



# Active Living

## CENSUS



2019  
Macedon Ranges Shire  
Selected Findings



**Macedon  
Ranges**  
Shire Council

# 2019 Active Living Census

## Acknowledgement

We acknowledge that Macedon Ranges Shire is located on Dja Dja Wurrung, Taungurung and Wurundjeri Country whose ancestors and their descendants are the traditional owners of this Country.

We acknowledge that they have been custodians for many centuries and continue to perform age older ceremonies of celebration, initiation and renewal.

We acknowledge their living culture and their unique role in the life of this region.

## Foreword

Macedon Ranges 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 households in the Loddon Campaspe region, and was also available for residents to complete online. Within the Macedon Ranges Shire the Census was completed by 3,691 residents, which equated to 8.3% of our Local Government Area population.

The ALC provides important information about the activity levels of residents across the Loddon Campaspe region, including participation in organised sport or informal activities like walking and bike-riding.

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

The ALC has produced evidence at a local level not previously available across our region, using a rigorous approach that allows for comparison across our Local Government Areas and with other datasets. Further, this Selected Findings Report also looks within our shire to the health and wellbeing of our townships and demographic groups.

As a result, Macedon Ranges Shire Council will be able to better plan for, develop and enhance public and open spaces, recreation facilities and health promotion services across the municipality, and help influence health and wellbeing outcomes more broadly across the Loddon Campaspe region.

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

Margot Stork  
Chief Executive Officer,  
Macedon Ranges Shire Council



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## Introduction

The Macedon Ranges Shire is located in the Loddon Campaspe region, about 60 kilometres north-west of the Melbourne CBD. We have a population of 49,388, which is forecast to grow to 65,405 by 2036.

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

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

Through the Healthy Heart of Victoria initiative, Macedon Ranges Shire Council is changing the way we understand, plan for, and respond to the health and wellbeing needs of our community. This includes new places and programs to encourage more people to be more active, more often.

## The Process undertaken

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

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

Survey responses were received from 20 May to 16 June, 2019, and were accepted from 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 3,691 from Macedon Ranges Shire.

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.

## Suggested citation

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June 2020

## Project management

Healthy Greater Bendigo

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

## Project funding

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

## How the findings can be used

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

## The purpose of this document and how to use it

This document supplements the Macedon Ranges 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 Macedon Ranges 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:

- Macedon Ranges Shire population overall
- Local Groups:
  - Gender
  - Children, 3 – 11
  - Adolescents, 12 – 17
  - Older adults, 70+
  - People who require assistance with daily activities
- Each town/suburb in Macedon Ranges Shire
  - Localities were summarised into 6 standard regions within Macedon Ranges Shire
- The 10 activities with the highest rate of yearly or more participation

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

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

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

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

# Summary Findings



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

- **Summary findings (page 4 - 15)**
- **Groups of interest (page 16 - 25)**
- **Towns / Suburbs (page 26 - 37)**
- **10 most popular physical activities (page 38 - 57)**

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 Macedon Ranges Shire.

The health and wellbeing profile includes results for all adults (18+) in Macedon Ranges 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 Macedon Ranges 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.

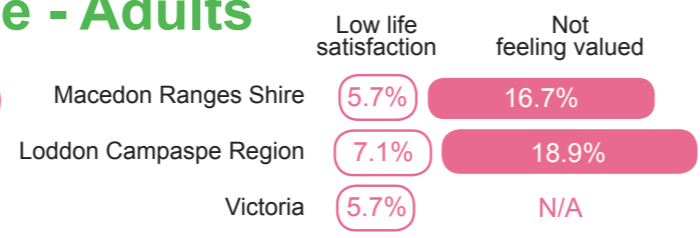
Where possible key findings are compared against recent data specific to Macedon Ranges Shire and Victoria (Victorian Population Health Survey 2016) and the Loddon Campaspe Region (2019 ALC).

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

## Health and wellbeing profile - Adults

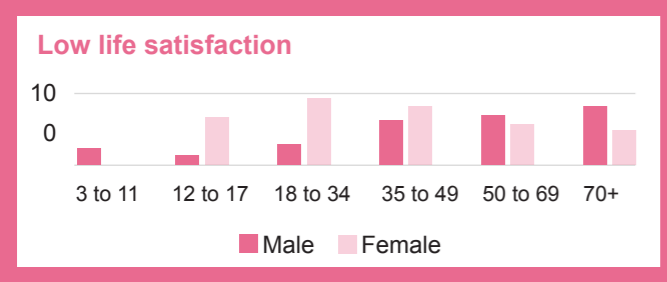
### General wellbeing (all residents 3+)

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



### Life satisfaction

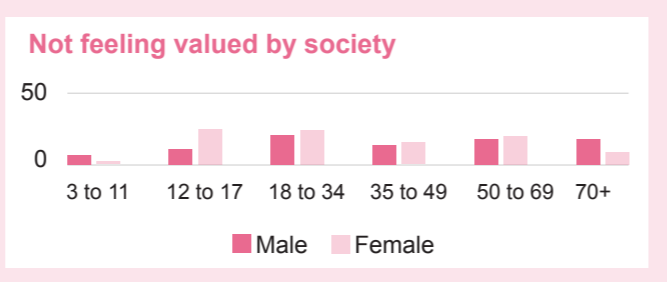
People were asked how satisfied they feel about life in general. Most people have high or very high life satisfaction. The graph below focusses on low life satisfaction.



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.

### Valued by society

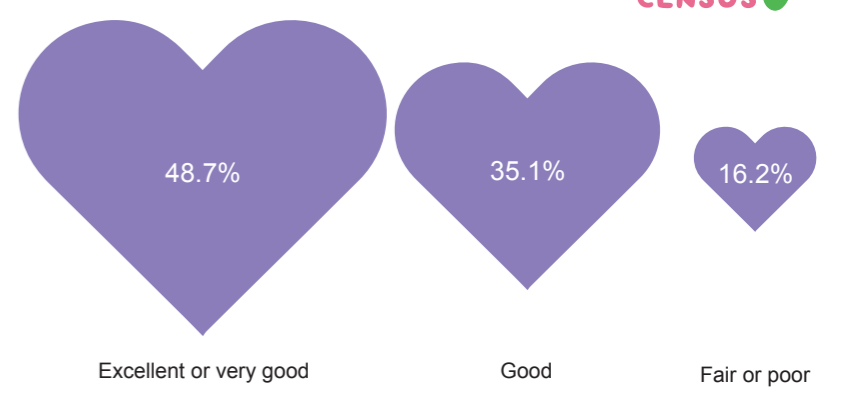
People were asked whether they feel valued by society. Most people "sometimes" or "definitely" feel valued by society. The graph below focusses on those who do not feel valued by society.



## General health

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

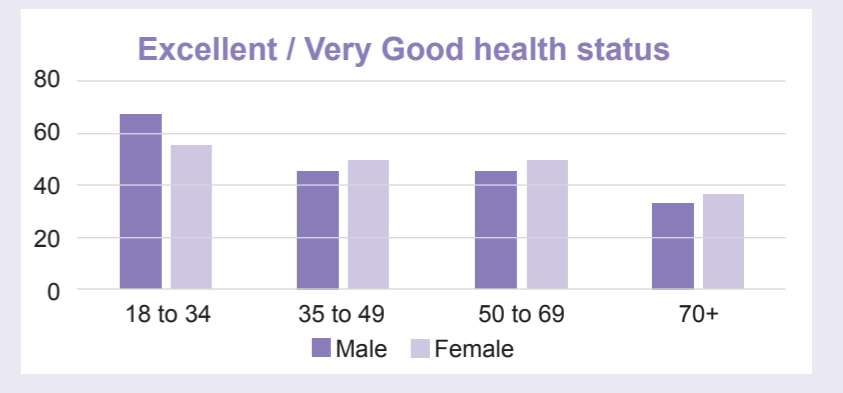
People responded to the statement, "In general, would you say your health is..." by selecting one of the 5 response options: excellent, very good, good, fair, poor.



### Very good or excellent health



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

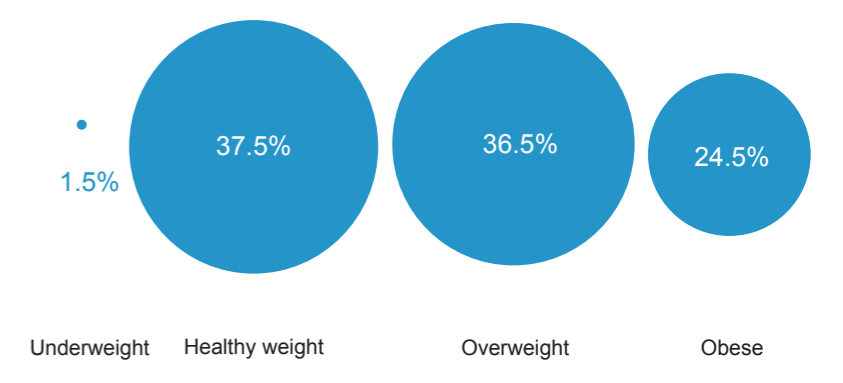


## Overweight and obesity

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

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

2 in every 3 adults in Macedon Ranges Shire are overweight or obese.



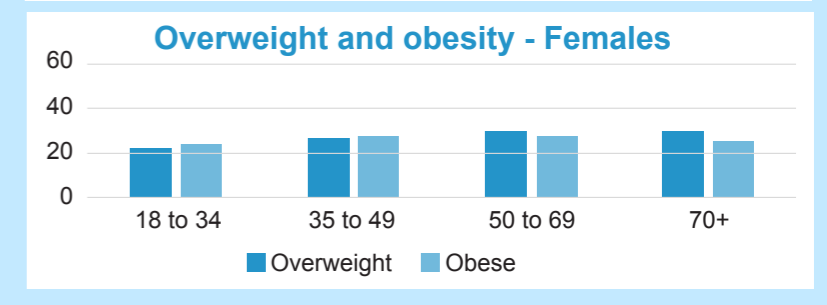
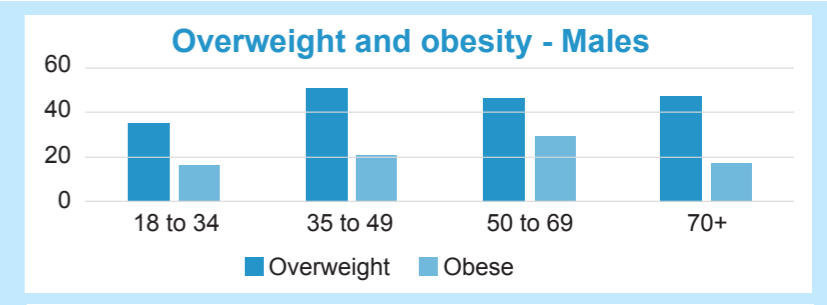
### Overweight and obesity



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 35 to 69 years old
- Low income households
- People with low education

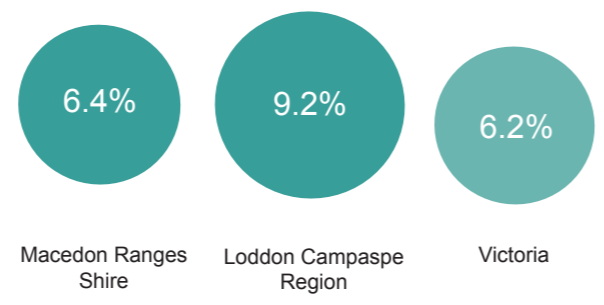


## Food security

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 15 households in Macedon Ranges Shire are food insecure - they do not have enough to eat.**

**In some areas, this increases to 1 in 8 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

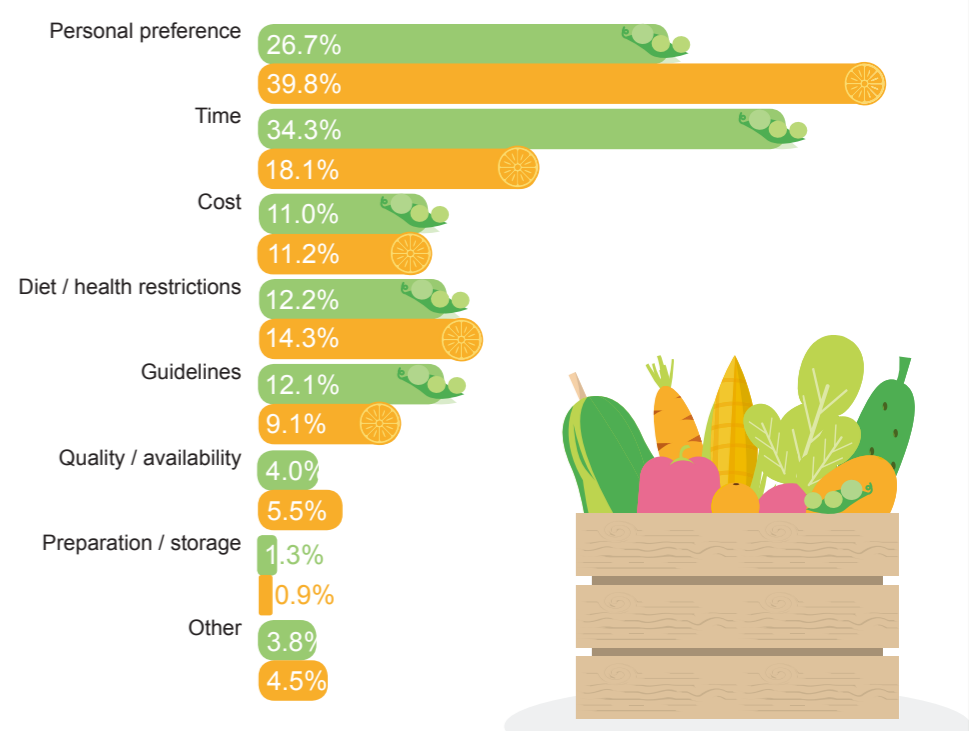
**People who eat the recommended amount of fruit and veg were more likely to also report:**

- 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.

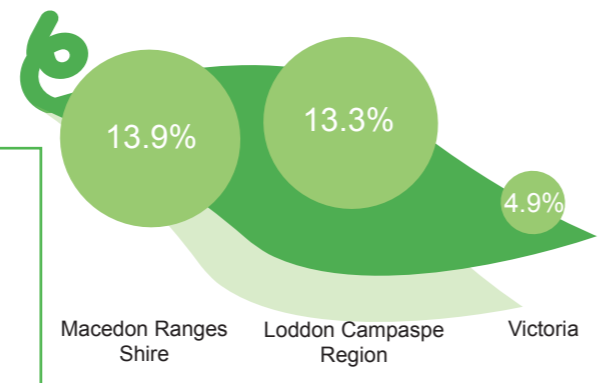
A 'serve' of fruit is 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces.

## Vegetables

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

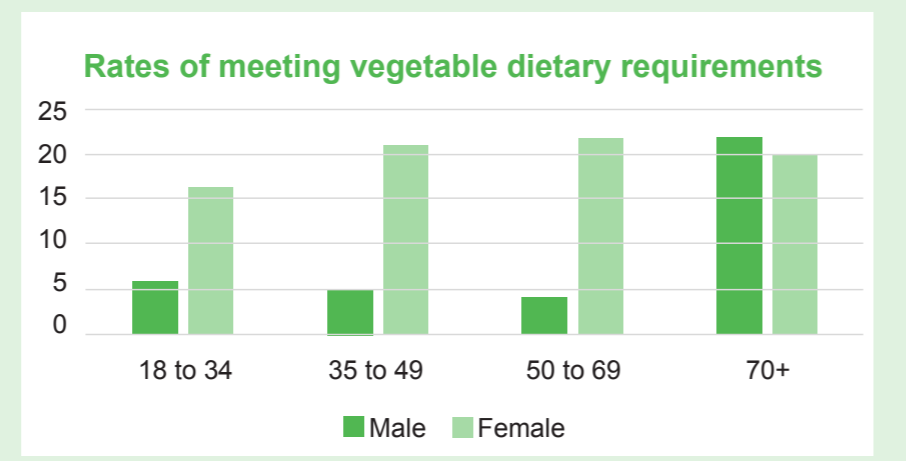
Only 1 in 7 adults meet the daily vegetable consumption guidelines.

People tend to eat more vegetables as they get older.



Females are more likely than males to meet the vegetable consumption guidelines (20.3%, compared to 7.3%).

On average, Macedon Ranges Shire adults eat 2.9 serves of veg per day.

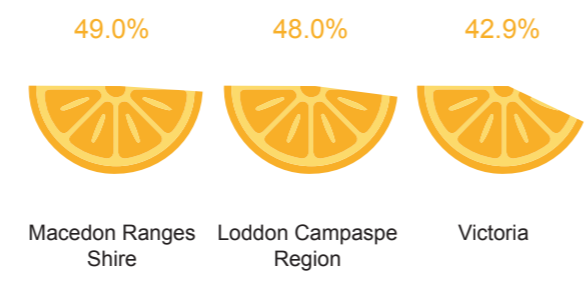


## Fruit

Health experts recommend eating two serves of fruit per day.

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

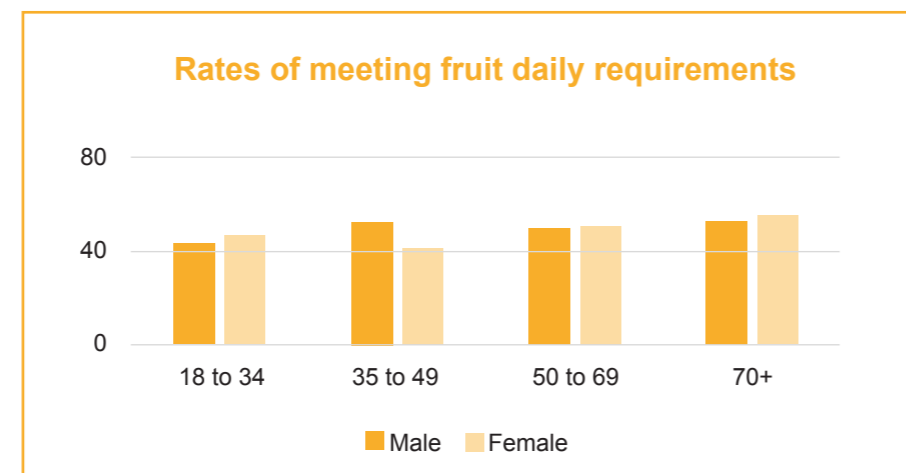
There are no significant gender differences, but adults aged over 70 are most likely to meet fruit consumption guidelines.



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

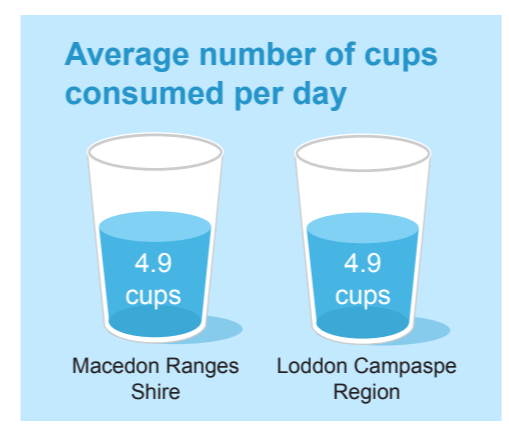
**Standout finding!**

Women aged 70+ eat the most fruit in Macedon Ranges Shire. 1.8 serves per day.

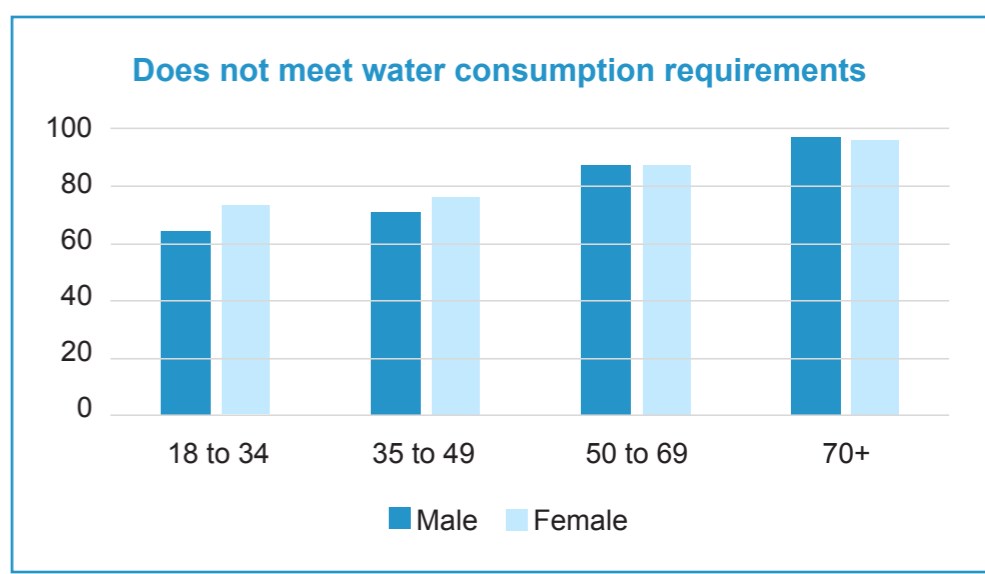


## Water

Macedon Ranges Shire adults drink an average of 4.9 cups of water per day, with only 19.5% 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 consumption of sugary drinks**

- 10.3% Macedon Ranges Shire
- 14.0% Loddon Campaspe Region
- 11.2% Victoria

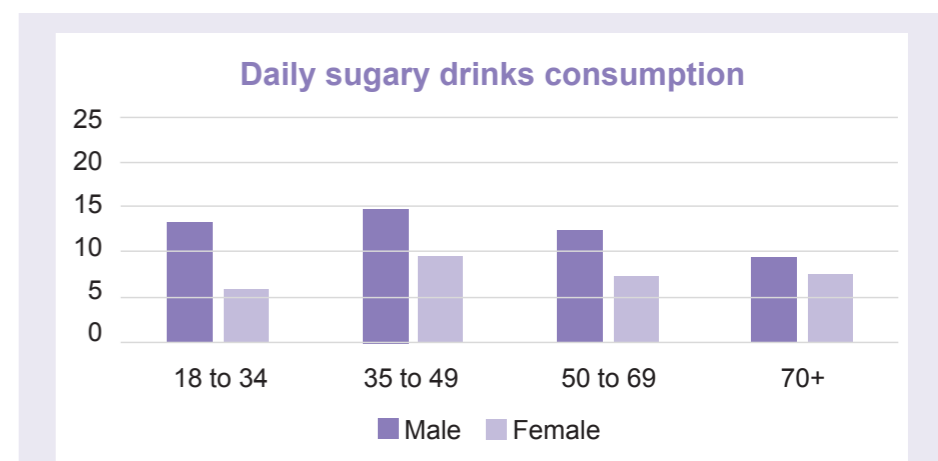


**Daily consumers of sugary drinks were more likely to also report:**

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

**Groups to focus on:**

- Males 18-49
- Aboriginal and/or Torres Strait Islander people
- People with a disability
- Low income households
- People with low education



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.



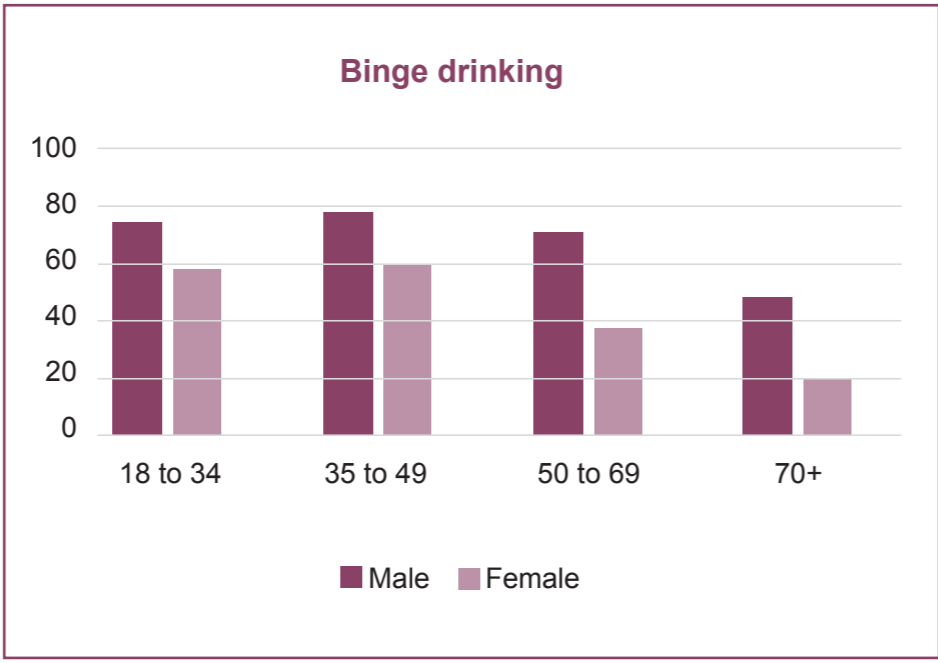
**57.5% drink at potentially dangerous levels at least once a year.**

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

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

### Groups abstaining from alcohol at high rates

- Older females
- English as a second language
- People with a disability



## Smoking

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

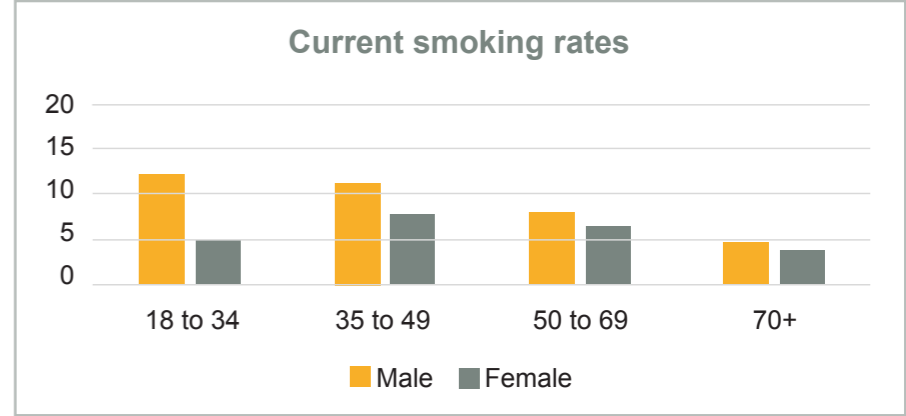
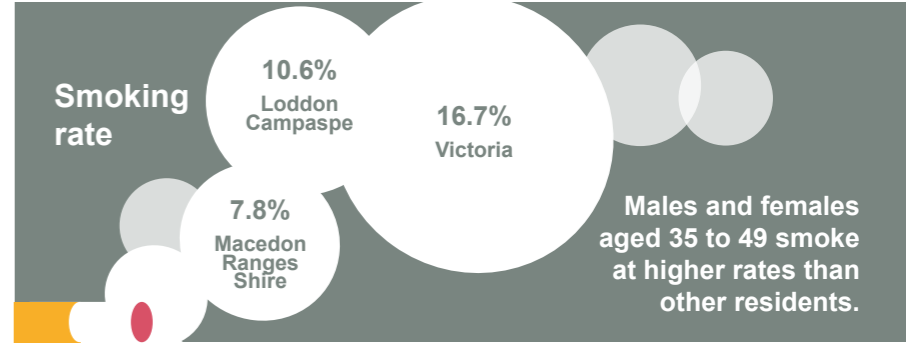


### Current smokers were more likely to also report:

- Poorer general health
- Lower life satisfaction
- Overweight/obesity
- Less physical activity
- Lower fruit and veg consumption
- Higher alcohol and sugary drink consumption

### Groups to focus on:

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



## Gambling

People were asked how often they gamble.

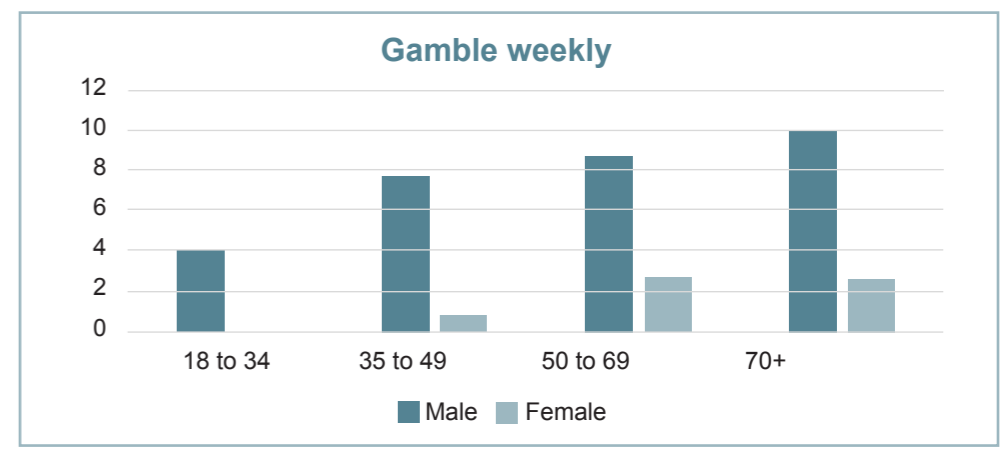
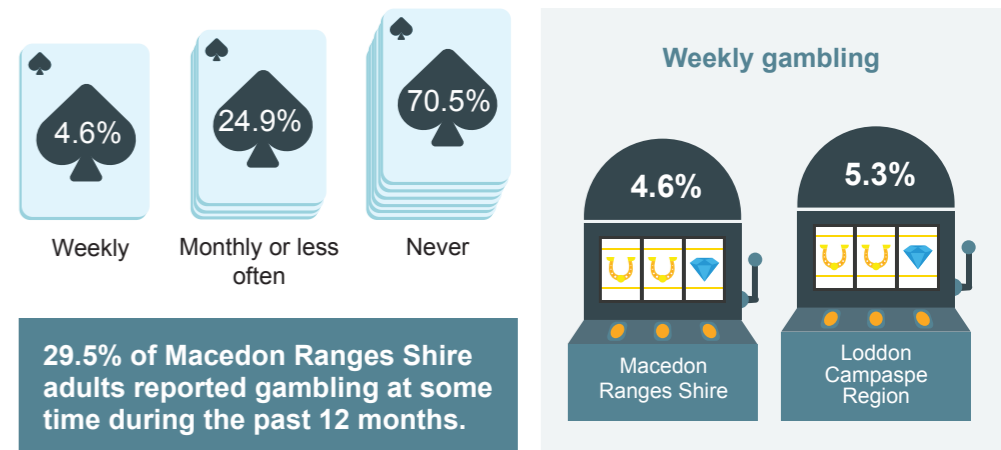
### People who gamble weekly or more were also more likely to report:

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

### Groups to focus on

- Males
- People who identify as LGBTQIA+
- People with low education
- 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.

1.7% of all adults report experiencing harm from gambling.

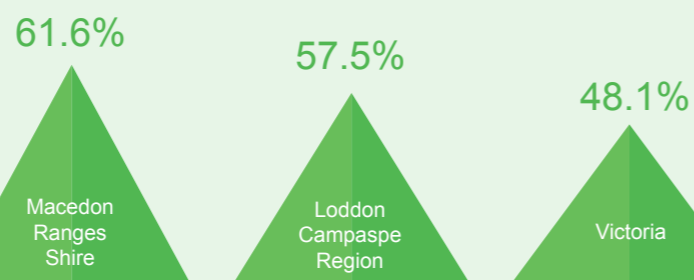
3.9% of adults who gamble report experiencing harm from gambling.

## Physical activity profile – All residents

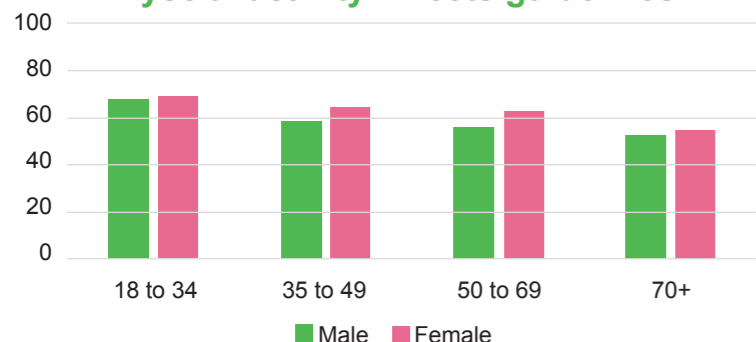


People are described as having met the physical activity guidelines if they engaged in moderate or vigorous intensity activity for sufficient time ranging from 75 minutes to 300 minutes per week depending upon the activity.

### Adults physical activity – Meets guidelines



### Physical activity - Meets guidelines



### Groups to focus on:

- Adults 70+
- Low income households
- People with a low education
- People with a disability

61.6% of Macedon Ranges Shire residents meet the physical activity guidelines.

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

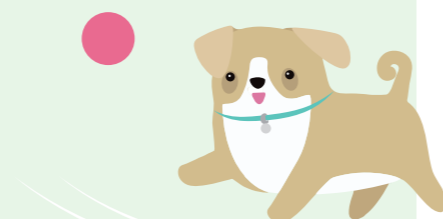
Two in every three people who meet physical activity guidelines report good to excellent general health and wellbeing.

People in Macedon Ranges Shire want to be more active more often!

52.7% of people want to do more activity.

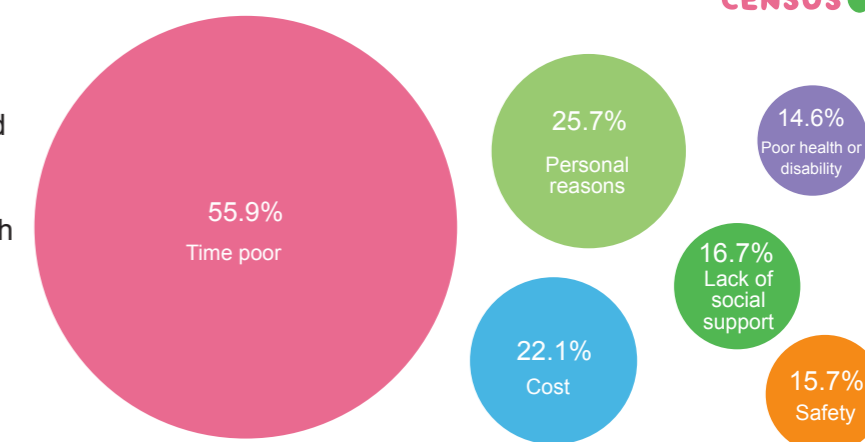
### In particular:

- Adults: 35 to 69
- People born overseas
- People who identify as LGBTQIA+
- People with high education
- Low income households
- Food insecure households



## Barriers to participation

Some groups were particularly affected by certain barriers to participation in physical activities. For example, cost was identified at high rates by 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

89.7% of people reported using open spaces, with 60.5% using open spaces weekly or more often.



## Use of public facilities

Footpaths rated as the highest used facility with 88.5% of people reporting using footpaths.

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

Females were more likely 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.	Kyneton Sports and Aquatic Centre
2.	Gisborne Aquatic Centre
3.	Buffalo Stadium - Woodend
4.	Lancefield Park
5.	Campaspe River Walk - Kyneton
6.	Woodend Children's Park
7.	Gisborne Botanic Gardens
8.	Gisborne Fitness Centre
9.	Gisborne Adventure Playground
10.	Body Blitz 24/7 Fitness Centres, Gisborne

## Reasons for using public facilities and open spaces

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



Exercise / health and fitness	71.3%
For fun / enjoyment	62.8%
Socialising with family / friends	60.8%
Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends)	56.5%
Exercising the dog	38.1%
For time to myself	32.7%
Getting back to nature	31.6%
Organised sport (e.g. cricket or netball for a club)	31.4%
Commuting (i.e. to get from a to b)	25.3%

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

Walking tracks / footpaths	35.9%
Exercise equipment / facilities	16.8%
Bicycle tracks / lanes and skate facilities	16.8%
Toilets / change rooms	10.8%
Safety measures / restrictions	8.0%
Lighting	7.4%
Accessibility	6.8%
Bins / rubbish collection / clean environment	4.7%
Dog friendly areas	4.3%
Playgrounds	3.9%
More / better facilities	3.8%
Cover / shade / shelter	3.6%
Maintenance / management of spaces and facilities	2.8%
Drinking fountains	2.0%
More / better vegetation / trees / gardens	1.9%
Improve signage / maps / communication	1.9%
Seating	1.7%

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

Walking tracks and footpath improvements were among the main suggestions provided for Macedon Ranges Shire. The other common suggestions for each suburb were:

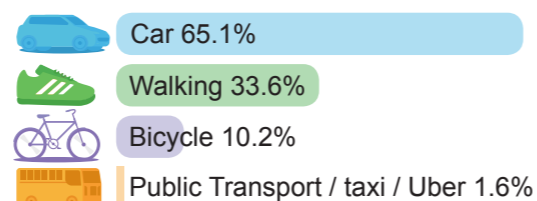
Exercise equipment and toilets or change rooms	<b>Gisborne</b>
Bicycle tracks, skate facilities and exercise equipment	<b>Woodend, Kyneton and Romsey</b>
Toilets or change rooms and bicycle tracks and skate facilities	<b>Riddells Creek</b>

### Transport - Distance to activities

On average, people of Macedon Ranges Shire travel 14.6km to get to their activity.

Residents of the Romsey District 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.

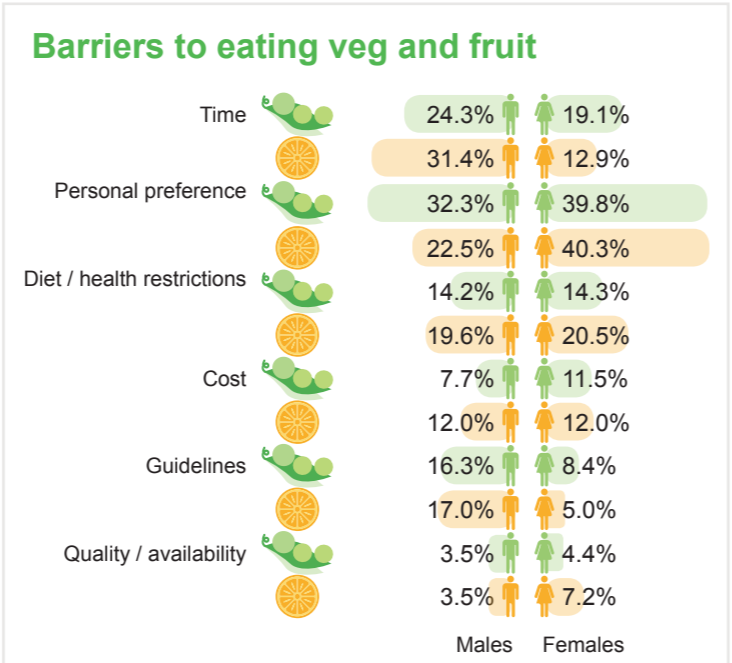
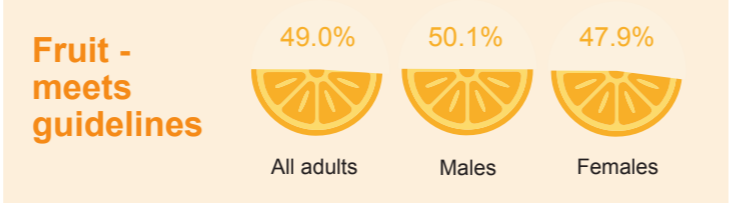
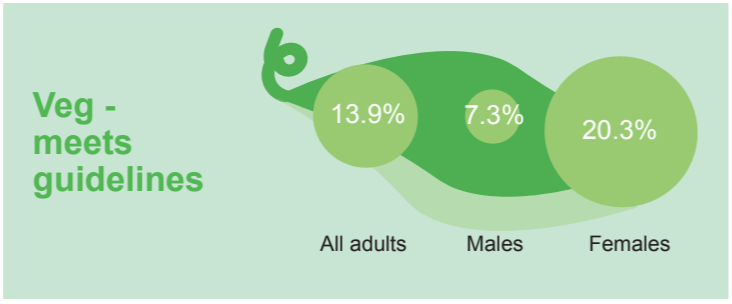
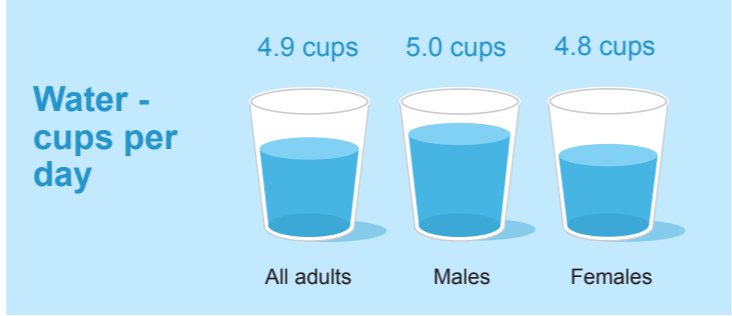
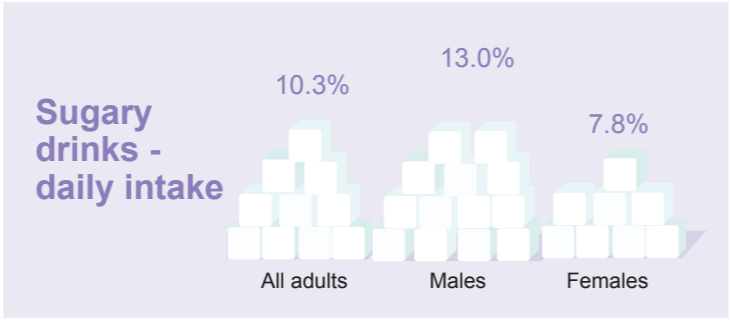
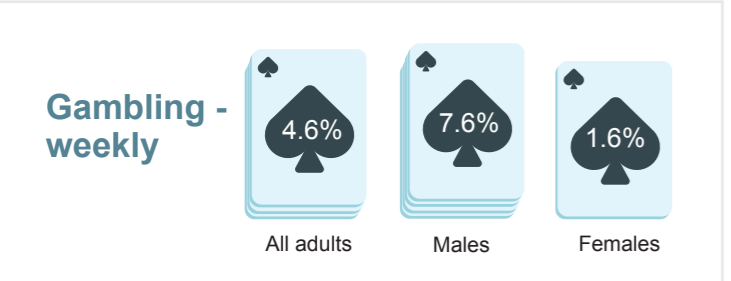
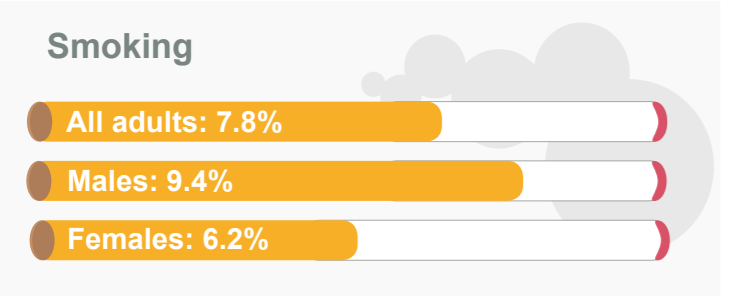
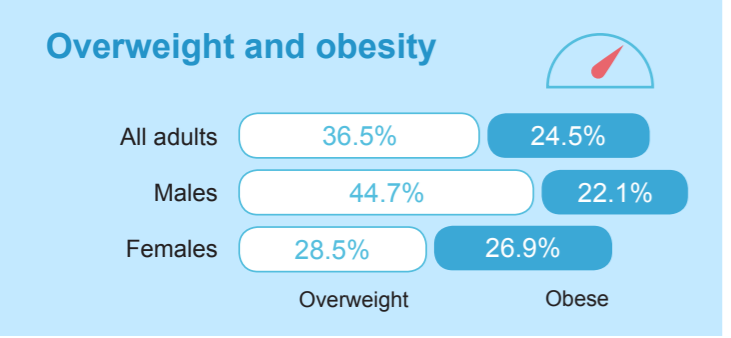
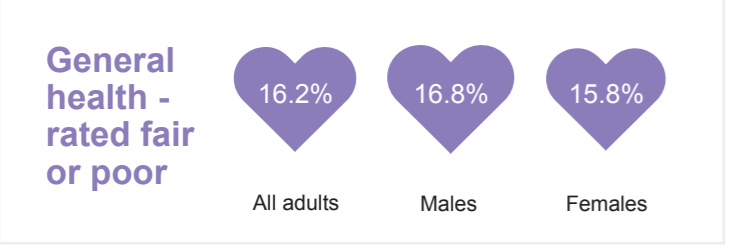
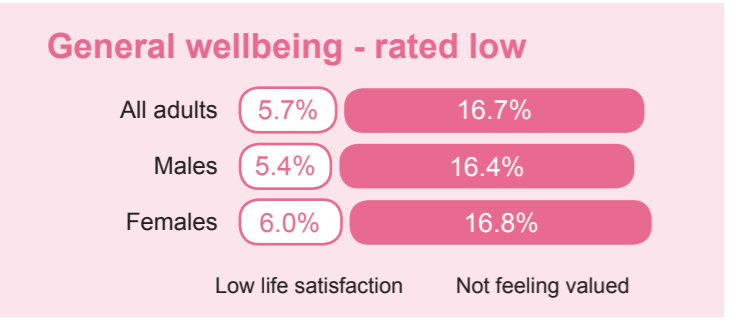
Facilities were rated on a 5-point scale where **1 = very poor, 2 = poor, 3 = average, 4 = good, 5 = excellent.**

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

Activity	Total	Weekly	Quality (out of 5)	Accessibility (out of 5)
Walking	21.1%	81.8%	3.9	4.1
Swimming	9.0%	53.5%	4.2	4.2
Bush walking / Hiking	6.7%	20.5%	4.2	4.1
Fitness: Gym	6.5%	83.5%	4.3	4.3
Active play (at playgrounds / play centre)	6.1%	62.8%	4.2	4.3
Cycling: General cycling for recreation or transport	5.0%	48.9%	3.8	4.1
Jogging / Running	4.3%	76.5%	3.9	4.2
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.7%	75.7%	4.4	4.4
Australian rules football	3.3%	81.6%	3.8	4.0
Tennis (indoor / outdoor)	2.6%	64.2%	4.1	4.2
Cycling: Mountain bike riding	2.4%	42.6%	4.2	4.1
Dancing / Ballet / Calisthenics	2.2%	84.1%	4.2	4.2
Basketball (Indoor / Outdoor)	1.9%	81.9%	4.2	4.1
Golf	1.8%	42.3%	4.2	4.4
Netball (indoor / outdoor)	1.8%	87.5%	4.1	4.3
Fishing	1.7%	4.0%	4.0	3.7
Cycling: Road and sport cycling	1.4%	57.9%	3.6	4.2
Soccer (indoor/outdoor)	1.2%	81.6%	4.0	4.2
Aqua aerobics	1.2%	65.0%	4.2	4.1
Horse riding / Equestrian activities / Polo	1.1%	66.0%	4.2	4.0

## Health and wellbeing profile - Adults

Each member of the household was asked what gender best represents them. The section on gender summarises findings from 1,595 males and 2,018 females including 1,218 adult males and 1,622 adult females. A further 9 residents in the Macedon Ranges 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)

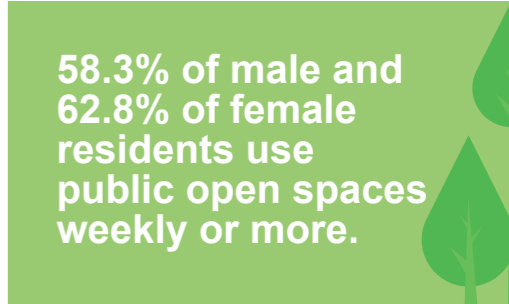
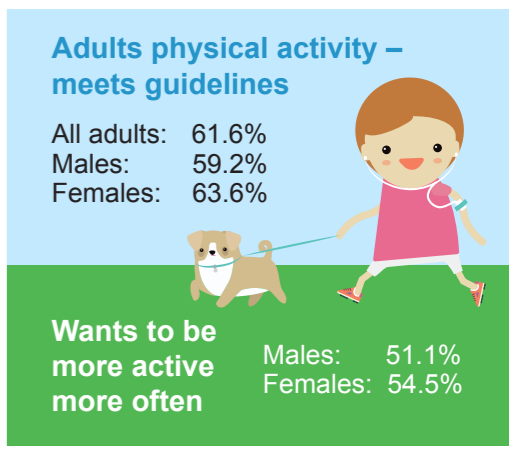
Male participation		Female participation	
Walking	18.2%	Walking	23.9%
Swimming	7.9%	Swimming	10.2%
Bushwalking / Hiking	6.2%	Bushwalking / Hiking	7.2%
Fitness / Gym	6.1%	Fitness / Gym	6.6%
Active play	5.6%	Active play	6.6%
Cycling for recreation or transport	5.4%	Indoor group fitness	5.9%
Australian rules football	5.4%	Cycling for recreation or transport	4.6%
Jogging / Running	4.7%	Jogging / Running	3.8%
Mountain bike riding	4.0%	Dancing / Ballet / Calisthenics	3.8%
Golf	3.2%	Netball	3.4%

### Barriers to being more active

	Time Poor	Personal Reasons	Cost	Poor health / disability	Lack of social support	Safety
Male	59.7%	22.5%	15.8%	13.7%	14.3%	11.2%
Female	55.4%	29.7%	29.0%	15.7%	19.8%	20.5%

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

Facility	Male	Female
Footpaths	86.5%	90.5%
Parks	81.8%	84.6%
Off-road walking and cycling	72.1%	71.7%
Sports grounds, ovals and clubrooms	56.7%	49.0%
Swimming pools / splash parks	48.7%	53.3%
Community gardens	43.6%	46.0%
Indoor sports / leisure / fitness centres	42.1%	46.1%
Halls / community centres	38.9%	49.6%
Hard courts (e.g. netball / tennis)	24.0%	24.1%
Skateparks / BMX	22.1%	15.4%
Playgrounds	20.3%	24.7%
After hours usage of education facilities	11.5%	13.3%

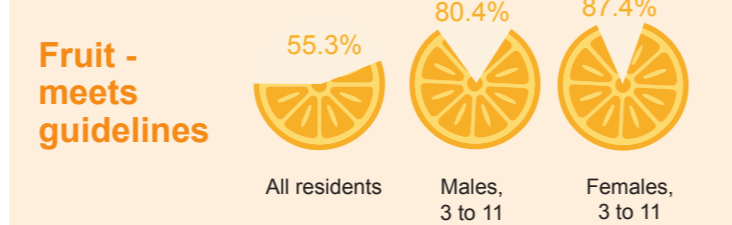
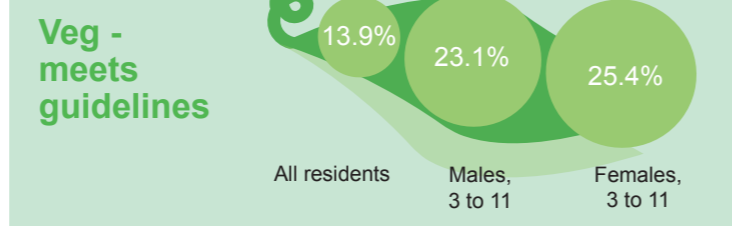
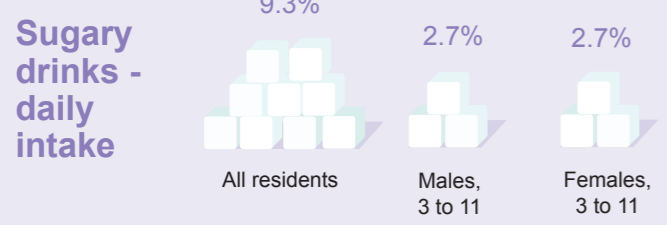
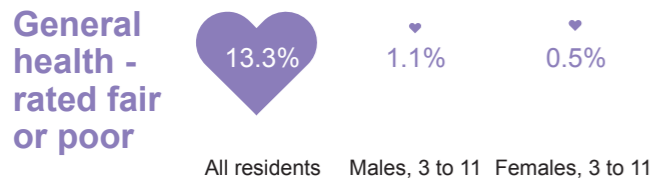
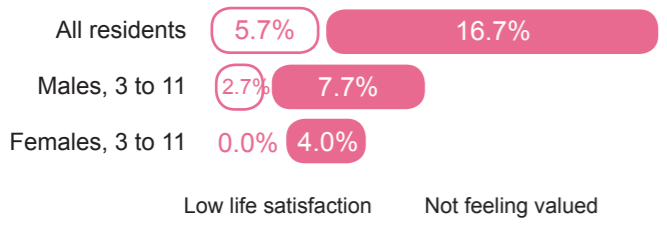


This section summarises findings from 406 children aged from 3 to 11 years old, who made up 11.1% of all participants (before weighting). Parents were able to fill in the survey for all children aged 3 and over. The extent to which children were involved in responding to the survey questions may have differed within and between households.

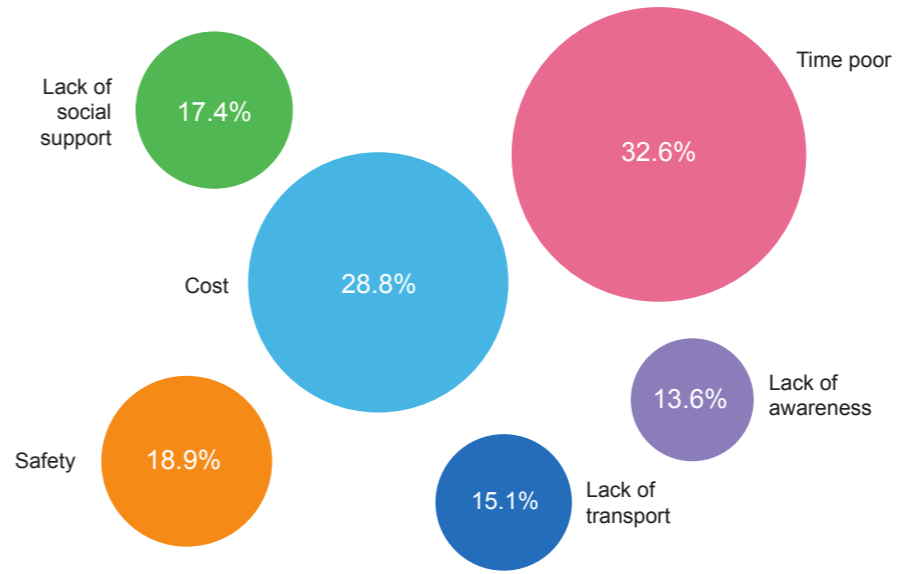


## Health and wellbeing profile

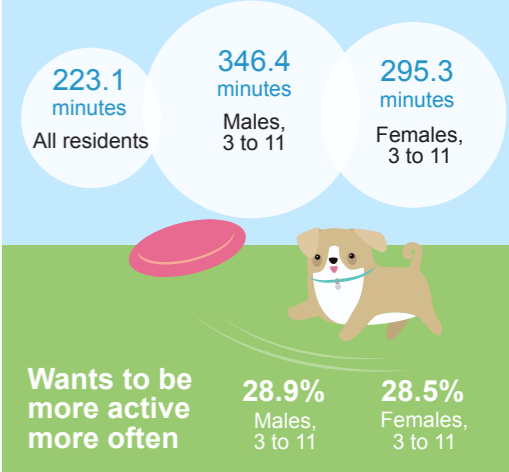
### General wellbeing - rated low



### Barriers to being more active



### Physical activity - minutes per week



## Physical activity profile

### Most popular activities

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

#### Males, 3 to 11 participation

Active play	15.4%
Swimming	14.6%
Australian rules football	11.2%
Cycling for recreation or transport	9.4%
Walking	9.0%
Soccer	5.4%
Tennis	5.1%
Basketball	3.9%
Bushwalking / Hiking	3.2%
Mountain bike riding	1.7%

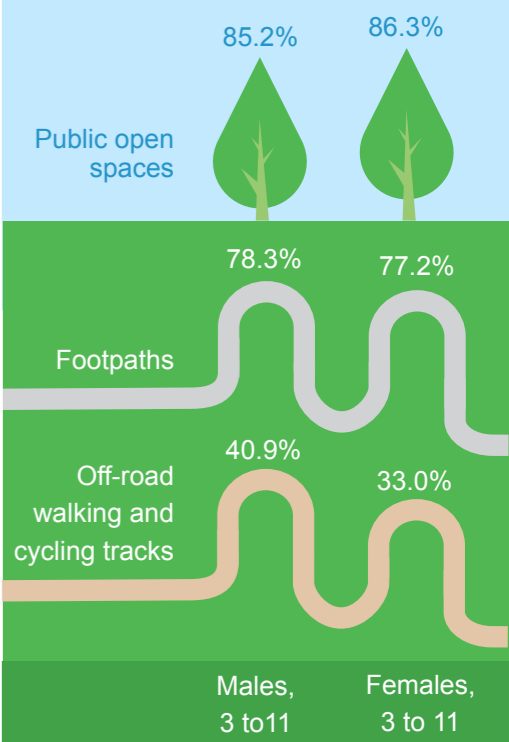
#### Females, 3 to 11 participation

Swimming	19.4%
Active play	16.6%
Dancing / Ballet / Calisthenics	10.7%
Cycling for recreation or transport	9.4%
Walking	6.8%
Netball	6.0%
Bushwalking / Hiking	4.1%
Tennis	3.0%
Australian rules football	2.1%
Mountain bike riding	1.5%

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

Facility	Children 3 to 11
Parks	94.2%
Swimming pools / splash parks	89.9%
Sports grounds, ovals and clubrooms	69.8%
Halls / community centres	51.9%
Indoor sports / leisure / fitness centres	51.1%
Skateparks / BMX	51.1%
Community gardens	50.1%
Playgrounds	43.8%
Hard courts (e.g. netball / tennis)	42.3%
After hours usage of education facilities	20.7%

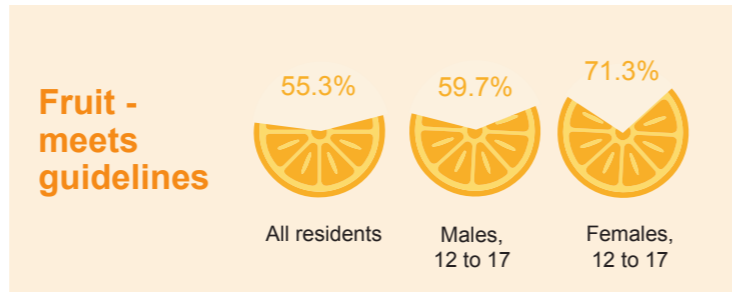
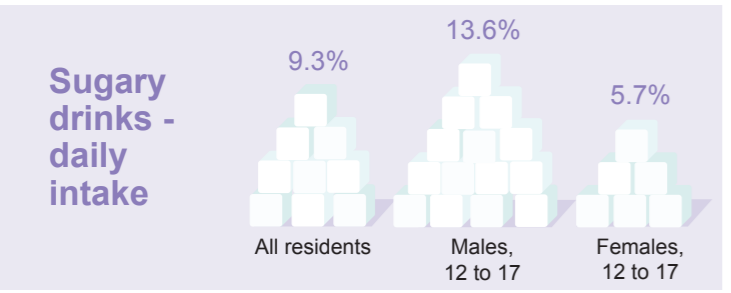
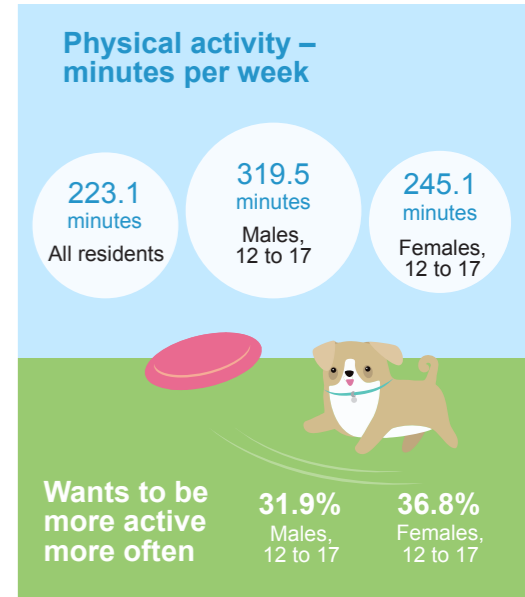
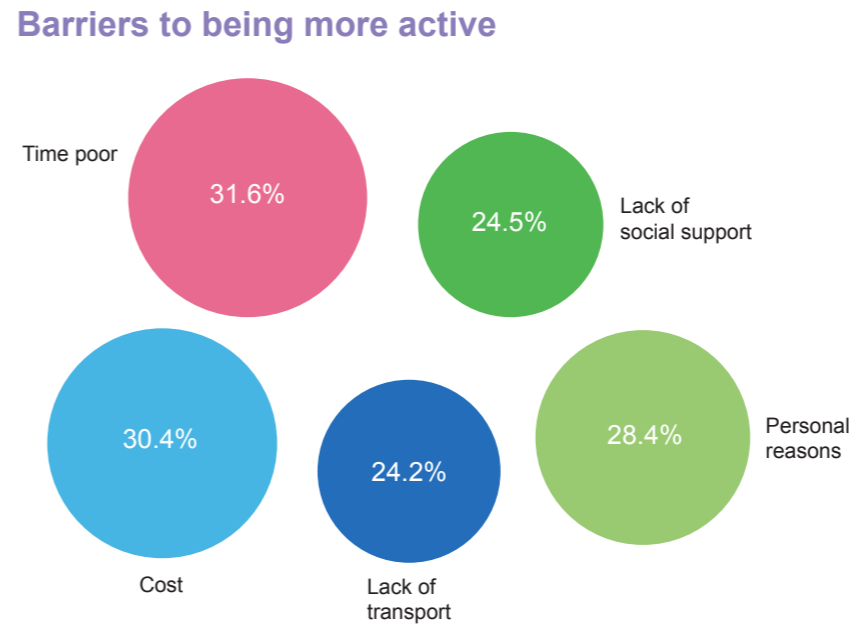
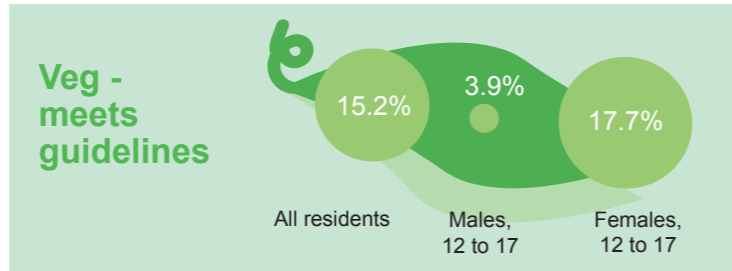
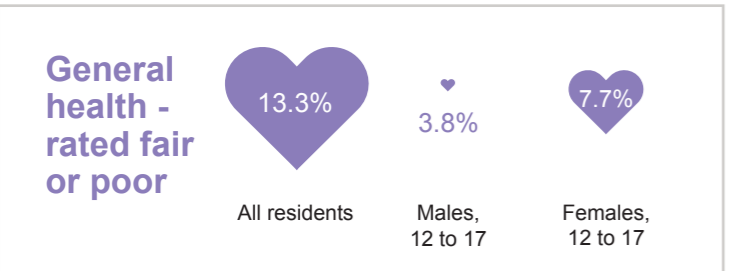
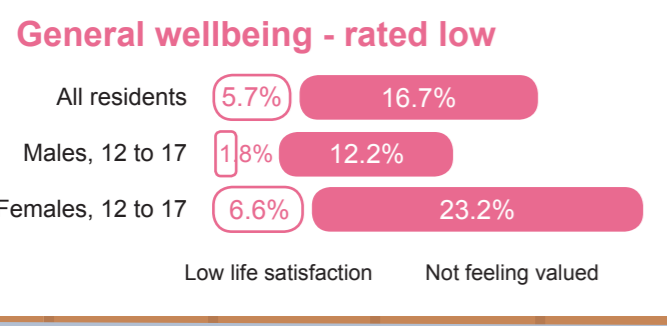
### Used weekly or more



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

This section summarises findings from 221 adolescents aged from 12 to 17 years old, who made up 6.1% of all participants (before weighting). Children over 14 years of age were able to fill the survey in themselves, if their parents agreed. Parents filled in the survey for all children under 14 years of age. The extent to which children were involved in responding to the survey questions may have differed within and between households.

## Health and wellbeing profile



## Physical activity profile

### Most popular activities

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

#### Males, 12 to 17 participation

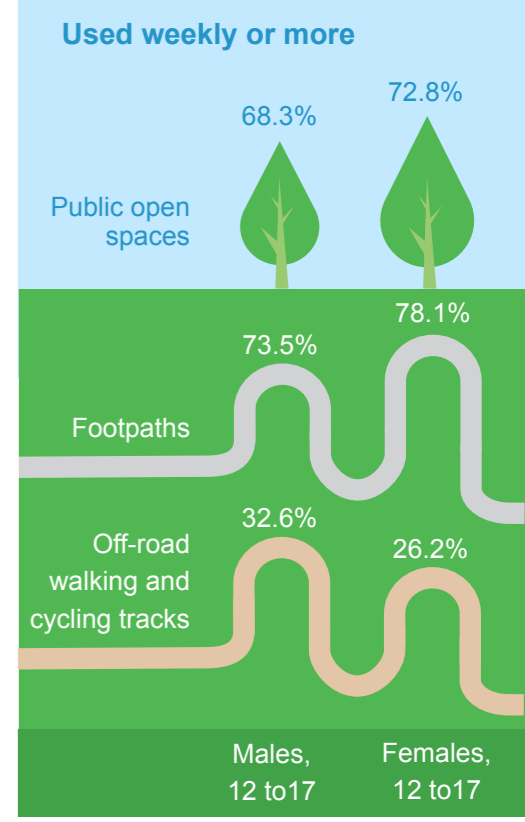
Australian rules football	8.7%
Basketball	8.0%
Swimming	7.7%
Walking	7.0%
Tennis	6.7%
Cycling for recreation or transport	4.9%
Soccer	4.9%
Mountain bike riding	4.7%
Fitness / Gym	4.0%
Fishing	3.7%

#### Females, 12 to 17 participation

Walking	13.9%
Netball	12.1%
Swimming	8.5%
Dancing / Ballet / Calisthenics	8.2%
Fitness / Gym	7.9%
Tennis	6.5%
Basketball	6.1%
Australian rules football	4.8%
Bushwalking / Hiking	3.9%
Cycling for recreation or transport	3.9%

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

Facility	Adolescents 12 to 17
Parks	81.1%
Sports grounds, ovals and clubrooms	70.2%
Swimming pools / splash parks	68.1%
Indoor sports / leisure / fitness centres	64.5%
Hard courts (e.g. netball / tennis)	49.1%
Halls / community centres	44.4%
Community gardens	40.5%
Skateparks / BMX	33.1%
After hours usage of education facilities	25.4%
Playgrounds	22.4%

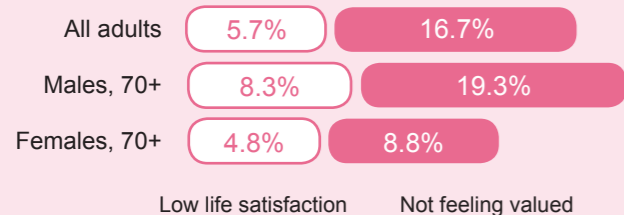


\*Interpret findings with caution due to a small sample size.

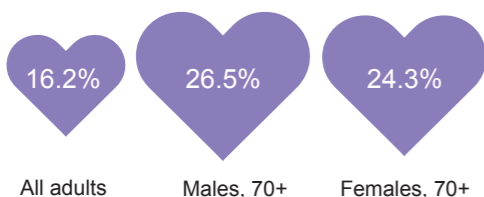
This section summarises findings from 597 adults aged over 70 years old, who comprised 16.4% of all survey participants (before weighting). A total of 275 men and 305 women aged 70 years and older completed the survey. See the Topline report for results about adults aged 50 to 69 years.

## Health and wellbeing profile

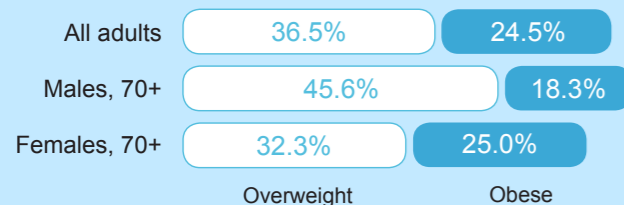
### General wellbeing - rated low



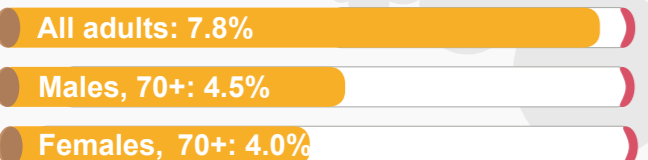
### General health - rated fair or poor



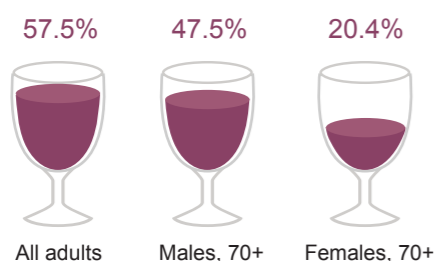
### Overweight and obesity



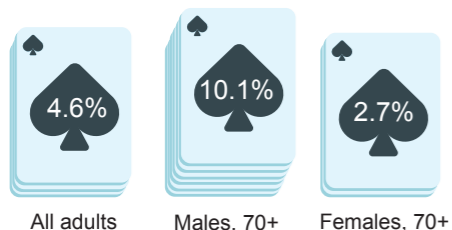
### Smoking



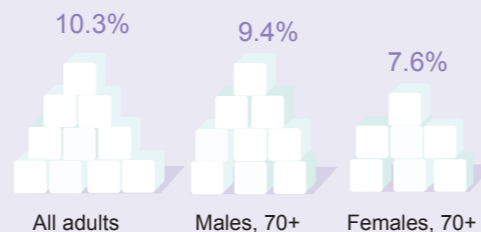
### Alcohol - binge drinking



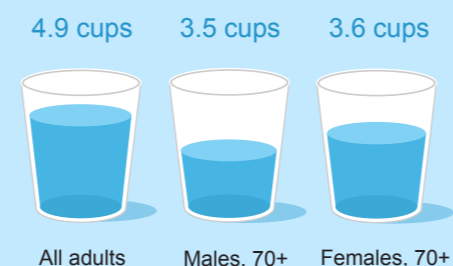
### Gambling - weekly



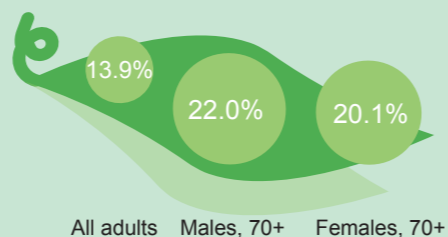
### Sugary drinks - daily intake



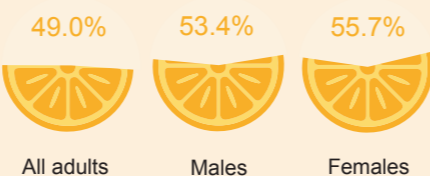
### Water - cups per day



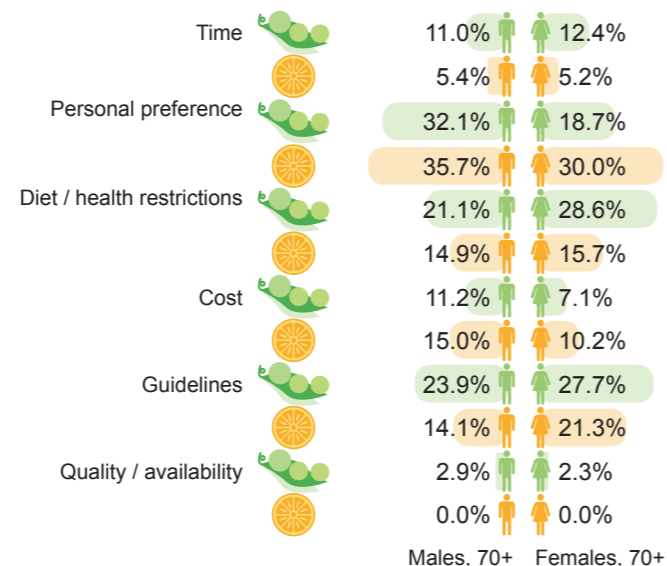
### Veg - meets guidelines



### Fruit - meets guidelines



### Barriers to eating veg and fruit



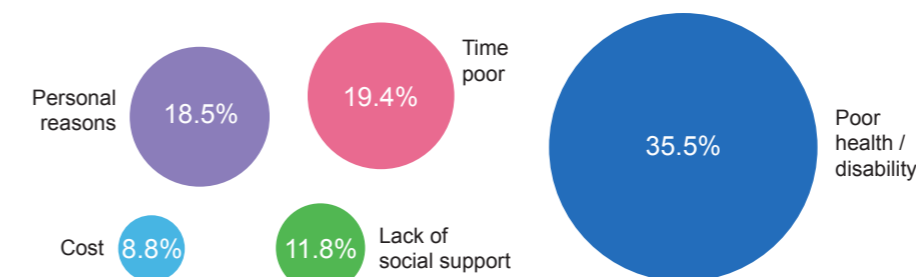
## Physical activity profile

### Most popular activities

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

Male, 70+ participation		Female, 70+ participation	
Walking	33.7%	Walking	33.8%
Golf	7.9%	Fitness / Gym	8.6%
Fitness / Gym	7.0%	Indoor group fitness	7.8%
Bushwalking / Hiking	4.5%	Aqua aerobics	7.7%
Fishing	4.2%	Swimming	7.0%
Cycling for recreation or transport	3.8%	Bushwalking / Hiking	3.7%
Swimming	3.6%	Golf	3.6%
Indoor group fitness	2.8%	Dancing / Ballet / Calisthenics	3.2%
Jogging / Running	2.3%	Active play	2.0%
Mountain bike riding	1.9%	Cycling for recreation or transport	1.0%

### Barriers to being more active



### Physical activity - meets guidelines

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

All adults: 61.6%  
Males, 70+: 52.7%  
Females, 70+: 56.9%

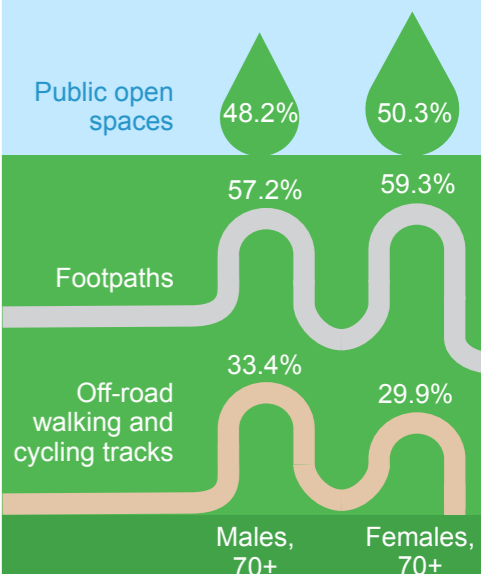
### Wants to be more active more often

Males, 70+: 42.8%  
Females, 70+: 41.6%

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

Facility	People, 70+ %
Parks	61.5%
Halls / community centres	49.0%
Indoor sports / leisure / fitness centres	28.2%
Sports grounds, ovals and clubrooms	27.1%
Community gardens	24.6%
Swimming pools / splash parks	22.2%
Hard courts (e.g. netball / tennis)	2.4%
After hours usage of education facilities	1.7%
Playgrounds	1.3%
Skateparks / BMX	1.3%

### Used weekly or more

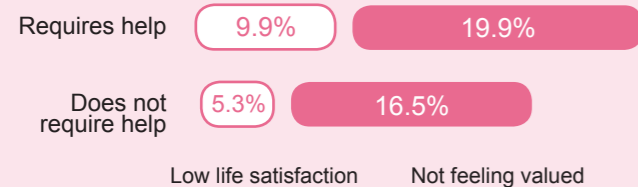


\*Interpret findings with caution due to a small sample size.

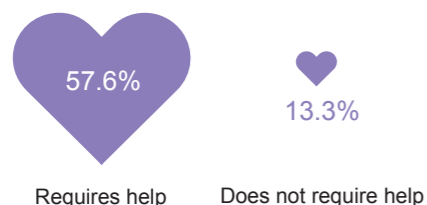
This section summarises findings from 172 people aged 3 and over who need someone to help them with, or be with them, for daily activities. This includes self-care activities, body movement activities, and/or communication activities. People who require help with daily activities made up 5.9% of all participants.

## Health and wellbeing profile - Adults

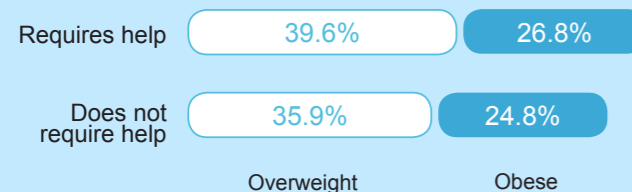
### General wellbeing - rated low



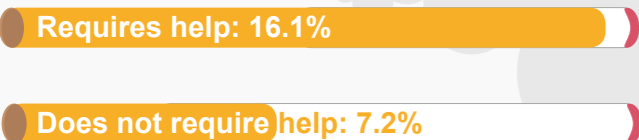
### General health - rated fair or poor



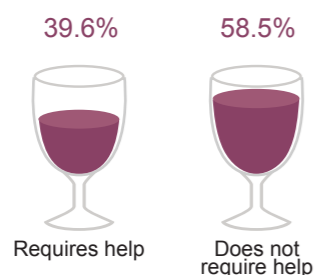
### Overweight and obesity



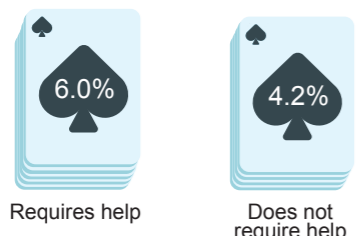
### Smoking



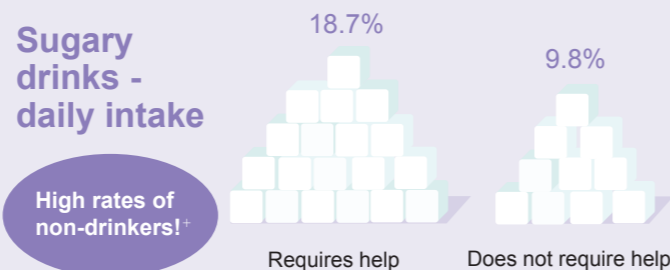
### Alcohol - binge drinking



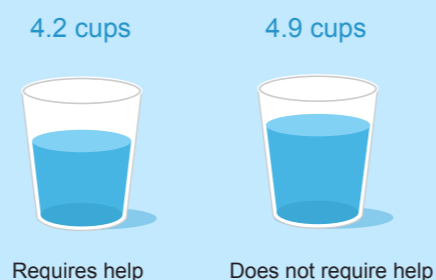
### Gambling - weekly



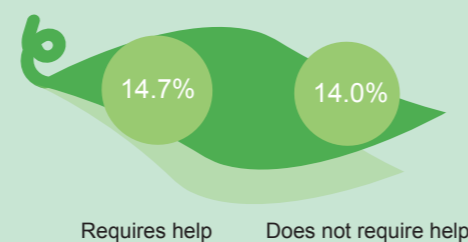
### Sugary drinks - daily intake



### Water - cups per day



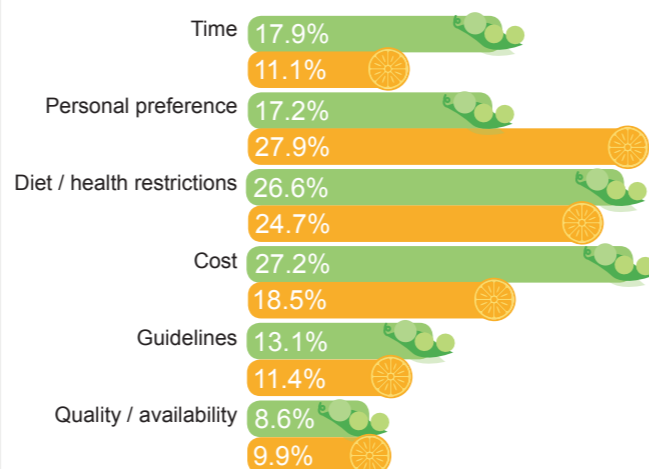
### Veg - meets guidelines



### Fruit - meets guidelines



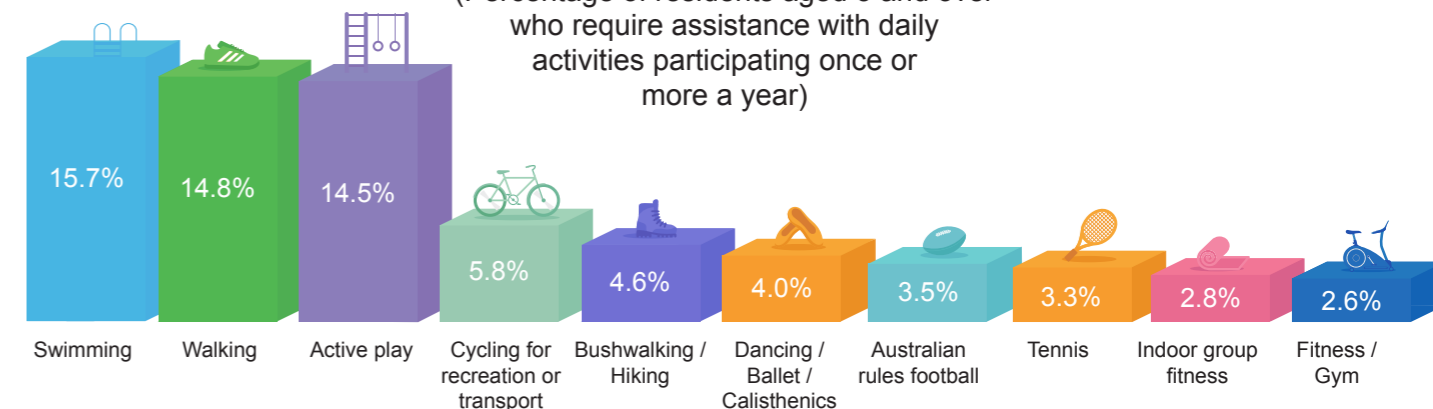
### Barriers to eating veg and fruit



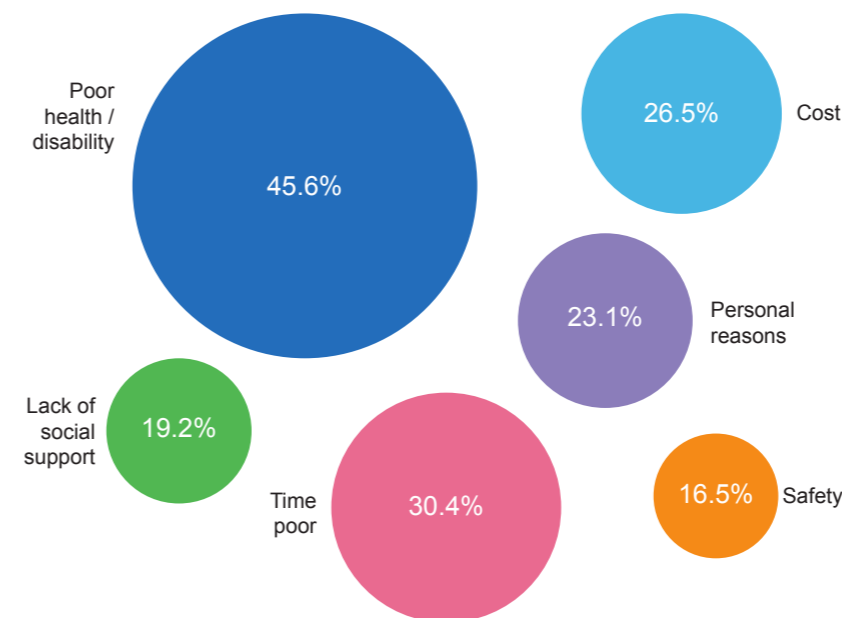
## Physical activity profile - All residents

### Most popular activities

(Percentage of residents aged 3 and over who require assistance with daily activities participating once or more a year)



### Barriers to being more active



### Adults physical activity - meets guidelines

Requires help: 35.2%  
Does not require help: 63.1%



### Wants to be more active more often

Requires help: 48.6%  
Does not require help: 53.1%

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

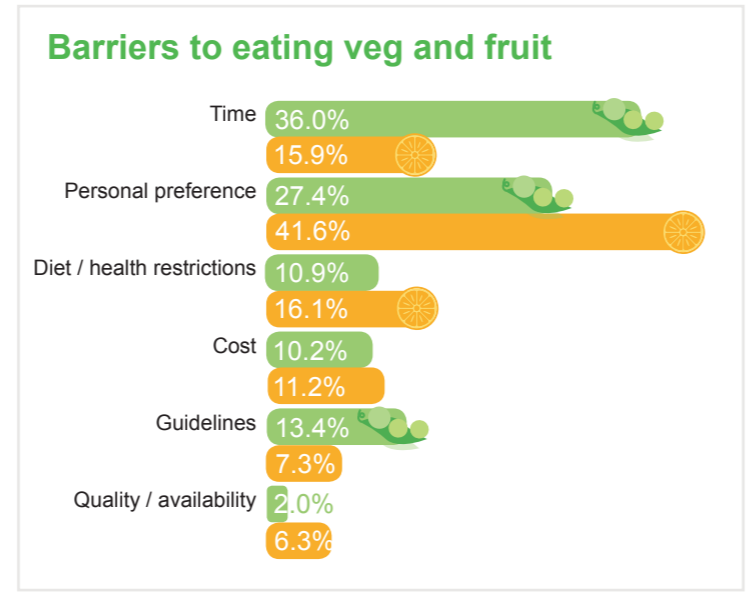
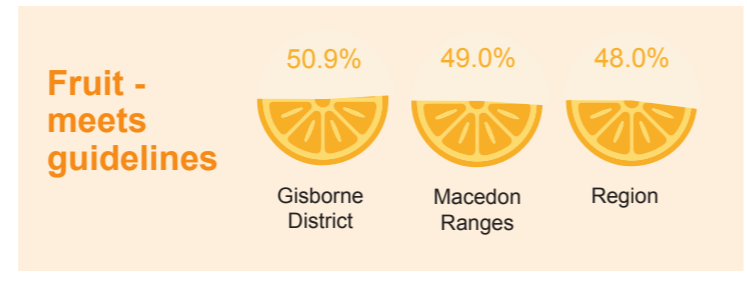
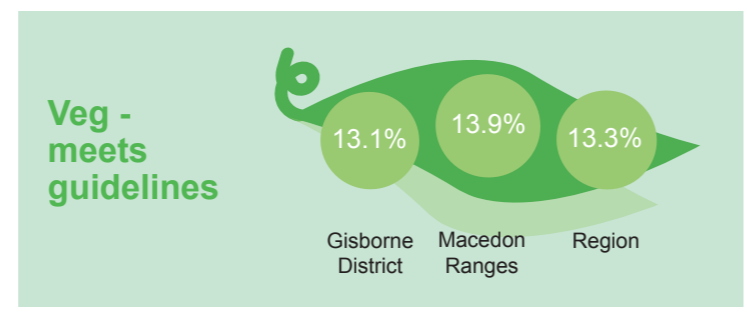
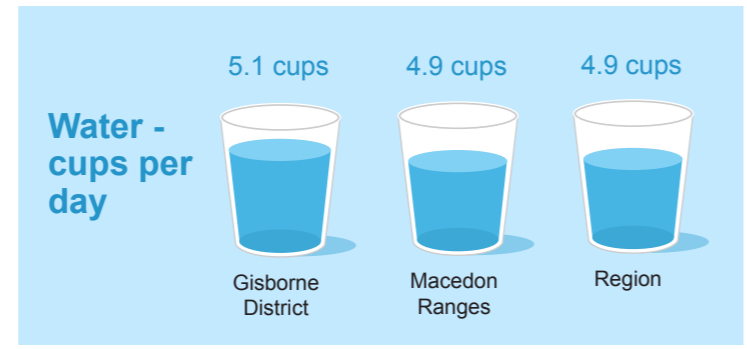
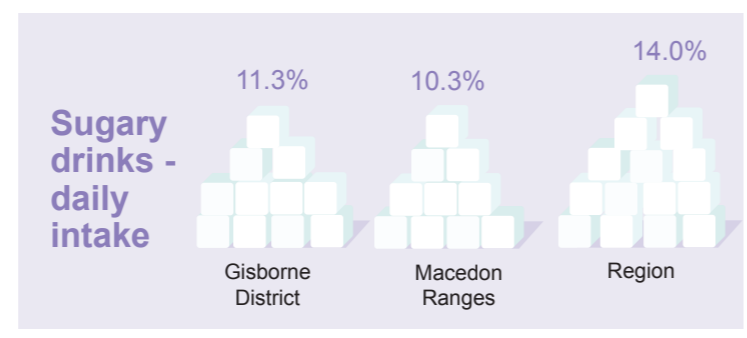
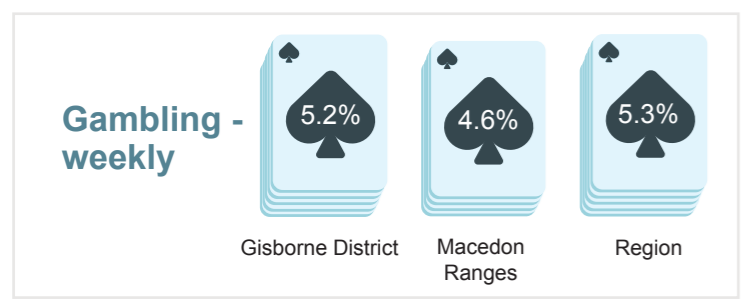
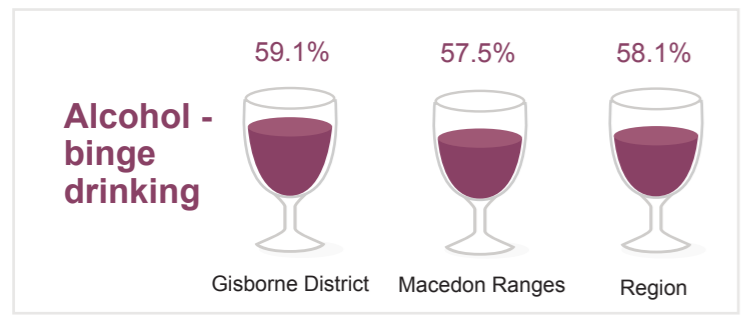
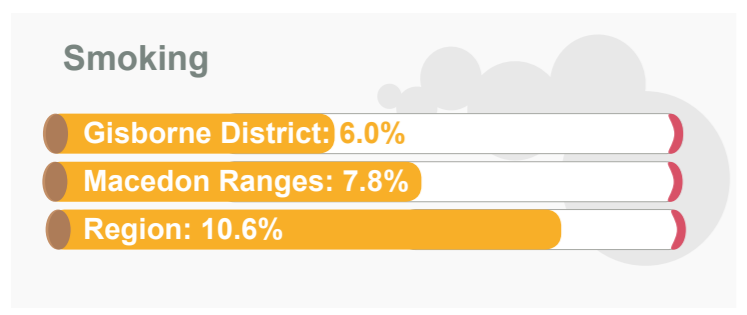
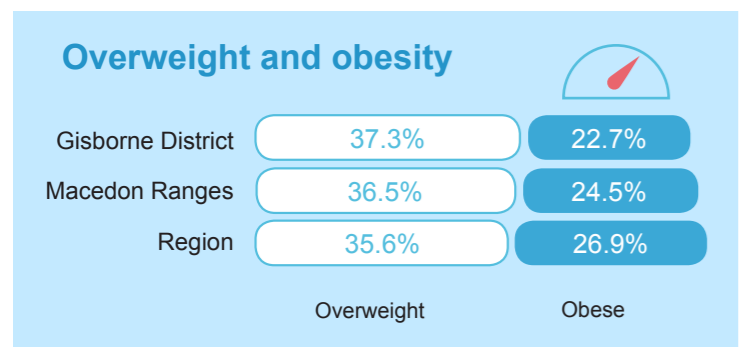
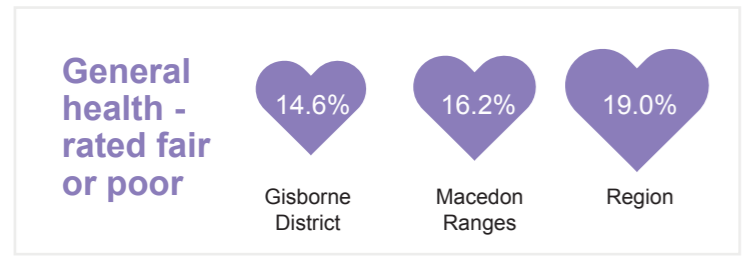
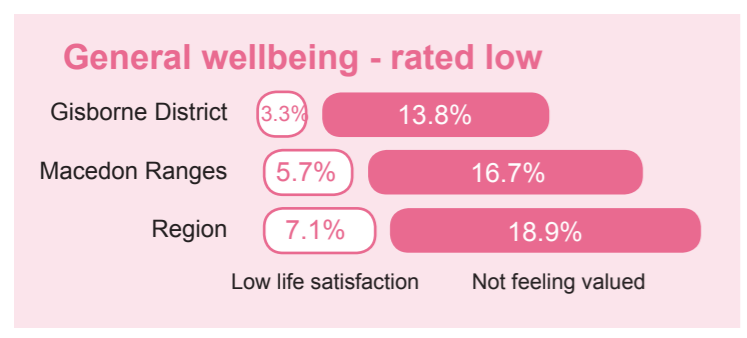
Facility	Requires help	Does not require help
Footpaths	86.8%	88.9%
Parks	83.7%	83.2%
Off-road walking and cycling tracks	68.0%	72.4%
Swimming pools / splash parks	62.7%	50.1%
Sports grounds, ovals and clubrooms	51.0%	52.8%
Community gardens	44.0%	44.4%
Indoor sports / leisure / fitness centres	39.7%	44.7%

55.5% of residents who require help use public open spaces weekly or more

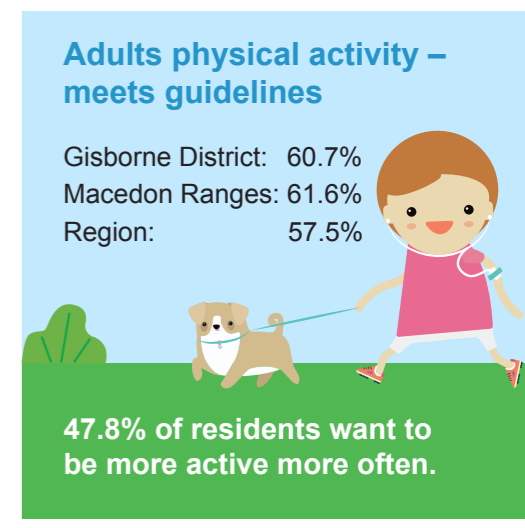
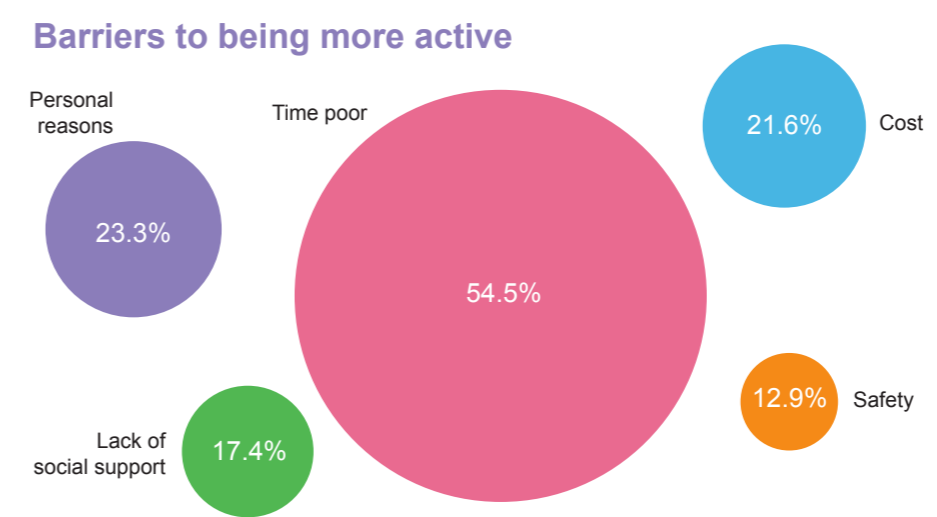
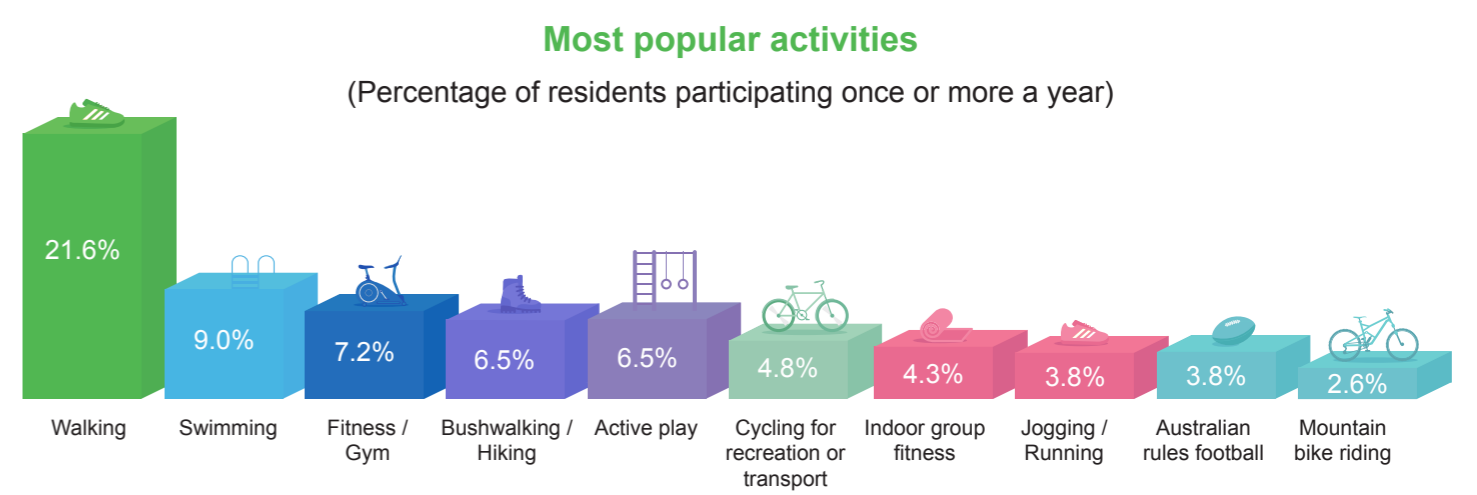


Gisborne District area includes Bullengarook, Gisborne, Gisborne South, New Gisborne and Toolern Vale. Findings for Gisborne District are based on 1,007 responses from residents, or approximately 10.1% of the local population.

## Health and wellbeing profile - Adults

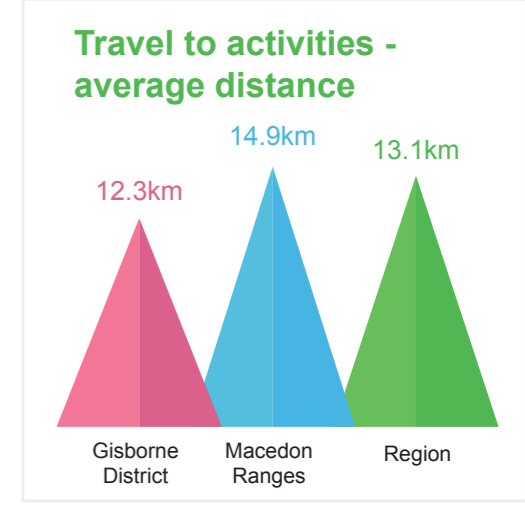


## Physical activity profile - All residents



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

Footpaths	91.5%
Parks	87.4%
Off-road walking and cycling tracks	74.7%
Sports grounds, ovals and clubrooms	53.7%
Swimming pools / splash parks	53.3%
Community gardens	51.0%
Indoor sports / leisure / fitness centres	45.8%
Halls / community centres	37.2%
Hard courts (e.g. netball / tennis)	24.6%
Skateparks / BMX	21.4%
Playgrounds	20.8%
After hours usage of education facilities	12.4%

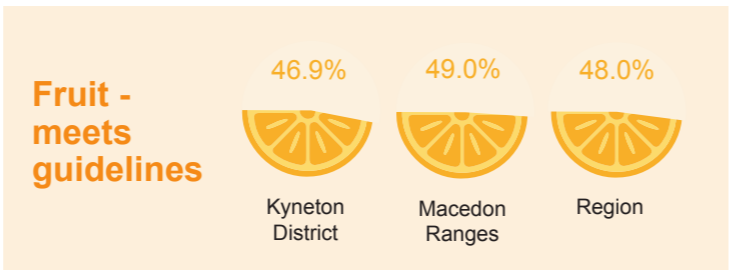
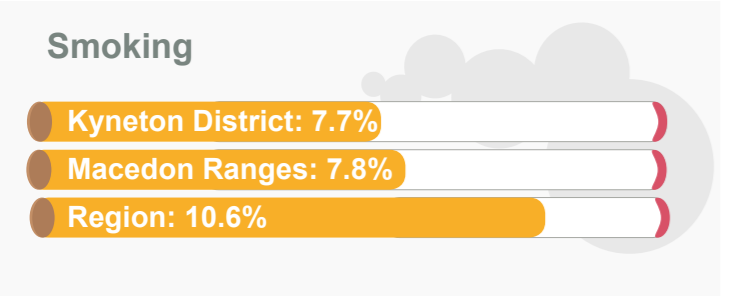
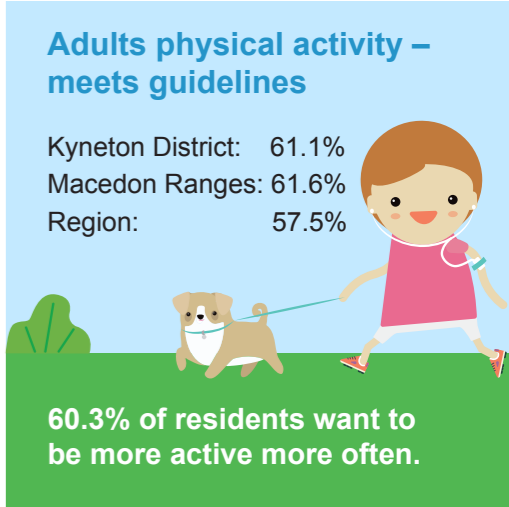
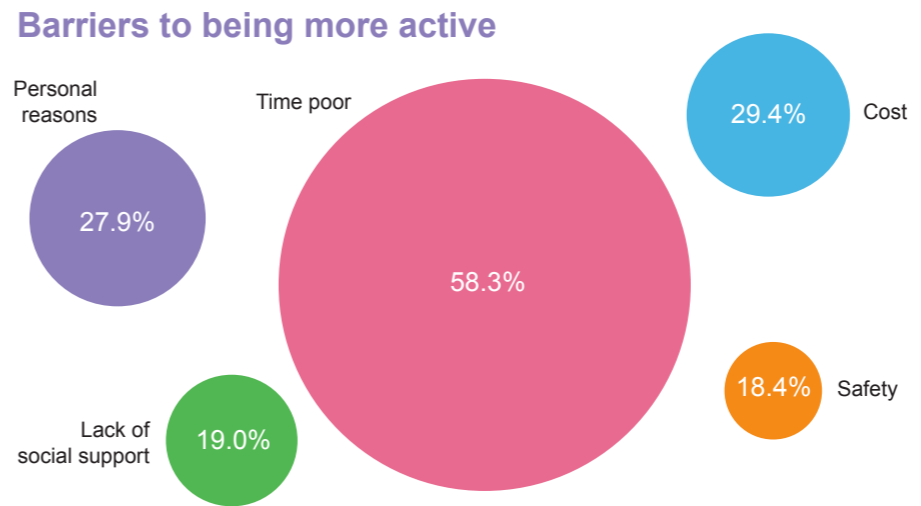
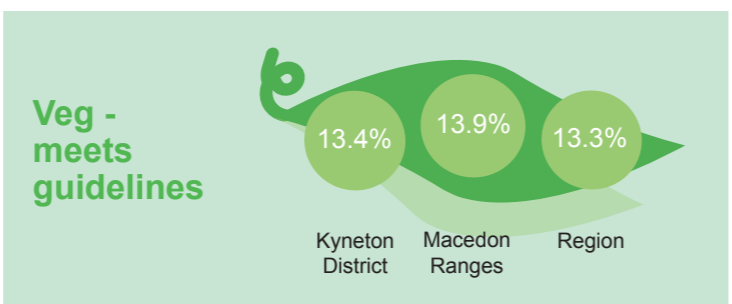
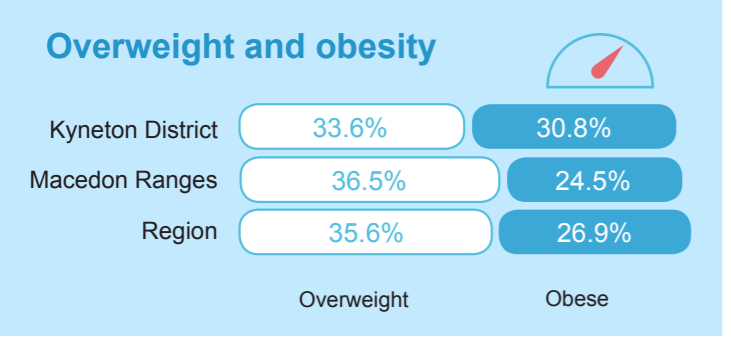
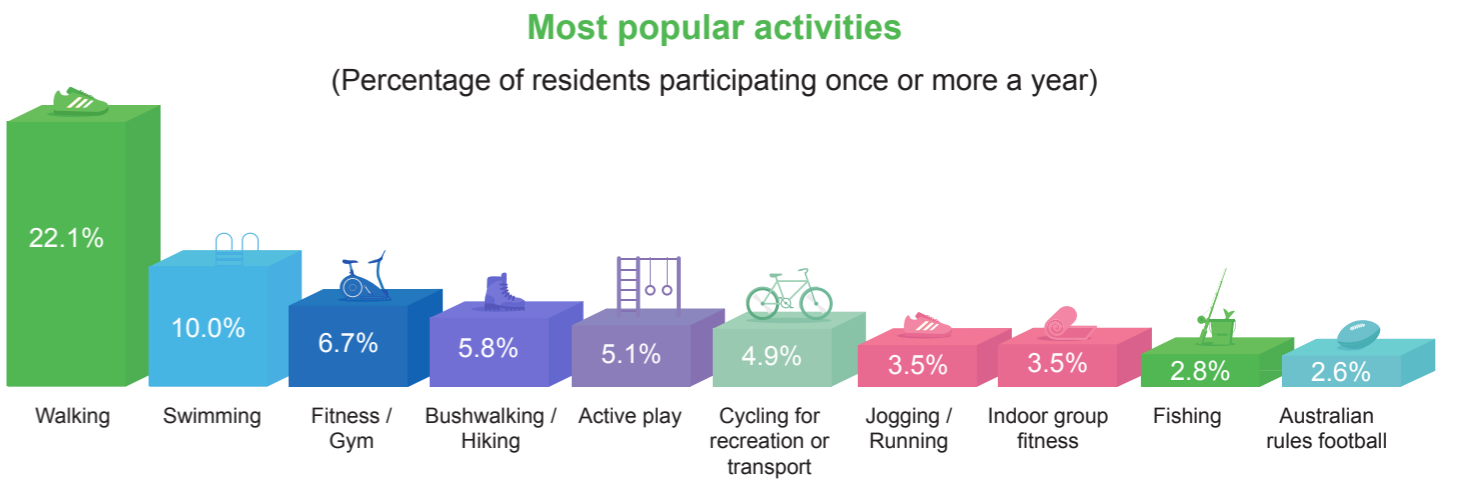
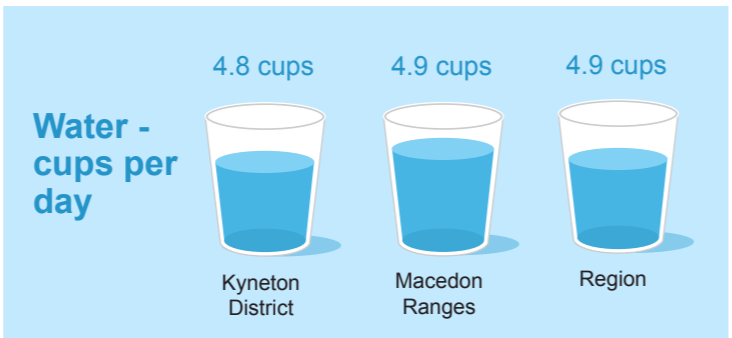
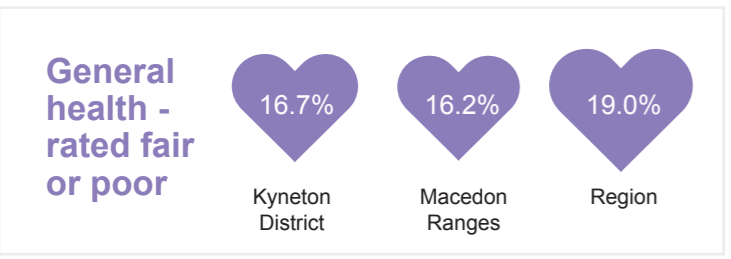
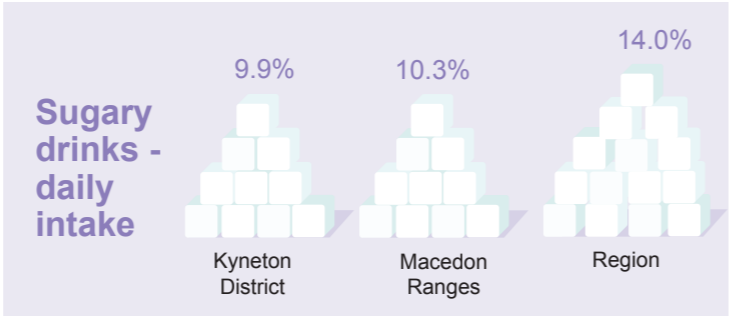
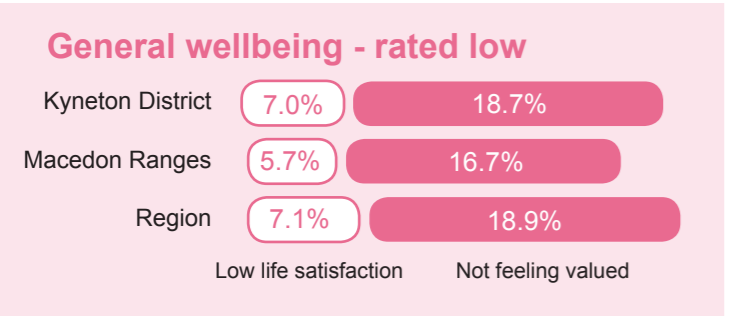


63.3% of residents use open spaces once a week or more.

Kyneton District area includes Baynton, Baynton East, Cadello, Karlsruhe, Denver, Drummond, Drummond North, Edgecombe, Greenhill, Kyneton, Kyneton South, Lauriston, Malmsbury, Pastoria, Pastoria East, Pipers Creek, Sidonia, Spring Hill and Taradale.  
Findings for Kyneton District are based on 751 responses from residents, or approximately 9.3% of the local population.

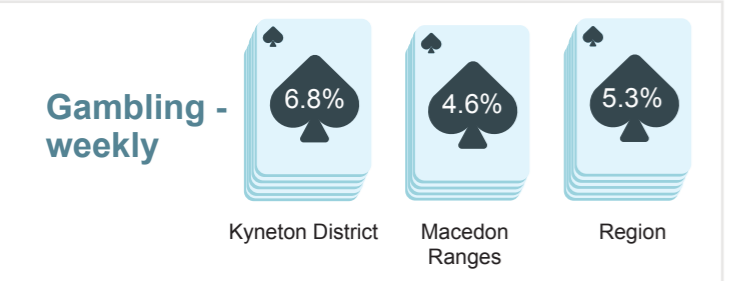
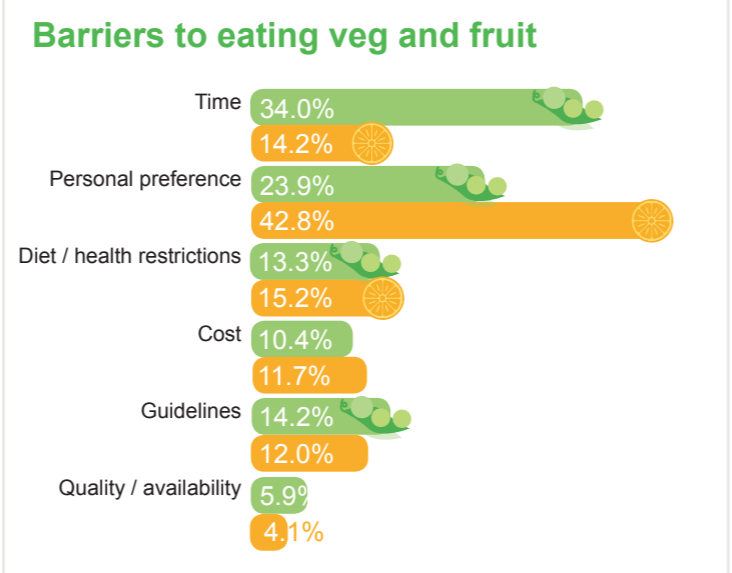
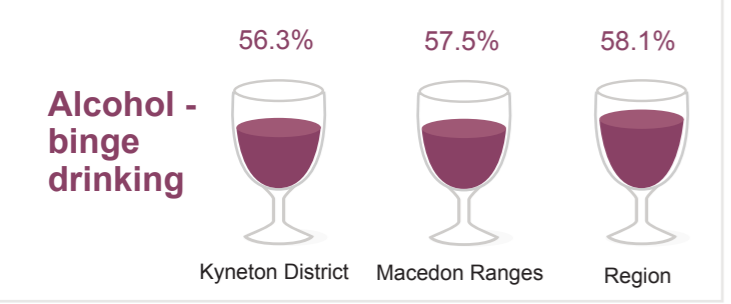
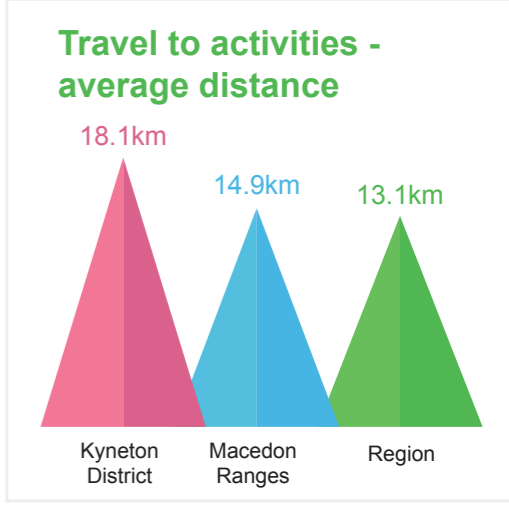
## Health and wellbeing profile - Adults

## Physical activity profile - All residents



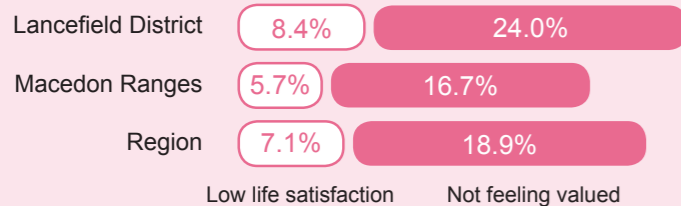
### Public facilities and open spaces - rate of use

Footpaths	91.0%
Parks	81.6%
Off-road walking and cycling tracks	73.3%
Swimming pools / splash parks	54.1%
Community gardens	53.6%
Sports grounds, ovals and clubrooms	51.0%
Indoor sports / leisure / fitness centres	45.2%
Halls / community centres	43.5%
Hard courts (e.g. netball / tennis)	20.3%
Playgrounds	19.6%
After hours usage of education facilities	15.7%
Skateparks / BMX	13.0%

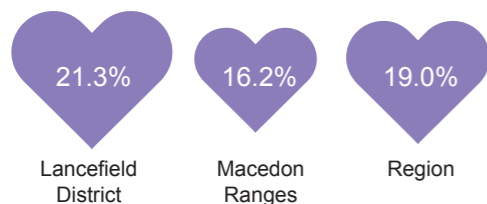


## Health and wellbeing profile - Adults

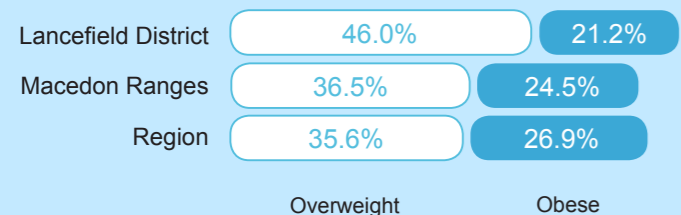
### General wellbeing - rated low



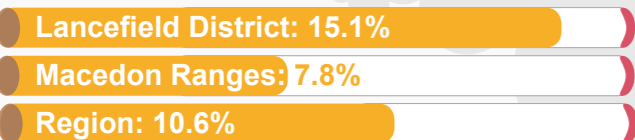
### General health - rated fair or poor



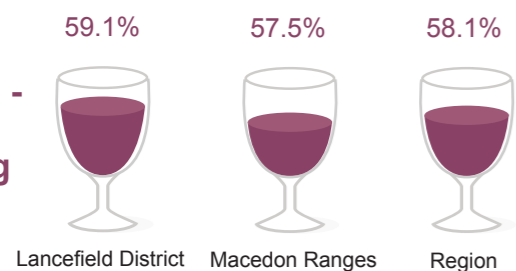
### Overweight and obesity



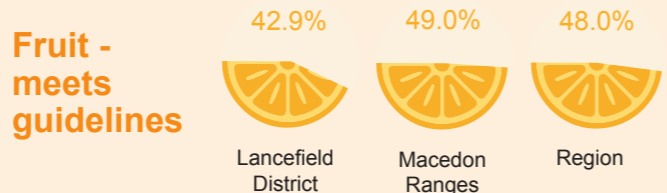
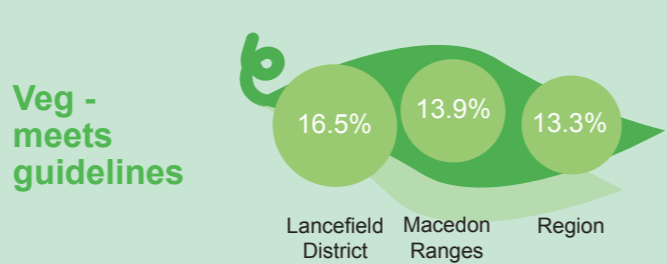
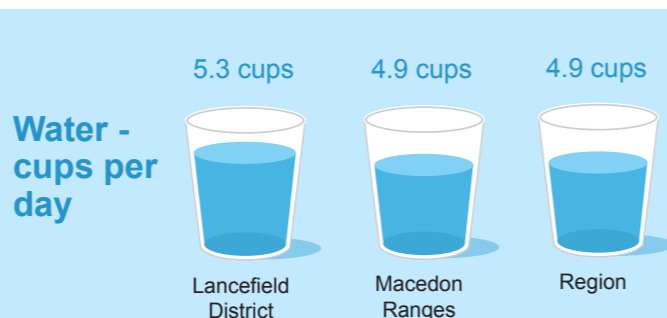
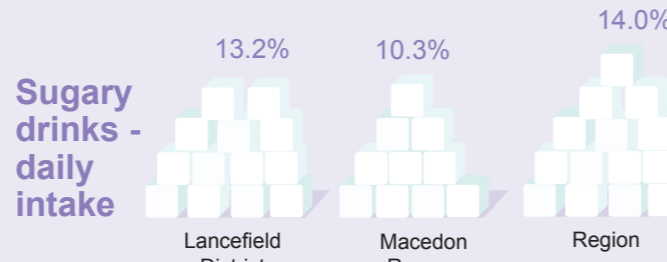
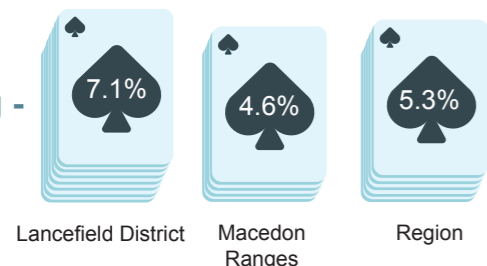
### Smoking



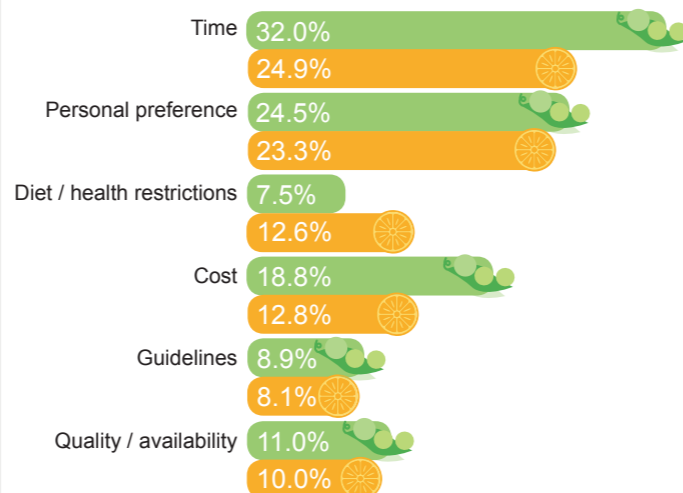
### Alcohol - binge drinking



### Gambling - weekly



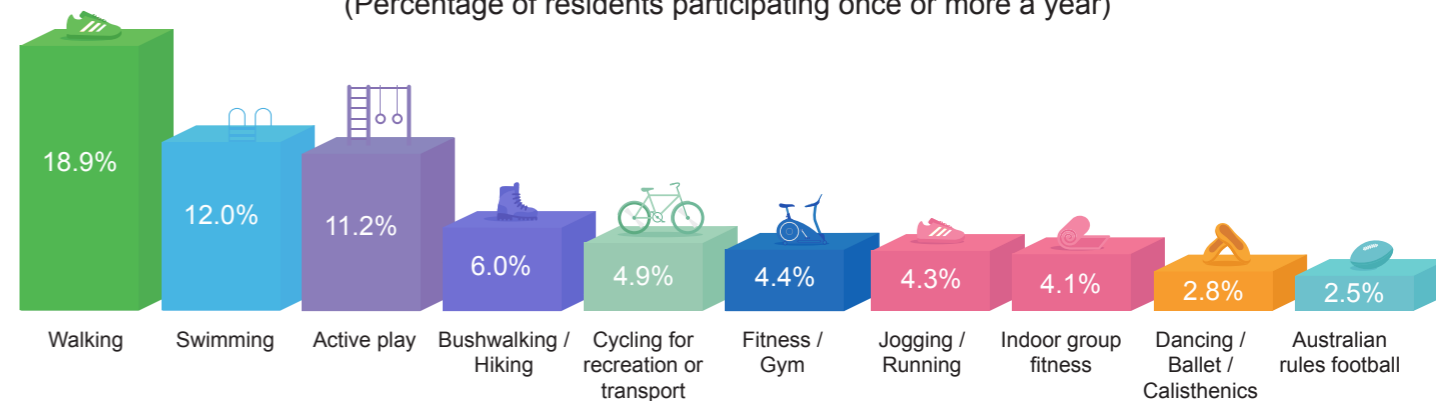
### Barriers to eating veg and fruit



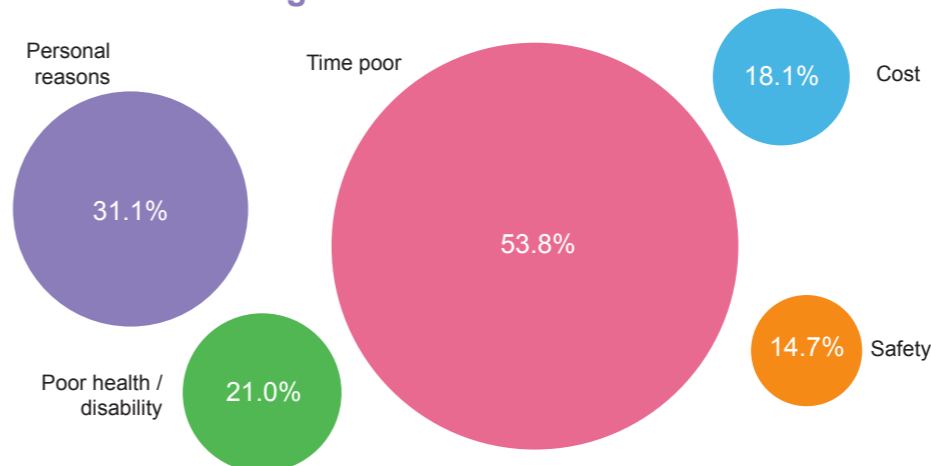
## Physical activity profile - All residents

### Most popular activities

(Percentage of residents participating once or more a year)



### Barriers to being more active



### Adults physical activity - meets guidelines

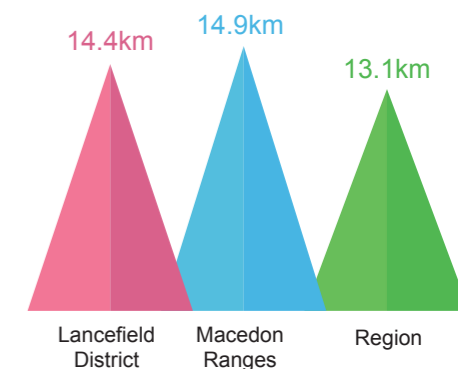
Lancefield District: 56.1%  
Macedon Ranges: 61.6%  
Region: 57.5%

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

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

Parks	80.0%
Footpaths	77.8%
Halls / community centres	59.4%
Sports grounds, ovals and clubrooms	56.9%
Off-road walking and cycling tracks	54.4%
Swimming pools / splash parks	45.7%
Indoor sports / leisure / fitness centres	31.6%
Playgrounds	27.4%
Community gardens	26.8%
Skateparks / BMX	26.3%
Hard courts (e.g. netball / tennis)	14.6%
After hours usage of education facilities	5.2%

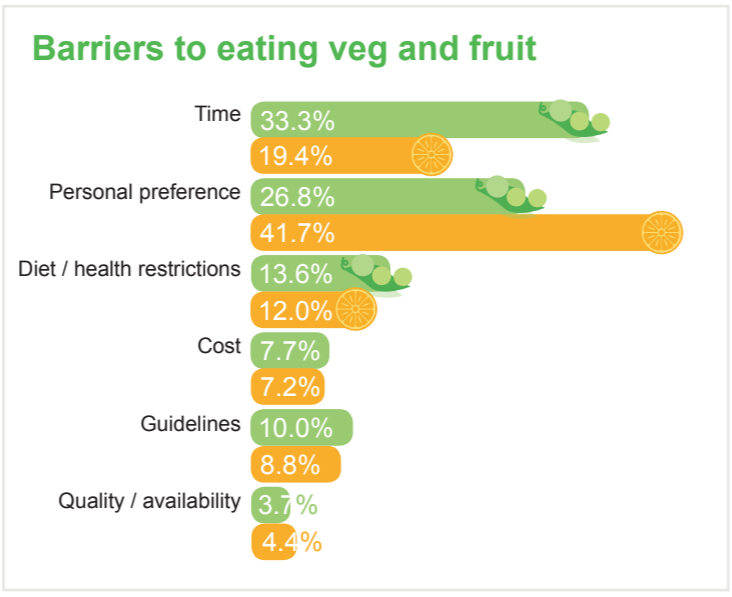
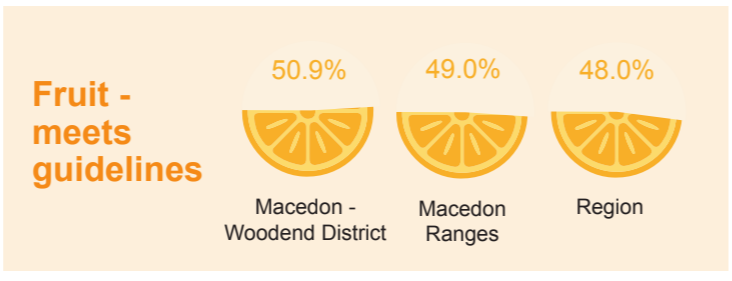
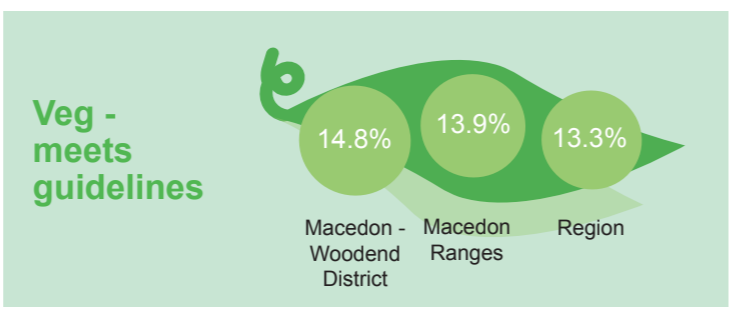
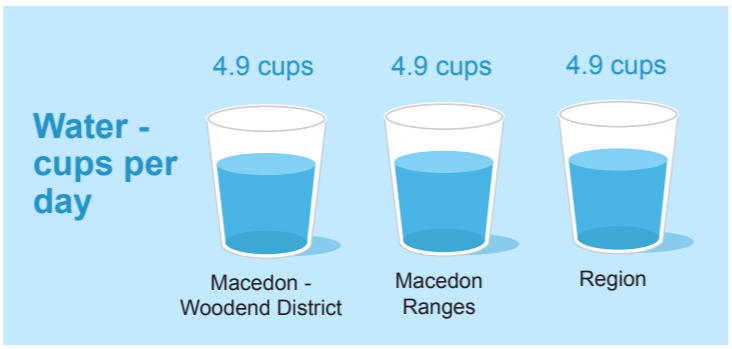
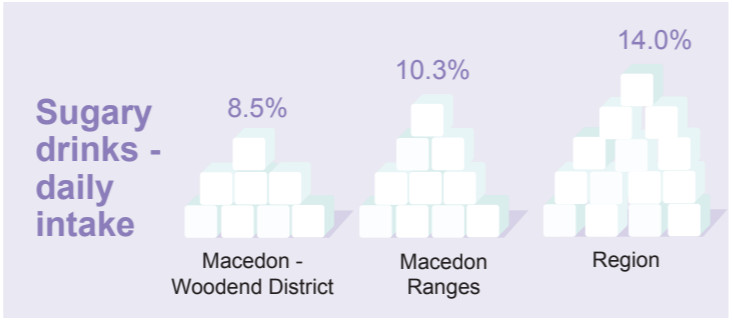
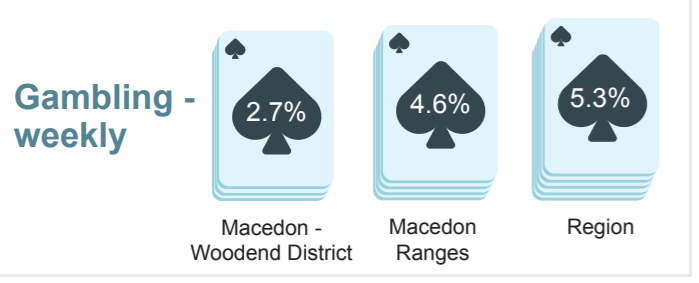
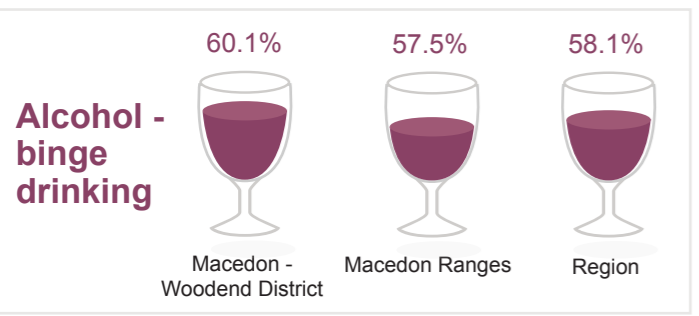
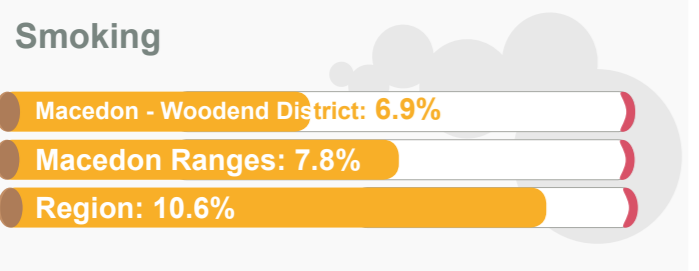
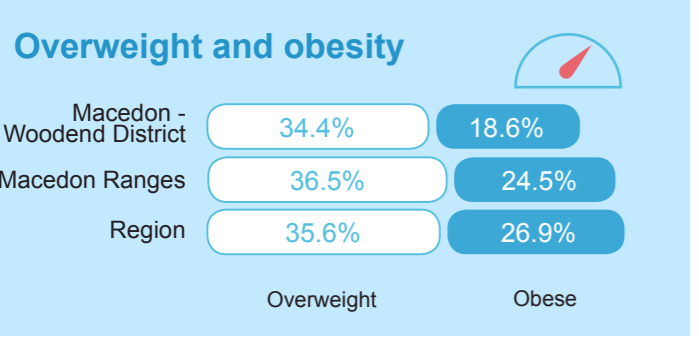
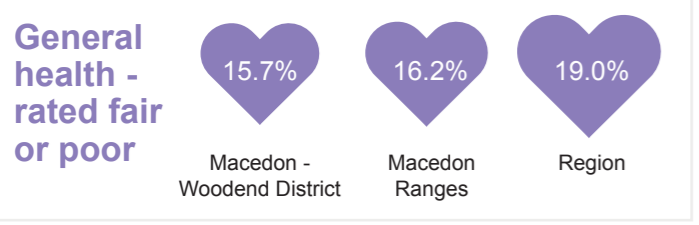
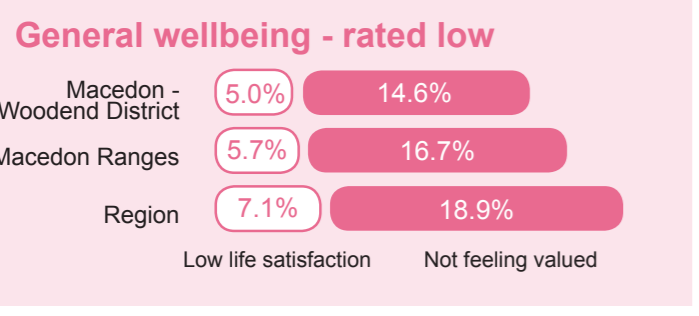
### Travel to activities - average distance



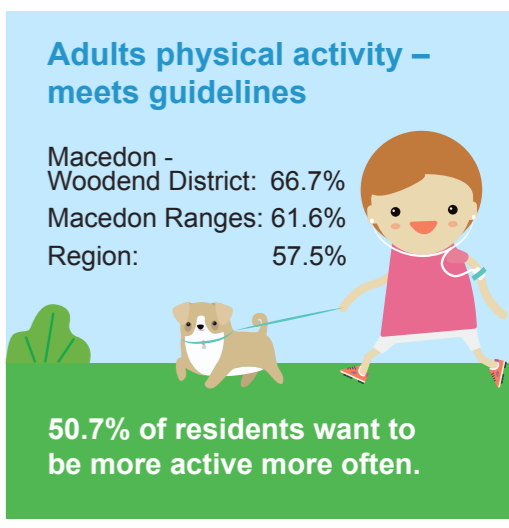
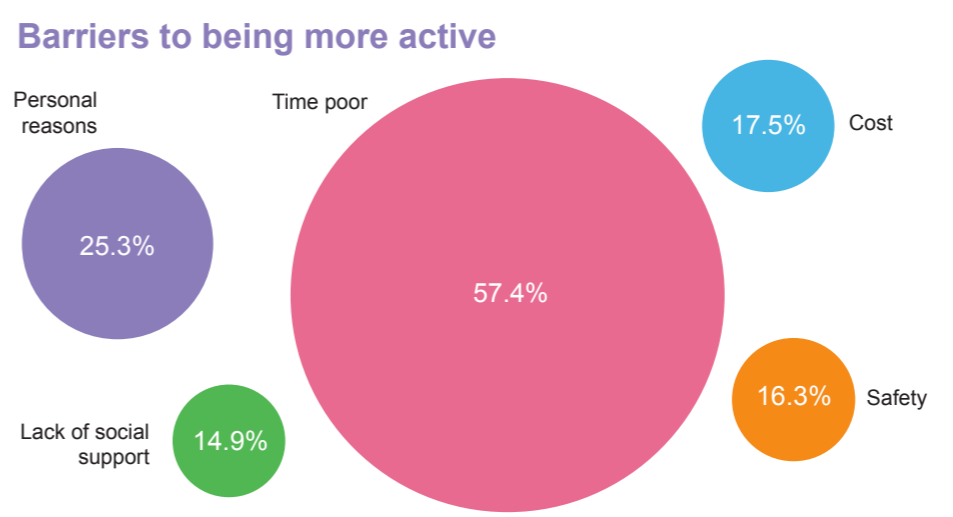
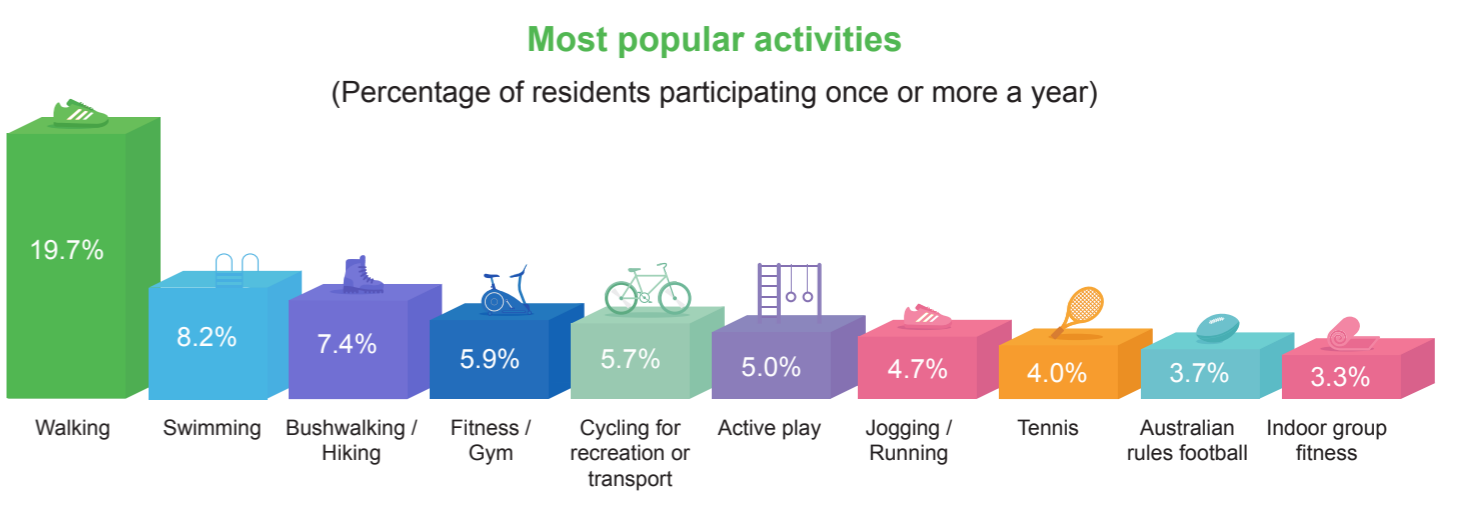
43.8% of residents use open spaces once a week or more.

Macedon - Woodend District area includes Ashbourne, Fern Hill, Heskett, Macedon, Mount Macedon, Newham, Trentham, Trentham East, Tylden, Woodend and Woodend North. Findings for Macedon - Woodend District are based on 1,161 responses from residents, or approximately 12.3% of the local population.

## Health and wellbeing profile - Adults

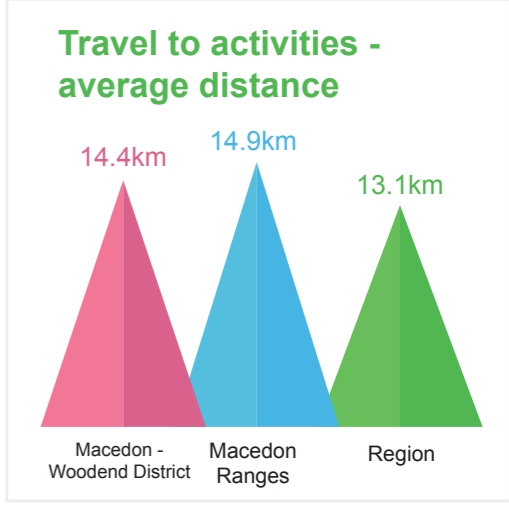


## Physical activity profile - All residents



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

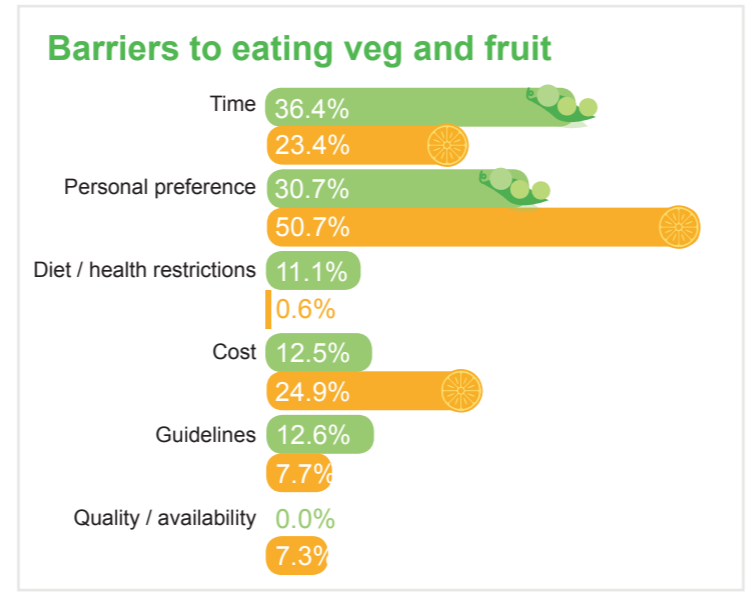
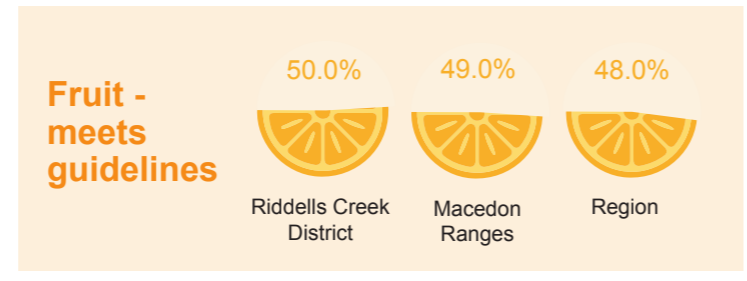
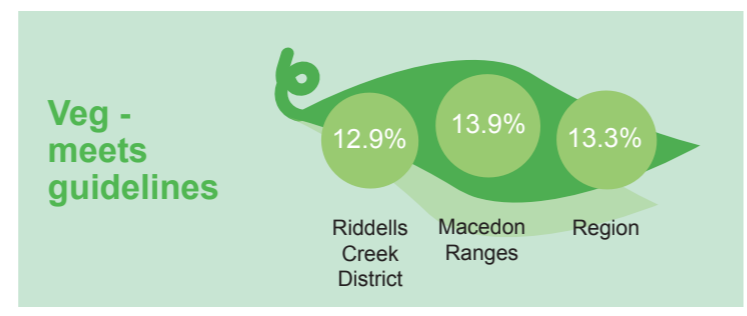
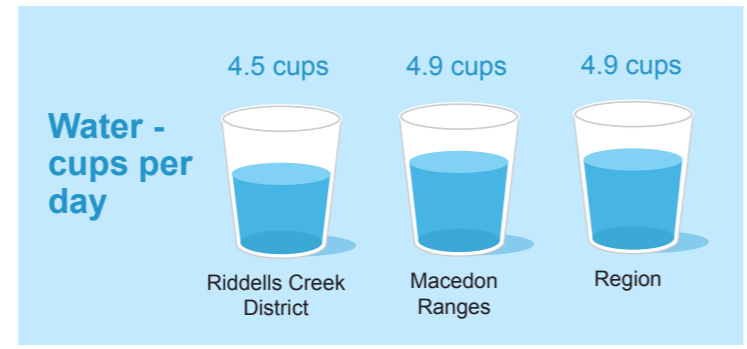
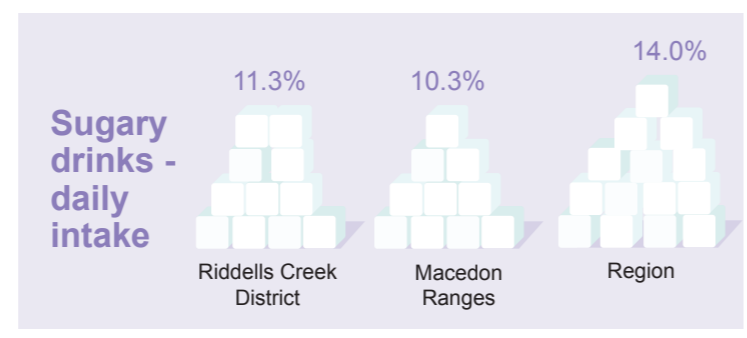
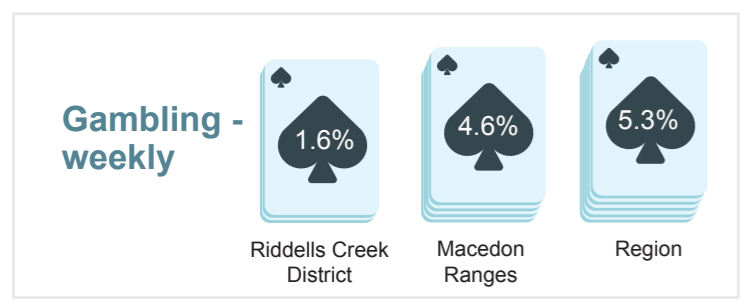
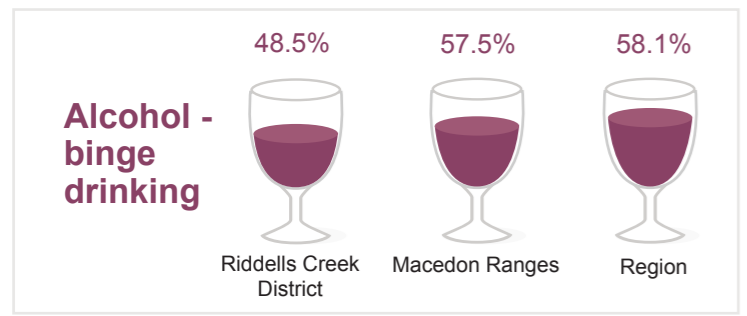
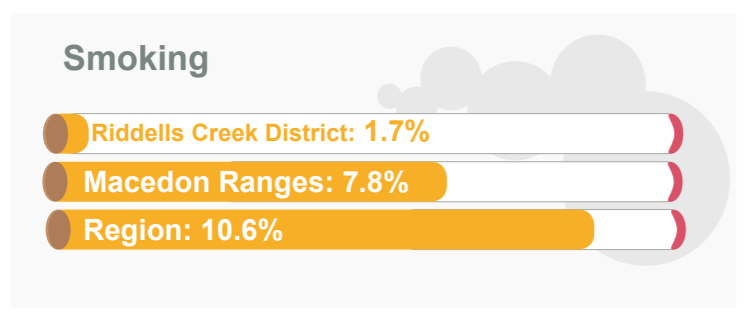
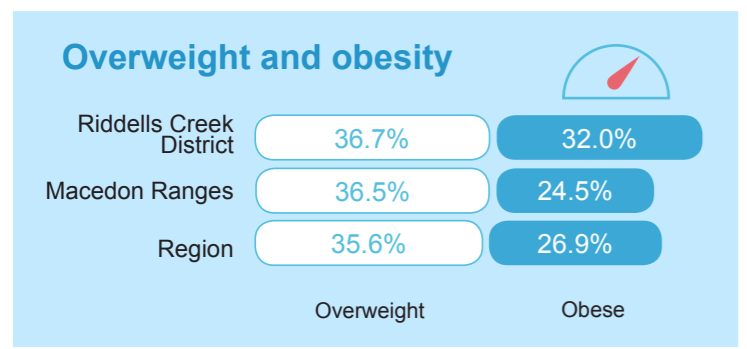
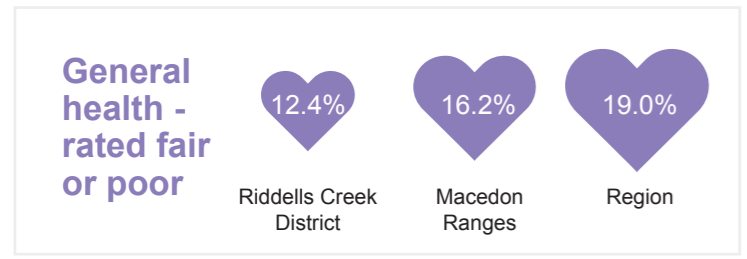
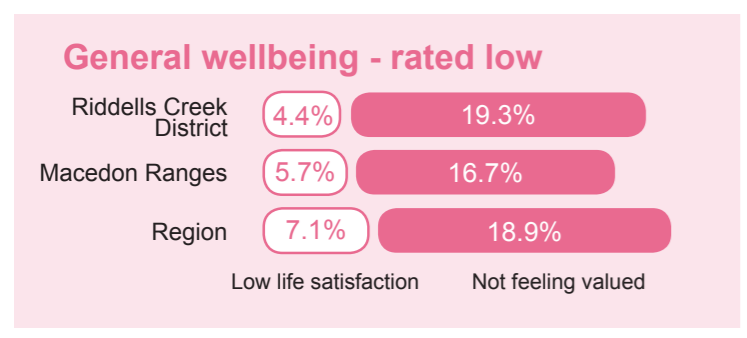
Footpaths	87.9%
Parks	81.5%
Off-road walking and cycling tracks	78.2%
Sports grounds, ovals and clubrooms	54.9%
Halls / community centres	52.3%
Swimming pools / splash parks	50.7%
Indoor sports / leisure / fitness centres	47.1%
Community gardens	39.4%
Hard courts (e.g. netball / tennis)	30.1%
Playgrounds	24.8%
Skateparks / BMX	17.5%
After hours usage of education facilities	13.0%



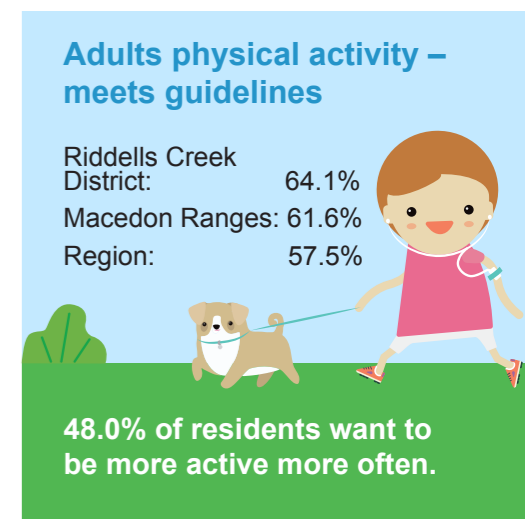
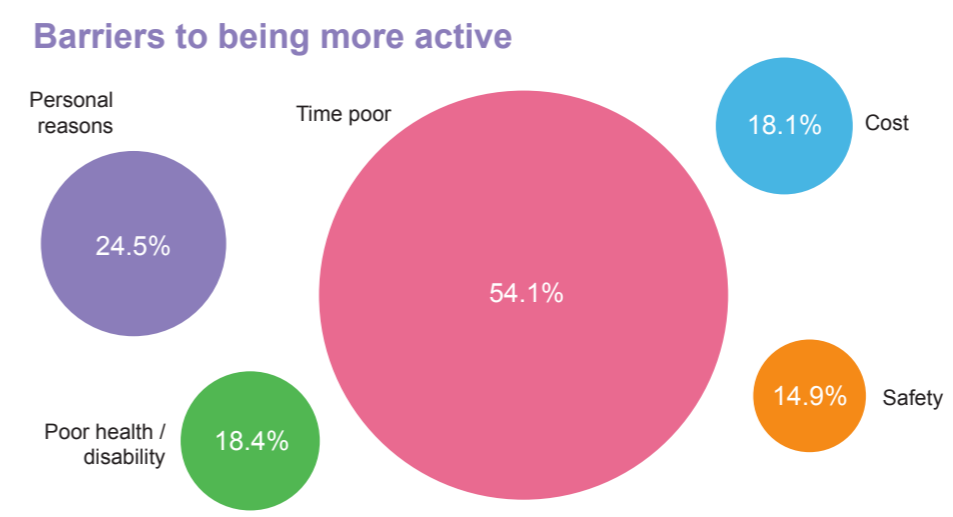
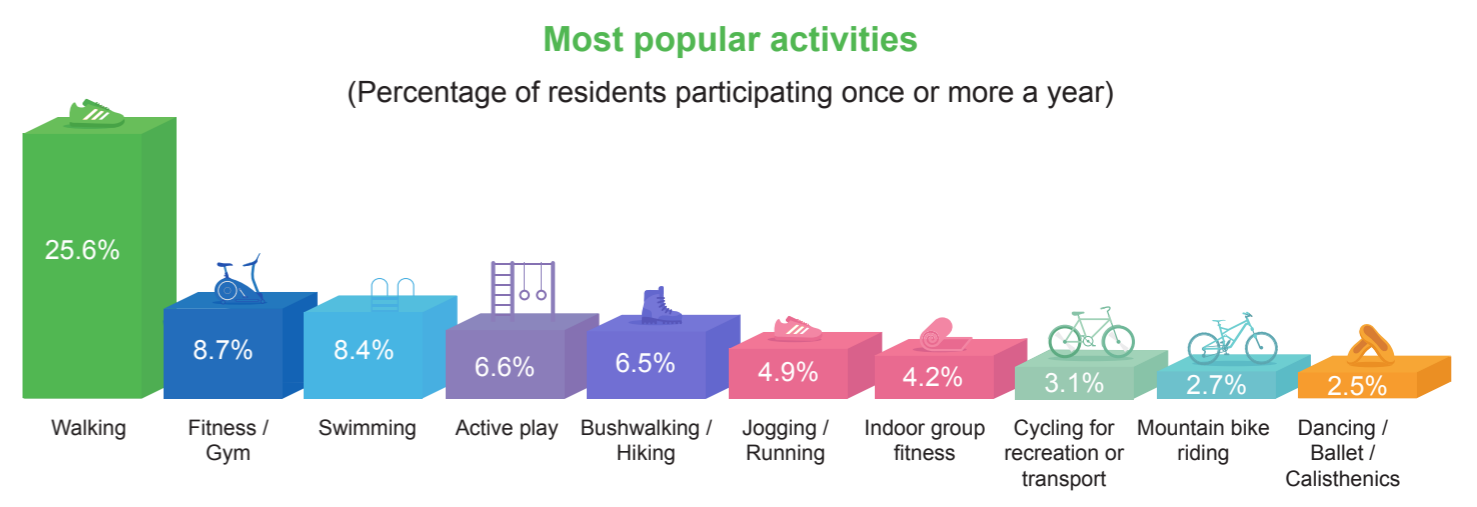
66.8% of residents use open spaces once a week or more.

Riddells Creek District area includes Cherokee, Clarkefield and Riddells Creek.  
Findings for Macedon-Woodend District are based on 211 responses from residents, or approximately 6.5% of the local population.

## Health and wellbeing profile - Adults

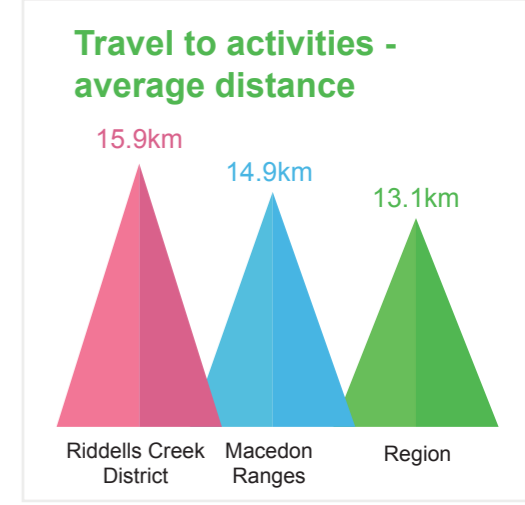


## Physical activity profile - All residents



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

Footpaths	89.8%
Parks	73.9%
Off-road walking and cycling tracks	68.7%
Swimming pools / splash parks	41.0%
Halls / community centres	41.0%
Community gardens	39.7%
Sports grounds, ovals and clubrooms	39.6%
Indoor sports / leisure / fitness centres	38.5%
Hard courts (e.g. netball / tennis)	16.3%
Skateparks / BMX	15.0%
After hours usage of education facilities	14.3%
Playgrounds	10.9%

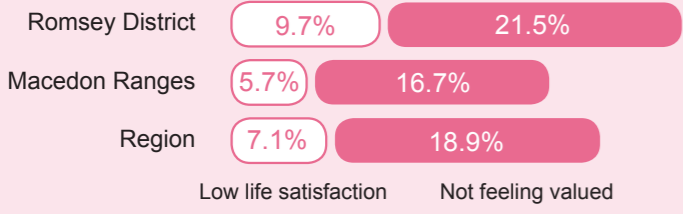


62.4% of residents use open spaces once a week or more.

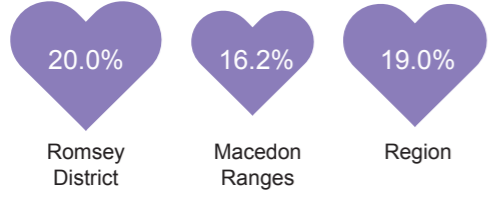
Romsey District area includes Bolinda, Bylands, Chintin, Darraweit Guim, Kerrie, Monegeetta, Romsey and Springfield. Findings for Romsey District are based on 275 responses from residents, or approximately 6.0% of the local population.

## Health and wellbeing profile - Adults

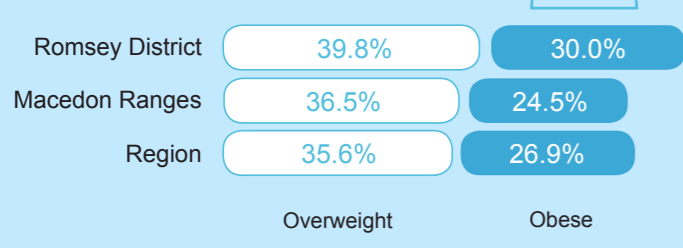
### General wellbeing - rated low



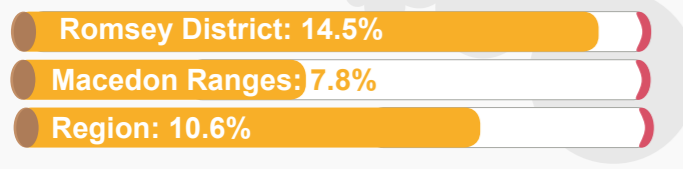
### General health - rated fair or poor



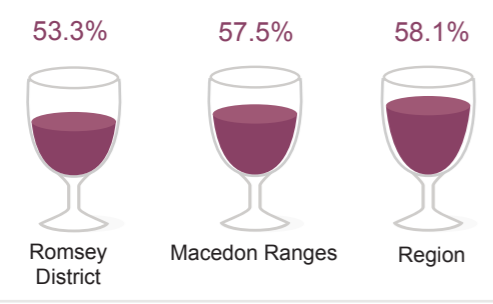
### Overweight and obesity



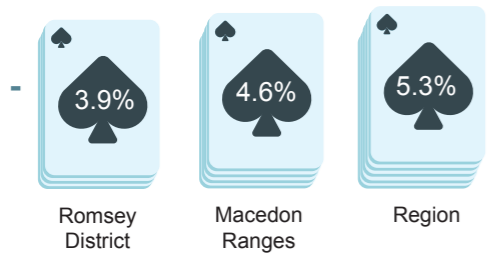
### Smoking



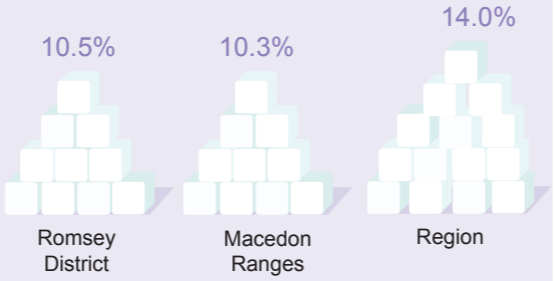
### Alcohol - binge drinking



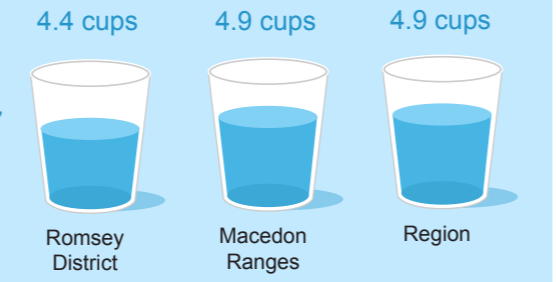
### Gambling - weekly



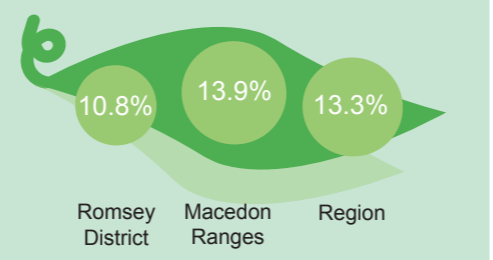
### Sugary drinks - daily intake



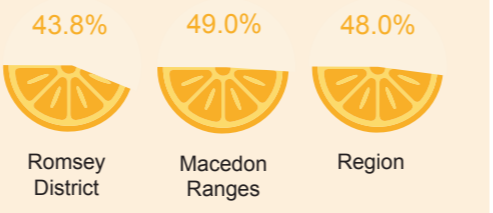
### Water - cups per day



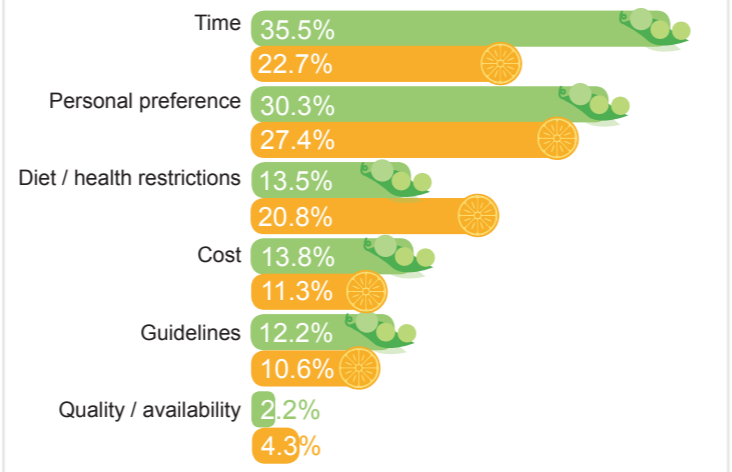
### Veg - meets guidelines



### Fruit - meets guidelines



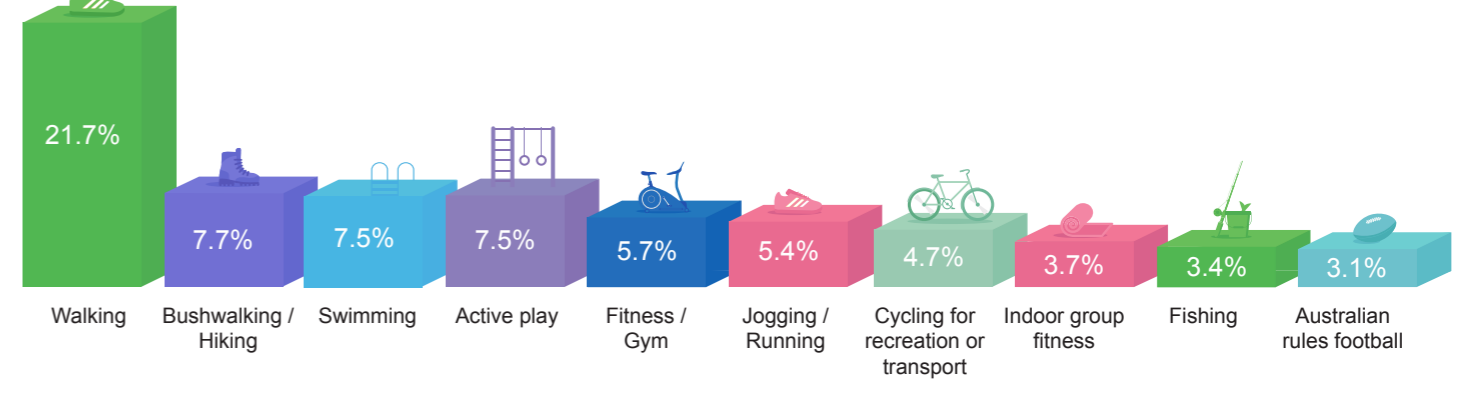
### Barriers to eating veg and fruit



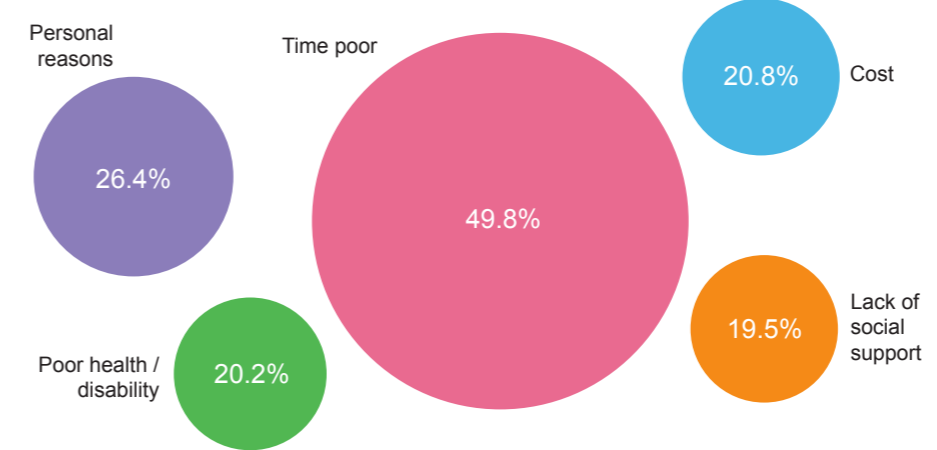
## Physical activity profile - All residents

### Most popular activities

(Percentage of residents participating once or more a year)



### Barriers to being more active

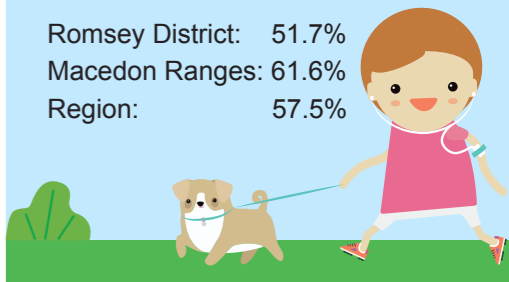


### Public facilities and open spaces - rate of use

Footpaths	83.5%
Parks	80.6%
Off-road walking and cycling tracks	52.7%
Sports grounds, ovals and clubrooms	49.9%
Swimming pools / splash parks	42.9%
Halls / community centres	36.3%
Indoor sports / leisure / fitness centres	35.7%
Community gardens	30.0%
Skateparks / BMX	24.4%
Playgrounds	22.8%
Hard courts (e.g. netball / tennis)	14.0%
After hours usage of education facilities	7.6%

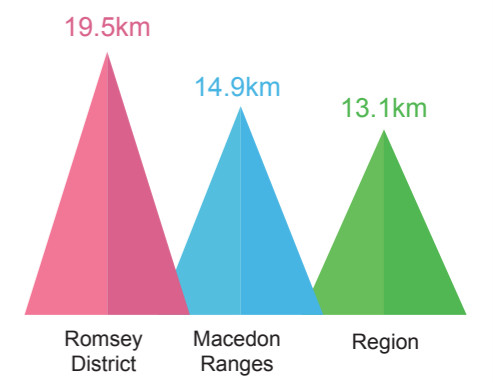
### Adults physical activity - meets guidelines

Romsey District: 51.7%  
Macedon Ranges: 61.6%  
Region: 57.5%



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

### Travel to activities - average distance



51.0% of residents use open spaces once a week or more.

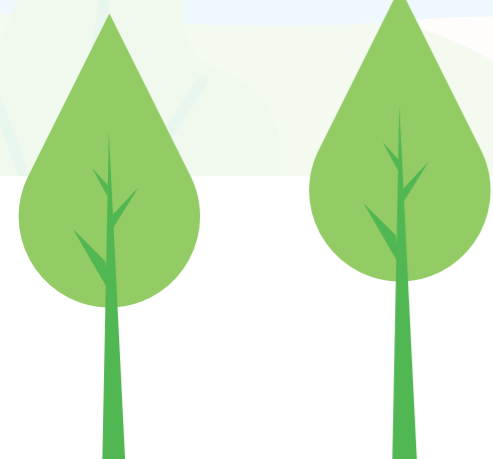
# Walking in Macedon Ranges

## Participation in walking

Walking is the most popular physical activity among Macedon Ranges residents with 21.1% of the population reporting that they walked for exercise in the previous 12 months.

21.1%

21.3%



Macedon Ranges

Loddon Campaspe Region

## Walking is most popular among residents of:

Riddells Creek District

25.6%

## Walking is least popular among residents of:

Lancefield District

18.9%

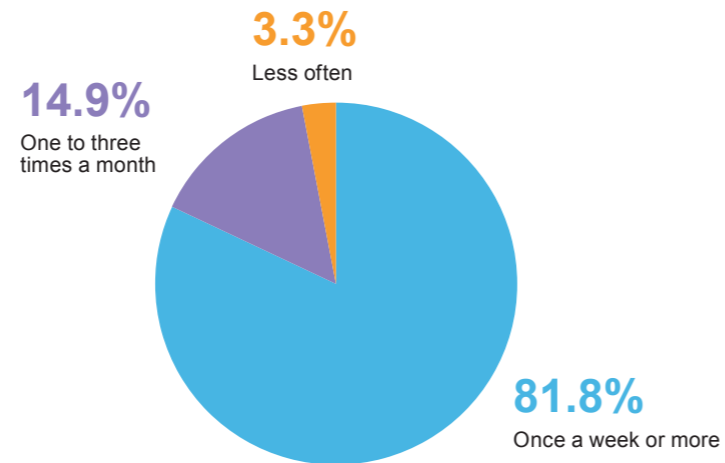
Macedon-Woodend District

19.7%



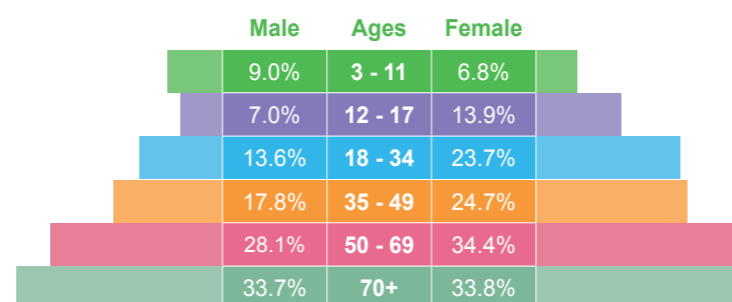
## How often?

Most residents who walk for exercise do so weekly or more often.



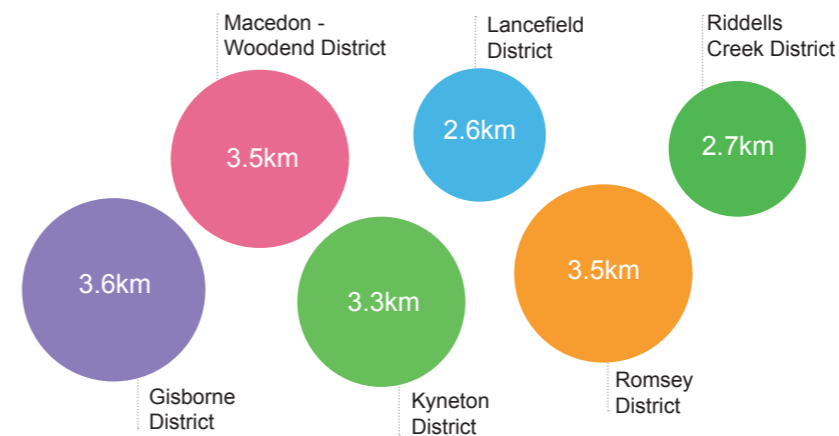
## Who?

Residents of all ages and genders walk for exercise. For adults, walking is the most popular, especially among residents aged 50 years and older.



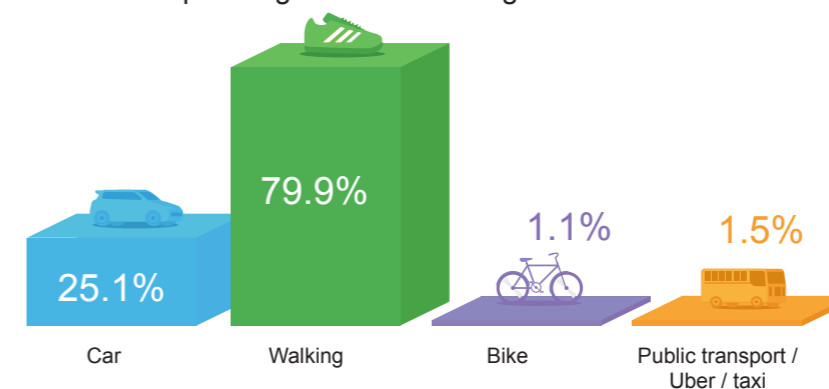
## How far do people travel?

The average distance residents travel to their walking location is 3.4 km ranging from 2.6km in Lancefield District to 3.6km in Gisborne District.



## How do people get there?

Most residents who walk for exercise do not use any other form of transport to get to their walking location.



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

## How do people rate walking facilities?

Nearly 72% of residents who walk for exercise rate the facilities they use as good or excellent in terms of their quality and nearly 80% rate the facilities 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

Gisborne District 78.6%  
Lancefield District 77.5%

### Lowest quality

Riddells Creek District 57.1%

## Facility accessibility rating

### Highest accessibility

Gisborne District 86.2%  
Kyneton District 80.5%

### Lowest accessibility

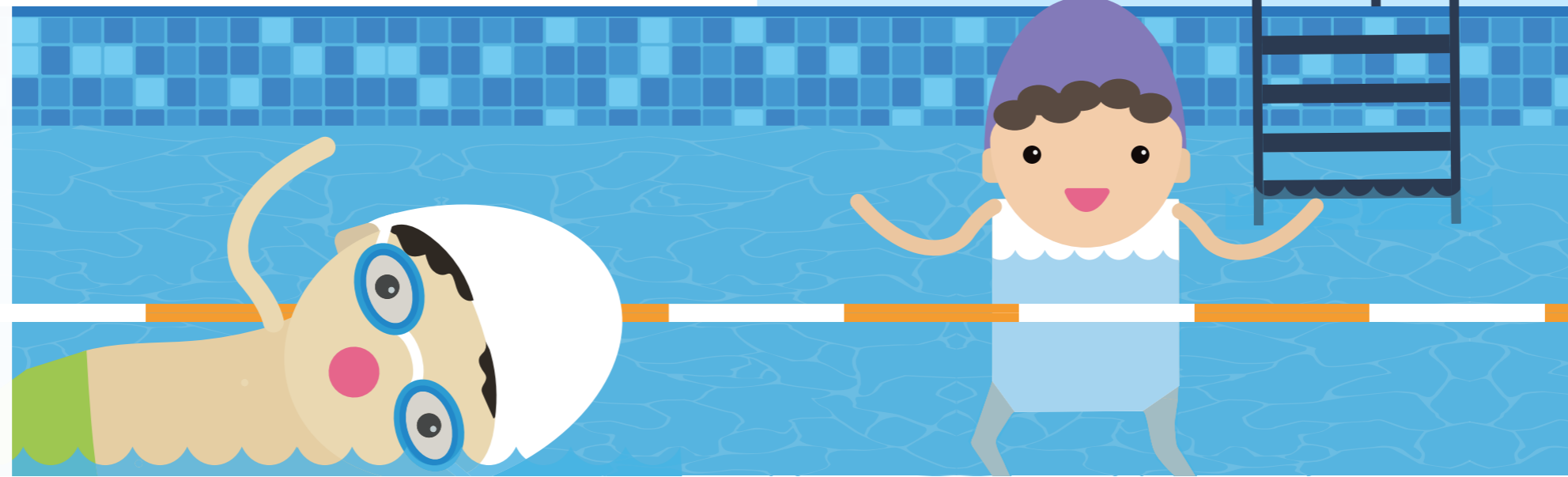
Riddells Creek District 65.1%



# Swimming in Macedon Ranges

## Participation in swimming

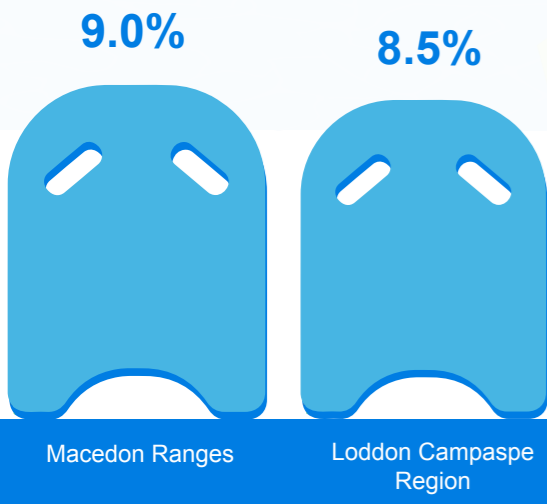
Swimming is the second most popular physical activity among Macedon Ranges residents with 9% of the population reporting that they participated in swimming in the previous 12 months.



## How do people rate swimming facilities?

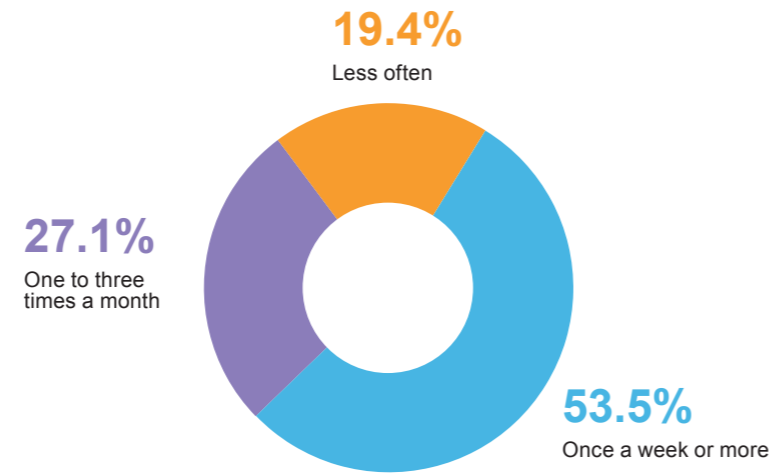
Over 85% of residents who swim for exercise rate the facilities they use as good or excellent in terms of their quality and their accessibility.

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



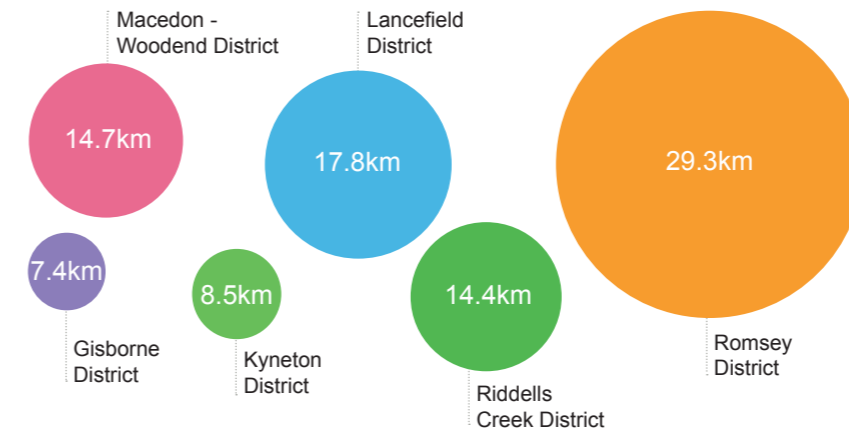
## How often?

Just over half of all residents who participate swimming do so weekly or more often.

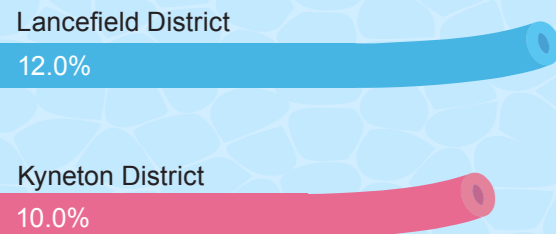


## How far do people travel?

The average distance residents travel to their swimming location is 12.1km ranging from 7.4km in Gisborne to 29.3km in Romsey.



## Swimming is most popular among residents of:

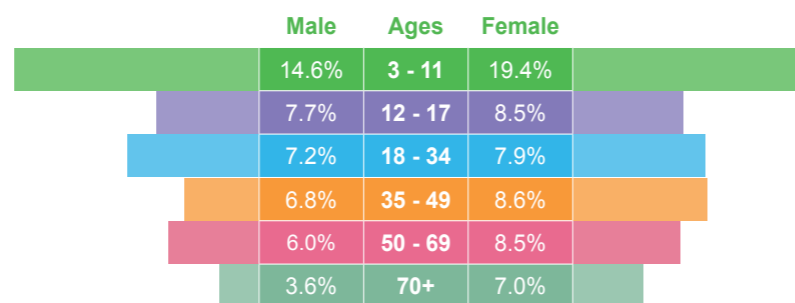


## Swimming is least popular among residents of:



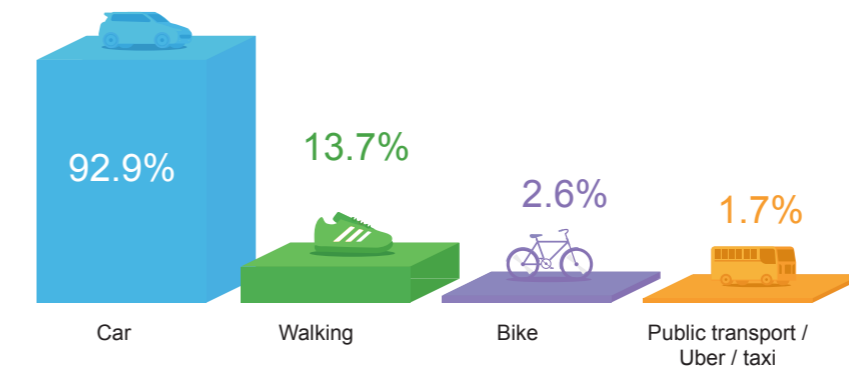
## Who?

Residents of all age groups and all genders participate in swimming. Swimming is most popular among males and females aged 3 to 11 years.



## How do people get there?

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



## Facility quality rating

### Highest quality

Macedon - Woodend District **93.5%**  
Romsey District **93.4%**

### Lowest quality

Gisborne District **76.7%**

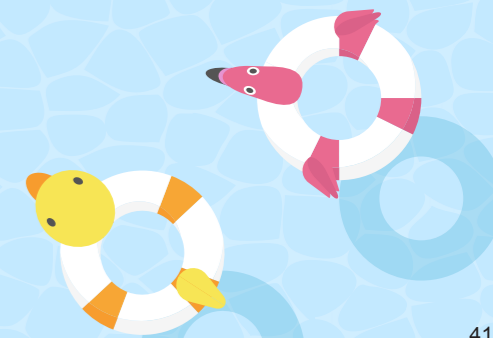
## Facility accessibility rating

### Highest accessibility

Romsey District **92.3%**  
Riddells Creek District **91.6%**

### Lowest accessibility

Lancefield District **77.6%**





# Bushwalking / Hiking in Macedon Ranges

## Participation in bushwalking / hiking

Bushwalking / hiking is the third most popular physical activity among Macedon Ranges residents with 6.7% of the population reporting that they bushwalked / hiked for exercise in the previous 12 months.



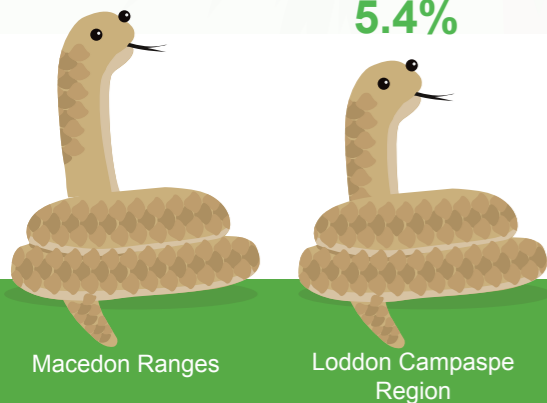
## How do people rate bushwalking / hiking facilities?

Nearly 87% of residents who bushwalked / hiked for exercise rate the facilities they use as good or excellent in terms of their quality and nearly 81% rate the facilities as good or excellent in terms of accessibility.

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

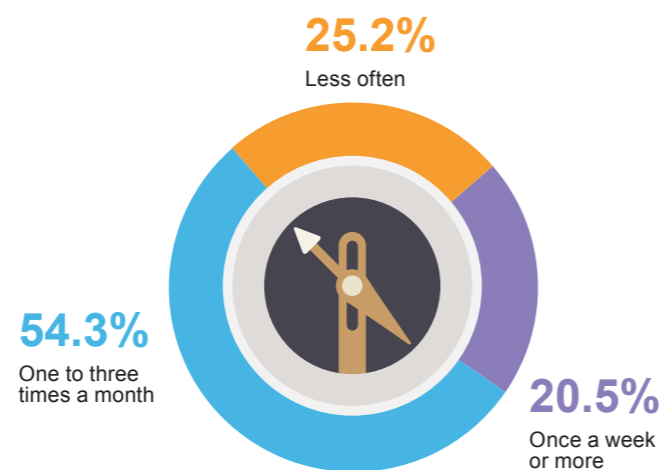
6.7%

5.4%



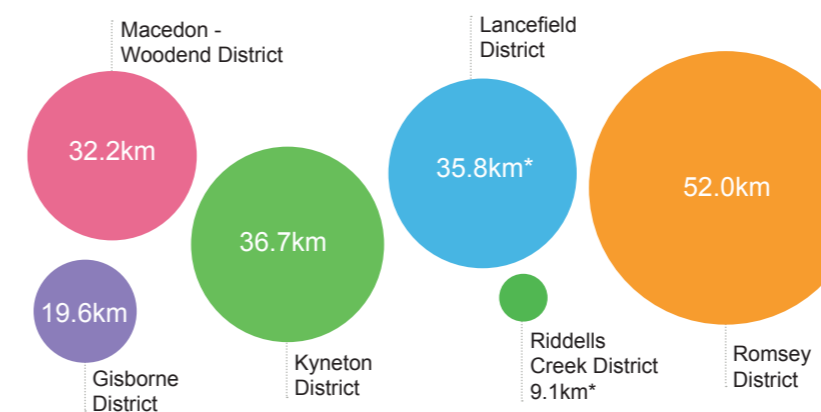
## How often?

Just over half of residents who participate in bushwalking / hiking do so several times a month.



## How far do people travel?

The average distance residents travel to their bushwalking / hiking location is 29.4 km, ranging from 9.1km in Gisborne District to 52km in Romsey District.



## Facility quality rating

### Highest quality

Riddells Creek District 100%\*  
Lancefield District 98.5%\*

### Lowest quality

Romsey District 81.9%

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

Romsey District

7.7%

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

Kyneton District

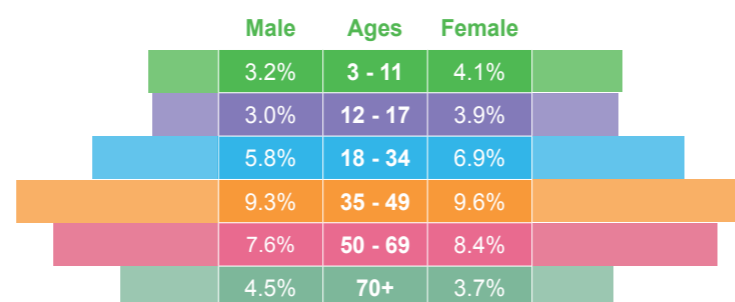
5.8%

Lancefield District

6.0%\*

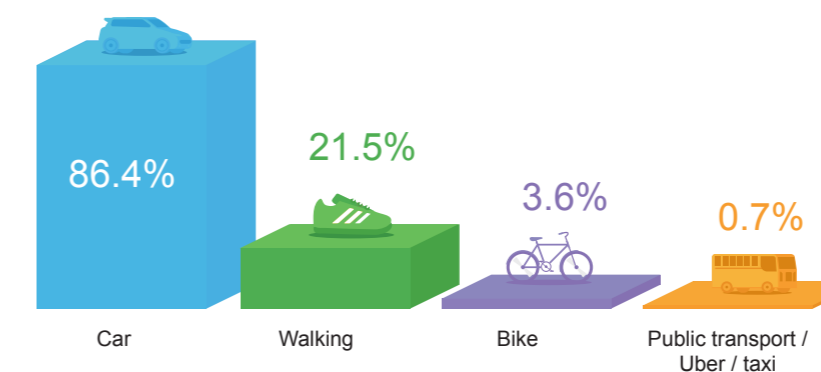
## Who?

Residents of all ages and genders participate in bushwalking / hiking. Bushwalking / hiking is most popular among females and males aged 35 to 49 years.



## How do people get there?

Most residents travel by car to their bushwalking / hiking location.



## Facility accessibility rating

### Highest accessibility

Riddells Creek District 100%\*

### Lowest accessibility

Macedon - Woodend District 77.5%

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

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

# Fitness / gym in Macedon Ranges

## Participation in fitness / gym

Fitness / gym is the fourth most popular physical activity among Macedon Ranges residents with 6.5% of the population reporting that they participated in fitness / gym in the previous 12 months.

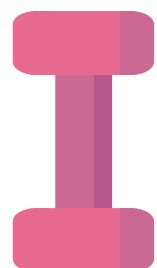


## How do people rate fitness / gym facilities?

Almost 85% of residents who participate in fitness / gym for exercise rate the facilities they use as good or excellent in terms of their quality and over 87% rate the facilities as good or excellent in terms of accessibility.

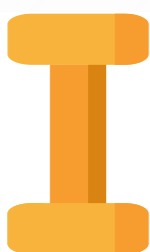
The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

6.5%



Macedon Ranges

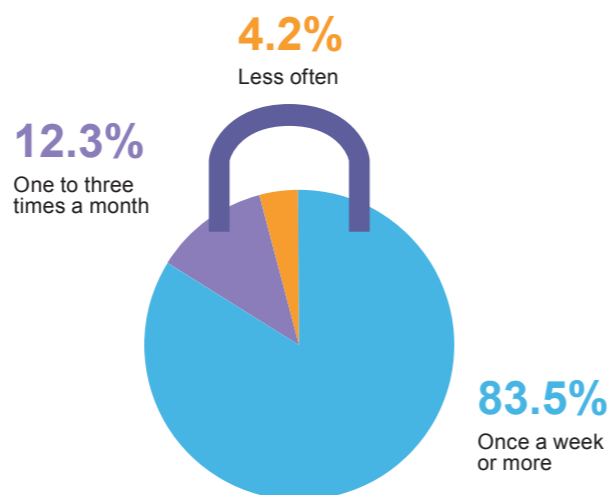
6.4%



Loddon Campaspe Region

## How often?

Most residents who participate in fitness / gym activities do so weekly or more often.



## Who?

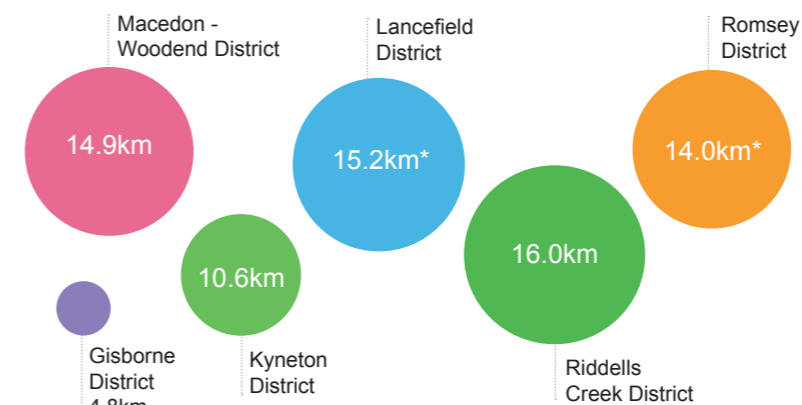
Adolescents and adults of all age groups and all genders participate in fitness / gym activities. Fitness / gym activities are most popular among males and females aged 18 to 34 years.

Male	Ages	Female
0.2%	3 - 11	0.0%
4.0%	12 - 17	7.9%
14.3%	18 - 34	10.2%
6.4%	35 - 49	6.6%
4.9%	50 - 69	8.0%
7.0%	70+	8.6%

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

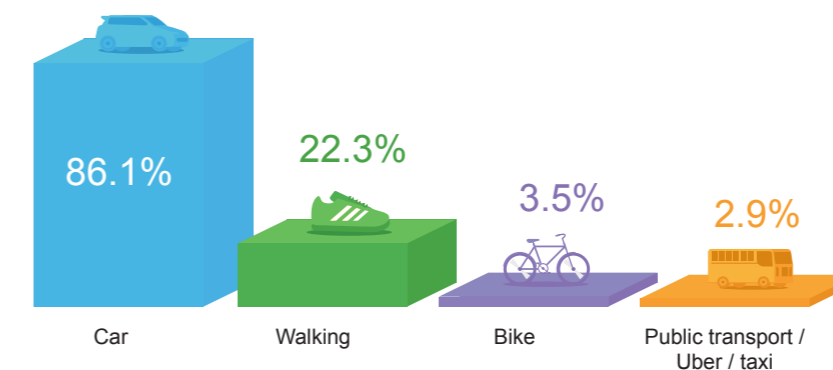
## How far do people travel?

The average distance residents travel to their fitness / gym facility is 10.6 km ranging from 4.8km in Gisborne District to 16km in Riddells Creek District.



## How do people get there?

Most residents travel by car to their fitness / gym facility.



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

## Facility quality rating

### Highest quality

Kyneton District 89.6%

### Lowest quality

Riddells Creek District 78.6%

## Facility accessibility rating

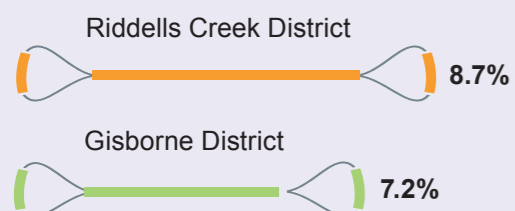
### Highest accessibility

Lancefield District 92.5%\*

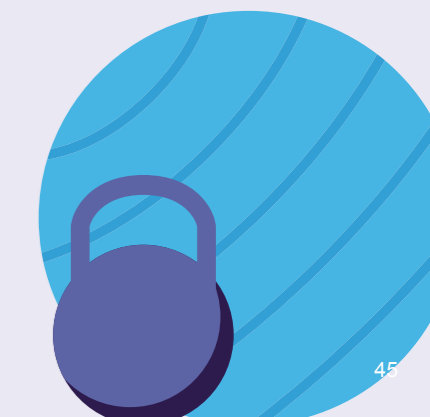
### Lowest accessibility

Romsey District 82.9%\*

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



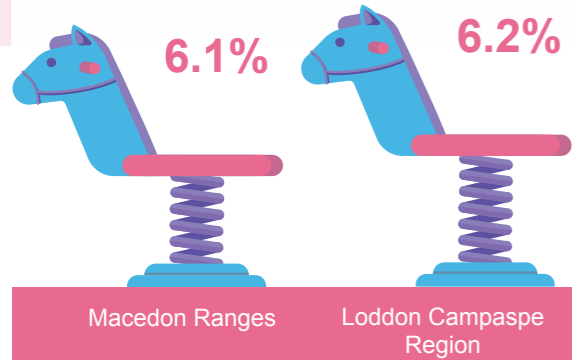
## Fitness / gym is least popular among residents of:



# Active play in Macedon Ranges

## Participation in active play

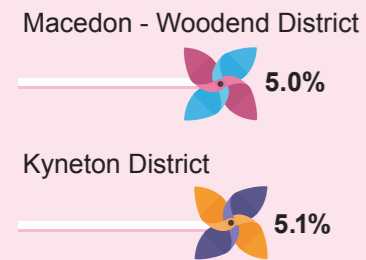
Active play is the fifth most popular physical activity among Macedon Ranges residents with 6.1% of the population reporting that they participated in active play in the previous 12 months.



## Active play is most popular among residents of:



## Active play is least popular among residents of:



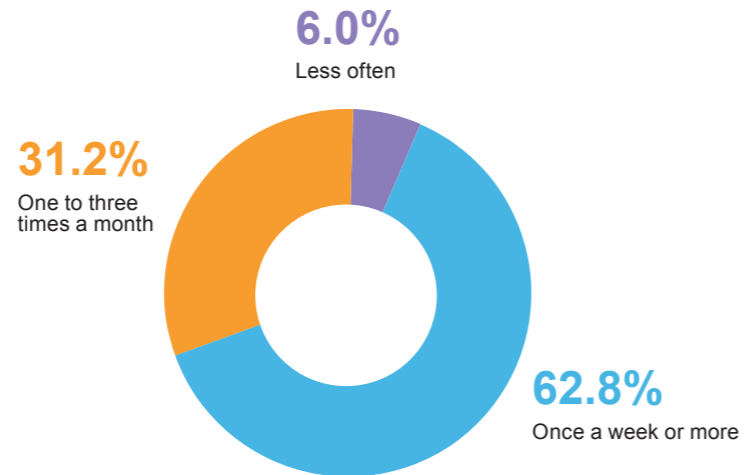
## How do people rate active play facilities?

Over 85% of residents who participate in active play rate the facilities they use as good or excellent in terms of their quality and almost 88% rate the facilities as good or excellent in terms of accessibility.

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

## How often?

Most residents who participate in active play do so weekly or more often.



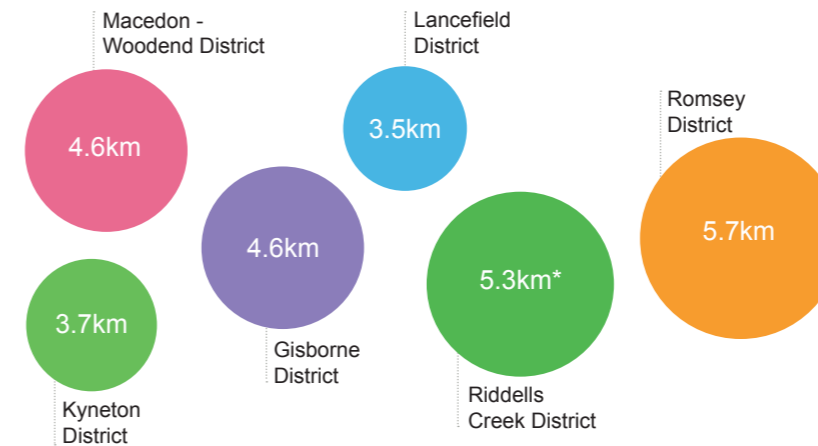
## Who?

Residents of all age groups and all genders participate in active play. Active play is most popular among males and females aged 3 to 11 years.

	Male	Ages	Female
	15.4%	3 - 11	16.6%
	2.6%	12 - 17	2.2%
	4.3%	18 - 34	6.9%
	4.6%	35 - 49	6.1%
	2.5%	50 - 69	3.2%
	1.7%	70+	2.0%

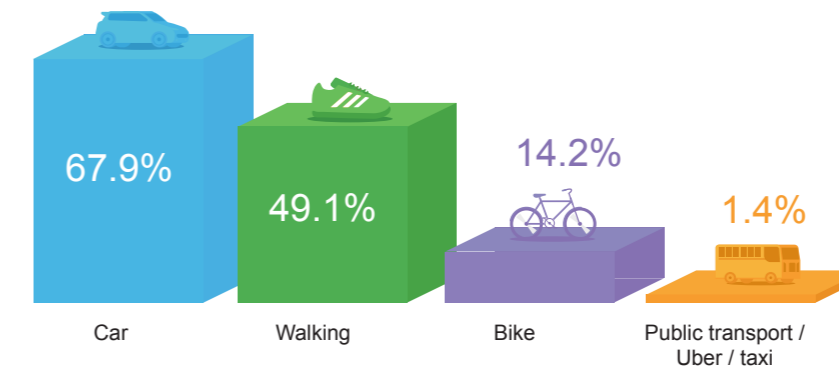
## How far do people travel?

The average distance residents travel to their active play location is 4.5km ranging from 3.5km in Lancefield District to 5.7km in Romsey District.



## How do people get there?

Most residents travel by car to their active play location.



## Facility quality rating

### Highest quality

Lancefield District	97.0%
Kyneton District	91.0%

### Lowest quality

Romsey District	65.3%
Riddells Creek District	73.4%*

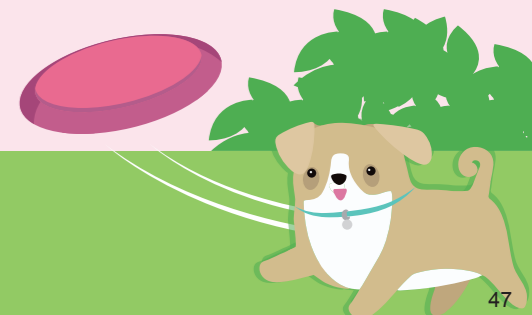
## Facility accessibility rating

### Highest accessibility

Riddells Creek District	100%*
Lancefield District	98.8%

### Lowest accessibility

Romsey District	77.1%
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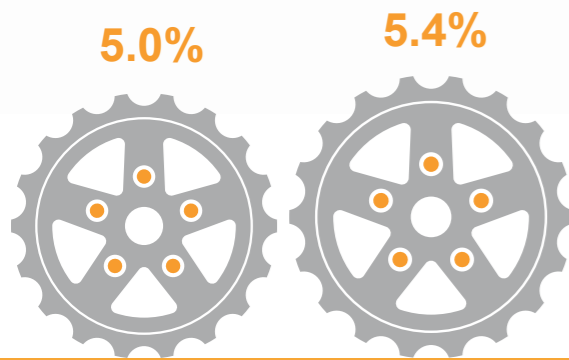
\*Interpret findings with caution due to a small sample size.

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

# Cycling for recreation or transport in Macedon Ranges

## Participation in cycling for recreation or transport

Cycling for recreation or transport is the sixth most popular physical activity among Macedon Ranges residents with 5% of the population reporting that they cycled for recreation or transport in the previous 12 months.



Macedon Ranges 5.0%  
Loddon Campaspe Region 5.4%

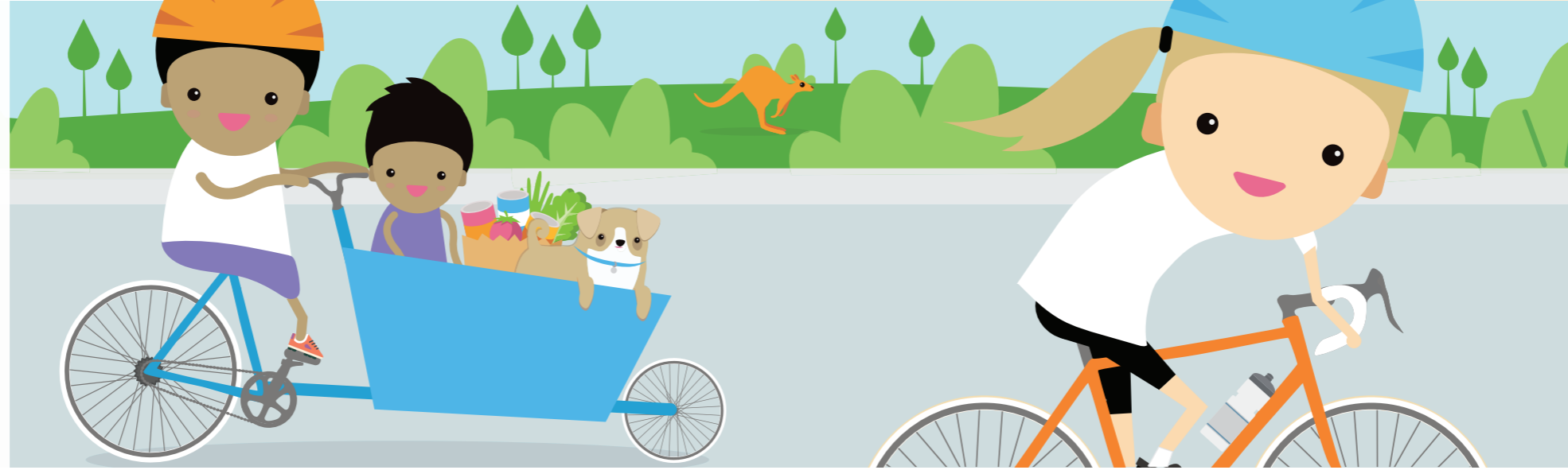
## Cycling is most popular among residents of:

Macedon-Woodend District



## Cycling is least popular among residents of:

Riddells Creek District



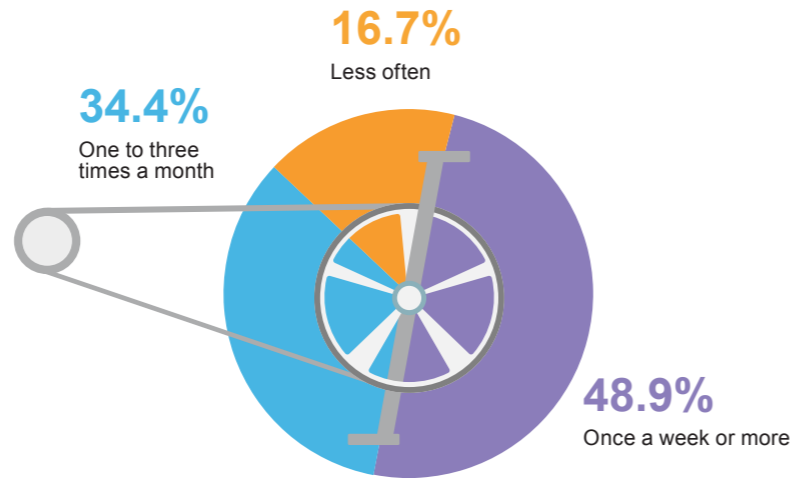
## How do people rate cycling facilities?

Over 61% percent of residents who cycle for recreation or transport rate the facilities they use as good or excellent in terms of their quality and over 76% rate the facilities as good or excellent in terms of accessibility.

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

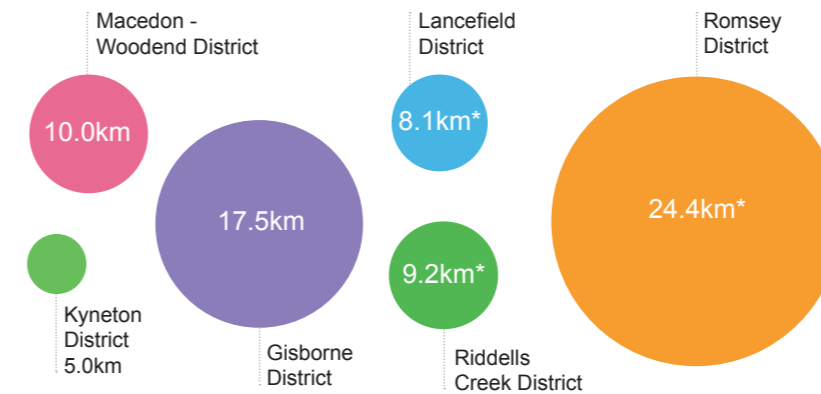
## How often?

Almost half of all residents who cycle for recreation or transport do so weekly or more often.



## How far do people travel?

The average distance residents travel to their cycling location is 11.7km ranging from 5.0km in Kyneton to 24.4km in Romsey District.



## Facility quality rating

### Highest quality

Lancefield District 96.2%\*

### Lowest quality

Kyneton District 57.3%

Macedon - Woodend 57.5%

## Facility accessibility rating

### Highest accessibility

Lancefield District 90.9%\*

### Lowest accessibility

Kyneton District 62.9%

Romsey District 65.4%\*

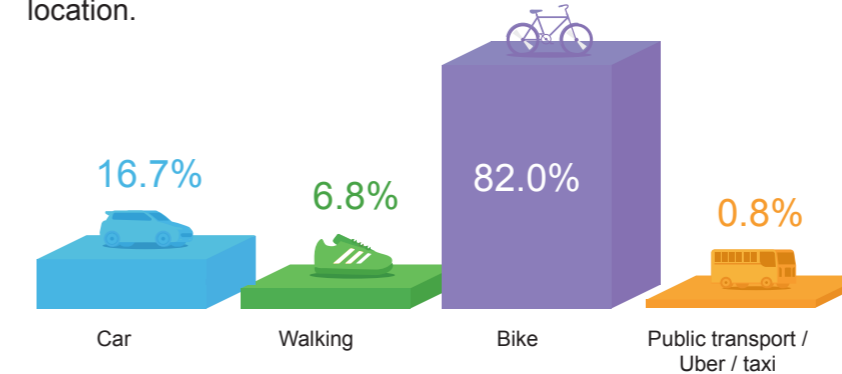
## Who?

Residents of all ages and genders cycle for recreation or transport. Cycling for recreation or transport is most popular among males and females aged 3 to 11 years.

	Male	Ages	Female
	9.4%	3 - 11	9.4%
	4.9%	12 - 17	3.9%
	2.1%	18 - 34	2.0%
	5.4%	35 - 49	4.7%
	5.7%	50 - 69	4.2%
	3.8%	70+	1.0%

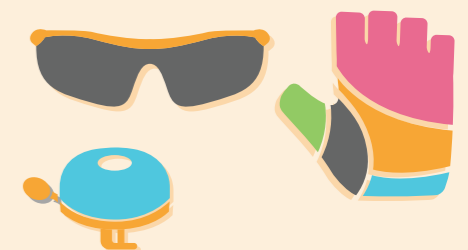
## How do people get there?

Most residents who cycle for recreation or transport do not use any other type of transport to get to their cycling location.



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

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



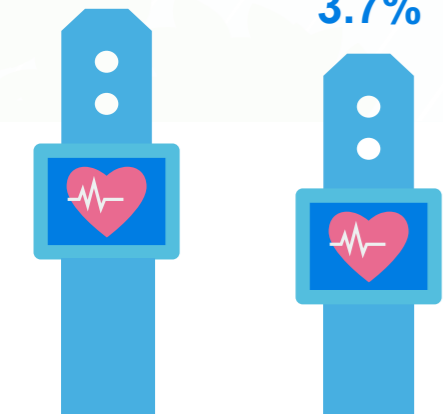
# Jogging / running in Macedon Ranges

## Participation in jogging / running

Jogging / running is the seventh most popular physical activity among Macedon Ranges residents with 4.3% of the population reporting that they jogged / ran for exercise in the previous 12 months.

4.3%

3.7%



Macedon Ranges Loddon Campaspe Region

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

Romsey District

5.4%



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

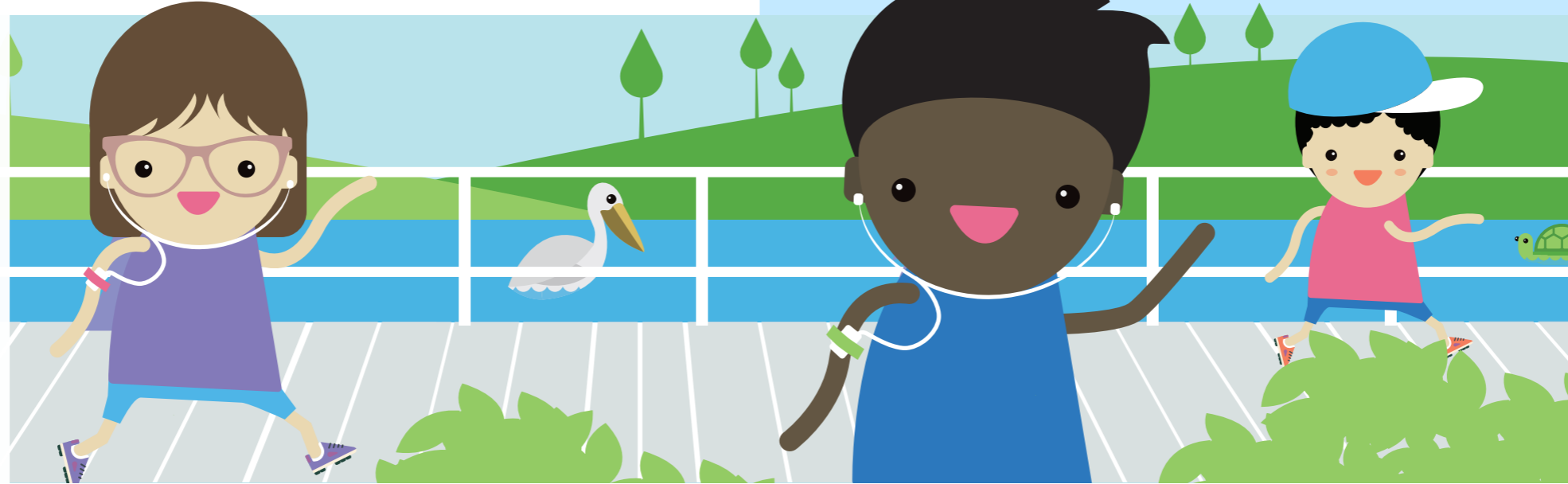
Kyneton District

3.5%



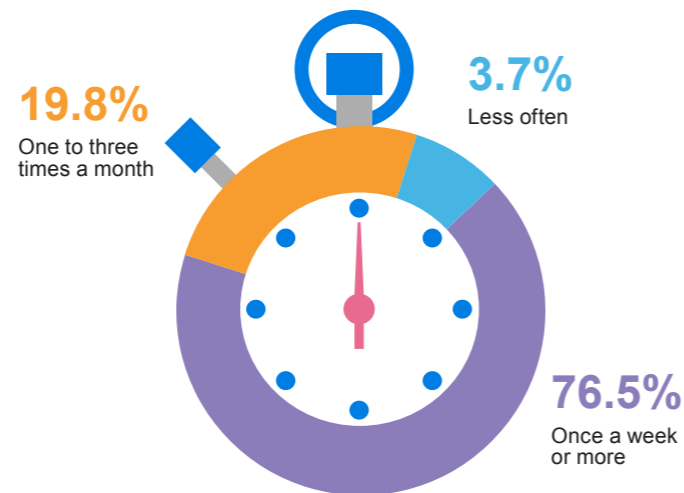
Gisborne District

3.8%



## How often?

Most residents who jog / run for exercise do so weekly or more often.



## Who?

Residents of all age groups and genders participate in jogging / running. Jogging / running is most popular among males and females aged 18 to 34 years.

Male	Ages	Female
1.5%	3 - 11	0.4%
3.4%	12 - 17	2.2%
8.7%	18 - 34	7.2%
6.0%	35 - 49	6.2%
4.2%	50 - 69	2.8%
2.3%	70+	0.2%

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

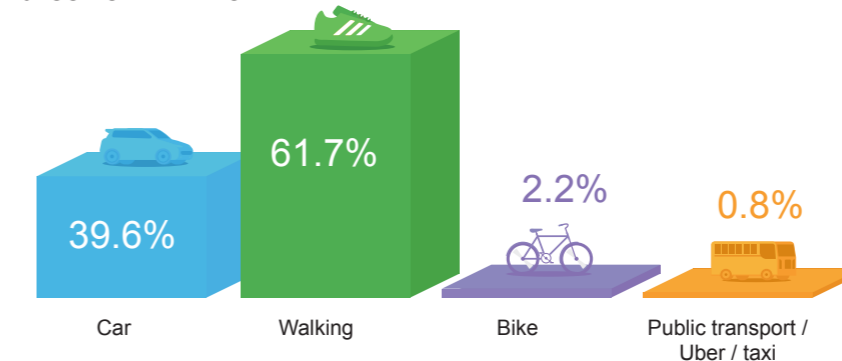
## How far do people travel?

The average distance residents travel to their jogging / running location is 3.5km ranging from 1.2km in Riddells Creek to 4.1km in Macedon - Woodend.



## How do people get there?

Most residents who jog / run for exercise walked to get to their jogging / running location.



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

## How do people rate jogging / running facilities?

Almost 71% of residents who jog / run rate the facilities they use as good or excellent in terms of their quality and over 84% rate the facilities as good or excellent in terms of accessibility.

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

## Facility quality rating

### Highest quality

Macedon - Woodend District **81.3%**  
Lancefield District **79%\***

### Lowest quality

Kyneton District **59.7%**  
Gisborne District **60.5%**

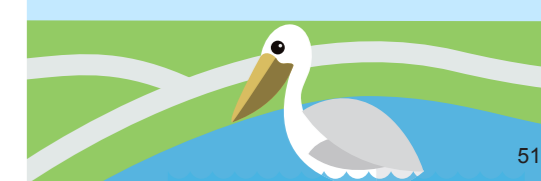
## Facility accessibility rating

### Highest accessibility

Romsey District **92.1%**  
Riddells Creek District **90.3%\***

### Lowest accessibility

Gisborne District **72.8%**



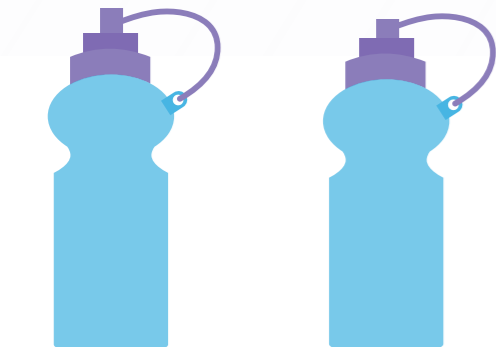
# Indoor group fitness in Macedon Ranges

## Participation in indoor group fitness

Indoor group fitness activities, such as aerobics, Zumba, yoga and Pilates, is the eighth most popular physical activity among Macedon Ranges residents with 3.7% of the population reporting they participated in fitness/ indoor group aerobics, Zumba, yoga or Pilates in the previous 12 months.

3.7%

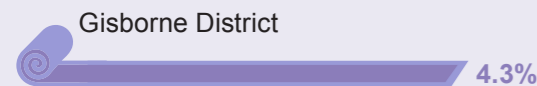
3.1%



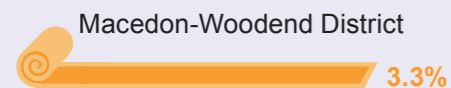
Macedon Ranges

Loddon Campaspe Region

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



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



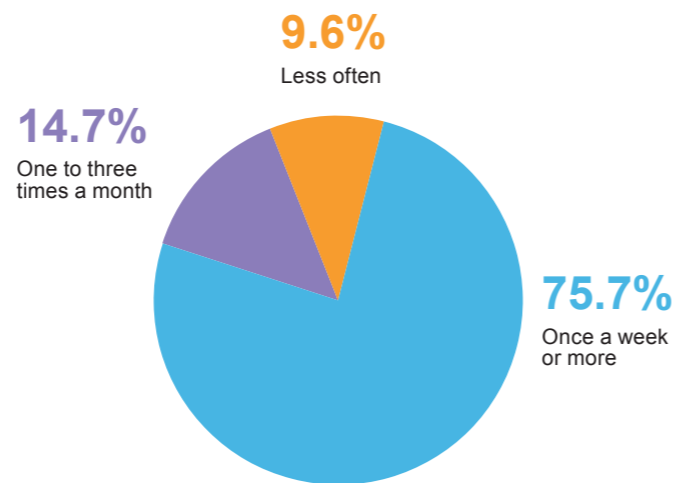
## How do people rate indoor group fitness facilities?

About 87% of residents who participate in indoor group fitness rate the facilities they use as good or excellent in terms of their quality and 93% rate the facilities as good or excellent in terms of accessibility.

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

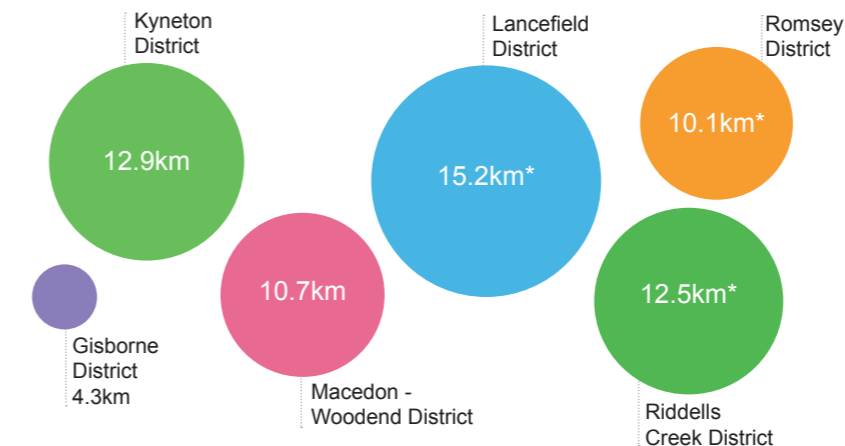
## How often?

Most residents who participate in indoor group fitness activities do so weekly or more often.



## How far do people travel?

The average distance residents travel to their indoor group fitness facility is 9.2km ranging from 4.3km in Gisborne to 15.2km in Lancefield.



## Facility quality rating

### Highest quality

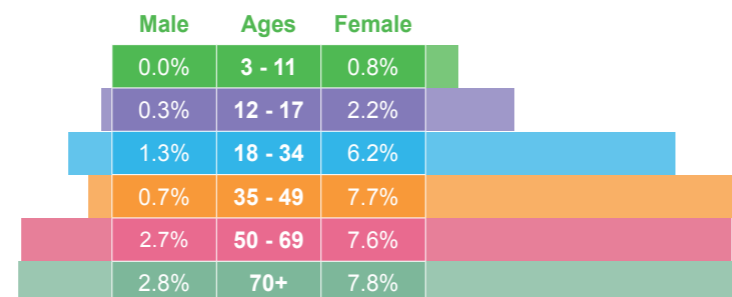
Gisborne District	90.6%
Kyneton District	87.9%

### Lowest quality

Lancefield District	74.1%*
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## Who?

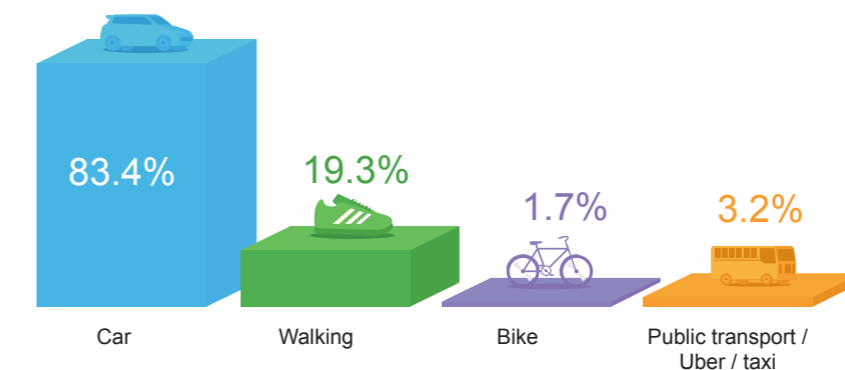
Adolescents and adults of all age groups participate in indoor group fitness activities, with higher participation among females than males. Indoor group fitness is most popular among females aged 70 years and older, followed closely by adult females aged 35 to 49 years and 50 to 69 years.



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

## How do people get there?

Most residents travel by car to their indoor group fitness facility.



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

## Facility accessibility rating

### Highest accessibility

Kyneton District	98.5%
Lancefield District	96.7%*

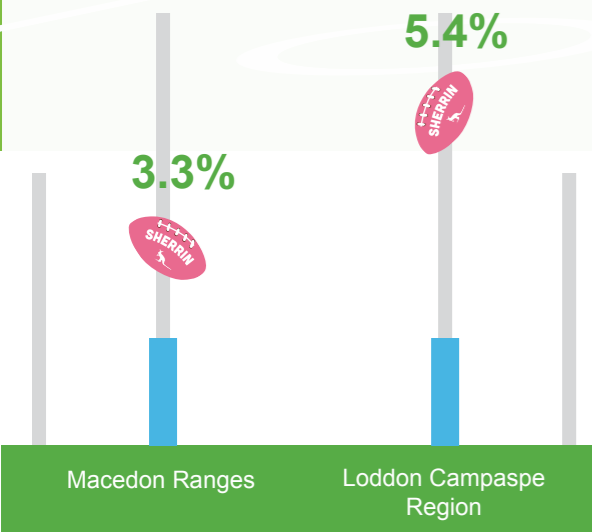
### Lowest accessibility

Macedon - Woodend	85.2%
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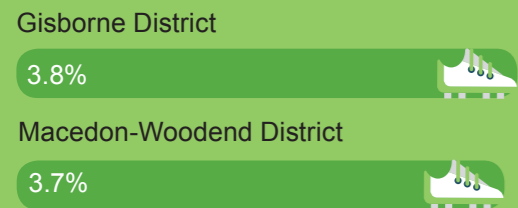
# Australian rules football in Macedon Ranges

## Participation in Australian rules football

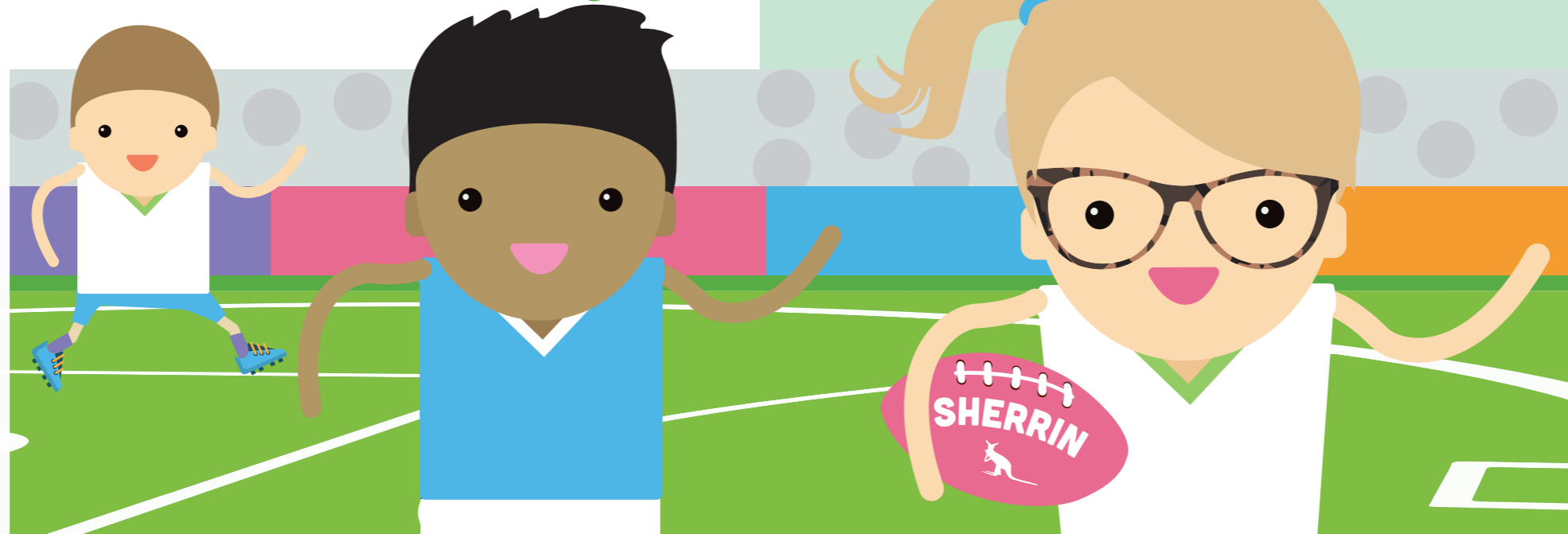
Australian rules football is the ninth most popular physical activity among Macedon Ranges residents with 3.3% of the population reporting that they participated in Australian rules football in the previous 12 months.



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



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



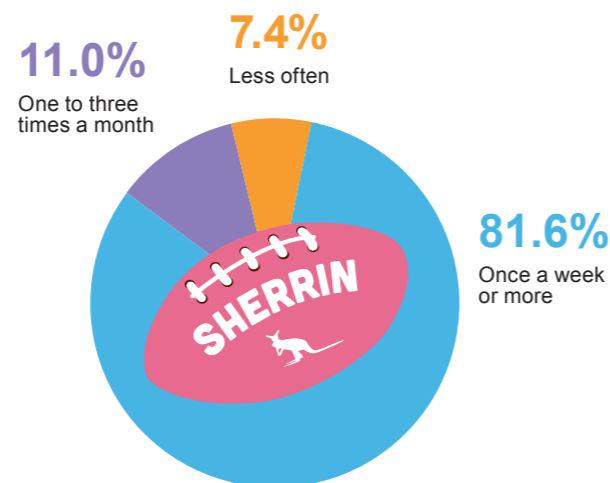
## How do people rate Australian rules football facilities?

Almost 70% of residents who play Australian rules football rate the facilities they use as good or excellent in terms of their quality and almost 80% rate the facilities 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.

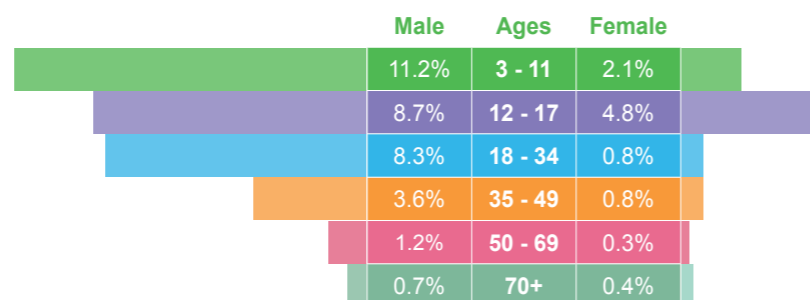
## How often?

Most residents who participate in Australian rules football do so weekly or more often.



## Who?

Males and females of all age groups participate in Australian rules football, however participation is higher for males than females. Australian rules football is most popular among males aged 3 to 11 years.



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

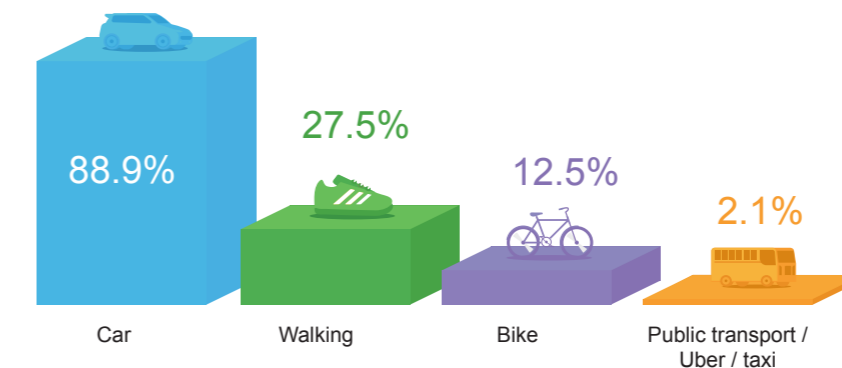
## How far do people travel?

The average distance residents travel to their Australian rules football facility is 7.9km ranging from 4.0km in Lancefield to 10.8km in Riddells Creek.



## How do people get there?

Most residents who play Australian rules football travel by car to their facility.



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

## Facility quality rating

### Highest quality

Romsey District	100%*
Riddells Creek District	100%*

### Lowest quality

Gisborne District	52.4%
Kyneton District	68.6%

## Facility accessibility rating

### Highest accessibility

Romsey District	100%*
Riddells Creek District	100%*
Lancefield District	93.1%*

### Lowest accessibility

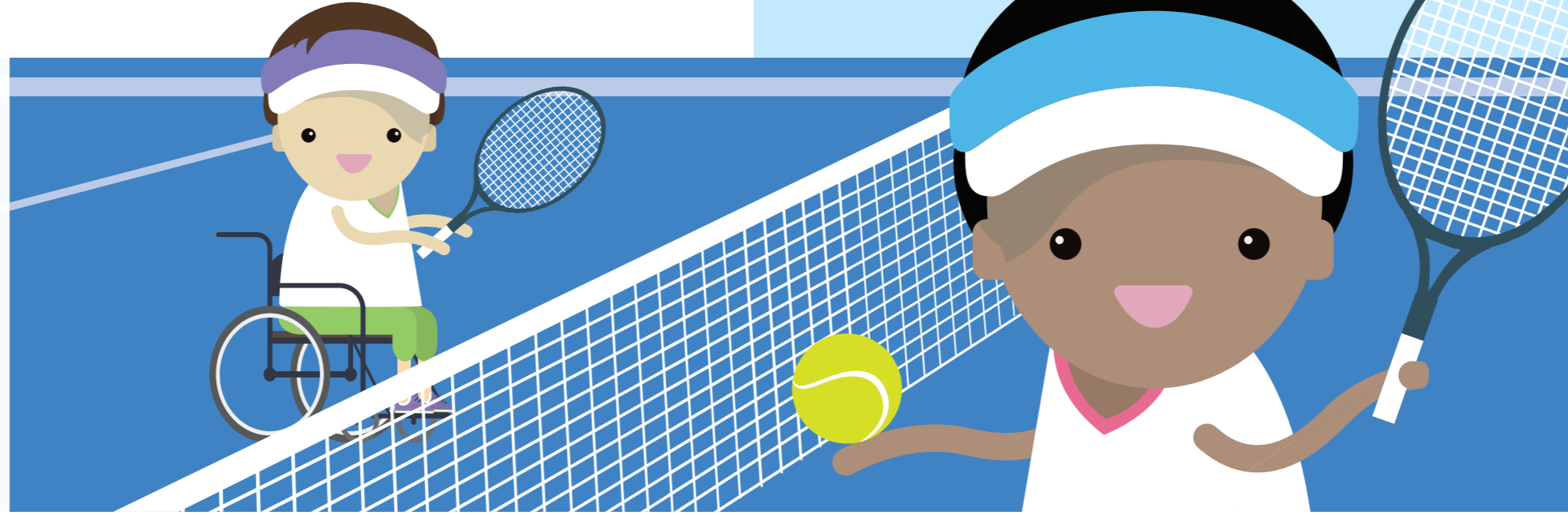
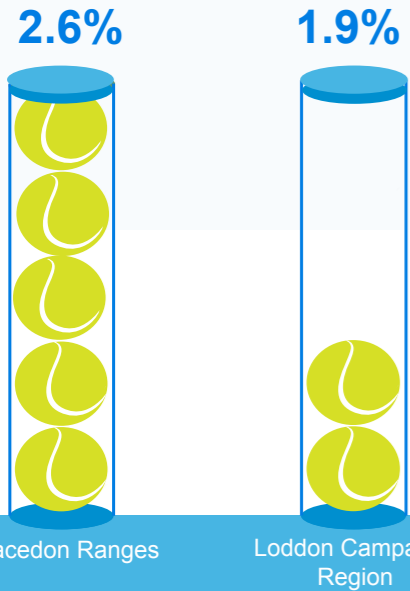
Gisborne District	67.0%
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# Tennis in Macedon Ranges

## Participation in tennis

Tennis is the tenth most popular physical activity among Macedon Ranges residents with 2.6% of the population reporting they participated in tennis in the previous 12 months.



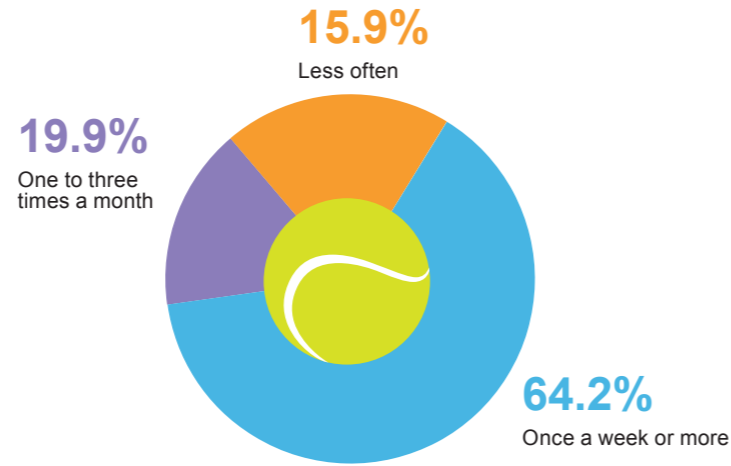
## How do people rate tennis facilities?

Over 73% of Macedon Ranges residents who play tennis rate the facilities they use as good or excellent in terms of their quality and just under 83% rate the facilities 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 participate in tennis do so weekly or more often.



## How far do people travel?

The average distance residents travel to get to their tennis facility is 5.7km ranging from 4.9km in Gisborne to 16.0km in Riddells Creek.



## Facility quality rating

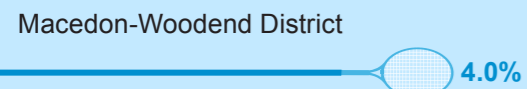
### Highest quality

Lancefield District	100%*
Romsey District	100%*

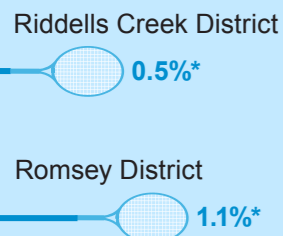
### Lowest quality

Riddells Creek District	14.7%*
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## Tennis is most popular among residents of:

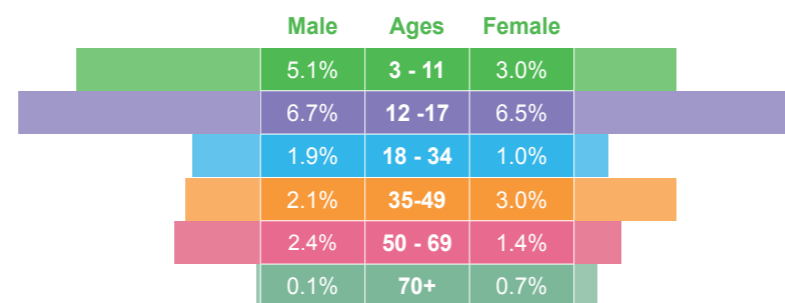


## Tennis is least popular among residents of:



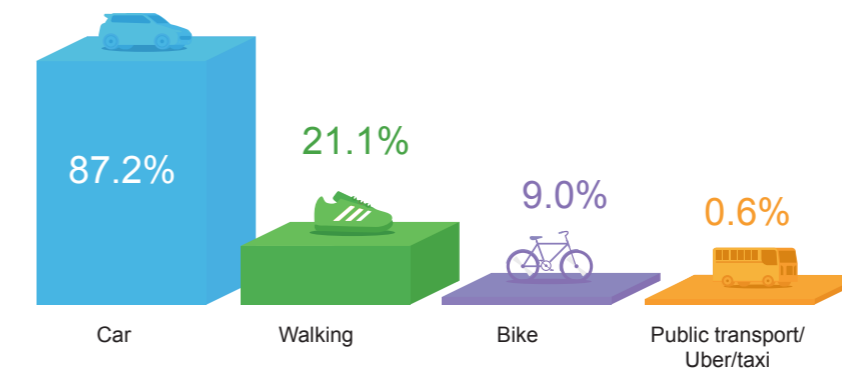
## Who?

Males and females of all age groups participate in tennis, however participation is very low among older adults. Tennis is most popular among males and females aged 12 to 17 years.



## How do people get there?

Most residents who play tennis travel by car to their tennis facility.



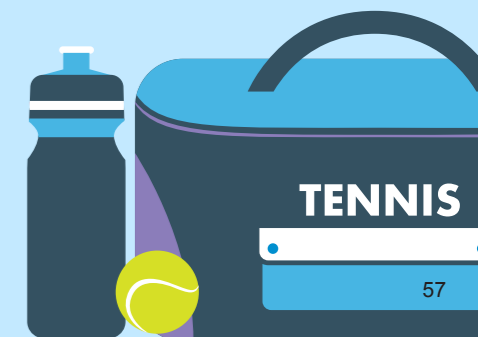
## Facility accessibility rating

### Highest accessibility

Lancefield District	100%*
Romsey District	100%*
Riddells Creek District	100%*

### Lowest accessibility

Kyneton District	71.0%
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\*Interpret findings with caution due to a small sample size.

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







T: (03) 5422 0333  
National Relay Service: 133677  
then ask for (03) 5422 0333

E: [mrsc@mrsc.vic.gov.au](mailto:mrsc@mrsc.vic.gov.au)

W: [www.mrsc.vic.gov.au/Home](http://www.mrsc.vic.gov.au/Home)

**Postal Address:**

PO Box 151,  
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VIC 3444

