



# Active Living... CENSUS



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2019  
Loddon Shire  
Selected Findings



# 2019 Active Living Census

## Acknowledgement

Loddon Shire Council acknowledges the Traditional Custodians of the land comprising the Loddon Shire Council area. Council would like to pay respect to their Elders both past and present.

## Foreword

The Loddon Shire Council 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 Loddon Shire Council, the Census was completed by 812 residents, which equated to 11.1% 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, Loddon Shire Council 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 Active Living Census Topline Report are both publicly available on our website ([www.loddon.vic.gov.au](http://www.loddon.vic.gov.au)) and I encourage residents, organisations and interested community groups to download the report and make use of the data.



Cr Cheryl McKinnon  
Mayor, Loddon Shire Council

## Introduction

Loddon Shire is located in the Loddon Campaspe region, in central Victoria, about 175km north-west of Melbourne.

Covering an area of 6,700 square kilometres, with a population of 7,500, the region is well known for its natural attractions including rivers, lakes, State and National Parks and nature reserves.

Loddon Shire is a predominantly rural area with many small towns and communities. The main industry is agriculture and horticulture; particularly grain, sheep, wool, beef cattle, dairy, pigs and poultry. In recent years, there has also been an increase in viticulture, olives and fodder crops.

The Healthy Heart of Victoria initiative works across the Loddon Campaspe region, of which Loddon Shire Council 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, Loddon Shire Council 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.

## Suggested citation

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February 2020

## 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 Active Living Census Topline 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 812 from Loddon Shire Council.

In some cases, we have been unable to report on certain findings due to the small number of responses within our municipality. Additional information for groups from across the Loddon Campaspe region can be found in the Loddon Campaspe region report at <https://www.rdv.vic.gov.au/regional-partnerships/loddon-campaspe/projects>. These groups can include Aboriginal and Torres Strait Islander people, people who identify as LGBTQIA+ and people who speak a language other than English.

## 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.

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# 2019 Active Living Census Summary Findings

## 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 Loddon Shire 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 Loddon Shire 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:

- Loddon population overall
- Local Groups:
  - o Gender
  - o Children and adolescents, 3 – 17
  - o Older adults, 70+
  - o Disability
- Each town/suburb in Loddon
  - o Localities were summarised into 3 standard regions within Loddon
- The 10 activities with the highest rate of yearly or more participation

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

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



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 - 19)**
- **Municipalities (page 20 - 31)**
- **10 most popular physical activities (page 32 - 51)**

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

# Summary Findings



This section summarises the findings from the 2019 ALC for Loddon Shire.

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

The physical activity profile includes results from all Loddon Shire 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 people travel.

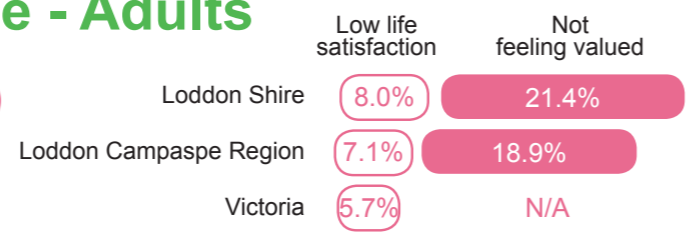
Where possible key findings are compared against recent data specific to Victoria (Victorian Population Health Survey 2016) and the Loddon Campaspe Region (2019 ALC).

These summary results are followed by detailed 2019 ALC findings specific to males and females, children aged 3-17, suburbs and towns in Loddon Shire and Loddon Shire's most popular physical recreation activities.

## Health and wellbeing profile - Adults

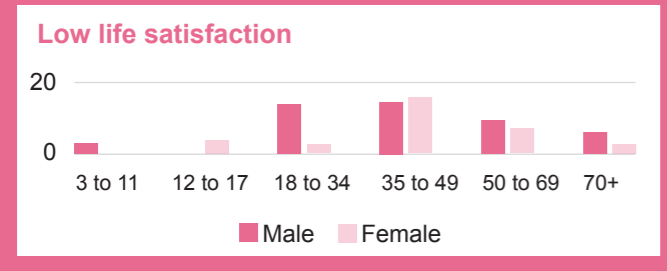
### General wellbeing (all residents 3+)

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



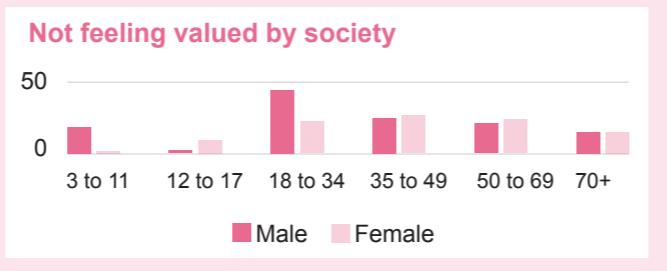
### Life satisfaction

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.

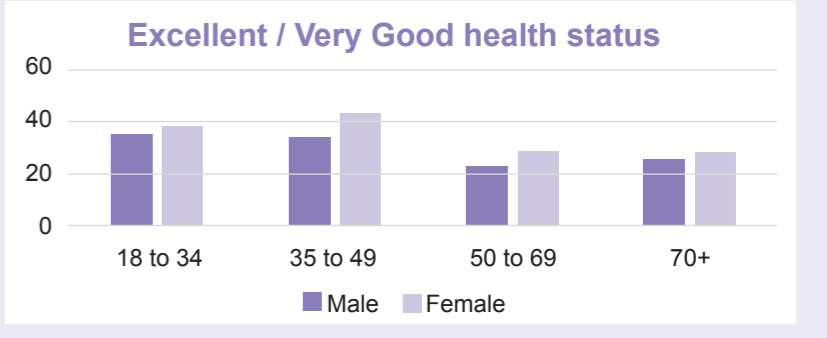
People responded to the statement, "In general, would you say your health is..." by selecting one of the 5 response options: excellent, very good, good, fair, poor.



### 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.

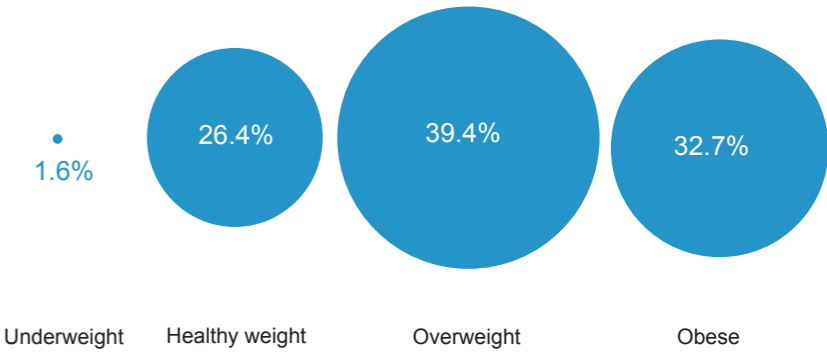


## Overweight and obesity

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.

3 in every 4 adults in Loddon Shire are overweight or obese.



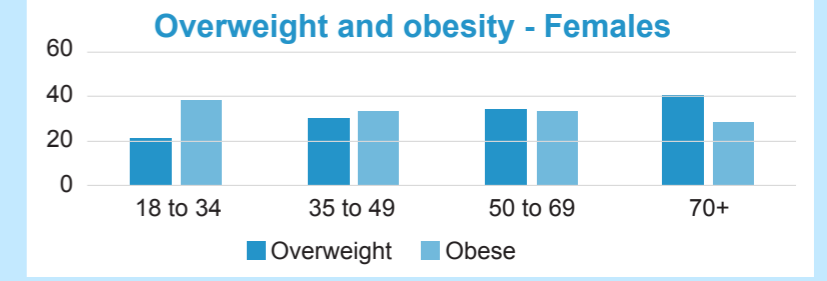
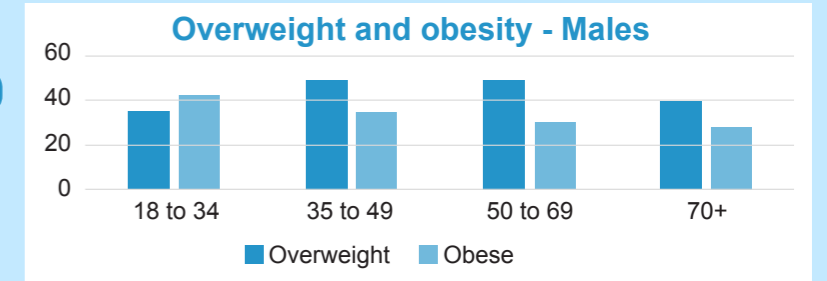
### Overweight and obesity



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

#### Groups to focus on:

- Adults 18 to 49 years old
- Low income households
- People with low education
- Aboriginal and/or Torres Strait Islander people

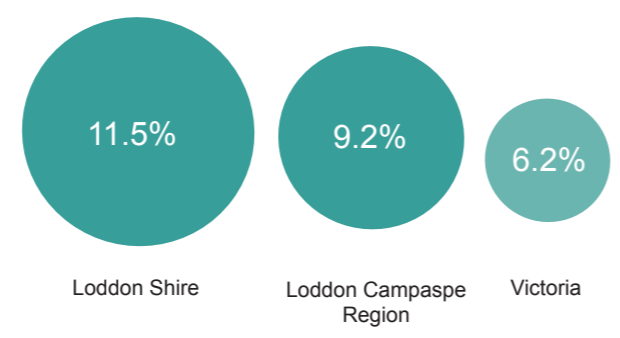


## Food security

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

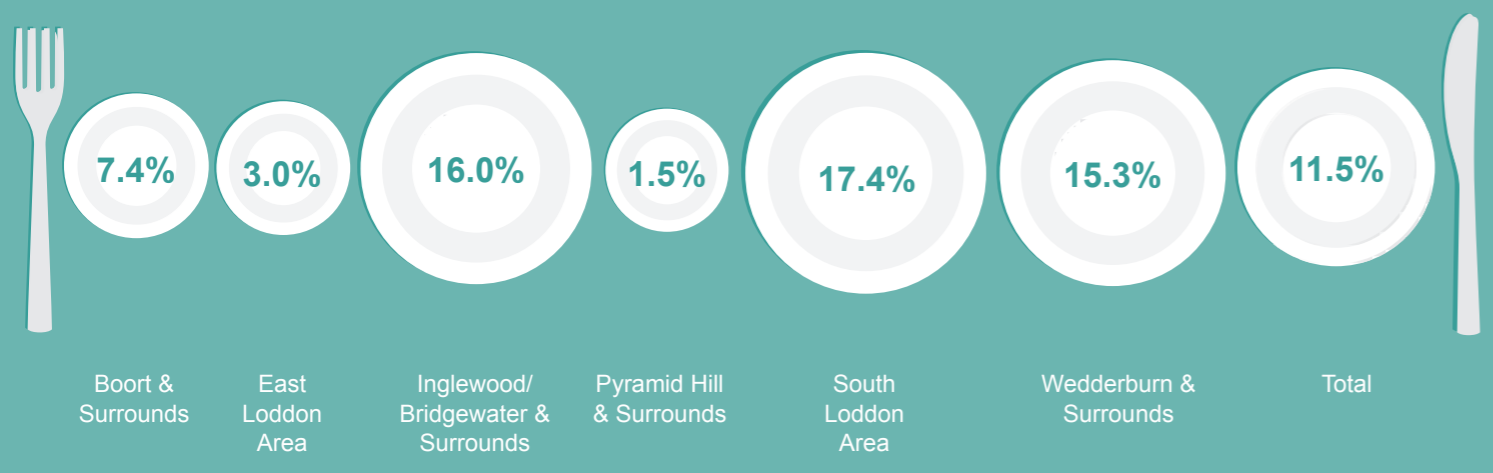


**1 in 9 households in Loddon Shire are food insecure - they do not have enough to eat.**

In some areas, this increases to 1 in 6 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



## 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

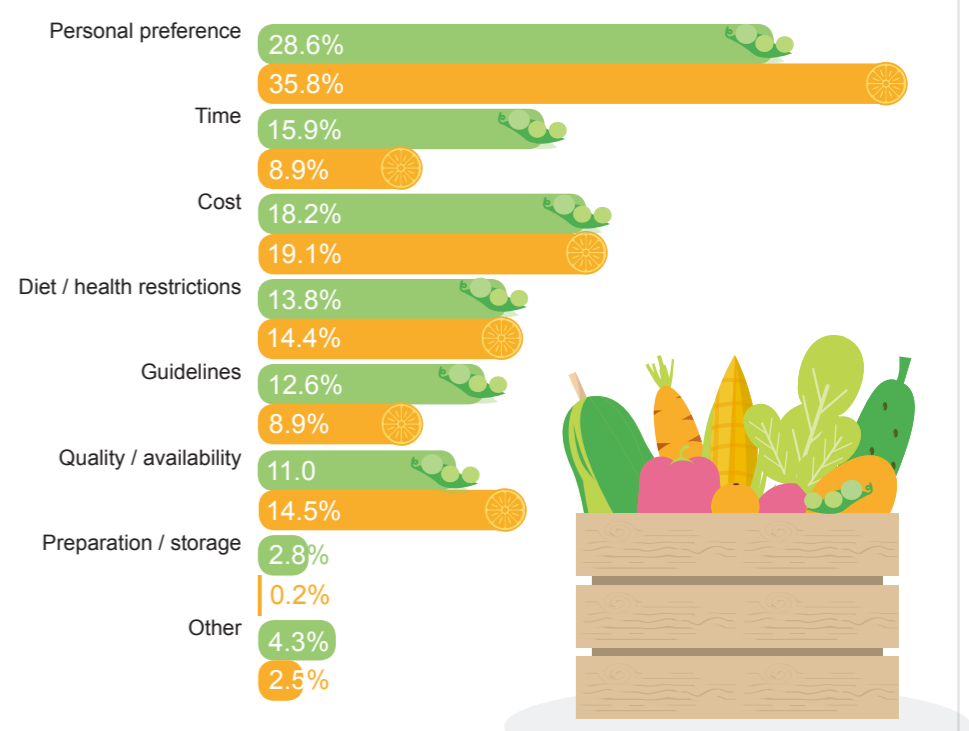
**People who eat the recommended amount of fruit and veg were more likely to also report:**

- 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.

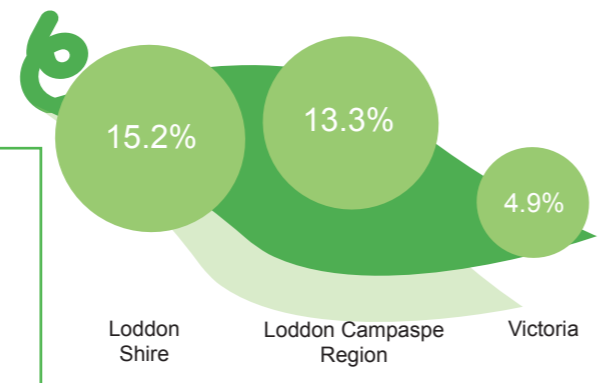


## Vegetables

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

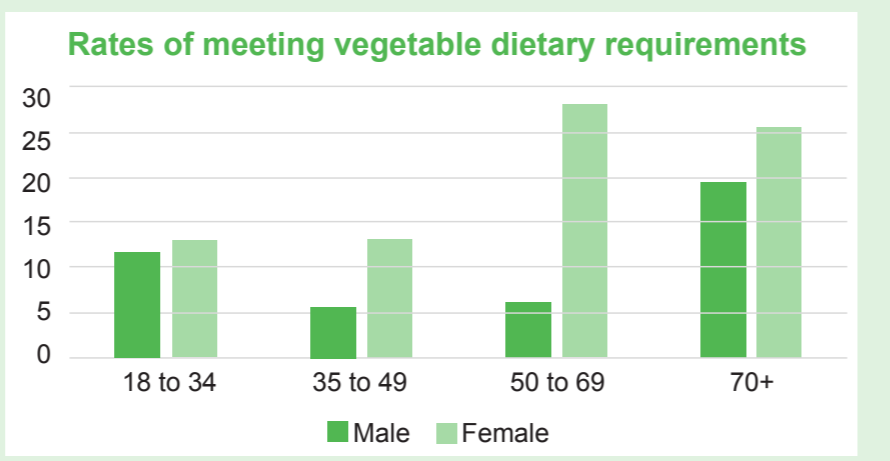
Only 1 in 7 adults meet the daily vegetable consumption guidelines.

People tend to eat more vegetables as they get older.



Females are more likely than males to meet the vegetable consumption guidelines (21.8%, compared to 9.7%).

On average, Loddon Shire adults eat 3.0 serves of veg per day.

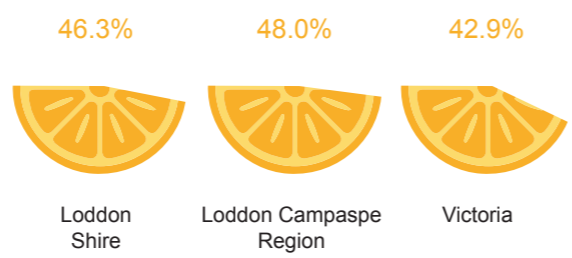


## Fruit

Health experts recommend eating two serves of fruit per day.

1 in every 2 Loddon Shire adults meet the daily fruit consumption guidelines.

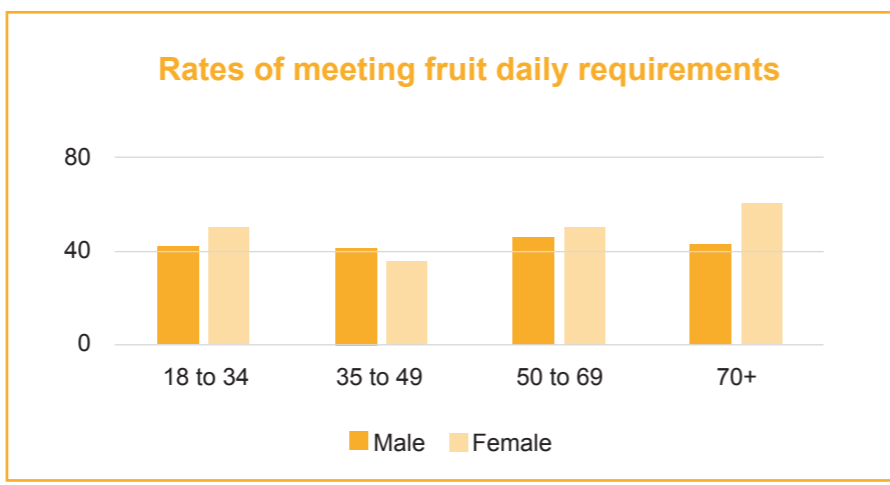
There are no significant gender differences, but adults aged over 70 are most likely to meet fruit consumption guidelines.



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

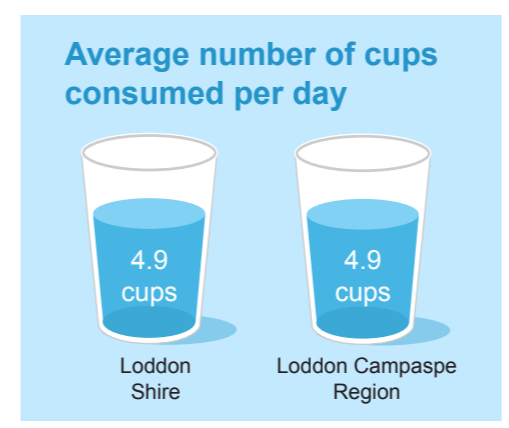
**Standout finding!**

People who speak English as a second language eat the most fruit in Loddon Shire. 3.2 serves per day

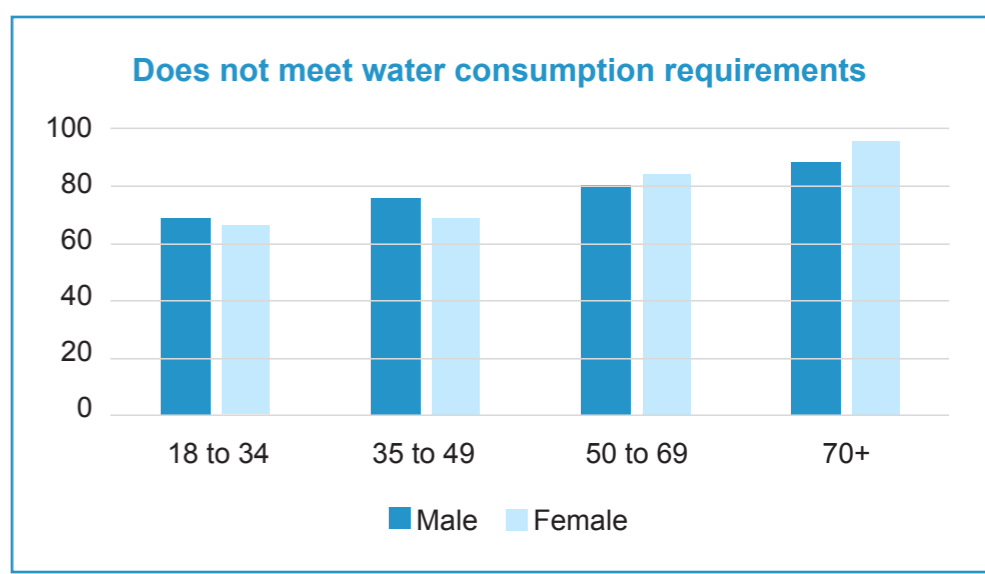


## Water

Loddon Shire adults drink an average of 4.9 cups of water per day, with only 21.4% 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...?"

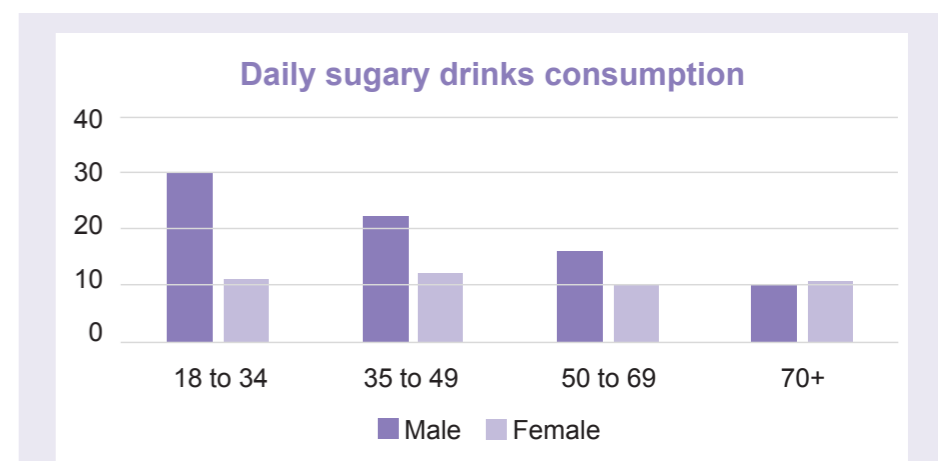


Daily consumers of sugary drinks were more likely to also report:

- Poorer general health
- Lower life satisfaction
- Overweight/obesity
- Less physical activity
- Lower fruit and veg consumption
- Smoking

Groups to focus on:

- Males 18 to 69 years
- 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.



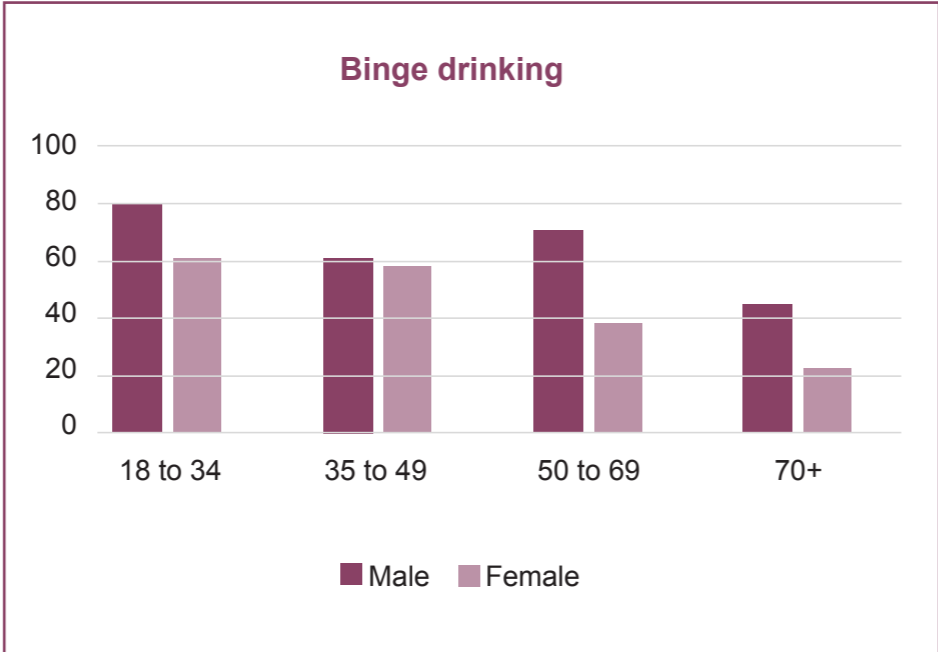
**53.9% drink at potentially dangerous levels at least once a year.**

### Binge drinkers were more likely to also report:

- Overweight/obesity
- Lower fruit and veg consumption
- Smoking

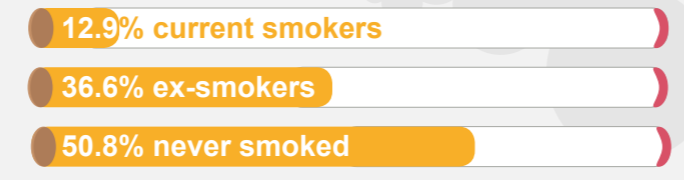
### Groups abstaining from alcohol at high rates

- Women 50+ years of age
- English as a second language
- People with a disability
- Males 70+ years of age



## 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.

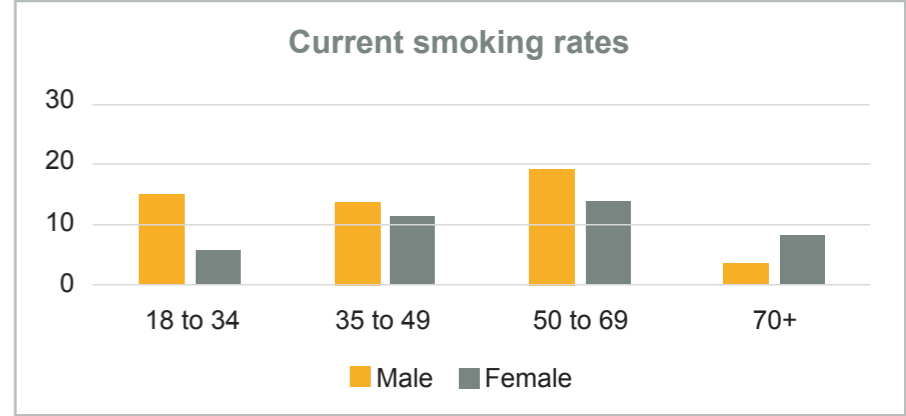
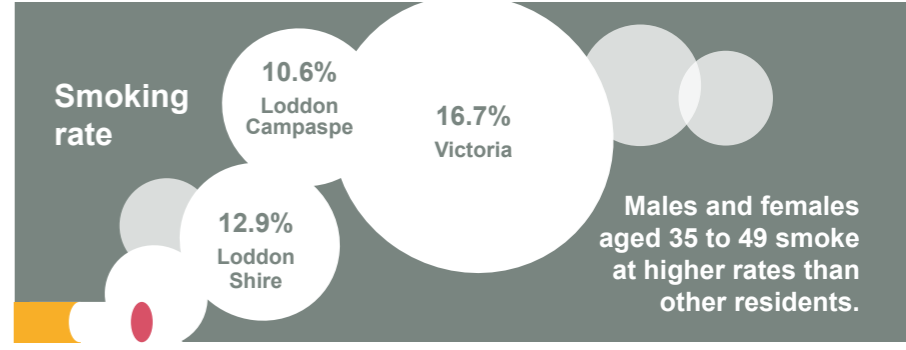


### Current smokers were more likely to also report:

- 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 18-69
- Females 50-69
- Aboriginal and/or Torres Strait Islander people
- People who identify as LGBTQIA+
- Low income and food insecure households
- People with a disability



## Gambling

People were asked how often they gamble.

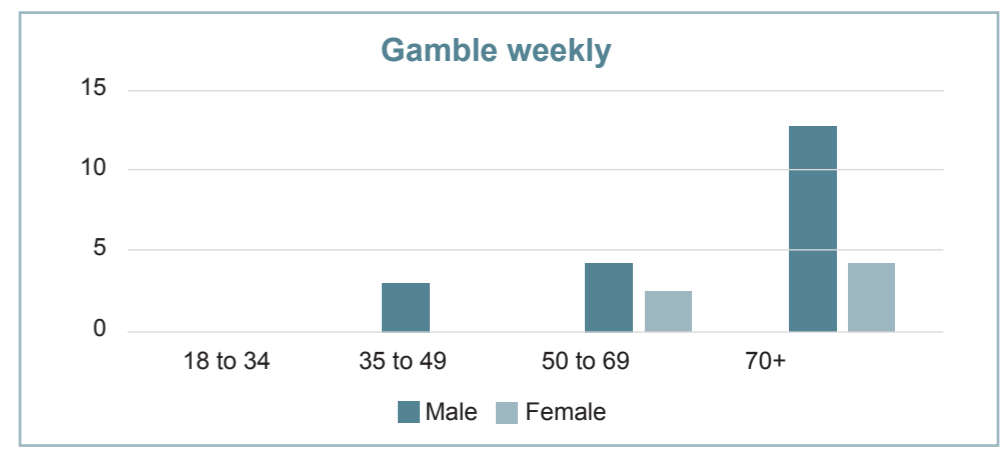
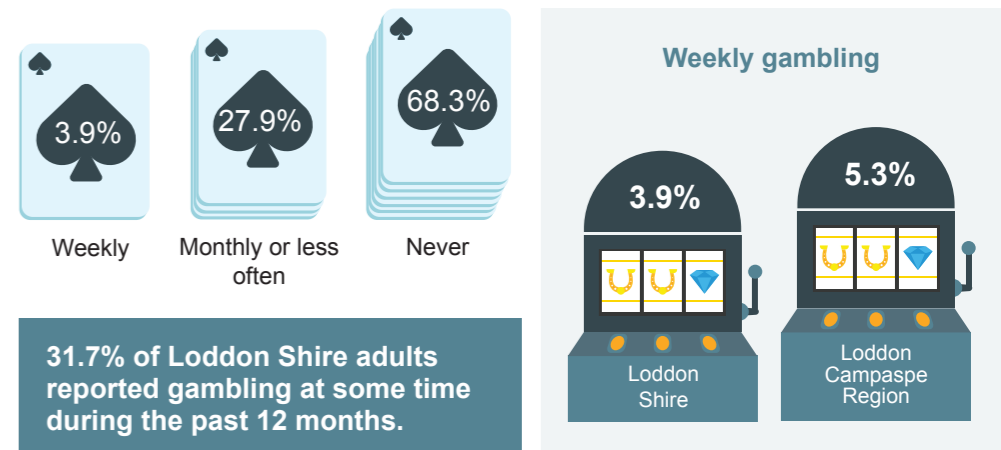
### People who gamble weekly or more were also more likely to report:

- Overweight/obesity
- Lower veg consumption
- High alcohol and sugary drink consumption
- Smoking

### Groups to focus on

- Males 70+
- People born overseas
- 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.

0.4% of all adults report experiencing harm from gambling.

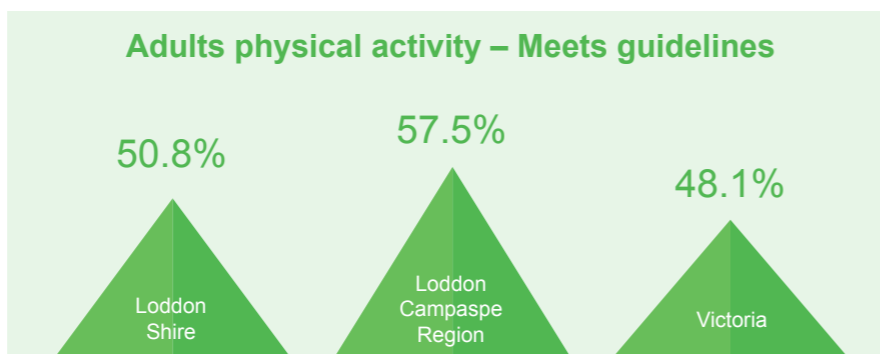
1.2% of adults who gamble report experiencing harm from gambling.

## Physical activity profile – All residents

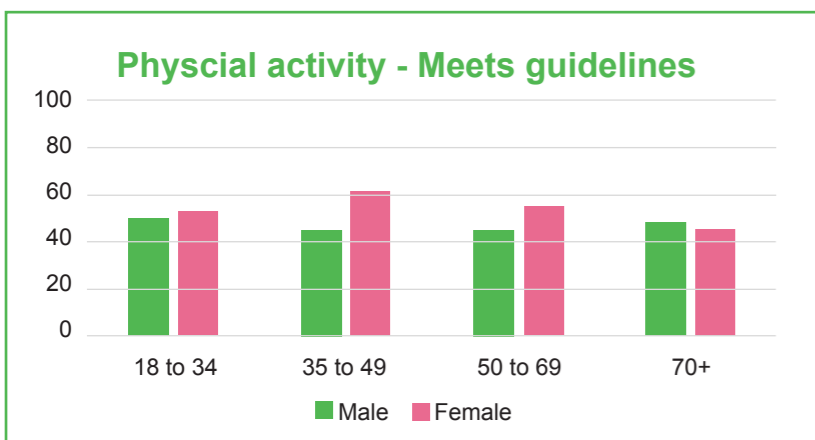


People are described as having met the physical activity guidelines if they engaged in moderate or vigorous intensity activity for sufficient time ranging from 75 minutes to 300 minutes per week depending upon the activity.

### Adults physical activity – Meets guidelines



### Physical activity - Meets guidelines



### Groups to focus on:

- People who identify as LBGTIQIA+
- People with a lower education
- Low income households
- Food insecure households
- People with a disability

50.8% of Loddon residents meet the physical activity guidelines.

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

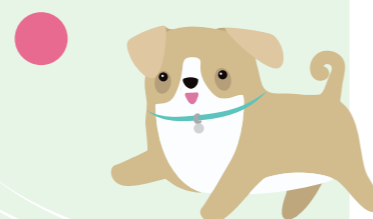
Two in every three people who meet physical activity guidelines report good to excellent general health and wellbeing.

People in Loddon Shire want to be more active more often!

54.6% of people want to do more activity.

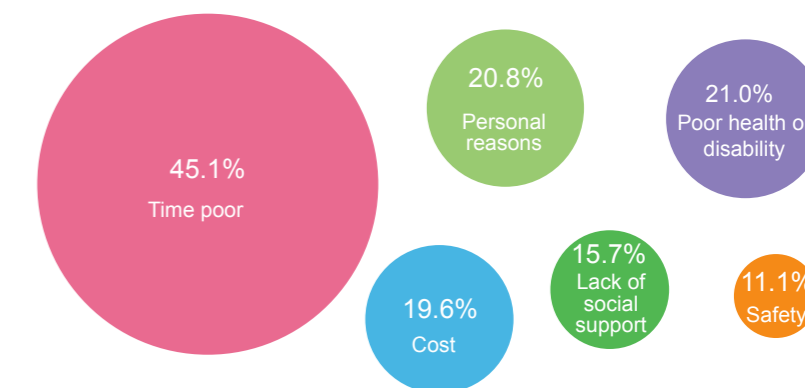
### In particular:

- Females: 18+
- Males 18 to 69
- Low income households
- Food insecure households
- People who identify as LBGTIQIA+



## 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.

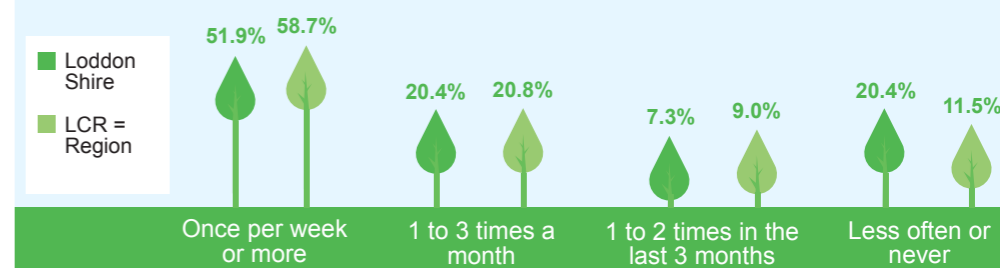


## Public facilities and open spaces

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

84.6% of people reported using open spaces, with 54.4% using open spaces weekly or more often.



## Use of public facilities

Parks rated as the highest used facility with 71.6% of people reporting using parks.

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

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

## Main recreation facilities used

(Excludes unnamed facilities such as footpaths).

1.	Little Lake Boort Trail, Boort
2.	Boort Park
3.	Donaldson Park, Wedderburn
4.	Bridgewater River Walk / Bridgewater foreshore, Bridgewater On Loddon
5.	Serpentine Recreation Reserve
6.	Boort Swimming Pool
7.	Gurri Wanyarra Wellbeing Centre, Kangaroo Flat
8.	Wedderburn Pool
9.	Bridgewater Recreation Reserve, Bridgewater On Loddon
10.	Boort Bowls, Croquet and Tennis Facility



## 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.



Socialising with family / friends	62.5%
For fun / enjoyment	60.5%
Exercise / health and fitness	56.9%
Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends)	44.9%
Organised sport (e.g. cricket or netball for a club)	44.8%
For time to myself	29.1%
Exercising the dog	22.3%
Getting back to nature	21.3%
Commuting (i.e. to get from a to b)	16.9%

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

Walking tracks / footpaths	25.1%
Exercise equipment (including sporting fields / facilities)	24.7%
Bicycle tracks / lanes and skate facilities	20.3%
Accessibility	9.5%
Toilets / change rooms	7.4%
Bins / rubbish collection / clean environment	7.6%
Lighting	6.6%
Playgrounds	6.1%
More / better facilities	5.2%
Events programming / activities	4.7%
Cover / shade / shelter	4.6%
Safety measures / restrictions (including dogs on leashes)	3.9%
More / better vegetation / trees / gardens	3.3%
Maintenance / management of spaces and facilities	2.9%
Seating	2.7%
BBQs / picnic areas	1.6%
Fencing	1.4%

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

Walking tracks and footpath improvements were amongst the main suggestions provided for Loddon Shire, closely followed by exercise equipment. The other common mentions for each suburb were:

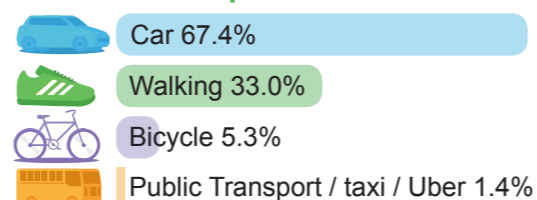
Exercise equipment	<b>Wedderburn, Boort, Pyramid Hill</b>
Walking tracks / footpaths	<b>Inglewood, Serpentine</b>
Walking tracks / footpaths, bicycle tracks / lanes and skate facilities	<b>Wedderburn</b>
Bicycle tracks / lanes, skate facilities and playgrounds	<b>Boort</b>
Walking tracks/footpaths, more or better facilities	<b>Pyramid Hill</b>
Bins / rubbish collection / clean environment and lighting	<b>Inglewood</b>
Exercise equipment, bins or rubbish collection / clean environment	<b>Serpentine</b>

### Transport - Distance to activities

On average, people of Loddon Shire travel 20.6km to get to their activity.

Residents of the East Loddon Area travel the furthest to get to their activities.

### Mode of transport



## Participation in activities

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

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

## Facility quality and accessibility

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

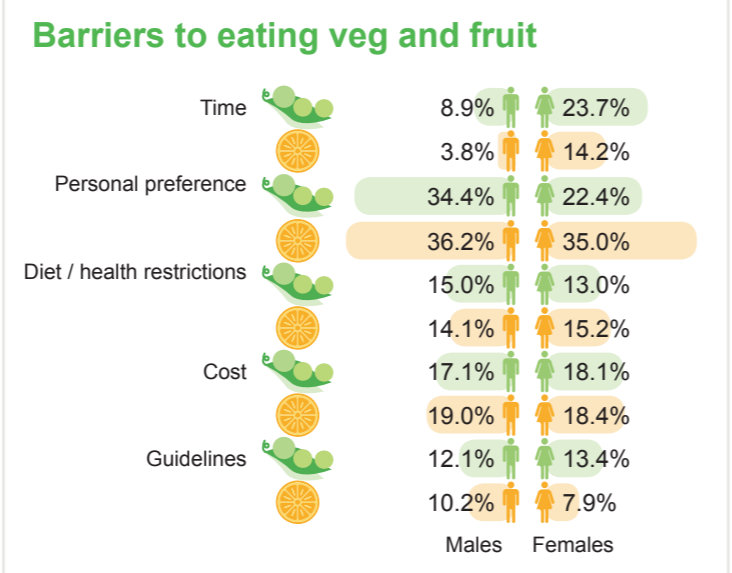
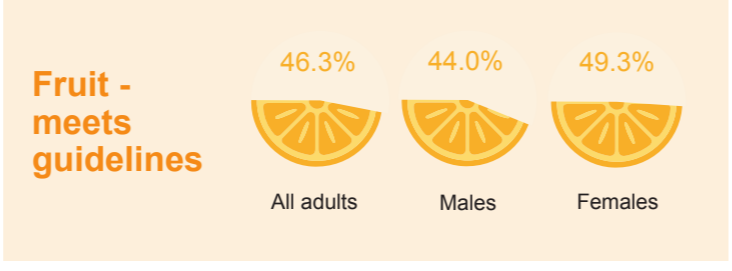
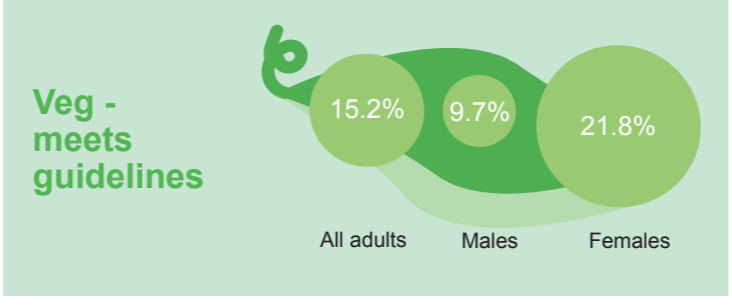
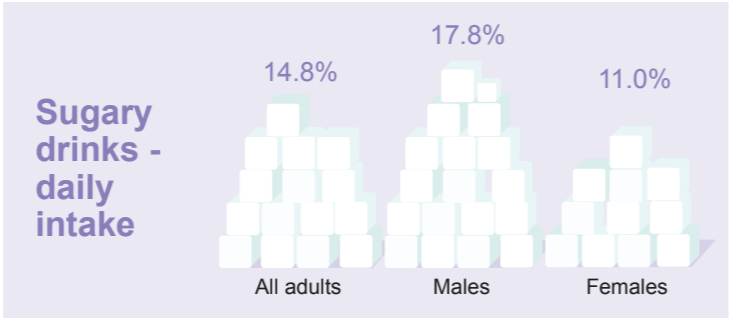
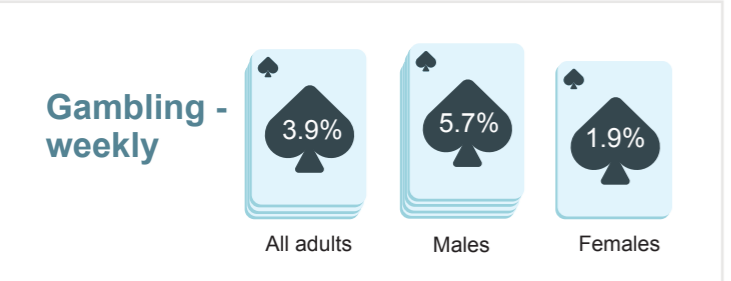
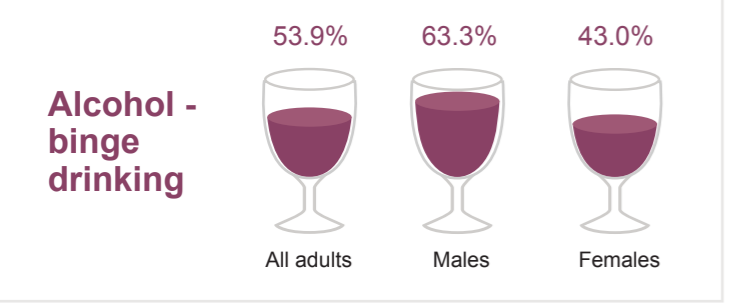
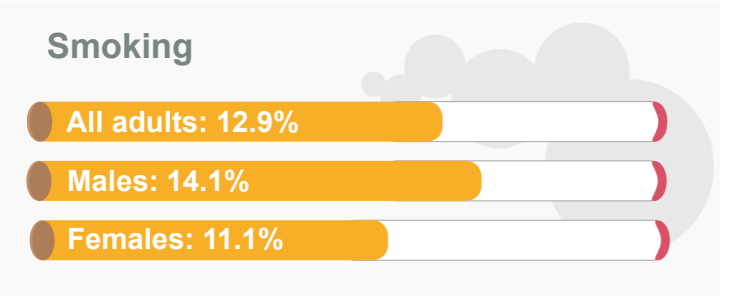
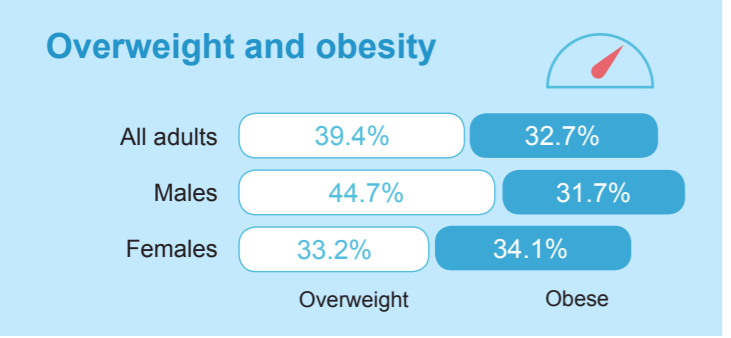
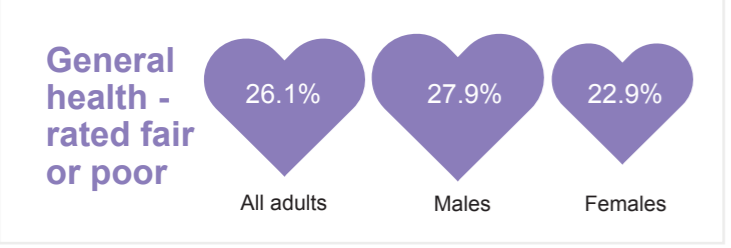
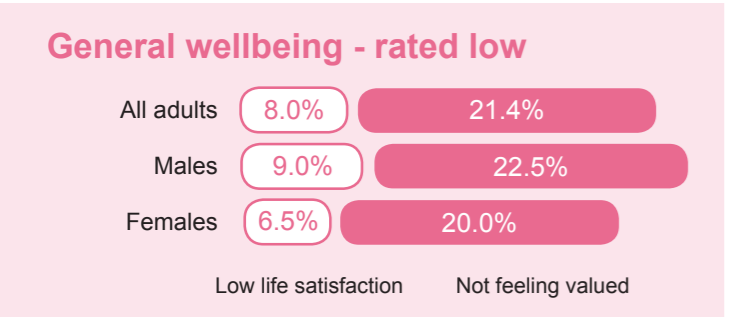
Facilities were rated on a 5-point scale where **1 = very poor, 2 = poor, 3 = average, 4 = good, 5 = excellent.**

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

Activity	Total	Weekly	Quality (out of 5)	Accessibility (out of 5)
Walking	19.6%	72.1%	4.0	4.2
Swimming	9.0%	46.9%	4.1	4.1
Active play (at playgrounds / play centre)	6.6%	54.1%	4.2	4.2
Tennis (indoor / outdoor)	5.8%	68.6%	4.0	4.2
Bush walking / Hiking	5.3%	28.5%	4.1	4.0
Australian rules football	4.3%	83.3%	4.1	4.1
Netball (indoor / outdoor)	3.8%	93.7%	4.2	4.3
Lawn bowls	3.6%	62.1%	4.3	4.2
Fishing	3.5%	8.8%	3.6	3.7
Golf	3.3%	42.9%	3.8	4.2
Fitness: Gym	3.1%	79.0%	4.3	4.5
Cycling: General cycling for recreation or transport	3.1%	54.3%	4.0	4.4
Horse riding / Equestrian activities / Polo	1.9%	35.2%	4.3	4.3
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	1.7%	79.7%	4.5	4.3
Fitness: Outdoor fitness / Personal training / Group activities	1.7%	79.9%	4.3	4.6
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	1.6%	15.8%	3.9	3.9
Water-skiing / Power boating	1.5%	8.9%	3.8	3.9
Jogging / Running	1.4%	83.4%	3.9	4.3
Hockey (indoor / outdoor)	1.3%	94.8%	4.2	4.1
Martial Arts / Tai Chi	1.3%	75.3%	4.1	4.4

## Health and wellbeing profile - Adults

Each member of the household was asked what gender best represents them. The section on gender summarises findings from 345 males and 447 females including 274 adult males and 349 adult females. A further 3 residents in Loddon Shire 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)

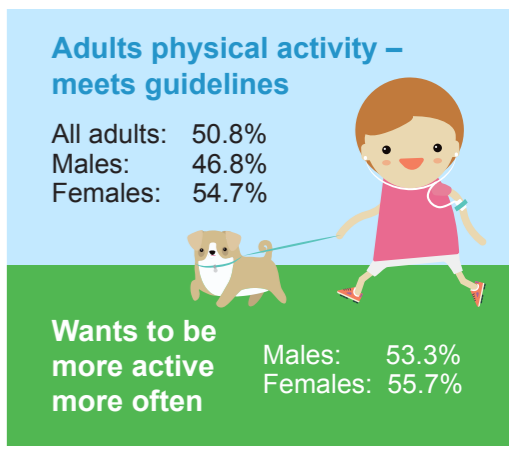
Male participation		Female participation	
Walking	16.5%	Walking	22.2%
Swimming	8.1%	Swimming	9.7%
Australian rules football	8.0%	Active play	6.7%
Active play	6.4%	Tennis	5.5%
Tennis	6.1%	Bushwalking / Hiking	5.6%
Bushwalking / Hiking	5.1%	Australian rules football	1.0%
Lawn bowls	4.9%	Netball	6.6%
Fishing	4.9%	Lawn bowls*	2.5%
Golf*	4.8%	Fishing*	2.3%
Cycling for recreation or transport*	3.7%	Golf*	2.0%

### Barriers to being more active

	Time Poor	Personal Reasons	Cost	Poor health / disability	Lack of social support	Safety
Males	50.1%	14.8%	16.8%	23.2%	14.1%	8.4%
Females	42.2%	27.5%	21.6%	19.9%	17.4%	14.6%

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

Facility	Male	Female
Parks	70.5%	73.1%
Halls / community centres	66.2%	71.3%
Sports grounds, ovals and clubrooms	65.0%	70.5%
Footpaths	64.7%	76.1%
Off-road walking and cycling tracks	52.9%	62.4%
Swimming pools / splash parks	41.3%	55.6%
Community gardens	33.6%	34.9%
Hard courts (e.g. netball / tennis)	30.6%	42.8%
Indoor sports / leisure / fitness centres	23.2%	37.1%
Playgrounds	21.3%	33.7%
After hours usage of education facilities	10.4%	15.2%
Skateparks / BMX	9.8%	6.7%

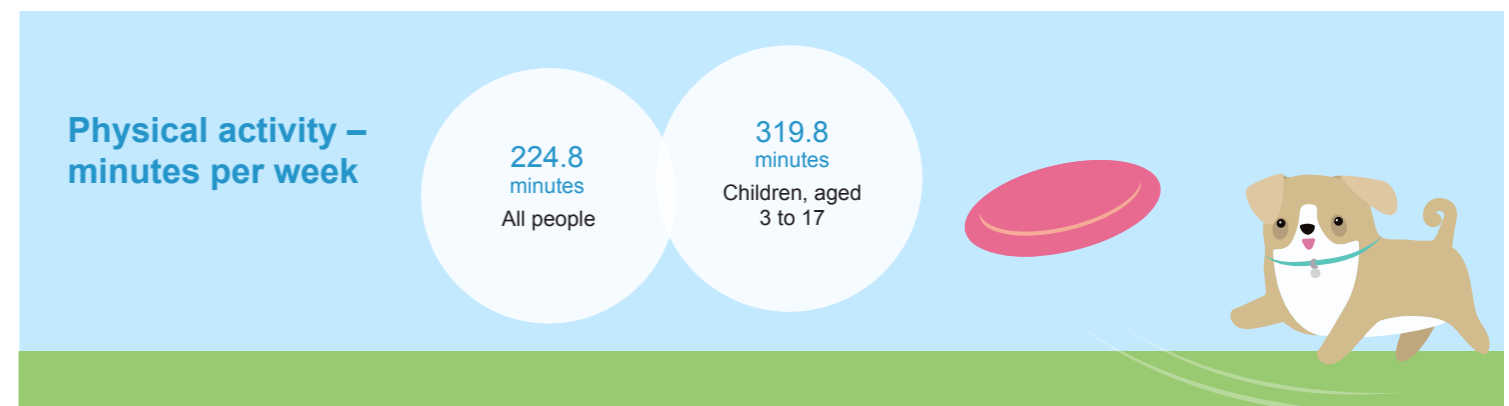
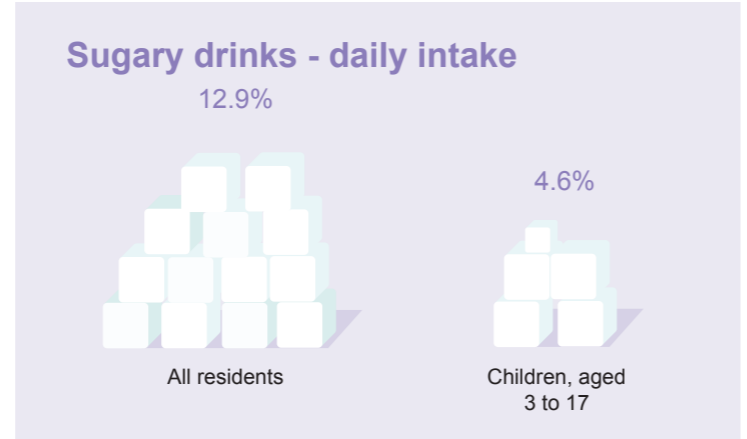
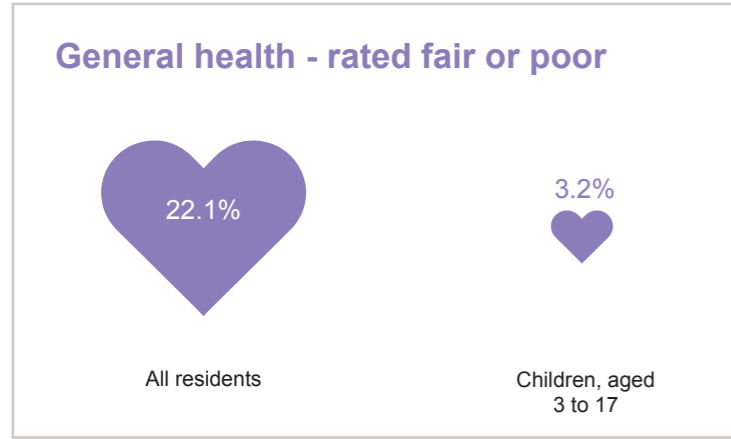
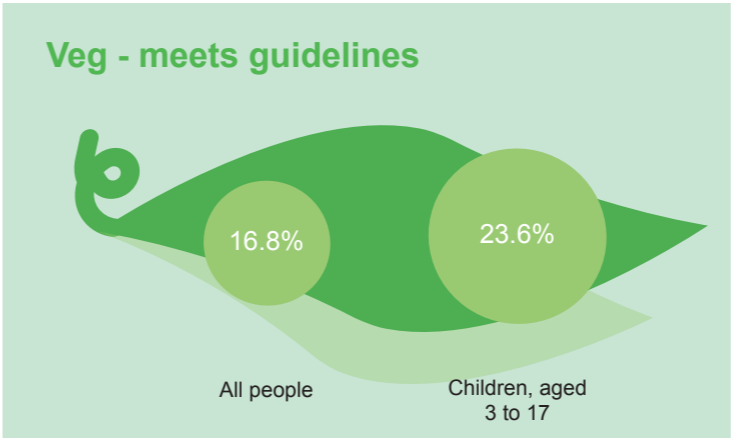


42.9% of male and 52.3% of female residents use public open spaces weekly or more.

### Health and wellbeing profile



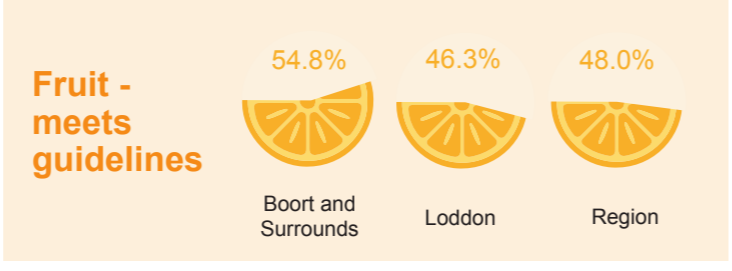
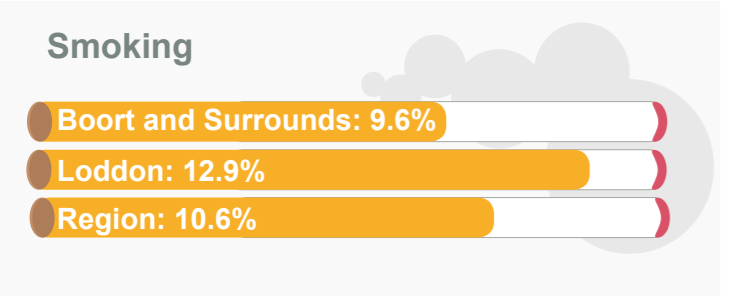
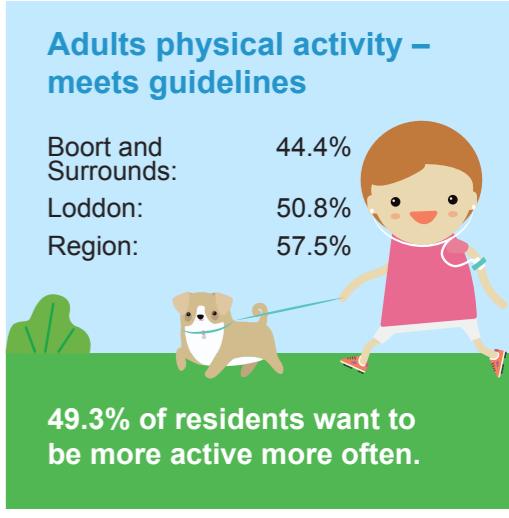
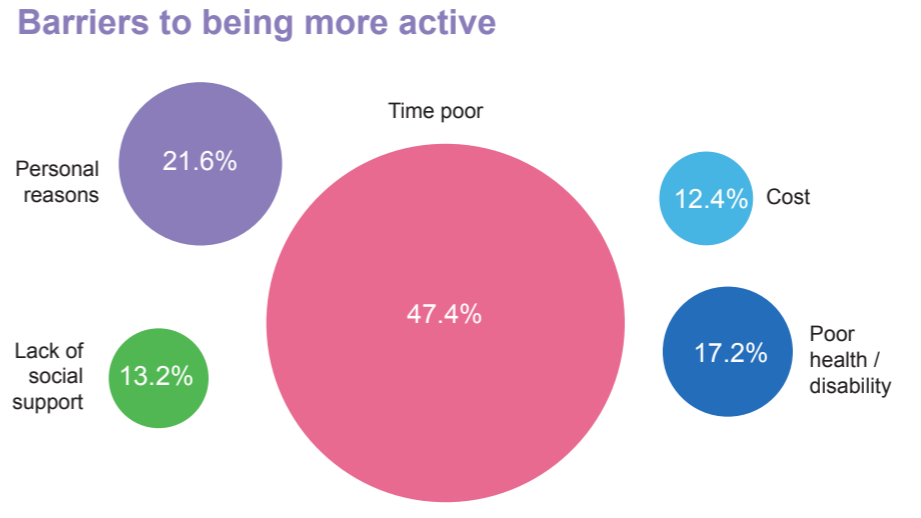
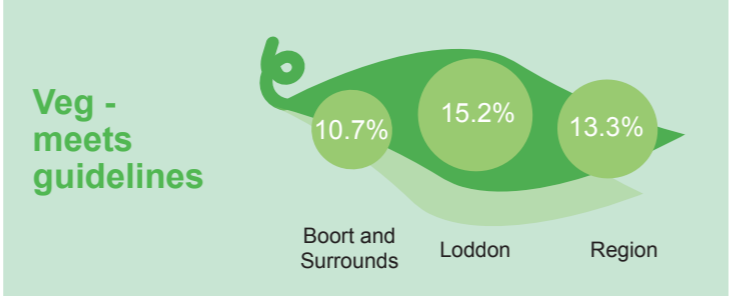
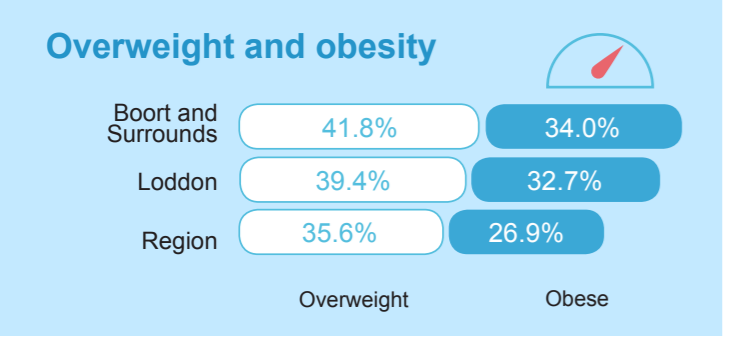
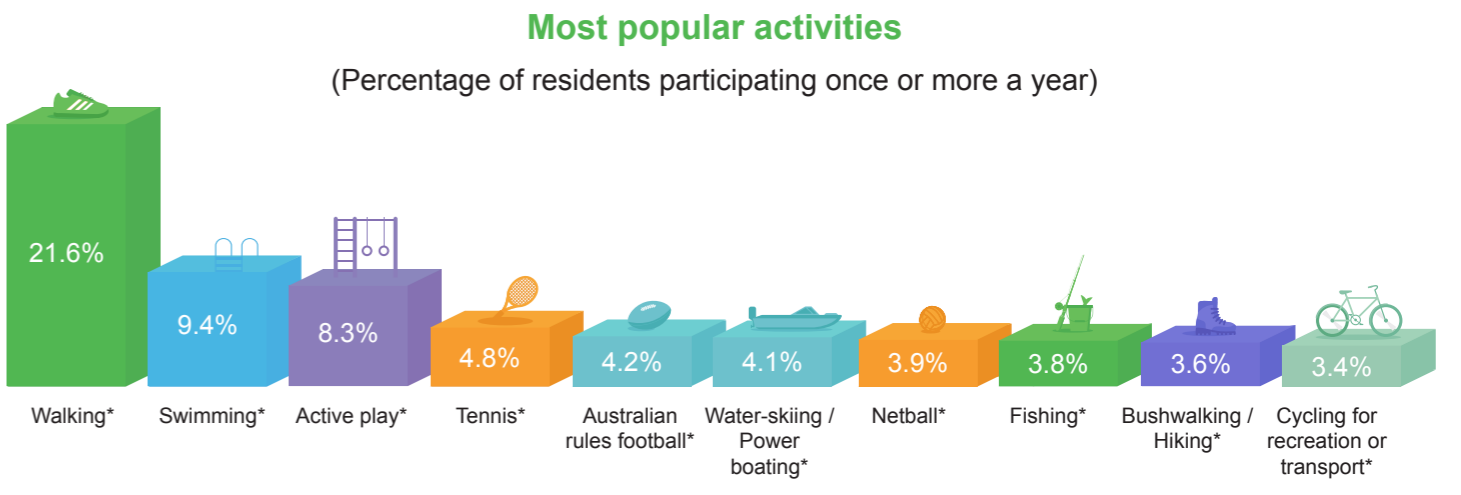
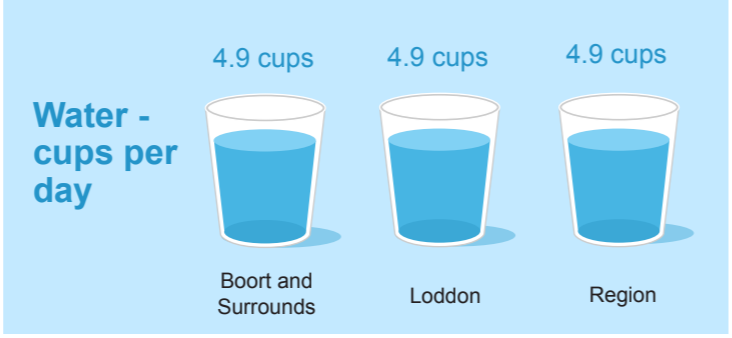
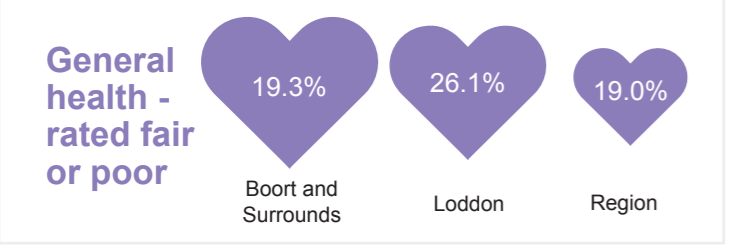
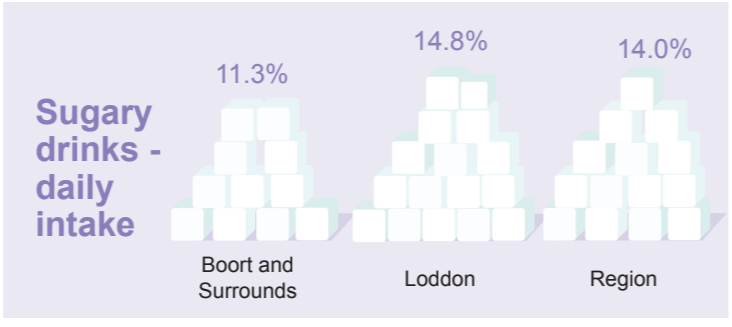
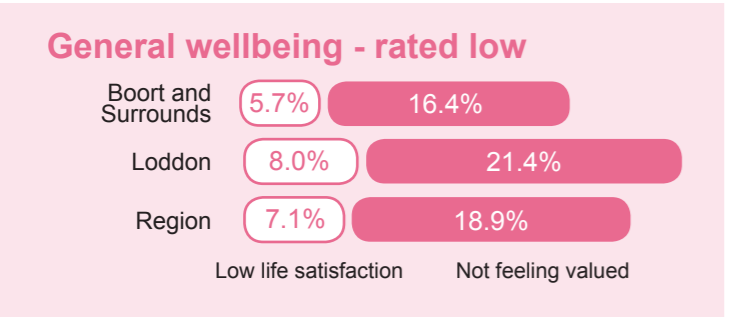
This section summarises findings from 121 children aged from 3 to 17 years old. This includes 66 children aged 3 to 11, who made up 8.2% of the sample, and 55 children aged 12 to 17, who made up 6.8% of the sample (before weighting). Parents were able to fill in the survey for all children over the age of 3 years old, and children aged 14 and over were able to fill in the survey themselves, if their parents agreed. The extent to which children were involved in responding to the survey questions may have differed within and between households. Results for males and females aged 3 to 11 and 12 to 17 can be found in the Loddon-Campaspe report (numbers too low to report for Loddon Shire).



Boort and Surrounds includes Appin South, Barraport, Barraport West, Boort, Borung, Canary Island, Catumnal, Durham, Ox, Fernihurst, Glenloth East, Gredgwin, Kinypanial, Lake Marmal, Leaghur, Meering West, Minmindie, Mysia, Terrappee and Yando.  
Findings for Boort and Surrounds are based on 140 responses from residents, or approximately 12.8% of the local population.

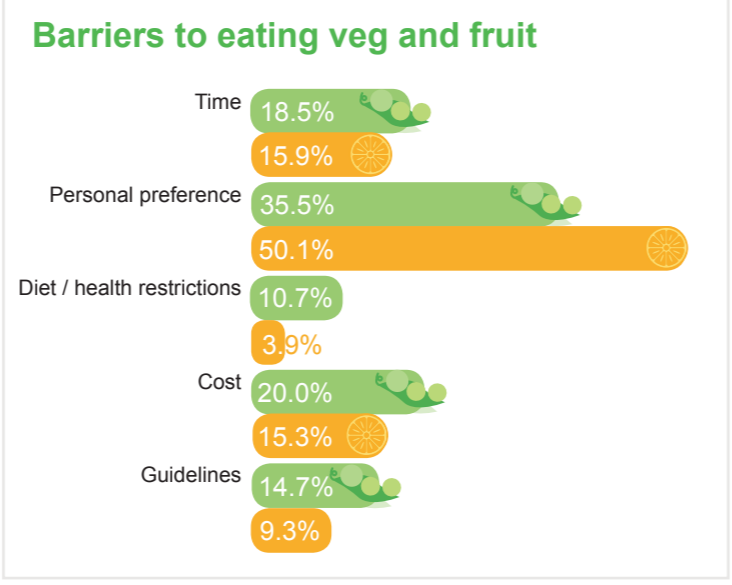
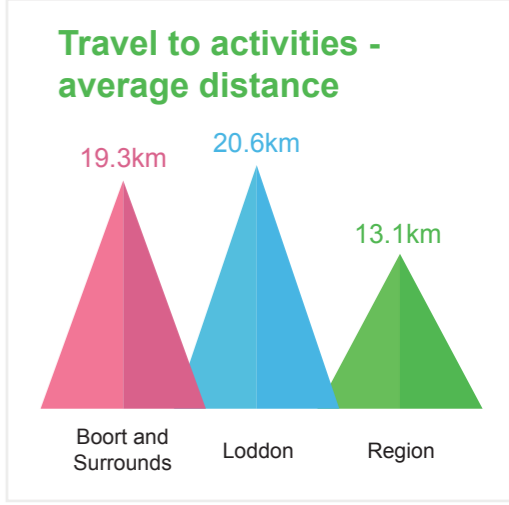
## Health and wellbeing profile - Adults

## Physical activity profile - All residents



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

Parks	84.7%
Footpaths	72.7%
Off-road walking and cycling tracks	70.2%
Halls / community centres	69.7%
Sports grounds, ovals and clubrooms	63.3%
Swimming pools / splash parks	57.3%
Community gardens	39.8%
Indoor sports / leisure / fitness centres	36.7%
Playgrounds	36.5%
Hard courts (e.g. netball / tennis)	31.3%
After hours usage of education facilities	17.6%
Skateparks / BMX	7.0%

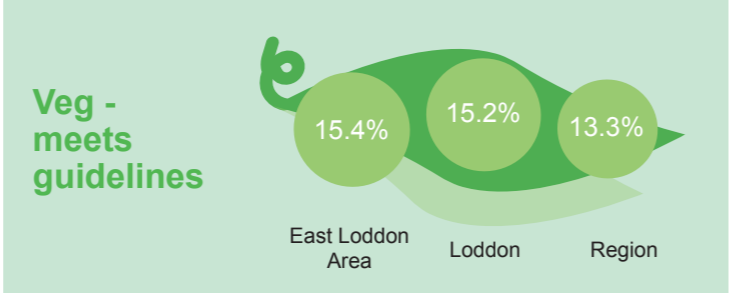
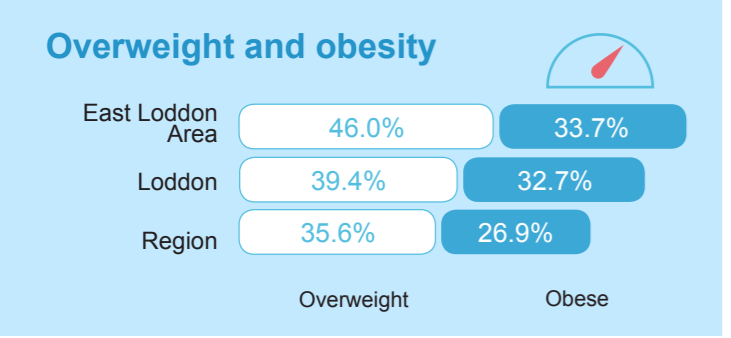
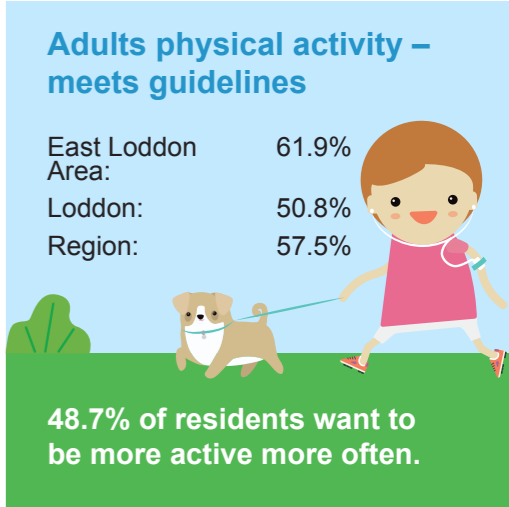
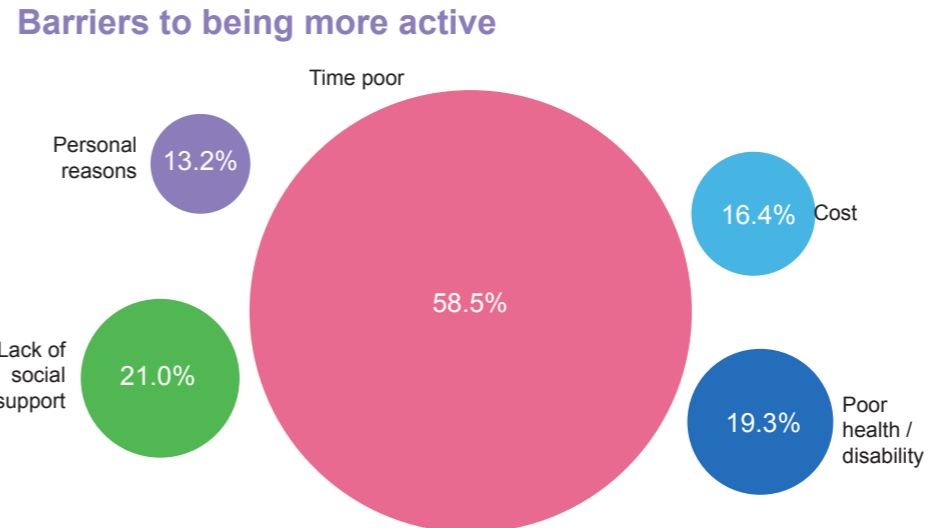
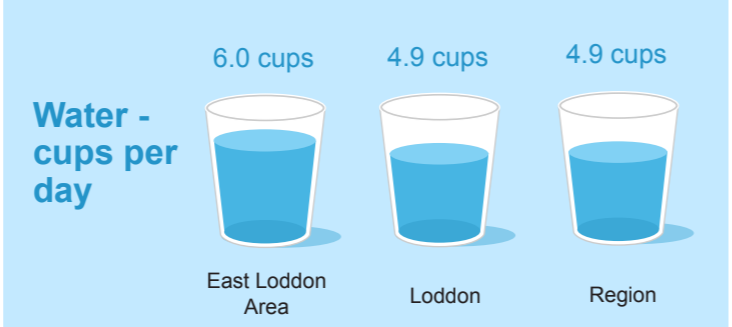
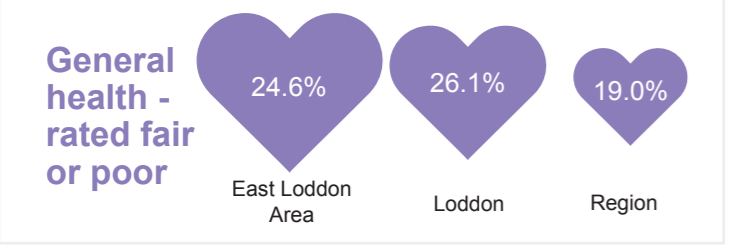
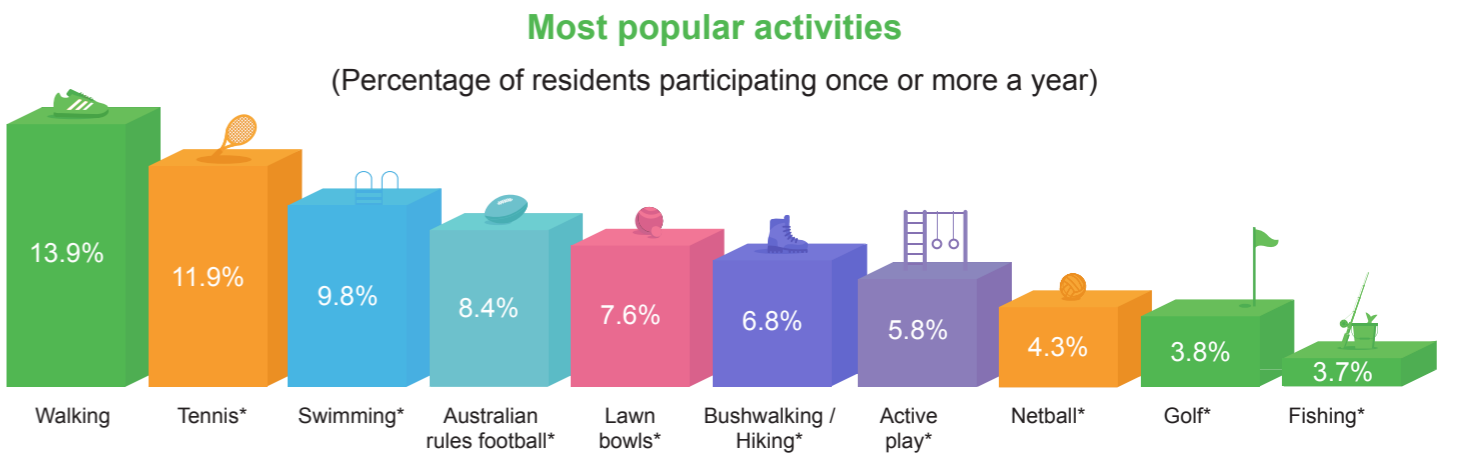
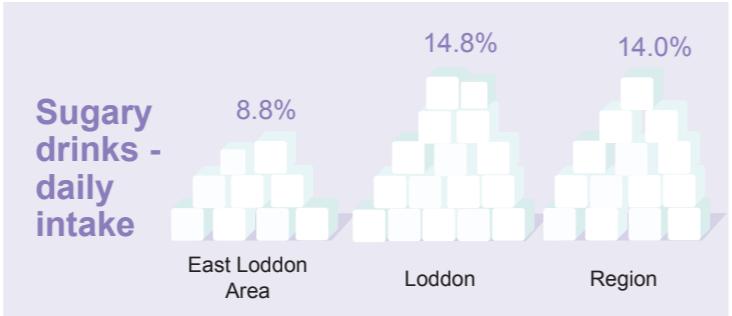
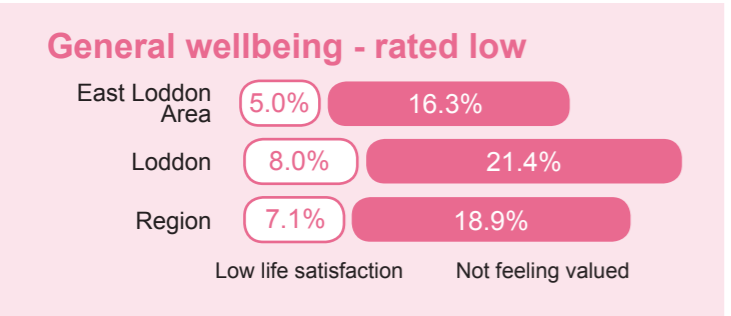


**59.8% of Boort and Surrounds residents use parks and open spaces once a week or more.**

East Loddon Area includes, Bears Lagoon, Calivil, Dingee, Jarklin, Kamarooka, Kamarooka North, Mitiamo, Pompaniel, Prairie, Raywood, Sebastian, Serpentine, Tandarra, Terrick Terrick and Terrick Terrick East. Findings for East Loddon Area are based on 81 responses from residents, or approximately 7.8% of the local population.

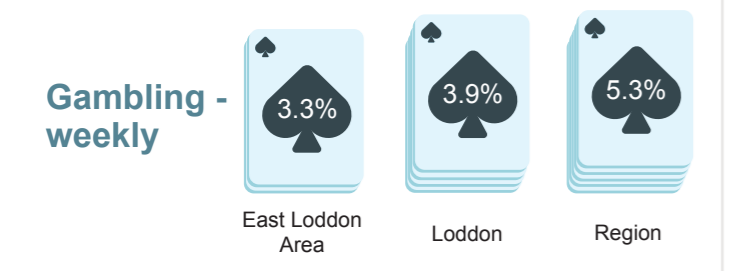
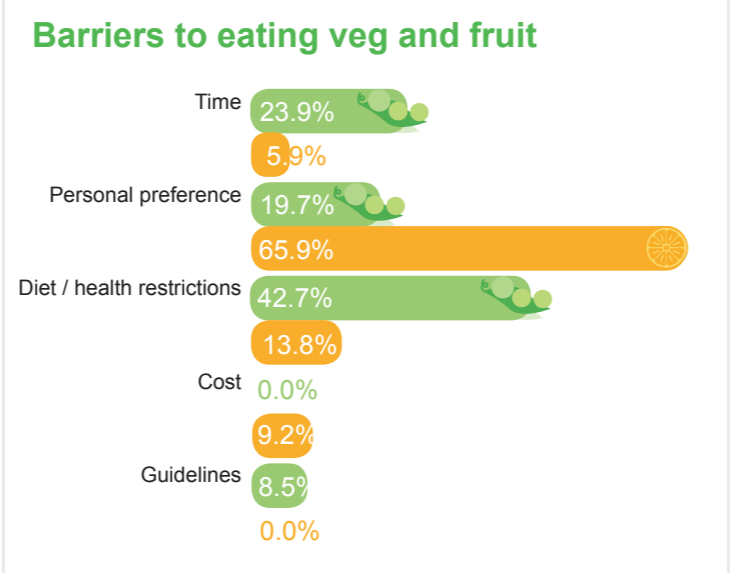
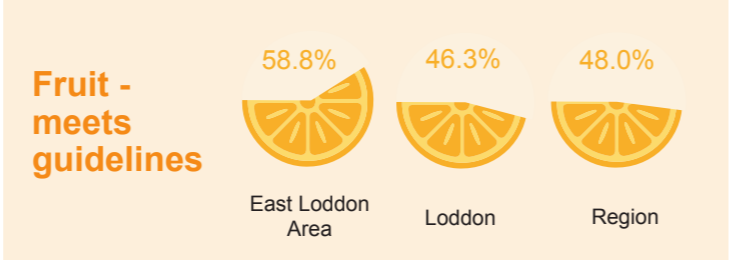
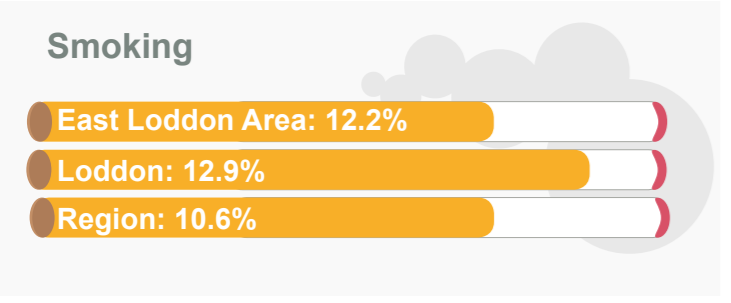
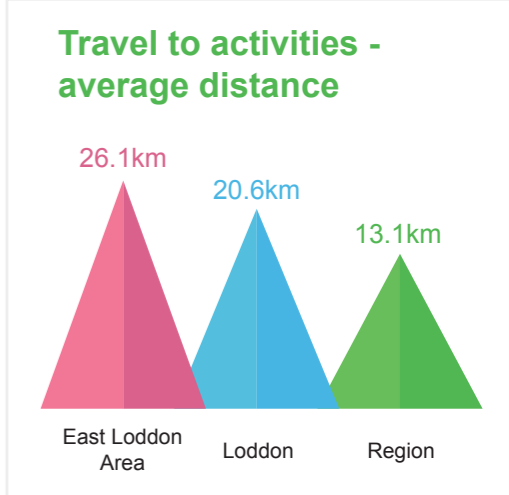
## Health and wellbeing profile - Adults

## Physical activity profile - All residents



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

Sports grounds, ovals and clubrooms	85.9%
Halls / community centres	79.2%
Parks	64.0%
Hard courts (e.g. netball / tennis)	62.3%
Swimming pools / splash parks	57.8%
Footpaths	53.7%
Playgrounds	49.8%
Off-road walking and cycling tracks	46.2%
Indoor sports / leisure / fitness centres	22.6%
Community gardens	22.2%
After hours usage of education facilities	12.0%
Skateparks / BMX	5.6%

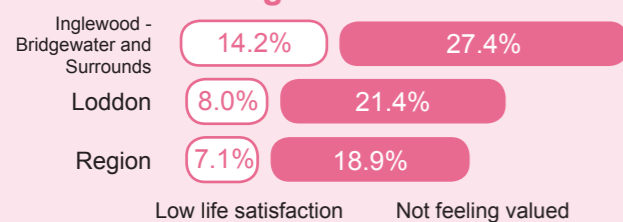


53.1% of East Loddon Area residents use parks and open spaces once a week or more.

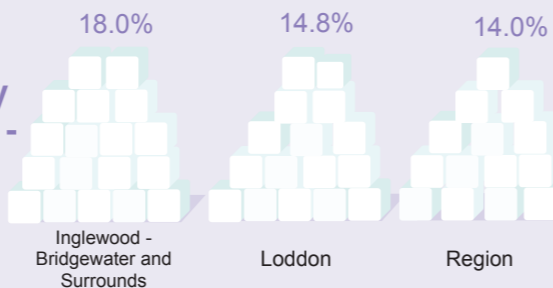
Health and wellbeing profile - Adults

Inglewood - Bridgewater and Surrounds includes Arnold, Arnold West, Brenanah, Bridgewater, Bridgewater North, Bridgewater On Loddon, Campbells Forest, Derby, Inglewood, Kingower, Kurting, Leichardt, Powlett Plains, Salisbury West and Yarraberb. Findings for Inglewood / Bridgewater & Surrounds are based on 164 responses from residents, or approximately 11.0% of the local population.

General wellbeing - rated low



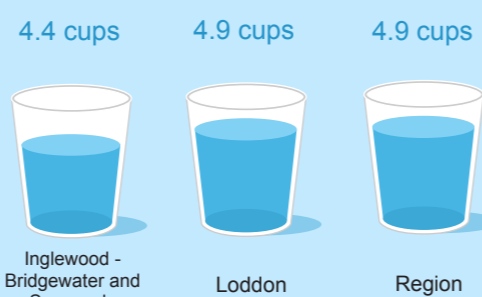
Sugary drinks - daily intake



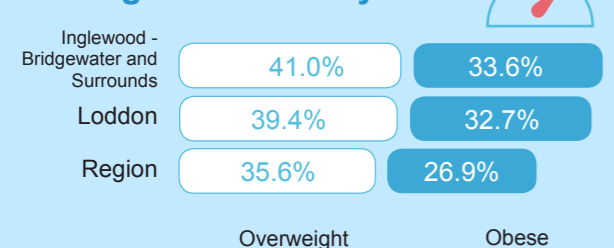
General health - rated fair or poor



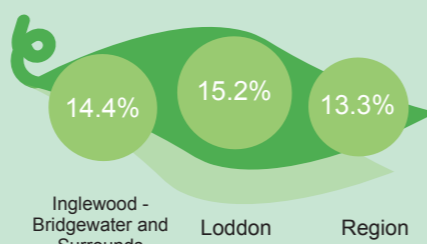
Water - cups per day



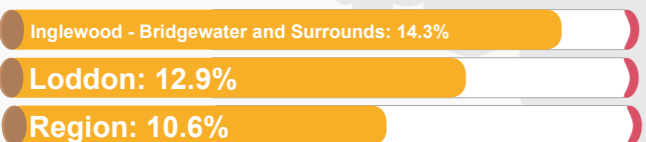
Overweight and obesity



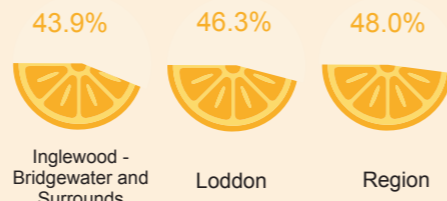
Veg - meets guidelines



Smoking



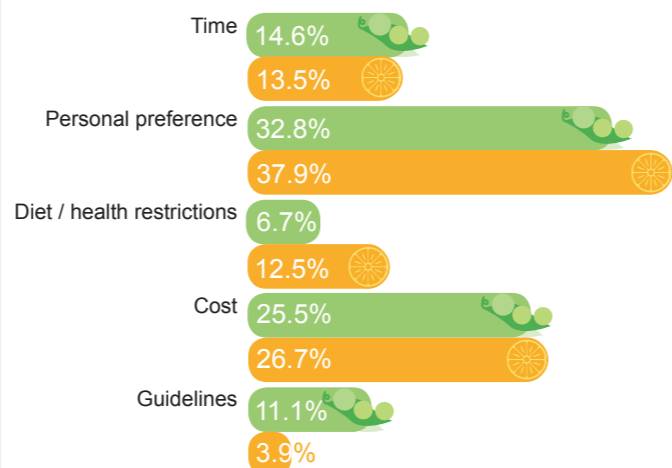
Fruit - meets guidelines



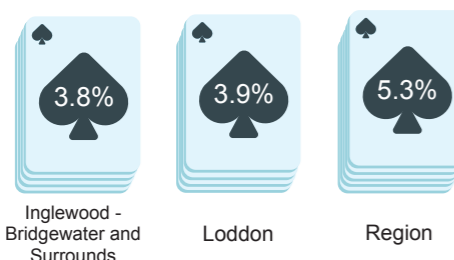
Alcohol - binge drinking



Barriers to eating veg and fruit

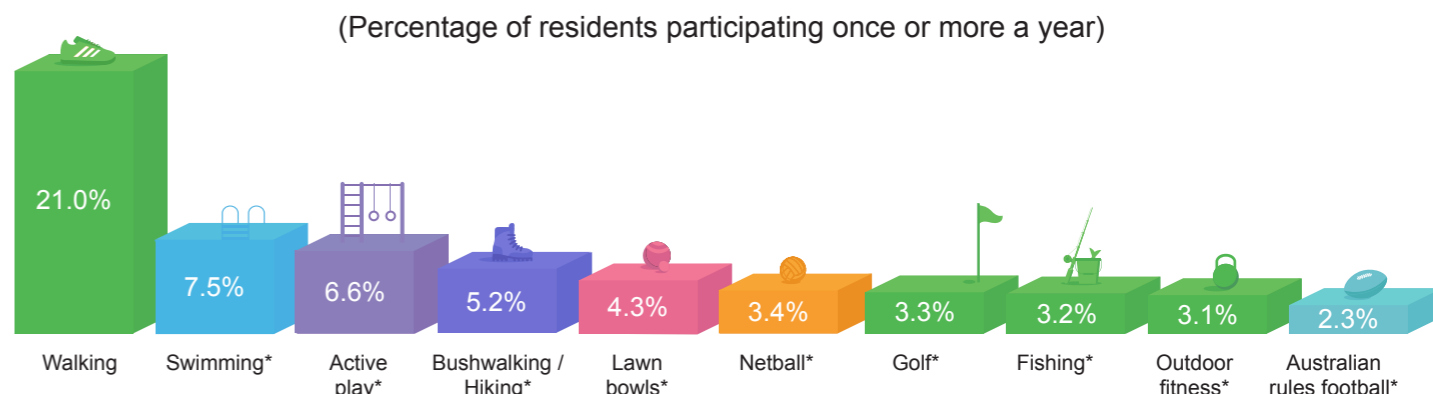


Gambling - weekly

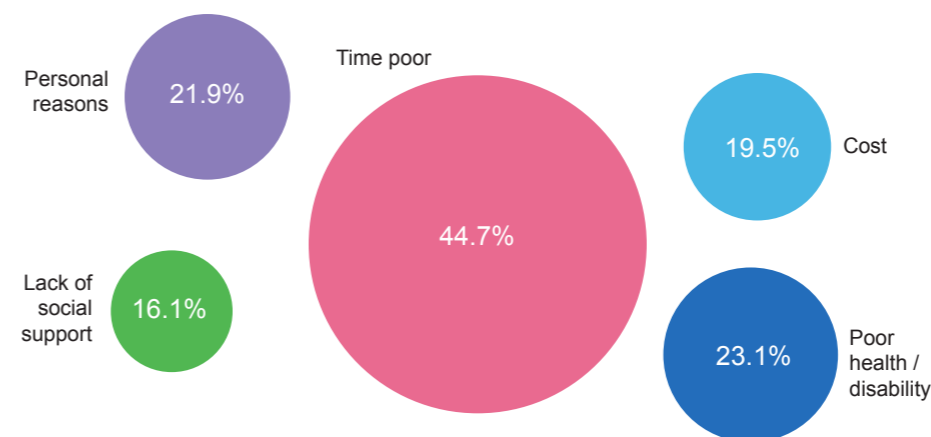


Physical activity profile - All residents

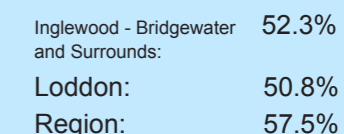
Most popular activities



Barriers to being more active



Adults physical activity - meets guidelines

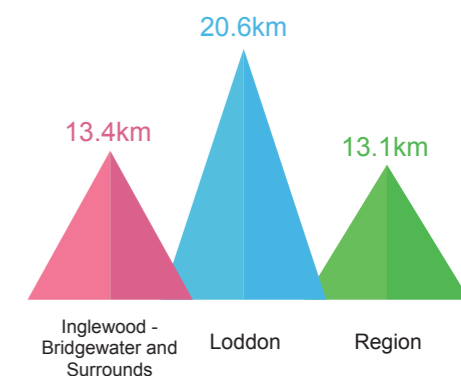


59.9% of residents want to be more active more often.

Public facilities and open spaces - rate of use

Footpaths	75.6%
Parks	69.5%
Sports grounds, ovals and clubrooms	67.3%
Halls / community centres	57.6%
Off-road walking and cycling tracks	55.2%
Swimming pools / splash parks	36.6%
Indoor sports / leisure / fitness centres	26.5%
Hard courts (e.g. netball / tennis)	26.2%
Community gardens	25.3%
Playgrounds	20.8%
After hours usage of education facilities	9.4%
Skateparks / BMX	4.7%

Travel to activities - average distance

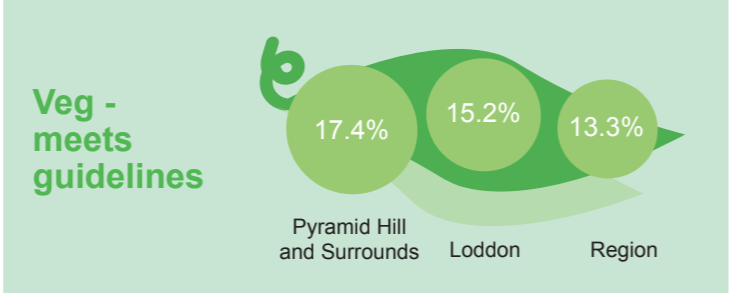
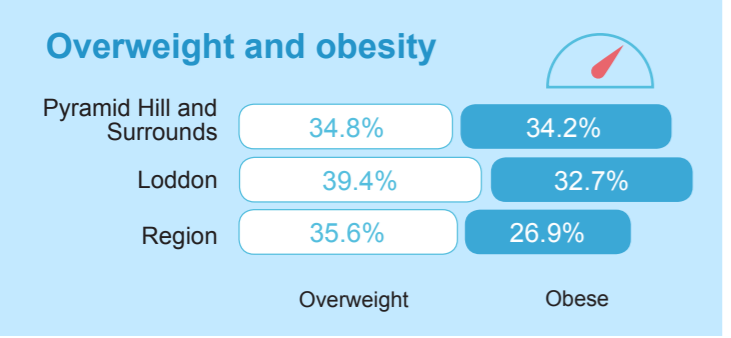
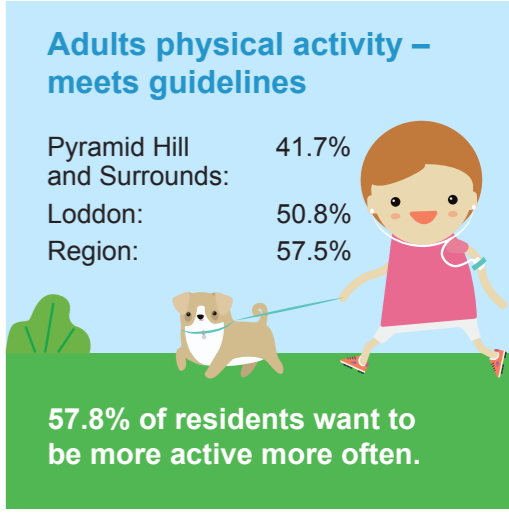
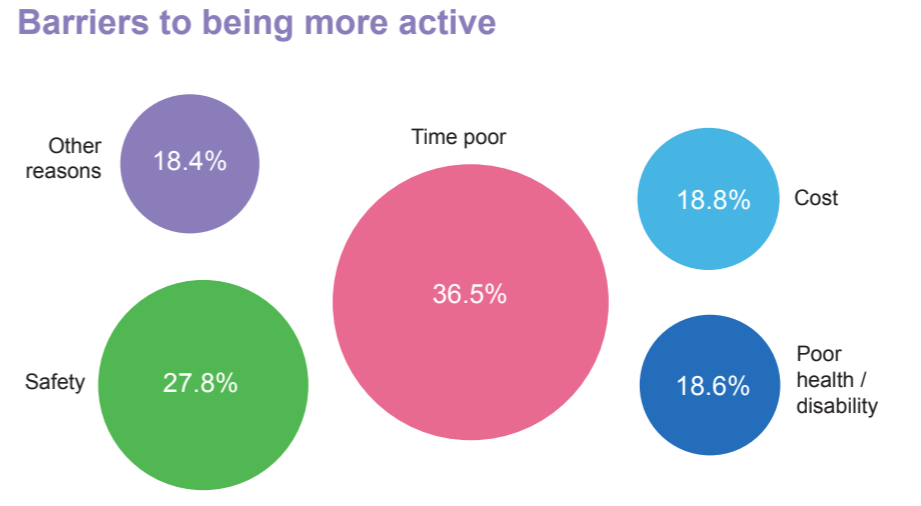
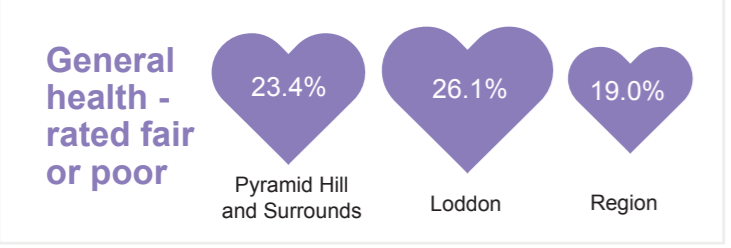
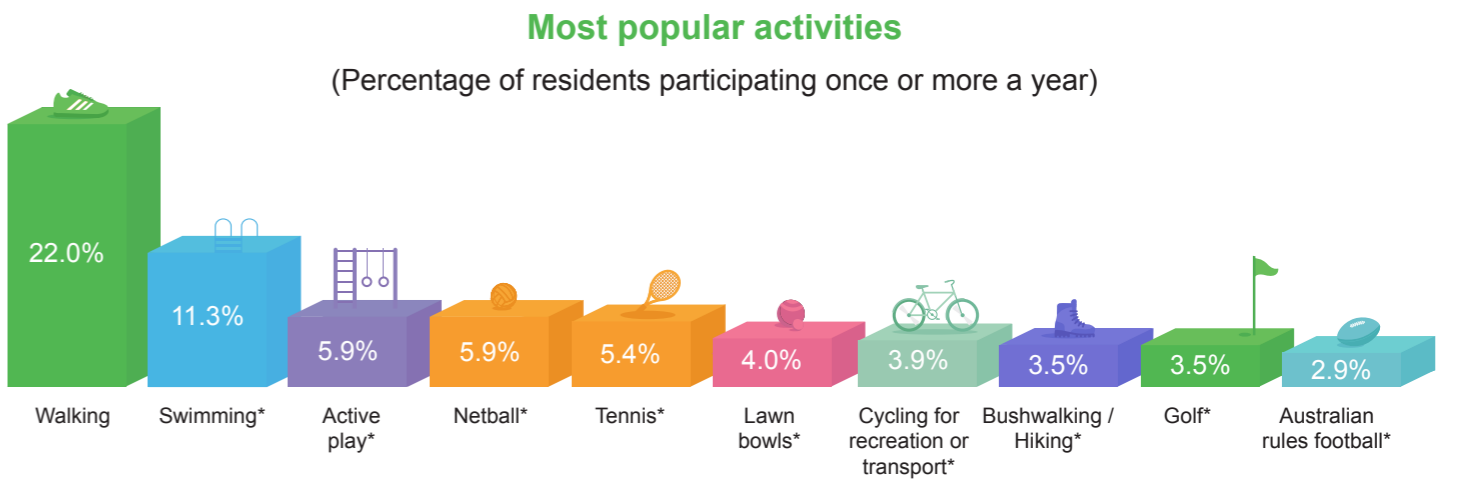
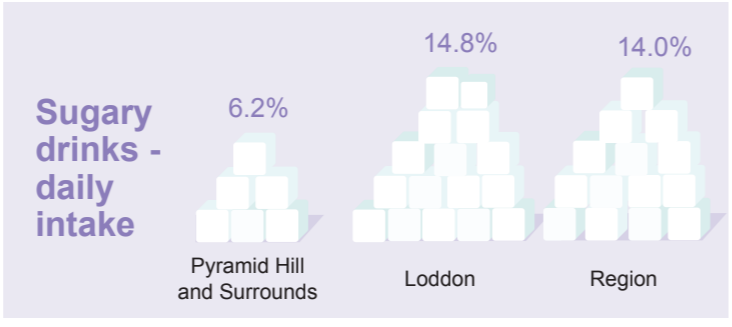
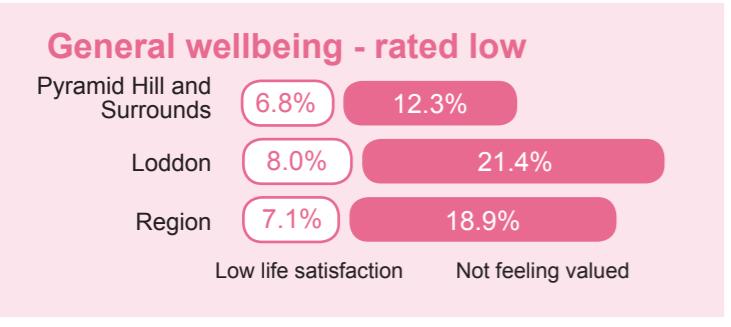


44.9% of East Loddon Area residents use parks and open spaces once a week or more.

Pyramid Hill and Surrounds includes Gladfield, Loddon Vale, Macorna, Mincha, Mincha West, Mologa, Pyramid Hill, Sylvaterre and Yarrowalla. Findings for Pyramid Hill and Surrounds are based on 117 responses from residents, or approximately 16.9% of the local population.

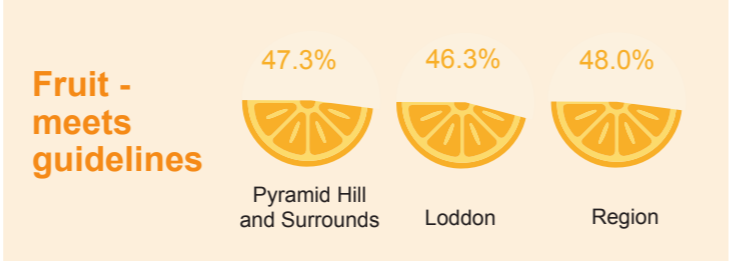
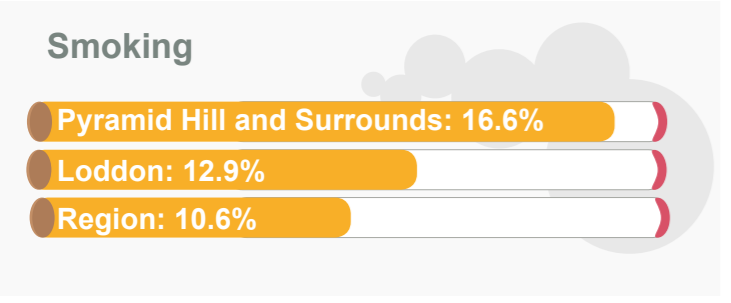
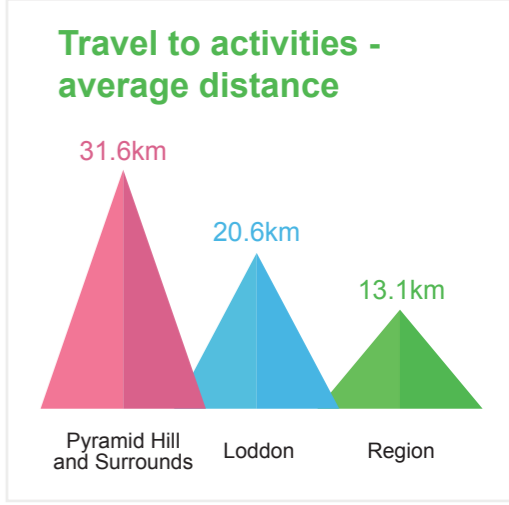
## Health and wellbeing profile - Adults

## Physical activity profile - All residents

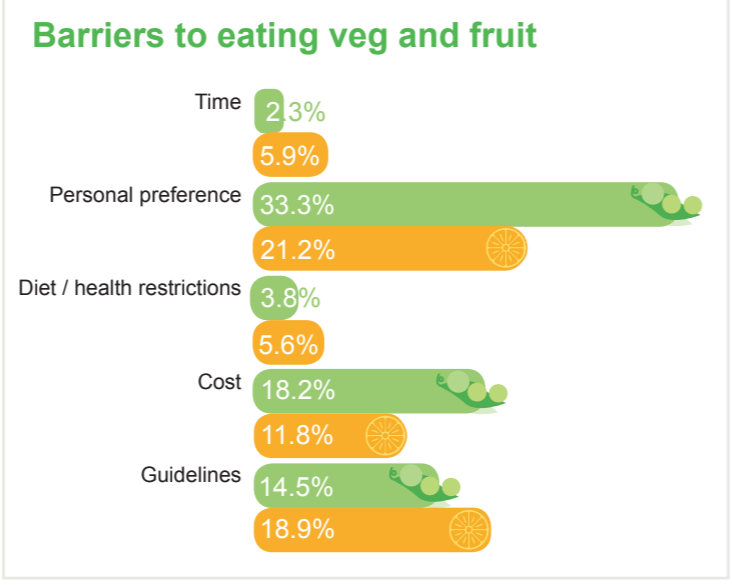
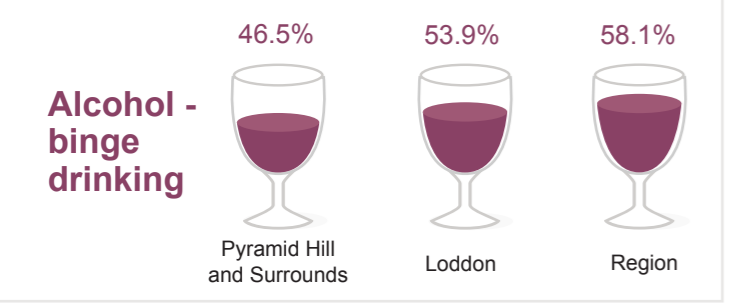


### Public facilities and open spaces - rate of use

Halls / community centres	75.9%
Parks	74.5%
Footpaths	72.8%
Sports grounds, ovals and clubrooms	71.9%
Swimming pools / splash parks	58.4%
Off-road walking and cycling tracks	54.1%
Hard courts (e.g. netball / tennis)	51.1%
Indoor sports / leisure / fitness centres	30.8%
Community gardens	29.5%
After hours usage of education facilities	26.2%
Playgrounds	23.4%
Skateparks / BMX	3.4%



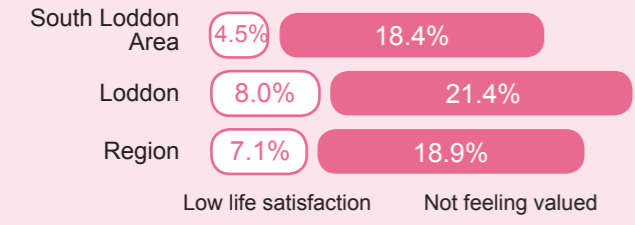
**57.4% of Pyramid Hill and Surrounds residents use parks and open spaces once a week or more.**



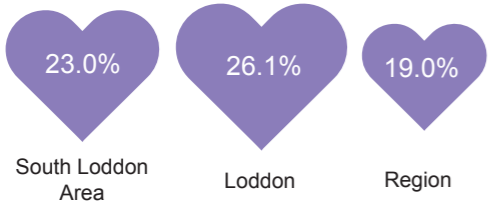
South Loddon Area includes, Burkes Flat, Cochranes Creek, Dunolly, Eastville, Eddington, Inkerman, Laanecoorie, Llanelly, McIntyre, Moliagul, Murphys Creek, Newbridge, Painswick, Rheola, Shelbourne, Tarnagulla, Waanyarra, Woodstock On Loddon and Woodstock West Findings South Loddon Area are based on 80 responses from residents, or approximately 4.1% of the local population.

## Health and wellbeing profile - Adults

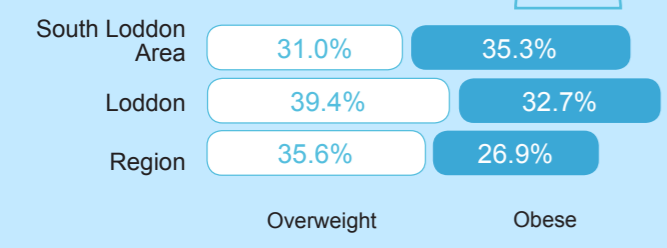
### General wellbeing - rated low



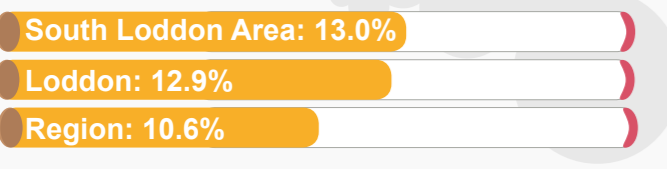
### General health - rated fair or poor



### Overweight and obesity



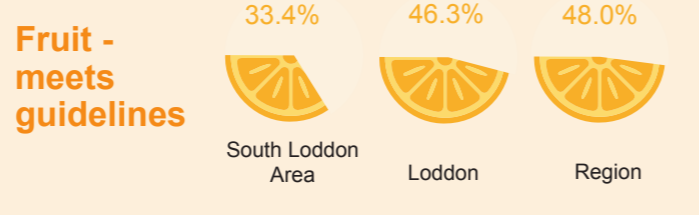
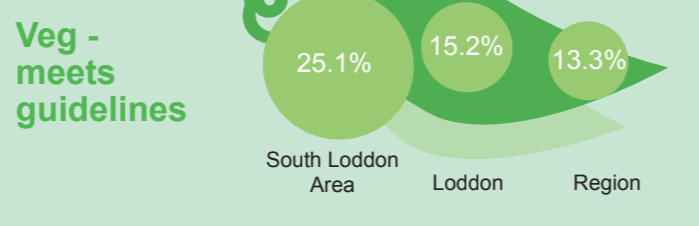
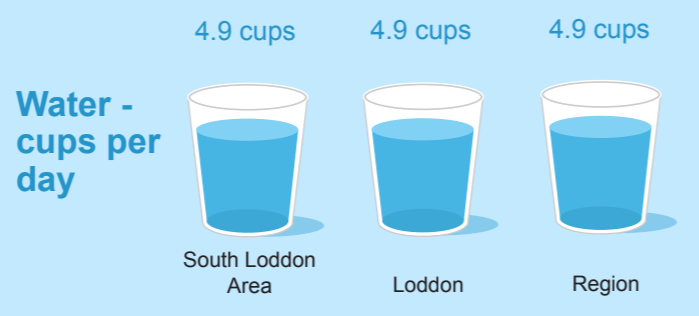
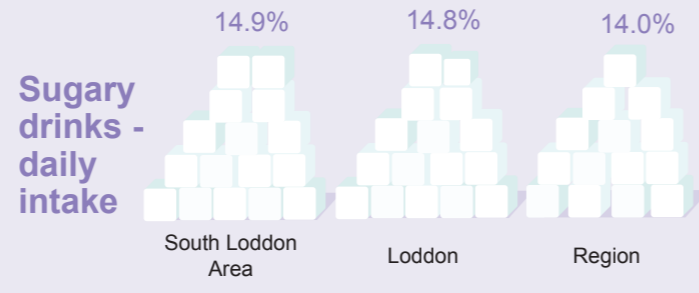
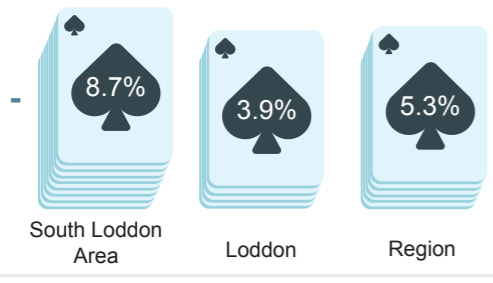
### Smoking



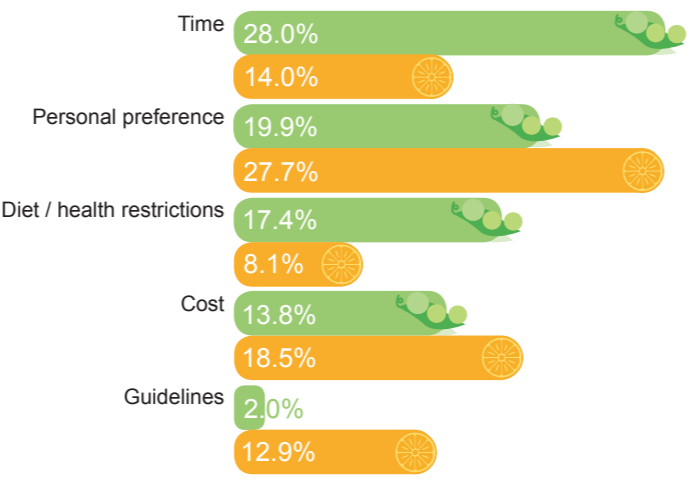
### Alcohol - binge drinking



### Gambling - weekly



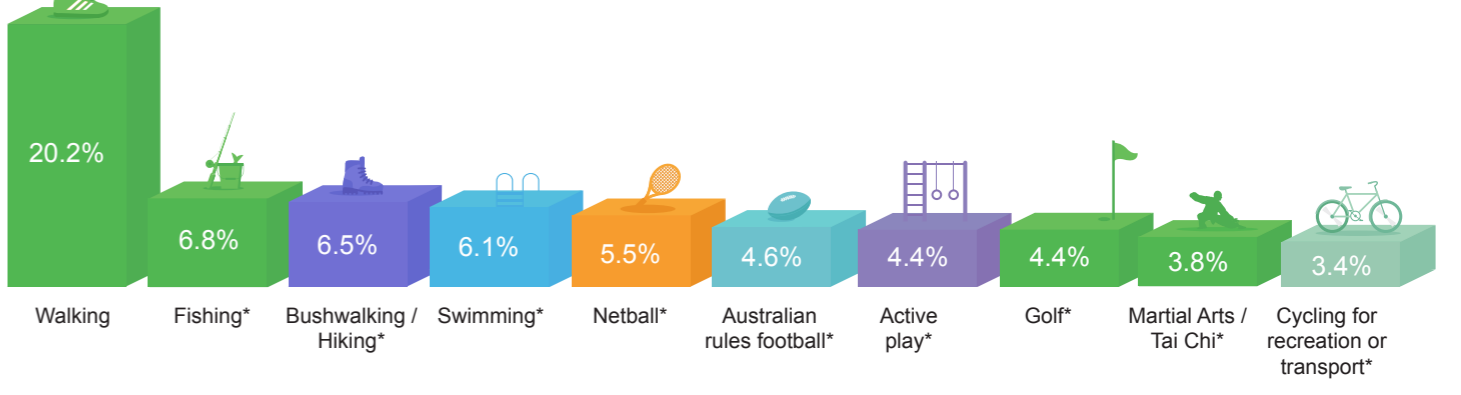
### Barriers to eating veg and fruit



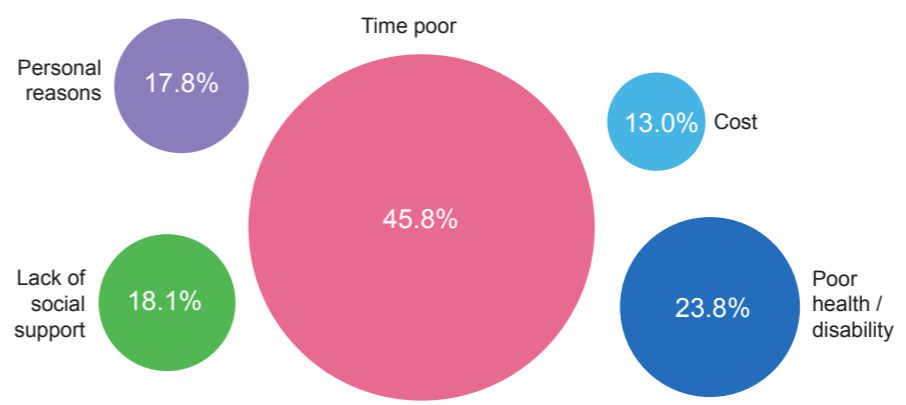
## Physical activity profile - All residents

### Most popular activities

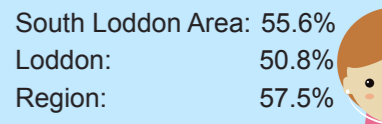
(Percentage of residents participating once or more a year)



### Barriers to being more active



### Adults physical activity - meets guidelines



45.7% of residents want to be more active more often.

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

Halls / community centres	64.8%
Parks	63.9%
Sports grounds, ovals and clubrooms	55.5%
Off-road walking and cycling tracks	47.7%
Footpaths	44.6%
Community gardens	33.9%
Indoor sports / leisure / fitness centres	31.5%
Swimming pools / splash parks	30.9%
Hard courts (e.g. netball / tennis)	23.6%
After hours usage of education facilities	10.9%
Skateparks / BMX	9.1%
Playgrounds	7.1%

### Travel to activities - average distance

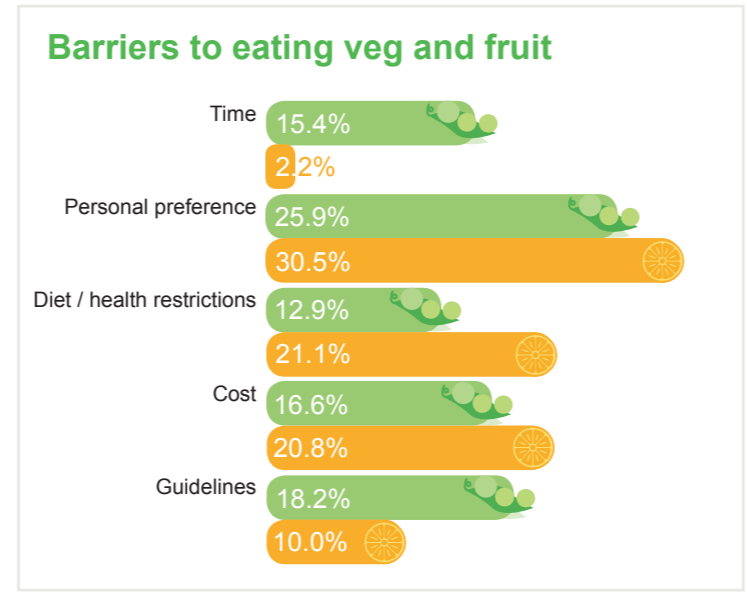
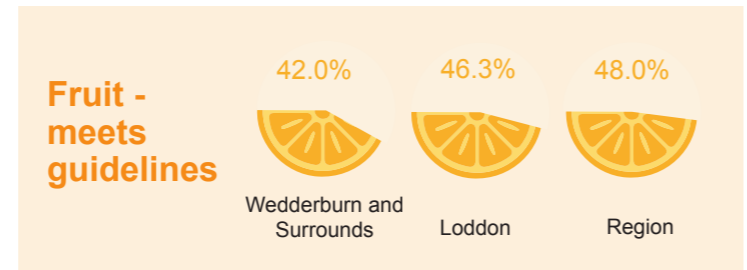
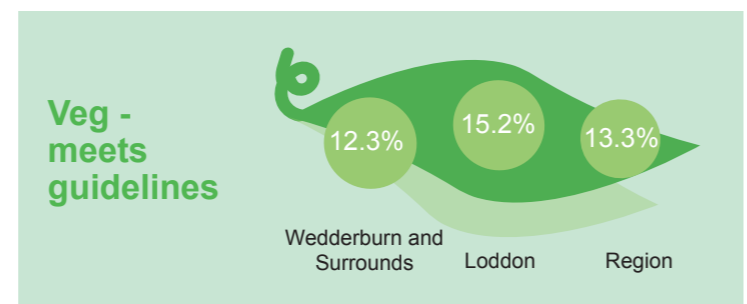
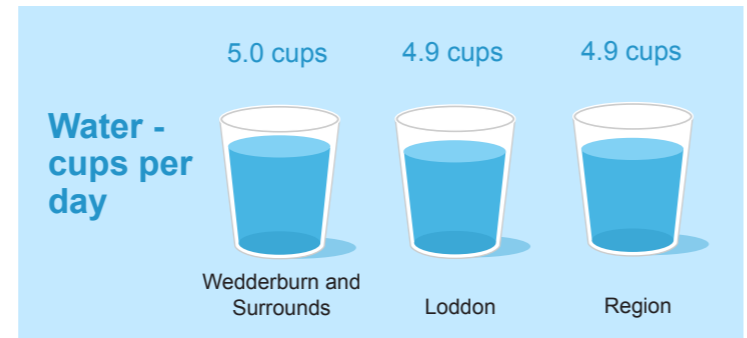
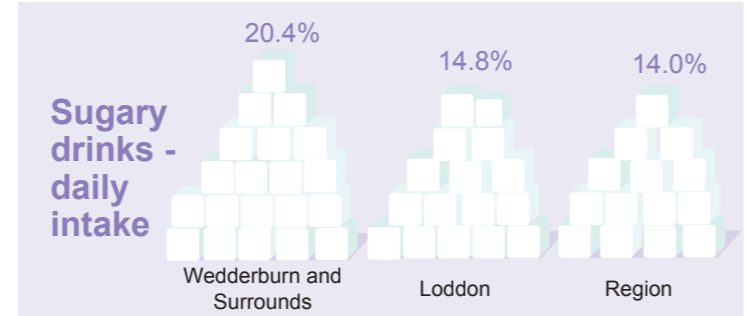
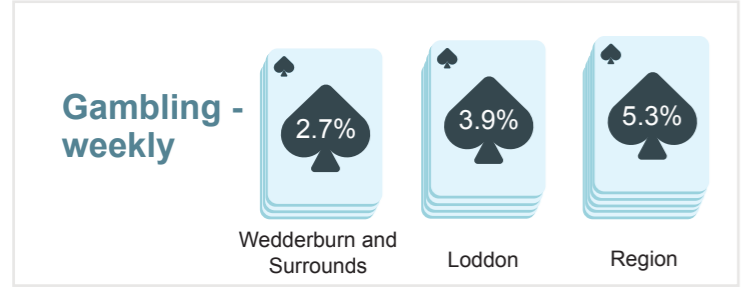
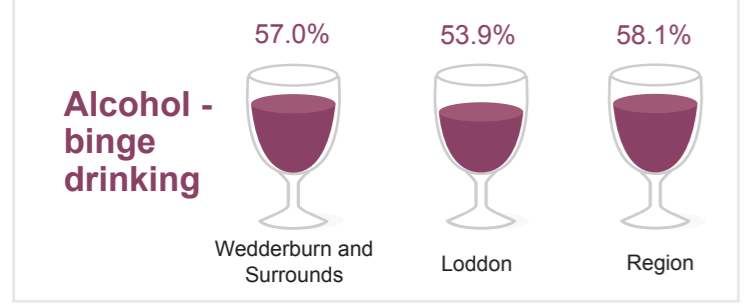
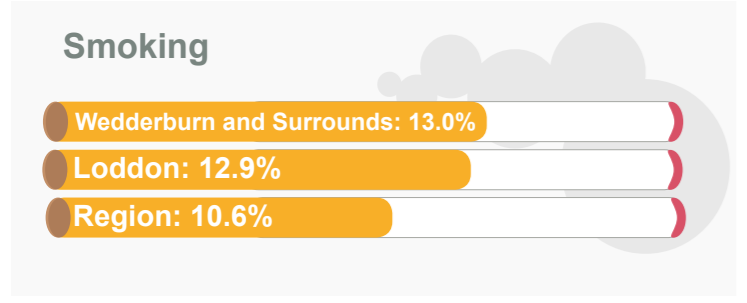
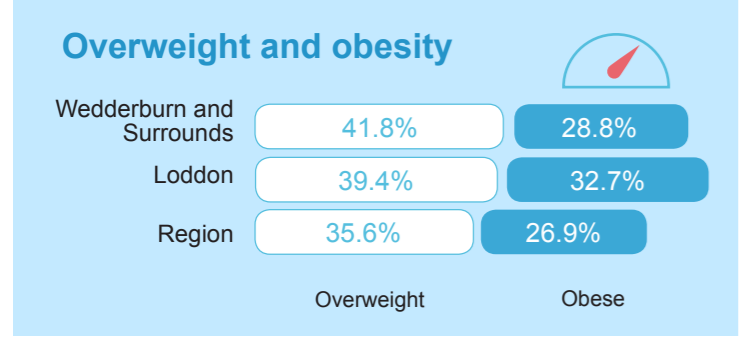
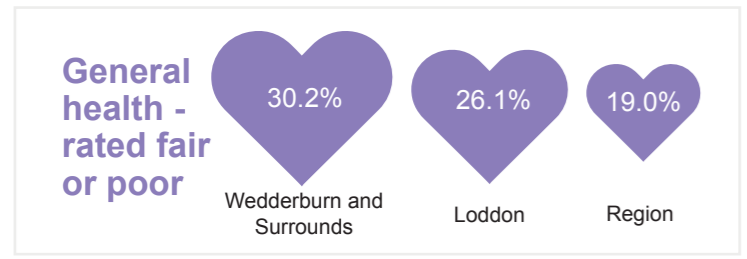
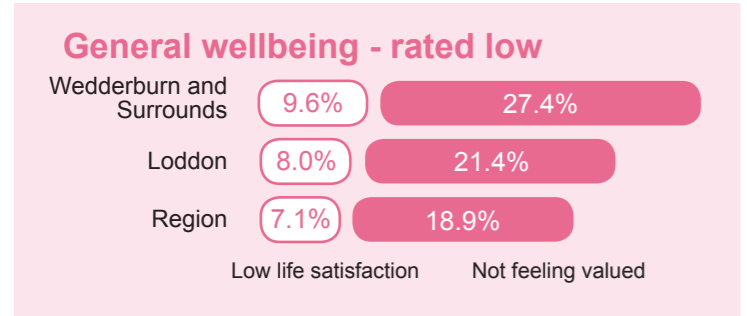


44.7% of South Loddon Area residents use parks and open spaces once a week or more.

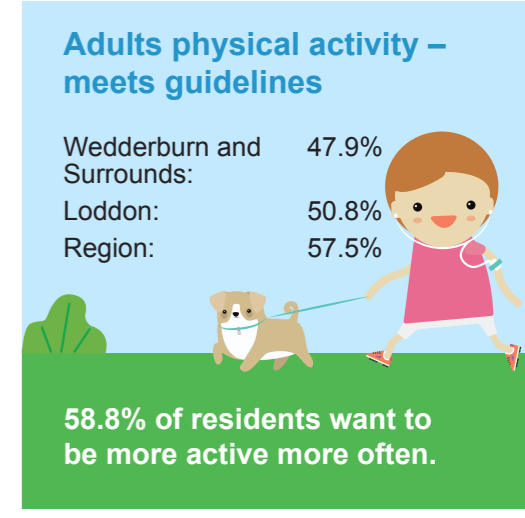
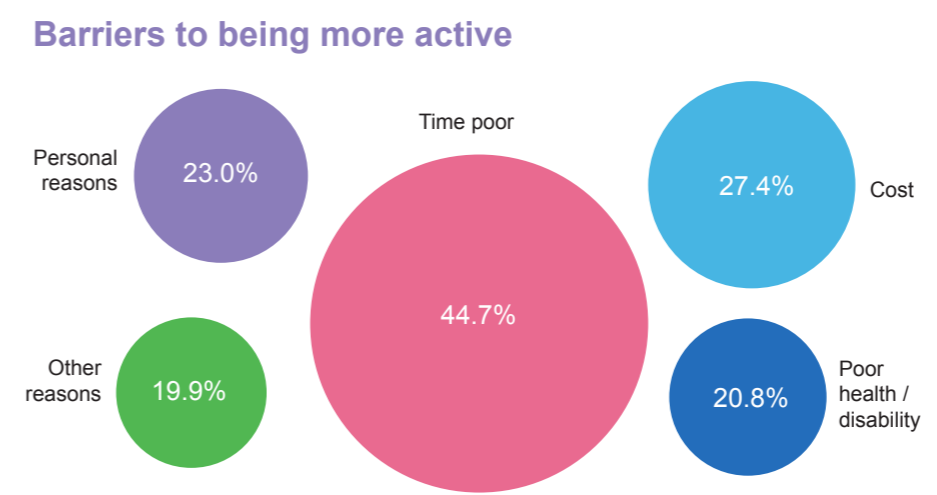
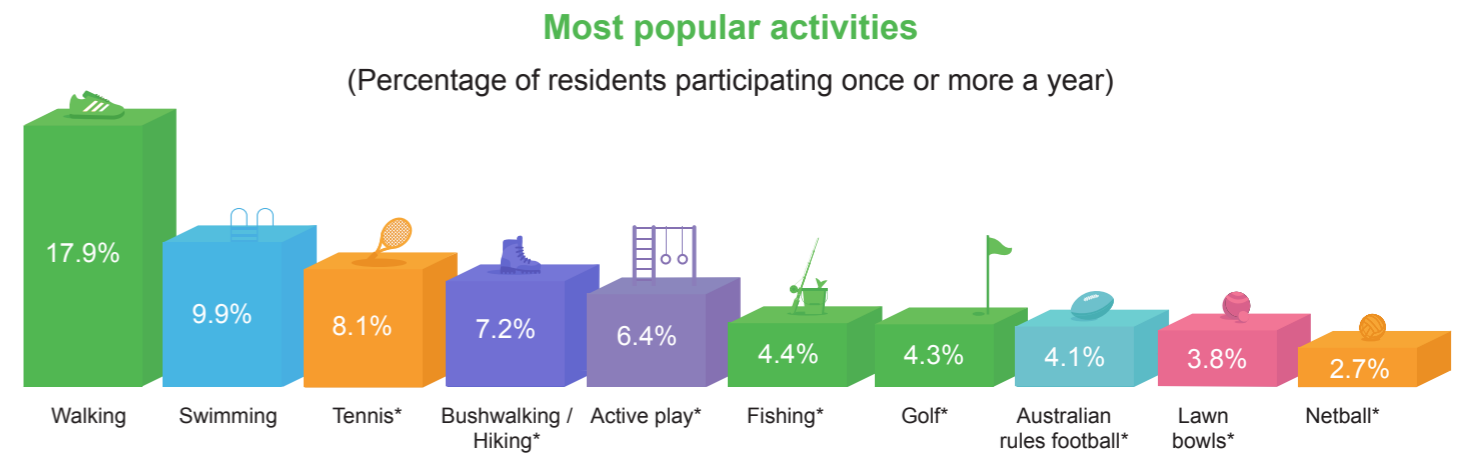


## Health and wellbeing profile - Adults

Wedderburn and Surrounds includes Berrimal, Buckrabanyule, Coonooer Bridge, Emu, Fentons Creek, Fiery Flat, Glenalbyn, Gowareast, Korong Vale, Kurraca, Kurraca West, Logan, Nine Mile, Richmond Plains, Skinners Flat, Wedderburn, Wedderburn Junction, Wehla, Woosang, Wychitella, Wychitella North and Yeungroon. Findings Wedderburn and Surrounds based on 189 responses from residents, or approximately 14.5% of the local population.

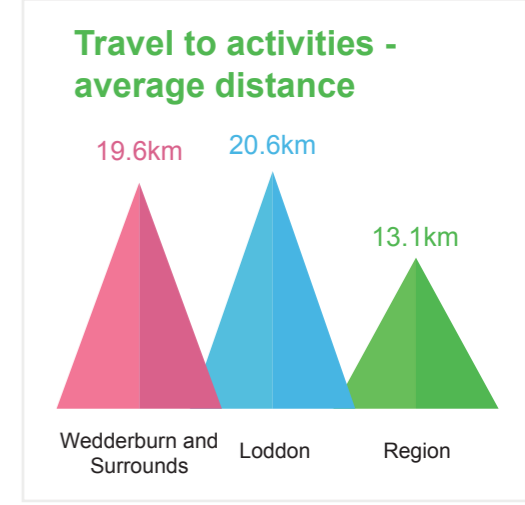


## Physical activity profile - All residents



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

Footpaths	77.0%
Halls / community centres	70.6%
Parks	66.4%
Sports grounds, ovals and clubrooms	65.6%
Off-road walking and cycling tracks	59.4%
Swimming pools / splash parks	48.7%
Community gardens	40.3%
Hard courts (e.g. netball / tennis)	34.7%
Indoor sports / leisure / fitness centres	28.0%
Playgrounds	21.9%
Skateparks / BMX	13.7%
After hours usage of education facilities	5.1%



51.8% of Wedderburn and Surrounds residents use parks and open spaces once a week or more.

# Walking in Loddon

## Participation in walking

Walking is the most popular physical activity among Loddon Shire residents with 19.6% of the population reporting that they walked for exercise in the previous 12 months.

19.6%

21.3%

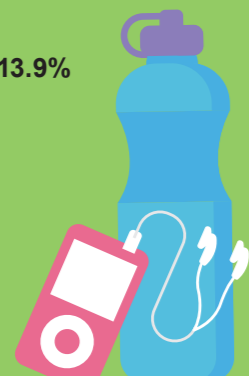
Loddon Shire

Loddon Campaspe Region

## Walking is most popular among residents of:

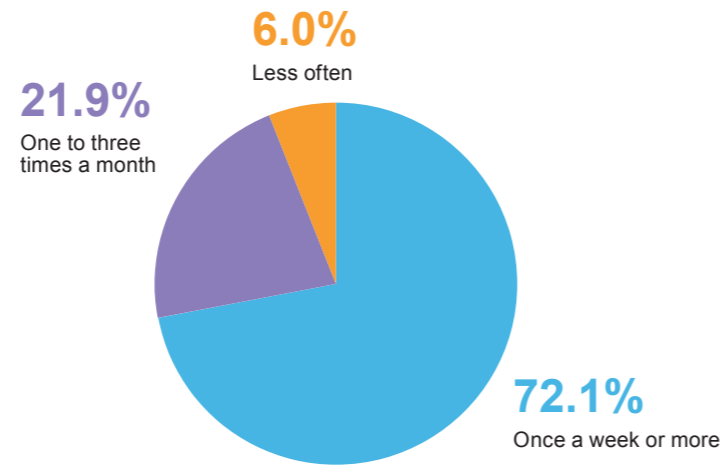


## Walking is least popular among residents of:



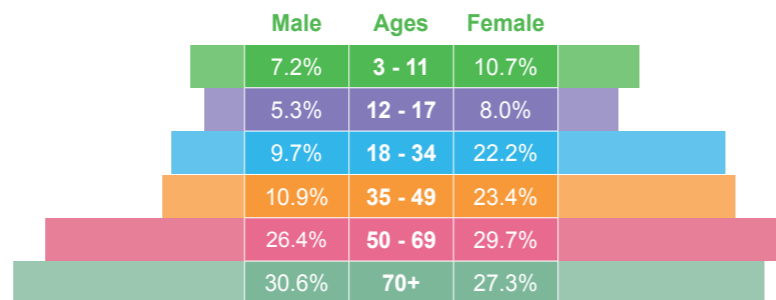
## How often?

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



## Who?

People of all ages and genders walk for exercise. Males aged 70 plus reported the highest rates of walking.



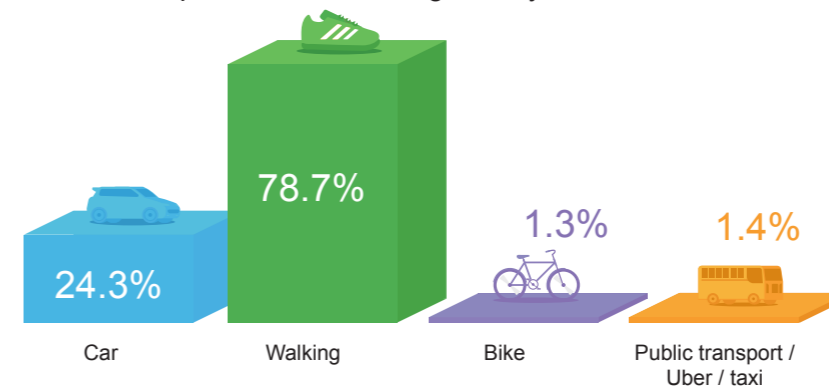
## How far do people travel?

The average distance people travel to their walking activity is 12.4km ranging from 1.2km in Inglewood - Bridgewater and Surrounds to 39.2km in Pyramid Hill and Surrounds.



## How do people get there?

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



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

## How do people rate walking facilities?

Nearly 74% of residents who reported walking for exercise rated the walking facilities they use as good or excellent in terms of their quality and over 81% rated 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

Boort and Surrounds **81.9%**  
Pyramid Hill and Surrounds **81.4%**

### Lowest quality

Wedderburn and Surrounds **55.0%**

## Facility accessibility rating

### Highest accessibility

Pyramid Hill and Surrounds **91.0%**  
Boort and Surrounds **90.2%**

### Lowest accessibility

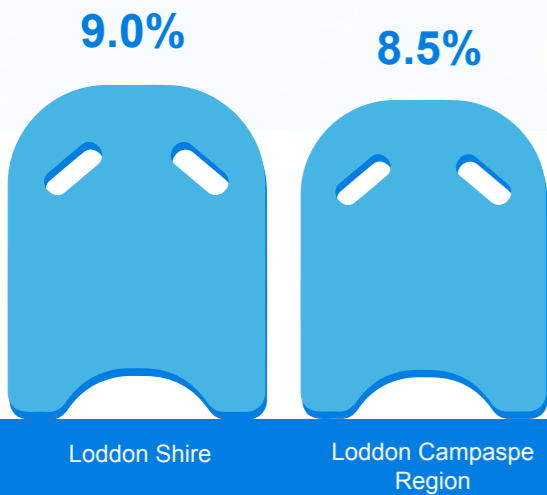
Wedderburn and Surrounds **65.2%**



# Swimming in Loddon

## Participation in swimming

Swimming is the second most popular physical activity among Loddon Shire residents with 9.0% of the population reporting that they went swimming for exercise in the previous 12 months.



## Swimming is most popular among residents of:

Pyramid Hill and Surrounds  
11.3%\*

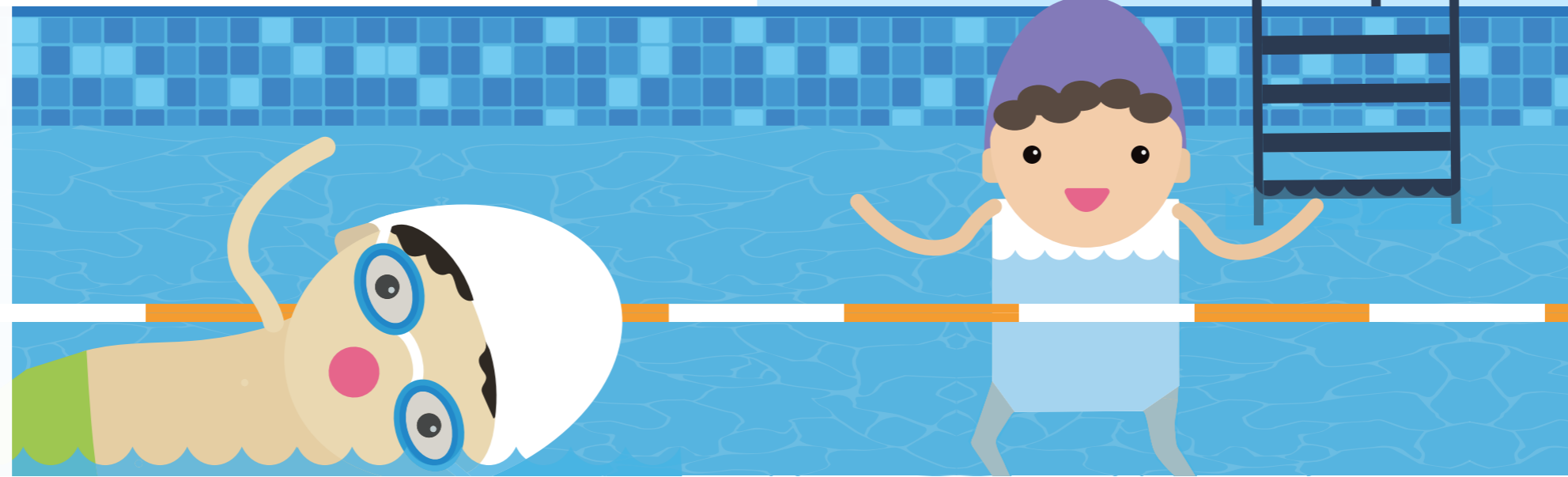
Wedderburn and Surrounds East  
9.9%

Loddon Area  
9.8%\*

## Swimming is least popular among residents of:

South Loddon Area  
6.1%\*

Inglewood - Bridgewater and Surrounds  
7.5%\*



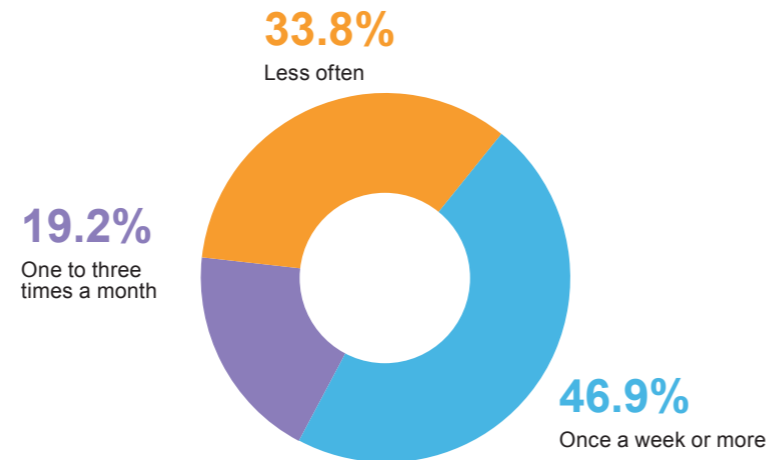
## How do people rate swimming facilities?

Nearly 80% of residents who reported swimming for exercise rated the swimming facilities they use as good or excellent in terms of their quality and over 75% rated 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?

Almost half of residents who went swimming in the past 12 months did so once a week or more.



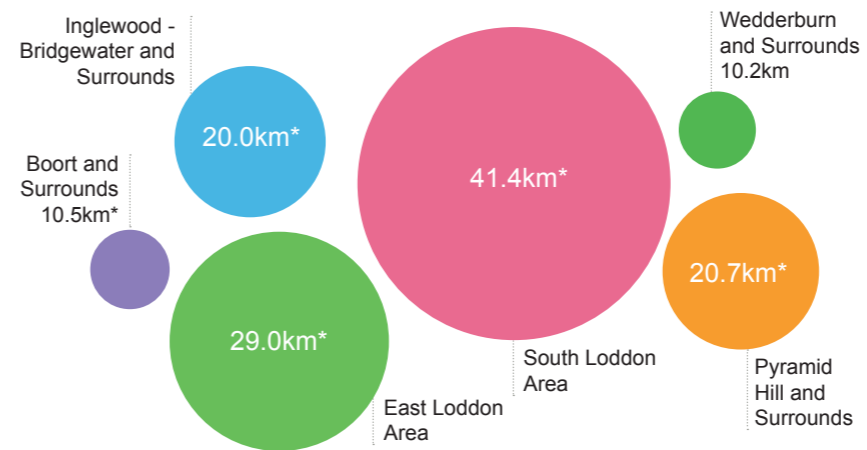
## Who?

Swimming is popular amongst all age groups and genders. Males aged 3 to 11 reported the highest rates of swimming followed by females aged 3 to 11.

	Male	Ages	Female
	18.1%	3 - 11	17.5%
	7.6%	12 - 17	8.2%
	9.7%	18 - 34	9.8%
	5.5%	35 - 49	10.0%
	6.7%	50 - 69	8.0%
	2.9%	70+	5.2%

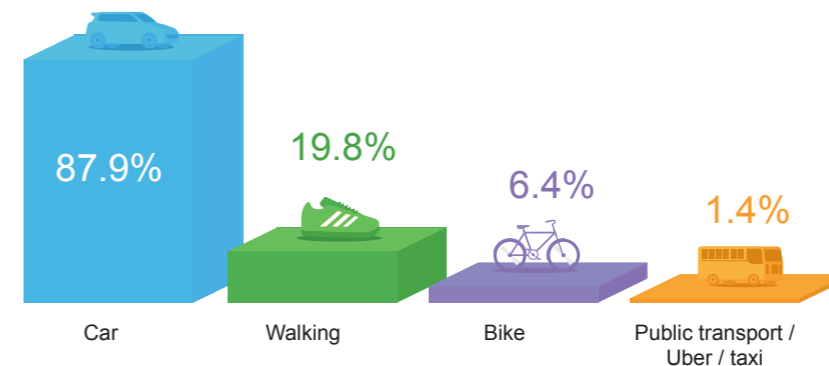
## How far do people travel?

The average distance people travel to get to their swimming activity is 17.7km ranging from 10.2km in Wedderburn and Surrounds to 41.4km in South Loddon Area.



## How do people get there?

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



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

## Facility quality rating

### Highest quality

Boort and Surrounds \*

Pyramid Hill and Surrounds **98.2%\***

### Lowest quality

Wedderburn and Surrounds **49.1%**

## Facility accessibility rating

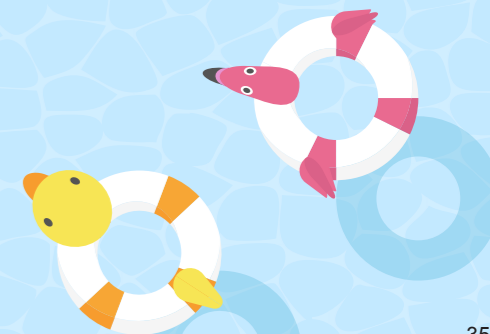
### Highest accessibility

Pyramid Hill and Surrounds **82.4%\***

Wedderburn and Surrounds **80.9%**

### Lowest accessibility

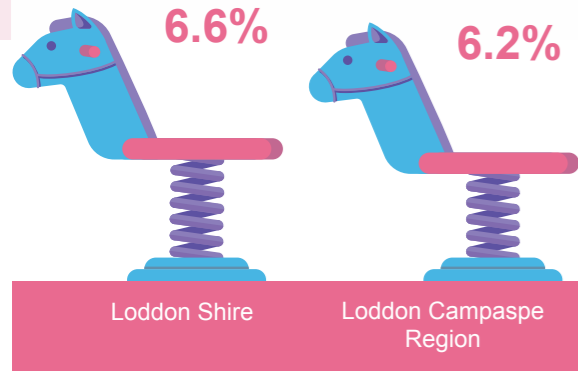
South Loddon Area **55.2%\***



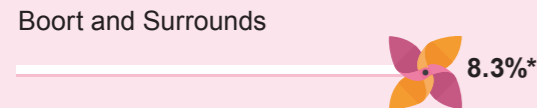
# Active play in Loddon

## Participation in active play

Active play is the third most popular physical activity among Loddon Shire residents with 6.6% of the population reporting that they engaged in active play for exercise in the previous 12 months.



## Active play is most popular among residents of:



## Active play is least popular among residents of:



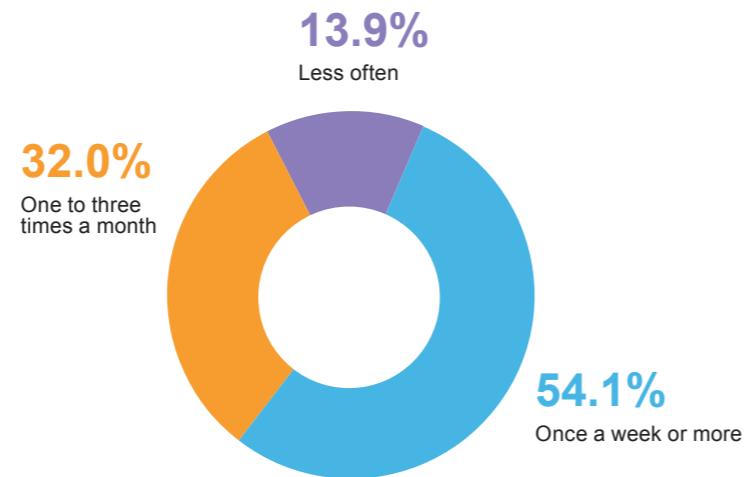
## How do people rate active play facilities?

Over 78% of residents who reported active play for exercise rated the facilities they use as good or excellent in terms of their quality and 85.4% rated 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?

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



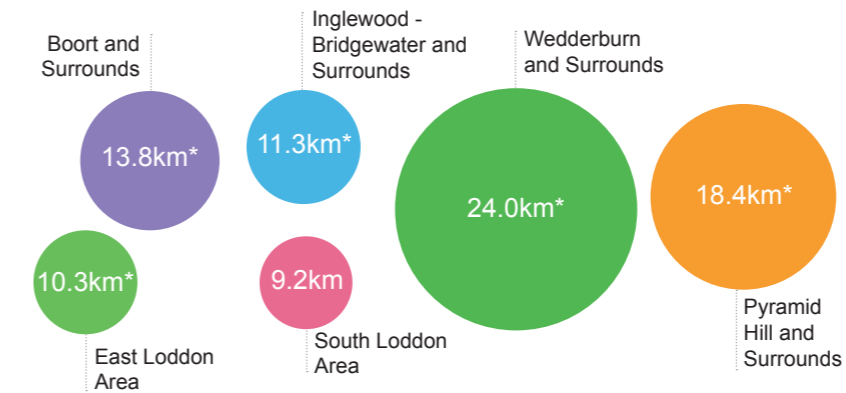
## Who?

Active play is popular amongst all ages and genders. Males aged 3 to 11 had the highest participation rate.

	Male	Ages	Female
	19.3%	3 - 11	14.6%
	2.7%	12 - 17	2.7%
	0.6%	18 - 34	10.5%
	7.6%	35 - 49	4.2%
	2.8%	50 - 69	5.6%
	6.2%	70+	1.1%

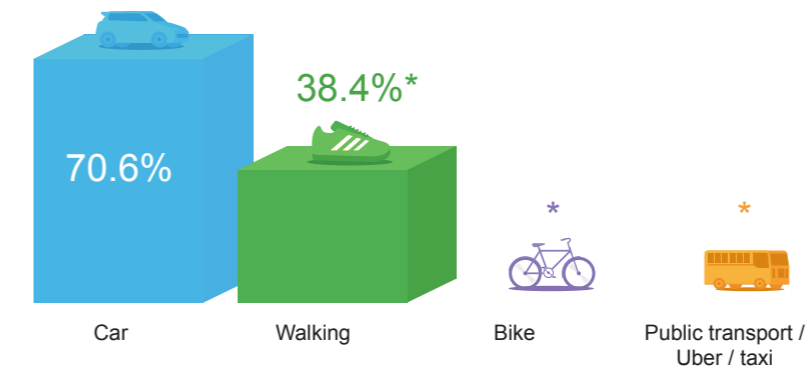
## How far do people travel?

The average distance people travel to get to their active play activity is 14.8km ranging 9.2km in South Loddon Area to 24.0km in Wedderburn and Surrounds.



## How do people get there?

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



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

## Facility quality rating

### Highest quality

Pyramid Hill and Surrounds \*  
Boort and Surrounds **94.3%\***

### Lowest quality

South Loddon area **29.7%\***

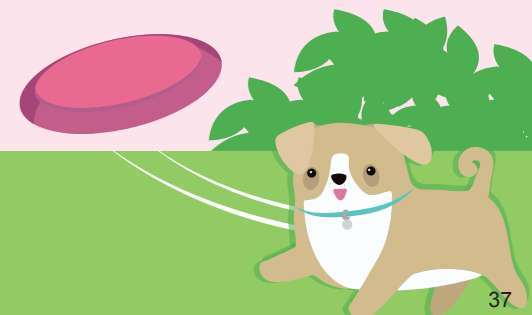
## Facility accessibility rating

### Highest accessibility

Pyramid Hill and Surrounds **82.4%\***  
Wedderburn and Surrounds **80.9%\***

### Lowest accessibility

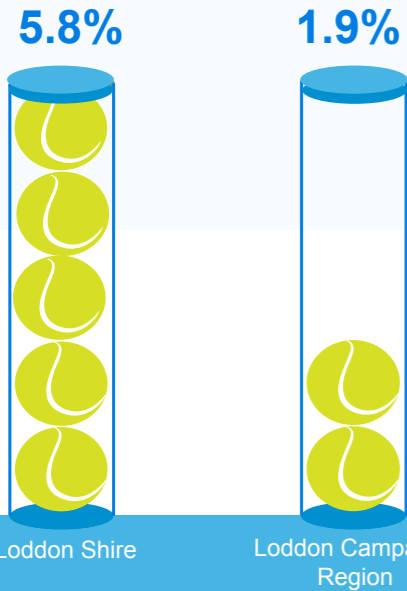
South Loddon area **50.8%\***



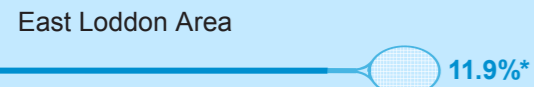
# Tennis in Loddon

## Participation in tennis

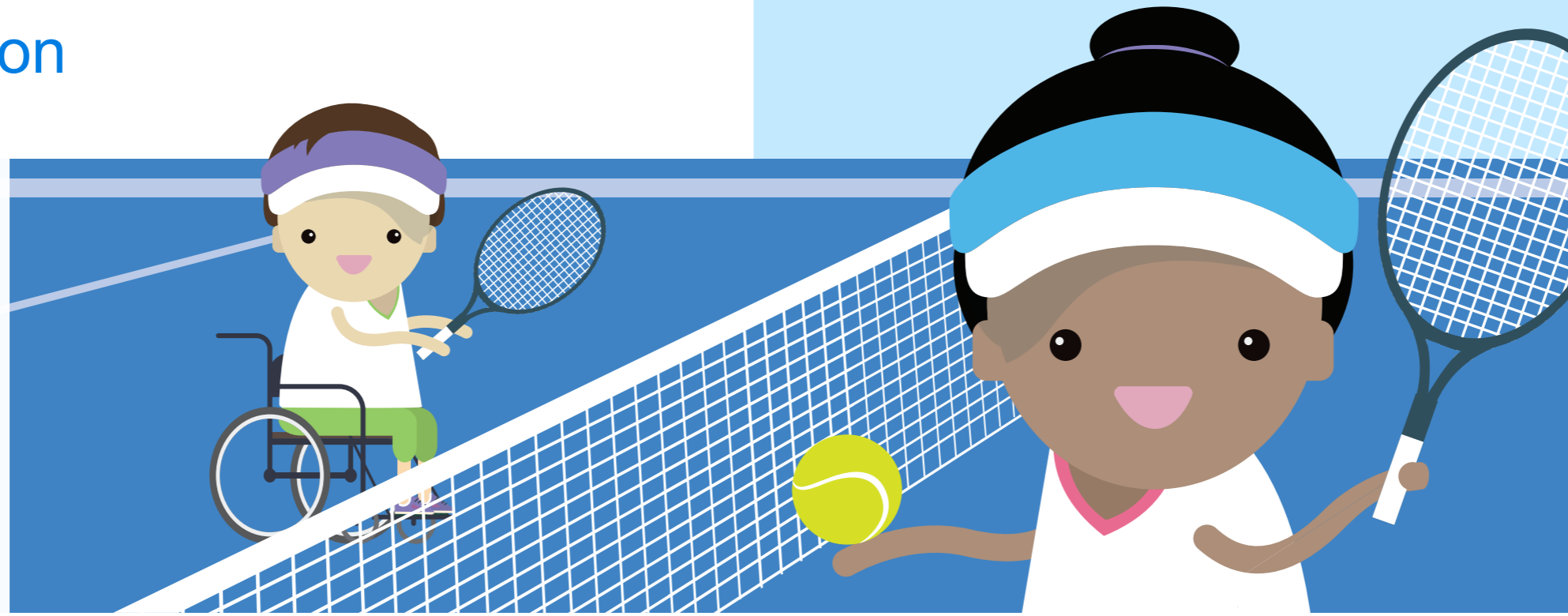
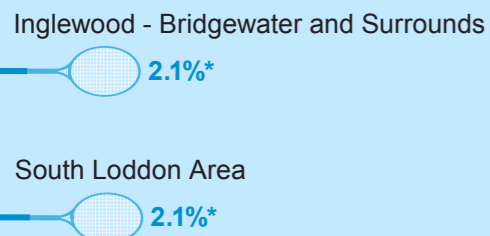
Tennis is the fourth most popular physical activity among Loddon Shire residents with 5.8% of the population reporting that they played tennis for exercise in the previous 12 months.



## Tennis is most popular among residents of:



## Tennis is least popular among residents of:



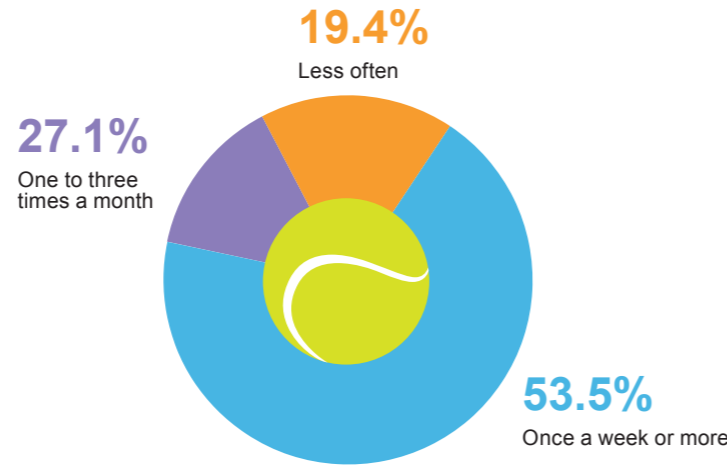
## How do people rate tennis facilities?

Overall 82.0% of residents who reported playing tennis rated the tennis facilities they use as good or excellent in terms of their quality and nearly 91% rated 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?

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



## Who?

People of all ages and genders play tennis. Females aged 12 to 17 reported the highest participation rate followed by males aged 12 to 17.

Male	Ages	Female
9.6%	3 - 11	4.9%
12.8%	12 - 17	13.6%
6.5%	18 - 34	5.9%
7.6%	35 - 49	6.9%
2.7%	50 - 69	3.1%
0.0%	70+	1.1%

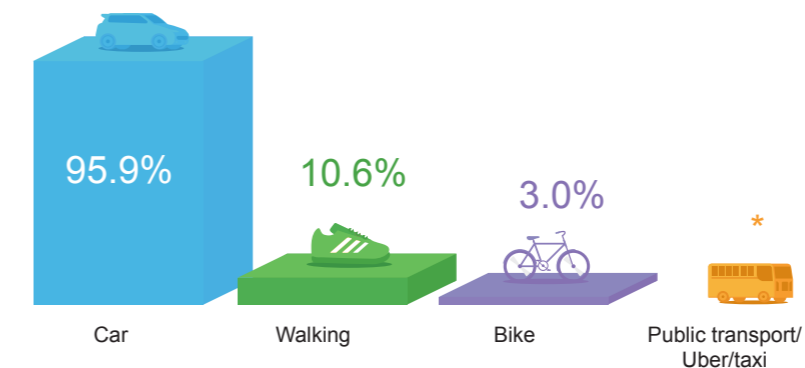
## How far do people travel?

The average distance people travel to get to their tennis activity is 10.5km ranging from 6.9km in Pyramid Hill and Surrounds to 17.8km in Ingleswood - Bridgewater and Surrounds.



## How do people get there?

Most people used a car to get to their tennis activity.



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

## Facility quality rating

### Highest quality

South Loddon Area	*
Pyramid Hill and Surrounds	96.4%*
Ingleswood - Bridgewater and Surrounds	94.0%*

### Lowest quality

East Loddon Area	62.6%*
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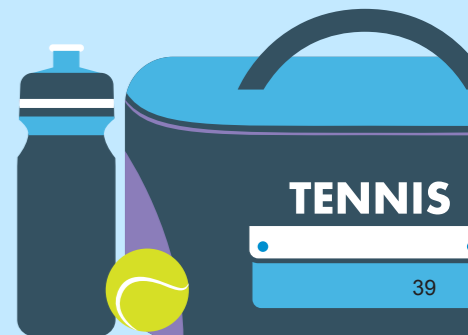
## Facility accessibility rating

### Highest accessibility

Pyramid Hill and Surrounds	*
Ingleswood - Bridgewater and Surrounds	*
South Loddon Area	*

### Lowest accessibility

Boort and Surrounds	86.1%*
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TENNIS

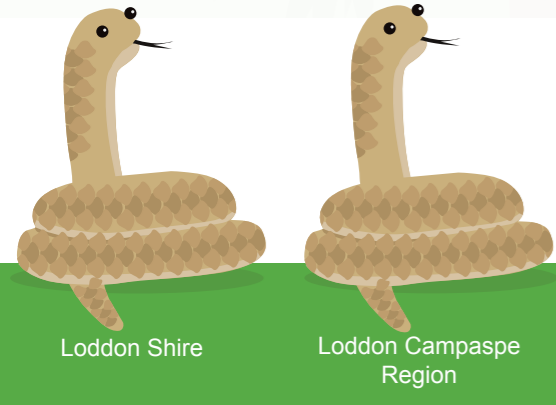
# Bushwalking / Hiking in Loddon

## Participation in bushwalking / hiking

Bushwalking / hiking is the fifth most popular physical activity among Loddon Shire residents with 5.3% of the population reporting that they played bushwalked / hiked for exercise in the previous 12 months.

5.3

5.4%



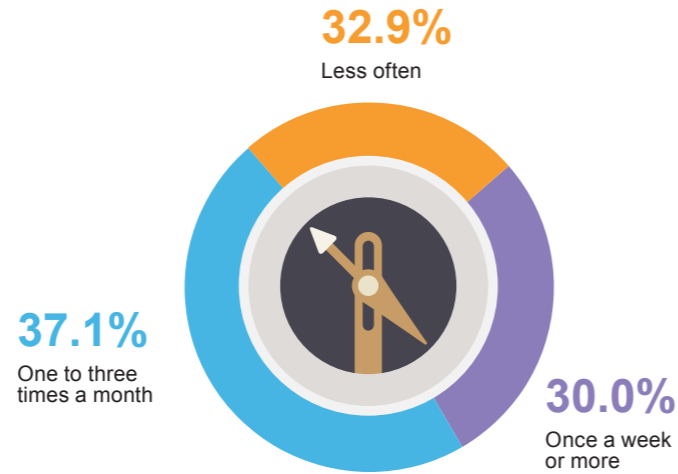
## How do people rate bushwalking / hiking facilities?

Nearly 83% of residents who reported bushwalking / hiking for exercise rated the bushwalking / hiking facilities they use as good or excellent in terms of their quality and over 82% rated 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?

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



## Who?

Bushwalking is popular amongst most age groups and genders. The highest rates of bushwalking / hiking were reported by females aged 35 to 49.

Male	Ages	Female
2.4%	3 - 11	3.9%
1.2%	12 - 17	6.4%
0.0%	18 - 34	3.4%
7.7%	35 - 49	9.2%
7.8%	50 - 69	5.7%
6.6%	70+	3.1%

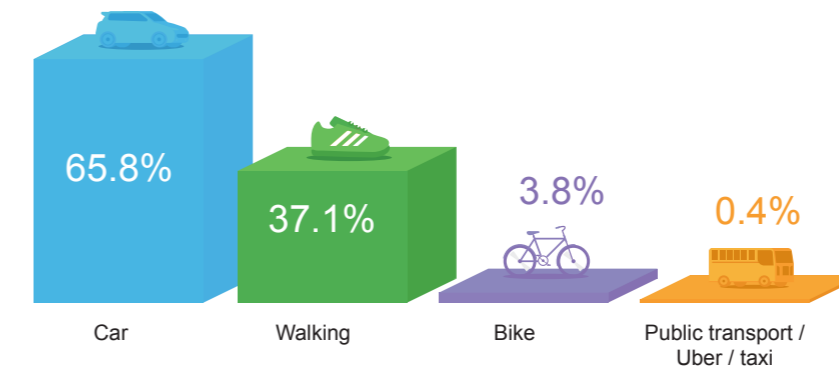
## How far do people travel?

The average distance people travel to get to their bushwalking / hiking activity is 22.0km ranging from 10.5km in South Loddon Area to 37.6km in East Loddon Area.



## How do people get there?

Most people 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

Inglewood - Bridgewater and Surrounds 98.1%\*

East Loddon Area 91.2%\*

### Lowest quality

South Loddon Area 48.4%\*

## Facility accessibility rating

### Highest accessibility

South Loddon Area \*

Inglewood - Bridgewater and Surrounds 98.1%\*

### Lowest accessibility

Pyramid Hill and Surrounds 63.3%\*

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

Wedderburn and Surrounds

7.2%\*

East Loddon Area

6.8%\*

South Loddon Area

6.5%\*

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

Boort and Surrounds

3.6%\*

Pyramid Hill and Surrounds

3.5%

# Australian rules football in Loddon

## Participation in Australian rules football

Australian rules football is the sixth most popular physical activity among Loddon Shire residents with 4.3% of the population reporting that they played Australian rules football in the previous 12 months.

4.3%

3.3%

Loddon Shire:

Loddon Campaspe Region

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

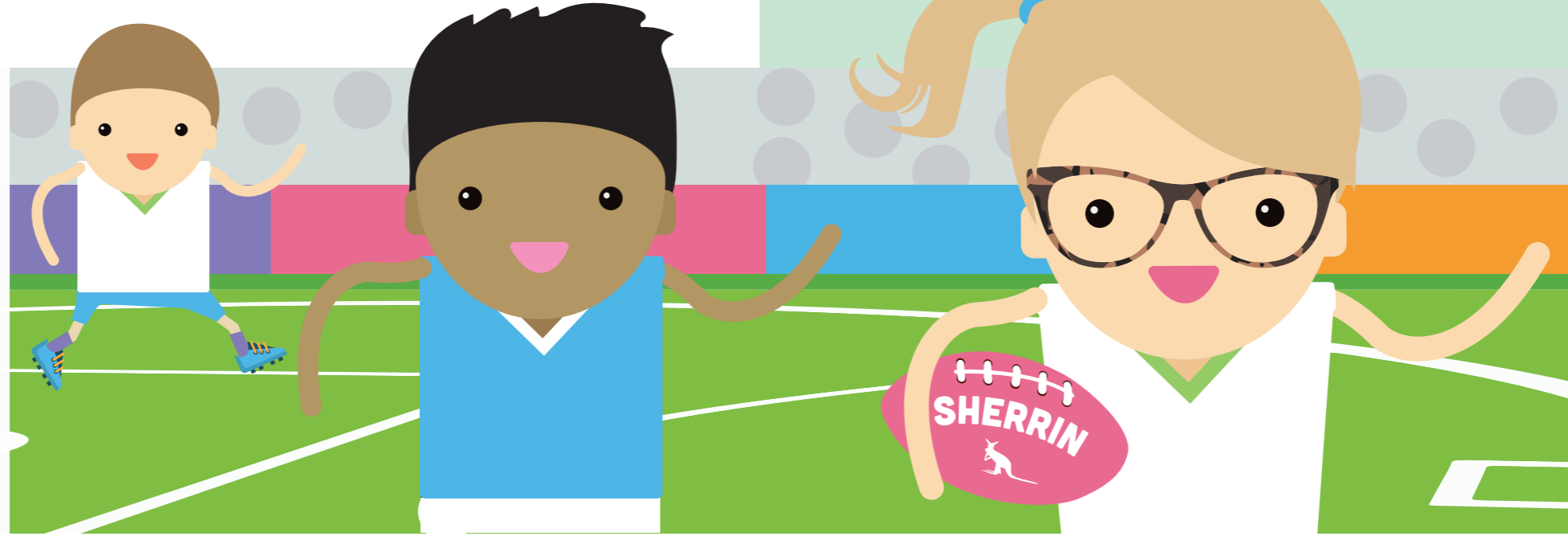
East Loddon Area

8.4%\*

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

Inglewood - Bridgewater and Surrounds

2.3%\*



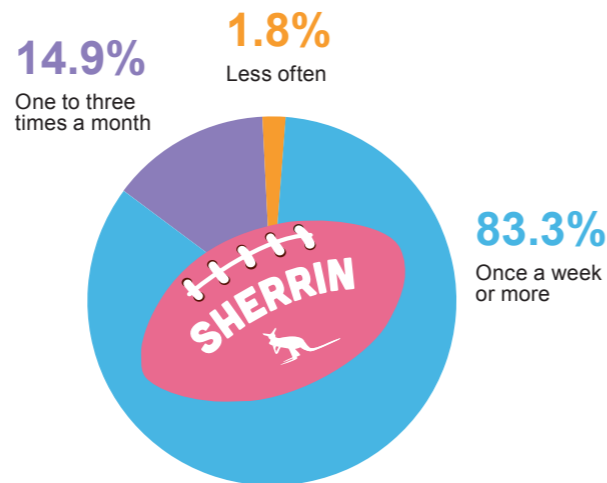
## How do people rate Australian rules football facilities?

Nearly 86% of residents who reported Australian rules football for exercise rated the facilities they use as good or excellent in terms of their quality and almost 82% rated 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?

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



## Who?

Males reported playing Australian rules football at a higher rate than females. The highest participation rate reported were males aged 3 to 11.

Male	Ages	Female
15.7%	3 - 11	0.0%
12.9%	12 - 17	1.4%
10.9%	18 - 34	2.8%
9.4%	35 - 49	0.9%
3.2%	50 - 69	0.4%
0.0%	70+	1.3%

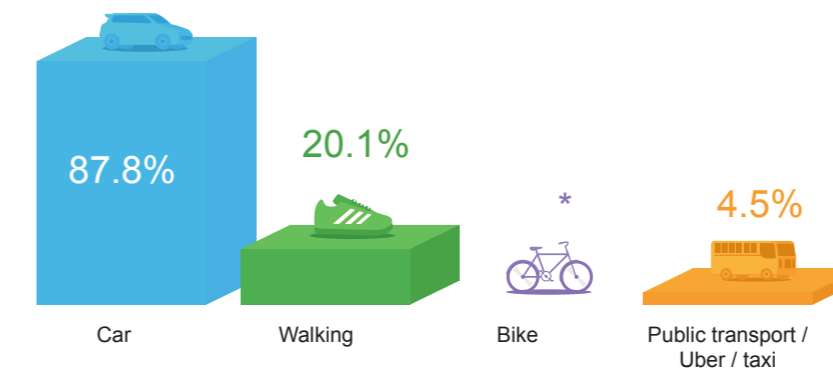
## How far do people travel?

The average distance people travel to get to their Australian rules football activity is 18.9km ranging from 9.5km in Pyramid Hill and Surrounds to 28.5km in East Loddon Area.



## How do people get there?

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



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

## Facility quality rating

### Highest quality

- Pyramid Hill and Surrounds \*
- South Loddon Area \*

### Lowest quality

- Wedderburn and Surrounds 62.8%\*

## Facility accessibility rating

### Highest accessibility

- Pyramid Hill and Surrounds \*
- South Loddon Area \*
- Inglewood - Bridgewater and Surrounds \*

### Lowest accessibility

- East Loddon area 52.4%\*



# Bowls in Loddon

## Participation in bowls

Lawn bowls is the eighth most popular physical activity among Loddon shire residents with 3.6% of the population reporting that they played lawn bowls for exercise in the previous 12 months.

3.6%

1.1%

Loddon Shire

Loddon Campaspe Region

## Bowls is most popular among residents of:

East Loddon Area **7.6%**

## Bowls is least popular among residents of:

Boort and Surrounds **1.3%\***



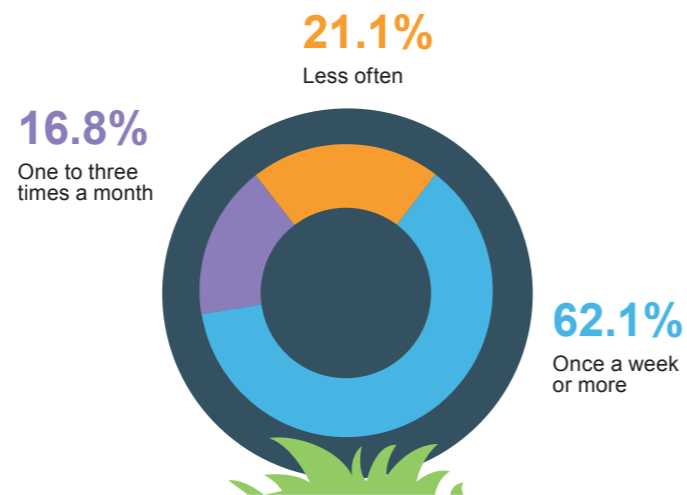
## How do people rate bowls facilities?

Nearly 88% of residents who reported lawn bowls for exercise rated the lawn bowls facilities they use as good or excellent in terms of their quality and almost 87% rated 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.

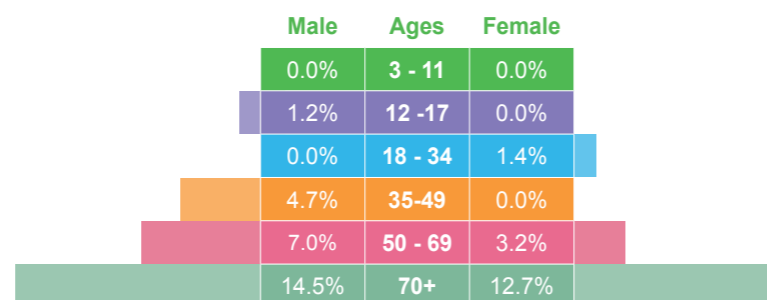
## How often?

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



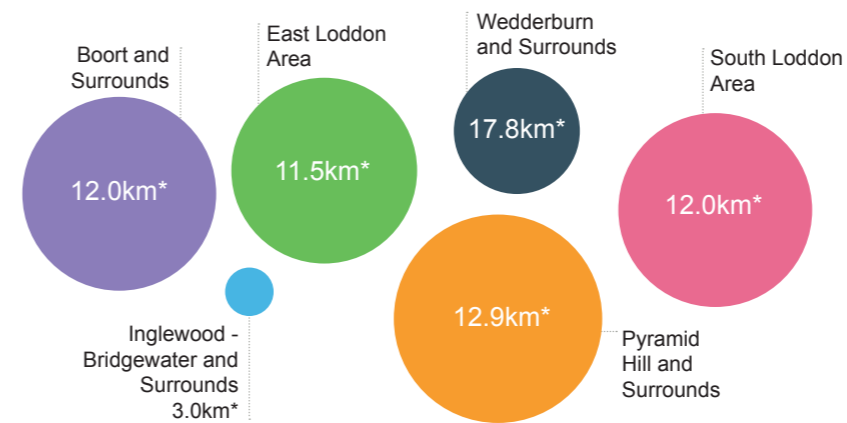
## Who?

Lawn bowls is only played by certain age groups but all genders. Males aged 70 plus reported the highest rates of playing lawn bowls followed by females aged 70 plus.



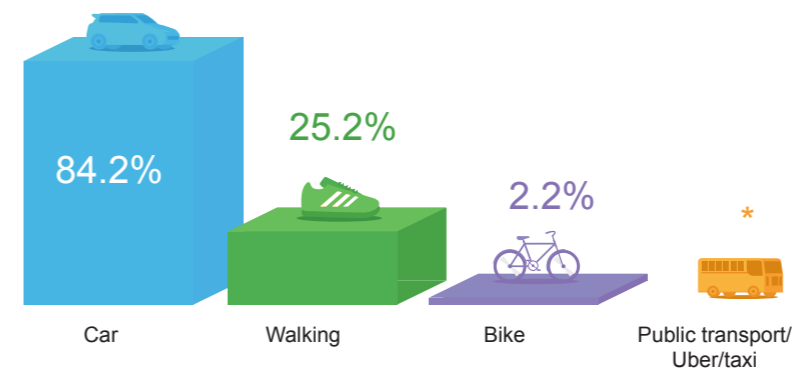
## How far do people travel?

The average distance people travel to get to their lawn bowls activity is 9.2km ranging from 3.0km in Inglewood - Bridgewater and Surrounds to 12.9km in Pyramid Hill and Surrounds.



## How do people get there?

Most people use a car to get to their lawn bowls activity.



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

## Facility quality rating

### Highest quality

Inglewood - Bridgewater and Surrounds \*

East Loddon Area **92.8%\***

Wedderburn and Surrounds **92.1%\***

Pyramid Hill and Surrounds **91.5%\***

### Lowest quality

South Loddon Area \*

## Facility accessibility rating

### Highest accessibility

Inglewood - Bridgewater and Surrounds \*

Pyramid Hill and Surrounds \*

East Loddon Area **92.8%\***

### Lowest accessibility

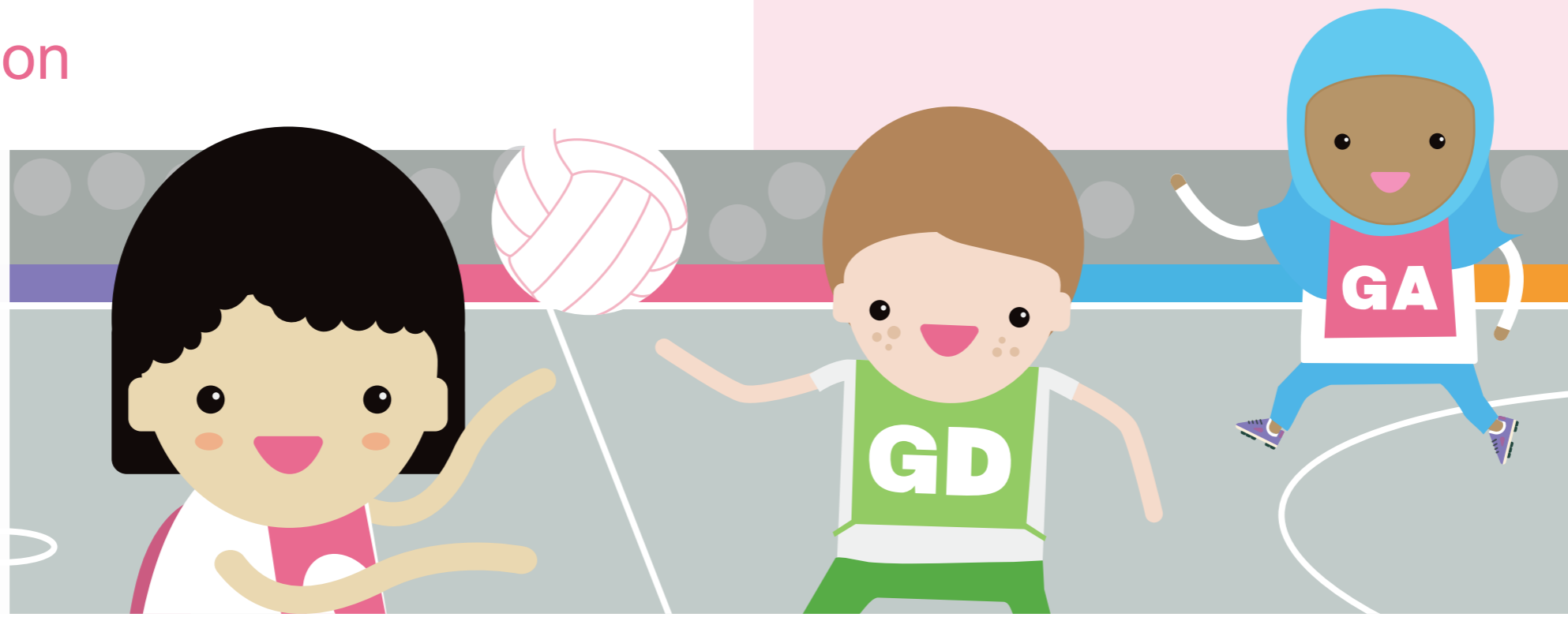
South Loddon Area \*



# Netball in Loddon

## Participation in netball

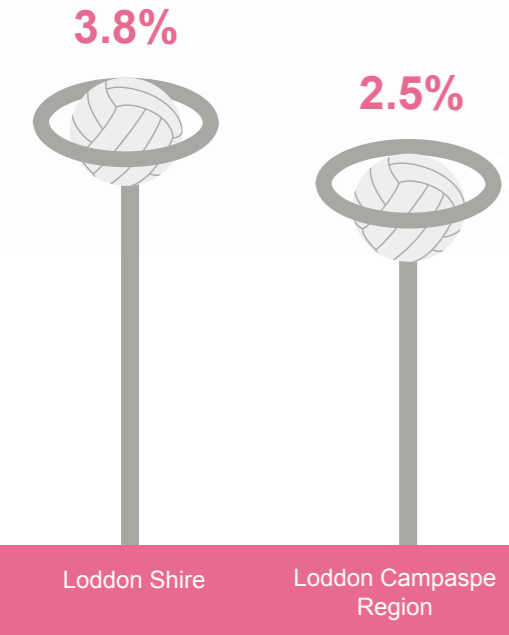
Netball is the seventh most popular physical activity among Loddon Shire residents with 3.8% of the population reporting that they played netball for exercise in the previous 12 months.



## How do people rate netball facilities?

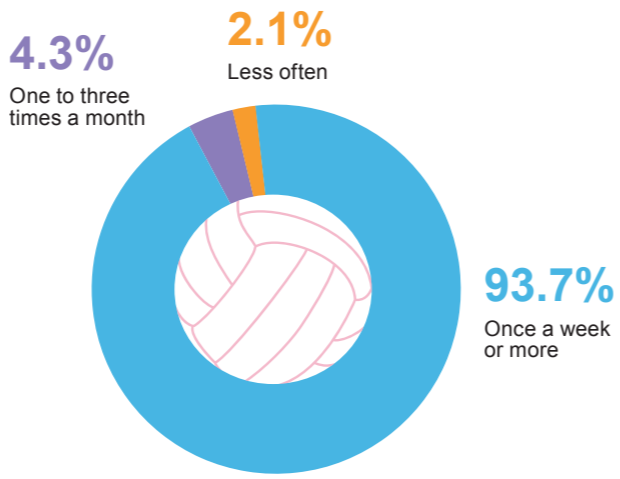
Over 92% of residents who reported netball for exercise rated the netball facilities they use as good or excellent in terms of their quality and nearly 96% rated them as good or excellent in terms of their accessibility.

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



## How often?

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 people travel to get to their netball activity is 29.4km ranging from 3.0km in Inglewood - Bridgewater and Surrounds to 99.3km in Pyramid Hill and



## Facility quality rating

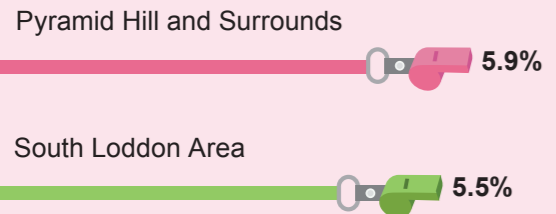
### Highest quality

- Boort and Surrounds \*
- Wedderburn and Surrounds \*

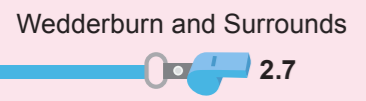
### Lowest quality

- South Loddon Area **83.9%\***
- Inglewood - Bridgewater and Surrounds **87.8%\***

## Netball is most popular among residents of:



## Netball is least popular among residents of:



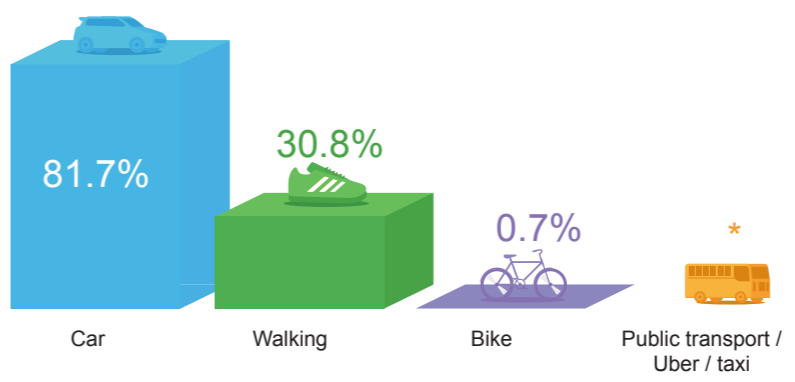
## Who?

More females than males play netball. Females aged 12 to 17 reported the highest rates of playing netball.

Male	Ages	Female
1.2%	3 - 11	13.6%
0.0%	12 - 17	23.0%
0.6%	18 - 34	7.1%
1.1%	35 - 49	5.6%
0.0%	50 - 69	0.9%
0.0%	70+	0.0%

## How do people get there?

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



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

## Facility accessibility rating

### Highest accessibility

- Boort and Surrounds \*
- Inglewood - Bridgewater and Surrounds \*
- Wedderburn and Surrounds \*
- Pyramid Hill and Surrounds \*

### Lowest accessibility

- South Loddon Area **69.2%\***

# Fishing in Loddon

## Participation in fishing

Fishing is the ninth most popular physical activity among Loddon Shire residents with 3.5% of the population reporting that they went fishing in the previous 12 months.

3.5%

2.5%



Loddon Shire

Loddon Campaspe Region

## Fishing is most popular among residents of:

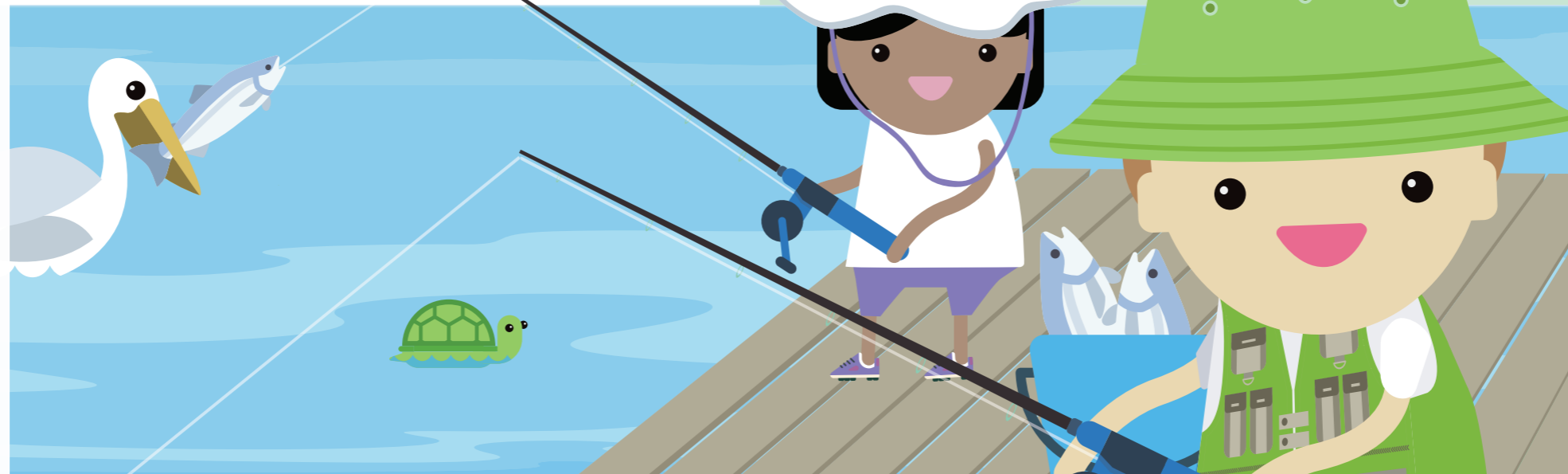
South Loddon Area

6.8%\*

## Fishing is least popular among residents of:

Pyramid Hills and Surrounds

0.7%\*



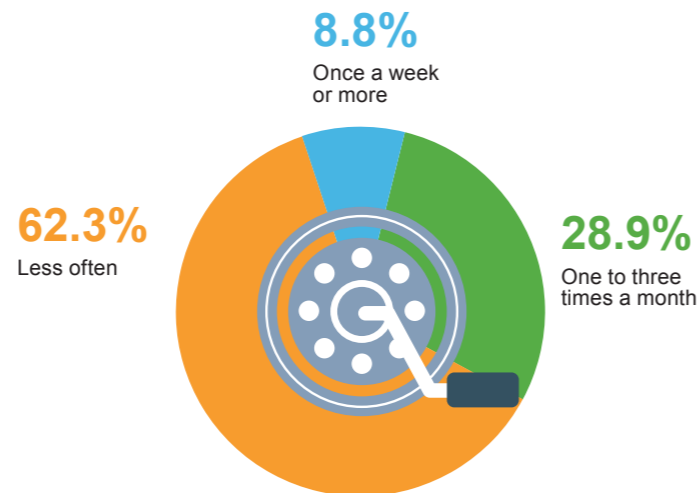
## How do people rate fishing facilities?

Nearly 70% of residents who reported fishing for recreation and exercise rated the fishing spots they use as good or excellent in terms of their quality and nearly 70% 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.

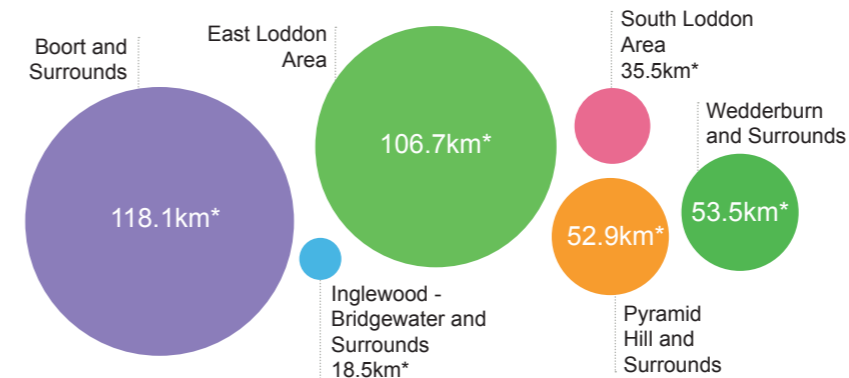
## How often?

Most residents who went fishing for exercise in the past 12 months did so less than once a month.



## How far do people travel?

The average distance people travel to get to their fishing activity is 64.6km ranging from 18.5km in Inglewood - Bridgewater and Surrounds to 118.1km in Boort and Surrounds.



## Facility quality rating

### Highest quality

Pyramid Hill and Surrounds \*

South Loddon Area **86.3%\***

Boort and Surrounds **83.9%\***

### Lowest quality

Wedderburn and Surrounds **49.3%\***

Inglewood - Bridgewater and Surrounds **57.9%\***

## Facility accessibility rating

### Highest accessibility

Boort and Surrounds **87.1%\***

Pyramid Hill and Surrounds **82.6%\***

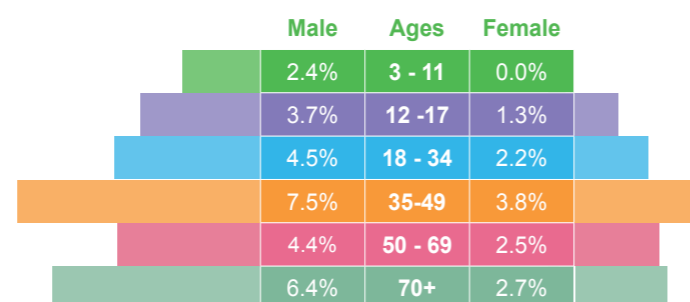
### Lowest accessibility

Wedderburn and Surrounds **57.0%\***

East Loddon Area **61.9%\***

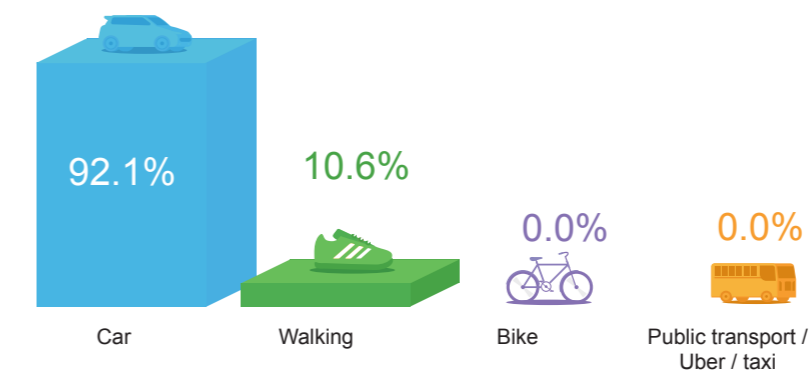
## Who?

Fishing is popular amongst most age groups and both genders. More males than females reported going fishing. Males aged 35 to 49 reported the highest rates of fishing.



## How do people get there?

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

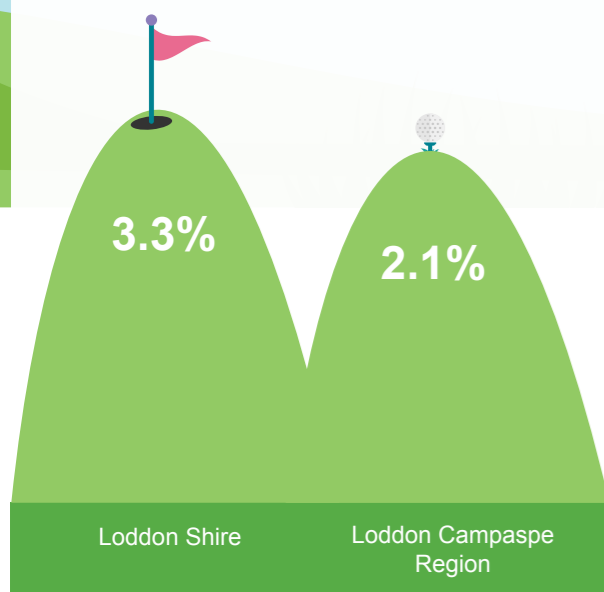


Note: Numbers total over 100% as some people use multiple forms of transport.

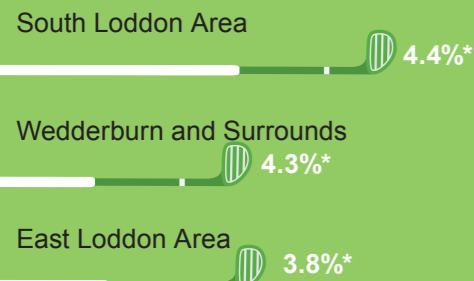
# Golf in Loddon

## Participation in golf

Golf is the tenth most popular physical activity among Loddon Shire residents with 3.3% of the population reporting that they played golf for exercise in the previous 12 months.



## Golf is most popular among residents of:

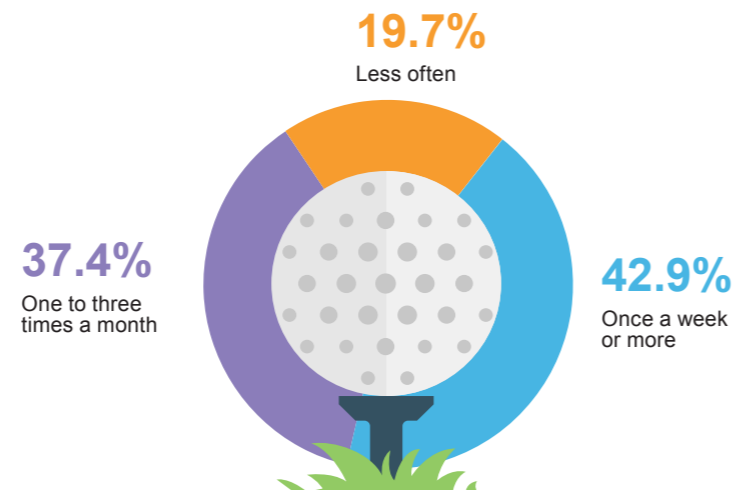


## Golf is least popular among residents of:



## How often?

Less than half of people who participated in golf in the past 12 months did so once a week or more.



## Who?

Golf is played by both sexes and most age groups. Generally, more males than females play golf although females aged 70 plus reported the highest participation rates.

Male	Ages	Female
3.6%	3 - 11	0.0%
3.8%	12 - 17	0.0%
1.9%	18 - 34	0.3%
4.4%	35 - 49	0.6%
7.0%	50 - 69	3.5%
5.8%	70+	7.5%

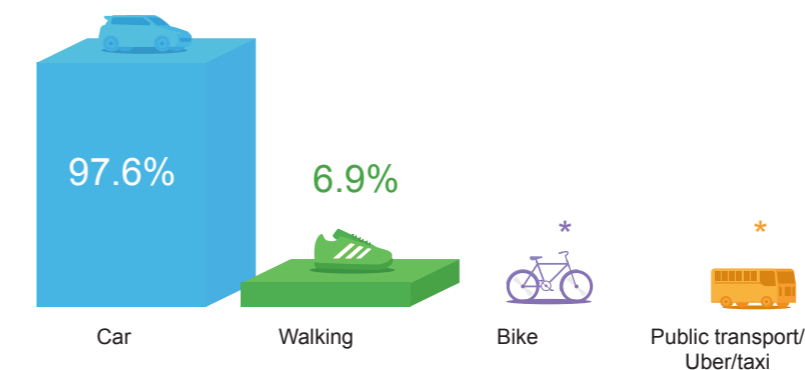
## How far do people travel?

The average distance people travel to a golfing activity is 21.4km ranging from 12.5km in Boort and Surrounds to 34.5km in East Loddon Area.



## How do people get there?

Most people use a car to get to their golfing activity.



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

## How do people rate golf facilities?

Nearly 71% of residents who reported playing golf rated the golf facilities they use as good or excellent in terms of their quality and over 77% rated 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

Inglewood - Bridgewater and Surrounds	80.2%*
Wedderburn and Surrounds	75.0%*
Pyramid Hill and Surrounds	71.4%*

### Lowest quality

South Loddon Area	39.1%*
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## Facility accessibility rating

### Highest accessibility

Boort and Surrounds	*
Pyramid Hill and Surrounds	90.2%*
Wedderburn and Surrounds	82.5%*

### Lowest accessibility

South Loddon Area	49.6%*
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