



# Help us shape a healthier tomorrow!

## What is the Active Living Census?

The Active Living Census (ALC) is a region-wide survey conducted by Healthy Loddon Campaspe that asks residents about their health, wellbeing and daily activities. No other region in Australia collects this level of detailed local data to support their communities!

## Why is it important?

Your Health, Your Community, Your Say!

The ALC helps schools, sporting clubs, community groups, organisations and councils plan health programs, recreation spaces, and services that support your needs. The data also helps secure funding to create healthier, more inclusive communities.

## Who can participate?

Everyone living in the six council areas of Greater Bendigo, Campaspe, Central Goldfields, Loddon, Macedon Ranges, and Mount Alexander Shires is invited to participate. Whether you're young or old, active or not – your input counts! Every household member aged 3+ can take part.

## What type of questions will be asked?

The survey asks about:

- Physical activity and sports participation
- Eating and drinking habits
- Smoking and gambling behaviours
- Use of local facilities and public open spaces
- Barriers to being healthy and active

It takes 20-30 minutes to complete, and you can skip any questions you're not comfortable answering.

Your responses are confidential. No identifying information is shared, and data is only used to improve health services and programs.

## How do I take part?

Simply visit [go.healthyloddoncampaspe.au/alc](https://go.healthyloddoncampaspe.au/alc) from May 26, 2025 to complete the survey online on any device.

## Get in early and go in the draw to win prizes!

We'll be holding an exclusive early bird competition! All entries received before the early bird deadline will go in the draw to win up to \$10,000 worth of prizes. Visit [www.healthyloddoncampaspe.au/alc](https://www.healthyloddoncampaspe.au/alc) for all the details.

## Need help?

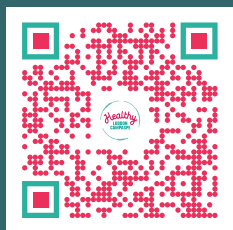
Contact us at [alc@healthyloddoncampaspe.au](mailto:alc@healthyloddoncampaspe.au) or 03 4408 6633 for support.

## Help Us Shape A Healthier Tomorrow!

Your feedback helps build healthier, happier communities. Have your say and help shape the future of the Loddon Campaspe region.

Visit [www.healthyloddoncampaspe.au/alc](https://www.healthyloddoncampaspe.au/alc) to learn more.

Scan here!



The Healthy Loddon Campaspe initiative is supported by the Victorian State Government

