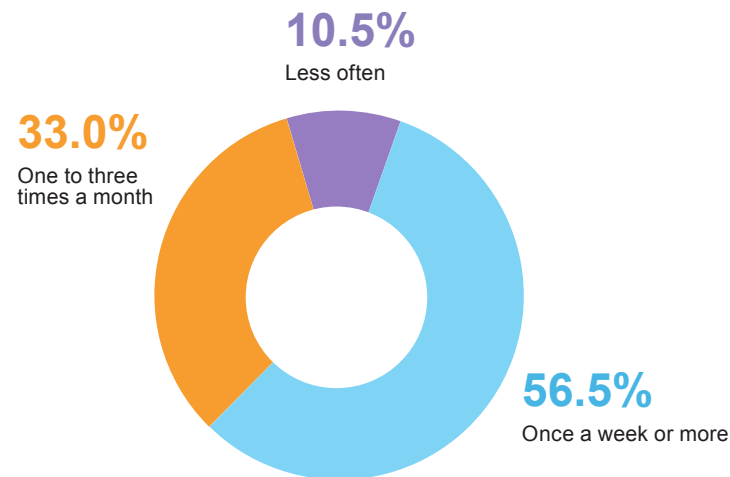


## Active play is least popular among residents of:



## How often?

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



## Who?

Active play is popular amongst all age groups and genders. Females aged 3 to 11 reported the highest participation rates followed by males aged 3 to 11.

	Male	Ages	Female
	16.8%	3 - 11	18.7%
	2.9%	12 - 17	4.1%
	5.0%	18 - 34	7.0%
	5.6%	35 - 49	7.1%
	2.3%	50 - 69	3.9%
	2.6%	70+	2.9%

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

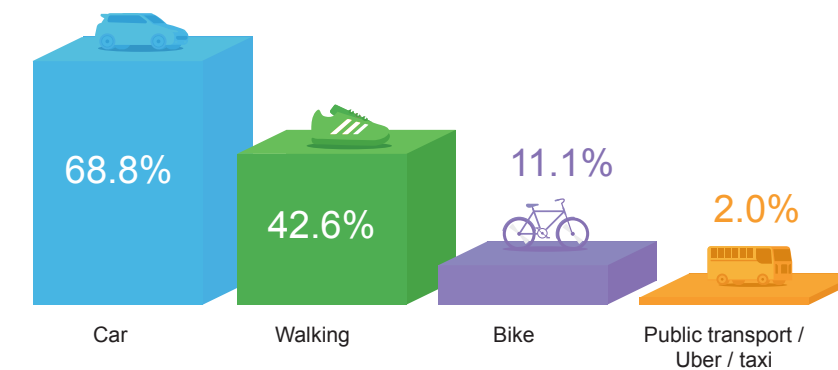
## How far do people travel?

The average distance residents travel to their active play activity is 5.3km ranging from 2.7km in Strathdale to 18.9km in Heathcote and District.

Bendigo	3.2km	Maiden Gully	4.9km
Eaglehawk - Eaglehawk North - Sailors Gully	4.2km	North Bendigo - California Gully	3.7km
East Bendigo	3.5km*	Strathdale	2.7km
Epsom - Ascot	6.0km	Strathfieldsaye	5.5km
Flora Hill - Quarry Hill - Spring Gully - Golden Gully	3.5km	White Hills - Jackass Flat	3.0km
Golden Square	4.6km	Elmore - Rural North	14.0km*
Huntly	9.8km	Heathcote and District	18.9km*
Kangaroo Flat - Big Hill	6.1km	Marong - Rural West	16.2km*
Kennington	3.8km	Rural East	7.3km
Long Gully - West Bendigo - Ironbark	3.3km		

## 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.

## How do people rate active play facilities?

Nearly 84% of residents who reported active play for exercise rate the facilities they use as good or excellent in terms of their quality and over 88% rate them as good or excellent in terms of their accessibility.

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

## Facility quality rating

### Highest quality

Kennington	98.9%
Heathcote and District	93.2%*
Huntly	90.5%

### Lowest quality

Elmore- Rural North	68.4%*
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## Facility accessibility rating

### Highest accessibility

Kennington	96.8%
Marong- Rural West	95.6%*
Strathfieldsaye	93.0%

### Lowest accessibility

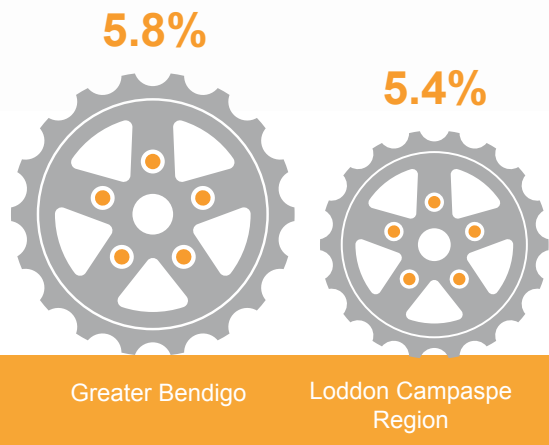
Elmore- Rural North	80.0%*
Strathdale	82.5%
East Bendigo	83.2%*



# Cycling for recreation or transport in Greater Bendigo

## Participation in cycling for recreation or transport

Cycling for recreation or transport is the fifth most popular physical activity among Greater Bendigo residents with 5.8% of the population reporting that they went cycling for recreation or transport in the previous 12 months.



## Cycling is most popular among residents of:

Flora Hill - Quarry Hill - Spring Gully - Golden Gully

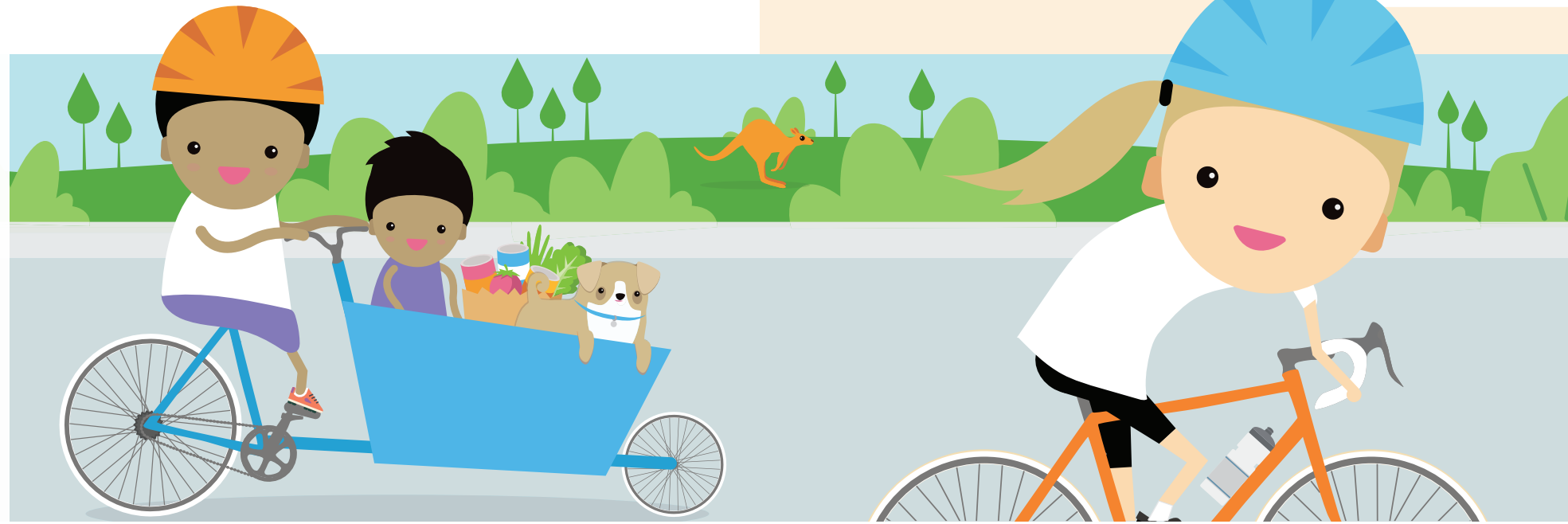


White Hills - Jackass Flat



## Cycling is least popular among residents of:

Elmore - Rural North



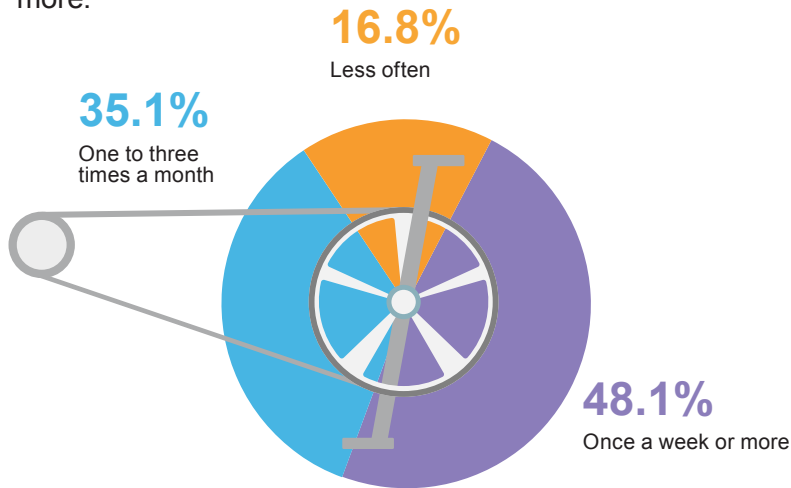
## How do people rate cycling facilities?

Over 78% of residents who cycle for recreation or transport rate the cycling facilities they attended as good or excellent in terms of their quality and over 82% 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.

## How often?

Almost half of residents who cycle for recreation or transport in the past 12 months did so once a week or more.



## Who?

More males than females cycle for recreation or transport. Males aged 3 to 11 reported the highest rates of cycling.

	Male	Ages	Female
	11.0%	3 - 11	9.2%
	6.0%	12 - 17	5.3%
	3.7%	18 - 34	2.6%
	6.6%	35 - 49	6.2%
	7.5%	50 - 69	5.7%
	5.5%	70+	1.1%

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

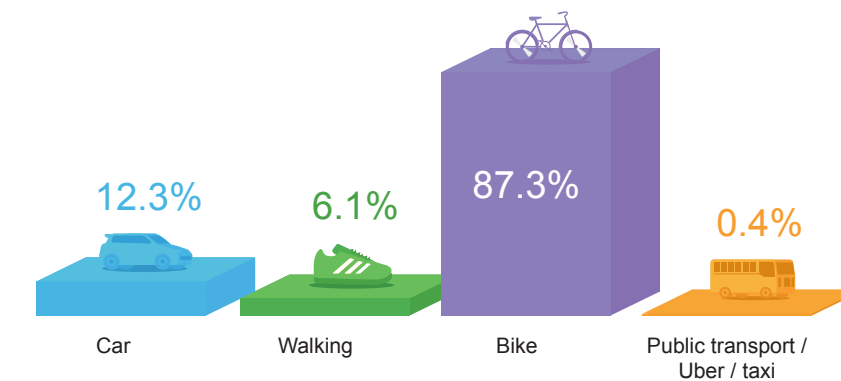
## How far do people travel?

The average distance residents travel to their cycling activity is 4.3km ranging from 1km in Elmore-Rural North to 13.0km in Strathfieldsaye.

Bendigo	4.6km	Maiden Gully	3.2km
Eaglehawk - Eaglehawk	5.5km	North Bendigo - California Gully	6.3km
East Bendigo	1.9km	Strathdale	2.1km
Epsom - Ascot	2.2km	Strathfieldsaye	13.0km
Flora Hill - Quarry Hill - Spring Gully - Golden Gully	3.0km	White Hills - Jackass Flat	1.8km
Golden Square	2.8km	Elmore - Rural North	1.0km*
Huntly	4.7km*	Heathcote and District	5.7km*
Kangaroo Flat - Big Hill	3.8km	Marong - Rural West	2.8km*
Kennington	3.1km	Rural East	3.9km
Long Gully - West Bendigo - Ironbark	3.8km		

## How do people get there?

Most residents use a bike to get to their cycling activity.



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

## Facility quality rating

### Highest quality

East Bendigo	100%*
Kennington	92.7%

### Lowest quality

Elmore - Rural North	32.7%
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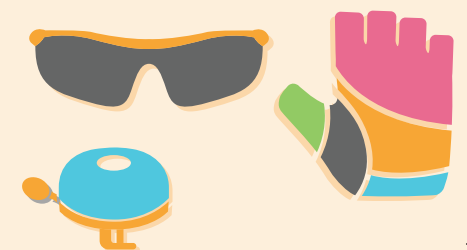
## Facility accessibility rating

### Highest accessibility

Kennington	94.4%
Strathdale	90.4%

### Lowest accessibility

Elmore - Rural North	20.9%*
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# Bushwalking / Hiking in Greater Bendigo

## Participation in bushwalking / hiking

Bushwalking / hiking is the sixth most popular physical activity among Greater Bendigo residents with 4.7% of the population reporting that they went bushwalking / hiking for recreation in the previous 12 months.



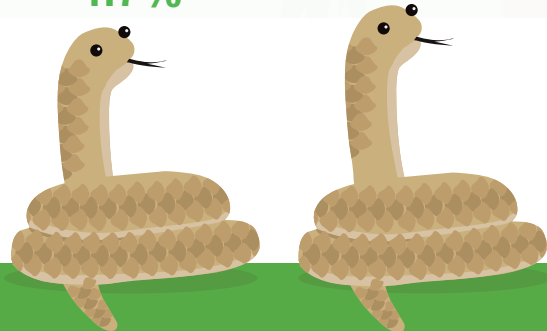
## How do people rate bushwalking / hiking facilities?

Nearly 83% of residents who reported bushwalking / hiking for exercise rate the facilities they used 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.

4.7%

5.4%

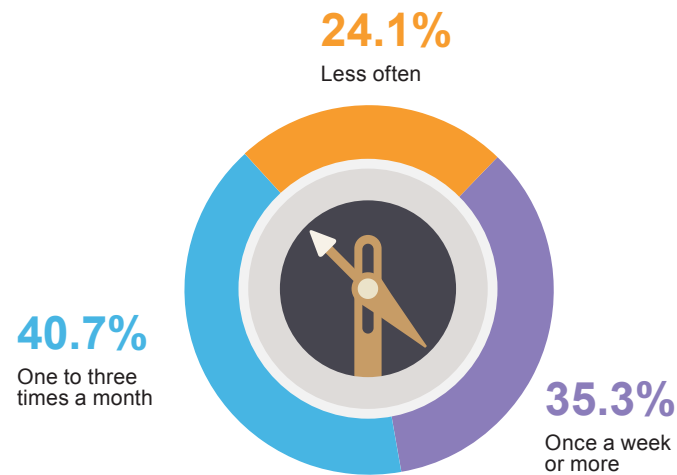


Greater Bendigo

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## How often?

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



## Bushwalking / hiking is most popular among residents of:

Heathcote and District

8.2%

East Bendigo

5.9%

Long Gully - West Bendigo - Ironbark

5.7%

Marong - Rural West

5.7%

## Bushwalking / hiking is least popular among residents of:

White Hills - Jackass Flat

2.9%

Strathfieldsaye

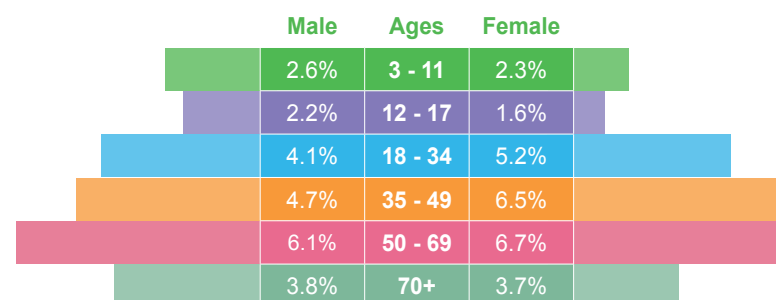
3.7%

Maiden Gully

3.9%

## Who?

Bushwalking / hiking is popular amongst all ages and genders. Females aged 50 to 69 reported the highest rates of bushwalking / hiking.



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

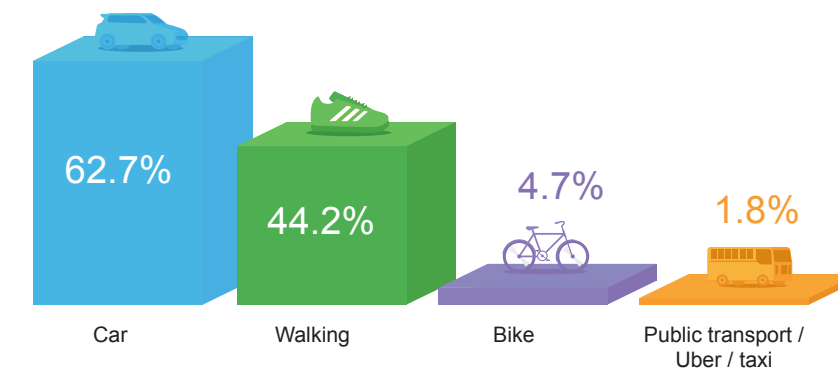
## How far do people travel?

The average distance residents travel to their bushwalking / hiking activity is 27.6km ranging from 6.4km in Strathdale to 74.0km in Elmore-Rural North.

Bendigo	55.0km	Maiden Gully	29.7km
Eaglehawk - Eaglehawk North - Sailors Gully	19.5km	North Bendigo - California Gully	30.9km
East Bendigo	52.3km*	Strathdale	6.4km
Epsom - Ascot	22.7km	Strathfieldsaye	14.7km
Flora Hill - Quarry Hill - Spring Gully - Golden Gully	21.4km	White Hills - Jackass Flat	46.3km
Golden Square	24.0km	Elmore - Rural North	74.0km*
Huntly	15.9km*	Heathcote and District	30.9km
Kangaroo Flat - Big Hill	14.5km	Marong - Rural West	51.5km
Kennington	14.1km	Rural East	40.6km
Long Gully - West Bendigo - Ironbark	31.3km		

## How do people get there?

Most residents use a 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

White Hills - Jackass Flat	90.2%
Eaglehawk - Eaglehawk North - Sailors Gully	89.3%
Kennington	88.4%

### Lowest quality

Maiden Gully	64.4%
Huntly	67.7%*
Elmore - Rural North	70.0%*

## Facility accessibility rating

### Highest accessibility

Strathdale	88.3%
Eaglehawk - Eaglehawk North - Sailors Gully	85.8%
Heathcote & District	85.2%

### Lowest accessibility

Huntly	56.4%*
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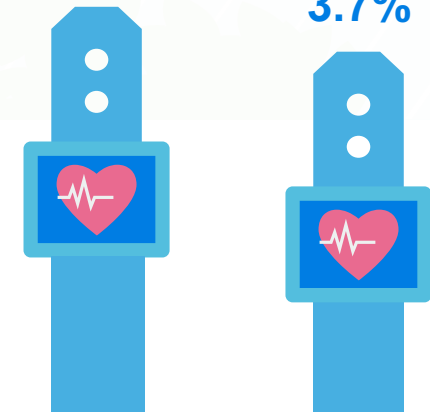
# Jogging / running in Greater Bendigo

## Participation in jogging / running

Jogging / running is the seventh most popular physical activity among Greater Bendigo residents with 4.1% of the population reporting that they went jogging / running in the previous 12 months.

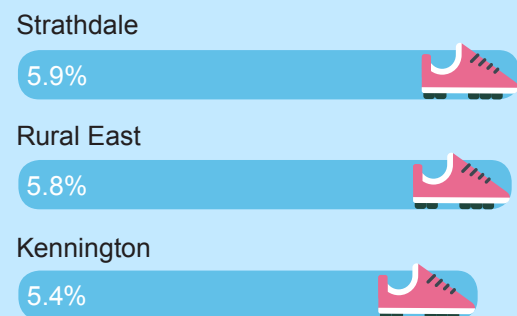
4.1%

3.7%

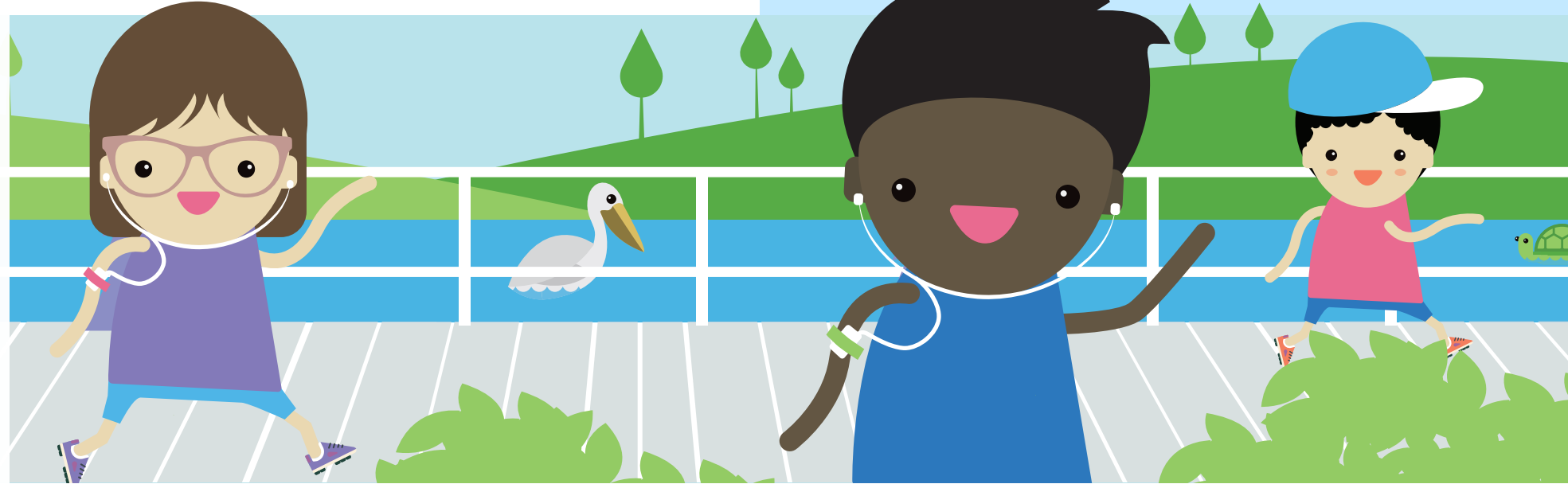
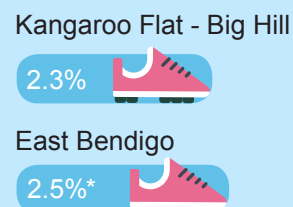


Greater Bendigo Loddon Campaspe Region

## Jogging / running is most popular among residents of:

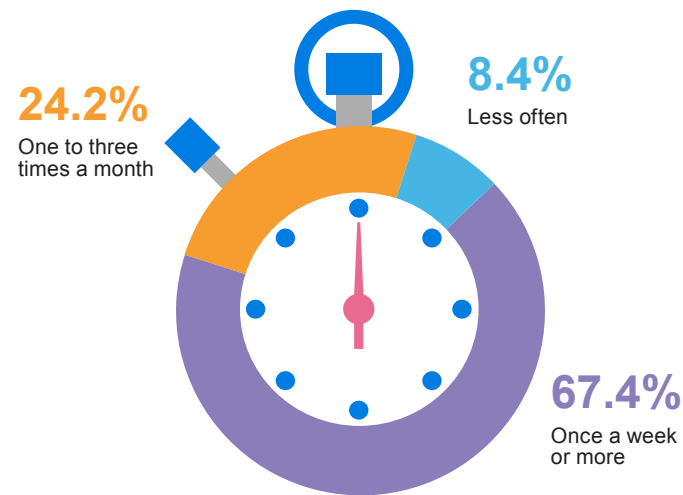


## Jogging / running is least popular among residents of:



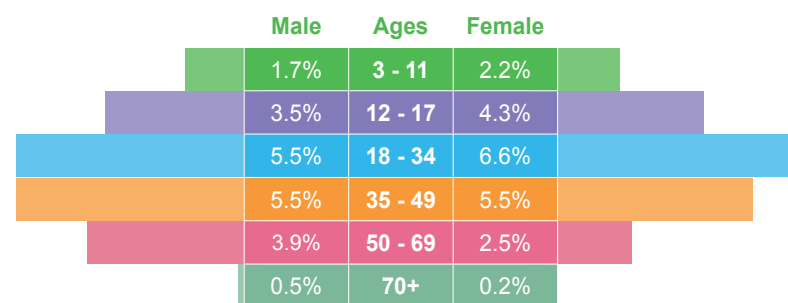
## How often?

Most residents who went jogging / running for exercise in the past 12 months did so once a week or more.



## Who?

Jogging / running is popular amongst all age groups and genders. Females aged 18 to 34 reported the highest rates of jogging / running.



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

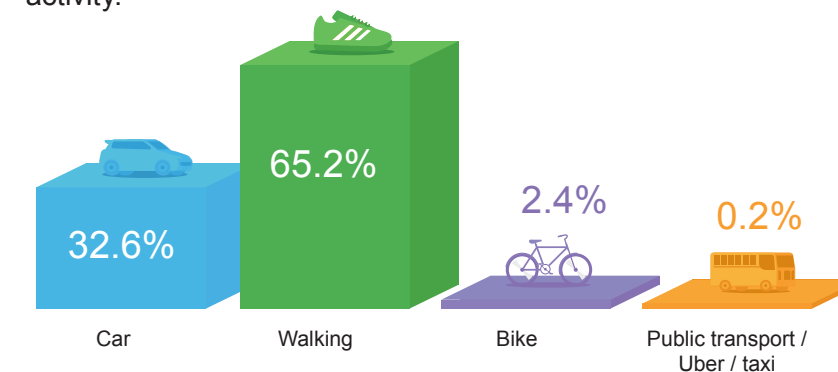
## How far do people travel?

The average distance residents travel to their jog / run activity is 3.8km ranging from 1.2km in White Hills- Jackass Flat to 11.5km in Kangaroo Flat- Big Hill.

Bendigo	2.6km	Maiden Gully	4.4km
Eaglehawk - Eaglehawk North - Sailors Gully	4.4km	North Bendigo - California Gully	3.7km
East Bendigo	2.5km*	Strathdale	3.1km
Epsom - Ascot	2.9km	Strathfieldsaye	2.7km
Flora Hill - Quarry Hill - Spring Gully - Golden Gully	2.5km	White Hills - Jackass Flat	1.2km
Golden Square	2.8km	Elmore - Rural North	4.1km*
Huntly	5.6km*	Heathcote and District	10.1km*
Kangaroo Flat - Big Hill	11.5km	Marong - Rural West	7.3km*
Kennington	2.1km	Rural East	5.4km
Long Gully - West Bendigo - Ironbark	1.6km*		

## How do people get there?

Most residents walked to get to their jogging / running activity.



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

## How do people rate jogging / running facilities?

Over 83% of residents who reported jogging / running for exercise rate the facilities they use as good or excellent, in terms of their quality and nearly 87% 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.

## Facility quality rating

### Highest quality

Flora Hill - Quarry Hill - Spring Gully - Golden Gully	93.2%
East Bendigo	91.0%*
Golden Square	89.9%

### Lowest quality

Long Gully - West Bendigo - Ironbark	64.8%*
Epsom - Ascot	70.8%
Heathcote and District	71.1%*

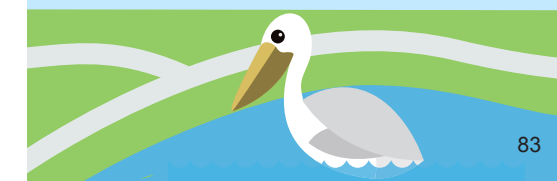
## Facility accessibility rating

### Highest accessibility

East Bendigo	100%*
Flora Hill - Quarry Hill - Spring Gully - Golden Gully	95.6%
Kangaroo Flat - Big Hill	95.0%

### Lowest accessibility

Long Gully - West Bendigo - Ironbark	74.2%*
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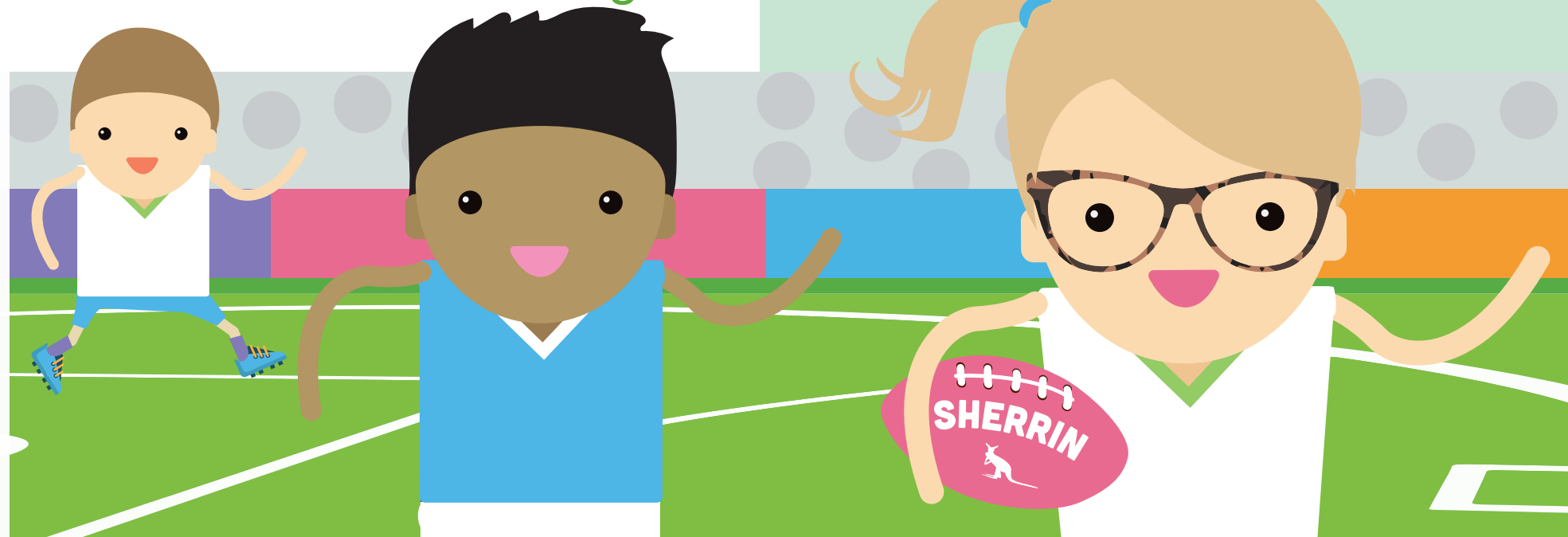




# Australian rules football in Greater Bendigo

## Participation in Australian rules football

Australian rules football is the eighth most popular physical activity among Greater Bendigo residents with 3.1% of the population reporting that they played Australian rules football in the previous 12 months.



## How do people rate Australian rules football facilities?

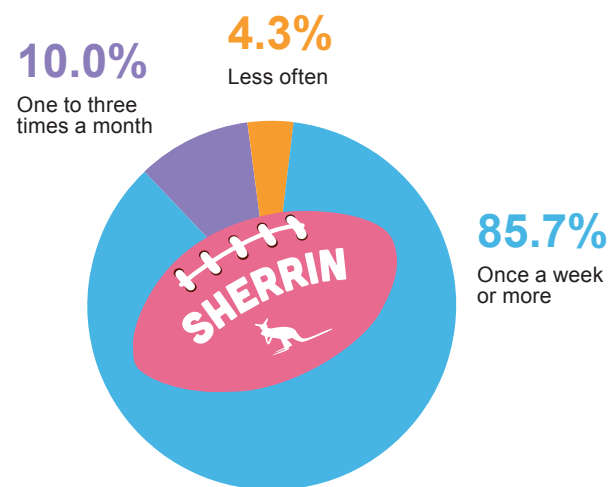
Over 74% of residents who played Australian rules football for exercise rate the facilities they use as good or excellent, in terms of their quality and nearly 83% rate them as good or excellent in terms of accessibility.

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

3.1% Greater Bendigo  
3.3% Loddon Campaspe Region

## How often?

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



## How far do people travel?

The average distance for residents to travel to get to Australian rules football is 17.2km ranging from 4.6km in Bendigo to 36.7km in North Bendigo - California Gully.

Bendigo	4.6km	Maiden Gully	18.3km
Eaglehawk - Eaglehawk North - Sailors Gully	14.5km	North Bendigo - California Gully	36.7km
East Bendigo	13.1km*	Strathdale	11.7km
Epsom - Ascot	15.9km	Strathfieldsaye	13.3km
Flora Hill - Quarry Hill - Spring Gully - Golden Gully	16.5km	White Hills - Jackass Flat	17.9km*
Golden Square	15.2km	Elmore - Rural North	26.0km*
Huntly	26.1km*	Heathcote and District	19.6km*
Kangaroo Flat - Big Hill	29.3km	Marong - Rural West	17.3km
Kennington	14.8km*	Rural East	14.7km
Long Gully - West Bendigo - Ironbark	13.0km*		

## Facility quality rating

### Highest quality

Elmore - Rural North	100%*
Eaglehawk - Eaglehawk North - Sailors Gully	87.5%
East Bendigo	85.9%

### Lowest quality

Long Gully - West Bendigo - Ironbark	50.9%
Marong - Rural West	61.1%
Epsom - Ascot	61.2%

## Australian rules football is most popular among residents of:

Marong - Rural West

6.2%

Elmore - Rural North

5.6%

Huntly

4.8%\*

Maiden Gully

4.8%

## Australian rules football is least popular among residents of:

Long Gully - West Bendigo - Ironbark

0.9%\*

Heathcote and District

1.3%\*

Flora Hill - Quarry Hill - Spring Gully - Golden Gully

2.2%

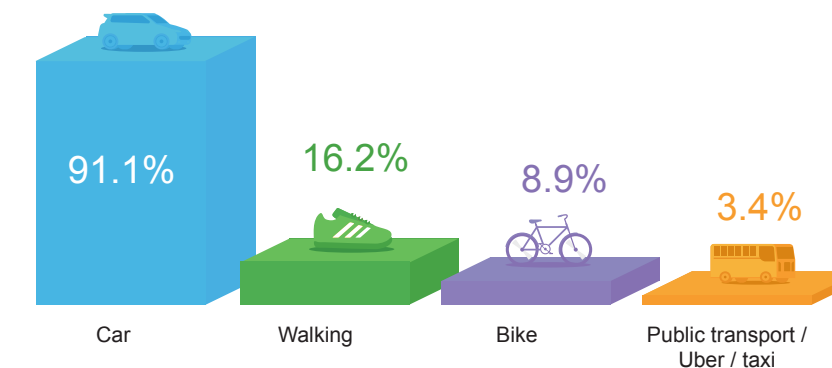
## Who?

Australian rules football is most common among males. Males aged 12 to 17 reported the highest rates of playing Australian rules football.

Male	Ages	Female
9.9%	3 - 11	2.2%
11.9%	12 - 17	3.6%
6.7%	18 - 34	1.0%
3.8%	35 - 49	0.8%
1.6%	50 - 69	0.3%
0.4%	70+	0.0%

## How do people get there?

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



## Facility accessibility rating

### Highest accessibility

Elmore - Rural North	95.8%*
White Hills - Jackass Flat	94.5%*
Eaglehawk - Eaglehawk North - Sailors Gully	93.9%

### Lowest accessibility

Long Gully - West Bendigo - Ironbark	54.8%*
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\*Interpret findings with caution due to a small sample size.

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

# Indoor group fitness in Greater Bendigo

## Participation in indoor group fitness

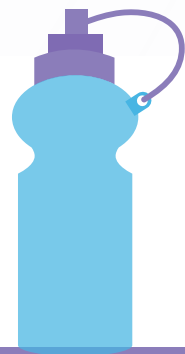
Indoor group fitness activities are the ninth most popular physical activity among Greater Bendigo residents with 2.9% of the population reporting that they attended an indoor group fitness activity in the previous 12 months.

2.9%



Greater Bendigo

3.1%



Loddon Campaspe Region



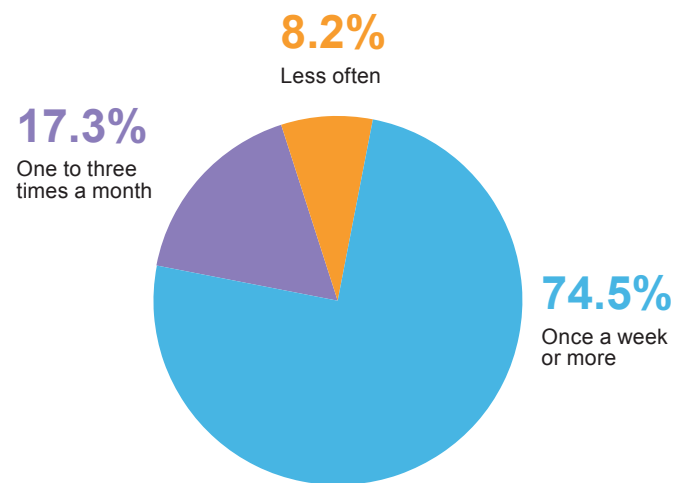
## How do people rate indoor group fitness facilities?

Overall 93% of residents who do indoor group fitness activities for exercise rate the facilities they use as good or excellent, in terms of their quality and nearly 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.

## How often?

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



## How far do people travel?

The average distance for residents to travel to their indoor group fitness activity is 6.5km ranging from 2.7km in Bendigo to 23.8km in Elmore-Rural North.

Bendigo	2.7km	Maiden Gully	7.8km
Eaglehawk - Eaglehawk North - Sailors Gully	6.3km	North Bendigo - California Gully	5.6km
East Bendigo	3.6km*	Strathdale	5.4km
Epsom - Ascot	9.8km	Strathfieldsaye	9.0km
Flora Hill - Quarry Hill - Spring Gully - Golden Gully	3.8km	White Hills - Jackass Flat	6.9km
Golden Square	4.8km	Elmore - Rural North	23.8km*
Huntly	9.0km*	Heathcote and District	15.6km
Kangaroo Flat - Big Hill	4.6km	Marong - Rural West	15.6km*
Kennington	3.8km	Rural East	11.4km
Long Gully - West Bendigo - Ironbark	6.5km		

## Facility quality rating

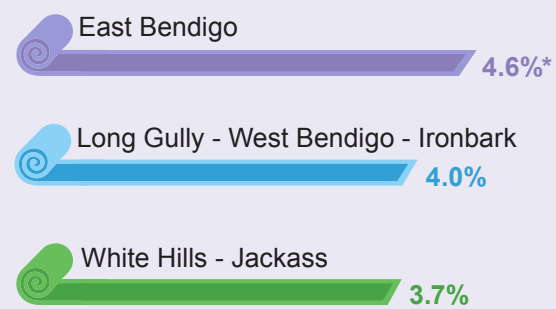
### Highest quality

Huntly	100%*
Elmore - Rural North	100%*
Marong - Rural West	98.1%*

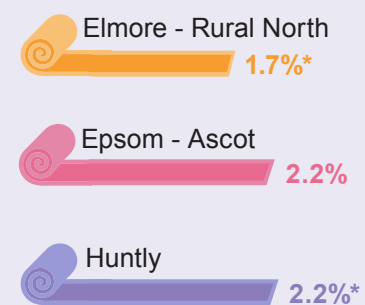
### Lowest quality

Strathfieldsaye	83.4%
Maiden Gully	85.3%
East Bendigo	87.4%*

## Indoor group fitness is most popular among residents of:

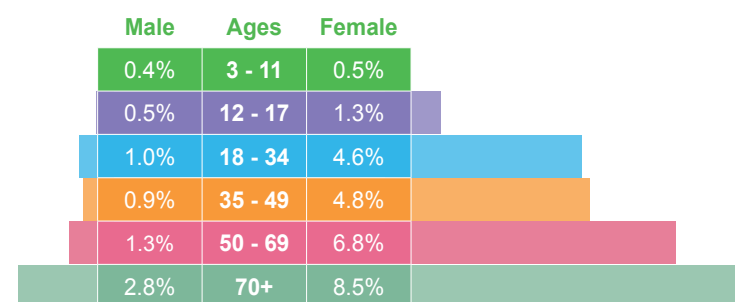


## Indoor group fitness is least popular among residents of:



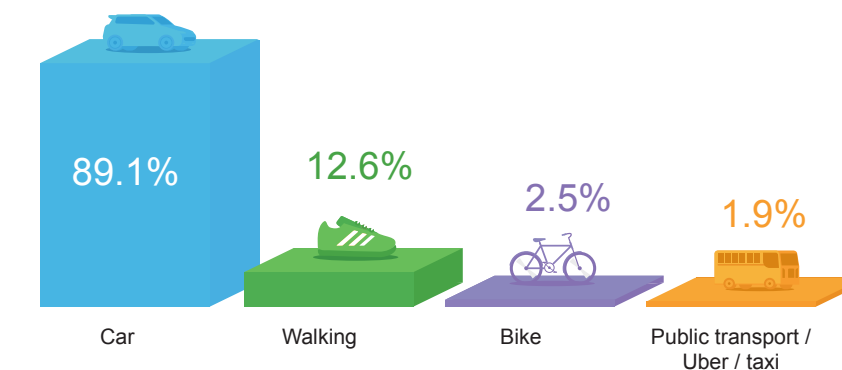
## Who?

Indoor group fitness activities are more popular amongst females than males. Females aged 70 plus reported the highest rates of participation.



## How do people get there?

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



## Facility accessibility rating

### Highest accessibility

Elmore - Rural North	100%*
White Hills - Jackass Flat	97.7%
Huntly	96.8%*

### Lowest accessibility

Maiden Gully	73.2%
Long Gully - West Bendigo - Ironbark	81.7%
Heathcote and District	82.2%*

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

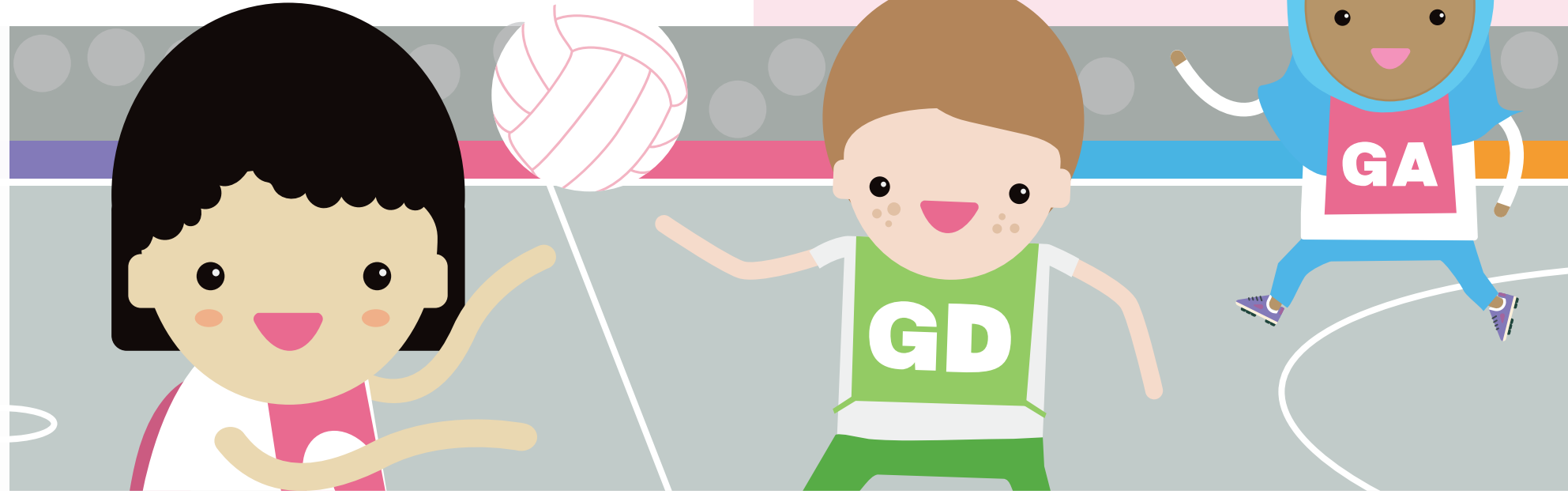
Note: Numbers total over 100% as some people use multiple forms of transport.



# Netball in Greater Bendigo

## Participation in netball

Netball is the tenth most popular physical activity among Greater Bendigo residents with 2.6% of the population reporting that they had played netball in the previous 12 months.



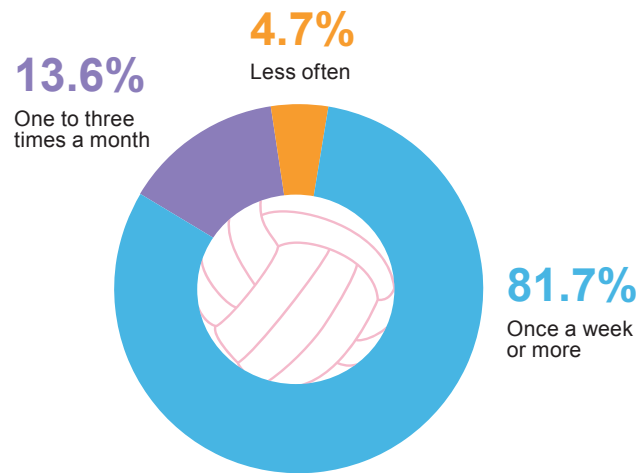
## How do people rate netball facilities?

Almost 78% of residents who play netball for exercise rate the facilities they use as good or excellent, in terms of their quality and 81% 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.

## How often?

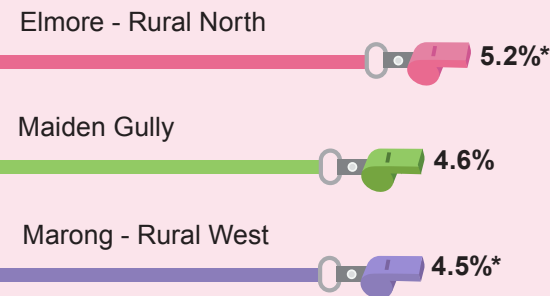
Most residents who played netball in the past 12 months did so once a week or more.



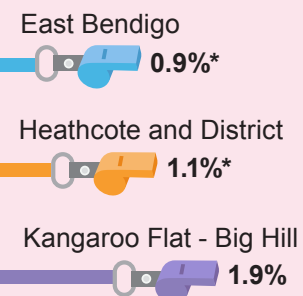
## How far do people travel?

The average distance residents travel to their netball activity is 13.9km ranging from 8.3km in Strathdale and Strathfieldsaye to 31.8km in Heathcote and District.

## Netball is most popular among residents of:

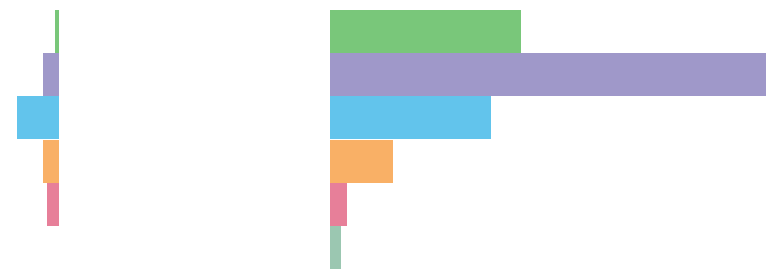


## Netball is least popular among residents of:



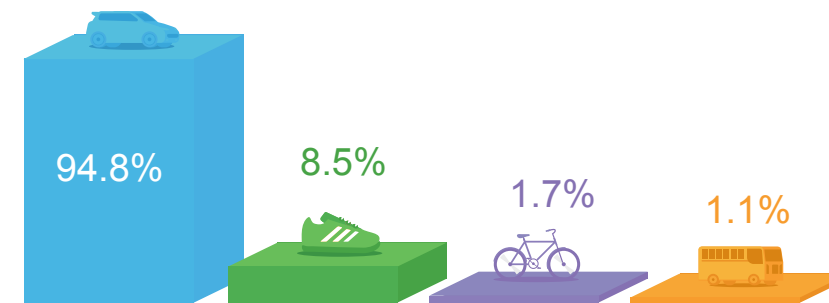
## Who?

Netball is nine times more popular amongst females than males. Females aged 12 to 17 reported the highest participation rates.



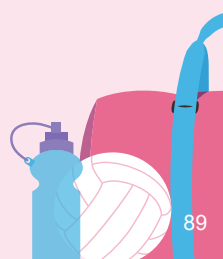
## How do people get there?

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



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

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









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