



Topline Report

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Co-ordinated by the City of Greater Bendigo
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Social
Research
Centre



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Executive Summary

E1 Background and methodology

The 2019 Healthy Heart of Victoria Active Living Census (ALC) was conducted by the City of Greater Bendigo (CoGB) on behalf of the Healthy Heart of Victoria Initiative (HHV). HHV is an initiative of the Loddon Campaspe Regional Partnership, aimed at improving health outcomes across the region.

A Census-style approach was taken to sampling with all households in the region being invited to participate in the research. Data collection was conducted by the Social Research Centre via an online survey and hardcopy questionnaire booklet between May and July 2019.

The design of the 2019 ALC was modelled off the 2014 ALC exclusive to the City of Greater Bendigo. In 2019, the scope of the ALC was expanded to include residents of the broader Loddon Campaspe region. For each participating Local Government Area (LGA), the final count of responses, as a proportion of the population of residents aged 3 years and over, is provided below.

 Population: 106,358 Response: 12,973 (12.2%)	 Population: 44,444 Response: 3,691 (8.3%)	 Population: 35,872 Response: 3,424 (9.5%)
 Population: 18,280 Response: 2,329 (12.7%)	 Population: 12,669 Response: 1,176 (9.3%)	 Population: 7,324 Response: 812 (11.1%)

* Population benchmarks for residents aged 3 years and over sourced from Australian Bureau of Statistics' 2016 Census data

A small proportion of respondents (n=136) did not provide sufficient location data to be allocated to an LGA, bringing the total number of responses received to 24,541. For a residential population of 224,947, this equates to an overall response rate of 10.9%. A Topline Report is available for each participating LGA, allowing localised results analysis.

This report presents the results collected from the 24,541 respondents from the Loddon Campaspe region. Compared to population benchmarks, females, older residents, and those with a Bachelor level education or higher were over-represented. Weighting was applied at the LGA level so that results could be generalised to the Loddon Campaspe population. The weighting benchmarks used for adults in the 2019 ALC were age by education, gender, and country of birth, while children (aged 3 to 17) were weighted by age and gender only.

E2 Health indicator population benchmarks

The 2019 ALC used a number of established health measures to provide a basis for comparisons to the Victorian population of adults aged 18 and over more broadly. The most relevant available benchmark data for Victoria was provided in the 2016 Victorian Population Health Survey (VPHS) collected by the Victorian Department of Health and Human Services. Where benchmarks were not

available in the VPHS, these were sourced from the 2017-18 National Health Survey (NHS) from the Australian Bureau of Statistics.

In comparison to Victorian benchmarks, participants in the 2019 ALC reported similar levels of self-reported health. However, respondents displayed higher levels of participation in health risk behaviours including consumption of sugar-sweetened beverages (14.0% did so daily) and excessive alcohol consumption (58.1% had consumed four or more standard drinks on at least one occasion, with this proportion being higher amongst males). Comparatively fewer respondents to the 2019 ALC reported being current smokers (10.6%). Respondents were more likely to record lower levels of life satisfaction than the Victorian average. This reinforces the need to implement complimentary strategies that address both the health and wellbeing of local residents. Respondents were more likely to record lower levels of life satisfaction (8.2% rated their life satisfaction as 0 to 4 out of 10) than the Victorian average (5.7%). These findings reinforce the need to implement complementary strategies that address both the health and wellbeing of residents.

E3 Health and wellbeing indicators

Across the assessed health and wellbeing indicators, correlations were regularly observed between respondents who recorded poorer health and wellbeing, were not meeting health guidelines or were displaying health risk behaviours. Respondents also recorded poorer levels of health if they held lower levels of education, had experienced food insecurity in the last year or if their household was 'just getting along', 'poor' or 'very poor'. This issue is not unique to the Loddon Campaspe region with the link between disadvantaged populations and poorer health outcomes being well established. This report aims to highlight where these relationships are most prominent and understand community needs in relation to increasing activity and engagement in a range of healthy behaviours.

The primary health measures used in the 2019 ALC (health and BMI) provided an indication of the general health status of the community. Approximately one in five adults (19.0%) rated their health as 'fair' or 'poor', while around two in three (62.5%) have a BMI in the overweight or obese range. While self-reported health was poorer amongst respondents aged 70 years and over, rates of obesity were highest amongst those aged 35 to 69 years. Residents of Loddon Shire and Central Goldfields Shire were also more likely to report lower general health and a higher BMI when compared to residents of other LGAs. Few children and adolescents recorded poor levels of health, with 'fair' or 'poor' health at 3.1%.

In relation to healthy eating, the average consumption of fruit and vegetables amongst adult residents was below the daily guidelines across all LGAs. Overall, approximately half of all adult respondents (52.0%) were not meeting fruit consumption guidelines, while four in five (86.7%) were not eating enough vegetables. This is clearly an area where significant gains can be made by understanding barriers to healthy eating and creating environments where meeting daily serves is more achievable. Two of the reported main barriers to meeting daily serve requirements included personal preferences and routines and a lack of time or convenience. The next step in increasing the proportion of residents meeting the guidelines is understanding how best to assist the community in overcoming these obstacles, which would require further investigation.

When reviewing the health risk behaviours observed amongst adults in the region, there were clear links between the following activities: daily consumption of sugar-sweetened beverages, drinking alcoholic beverages daily, being a current smoker, and self-reporting gambling on a weekly basis. In each case, respondents were also less likely to meet the physical activity guidelines for people aged 18 years and over. Results provide evidence that strategies to address health risk behaviours need not be carried out in isolation. In fact, any efforts to address health risk behaviours should be holistic and address all sources of risk to have the greatest effect.

E4 Use of public spaces, off-road walking and cycling tracks, and footpaths

Unlike health measures, which are reported separately for adults and young people for comparison with benchmarks, usage of public spaces and participation in physical activity was measured amongst all residents (aged 3 years and over).

Residents were classified as 'heavy users' of public spaces and recreational areas if they use the areas once a week or more often while 'non-users' were those who use the spaces less than once every three months or not at all. Overall, approximately two-thirds of residents were heavy users of footpaths (65.1%), over half (58.7%) had used public open spaces, and around one-third (34.1%) were heavy users of off-road walking and cycling tracks. Heavy users of all three areas were more likely to be children and adolescents, to record higher levels of health and general wellbeing, to meet health guidelines, and not to engage in health risk behaviours. They were also from more financially secure households and were less likely to require assistance with daily activities.

Some respondents offered suggestions for improvements to local areas that would encourage them to use the public spaces more regularly. Most commonly, suggestions included:

- Providing more or improved footpaths and walking tracks, extensions to existing footpaths and tracks or better-connected footpaths and tracks, thus improving access to public facilities and open spaces in the area (26.0%)
- Making available more or better exercise equipment or facilities such as outdoor exercise equipment, sports fields and swimming pools (16.3%)
- Improving or increasing bicycle tracks and lanes, providing better connections between bicycle tracks and lanes and increasing skate facilities (14.6%)
- Providing new or improved toilet facilities, change rooms and showers, and improved disability access to these (11.6%)
- Improving lighting on streets, tracks and trails, and at recreational facilities (10.6%).

E5 Participation in physical recreation activities

The 2019 ALC found that the majority of residents (90.9%) had participated in at least one physical recreational activity in the past 12 months. Overall, approximately one in four respondents (25.8%) had participated in four or more activities.

Of the activities mentioned, those most commonly participated in were walking (21.3%), swimming (8.5%), gym-based fitness (6.4%), and active play (6.2%). The activities recording the heaviest participation rates (weekly or more often) were the following team-based sports: Australian rules football (83.6%), netball (83.5%), soccer (80.1%), and basketball (79.1%); along with gym-based fitness (81.6%) and dancing, ballet, or calisthenics (81.5%).

Low participation rates might suggest that there is little demand for that activity, that the infrastructure is so poor that people are not participating where they otherwise might, that the activity is not sufficiently affordable, inclusive or accessible to residents, or other reasons for non-participation. Further research would need to be undertaken to understand the reasons for not taking part in specific activities.

Overall, 53.4% of respondents indicated that they had not done physical activity as often as they would have liked in the past 12 months. Those who expressed an interest in increasing their participation in activities were more likely to be: female, aged 18 to 69 years, to identify as LGBTQIA+, speak a language other than English, and be less financially secure. They were also more likely to be

people who are not meeting health guidelines and who recorded poorer self-reported levels of health and wellbeing.

Assisting these subgroups of residents to increase their levels of activity has dual benefits: firstly, their interest in increasing their level of activity makes them more likely to adopt changes leading to improved activity rates overall and, secondly, they represent the groups of residents who recorded the poorest levels of health and will experience the greatest gains from increased activity.

Across the LGAs, there were no significant differences in the proportion of residents who would like to participate in physical activity more often meaning that addressing the desire to increase activity is of equal importance for each participating Council.

Understanding the main barriers preventing residents from participating in activities as often as they would like will assist Councils to understand the support residents need to meet their physical activity goals. The main reasons provided by residents for not being more active included: being too busy or time poor (51.1%); personal reasons such as not feeling motivated or feeling embarrassed (30.2%); the cost (20.9%); poor health or disability (19.0%); and a lack of social support such as encouragement from others or having no one to go with (16.8%).

Low participation rates might suggest either that there is little demand for that activity, or that the infrastructure is so poor that people are not participating where they otherwise might. Further research would need to be undertaken to understand the reasons for not taking part in specific activities.

E6 Quality and accessibility of facilities and spaces

For all activities they had participated in, residents were asked to rate the quality and accessibility of the facilities they had used most often. The average ratings across all facilities (where 5 was 'excellent' and 1 was 'very poor') were quite high at 4.1 for quality and 4.2 for accessibility. For the purpose of identifying improvement opportunities, we focus on those activities and facilities recording the lowest average quality and accessibility ratings.

The main activities for which the facilities received the lowest quality ratings were road and sport cycling (3.6 out of 5) and general cycling for recreation or transport (3.9). Accessibility ratings for facilities associated with these activities was also amongst the lowest recorded across the main activities (4.1 for each activity). People who had participated in fishing also gave lower ratings for the quality (3.9) and accessibility (3.8) of the available locations compared to other facilities and spaces. However, residents tended to travel further on average (66.2 kilometres) to access fishing locations so any improvements may fall outside of the control of local Councils.

The lowest ratings for quality were received for the Eaglehawk YMCA (3.9), Maryborough Sports and Leisure Centre (3.9), and Lake Eppalock (3.6). Lake Eppalock also received the lowest accessibility rating (3.7), along with Gisborne Aquatic Centre (4.1) and Greater Bendigo National Park (4.1).

1. Introduction

1.1. Background / context

The Loddon Campaspe region is located in the geographic centre of Victoria; about 60 to 120 minutes' drive from Melbourne. It has a population of over 228,400 people, approximately 93,000 occupied households, and covers 19,027 square kilometres.

The region includes the City of Greater Bendigo, Mount Alexander Shire, Central Goldfields Shire, Loddon Shire, Macedon Ranges Shire and Shire of Campaspe Councils, with regional centres including Bendigo, Gisborne, Castlemaine, Kyneton, Echuca, and Maryborough, small towns, and rural areas.



The population of the Loddon Campaspe region is growing, in some areas at a rate faster than the state average. This growth is expected to continue. Similar to other parts of regional Victoria, the population is aging. However, unlike many other locations, Loddon Campaspe is also experiencing a population 'hump' in the larger than expected growth in the younger population. This creates opportunities for economic growth, sustainability, and vibrancy as a region into the future, but also highlights the importance of planning for this growing population.

Recent statistics indicate that Loddon Campaspe residents score poorly on a number of health indicators when compared with both the overall and rural Victorian averages. Across the region, approximately 1 in 4 people are obese, 1 in 2 people do not meet the national guidelines for consumption of fruit, 9 in 10 do not meet the guidelines for vegetable consumption, and 1 in 2 people do not meet the physical activity guidelines. Of concern is the link between these health risk behaviours and diagnosed chronic diseases with the region recording higher rates of diabetes, heart disease, stroke, cancer, osteoporosis, and arthritis. The challenge for local government is how best to support the community in meeting health guidelines and finding ways to reduce the influence of environmental, socio-economic and cultural factors on health risk behaviours.

The 2019 Healthy Heart of Victoria Active Living Census (ALC) was undertaken across six Local Government Areas (LGAs): the City of Greater Bendigo and the Shires of Mount Alexander, Central

Goldfields, Loddon, Macedon Ranges, and Campaspe. Healthy Heart of Victoria (HHV) appointed City of Greater Bendigo (CoGB) to manage the 2019 ALC on their behalf, with support from a project control group and working groups (questionnaire and communications) that included representatives from each partner LGA.

HHV is an initiative of the Loddon Campaspe Regional Partnership, developed in response to concerns raised by the community about poor health and wellbeing outcomes across the region. HHV was funded \$5M over two years in 2018 by the State Government, administered through the Department of Health and Human Services. The initiative aims to improve health outcomes across the region and is working to make health everyone's business. The ALC is one component of the initiative's three part response, which also includes a workforce of locally-based Health Brokers embedded across local government and infrastructure and activation projects.

The purpose of the 2019 ALC is to provide relevant, reliable, and valid local and regional level data on the Loddon Campaspe community's health behaviours, activity levels, preferences, and needs. The findings of the ALC will assist in targeting effort and investment, evaluating the effectiveness of interventions, and provide reliable evidence to drive ongoing change in the region.

The first ALC was completed by the City of Greater Bendigo in 2014. Many of the measures used in the 2014 study were retained for comparative purposes in the 2019 study. The 2019 iteration of the survey expanded the scope, to look at the whole of the Loddon Campaspe region, consisting of the above-mentioned Local Government Areas (LGAs). Results of each LGA are available in their standalone Topline Reports.

This report presents the results for all respondents of the 2019 ALC across the whole Loddon Campaspe region.

1.2. Research objectives

The 2019 ALC was designed to measure current physical activity levels, recreation, and health behaviours and trends in the Loddon Campaspe region. The main research objectives for the 2019 ALC were to:

- Address gaps in current available data (i.e. Department of Health Community Profiles; Exercise Recreation and Sport Survey)
- Benchmark against other relevant collections by providing relevant, reliable and valid health data at a local area level that is not currently available from other sources
- Assist the planning, development and enhancement of public spaces, open spaces and recreation facilities
- Better understand the barriers people face to being more active and meeting health guidelines, to inform future planning
- Allow for analysis to draw comparisons between different demographics (age, gender, LGA, etc.) and subregions within an LGA
- Provide results specific to each LGA to ensure that strategies developed from the research are locally-driven
- Identify subgroups within the population requiring further targeting / investigation
- Provide data to support the evaluation of health and wellbeing initiatives conducted in local areas

1.3. Methodology

The principal requirement of the 2019 ALC was to provide an opportunity for all Loddon Campaspe residents to have the opportunity to participate in the survey. Thus, collection took the form of a census style collection, where all residential households in the Loddon Campaspe region were approached to participate in the survey. The in-scope population for the survey was children and adolescents (aged from 3 to 17 years) and adults aged 18 years and over.

The Social Research Centre (SRC) was commissioned to undertake the data collection, analysis and reporting for the 2019 ALC.

1.3.1. Sample frame / distribution

Census booklets (i.e. the hardcopy form and a cover letter inviting participation via the online survey) were delivered to approximately 91,707 household addresses by Australia Post via their unaddressed mail system. Any overflow (extra) booklets were left on counters at various Australia Post outlets in the region. In addition, the local Councils distributed a small quantity of hardcopy forms at various locations in their LGA (e.g. Council offices, libraries).

An initial approach letter sent with the hardcopy form included details to assist respondents to complete the survey, including the option of contacting the SRC for further assistance via an email address and phone number. Individuals had the option to complete the ALC 2019 online if preferred, accessible via an open link to the online survey. The online survey replicated the household form, with the exception of one extra question to confirm respondents' age eligibility.

1.3.2. Questionnaire

The CoGB supplied an original draft questionnaire, based on the 2014 version, that contained some additional items from other surveys for benchmarking purposes, such as the Victorian Population Health Study (VPHS) and the Exercise, Recreation and Sport Survey (ERASS). The SRC collaborated with CoGB to produce the final questionnaire.

The final hardcopy and online survey was divided into seven discrete sections:

- Household questions (household-level information)
- About you (personal demographics)
- Use of Public Facilities, Open Spaces, and Walking and Cycling Tracks
- Use of Public Facilities and Participation in Physical Activity
- Health, Wellbeing, and Life Satisfaction
- Feedback / Prize Draw

Up to five members of a household were able to complete the 2019 ALC on a single hardcopy form. The 2019 ALC online survey could only be completed by one respondent at a time. Responses were accepted for all respondents aged 3 years and over. Adults were required to complete the 2019 ALC on behalf of children aged 3 to 13 years. While each individual aged 14 years and over was encouraged to complete their section independently, it is possible that the initial respondent completed on behalf of other household members.

1.3.3. Enumeration period

Hardcopy forms, initial approach letters, and activity lists (used to complete Section D of the questionnaire) were sent to Loddon Campaspe residents from the 27 May 2019. Due to the unaddressed mailing process through Australia Post, there was a delay on the delivery to some areas and some households did not

receive the questionnaire directly (were required to collect from their local Post Office). Extra booklets were provided to the six Council offices so residents could pick up a questionnaire if they did not receive it, it was damaged, or their household had more than five members aged 3 years of age and older. From 20 May, residents were able to access the online survey from promotional communications display in the region. Hardcopy forms were accepted until 19 July 2019 (i.e. the enumeration period).

Online completion of the 2019 ALC was promoted with an integrated advertising and communications campaign via radio, television, print, and social media in the Loddon Campaspe region before and during the enumeration period. Incentives (comprising three prize draws with a total of 84 winners) were offered to maximise the response rate.

1.3.4. Returns / response rate

In total, 24,541 individual responses to the 2019 ALC were received by the end of the enumeration period from 13,524 households. This included 7,640 hardcopy forms (or 14,473 individual responses with an average 1.9 responses per form) and a further 10,068 individual responses via the online survey.

The population of residents (aged 3 years and over) in the Loddon Campaspe region is 224,947, making the response rate for individuals 10.9%. While we expect this response rate to be reasonably accurate, it is possible the number is slightly inflated if booklets were accessed by members of the community whose household was not included in the unaddressed mail sample.

1.3.5. Data file preparation

Household forms were logged, scanned, and keyed upon receipt throughout the enumeration period. Online responses were combined with the household forms and cleaned to produce a master data file of responses. All open-ended and 'other specify' responses were coded as per the specifications.

During the data cleaning process, hardcopy data were edited to match the filters / skips contained in the online survey.

Members of each household could complete by different modes and just complete their individual section without completing the full survey, meaning households may be represented in multiple forms. Partial completes (whereby respondents had completed at least Section C) were included in the final data file.

1.3.6. Sampling error / weighting

As with most surveys of this type, the achieved sample distribution differed from the Loddon Campaspe population distribution for age, gender, residents' household location, education, and other demographics and was therefore not representative of the Loddon Campaspe population (see Section 2.1 below for further details). This indicates sampling error was a factor in data collection from the achieved sample, which is due to a range of factors such as differing levels of ability or motivation across age or gender or location to respond to the survey.

Furthermore, sampling error may have occurred due to the nature of the survey itself. The survey was focussed on 'active living' and contained questions on exercise and use of public facilities, open spaces, and walking and cycling tracks, and participation in physical activity. Thus, non-active residents may not have perceived the survey as being relevant to them and may have been less likely to respond as a result. Despite attempts being made in pre-survey communications to encourage participation regardless of activity levels, the survey should be considered as a sample of residents who chose to participate rather than a 'census' per se. Results from the 2019 ALC may not accurately reflect the attitudes and behaviours of the population of all Loddon Campaspe residents.

Sampling error was partially controlled for by weighting data to ABS population benchmarks – a process of inflating (for respondents who were under-represented in the achieved sample) or deflating (for respondents

who were over-represented in the achieved sample) the 'weight' or strength of results (discussed in Section 1.4 below).

The weighting benchmarks used for the adults in the 2019 ALC were age by education, sex, and country of birth, while children (aged 3 to 17) were weighted by age and gender only. All benchmarks and weights were calculated separately for each LGA. Weighting was applied so that results could be generalised to the Loddon Campaspe population or analysed at the LGA level. Further information regarding weighting is available in Appendix B.

1.4. About this report

This report summarises results from the 2019 ALC. Results are presented for all answering respondents throughout and by subgroups where appropriate. The report is structured similarly to the structure of the hardcopy form and online survey. Background / demographic questions are presented in Section 2 (Respondent Profile), results of general health and wellbeing questions are presented in Sections 3 and 4 and the final sections relate to use of public facilities and open space use and participation in activities.

Appendices are presented at the end of the document, and provide further information on the report for the following areas:

- Appendix A – Detailed description of weighting
- Appendix B – The Questionnaire Booklet
- Appendix C – Invitation letter and activity listing
- Appendix D – Detailed tables

Due to the nature of hardcopy forms, some respondents did not answer, or did not provide a logical response (e.g. responded 'Yes' and 'No' to age), to all questions. Only 'valid' responses, unless otherwise stated, have been included in the base size when calculating results. That is, all 'Not answered', 'Not applicable' and 'Skipped by design' responses were excluded from the analysis. A small number of responses from residents living outside the Loddon Campaspe region were received. Results were therefore excluded for residents living outside the Loddon Campaspe region. A small proportion of respondents did not provide sufficient information to determine their LGA. While they have been included in the analysis at the total level, they have been excluded from LGA-level reporting.

The 2019 ALC results are subject to non-sampling errors. These can arise from errors in reporting of responses (for example, failure of respondents' memories, incorrect completion of the survey form), the unwillingness of respondents to reveal their true responses or behaviours, and higher levels of non-response from certain subgroups of the population. As previously mentioned, one member of the household may have completed the survey on behalf of other household members, which has the potential of introducing inaccuracies in responses. Published results therefore may not represent results of all Loddon Campaspe residents. Given these limitations, it is recommended that the results of this survey be interpreted and used in conjunction with other sources of information, as well as within the wider policy environment.

Please note that due to rounding, results in tables may not sum to 100%. Standard notation in tables includes the following:

- 'n' – base size or number of respondents used when calculating results
- '%' – proportion of responses within the base size.

Throughout the report, detailed tables are provided giving a breakdown of responses by a range of demographic and health characteristics. It may be noted that the bases for particular subgroups (e.g. gender) do not sum to the base for the total sample. This is due to missing responses for the question used to derive the sub-group (that is, for this example, if individuals did not provide their gender or the gender provided did not fall into the 'male' or 'female' category, they were not used for analysis as there were too few responses to make robust statistical comparisons).

Throughout the report, Body Mass Index (BMI) is reported in the tables. Only respondents 18 years and over have been classified a BMI due to the potential inaccuracy of proxy height and weight collection as well the known limitations in the calculations for children^a.

^ahttps://www.researchgate.net/publication/51438076_Challenges_of_Accurately_Measuring_and_Using_BMI_and_Other_Indicators_of_Obesity_in_Children

Significance testing has been conducted at the 99 per cent confidence interval to show any difference in response amongst groups of interest. Analysis of Variance (z-scores) were used to test for differences between proportions of adults within groups of interest. Where differences are reported, unless otherwise noted, it implies that a statistically significant difference at a 99% confidence level has been established.

In tables, cell colouring is used to indicate the presence of significant differences in proportions or mean scores between the subgroups of interest (at the 99% level of confidence). For the tables in this report, subgroups are going down the left side of the table. So, significance testing compares results down the column for each group rather than across the rows. As demonstrated in the example table below, purple highlighted cells represent a significantly *higher* result compared to the corresponding blue shaded cells which reflect a significantly *lower* result by comparison.

Table Example

	Unweighted base n	Result 1 %	Result 2 %	Result 3 %
Total sample	24,541	19.0	36.9	44.1
Gender and age				
Males	8,248	18.9	37.3	43.8
Females	11,111	18.9	36.5	44.6
Males, 18 to 34	1,364	11.4	33.6	55.0
Males, 35 to 49	1,653	17.8	38.7	43.6
Males, 50 to 69	3,284	20.4	37.9	41.7
Males, 70+	1,928	27.5	39.1	33.4

→
Row percentages
(may not sum to 100% due to rounding)

In the example table above, there were no significant differences recorded between males and females. In the gender grouping significant differences were observable amongst males in different age groups. For example, looking at the Result 3 column, males aged 18 to 34 years (55.0%), 35 to 49 years (43.6%) and 50 to 69 years (41.7%) were significantly more likely to provide this response than males aged 70 years and over (33.4%).

2. Respondent Profile

The respondent profile, or the achieved sample distribution, for the 2019 ALC was measured across a range of demographic characteristics. The extent to which the achieved sample distribution (i.e. the composition of survey respondents) matches the Loddon Campaspe population distribution indicates how representative the pool of respondents is to the resident population.

If the percentage of respondents in a particular group (e.g. people aged 70 years and over) from the 2019 ALC sample is greater than the percentage of this group in the population, this respondent group is 'over-represented' in the achieved sample (see Table 2.1.1). Conversely, a respondent group is 'under-represented' if the achieved sample has a lower percentage of respondents in this group when compared to the population distribution. Data in Section 2.1 is unweighted and provided for all age groups where available.

In Section 2.2, respondent characteristics for a range of health indicators are compared to available population benchmarks. Due to the limited availability of comparable health benchmarks for children, this section compares weighted results to health indicators for respondents aged 18 years and over only. The health status of children (aged 3 to 11 years) and adolescents (aged 12 to 17 years) represented in the 2019 ALC is provided in Section 3.6.

2.1. ABS population benchmarks

Table 2.1.1 shows the population distribution of residents aged 3 years and over in the Loddon Campaspe region sourced from the 2016 ABS Census. These are compared to the distribution of respondents achieved in the 2019 ALC. When interpreting the achieved sample distribution as a proportion of the ABS population distribution, a percentage below 100% indicates that a respondent group is under-represented in the achieved sample, while a percentage above 100% indicates a respondent group is over-represented.

For the 2019 ALC, females were over-represented in the achieved sample when compared to their proportions in the population. Both male and female respondents in the older age cohorts (50 to 69 years and 70 years and over) were also over-represented in the survey. The under-representation of younger respondents was most notable for children aged 3 to 11 years and adolescents aged 12 to 17 years. Note that ABS benchmarks do include any alternate gender categories so a comparison for respondents falling into the "Gender Diverse / Non-Binary / Self-described / Other gender" category in the ALC (0.3%) is not available. Throughout the report, only the two main gender classifications are used for subgroup comparisons due to the small base size for the other category.

The over-representation of females and older respondents is relatively common for population health surveys regardless of the methodology employed. One example is the 2016 Victorian Population Health Survey (VPHS) conducted via Computer Assisted Telephone Interviewing (CATI) with a stratified random sample of Victorian residents. The 2016 VPHS achieved sample had an over-representation of respondents aged 65 years and over (33.0% in achieved sample vs 18.0% in Victorian population) and females (57.2% in achieved sample vs 51.1% in Victorian population), and an under-representation of males (42.8% in achieved sample vs 48.9% in Victorian population) and respondents aged 18 to 24 years (7.0% in achieved sample vs 12.8% in Victorian population).

In addition to age and gender, the distribution of respondents also differed from that of the population dependent upon the Local Government Area (LGA) in which they lived. Residents from City of Greater Bendigo and Mount Alexander Shire were the best represented in the sample, while residents in Macedon Ranges, Campaspe, and Central Goldfields were under-represented. The proportion of participating respondents from Loddon Shire most closely matched their representation in the Loddon Campaspe region.

To correct for the under- and over-representation of particular subgroups of respondents, results have been weighted by location, age, gender and (for respondents aged 18 years and over) education. Survey results provided in Section 3 of this report onwards are based on weighted results ensuring they most closely reflect the views of the Loddon Campaspe population. Further information regarding weighting is provided in Appendix A.

Table 2.1.1 Achieved sample composition

Age group	ABS population ¹ (Loddon Campaspe Region)		Active Living Census ² (unweighted)		ALC % as a % of the population
	n	%	n	%	%
Total sample	224,950	100.0	24,541	100.0	-
Gender					
Males	110,213	49.0	10,429	43.6	89.1
Females	114,736	51.0	13,467	56.4	110.5
Other	-	-	60	0.3	-
Age					
3-11 years	26,687	11.9	2,156	8.9	75.3
12-17 years	17,440	7.8	1,491	6.2	79.7
18-34 years	42,832	19.0	3,361	13.9	79.8
35-49 years	43,146	19.2	4,708	19.5	95.1
50-69 years	63,594	28.3	8,110	33.6	118.9
70+ years	31,192	13.9	4,305	17.8	128.6
Gender and age					
Males, 3 to 11	13,732	12.5	1,092	10.5	84.2
Males, 12 to 17	9,014	8.2	737	7.1	86.6
Males, 18 to 34	21,175	19.2	1,452	13.9	72.6
Males, 35 to 49	20,819	18.9	1,756	16.9	88.8
Males, 50 to 69	31,003	28.1	3,396	32.6	116.0
Males, 70+	14,452	13.1	1,983	19.0	145.3
Females, 3 to 11	12,943	11.3	1,043	7.8	68.9
Females, 12 to 17	8,425	7.3	732	5.5	74.2
Females, 18 to 34	21,670	18.9	2,182	16.2	86.0
Females, 35 to 49	22,343	19.5	2,633	19.6	100.7
Females, 50 to 69	32,622	28.4	4,634	34.5	121.4
Females, 70+	16,769	14.6	2,207	16.4	112.5
Location					
City of Greater Bendigo	106,358	47.3	12,973	52.9	111.8
Macedon Ranges Shire	44,444	19.8	3,691	15.0	76.1
Shire of Campaspe	35,872	15.9	3,424	14.0	87.5
Mount Alexander Shire	18,280	8.1	2,329	9.5	116.8
Central Goldfields Shire	12,669	5.6	1,176	4.8	85.1
Loddon Shire	7,324	3.3	812	3.3	101.6

¹ Population benchmarks sourced from ABS Census 2016

² Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region

Other demographic characteristics with comparable population benchmarks, such as country of birth, main language spoken, Aboriginal and/or Torres Strait Islander status, and highest education level, were also collected in the 2019 ALC.

Table 2.1.2 compares the distribution of respondents aged 18 years and over in the 2019 ALC to available population benchmarks. Results revealed an over-representation of those with a Bachelor degree or higher (this has been adjusted during weighting). Other groups that were over-represented were people who hold a concession card and who require help with daily activities. The main group under-represented were those who don't speak English as a main language. These differences to the benchmarks indicate that results should be interpreted with caution when comparing to the Loddon Campaspe general population even with the previously mentioned weighting applied.

Table 2.1.2 Achieved sample distribution for selected demographic characteristics

Age group	ABS population ¹ (Loddon Campaspe Region)		Active Living Census ² (unweighted)		ALC % as a % of the population
	n	%	n	%	
Total sample	180,817	100.0	20,484	100.0	-
Country of birth					
Born in Australia	145,257	88.2	17,903	89.0	100.9
Born overseas	19,423	11.8	2,210	11.0	93.2
Main language					
Speaks English as main language	159,386	95.6	19,755	98.5	103.1
Speaks other main language	7,385	4.4	303	1.5	34.1
Aboriginal and/or Torres Strait Islander status					
Aboriginal and/or Torres Strait Islander	2,061	1.2	204	1.0	82.8
Not Aboriginal or Torres Strait Islander	166,063	98.8	19,892	99.0	100.2
LGBTQIA+ Status					
Identifies as LGBTQIA+	-	-	640	3.4	-
Non-LGBTQIA+	-	-	18,148	96.6	-
Requires help with self-care, body movement or communication activities					
Requires help	11,790	7.1	1,613	8.1	114.3
Does not require help	153,836	92.9	18,204	91.9	98.9
Level of education					
Holds a Bachelor degree or higher	30,536	19.3	8,212	43.3	224.9
Less than Bachelor level education	127,863	80.7	10,732	56.7	70.2
Holds a government concession card³					
Holds a concession card	1,094	32.8	7,940	39.7	120.9
Does not hold a concession card	2,241	67.2	12,080	60.3	89.8
Food security (last 12 months)⁴					
Ran out of food and could not afford more	2,019	6.0	1,328	6.9	108.1
Have not run out of food	31,635	94.0	17,899	93.1	93.0

¹ Population benchmarks sourced from ABS Census 2016

² Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region

³ Population benchmarks sourced from NHS 2014-15 (Base n=3,335)

⁴ Population benchmarks sourced from VPHS 2014 – Loddon Mallee region (Base n=33,654)

* Totals in subgroups don't sum to base due to invalid responses being excluded from analysis

2.2. Health indicator population benchmarks

Table 2.2.1 provides a summary of how the 2019 ALC population compared to available benchmarks for a range of health and wellbeing indicators. Throughout the report, ALC estimates are compared to data from the 2016 Victorian Population Health Survey (VPHS) or the 2014 VPHS, where available. Alternatively, they are compared to data from the Victorian cohort of the Australian Bureau of Statistics' 2017-18 National Health Survey (NHS). These comparisons are indicative only as the methodology used for each study varied and this has the potential to influence results. When available, data from the VPHS 2017 may assist in interpreting these benchmarks.

While self-reported health ratings closely matched the available benchmark data, there were other results from the ALC that revealed greater variation in the health and wellbeing of residents when compared to the available Victorian benchmarks. In particular, Loddon Campaspe residents who responded to the survey, recorded lower life satisfaction (8.2% reported low life satisfaction) than those who participated in the VPHS (5.7%). They were also more likely to have consumed four or more standard drinks on at least one occasion in the last 12 months and therefore be at greater risk of harm (58.2%) than those who responded to the VPHS (41.5%) or NHS (41.8%).

Results also revealed areas where Loddon Campaspe residents appeared to be performing better in terms of health indicators when compared to the Victorian population as a whole. In particular, smoking rates were lower (10.6% were current smokers) when compared to VPHS (16.7%) or NHS (15.2%) results. Given the passage of time between surveys, it is unclear the extent to which this difference reflects the general decline in smoking rates over recent years or is attributable to lower smoking rates amongst the Campaspe region

Respondents to the ALC were somewhat more likely to meet physical activity guidelines (42.4% did not meet the guidelines, compared to 48.1% in the VPHS). When comparing Body Mass Index (BMI), ALC respondents were more likely to be overweight or obese (62.5%) than VPHS respondents (49.7%). As BMI is calculated post-survey using self-reported height and weight measurements, this combination of factors may make it more prone to variation than other indicators. This has the potential to impact the results from the 2019 ALC and comparable benchmarks.

Table 2.2.1 Health indicator population benchmarks

Health and wellbeing indicators	Population benchmark (VIC)		Active Living Census ¹ (weighted)	ALC % as a % of the population ⁴
	NHS ²	VPHS ³		
Self-reported health status			n≥8,229	
% rating health as fair or poor (persons)	-	19.0	19.0	99.5
% rating health as fair or poor (females)	-	19.1	18.9	99.0
% rating health as fair or poor (males)	-	18.9	18.9	100.2
Body Mass Index (BMI)			n≥7,803	
% overweight or obese range (BMI ≤25.0) (persons)	68.6	49.7	62.5	125.8
% overweight or obese range (BMI ≤25.0) (females)	60.8	41.0	57.6	140.5
% overweight or obese range (BMI ≤25.0) (males)	76.9	58.8	67.6	115.0
Physical activity guidelines			n≥7,941	
% not meeting guidelines / sedentary (persons)	-	48.1	42.5	88.1
% not meeting guidelines / sedentary (females)	-	48.2	41.4	86.0
% not meeting guidelines / sedentary (males)	-	47.8	43.3	90.6
Fruit dietary guidelines			n≥8,045	
% not meeting fruit guidelines (persons)	51.3	58.5	52.0	88.9
% not meeting fruit guidelines (females)	43.8	55.7	50.7	91.0
% not meeting fruit guidelines (males)	53.6	61.4	53.3	86.8
Vegetable dietary guidelines			n≥8,078	
% not meeting vegetable guidelines (persons)	92.1	95.1	86.7	91.2
% not meeting vegetable guidelines (females)	88.8	92.6	80.9	87.4
% not meeting vegetable guidelines (males)	95.3	97.7	92.8	95.0
Smoking status			n≥8,173	
% current smokers (persons)	15.2	16.7	10.6	63.3
% current smokers (females)	12.0	13.9	9.1	65.3
% current smokers (males)	18.5	19.6	12.1	61.8
Alcohol consumption (single occasion past 12 months)			n≥8,064	
% had 4 or more standard drinks (persons)	41.8	41.5	58.1	140.2
% had 4 or more standard drinks (females)	29.8	29.7	47.7	160.6
% had 4 or more standard drinks (males)	54.1	53.9	69.2	128.4
Sugar-sweetened beverage consumption			n≥8,132	
% drinks SSB daily (persons)	9.1	11.2	14.0	125.0
% drinks SSB daily (females)	6.4	7.2	10.6	147.2
% drinks SSB daily (males)	11.8	15.3	17.5	114.4
Life satisfaction			n≥8,117	
% rating satisfaction as low (0 to 4) (persons)	-	5.7	8.2	142.1
% rating satisfaction as low (0 to 4) (females)	-	5.4	9.0	166.7
% rating satisfaction as low (0 to 4) (males)	-	6.1	7.2	118.2

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region

² Population benchmarks sourced from NHS 2017-18

³ Population benchmarks sourced from VPHS 2016 (VPHS 2014 for sugar-sweetened beverage consumption)

⁴ Comparison made to VPHS, unless data not available

3. General health

Respondents were asked a range of questions relating to their general health. This included questions related to their self-reported health status, serves of fruit and vegetables consumed daily, current smoking status, water and sugar-sweetened beverage consumption, frequency of drinking alcohol in the past 12 months, and frequency of consuming more than four standard drinks in the past 12 months. The final questions in this section, related to smoking, alcohol consumption, and gambling participation, were only asked of respondents aged 18 years and over.

Results in this section are for respondents aged 18 years and over and weighting has been applied.

3.1. Self-reported health status

Self-reported health is a commonly used measure of the general health status of Australians. Respondents are asked to rate their health on a 5-point scale as either 'excellent', 'very good', 'good', 'fair' or 'poor'. Recent Victorian population benchmarks have shown the proportion of the respondents identifying as having lower levels of general health (rating their health as 'fair' or 'poor') are:

- 19.0% of those aged 18 years or over according to the 2016 Victorian Population Health Study (VPHS) conducted on behalf of the Victorian Department of Health and Human Services (DHHS)
- 15.0% of those aged 15 years and over according to the 2017-18 National Health Survey (NHS), conducted by the Australian Bureau of Statistics (ABS)

Table 3.1.1 shows that the proportion of respondents who self-reported a lower level of health closely reflected the VPHS benchmark at 19.0%. However, the more recent NHS indicated that fewer Australians self-identified as having 'fair' or 'poor' health suggesting that the health of Loddon Campaspe residents is lower. There were no significant differences in self-reported levels of health amongst males and females, however, those aged over 70 years were more likely to report lower levels of health than those in younger age groups (27.5% of males and 26.6% of females aged 70 years and over). Across the participating LGA's, those recording the lowest levels of self-reported health were residents of Central Goldfields Shire and Loddon Shire (both 26.1%). Data from comparable subgroups is available in Table 3.1.1 over the page.

In relation to key demographic indicators, people who identify as Aboriginal and/or Torres Strait Islander were significantly more likely to record lower levels of health (36.4%) compared to those who do not identify as Aboriginal or Torres Strait Islander (18.7%) as were people who self-reported their household is 'just getting along', 'poor', or 'very poor' (31.4%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (13.1%).

Amongst people who are not meeting other health and wellbeing guidelines, self-reported levels of health were also lower. This was especially evident amongst people who:

- Recorded a low level of life satisfaction (63.1%, compared to 15.0% who recorded medium to very high life satisfaction)
- Require help with daily activities (58.5%, compared to 15.3% who do not require help)
- Have experienced food insecurity in the last 12 months (39.2%, compared to 17.0% who have not run out of food and been unable to afford more)
- Do not feel valued by society (37.1%, compared to people who sometimes (17.3%) or definitely (9.8%) feel valued by society)
- Have a BMI in the overweight or obese range (23.1%, compared to 10.9% of people in the normal or underweight ranges)

Amongst City of Greater Bendigo residents, the proportion of respondents reporting 'fair' or 'poor' health (19.0%) was highly comparable with 2014 ALC results (18.0%).

Table 3.1.1 Self-reported health status by selected demographic characteristics

	Unweighted base ¹ n	Fair / poor %	Good %	Very good / excellent %
Total sample	19,444	19.0	36.9	44.1
Gender and age				
Males	8,229	18.9	37.3	43.8
Females	11,077	18.9	36.5	44.6
Males, 18 to 34	1,364	11.4	33.6	55.0
Males, 35 to 49	1,653	17.8	38.7	43.6
Males, 50 to 69	3,284	20.4	37.9	41.7
Males, 70+	1,928	27.5	39.1	33.4
Females, 18 to 34	2,025	15.8	36.8	47.4
Females, 35 to 49	2,470	16.8	37.0	46.3
Females, 50 to 69	4,446	19.1	35.2	45.7
Females, 70+	2,136	26.6	38.6	34.8
LGA				
City of Greater Bendigo	10,285	19.0	36.6	44.5
Macedon Ranges Shire	2,859	16.2	35.1	48.7
Shire of Campaspe	2,669	18.3	39.1	42.6
Mount Alexander Shire	1,936	18.9	36.7	44.4
Central Goldfields Shire	996	26.1	36.5	37.5
Loddon Shire	632	26.1	43.9	30.1
Demographic indicators				
Born in Australia	17,065	18.8	36.8	44.4
Born overseas	2,115	19.5	38.3	42.2
Speaks English as main language	18,852	19.0	37.0	44.0
Speaks other main language	290	16.0	40.5	43.6
Aboriginal and/or Torres Strait Islander	190	36.4	31.2	32.5
Not Aboriginal or Torres Strait Islander	18,982	18.7	37.0	44.4
Identifies as LGBTQIA+	609	24.3	35.3	40.4
Non-LGBTQIA+	17,304	17.8	37.0	45.3
Holds a Bachelor degree or higher	7,839	11.8	32.0	56.2
Less than Bachelor level education	10,231	20.0	38.2	41.8
Just getting along, poor or very poor	5,397	31.4	39.8	28.8
Reasonably comfortable, very comfortable or prosperous	13,846	13.1	35.7	51.2

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.1.2 Self-reported health status by selected health characteristics

	Unweighted base ¹ n	Fair / poor %	Good %	Very good / excellent %
Total sample	19,444	19.0	36.9	44.1
Health and wellbeing indicators				
Life satisfaction - Low (0 to 4 out of 10)	1,417	63.1	27.0	9.9
Life satisfaction - Medium to very high (5+ out of 10)	17,712	15.0	37.7	47.2
Does not feel valued by society	3,517	37.1	36.2	26.8
Sometimes feel valued by society	8,809	17.3	41.5	41.2
Definitely feel valued by society	6,754	9.8	30.3	59.9
Overweight or obese (BMI ≥25.0)	11,085	23.1	40.7	36.1
Normal range or underweight (BMI <25.0)	7,027	10.9	29.6	59.5
Meets fruit intake guidelines	9,707	15.5	33.5	51.0
Does not meet fruit intake guidelines	9,218	21.8	39.8	38.4
Meets vegetable intake guidelines	3,002	13.5	30.3	56.2
Does not meet vegetable intake guidelines	15,988	19.5	37.8	42.7
Meets physical activity guidelines	10,990	11.5	33.7	54.8
Does not meet physical activity guidelines / sedentary	7,565	27.5	41.3	31.3
Current smoker	1,591	30.0	42.6	27.4
Ex-smoker	6,958	20.9	37.8	41.3
Never smoked	10,493	15.3	35.2	49.5
Drinks alcohol every day	1,671	22.1	39.8	38.1
Drinks alcohol less often than daily	13,706	16.0	37.0	47.0
Does not drink alcohol	3,607	28.2	35.3	36.5
Had more than 4 standard drinks on a single occasion	9,826	16.2	37.9	45.9
Has not had more than 4 standard drinks	8,556	21.6	35.7	42.7
Drinks sugar-sweetened beverages daily	2,189	27.0	41.6	31.4
Drinks sugar-sweetened beverages less than daily	16,945	17.6	36.2	46.3
Meets water consumption guidelines	3,703	15.0	31.9	53.0
Does not meet water guidelines	15,177	19.8	38.2	42.0
Ran out of food and could not afford more	1,241	39.2	36.3	24.5
Have not run out of food	16,997	17.0	37.2	45.8
Requires help with daily activities	1,540	58.5	28.3	13.2
Does not require help	17,372	15.3	37.7	47.0

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

3.2. Body mass index (BMI)

The 2019 ALC asked height and weight as a means of calculating the Body Mass Index (BMI) of respondents. For the purpose of identifying opportunities for supporting improved health amongst Loddon Campaspe residents, we have focussed our analysis on the proportion of respondents whose BMI fell into the obese range (BMI of ≥ 30). However, health promotion activities can be looking at everyone on the pathway from a normal weight range to overweight to obese to effectively target healthy behaviours at all levels to prevent further progression into the next BMI classification.

The latest available benchmark, the 2017-18 NHS, indicated that the proportion of Victorians aged 18 years and over who fall into the obese range was 31.5%. This compares to just 19.5% in the 2016 VPHS. The 2019 ALC data suggests that 26.9% of respondents within the Loddon Campaspe region have a BMI that puts them in the obese range.

As shown in Table 3.2.1 below, respondents in the middle age groups (35 to 49 and 50 to 69 years) were more likely than those at the extremes (18 to 34 years and 70 years and over) to record higher BMIs. Respondents from Central Goldfields (34.4%), Loddon Shire (32.7%), and Campaspe (29.2%) were more likely to fall into the obese range than those who reside in Macedon Ranges Shire (24.5%) or Mount Alexander Shire (23.0%).

While few differences were observed by demographic indicators, there were a number of notable differences in obesity rates in relation to other health and wellbeing indicators. Higher obesity rates were recorded amongst those whose self-reported health was fair or poor (49.1%, compared to those with higher self-reported health, 21.9%) and those with a low level of life satisfaction (45.1%, compared to 25.4% who recorded medium to very high life satisfaction).

Respondents whose household had experienced food insecurity in the past 12 months were also more likely to fall into the obese range (43.0%) when compared to those who have not run out of food during this period (25.6%). Another group recording higher rates of obesity were people who require help with daily activities (38.5%, compared to 26.0% of those who do not require help).

While we have focussed the above comparisons only on those who fall into the 'obese' classification, health promotion activities can be aimed at everyone on the pathway from a normal weight range to overweight to obese to effectively target healthy behaviours at all levels and prevent progression into the next BMI classification. Throughout the report, we look at the results of people whose BMI is in the obese or overweight range.

Table 3.2.1 BMI by selected demographic characteristics

	Unweighted base ¹	Under- weight (BMI <18.5)	Normal range (BMI 18.5-24.9)	Overweight (BMI 25.0- 29.9)	Obese (BMI ≥30.0)
	n	%	%	%	%
Total sample	18,214	1.6	36.0	35.6	26.9
Gender and age					
Males	7,801	0.8	31.6	42.4	25.2
Females	10,286	2.2	40.2	29.1	28.5
Males, 18 to 34	1,273	1.6	46.4	34.9	17.1
Males, 35 to 49	1,563	0.3	28.0	43.2	28.5
Males, 50 to 69	3,120	0.4	24.5	45.7	29.4
Males, 70+	1,845	1.4	31.9	44.1	22.7
Females, 18 to 34	1,890	2.7	48.1	23.7	25.6
Females, 35 to 49	2,273	1.9	39.2	27.6	31.3
Females, 50 to 69	4,147	1.7	36.8	31.1	30.4
Females, 70+	1,976	3.3	37.1	35.3	24.2
LGA					
City of Greater Bendigo	9,673	1.5	36.5	35.6	26.5
Macedon Ranges Shire	2,684	1.5	37.5	36.5	24.5
Shire of Campaspe	2,479	1.8	33.5	35.6	29.2
Mount Alexander Shire	1,828	1.6	42.4	33.1	23.0
Central Goldfields Shire	918	1.6	29.6	34.5	34.4
Loddon Shire	579	1.6	26.4	39.4	32.7
Demographic indicators					
Born in Australia	15,974	1.4	35.7	35.6	27.2
Born overseas	2,008	2.4	38.0	35.2	24.4
Speaks English as main language	17,665	1.5	35.9	35.6	27.1
Speaks other main language	270	5.1	40.0	36.1	18.9
Aboriginal and/or Torres Strait Islander	169	2.6	36.5	26.9	34.1
Not Aboriginal or Torres Strait Islander	17,816	1.5	36.0	35.7	26.8
Identifies as LGBTQIA+	578	3.1	38.0	31.7	27.2
Non-LGBTQIA+	16,302	1.4	36.3	35.6	26.7
Holds a Bachelor degree or higher	7,493	1.6	44.4	34.2	19.9
Less than Bachelor level education	9,508	1.5	33.9	35.9	28.6
Just getting along, poor or very poor	4,932	1.9	29.6	32.6	35.8
Reasonably comfortable, very comfortable or prosperous	13,103	1.3	38.8	37.0	23.0

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.2.2 BMI by selected health characteristics

	Unweighted base ¹	Under- weight (BMI <18.5)	Normal range (BMI 18.5-24.9)	Overweigh t (BMI 25.0- 29.9)	Obese (BMI ≥30.0)
	n	%	%	%	%
Total sample	18,214	1.6	36.0	35.6	26.9
Health and wellbeing indicators					
Self-reported health - Fair or poor	3,181	1.9	20.1	28.9	49.1
Self-reported health - Good, very good, or excellent	14,931	1.4	39.6	37.1	21.9
Life satisfaction - Low (0 to 4 out of 10)	1,304	1.9	26.9	26.1	45.1
Life satisfaction - Medium to very high (5+ out of 10)	16,679	1.5	36.7	36.5	25.4
Does not feel valued by society	3,287	2.4	31.7	32.1	33.8
Sometimes feel valued by society	8,242	1.3	35.5	35.3	28.0
Definitely feel valued by society	6,413	1.4	39.1	38.4	21.2
Meets fruit intake guidelines	9,236	1.6	39.2	35.2	24.0
Does not meet fruit intake guidelines	8,646	1.4	33.1	36.1	29.4
Meets vegetable intake guidelines	2,867	1.9	44.4	32.9	20.8
Does not meet vegetable intake guidelines	15,070	1.4	34.7	36.2	27.8
Meets physical activity guidelines	10,600	1.3	39.8	36.0	22.9
Does not meet physical activity guidelines / sedentary	7,104	1.8	30.8	35.2	32.2
Current smoker	1,491	2.8	35.9	34.1	27.2
Ex-smoker	6,625	1.1	31.2	37.9	29.8
Never smoked	9,883	1.6	39.3	34.3	24.8
Drinks alcohol every day	1,592	1.5	30.3	42.0	26.2
Drinks alcohol less often than daily	13,043	1.2	36.7	36.0	26.2
Does not drink alcohol	3,317	2.9	35.8	31.0	30.4
Had more than 4 standard drinks on a single occasion	9,394	1.0	34.3	38.1	26.6
Has not had more than 4 standard drinks	8,025	2.2	38.4	32.3	27.2
Drinks sugar-sweetened beverages daily	2,014	1.5	27.2	34.9	36.4
Drinks sugar-sweetened beverages less than daily	16,055	1.5	37.4	35.6	25.4
Meets water consumption guidelines	3,540	1.2	37.7	33.8	27.3
Does not meet water guidelines	14,350	1.6	35.5	36.0	26.9
Ran out of food and could not afford more	1,136	2.4	24.9	29.7	43.0
Have not run out of food	16,000	1.5	36.8	36.1	25.6
Requires help with daily activities	1,424	2.9	27.3	31.3	38.5
Does not require help	16,320	1.4	36.6	36.0	26.0

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

3.3. Healthy eating

In Australia, the recommended daily serves of vegetables and fruit is outlined in nutrition and healthy eating guidelines provided by the National Health and Medical Research Council (NHMRC) in 2013. The minimum recommended number of serves of vegetables per day is 2.5 for children aged 2 to 3; 4.5 for children aged 4 to 8; 5 for children aged 9 to 11, females aged 12 and over and males aged 70 and over; 5.5 for males aged 12 to 18 and 51 to 70 years; and 6 for males aged 19 to 50. A 'serve' of vegetables is $\frac{1}{2}$ cup of cooked vegetables or 1 cup of salad vegetables and a serve of legumes or beans is $\frac{1}{2}$ cup of cooked, dried or canned beans, peas or lentils. The minimum recommended number of serves of fruit per day is 1 for children aged 2 to 3, 1.5 for children aged 4 to 8, and 2 for people aged 9 and over, where a 'serve' is 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces. See table below for the information on recommended daily consumption by age and gender.

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

3.3.1. Serves of vegetables consumed

Table 3.3.1.1 shows that the average daily serves of vegetables was 2.8 for residents of Loddon Campaspe, well below the recommended serves per day for all adults. Overall, 86.7% of respondents were not meeting the recommended guidelines for their gender and age group.

The proportion of respondents not meeting the guidelines was higher for younger adults, with 85.7% of males aged 18 to 34 not meeting the guidelines, 85.8% of those aged 35 to 49 years, and 84.9% of those aged 50 to 69 years, when compared to 70.7% of males aged 70 years or over. A similar trend was observed for young females with the proportion not meeting the guidelines being higher for females aged 18 to 34 (84.9%) and 35 to 49 (82.2%), compared to those aged 50 to 69 years (78.5%) and 70 years and over (78.2%).

Across the LGAs, residents of City of Greater Bendigo (87.1%), Shire of Campaspe (87.5%) and Central Goldfields Shire (88.6%) were more likely to have not met the vegetable consumption guidelines than those who reside in Mount Alexander Shire (78.6%).

The proportion of respondents not meeting the guidelines was higher amongst households with lower incomes, that is, reporting they are 'just getting along', 'poor', or 'very poor' (88.2%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (86.1%). Additionally, respondents who had run out of food and could not afford more over the past 12 months were more likely to have not met the guidelines (92.2%) than those who had not experienced food insecurity (86.4%).

In fact, respondents who do not meet the daily vegetable consumption guidelines were also more likely not to meet other health-related indicators. In particular, the proportion meeting the vegetable guidelines was higher among those who:

- Meet fruit consumption guidelines (20.2%, compared to 7.1% who do not meet the guidelines)

- Are ex-smokers or non-smokers (14.0% and 14.2% respectively, compared to 6.5% of current smokers)
- Those that drink sugar-sweetened beverages less than daily (14.4%, compared to 6.5% who drink them daily)
- Meet water consumption guidelines (18.6%, compared to 12.1% of those who do not meet the guidelines)
- Meet physical activity guidelines (15.4%, compared to 10.7% of those who do not meet the guidelines)

Not meeting vegetable consumption guidelines was also linked to lower levels of self-reported health, life satisfaction and feelings of value to society, as shown in Table 3.3.1.2. Thus, any efforts to increase vegetable intake could to be considered as part of a broader strategy to improve health and wellbeing outcomes in the region.

Amongst residents of the City of Greater Bendigo, 87.1% were not meeting the vegetable consumption guidelines in 2019. This compares to 91.5% in the 2014 ALC, suggesting there has been a slight improvement in vegetable consumption over the past five years.

Table 3.3.1.1 Serves of vegetables by selected demographic characteristics

	Unweighted base ¹ n	0 to less than 2 serves %	2 to less than 5 serves %	5 or more serves %	Meets requirements	Average daily serves* #
Total sample	19,100	27.4	54.0	18.7	13.3	2.8
Gender and age						
Males	8,078	29.7	52.1	18.2	7.2	2.8
Females	10,889	25.0	55.9	19.1	19.1	2.9
Males, 18 to 34	1,340	31.6	52.2	16.2	4.3	2.6
Males, 35 to 49	1,621	30.0	52.9	17.2	4.2	2.7
Males, 50 to 69	3,229	28.1	52.9	18.9	5.1	2.8
Males, 70+	1,888	30.3	48.9	20.8	19.3	2.9
Females, 18 to 34	1,986	27.5	57.4	15.1	15.1	2.7
Females, 35 to 49	2,424	24.1	58.1	17.8	17.8	2.9
Females, 50 to 69	4,394	23.8	54.7	21.5	21.5	3.0
Females, 70+	2,085	25.4	52.8	21.8	21.8	3.1
LGA						
City of Greater Bendigo	10,097	27.6	54.3	18.1	12.9	2.8
Macedon Ranges Shire	2,828	25.6	54.3	20.2	13.9	2.9
Shire of Campaspe	2,607	28.5	53.7	17.8	12.5	2.8
Mount Alexander Shire	1,926	22.8	55.6	21.6	16.4	3.1
Central Goldfields Shire	966	35.3	50.0	14.8	11.4	2.5
Loddon Shire	612	27.0	51.9	21.0	15.2	3.0
Demographic indicators						
Born in Australia	16,778	27.4	54.2	18.4	13.1	2.8
Born overseas	2,066	27.1	52.4	20.5	15.1	2.9
Speaks English as main language	18,524	27.3	54.1	18.6	13.3	2.8
Speaks other main language	273	34.2	44.8	21.0	13.4	2.7
Aboriginal and/or Torres Strait Islander	178	36.4	43.8	19.8	11.1	2.7
Not Aboriginal or Torres Strait Islander	18,670	27.2	54.1	18.7	13.4	2.8
Identifies as LGBTQIA+	600	30.3	52.3	17.5	13.8	2.8
Non-LGBTQIA+	17,056	26.3	54.6	19.1	13.5	2.9
Holds a Bachelor degree or higher	7,776	18.1	59.3	22.5	16.9	3.2
Less than Bachelor level education	10,012	29.2	53.1	17.8	12.4	2.8
Just getting along, poor or very poor	5,239	35.3	49.1	15.6	11.8	2.5
Reasonably comfortable, very comfortable or prosperous	13,657	23.7	56.3	20.0	13.9	3.0

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.3.1.2 Serves of vegetables by selected health characteristics

	Unweighted base ¹ n	0 to less than 2 serves %	2 to less than 5 serves %	5 or more serves %	Meets requirements %	Average daily serves* #
Total sample	19,100	27.4	54.0	18.7	13.3	2.8
Health and wellbeing indicators						
Self-reported health - Fair or poor	3,373	38.8	48.2	13.0	9.6	2.4
Self-reported health - Good, very good, or excellent	15,617	24.7	55.4	19.9	14.1	2.9
Life satisfaction - Low (0 to 4 out of 10)	1,377	38.7	48.9	12.4	9.2	2.3
Life satisfaction - Medium to very high (5+ out of 10)	17,457	26.3	54.4	19.2	13.7	2.9
Does not feel valued by society	3,457	37.1	50.3	12.6	8.9	2.4
Sometimes feel valued by society	8,652	27.8	54.5	17.8	12.4	2.8
Definitely feel valued by society	6,679	20.6	55.7	23.7	17.5	3.2
Overweight or obese (BMI ≥25.0)	10,982	29.2	53.5	17.3	11.6	2.8
Normal range or underweight (BMI <25.0)	6,955	23.2	55.0	21.8	16.6	3.0
Meets fruit intake guidelines	9,690	12.3	59.7	28.0	20.2	3.5
Does not meet fruit intake guidelines	9,185	41.0	48.7	10.2	7.1	2.3
Meets physical activity guidelines	10,947	22.0	56.4	21.6	15.4	3.1
Does not meet physical activity guidelines / sedentary	7,437	33.8	51.1	15.1	10.7	2.6
Current smoker	1,552	38.9	49.8	11.3	6.5	2.3
Ex-smoker	6,877	25.3	55.0	19.7	14.0	2.9
Never smoked	10,361	26.3	54.3	19.5	14.2	2.9
Drinks alcohol every day	1,649	32.2	49.7	18.1	11.1	2.7
Drinks alcohol less often than daily	13,590	25.7	55.7	18.5	13.0	2.9
Does not drink alcohol	3,499	30.9	49.6	19.5	15.7	2.8
Had more than 4 standard drinks on a single occasion	9,719	27.5	55.0	17.6	10.9	2.8
Has not had more than 4 standard drinks	8,441	26.4	53.1	20.4	16.6	2.9
Drinks sugar-sweetened beverages daily	2,143	40.3	49.0	10.7	6.5	2.3
Drinks sugar-sweetened beverages less than daily	16,761	25.2	54.8	20.0	14.4	2.9
Meets water consumption guidelines	3,684	17.1	55.4	27.6	18.6	3.4
Does not meet water guidelines	15,048	30.0	53.5	16.5	12.1	2.7
Ran out of food and could not afford more	1,201	45.1	44.2	10.8	7.8	2.1
Have not run out of food	16,717	25.8	55.0	19.3	13.6	2.9
Requires help with daily activities	1,496	37.9	45.7	16.4	13.5	2.6
Does not require help	17,090	26.5	54.7	18.9	13.3	2.9

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

3.3.2. Serves of fruit consumed

As shown in Table 3.3.1.3, the average serves of fruit per day for residents of Loddon Campaspe was 1.6, lower than the recommended average serves per day for adults. Similar to the trends observed for vegetable consumption, respondents in the younger age groups were less likely to report meeting the daily requirements for serves of fruit. However, it was also apparent that males were less likely to meet daily fruit consumption guidelines (53.3%) than females (50.7%).

Across the participating LGAs, residents of Mount Alexander Shire were more likely to meet daily fruit consumption requirements (46.0% did not meet the guidelines) than respondents from any of the other Council areas (between 51.0% and 56.0% of residents in other LGAs were not meeting the guidelines).

As had been the case with meeting the vegetable consumption guidelines, respondents from households that had run out of food and could not afford to buy more during the 12 months preceding the survey were more likely not to have met daily fruit consumption requirements (66.6%) than those who had not experienced food insecurity (50.6%).

Again, respondents who do not meet other health guidelines, and who self-reported lower levels of wellbeing, were less likely to meet fruit consumption guidelines. In addition to the sub-group variations reported for those not meeting vegetable consumption guidelines, people who drink alcohol every day (61.3%) were more likely than those who drink less often (51.7%) or who do not drink alcohol (48.6%) not to meet daily fruit intake requirements.

Amongst residents of the City of Greater Bendigo, 52.0% had not met the fruit consumption guidelines in 2019. This compares to 53.2% in the 2014 ALC meaning there has been no substantial improvement in fruit consumption rates over the past five years.

Table 3.3.2.1 Serves of fruit by selected demographic characteristics

	Unweighted base ¹ n	0 to less than 1 serve %	1 to less than 2 serves %	2 or more serves %	Meets requirements %	Average daily serves* #
Total sample	19,037	18.1	33.9	48.0	48.0	1.6
Gender and age						
Males	8,045	20.4	32.9	46.7	46.7	1.5
Females	10,856	15.9	34.8	49.3	49.3	1.6
Males, 18 to 34	1,336	22.3	35.7	42.0	42.0	1.5
Males, 35 to 49	1,617	21.3	32.8	45.9	45.9	1.5
Males, 50 to 69	3,202	19.7	32.4	47.9	47.9	1.6
Males, 70+	1,890	17.9	30.3	51.9	51.9	1.7
Females, 18 to 34	1,978	15.3	40.0	44.7	44.7	1.5
Females, 35 to 49	2,429	16.7	41.1	42.2	42.2	1.5
Females, 50 to 69	4,368	16.9	30.8	52.3	52.3	1.6
Females, 70+	2,081	13.5	25.7	60.8	60.8	1.9
LGA						
City of Greater Bendigo	10,071	18.1	34.0	48.0	48.0	1.6
Macedon Ranges Shire	2,815	16.2	34.8	49.0	49.0	1.6
Shire of Campaspe	2,597	20.2	34.1	45.7	45.7	1.5
Mount Alexander Shire	1,919	15.1	30.8	54.0	54.0	1.7
Central Goldfields Shire	964	21.9	34.1	44.0	44.0	1.5
Loddon Shire	609	19.2	34.5	46.3	46.3	1.6
Demographic indicators						
Born in Australia	16,720	18.1	34.4	47.5	47.5	1.6
Born overseas	2,065	17.3	30.5	52.2	52.2	1.7
Speaks English as main language	18,461	18.1	34.1	47.8	47.8	1.6
Speaks other main language	277	18.0	27.2	54.9	54.9	1.9
Aboriginal and/or Torres Strait Islander	178	22.1	33.4	44.5	44.5	1.4
Not Aboriginal or Torres Strait Islander	18,610	18.0	34.0	48.0	48.0	1.6
Identifies as LGBTQIA+	600	17.4	33.7	48.9	48.9	1.6
Non-LGBTQIA+	16,997	17.6	34.3	48.1	48.1	1.6
Holds a Bachelor degree or higher	7,757	12.4	34.4	53.2	53.2	1.7
Less than Bachelor level education	9,978	19.3	34.1	46.6	46.6	1.5
Just getting along, poor or very poor	5,229	23.3	35.2	41.6	41.6	1.4
Reasonably comfortable, very comfortable or prosperous	13,607	15.7	33.4	51.0	51.0	1.6

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.3.2.2 Serves of fruit by selected health characteristics

	Unweighted base ¹ n	0 to less than 1 serve %	1 to less than 2 serves %	2 or more serves %	Does not meet requirements %	Average daily serves #
Total sample	19,037	18.1	33.9	48.0	48.0	1.6
Health and wellbeing indicators						
Self-reported health - Fair or poor	3,374	24.8	35.6	39.6	39.6	1.4
Self-reported health - Good, very good, or excellent	15,551	16.5	33.5	50.0	50.0	1.6
Life satisfaction - Low (0 to 4 out of 10)	1,384	27.2	36.5	36.3	36.3	1.3
Life satisfaction - Medium to very high (5+ out of 10)	17,390	17.2	33.7	49.1	49.1	1.6
Does not feel valued by society	3,444	25.0	35.9	39.1	39.1	1.4
Sometimes feel valued by society	8,634	18.1	34.8	47.1	47.1	1.5
Definitely feel valued by society	6,651	13.7	31.5	54.8	54.8	1.7
Overweight or obese (BMI ≥25.0)	10,939	19.2	34.9	45.9	45.9	1.5
Normal range or underweight (BMI <25.0)	6,943	15.0	32.4	52.6	52.6	1.7
Meets vegetable intake guidelines	3,000	6.3	21.2	72.5	72.5	2.2
Does not meet vegetable intake guidelines	15,875	19.7	36.0	44.3	44.3	1.5
Meets physical activity guidelines	10,917	13.6	32.8	53.7	53.7	1.7
Does not meet physical activity guidelines / sedentary	7,408	23.6	35.8	40.6	40.6	1.4
Current smoker	1,539	32.7	37.0	30.3	30.3	1.1
Ex-smoker	6,852	17.5	34.1	48.4	48.4	1.6
Never smoked	10,342	15.7	33.0	51.3	51.3	1.7
Drinks alcohol every day	1,635	28.5	32.9	38.7	38.7	1.3
Drinks alcohol less often than daily	13,527	16.9	34.8	48.3	48.3	1.6
Does not drink alcohol	3,519	18.0	30.6	51.4	51.4	1.7
Had more than 4 standard drinks on a single occasion	9,669	19.7	36.0	44.3	44.3	1.5
Has not had more than 4 standard drinks	8,436	15.5	31.3	53.3	53.3	1.7
Drinks sugar-sweetened beverages daily	2,130	27.6	38.9	33.5	33.5	1.3
Drinks sugar-sweetened beverages less than daily	16,715	16.6	33.1	50.3	50.3	1.6
Meets water consumption guidelines	3,685	13.1	30.9	56.0	56.0	1.8
Does not meet water consumption guidelines	14,994	19.4	34.7	45.8	45.8	1.5
Ran out of food and could not afford more	1,194	28.2	38.4	33.4	33.4	1.3
Have not run out of food	16,663	17.2	33.3	49.4	49.4	1.6
Requires help with daily activities	1,504	23.1	32.6	44.3	44.3	1.5
Does not require help	17,022	17.5	34.2	48.3	48.3	1.6

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

3.3.3. Barriers to vegetable consumption

Respondents who do not eat 5 serves of vegetables were asked separately to provide the main reason why they do not consume the recommended amount.

While a range of reasons were provided for not having met either requirement, the two main themes that emerged amongst those who provided a response as to why they have not met vegetable consumption guidelines were a lack of time (30.1%) and personal preference (26.5%). Other relatively common barriers to increasing serves of vegetables were cost (14.1%), diet or health restrictions (13.9%), and a lack of awareness of, or agreement with, the guidelines (12.7%).

Full data from comparable demographic and health subgroups is available in Tables 3.3.3.1, 3.3.3.2, 3.3.3.3, and 3.3.3.4.

Table 3.3.3.1 Barriers to meeting vegetable guidelines by selected demographic characteristics

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	9,722	26.5	30.1	14.1	13.9	12.7	2.8	2.4	3.5	2.7
Gender and age										
Males	3,973	30.6	28.7	11.8	10.2	13.4	2.7	2.0	4.1	3.2
Females	5,676	22.8	32.3	16.1	17.2	11.9	3.0	2.7	2.9	2.4
Males, 18 to 34	723	36.5	35.2	13.9	5.6	7.0	1.8	0.7	3.9	2.4
Males, 35 to 49	828	30.0	39.5	14.5	7.5	10.2	2.8	1.4	2.7	2.0
Males, 50 to 69	1,567	29.1	25.3	10.4	10.8	15.2	2.7	3.1	4.8	4.0
Males, 70+	855	26.0	9.7	7.2	20.2	24.1	3.8	2.6	4.9	4.3
Females, 18 to 34	1,188	26.3	40.4	21.7	11.9	7.1	2.9	2.6	2.4	1.7
Females, 35 to 49	1,371	23.1	41.4	17.5	14.5	8.8	3.1	1.3	2.4	2.3
Females, 50 to 69	2,176	21.9	27.4	13.1	19.4	13.0	3.1	3.6	3.1	2.7
Females, 70+	941	17.4	10.0	9.3	28.0	25.6	2.7	3.0	4.8	3.0
LGA										
Greater Bendigo	5,246	27.0	32.2	14.7	13.9	11.8	1.9	2.3	3.2	2.6
Macedon Ranges Shire	1,347	26.7	34.3	11.0	12.2	12.1	4.0	1.3	3.8	3.8
Shire of Campaspe	1,302	24.8	28.7	14.8	14.9	12.2	2.9	2.8	3.3	3.0
Mount Alexander Shire	971	27.4	27.8	9.9	16.9	16.7	1.9	2.5	4.4	2.5
Central Goldfields Shire	511	25.1	22.4	19.9	11.4	17.1	3.2	4.1	3.4	1.8
Loddon Shire	315	28.6	15.9	18.2	13.8	12.6	11.0	2.8	4.3	1.0

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.3.3.2 Barriers to meeting vegetable guidelines by further demographic indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	9,722	26.5	30.1	14.1	13.9	12.7	2.8	2.4	3.5	2.7
Demographic indicators										
Born in Australia	8,541	26.6	31.3	14.2	13.9	12.3	2.6	2.4	3.4	2.7
Born overseas	1,068	26.1	24.6	13.4	14.4	15.5	4.3	1.8	4.2	3.0
Speaks English as main language	9,436	26.2	30.8	14.1	14.0	12.8	2.8	2.4	3.4	2.7
Speaks other main language	140	42.3	15.2	11.2	10.0	7.6	7.7	0.0	3.4	4.5
Aboriginal and/or Torres Strait Islander	102	21.1	27.7	27.2	16.3	8.2	3.3	2.0	1.4	1.4
Not Aboriginal or Torres Strait Islander	9,510	26.7	30.7	13.9	13.9	12.7	2.8	2.4	3.5	2.7
Identifies as LGBTQIA+	350	24.0	34.1	21.0	16.8	9.0	3.5	3.3	4.8	1.2
Non-LGBTQIA+	8,711	27.1	31.5	13.5	13.5	12.4	2.8	2.3	3.2	2.8
Holds a Bachelor degree or higher	3,983	27.5	36.1	9.7	15.2	12.1	3.3	1.9	3.2	2.2
Less than Bachelor level education	5,161	26.6	29.9	15.1	13.3	12.4	2.7	2.4	3.5	2.7
Just getting along, poor or very poor	3,049	21.5	28.7	27.2	12.6	10.1	3.1	3.3	3.7	1.9
Reasonably comfortable, very comfortable or prosperous	6,589	29.3	31.6	6.9	14.6	13.9	2.7	1.9	3.4	3.2

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.3.3.3 Barriers to meeting vegetable guidelines by selected health indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	9,722	26.5	30.1	14.1	13.9	12.7	2.8	2.4	3.5	2.7
Health and wellbeing indicators										
Self-reported health - Fair or poor	2,048	22.9	26.9	23.0	16.9	8.8	4.0	3.7	4.2	1.8
Self-reported health - Good, very good, or excellent	7,625	27.5	31.6	11.6	13.0	13.8	2.5	2.0	3.3	3.0
Life satisfaction - Low (0 to 4 out of 10)	901	20.1	31.0	31.9	15.2	5.1	3.2	4.9	3.4	1.2
Life satisfaction - Medium to very high (5+ out of 10)	8,708	27.2	30.6	12.0	13.8	13.6	2.8	2.1	3.4	2.9
Does not feel valued by society	2,153	24.6	26.6	24.8	14.3	9.1	3.4	3.4	3.8	1.8
Sometimes feel valued by society	4,472	26.9	33.7	13.1	12.8	12.1	2.8	2.2	3.0	3.0
Definitely feel valued by society	2,980	27.6	28.8	6.1	15.3	16.8	2.4	1.8	3.8	3.2
Overweight or obese (BMI ≥25.0)	5,766	27.0	31.4	15.2	12.2	11.8	2.8	2.5	3.6	2.9
Normal range or underweight (BMI <25.0)	3,484	25.8	30.0	11.2	17.5	14.0	2.7	2.0	3.1	2.2
Meets fruit intake guidelines	4,089	25.7	29.1	10.9	14.2	16.0	3.1	1.9	3.5	2.9
Does not meet fruit intake guidelines	5,476	26.8	31.6	16.0	13.8	10.6	2.7	2.6	3.3	2.7
Meets physical activity guidelines	5,405	25.3	32.2	12.3	14.3	14.1	2.8	1.7	3.3	2.8
Does not meet physical activity guidelines / sedentary	4,045	27.9	29.1	16.4	13.1	10.8	2.9	3.2	3.5	2.8

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

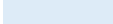
 Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)
 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.3.3.4 Barriers to vegetable guidelines by further health indicators

	Unweighted base	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	9,722	26.5	30.1	14.1	13.9	12.7	2.8	2.4	3.5	2.7
Health and wellbeing indicators										
Current smoker	958	23.4	32.3	23.2	10.8	8.2	2.6	3.6	3.2	1.8
Ex-smoker	3,524	26.5	30.5	11.9	15.0	13.0	2.8	2.1	3.6	3.4
Never smoked	5,115	27.3	30.3	13.4	13.7	13.2	2.9	2.2	3.5	2.5
Drinks alcohol every day	866	30.4	27.7	9.9	10.5	14.8	3.0	2.5	5.0	3.2
Drinks alcohol less often than daily	6,938	26.5	33.2	13.3	13.0	12.5	2.7	2.2	3.3	2.6
Does not drink alcohol	1,771	24.9	21.7	19.1	18.4	11.8	3.4	3.1	3.4	3.2
Had more than 4 standard drinks on a single occasion	5,091	28.0	35.1	13.3	10.8	11.4	2.8	2.0	3.3	2.7
Has not had more than 4 standard drinks	4,186	24.6	24.6	15.0	17.9	14.3	3.0	3.1	3.7	2.8
Drinks sugar-sweetened beverages daily	1,258	30.9	32.4	17.3	9.8	7.2	2.6	2.4	3.5	3.4
Drinks sugar-sweetened beverages less than daily	8,400	25.7	30.2	13.6	14.6	13.8	2.8	2.4	3.5	2.6
Meets water consumption guidelines	1,719	25.9	33.0	14.3	13.2	13.3	3.1	1.5	4.2	2.6
Does not meet water guidelines	7,860	26.7	30.1	14.1	14.0	12.5	2.7	2.6	3.3	2.8
Ran out of food and could not afford more	827	14.9	26.2	48.8	8.9	5.8	3.4	2.3	3.3	0.7
Have not run out of food	8,353	28.4	31.3	9.4	14.5	13.5	2.5	2.3	3.5	2.9
Requires help with daily activities	830	19.2	16.6	24.4	22.6	13.7	3.6	3.7	4.0	1.4
Does not require help	8,671	27.2	32.0	13.0	13.0	12.7	2.7	2.2	3.5	2.9

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

 Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

3.3.4. Barriers to fruit consumption

Respondents who do not consume 2 serves of fruit per day were asked separately to provide the main reason why they do not consume the recommended amount.

The two main themes that emerged amongst those who provided a response as to why they have not met fruit consumption guidelines were personal preference / habit (38.4%) and a lack of time (16.7%). Other relatively common barriers to increasing serves of vegetables were cost (14.9%), diet or health restrictions (14.3%), and a lack of awareness of, or agreement with, the guidelines (8.5%).

Full data from comparable demographic and health subgroups is available in Tables 3.3.4.1, 3.3.4.2, 3.3.4.3, and 3.3.4.4.

Solutions aimed at addressing the main barriers of lack of time, affordability and desirability (personal preference) are therefore likely to be the most effective in increasing vegetable and fruit consumption. While this research did not look specifically at how these barriers could be overcome, this is an area which would merit further investigation. Improving the accessibility of fruit and vegetables is another important consideration, given respondents from less financially secure households were less likely to meet the guidelines and that cost is a stated barrier to eating the required daily serves of vegetables and fruit.

Table 3.3.4.1 Barriers to meeting fruit guidelines by selected demographic characteristics

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	6,052	38.4	16.7	14.9	14.3	8.5	5.3	1.4	4.2	3.6
Gender and age										
Males	2,526	39.9	17.9	12.4	10.7	9.5	4.8	1.2	4.0	4.5
Females	3,475	37.0	15.6	17.3	17.7	7.3	5.8	1.7	4.4	2.7
Males, 18 to 34	493	41.4	20.7	14.4	10.6	6.6	2.8	1.3	4.3	2.9
Males, 35 to 49	542	40.4	23.7	15.0	9.6	5.6	4.9	1.2	2.3	3.8
Males, 50 to 69	990	42.7	16.2	10.1	9.9	9.8	5.9	1.3	3.7	4.9
Males, 70+	501	29.6	6.9	9.7	14.8	20.3	5.7	0.8	6.8	7.5
Females, 18 to 34	771	36.0	21.3	20.7	14.8	5.1	5.7	2.9	4.1	1.7
Females, 35 to 49	960	40.3	18.5	18.4	16.2	5.1	5.9	1.6	3.8	2.6
Females, 50 to 69	1,317	36.9	11.5	14.8	20.5	7.3	6.1	1.0	4.3	3.5
Females, 70+	427	30.1	5.1	13.3	20.4	20.5	4.5	1.2	7.2	3.0
LGA										
Greater Bendigo	3,240	36.9	17.6	15.7	14.7	8.8	4.6	2.1	4.1	3.3
Macedon Ranges Shire	842	39.8	18.1	11.2	14.3	9.1	5.5	0.9	4.5	5.1
Shire of Campaspe	827	41.1	15.2	15.1	12.4	7.3	4.8	0.5	4.3	3.8
Mount Alexander Shire	555	39.9	16.1	11.7	17.4	6.7	6.7	1.2	3.8	4.4
Central Goldfields Shire	347	38.5	14.5	20.2	12.1	10.1	4.5	1.8	4.2	1.0
Loddon Shire	221	35.8	8.9	19.1	14.4	8.9	14.5	0.2	2.5	2.3

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.3.4.2 Barriers to meeting fruit guidelines by further demographic indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	6,052	38.4	16.7	14.9	14.3	8.5	5.3	1.4	4.2	3.6
Demographic indicators										
Born in Australia	5,354	38.8	17.0	14.6	14.0	8.5	5.1	1.5	4.2	3.4
Born overseas	633	35.6	13.9	17.1	16.4	8.2	6.4	0.8	4.6	4.7
Speaks English as main language	5,886	38.4	16.8	14.7	14.3	8.5	5.4	1.5	4.2	3.5
Speaks other main language	73	29.1	8.9	20.8	19.0	8.2	3.3	0.0	5.3	5.4
Aboriginal and/or Torres Strait Islander	67	33.0	9.0	34.3	15.1	2.0	2.4	2.5	5.0	0.6
Not Aboriginal or Torres Strait Islander	5,927	38.5	16.8	14.6	14.3	8.5	5.4	1.4	4.2	3.6
Identifies as LGBTQIA+	216	33.0	15.2	23.8	18.9	4.8	5.2	3.1	7.8	1.4
Non-LGBTQIA+	5,465	39.1	17.2	14.2	14.3	8.1	5.3	1.4	3.8	3.7
Holds a Bachelor degree or higher	2,429	42.4	17.3	9.6	17.3	9.0	6.6	1.4	3.5	2.8
Less than Bachelor level education	3,279	37.8	17.0	16.1	13.3	8.1	5.0	1.5	4.5	3.6
Just getting along, poor or very poor	2,036	32.4	13.9	27.7	13.2	6.4	5.4	1.7	4.8	3.1
Reasonably comfortable, very comfortable or prosperous	3,966	42.1	18.6	6.9	14.9	9.8	5.2	1.3	3.7	3.9

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.3.4.3 Barriers to meeting fruit guidelines by selected health indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	6,052	38.4	16.7	14.9	14.3	8.5	5.3	1.4	4.2	3.6
Health and wellbeing indicators										
Self-reported health - Fair or poor	1,383	31.8	14.7	24.1	16.8	6.9	5.1	2.0	4.2	2.5
Self-reported health - Good, very good, or excellent	4,643	40.3	17.4	12.1	13.5	9.0	5.4	1.3	4.2	3.9
Life satisfaction - Low (0 to 4 out of 10)	622	26.3	15.4	33.3	17.3	4.6	5.8	3.4	5.5	0.9
Life satisfaction - Medium to very high (5+ out of 10)	5,365	39.7	16.9	12.7	14.0	8.9	5.3	1.2	4.0	3.9
Does not feel valued by society	1,473	32.9	13.6	26.7	14.4	6.4	4.9	2.2	5.3	2.2
Sometimes feel valued by society	2,760	37.8	19.4	13.1	14.5	8.3	5.4	1.4	3.8	3.6
Definitely feel valued by society	1,762	44.7	15.0	6.1	13.9	11.0	5.4	0.8	3.6	5.0
Overweight or obese (BMI ≥25.0)	3,688	38.0	16.8	15.0	13.9	7.5	5.2	1.4	4.3	4.4
Normal range or underweight (BMI <25.0)	2,065	39.6	16.6	13.1	16.0	10.3	5.3	1.4	3.6	2.2
Meets fruit intake guidelines	543	42.9	8.1	6.5	25.8	11.6	6.5	1.1	2.5	3.2
Does not meet fruit intake guidelines	5,431	38.1	17.4	15.5	13.4	8.2	5.2	1.5	4.3	3.6
Meets physical activity guidelines	3,174	38.6	16.9	12.9	15.8	9.3	5.8	1.2	3.6	3.6
Does not meet physical activity guidelines / sedentary	2,734	37.8	16.5	17.0	13.0	7.5	4.8	1.7	4.9	3.7

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.3.4.4 Barriers to fruit guidelines by further health indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	6,052	38.4	16.7	14.9	14.3	8.5	5.3	1.4	4.2	3.6
Health and wellbeing indicators										
Current smoker	737	38.7	15.5	22.8	11.1	4.7	4.6	1.9	4.1	1.9
Ex-smoker	2,219	39.2	15.9	13.2	15.2	8.8	5.5	1.4	4.7	4.2
Never smoked	3,025	37.6	17.6	13.7	14.8	9.2	5.4	1.3	3.8	3.7
Drinks alcohol every day	613	43.5	16.8	9.8	9.6	9.9	5.2	1.7	4.6	4.8
Drinks alcohol less often than daily	4,324	38.7	18.2	13.8	14.3	8.5	5.3	1.2	4.0	3.4
Does not drink alcohol	1,027	34.5	10.2	21.9	17.3	7.2	5.3	2.3	4.4	3.7
Had more than 4 standard drinks on a single occasion	3,438	40.4	19.1	13.1	12.6	8.1	5.4	1.3	3.9	3.7
Has not had more than 4 standard drinks	2,369	35.9	12.8	17.1	17.1	9.1	5.5	1.7	4.6	3.6
Drinks sugar-sweetened beverages daily	1,118	38.1	15.3	12.4	20.8	7.8	5.8	1.9	3.3	2.9
Drinks sugar-sweetened beverages less than daily	4,856	38.4	17.0	15.6	12.7	8.7	5.2	1.4	4.4	3.6
Meets water consumption guidelines	901	38.3	18.7	19.9	9.0	5.3	3.8	2.2	4.8	3.6
Does not meet water guidelines	5,124	38.3	16.3	13.8	15.4	9.2	5.6	1.3	4.1	3.6
Ran out of food and could not afford more	603	22.7	12.5	47.6	9.3	3.7	6.0	2.0	5.5	0.8
Have not run out of food	5,107	41.1	17.4	10.1	14.9	9.2	5.1	1.4	3.8	4.0
Requires help with daily activities	536	24.7	8.6	28.6	18.5	11.3	6.4	2.6	4.5	2.1
Does not require help	5,391	40.0	17.4	13.4	13.7	8.3	5.2	1.3	4.2	3.7

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

3.3.5. Water consumption

According to the 2013 Australian Dietary Guidelines prepared by the National Health and Medical Research Council, the recommended daily intake of water varies dependent upon a range of individual factors such as diet and physical activity.^b For the purpose of reporting, we have assumed that water consumption requirements have been met if individuals drink at least two litres (8 cups) of water daily.

Overall, respondents reported drinking an average of 4.9 cups of water per day, below the recommended amount. For both males and females, water consumption was considerably lower amongst older residents, with 94.1% and 92.3% respectively not meeting water requirements if aged over 70 years. Younger respondents were comparatively more likely to meet requirements with the proportion not meeting requirements being lowest for males aged 18 to 34 years (68.9%) and females aged 18 to 34 years (69.3%).

Across the LGAs, residents of Central Goldfields Shire and Mount Alexander Shire were more likely to not have met the requirements (82.4% and 82.0% respectively) when compared to residents of the City of Greater Bendigo (78.0%).

Respondents were also less likely to have consumed the required amount of water each day if they were born overseas (83.9% had not met requirements, compared to 78.7% of those born in Australia) or if they require help with daily activities (84.8%, compared to 78.8% of those who do not require help).

Those who rate their health as 'fair' or 'poor' were more likely to indicate that they do not meet water consumption requirements (83.5%) than those who consider themselves as being in 'good', 'very good' or 'excellent' health (78.3%). Residents were also less likely to meet water consumption requirements if they had not met fruit and vegetable intake guidelines, alcohol consumption guidelines, or physical health guidelines. Refer to Table 3.3.5.2 for details.

^b www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55a_australian_dietary_guidelines_summary_book.pdf

Table 3.3.5.1 Water consumption by selected demographic characteristics

	Unweighted base ¹	Meets water requirements	Does not meet requirements	Average daily cups*
	n	%	%	#
Total sample	18,991	20.7	79.3	4.9
Gender and age				
Males	8,022	20.4	79.6	4.9
Females	10,838	21.0	79.0	5.0
Males, 18 to 34	1,338	31.1	68.9	6.0
Males, 35 to 49	1,614	28.2	71.8	5.5
Males, 50 to 69	3,190	15.4	84.6	4.4
Males, 70+	1,880	5.9	94.1	3.5
Females, 18 to 34	1,977	30.7	69.3	5.9
Females, 35 to 49	2,409	25.6	74.4	5.4
Females, 50 to 69	4,368	17.1	82.9	4.7
Females, 70+	2,084	7.8	92.3	3.9
LGA				
City of Greater Bendigo	10,048	22.0	78.0	5.1
Macedon Ranges Shire	2,814	19.5	80.5	4.9
Shire of Campaspe	2,596	20.9	79.1	4.8
Mount Alexander Shire	1,903	18.0	82.0	4.8
Central Goldfields Shire	965	17.6	82.4	4.5
Loddon Shire	606	21.4	78.6	4.9
Demographic indicators				
Born in Australia	16,684	21.3	78.7	5.0
Born overseas	2,059	16.1	83.9	4.5
Speaks English as main language	18,432	20.8	79.2	4.9
Speaks other main language	274	19.8	80.2	5.0
Aboriginal and/or Torres Strait Islander	178	17.9	82.1	4.9
Not Aboriginal or Torres Strait Islander	18,574	20.9	79.2	4.9
Identifies as LGBTQIA+	590	24.3	75.7	5.3
Non-LGBTQIA+	16,963	21.3	78.7	5.0
Holds a Bachelor degree or higher	7,723	24.8	75.2	5.4
Less than Bachelor level education	9,967	20.2	79.8	4.9
Just getting along, poor or very poor	5,246	19.4	80.6	4.7
Reasonably comfortable, very comfortable or prosperous	13,557	21.4	78.6	5.0

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.3.5.2 Water consumption by selected health characteristics

	Unweighted base ¹	Meets water requirements	Does not meet requirements	Average daily cups
	n	%	%	%
Total sample	18,991	20.7	79.3	4.9
Health and wellbeing indicators				
Self-reported health - Fair or poor	3,369	16.5	83.5	4.4
Self-reported health - Good, very good, or excellent	15,511	21.7	78.3	5.1
Life satisfaction - Low (0 to 4 out of 10)	1,371	19.5	80.5	4.6
Life satisfaction - Medium to very high (5+ out of 10)	17,361	20.8	79.2	5.0
Does not feel valued by society	3,445	20.4	79.6	4.8
Sometimes feel valued by society	8,602	19.7	80.3	4.9
Definitely feel valued by society	6,642	22.3	77.7	5.1
Overweight or obese (BMI ≥25.0)	10,951	20.4	79.6	4.9
Normal range or underweight (BMI <25.0)	6,939	21.7	78.3	5.1
Meets fruit intake guidelines	9,582	24.3	75.7	5.4
Does not meet fruit intake guidelines	9,097	17.6	82.4	4.5
Meets vegetable intake guidelines	2,984	28.7	71.3	5.7
Does not meet vegetable intake guidelines	15,748	19.5	80.5	4.8
Meets physical activity guidelines	10,902	24.4	75.7	5.3
Does not meet physical activity guidelines / sedentary	7,439	16.4	83.7	4.4
Current smoker	1,554	20.9	79.1	4.7
Ex-smoker	6,853	20.8	79.2	4.9
Never smoked	10,323	20.7	79.4	5.0
Drinks alcohol every day	1,648	14.7	85.3	4.1
Drinks alcohol less often than daily	13,532	21.8	78.2	5.1
Does not drink alcohol	3,499	19.3	80.7	4.8
Had more than 4 standard drinks on a single occasion	9,709	22.6	77.4	5.1
Has not had more than 4 standard drinks	8,403	18.2	81.8	4.7
Drinks sugar-sweetened beverages daily	2,135	14.5	85.6	4.1
Drinks sugar-sweetened beverages less than daily	16,726	21.8	78.2	5.1
Ran out of food and could not afford more	1,203	24.6	75.4	5.0
Have not run out of food	16,621	20.4	79.6	4.9
Requires help with daily activities	1,484	15.2	84.8	4.3
Does not require help	17,002	21.2	78.8	5.0

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

3.4. Health risk behaviours

3.4.1. Sugar-sweetened beverage consumption

According to the Australian Bureau of Statistics' 2017-18 National Health Survey (NHS), 36.1% of Victorian adults consume sugar-sweetened drinks (soft drink, cordials, sports drinks or caffeinated energy drinks) at least once per week. This proportion was higher amongst Victorian men (44.9%) than women (27.6%). The NHS reported that a higher proportion of adults living in Outer Regional and Remote Australia consume sugar sweetened drinks on a daily basis.^c The 2014 Victorian Population Health Survey found that 11.2% of people consume sugar-sweetened drinks daily, with this figure over double for men (15.3%) compared to women (7.2%).

Overall, 14.0% of respondents from the Loddon Campaspe region reported that they drink sugar-sweetened beverages daily. Consistent with the VPHS, this proportion was found to be higher amongst males (17.5%) than females (10.7%). Consumption was especially high amongst young males aged 18 to 34 years and 35 to 49 years, with 21.3% reporting that they drink sugar-sweetened beverages daily.

Across the local government areas, the proportion of respondents consuming sugar-sweetened beverages on a daily basis was higher amongst residents of Central Goldfields (16.3%), Campaspe (15.5%) and Greater Bendigo (15.3%), when compared to Mount Alexander (10.5%) and Macedon Ranges residents (10.3%).

There were a number of health characteristics that corresponded with higher daily rates of sugar-sweetened beverage consumption. When considering strategies to reduce the intake of sugar-sweetened beverages, reaching the following groups who recorded higher levels of daily intake should be prioritised:

- Current smokers (26.8%, compared to 12.7% of ex-smokers and 12.4% of those who have never smoked)
- Households that have experienced food insecurity (25.4%, compared to 13.0% of people who have not run out of food and been unable to buy more in the past 12 months)
- People whose BMI puts them in the overweight or obese range (15.6%, compared to 10.4% who are in the normal range or underweight)

^c <https://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.001~2017-18~Main%20Features~Sugar%20sweetened%20and%20diet%20drink%20consumption~110>

Table 3.4.1.1 Frequency of sugar-sweetened beverage consumption by selected demographic characteristics

	Unweighted base ¹ n	Daily %	Weekly %	Monthly or less often %	Never %
Total sample	19,248	14.0	29.4	34.1	22.5
Gender and age					
Males	8,132	17.5	33.6	31.2	17.7
Females	10,975	10.7	25.3	36.9	27.1
Males, 18 to 34	1,349	21.3	46.8	24.9	7.0
Males, 35 to 49	1,624	21.3	36.5	31.6	10.6
Males, 50 to 69	3,254	15.6	29.0	33.7	21.7
Males, 70+	1,905	11.4	22.0	33.5	33.1
Females, 18 to 34	1,999	13.3	39.1	35.3	12.3
Females, 35 to 49	2,439	13.4	27.5	39.8	19.3
Females, 50 to 69	4,410	8.8	19.6	36.8	34.8
Females, 70+	2,127	6.3	13.6	35.2	44.8
LGA					
City of Greater Bendigo	10,185	15.3	31.1	33.3	20.2
Macedon Ranges Shire	2,839	10.3	25.4	38.4	25.9
Shire of Campaspe	2,630	15.5	31.4	33.3	19.8
Mount Alexander Shire	1,923	10.5	21.7	35.1	32.7
Central Goldfields Shire	983	16.3	31.2	29.8	22.6
Loddon Shire	626	14.8	33.7	31.1	20.4
Demographic indicators					
Born in Australia	16,903	14.5	30.6	33.9	21.0
Born overseas	2,088	10.3	20.7	35.9	33.1
Speaks English as main language	18,669	14.1	29.5	34.0	22.4
Speaks other main language	283	7.6	19.8	43.7	29.0
Aboriginal and/or Torres Strait Islander	187	21.0	29.9	29.3	19.7
Not Aboriginal or Torres Strait Islander	18,811	13.9	29.4	34.3	22.5
Identifies as LGBTQIA+	604	17.0	27.6	32.4	22.9
Non-LGBTQIA+	17,148	13.8	29.8	34.5	22.0
Holds a Bachelor degree or higher	7,770	7.8	25.1	41.0	26.2
Less than Bachelor level education	10,124	15.6	30.8	32.4	21.2
Just getting along, poor or very poor	5,324	18.5	30.3	30.6	20.6
Reasonably comfortable, very comfortable or prosperous	13,717	11.9	28.9	35.8	23.4

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)
 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.4.1.2 Frequency of sugar-sweetened beverage consumption by selected health characteristics

	Unweighted base ¹ n	Daily %	Weekly %	Monthly or less often %	Never %
Total sample	19,248	14.0	29.4	34.1	22.5
Health and wellbeing indicators					
Self-reported health - Fair or poor	3,433	20.0	29.4	29.6	21.1
Self-reported health - Good, very good, or excellent	15,701	12.6	29.4	35.2	22.8
Life satisfaction - Low (0 to 4 out of 10)	1,408	22.1	27.3	30.3	20.4
Life satisfaction - Medium to very high (5+ out of 10)	17,558	13.2	29.6	34.5	22.7
Does not feel valued by society	3,508	18.7	29.7	29.7	21.9
Sometimes feel valued by society	8,733	14.6	30.8	34.9	19.8
Definitely feel valued by society	6,687	10.0	27.1	36.1	26.8
Overweight or obese (BMI ≥25.0)	11,053	15.6	31.4	33.2	19.8
Normal range or underweight (BMI <25.0)	7,016	10.4	25.9	36.4	27.3
Meets fruit intake guidelines	9,665	9.6	26.8	37.3	26.2
Does not meet fruit intake guidelines	9,180	17.7	31.8	31.4	19.1
Meets vegetable intake guidelines	2,995	6.7	19.5	37.1	36.8
Does not meet vegetable intake guidelines	15,909	14.9	30.9	33.8	20.4
Meets physical activity guidelines	10,973	10.4	30.0	36.3	23.3
Does not meet physical activity guidelines / sedentary	7,541	18.2	28.9	31.6	21.4
Current smoker	1,594	26.8	35.9	25.0	12.4
Ex-smoker	6,934	12.7	27.8	35.7	23.9
Never smoked	10,445	12.4	29.4	34.8	23.4
Drinks alcohol every day	1,663	16.8	22.7	30.9	29.6
Drinks alcohol less often than daily	13,674	12.9	31.9	35.8	19.4
Does not drink alcohol	3,583	17.1	22.7	29.4	30.8
Had more than 4 standard drinks on a single occasion	9,811	14.6	34.1	34.6	16.7
Has not had more than 4 standard drinks	8,519	12.9	23.2	34.1	29.9
Meets water consumption guidelines	3,707	9.6	29.6	37.5	23.3
Does not meet water guidelines	15,154	14.9	29.4	33.3	22.3
Ran out of food and could not afford more	1,234	25.4	31.2	27.4	16.0
Have not run out of food	16,829	13.0	29.0	35.0	23.0
Requires help with daily activities	1,527	18.6	26.6	28.0	26.8
Does not require help	17,205	13.6	29.6	34.7	22.1

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

3.4.2. Smoking

Respondents aged 18 years and over were asked to indicate their current smoking status using the following response options: smoking 'daily', 'occasionally', 'not currently smoking but used to', 'tried a few times but never smoked regularly', or 'never smoked'. As per benchmarks used in the 2017-18 National Health Survey (NHS) and the 2016 Victorian Population Health Study (VPHS), current smokers included those who reported that they smoke daily or occasionally, while ex-smokers includes those who used to smoke but do not currently or have tried a few times, as distinct to those who have never smoked.

Compared to the 2016 VPHS, which gave the proportion of current smokers as 16.7%, the proportion of current smokers in the Loddon Campaspe region was lower at 10.6%. Males were more likely to be current smokers than females (12.1% compared to 9.1%), and smoking rates were lower amongst people in older age groups. Most notably, current smoking rates were higher for males aged 18 to 34 (15.5%), 35 to 49 (15.8%), and 50 to 69 (11.9%), compared to those aged over 70 years (3.2%).

Across the LGAs, current smoking rates were lower amongst residents of Macedon Ranges Shire (7.8%) than those from Central Goldfields Shire (13.8%), Loddon Shire (12.9%), Shire of Campaspe (12.2%), and City of Greater Bendigo (10.7%).

Current smoking participation rates were noticeably higher amongst members of marginalised population groups. In particular, respondents who identified as Aboriginal and/or Torres Strait Islander were more likely than respondents that didn't to be current smokers (24.5%, compared to 10.4%) as were those who identify as LGBTQIA+, when compared to those who do not (19.6%, compared to 10.1%).

Smoking rates were higher amongst residents of households who have run out of food at some stage in the past 12 months (27.8%, compared to 9.0% of those who have not experienced food insecurity) and those who reported lower levels of life satisfaction (19.5%, compared to 9.7% of those with medium to very high life satisfaction).

While smoking rates were higher amongst respondents who do not meet a range of health guidelines, smoking rates were particularly high amongst people who drink alcohol every day (19.3%) when compared to those who drink less often (10.2%) or do not drink (8.2%). Respondents who have consumed more than 4 standard drinks on a single occasion in the past 12 months were also more likely to be current smokers (13.9%) than those who have not (6.1%). Strategies aimed at reducing smoking rates should therefore be considered in conjunction with strategies aimed at addressing other health risks.

Table 3.4.2.1 Smoking status by selected demographic characteristics

	Unweighted base ¹ n	Current smoker %	Ex-smoker %	Never smoked %
Total sample	19,216	10.6	36.3	53.2
Gender and age				
Males	8,173	12.1	38.3	49.6
Females	10,903	9.1	34.4	56.5
Males, 18 to 34	1,351	15.5	23.7	60.9
Males, 35 to 49	1,645	15.8	33.4	50.9
Males, 50 to 69	3,259	11.9	44.3	43.7
Males, 70+	1,918	3.2	51.6	45.1
Females, 18 to 34	1,983	9.8	25.2	64.9
Females, 35 to 49	2,415	11.3	38.2	50.5
Females, 50 to 69	4,388	9.7	40.0	50.3
Females, 70+	2,117	2.7	29.3	67.9
LGA				
City of Greater Bendigo	10,177	10.7	34.5	54.8
Macedon Ranges Shire	2,819	7.8	38.1	54.1
Shire of Campaspe	2,636	12.2	35.9	51.8
Mount Alexander Shire	1,918	9.0	42.6	48.3
Central Goldfields Shire	973	13.8	36.6	49.6
Loddon Shire	628	12.9	36.3	50.8
Demographic indicators				
Born in Australia	16,872	10.9	35.7	53.4
Born overseas	2,084	8.5	40.3	51.2
Speaks English as main language	18,627	10.7	36.6	52.8
Speaks other main language	282	5.9	22.4	71.7
Aboriginal and/or Torres Strait Islander	183	24.5	30.4	45.2
Not Aboriginal or Torres Strait Islander	18,774	10.4	36.4	53.2
Identifies as LGBTQIA+	596	19.6	39.1	41.3
Non-LGBTQIA+	17,111	10.1	36.2	53.7
Holds a Bachelor degree or higher	7,749	5.2	32.7	62.1
Less than Bachelor level education	10,107	11.9	37.4	50.8
Just getting along, poor or very poor	5,333	16.8	36.8	46.4
Reasonably comfortable, very comfortable or prosperous	13,678	7.6	36.0	56.4

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.4.2.2 Smoking status by selected health characteristics

	Unweighted base ¹ n	Current smoker %	Ex- smoker %	Never smoked %
Total sample	19,216	10.6	36.3	53.2
Health and wellbeing indicators				
Self-reported health - Fair or poor	3,414	16.7	40.2	43.1
Self-reported health - Good, very good, or excellent	15,628	9.1	35.4	55.5
Life satisfaction - Low (0 to 4 out of 10)	1,395	19.5	39.3	41.2
Life satisfaction - Medium to very high (5+ out of 10)	17,475	9.7	36.1	54.2
Does not feel valued by society	3,483	16.2	36.8	47.0
Sometimes feel valued by society	8,686	10.5	36.4	53.1
Definitely feel valued by society	6,662	6.7	35.9	57.4
Overweight or obese (BMI ≥25.0)	11,016	10.3	39.6	50.1
Normal range or underweight (BMI <25.0)	6,983	10.8	31.4	57.8
Meets fruit intake guidelines	9,617	6.5	36.6	56.9
Does not meet fruit intake guidelines	9,116	13.9	36.1	50.0
Meets vegetable intake guidelines	2,982	5.1	38.2	56.8
Does not meet vegetable intake guidelines	15,808	11.2	36.1	52.7
Meets physical activity guidelines	11,022	8.4	36.7	54.9
Does not meet physical activity guidelines / sedentary	7,482	13.4	36.0	50.7
Drinks alcohol every day	1,691	19.3	52.6	28.1
Drinks alcohol less often than daily	13,754	10.2	37.3	52.5
Does not drink alcohol	3,643	8.2	24.8	67.0
Had more than 4 standard drinks on a single occasion	9,871	13.9	41.7	44.5
Has not had more than 4 standard drinks	8,610	6.1	28.0	65.9
Drinks sugar-sweetened beverages daily	2,175	20.2	32.7	47.1
Drinks sugar-sweetened beverages less than daily	16,798	9.0	36.9	54.1
Meets water consumption guidelines	3,679	10.5	36.5	53.0
Does not meet water guidelines	15,051	10.4	36.3	53.3
Ran out of food and could not afford more	1,225	27.8	34.1	38.1
Have not run out of food	16,788	9.0	36.4	54.6
Requires help with daily activities	1,532	15.3	39.1	45.6
Does not require help	17,156	10.2	36.2	53.7

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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3.4.3. Alcohol consumption

There are two available benchmarks related to alcohol consumption that were considered for inclusion in the 2019 ALC: potential for lifetime harm from drinking and potential for harm on a single occasion.

Unfortunately, restrictions associated with survey length meant that there was only space for two questions related to alcohol consumption, allowing for collection of information for one of the benchmarks. Section 3.4.4 presents a comparison to the benchmark question measuring the risk of harm associated with drinking more than four standard drinks on a single occasion in the past 12 months.

Prior to collecting the information related to excessive drinking behaviour, an overarching question was asked to measure the frequency of alcohol consumption amongst respondents. The results of this data are presented in Tables 3.4.3.1 and 3.4.3.2.

Overall, 8.5% of respondents reported that they drank alcohol every day in the past year. Males were more likely than females to report daily drinking (12.2% compared to 4.9%) and this proportion increased with the age of respondents. For example, the daily drinking rate amongst males aged 18 to 34 years was 4.2% compared to 8.9% of those aged 35 to 49, 16.2% of those aged 50 to 69 years and 18.8% of those aged 70 years and over. The latter figure is similar to that recorded amongst males aged 70 years and over (17.4%) in the 2014 ALC (City of Greater Bendigo residents only) suggesting this rate has not decreased over the last five years for older males.

Across the LGAs, those who reside in Loddon Shire (11.4%), Shire of Campaspe (10.7%), Central Goldfields Shire (10.3%), and Mount Alexander Shire (9.8%) were more likely to drink alcohol daily than residents of City of Greater Bendigo (7.5%).

Daily alcohol consumption was not always correlated with not meeting health guidelines or lower ratings on wellbeing indicators. However, current smokers (15.5%) and ex-smokers (12.4%) were more likely to report that they drink daily than people who have never smoked (4.5%). This supports the finding that there is a link between smoking and alcohol consumption reported in Section 3.4.2.

Alcohol consumption was also correlated with rates of gambling. Respondents who gamble weekly were more likely to drink alcohol every day (19.2%) when compared to respondents who gamble monthly or less often (8.1%), or never (7.9%).

Table 3.4.3.1 Frequency of alcohol consumption by selected demographic characteristics

	Unweighted base ¹	Every day	Weekly	Monthly or less often	No longer drinks / Do not drink
	n	%	%	%	%
Total sample	19,152	8.5	38.4	34.1	19.0
Gender and age					
Males	8,142	12.2	45.7	27.8	14.3
Females	10,871	4.9	31.5	40.1	23.4
Males, 18 to 34	1,352	4.2	42.6	40.3	13.0
Males, 35 to 49	1,636	8.9	50.7	29.5	10.9
Males, 50 to 69	3,242	16.2	48.2	23.3	12.3
Males, 70+	1,912	18.8	37.9	18.6	24.7
Females, 18 to 34	1,980	1.1	22.4	57.1	19.4
Females, 35 to 49	2,410	4.0	37.2	40.6	18.3
Females, 50 to 69	4,378	6.5	36.7	34.6	22.3
Females, 70+	2,103	8.9	24.7	25.7	40.7
LGA					
City of Greater Bendigo	10,143	7.5	37.2	35.6	19.7
Macedon Ranges Shire	2,819	7.4	43.4	33.9	15.4
Shire of Campaspe	2,620	10.7	38.7	32.0	18.6
Mount Alexander Shire	1,917	9.8	43.1	28.6	18.5
Central Goldfields Shire	965	10.3	29.8	36.6	23.3
Loddon Shire	623	11.4	29.1	35.1	24.5
Demographic indicators					
Born in Australia	16,812	8.4	38.4	34.9	18.4
Born overseas	2,081	9.3	38.5	29.2	23.0
Speaks English as main language	18,565	8.5	38.8	34.2	18.5
Speaks other main language	276	5.7	17.4	30.4	46.6
Aboriginal and/or Torres Strait Islander	183	6.6	26.6	36.8	30.0
Not Aboriginal or Torres Strait Islander	18,714	8.5	38.6	34.2	18.7
Identifies as LGBTQIA+	596	7.5	34.6	37.6	20.3
Non-LGBTQIA+	17,062	8.1	39.3	34.7	17.9
Holds a Bachelor degree or higher	7,730	5.7	44.1	36.7	13.4
Less than Bachelor level education	10,078	9.0	37.5	34.1	19.4
Just getting along, poor or very poor	5,320	8.0	29.6	36.7	25.7
Reasonably comfortable, very comfortable or prosperous	13,633	8.7	42.6	33.0	15.7

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.4.3.2 Frequency of alcohol consumption by selected health characteristics

	Unweighted base ¹	Every day	Weekly	Monthly or less often	No longer drinks / Do not drink
	n	%	%	%	%
Total sample	19,152	8.5	38.4	34.1	19.0
Health and wellbeing indicators					
Self-reported health - Fair or poor	3,397	9.9	27.2	34.6	28.3
Self-reported health - Good, very good, or excellent	15,587	8.1	41.1	34.0	16.7
Life satisfaction - Low (0 to 4 out of 10)	1,392	9.9	25.2	36.9	28.0
Life satisfaction - Medium to very high (5+ out of 10)	17,426	8.3	39.7	33.9	18.1
Does not feel valued by society	3,474	9.2	29.2	37.6	24.0
Sometimes feel valued by society	8,672	8.0	39.0	35.7	17.3
Definitely feel valued by society	6,636	8.5	43.8	29.8	18.0
Overweight or obese (BMI ≥25.0)	10,986	9.3	38.5	34.2	18.1
Normal range or underweight (BMI <25.0)	6,966	7.2	39.9	33.8	19.0
Meets fruit intake guidelines	9,588	6.8	39.2	34.0	20.1
Does not meet fruit intake guidelines	9,093	9.9	38.2	34.4	17.6
Meets vegetable intake guidelines	2,972	7.0	36.0	35.1	22.0
Does not meet vegetable intake guidelines	15,766	8.7	39.1	34.1	18.1
Meets physical activity guidelines	11,000	7.3	42.0	35.3	15.5
Does not meet physical activity guidelines / sedentary	7,459	10.2	34.7	32.4	22.6
Current smoker	1,604	15.5	38.2	31.6	14.8
Ex-smoker	6,966	12.4	44.2	30.5	13.0
Never smoked	10,518	4.5	34.5	37.1	24.0
Had more than 4 standard drinks on a single occasion	9,861	12.8	53.8	33.0	0.3
Has not had more than 4 standard drinks	8,613	3.1	19.3	37.1	40.6
Drinks sugar-sweetened beverages daily	2,164	10.1	29.5	37.5	23.0
Drinks sugar-sweetened beverages less than daily	16,756	8.2	40.0	33.7	18.2
Meets water consumption guidelines	3,673	6.0	38.7	37.9	17.4
Does not meet water guidelines	15,006	9.1	38.7	33.2	19.0
Ran out of food and could not afford more	1,222	7.9	22.1	40.5	29.5
Have not run out of food	16,730	8.4	40.1	33.7	17.8
Requires help with daily activities	1,521	8.9	21.3	30.9	38.9
Does not require help	17,107	8.4	39.9	34.6	17.1

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

3.4.4. Risk of alcohol-related injury on a single occasion

The National Health and Medical Research Centre (NHMRC) uses a measure of excessive alcohol consumption to identify individuals who are at risk of alcohol-related injury on a single occasion. The risk associated with excessive drinking includes risk of death or injury due to road transport accidents, falls, drowning, assault, suicide and acute alcohol toxicity. People are classified as being at risk due to the acute effects of excess alcohol consumption if they have consumed more than four standard drinks on a single occasion in the past 12 months.^d To assess risk of harm in the 2019 ALC, respondents aged over 18 years who reported having an alcoholic drink in the last 12 months, were asked how often they have had consumed more than four standard drinks in a day. Respondents who reported having more than four standard drinks on a single occasion in the past 12 months were classified as being at risk according to NHMRC guidelines.

Overall, 58.1% of all respondents 18 years and over reported they had engaged in risky drinking behaviour in (at least) one sitting in the last 12 months, which is over the guideline for 'at risk' alcohol consumption. This compares to benchmarks of 41.8% for respondents to the 2017-18 National Health Survey and 41.5% for respondents of the 2016 Victorian Population Health Survey, respectively. Respondents from the Loddon Campaspe region therefore were more likely to engage in risky drinking behaviour than the benchmarks suggest for Victorian residents more broadly. The full results of the data regarding excessive drinking behaviour are presented in Tables 3.4.4.1 and 3.4.4.2.

Males were more likely than females to report engaging in risky drinking behaviour (69.2% compared to 47.7%). The proportion exceeding the guidelines was lower amongst both older males and females. Risky drinking was higher for males aged 18 to 34 (76.9%), 35 to 49 (77.0%) and 50 to 69 years (69.4%) than those aged 70 years and over (47.0%). Amongst females, the same trend was observed with rates being higher for those aged 18 to 34 (64.6%), 35 to 49 (58.0%) and 50 to 69 years (41.6%) than those aged 70 years and over (17.9%).

Across the LGAs, those who reside in the Shire of Campaspe (61.0%) and the City of Greater Bendigo (58.8%) were more likely to report risky drinking behaviour in the last 12 months than residents of Mount Alexander Shire (53.5%).

Other notable demographic differences included:

- Respondents born in Australia were more likely to report risky drinking than those born outside Australia (59.3%, compared to 49.4%)
- Respondents whose main language is English were more likely to report risky drinking than those who speak another language (58.6%, compared to 34.2%)
- Respondents from households described as 'reasonably comfortable', 'very comfortable' or 'prosperous' were more likely to report risky drinking than those who were 'just getting along', 'poor' or 'very poor' (60.5%, compared to 53.4%)

Excessive alcohol consumption was correlated with not meeting almost all health guidelines or lower ratings on wellbeing indicators with the exception of life satisfaction.

In particular, excessive drinking was highly correlated with smoking behaviour, with current smokers (75.9%) and ex-smokers (67.4%) were more likely to report risky drinking behaviour than people who have never smoked (48.3%). This again supports the finding that there is a link between smoking and alcohol consumption reported in Section 3.4.2.

^d <https://www.nhmrc.gov.au/health-advice/alcohol>

Table 3.4.4.1 Single occasion risk drinking by selected demographic characteristics

	Unweighted base ¹	Has had 4 or more drinks on a single occasion in last 12 months	Has not had 4 or more drinks in one sitting in last 12 months
	n	%	%
Total sample	18,541	58.1	41.9
Gender and age			
Males	7,838	69.2	30.8
Females	10,569	47.7	52.3
Males, 18 to 34	1,322	76.9	23.1
Males, 35 to 49	1,592	77.0	23.0
Males, 50 to 69	3,138	69.4	30.6
Males, 70+	1,786	47.0	53.0
Females, 18 to 34	1,928	64.6	35.4
Females, 35 to 49	2,360	58.0	42.0
Females, 50 to 69	4,266	41.6	58.4
Females, 70+	2,015	17.9	82.1
LGA			
City of Greater Bendigo	9,825	58.8	41.2
Macedon Ranges Shire	2,718	57.5	42.5
Shire of Campaspe	2,541	61.0	39.0
Mount Alexander Shire	1,856	53.5	46.5
Central Goldfields Shire	927	57.0	43.0
Loddon Shire	608	53.9	46.1
Demographic indicators			
Born in Australia	16,287	59.3	40.7
Born overseas	2,018	49.4	50.6
Speaks English as main language	17,980	58.6	41.4
Speaks other main language	271	34.2	65.8
Aboriginal and/or Torres Strait Islander	168	53.5	46.5
Not Aboriginal or Torres Strait Islander	18,138	58.3	41.7
Identifies as LGBTQIA+	573	61.6	38.4
Non-LGBTQIA+	16,559	59.1	40.9
Holds a Bachelor degree or higher	7,547	59.2	40.8
Less than Bachelor level education	9,729	59.0	41.0
Just getting along, poor or very poor	5,099	53.4	46.6
Reasonably comfortable, very comfortable or prosperous	13,254	60.5	39.6

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.4.4.2 Single occasion risk drinking by selected health characteristics

	Unweighted base ¹	Has had 4 or more drinks on a single occasion in last 12 months	Has not had 4 or more drinks in one sitting in last 12 months
	n	%	%
Total sample	18,541	58.1	41.9
Health and wellbeing indicators			
Self-reported health - Fair or poor	3,203	51.0	49.0
Self-reported health - Good, very good, or excellent	15,179	59.8	40.3
Life satisfaction - Low (0 to 4 out of 10)	1,324	55.4	44.6
Life satisfaction - Medium to very high (5+ out of 10)	16,912	58.4	41.6
Does not feel valued by society	3,330	54.4	45.6
Sometimes feel valued by society	8,399	61.0	39.0
Definitely feel valued by society	6,460	56.8	43.3
Overweight or obese (BMI ≥25.0)	10,657	60.6	39.4
Normal range or underweight (BMI <25.0)	6,762	55.2	44.8
Meets fruit intake guidelines	9,293	53.6	46.5
Does not meet fruit intake guidelines	8,812	62.3	37.7
Meets vegetable intake guidelines	2,879	47.9	52.2
Does not meet vegetable intake guidelines	15,281	59.8	40.2
Meets physical activity guidelines	10,729	60.8	39.2
Does not meet physical activity guidelines / sedentary	7,181	55.4	44.6
Current smoker	1,553	75.9	24.1
Ex-smoker	6,682	67.4	32.6
Never smoked	10,246	48.3	51.7
Drinks alcohol every day	1,677	85.1	14.9
Drinks alcohol less often than daily	13,613	68.1	31.9
Does not drink alcohol	3,184	1.2	98.8
Drinks sugar-sweetened beverages daily	2,071	61.3	38.7
Drinks sugar-sweetened beverages less than daily	16,259	57.7	42.3
Meets water consumption guidelines	3,566	63.4	36.6
Does not meet water guidelines	14,546	57.0	43.0
Ran out of food and could not afford more	1,164	56.4	43.6
Have not run out of food	16,243	58.5	41.5
Requires help with daily activities	1,415	35.7	64.3
Does not require help	16,627	60.1	39.9

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

3.4.5. Gambling

Questions related to gambling were introduced for respondents aged 18 years and over in the 2019 ALC as a first attempt to comprehensively measure the incidence and impact of gambling in the region. At the time of reporting, there were few publicly available benchmarks for gambling incidence in Victoria. To provide some context, the 2014 Victorian Prevalence Study by the Victorian Responsible Gambling Foundation (VRGF), found that 70.1% of Victorian adults gamble, most of whom (82.2%) show no signs of harm from their gambling.^e

The first gambling-related question in the 2019 ALC asked respondents how often, if at all, they had gambled in the last 12 months. Overall, 33.5% of ALC respondents reported having gambled at some time during the past 12 months. While this proportion is considerably lower than the VRGF benchmark, ALC results are based on a general question about gambling while the VRGF combines the responses of any participants who had engaged in a broad range of activities including (but not limited to) electronic gaming, Keno, scratchies and having purchased raffle tickets. For ALC participants, it is possible that activities such as purchasing raffle tickets were not included in their definition of 'gambling' when asking the question, therefore underrepresenting gambling rates when compared to the VRGF study.

Of the Loddon Campaspe residents who responded to the survey, 5.3% reported that they gamble every week. Males were more likely than females to report weekly gambling (8.1% compared to 2.6%), with the weekly gambling rates being higher for those aged 50 years and over. For example, amongst males, 5.5% of those aged 18 to 34 and 5.4% of those aged 35 to 49 reported weekly gambling, compared to 9.8% of those aged 50 to 69 and 11.7% of those aged 70 years and over.

Residents of Central Goldfields Shire more often reported weekly gambling (7.2%) than those from Macedon Ranges Shire (4.6%) or Mount Alexander Shire (4.1%). In fact, residents of Mount Alexander Shire were more likely to never gamble (77.6%) than those from other participating Council areas.

The proportion of respondents who were weekly gamblers was higher amongst those who drink alcohol daily (11.9%) compared to those who drink less often (4.9%) or who never drink (3.5%). Current smokers (7.6%) and ex-smokers (6.6%) were also more likely to gamble weekly than those who have never smoked (3.9%).

This link between health risks is evident across a range of measures suggesting strategies should not address issues in isolation.

^e <https://responsiblegambling.vic.gov.au/resources/publications/study-of-gambling-and-health-in-victoria-findings-from-the-victorian-prevalence-study-2014-72/>

Table 3.4.5.1 Gambling frequency by selected demographic characteristics

	Unweighted base ¹ n	Weekly %	Monthly or less often %	Never %
Total sample	18,971	5.3	28.2	66.5
Gender and age				
Males	8,077	8.1	30.8	61.1
Females	10,766	2.6	25.7	71.7
Males, 18 to 34	1,346	5.5	34.8	59.7
Males, 35 to 49	1,632	5.4	32.5	62.2
Males, 50 to 69	3,219	9.8	30.1	60.1
Males, 70+	1,880	11.7	24.9	63.5
Females, 18 to 34	1,972	0.5	24.6	75.0
Females, 35 to 49	2,404	2.1	24.9	73.0
Females, 50 to 69	4,334	3.5	27.9	68.6
Females, 70+	2,056	4.7	23.6	71.7
LGA				
City of Greater Bendigo	10,058	5.5	29.4	65.1
Macedon Ranges Shire	2,807	4.6	24.9	70.5
Shire of Campaspe	2,582	5.7	32.7	61.6
Mount Alexander Shire	1,893	4.1	18.4	77.6
Central Goldfields Shire	955	7.2	32.7	60.1
Loddon Shire	613	3.9	27.9	68.3
Demographic indicators				
Born in Australia	16,662	5.2	29.3	65.5
Born overseas	2,067	5.6	20.1	74.3
Speaks English as main language	18,403	5.3	28.5	66.2
Speaks other main language	276	3.7	14.0	82.3
Aboriginal and/or Torres Strait Islander	181	6.7	30.0	63.4
Not Aboriginal or Torres Strait Islander	18,554	5.3	28.2	66.6
Identifies as LGBTQIA+	594	3.4	26.3	70.2
Non-LGBTQIA+	16,948	5.2	28.2	66.7
Holds a Bachelor degree or higher	7,715	3.3	23.9	72.9
Less than Bachelor level education	9,968	5.7	29.6	64.7
Just getting along, poor or very poor	5,240	5.6	28.6	65.8
Reasonably comfortable, very comfortable or prosperous	13,529	5.2	28.2	66.7

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.4.5.2 Gambling frequency by selected health characteristics

	Unweighted base ¹ n	Weekly %	Monthly or less often %	Never %
Total sample	18,971	5.3	28.2	66.5
Health and wellbeing indicators				
Self-reported health - Fair or poor	3,326	6.7	29.7	63.6
Self-reported health - Good, very good, or excellent	15,477	4.9	28.0	67.1
Life satisfaction - Low (0 to 4 out of 10)	1,376	5.8	28.1	66.1
Life satisfaction - Medium to very high (5+ out of 10)	17,272	5.3	28.2	66.5
Does not feel valued by society	3,438	5.4	26.9	67.7
Sometimes feel valued by society	8,567	5.4	29.9	64.7
Definitely feel valued by society	6,602	4.8	26.8	68.4
Overweight or obese (BMI ≥25.0)	10,887	6.3	30.9	62.9
Normal range or underweight (BMI <25.0)	6,922	3.8	24.5	71.7
Meets fruit intake guidelines	9,515	5.1	25.0	69.9
Does not meet fruit intake guidelines	9,001	5.4	31.1	63.5
Meets vegetable intake guidelines	2,963	2.8	22.0	75.1
Does not meet vegetable intake guidelines	15,618	5.6	29.2	65.2
Meets physical activity guidelines	10,940	4.9	29.1	66.0
Does not meet physical activity guidelines / sedentary	7,358	6.0	27.4	66.7
Current smoker	1,582	7.6	36.9	55.5
Ex-smoker	6,911	6.6	31.6	61.8
Never smoked	10,410	3.9	24.4	71.8
Drinks alcohol every day	1,679	11.9	27.0	61.1
Drinks alcohol less often than daily	13,692	4.9	31.1	64.0
Does not drink alcohol	3,489	3.5	18.1	78.4
Had more than 4 standard drinks on a single occasion	9,837	6.7	34.5	58.9
Has not had more than 4 standard drinks	8,468	3.4	20.0	76.6
Drinks sugar-sweetened beverages daily	2,145	7.9	32.0	60.1
Drinks sugar-sweetened beverages less than daily	16,605	4.9	27.7	67.4
Meets water consumption guidelines	3,644	4.4	28.1	67.5
Does not meet water guidelines	14,877	5.5	28.4	66.1
Ran out of food and could not afford more	1,205	5.2	26.4	68.4
Have not run out of food	16,590	5.2	28.7	66.1
Requires help with daily activities	1,492	6.8	25.6	67.7
Does not require help	16,975	5.2	28.4	66.5

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

A follow-up question asked all respondents (not just those who have gambled in the last 12 months) if gambling had caused them any health problems, including stress or anxiety. The rationale behind asking the question of all respondents was that people can experience personal harm from their own gambling as well as from someone else's gambling. The 2014 Victorian Responsible Gambling Authority study found that 2.8% of Victorians reported having experienced harm from someone else's gambling. The same study gave the proportion of 'problem gamblers' (who by definition have experienced harm) in the population as 0.8%.^f

The proportion of respondents who reported having experienced gambling-related problems in the ALC was low, at 2.0% of all respondents and 3.9% of those respondents that gamble. Gambling-related problems were reported more commonly amongst respondents from marginalised population groups including Aboriginal and/or Torres Strait Islanders (5.9%, compared to 1.9% of respondents not of Aboriginal or Torres Strait origin), respondents from households who have run out of food in the last 12 months (5.1%, compared to 1.7% of those who have not), people whose main language is not English (4.8%, compared to 1.9% whose main language is English), and people who require help with self-care and daily activities (4.5%, compared to 1.7% of those who do not require help).

Respondents who recorded lower levels of life satisfaction were more likely to report having experienced gambling-related health problems (5.1%) than those who reported their life satisfaction was medium to very high (1.6%). The extent to which these problems directly contribute to lower levels of life satisfaction was outside the scope of this study but is a topic for further investigation.

Strategies aimed at reducing the level of gambling-related harm therefore need to be designed with the vulnerability of those experiencing problems at the forefront.

^f <https://responsiblegambling.vic.gov.au/resources/gambling-victoria/gambling-harm-victoria/>

Table 3.4.5.3 Experience of gambling-related problems by selected demographic characteristics

	Unweighted base ¹	Experienced gambling-related health problems	Not experienced gambling-related health problems
	n	%	%
Total sample	17,896	2.0	98.1
Gender and age			
Males	7,612	2.3	97.7
Females	10,167	1.6	98.4
Males, 18 to 34	1,293	1.8	98.2
Males, 35 to 49	1,579	2.9	97.1
Males, 50 to 69	3,022	2.6	97.4
Males, 70+	1,718	1.2	98.8
Females, 18 to 34	1,936	1.6	98.4
Females, 35 to 49	2,324	1.9	98.1
Females, 50 to 69	4,065	1.7	98.3
Females, 70+	1,842	0.9	99.1
LGA			
City of Greater Bendigo	9,515	2.3	97.7
Macedon Ranges Shire	2,642	1.7	98.3
Shire of Campaspe	2,409	1.7	98.3
Mount Alexander Shire	1,811	1.2	98.8
Central Goldfields Shire	882	2.3	97.7
Loddon Shire	585	0.4	99.6
Demographic indicators			
Born in Australia	15,760	2.0	98.0
Born overseas	1,917	1.8	98.3
Speaks English as main language	17,381	1.9	98.1
Speaks other main language	249	4.8	95.2
Aboriginal and/or Torres Strait Islander	170	5.9	94.1
Not Aboriginal or Torres Strait Islander	17,522	1.9	98.1
Identifies as LGBTQIA+	561	2.5	97.5
Non-LGBTQIA+	16,084	1.9	98.1
Holds a Bachelor degree or higher	7,383	1.4	98.6
Less than Bachelor level education	9,406	2.2	97.8
Just getting along, poor or very poor	4,916	3.3	96.7
Reasonably comfortable, very comfortable or prosperous	12,812	1.3	98.7

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.4.5.4 Experience of gambling-related problems by selected health characteristics

	Unweighted base n	Experienced gambling-related health problems %	Not experienced gambling-related health problems %
Total sample	17,896	2.0	98.0
Health and wellbeing indicators			
Self-reported health - Fair or poor	3,126	3.8	96.2
Self-reported health - Good, very good, or excellent	14,633	1.5	98.5
Life satisfaction - Low (0 to 4 out of 10)	1,315	5.1	94.9
Life satisfaction - Medium to very high (5+ out of 10)	16,310	1.6	98.4
Does not feel valued by society	3,264	3.1	96.9
Sometimes feel valued by society	8,135	1.9	98.1
Definitely feel valued by society	6,183	1.3	98.7
Overweight or obese (BMI ≥25.0)	10,316	2.0	98.0
Normal range or underweight (BMI <25.0)	6,522	1.8	98.2
Meets fruit intake guidelines	8,962	1.6	98.4
Does not meet fruit intake guidelines	8,525	2.2	97.8
Meets vegetable intake guidelines	2,776	1.1	98.9
Does not meet vegetable intake guidelines	14,772	2.1	98.0
Meets physical activity guidelines	10,365	1.7	98.3
Does not meet physical activity guidelines / sedentary	6,947	2.3	97.7
Current smoker	1,481	4.9	95.1
Ex-smoker	6,559	2.0	98.0
Never smoked	9,796	1.3	98.7
Drinks alcohol every day	1,565	1.8	98.2
Drinks alcohol less often than daily	13,088	1.8	98.2
Does not drink alcohol	3,152	2.5	97.5
Had more than 4 standard drinks on a single occasion	9,406	2.0	98.0
Has not had more than 4 standard drinks	7,898	1.7	98.3
Drinks sugar-sweetened beverages daily	2,025	3.0	97.0
Drinks sugar-sweetened beverages less than daily	15,683	1.8	98.2
Meets water consumption guidelines	3,471	2.0	98.0
Does not meet water guidelines	14,028	1.9	98.1
Ran out of food and could not afford more	1,352	5.1	94.9
Have not run out of food	16,097	1.7	98.3
Requires help with daily activities	3,471	4.5	95.6
Does not require help	14,028	1.7	98.3

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

3.5. Physical activity

The physical activity guidelines for Australians are from *Australia's physical activity and sedentary behaviour* (Department of Health 2014) and are used for similar studies, like the VPHS. People are described as having met the guidelines if they have engaged in moderate or vigorous intensity activity for sufficient time. This consists of 150 to 300 minutes of moderate-intensity activity ('vigorous household chores, gardening or heavy work around the yard, that made you breathe harder or puff and pant'), 75 to 150 minutes of vigorous activity ('vigorous physical activity, e.g. tennis, jogging, cycling or keep fit exercises, that made you breathe harder or puff and pant) or an equivalent combination of both as well as engaging in muscle strengthening activities at least two days per week. For people aged 65 years and over, the requirements are that the individual has engaged in at least 30 minutes of physical activity per day. This was not measured in the ALC due to the need to manage questionnaire length, so the physical activity guidelines for adults aged 18 to 64 years have been applied for all adult respondents (regardless of age).

The National Health Survey 2014-15 indicated that 55.5% of Australians aged 18 to 64 years had participated in sufficient physical activity. The equivalent proportion of ALC respondents in the same age group who had met the guidelines was 59.3% and, overall, 57.5% of respondents had met the above-mentioned physical activity guidelines. Respondents were categorised as sedentary if they had done 0 minutes of physical activity, which included 4.1% of the residents that completed the survey.

Overall, 57.5% of respondents had met the above-mentioned physical activity guidelines. While there were no significant differences in participation rates by gender, younger residents were more likely to have met the guidelines than older residents (63.6% of males aged 18 to 34 years compared to 50.0% of those aged 70 years and over and 62.9% of females aged 18 to 34 years compared to 49.3% of those aged 70 years and over).

Respondents with a higher level of education (a Bachelor degree or higher) were more likely than those who had lower levels of education to have met the guidelines (67.3% compared to 55.6%) as were people from households described as 'reasonably comfortable', 'very comfortable' or 'prosperous' (60.8%) compared to those who were 'just getting along', 'poor' or 'very poor' (50.3%).

Those meeting other health benchmarks were also more likely to meet physical activity requirements with the proportion meeting these guidelines being especially high amongst:

- Respondents who meet water consumption guidelines (67.1%, compared to 55.3% of those who do not)
- People who meet vegetable intake guidelines (66.4%, compared to 56.6% of those who do not)
- People who meet fruit intake guidelines (64.5%, compared to 51.8% of those who do not)
- Those in the normal or underweight BMI ranges (63.8% compared to 55.0% of those who are overweight or obese)

Table 3.5.1 Meeting physical activity guidelines by selected demographic groups

	Unweighted base ¹	Does not meet guidelines		Meets physical activity guidelines
		Sedentary	Insufficient	
	n	%	%	%
Total sample	18,699	4.1	38.3	57.5
Gender and age				
Males	7,943	4.4	39.0	56.6
Females	10,630	3.8	37.6	58.6
Males, 18 to 34	1,316	5.7	30.8	63.6
Males, 35 to 49	1,609	4.3	39.7	56.0
Males, 50 to 69	3,187	3.7	40.6	55.8
Males, 70+	1,831	4.5	45.5	50.0
Females, 18 to 34	1,952	3.6	33.4	62.9
Females, 35 to 49	2,390	3.1	35.1	61.8
Females, 50 to 69	4,296	4.1	38.8	57.1
Females, 70+	1,992	4.8	46.0	49.3
LGA				
City of Greater Bendigo	9,869	4.4	38.3	57.3
Macedon Ranges Shire	2,782	2.9	35.5	61.6
Shire of Campaspe	2,547	4.7	39.9	55.4
Mount Alexander Shire	1,882	2.9	35.6	61.5
Central Goldfields Shire	949	6.5	42.5	51.0
Loddon Shire	604	3.8	45.4	50.8
Demographic indicators				
Born in Australia	16,414	3.9	38.0	58.1
Born overseas	2,032	6.2	40.2	53.6
Speaks English as main language	18,126	4.1	38.2	57.8
Speaks other main language	273	6.2	44.9	48.9
Aboriginal and/or Torres Strait Islander	178	5.1	40.1	54.9
Not Aboriginal or Torres Strait Islander	18,286	4.1	38.3	57.6
Identifies as LGBTQIA+	587	4.8	41.5	53.8
Non-LGBTQIA+	16,740	4.2	37.4	58.4
Holds a Bachelor degree or higher	7,686	2.4	30.3	67.3
Less than Bachelor level education	9,799	4.5	39.9	55.6
Just getting along, poor or very poor	5,151	5.6	44.1	50.3
Reasonably comfortable, very comfortable or prosperous	13,365	3.4	35.7	60.8

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.5.2 Meeting physical activity guidelines by selected health groups

	Unweighted base ¹	Does not meet guidelines		Meets physical activity guidelines
		Sedentary	Insufficient	
	n	%	%	%
Total sample	18,699	4.1	38.3	57.5
Health and wellbeing indicators				
Self-reported health - Fair or poor	3,214	9.4	54.4	36.3
Self-reported health - Good, very good, or excellent	15,341	2.9	34.8	62.3
Life satisfaction - Low (0 to 4 out of 10)	1,329	10.0	54.5	35.5
Life satisfaction - Medium to very high (5+ out of 10)	17,096	3.6	36.8	59.7
Does not feel valued by society	3,352	7.3	44.7	48.0
Sometimes feel valued by society	8,464	3.7	38.5	57.8
Definitely feel valued by society	6,556	2.5	33.6	63.9
Overweight or obese (BMI ≥25.0)	10,823	4.5	40.5	55.0
Normal range or underweight (BMI <25.0)	6,881	3.4	32.8	63.8
Meets fruit intake guidelines	9,416	2.8	32.7	64.5
Does not meet fruit intake guidelines	8,909	5.4	42.9	51.8
Meets vegetable intake guidelines	2,936	2.9	30.7	66.4
Does not meet vegetable intake guidelines	15,448	4.3	39.1	56.6
Current smoker	1,538	7.2	46.3	46.5
Ex-smoker	6,776	3.8	37.8	58.4
Never smoked	10,190	3.8	36.4	59.9
Drinks alcohol every day	1,633	5.0	45.5	49.6
Drinks alcohol less often than daily	13,398	3.4	35.3	61.4
Does not drink alcohol	3,428	6.7	44.8	48.5
Had more than 4 standard drinks on a single occasion	9,645	3.7	35.8	60.5
Has not had more than 4 standard drinks	8,265	4.7	40.3	55.1
Drinks sugar-sweetened beverages daily	2,078	6.5	49.8	43.7
Drinks sugar-sweetened beverages less than daily	16,436	3.7	36.5	59.8
Meets water consumption guidelines	3,642	3.1	29.8	67.1
Does not meet water guidelines	14,699	4.4	40.3	55.3
Ran out of food and could not afford more	1,187	7.4	42.2	50.4
Have not run out of food	16,361	3.9	37.8	58.4
Requires help with daily activities	1,410	10.1	48.5	41.3
Does not require help	16,786	3.6	37.3	59.1

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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3.6. Children and adolescents' health behaviours

Children (aged 3 to 11 years) and adolescents (aged 12 to 17 years) comprised 14.9% of the achieved unweighted sample in the 2019 ALC. This compares to 13.6% in the 2014 ALC.

Respondents aged 14 to 17 years were able to complete the survey independently provided consent had been given by an adult who completed an earlier section of the questionnaire. Adults were required to complete the hardcopy form or online survey on behalf of children under 14 years of age. The survey did not establish the extent to which children and adolescents participated in responding to questions about their health. Thus, results may be a reflection of adults' perceptions of the health of children and adolescents rather than self-reported experiences or behaviours.

Throughout this section, results are presented in two ways:

- The first table provides results from all ALC respondents to demonstrate any variations in the response of children and adolescents compared to people in older age groups
- A second table provides a comparison of responses of children and adolescents across a range of demographic, health and wellbeing indicators

Where comparisons are made between subgroups of young residents (children and adolescents), significant differences may not be observed in apparent variations due to small sample sizes. The question asking whether respondents identify as LGBTQIA+ was only asked of respondents 14 years and over. So, due to small sample sizes, LGBTQIA+ status has been excluded from the 3 to 17 years tables, as was the case for the third gender category throughout this report.

3.6.1. Reported health status

Compared to adults, children and adolescents were less likely to report their health was 'fair' or 'poor' than those in older age groups. Amongst males, just 1.6% of children and 4.5% of adolescents were in 'fair' or 'poor' health compared to 17.8% of those aged 35 to 49, 20.4% of those aged 50 to 69% and 27.5% of adults aged 70 years and over. This trend was also observed amongst females with 1.2% of children and 6.7% of adolescents reporting being in 'fair' or 'poor' health compared to 19.1% of females aged 50 to 69 years and 26.6% of those aged 70 years and over.

The finding that children and adolescents were less likely to be in 'fair or 'poor' health than adults was consistent with the results of the 2014 ALC (conducted only with residents of City of Greater Bendigo). Amongst males in the 2014 ALC, 1.7% of children and 2.3% of adolescents were in 'fair' or 'poor' health. For females, 2.1% of children and 5.0% of adolescents were in 'fair' or 'poor' health.

In reviewing demographic and wellbeing indicators, it appears that children and adolescents experiencing financial hardship may be more likely to experience poor health. The proportion of children and adolescents rating their health as 'fair' or 'poor' was higher amongst:

- Those who live in households that have run out of food and been unable to buy more in the last 12 months (5.8%, compared to 2.6% of those who have not experienced food insecurity)
- Respondents who are 'just getting along', 'poor', or 'very poor' (5.3%, compared to 2.0% of those who are 'reasonably comfortable', 'very comfortable' or 'prosperous')

This suggests that children from low income households require greater support to improve their health than those living in households with more means available to them.

Young residents who do not feel valued by society were also more likely to report being in 'fair' or 'poor' health (11.8%) than those who sometimes feel valued (3.3%) or definitely feel valued (1.1%) implying better

health outcomes could have implications that extend to improved feelings of value and self-worth for children and adolescents.

Table 3.6.1.1 Reported health status by selected demographic characteristics

	Unweighted base ¹	Fair / poor	Good	Very good / excellent
	n	%	%	%
Total sample	22,955	16.0	32.8	51.2
Gender and age				
Males, 3 to 11	1,020	1.6	13.7	84.7
Males, 12 to 17	688	4.5	18.2	77.3
Males, 18 to 34	1,364	11.4	33.6	55.0
Males, 35 to 49	1,653	17.8	38.7	43.6
Males, 50 to 69	3,284	20.4	37.9	41.7
Males, 70+	1,928	27.5	39.1	33.4
Females, 3 to 11	978	1.2	12.1	86.7
Females, 12 to 17	676	6.7	19.7	73.6
Females, 18 to 34	2,025	15.8	36.8	47.4
Females, 35 to 49	2,470	16.8	37.0	46.3
Females, 50 to 69	4,446	19.1	35.2	45.7
Females, 70+	2,136	26.6	38.6	34.8

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.6.1.2 Reported health status by selected health characteristics – ages 3 to 17

	Unweighted base ¹ n	Fair / poor %	Good %	Very good / excellent %
Total sample	3,393	3.1	15.3	81.6
LGA				
City of Greater Bendigo	1,831	3.1	15.9	81.0
Macedon Ranges Shire	589	2.5	13.0	84.6
Shire of Campaspe	486	2.9	18.3	78.8
Mount Alexander Shire	246	4.1	12.9	83.0
Central Goldfields Shire	111	5.8	17.9	76.4
Loddon Shire	114	3.2	9.8	86.9
Demographic indicators				
Born in Australia	3,221	3.0	15.3	81.8
Born overseas	113	5.2	12.7	82.1
Speaks English as main language	3,244	3.0	15.6	81.5
Speaks other main language	47	7.1	4.9	88.0
Aboriginal and/or Torres Strait Islander	80	6.2	35.5	58.3
Not Aboriginal or Torres Strait Islander	3,264	2.9	14.7	82.4
Just getting along, poor or very poor	1,149	5.3	20.9	73.8
Reasonably comfortable, very comfortable or prosperous	2,220	2.0	12.4	85.7
Health and wellbeing indicators				
Life satisfaction - Low (0 to 4 out of 10)	83	40.3	25.4	34.3
Life satisfaction - Medium to very high (5+ out of 10)	3,207	2.2	14.6	83.2
Does not feel valued by society	343	11.8	26.4	61.8
Sometimes feel valued by society	1,449	3.3	18.9	77.8
Definitely feel valued by society	1,410	1.1	8.1	90.9
Meets fruit intake guidelines	2,443	1.7	12.2	86.1
Does not meet fruit intake guidelines	844	6.2	23.2	70.6
Meets vegetable intake guidelines	613	1.7	8.8	89.5
Does not meet vegetable intake guidelines	2,670	3.2	16.6	80.2
Drinks sugar-sweetened beverages daily	203	9.1	25.7	65.2
Drinks sugar-sweetened beverages less than daily	3,084	2.4	14.5	83.1
Meets water consumption guidelines	439	2.8	14.5	82.7
Does not meet water guidelines	2,810	3.0	15.2	81.8
Ran out of food and could not afford more	361	5.8	23.2	71.0
Have not run out of food	2,825	2.6	13.8	83.6
Requires help with daily activities	683	5.0	14.8	80.3
Does not require help	2,565	2.5	14.9	82.6

¹ Base sizes include respondents aged 3 to 17 years (or 14 to 17 for LGBTQIA+ status) living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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3.6.2. Healthy eating

Serves of vegetables consumed

Among males, young children, those aged 3 to 11 years, were more likely to have met the vegetable consumption guidelines (22.9%) than respondents aged 12 to 17 years (3.5%), 18 to 34 years (4.3%), 35 to 49 years (4.2%), and 50 to 69 years (5.1%). It was similar for females, with 24.3% of children aged 3 to 11

years meeting the guidelines, compared to those aged 18 to 34 years (15.1%) and 35 to 49 years (17.8%). On average, respondents had consumed 2.8 serves of vegetables per day.

Overall, 18.6% of young residents aged 3 to 17 years had met the vegetable consumption guidelines. The proportion of children and adolescents who had met the guidelines was lower amongst those who had not met other health and nutrition guidelines, most notably:

- Those who also had not met fruit guidelines (4.9%, compared to 23.6% of those who meet the guidelines)
- Children and adolescents who consume sugar-sweetened beverages daily (10.1%, compared to 19.6% of those who do not)
- Those who do not consume 8 glasses of water per day (17.4%, compared to 28.0% of those who do not)

In the 2014 ALC, 92.4% of residents of City of Greater Bendigo aged 3 to 17 years reported not meeting the vegetable dietary guidelines. This compares to 81.2% of respondents from the same Council area in 2019 which suggests there may have been an improvement in vegetable consumption of young residents in the past five years.

Table 3.6.2.1 Serves of vegetables by selected demographic characteristics

	Unweighted base ¹	0 to less than 2 serves	2 to less than 5 serves	5 or more serves	Meets veg requirements	Average daily serves
	n	%	%	%	%	#
Total sample	22,506	27.1	54.3	18.6	14.4	2.8
Gender and age						
Males, 3 to 11	995	25.2	56.2	18.6	22.9	2.8
Males, 12 to 17	671	26.2	56.5	17.3	3.5	2.8
Males, 18 to 34	1,340	31.6	52.2	16.2	4.3	2.6
Males, 35 to 49	1,621	30.0	52.9	17.2	4.2	2.7
Males, 50 to 69	3,229	28.1	52.9	18.9	5.1	2.8
Males, 70+	1,888	30.3	48.9	20.8	19.3	2.9
Females, 3 to 11	968	26.1	54.7	19.2	24.3	2.9
Females, 12 to 17	642	25.6	54.8	19.6	19.6	2.9
Females, 18 to 34	1,986	27.5	57.4	15.1	15.1	2.7
Females, 35 to 49	2,424	24.1	58.1	17.8	17.8	2.9
Females, 50 to 69	4,394	23.8	54.7	21.5	21.5	3.0
Females, 70+	2,085	25.4	52.8	21.8	21.8	3.1

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.6.2.2 Serves of vegetables by selected health characteristics – ages 3 to 17

	Unweighted base ¹ n	0 to less than 2 serves %	2 to less than 5 serves %	5 serves or more %	Meets veg requirements %	Average daily serves* #
Total sample	3,308	25.9	55.5	18.6	18.8	2.8
LGA						
Greater Bendigo	1,794	27.7	54.1	18.3	18.4	2.8
Macedon Ranges Shire	578	25.0	55.5	19.5	19.3	2.9
Shire of Campaspe	464	28.0	55.0	17.1	18.2	2.7
Mount Alexander Shire	240	14.6	65.7	19.8	21.4	3.1
Central Goldfields Shire	101	25.4	59.7	14.9	14.3	2.7
Loddon Shire	113	15.4	57.4	27.2	23.6	3.3
Demographic indicators						
Born in Australia	3,142	25.3	55.8	18.9	19.1	2.8
Born overseas	106	36.7	48.4	14.8	14.9	2.6
Speaks English as main language	3,172	25.3	56.2	18.5	18.7	2.8
Speaks other main language	39	43.7	31.4	24.9	22.6	2.5
Aboriginal and/or Torres Strait Islander	78	27.0	45.1	27.9	26.5	2.9
Not Aboriginal or Torres Strait Islander	3,185	25.8	55.7	18.5	18.7	2.8
Just getting along, poor or very poor	1,104	28.6	53.4	18.1	18.0	2.7
Reasonably comfortable, very comfortable or prosperous	2,179	24.4	56.5	19.0	19.2	2.9
Health and wellbeing indicators						
Self-reported health - Fair or poor	101	37.5	50.8	11.7	10.9	2.4
Self-reported health - Good, very good, or excellent	3,182	25.4	55.8	18.7	18.9	2.8
Life satisfaction - Low (0 to 4 out of 10)	79	50.3	33.9	15.8	13.7	2.3
Life satisfaction - Medium to very high (5+ out of 10)	3,138	25.2	56.0	18.8	18.9	2.9
Does not feel valued by society	336	33.9	49.9	16.2	14.2	2.6
Sometimes feel valued by society	1,410	27.9	56.5	15.6	15.0	2.7
Definitely feel valued by society	1,383	21.5	55.9	22.6	23.4	3.1
Meets fruit intake guidelines	2,441	17.3	59.9	22.9	23.6	3.2
Does not meet fruit intake guidelines	848	50.9	42.6	6.5	4.9	1.9
Drinks sugar-sweetened beverages daily	201	44.2	43.6	12.2	10.1	2.2
Drinks sugar-sweetened beverages less than daily	3,048	24.4	56.3	19.3	19.6	2.9
Meets water consumption guidelines	433	16.3	51.2	32.5	28.0	3.4
Does not meet water guidelines	2,802	27.6	55.8	16.7	17.4	2.7
Ran out of food and could not afford more	349	33.8	49.4	16.7	17.9	2.5
Have not run out of food	2,753	24.2	56.3	19.5	19.5	2.9
Requires help with daily activities	665	24.5	56.1	19.4	26.3	2.8
Does not require help	2,500	25.8	55.8	18.5	17.0	2.9

¹ Base sizes include respondents aged 3 to 17 years (or 14 to 17 for LGBTQIA+ status) living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)
Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Serves of fruit consumed

On average, respondents had consumed 1.7 serves of fruit per day. Young residents, particularly children, were more likely to meet fruit consumption requirements than adults. The proportion of children who had not met fruit requirements was 19.8% for males (compared to 43.0% of those aged 12 to 17, 58.0% aged 18 to 34, 54.1% aged 34 to 49, 52.1% aged 50 to 69, and 48.1% aged 70 years and over) and 16.1% for females (compared to 31.7% of those aged 12 to 17, 55.3% aged 18 to 34, 57.8% aged 34 to 49, 47.7% aged 50 to 69, and 39.2% aged 70 years and over).

Overall, 74.4% of children and adolescents aged 3 to 17 years in the Loddon Campaspe region met fruit consumption requirements according to 2019 ALC survey results. This appears to be an improvement since the 2014 ALC (conducted with City of Bendigo residents) in which 57.8% of children and adolescents had met the fruit consumption guidelines.

Children and adolescents were less likely to meet the guidelines if they:

- Drink sugar-sweetened beverages daily (46.8%, compared to 76.4% who do not)
- Do not meet the vegetable intake guidelines (70.1%, compared to 93.4% of those who meet the guidelines)

Table 3.6.2.3 Serves of fruit by selected demographic characteristics

	Unweighted base ¹	0 to less than 1 serve	1 to less than 2 serves	2 or more serves	Meets fruit requirements	Average daily serves
	n	%	%	%	%	#
Total sample	22,451	16.1	31.1	52.8	53.1	1.7
Gender and age						
Males, 3 to 11	997	4.7	16.9	78.4	80.2	2.4
Males, 12 to 17	675	14.3	28.8	57.0	57.0	1.9
Males, 18 to 34	1,336	22.3	35.7	42.0	42.0	1.5
Males, 35 to 49	1,617	21.3	32.8	45.9	45.9	1.5
Males, 50 to 69	3,202	19.7	32.4	47.9	47.9	1.6
Males, 70+	1,890	17.9	30.3	51.9	51.9	1.7
Females, 3 to 11	969	4.8	14.1	81.1	83.9	2.4
Females, 12 to 17	641	10.2	21.6	68.3	68.3	2.0
Females, 18 to 34	1,978	15.3	40.0	44.7	44.7	1.5
Females, 35 to 49	2,429	16.7	41.1	42.2	42.2	1.5
Females, 50 to 69	4,368	16.9	30.8	52.3	52.3	1.6
Females, 70+	2,081	13.5	25.7	60.8	60.8	1.9

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.6.2.4 Serves of fruit by selected health characteristics – ages 3 to 17

	Unweighted base ¹ n	0 to less than 1 serves %	1 to less than 2 serves %	2 serves or more %	Meets fruit requirements %	Average daily serves* #
Total sample	3,313	7.6	19.4	73.0	74.4	2.2
LGA						
Greater Bendigo	1,793	8.7	19.6	71.7	73.2	2.2
Macedon Ranges Shire	586	5.7	18.0	76.4	77.5	2.3
Shire of Campaspe	461	8.6	19.7	71.8	73.8	2.2
Mount Alexander Shire	240	4.2	16.9	79.0	79.0	2.7
Central Goldfields Shire	102	8.0	27.4	64.6	66.9	2.0
Loddon Shire	114	4.2	18.9	76.9	76.9	2.3
Demographic indicators						
Born in Australia	3,144	7.3	18.9	73.7	75.2	2.2
Born overseas	110	12.7	23.0	64.4	65.2	2.1
Speaks English as main language	3,177	7.4	19.5	73.1	74.5	2.2
Speaks other main language	40	13.2	18.2	68.6	71.0	2.3
Aboriginal and/or Torres Strait Islander	75	2.4	27.7	70.0	71.2	2.3
Not Aboriginal or Torres Strait Islander	3,194	7.6	19.2	73.2	74.6	2.2
Just getting along, poor or very poor	1,109	9.5	19.9	70.6	71.8	2.2
Reasonably comfortable, very comfortable or prosperous	2,180	6.5	19.1	74.4	75.9	2.2
Health and wellbeing indicators						
Self-reported health - Fair or poor	98	26.8	30.1	43.1	45.1	1.7
Self-reported health - Good, very good, or excellent	3,189	7.0	19.0	74.1	75.5	2.3
Life satisfaction - Low (0 to 4 out of 10)	79	33.0	20.5	46.6	46.6	1.6
Life satisfaction - Medium to very high (5+ out of 10)	3,143	6.9	19.2	73.9	75.3	2.3
Does not feel valued by society	334	13.6	26.0	60.4	62.1	1.9
Sometimes feel valued by society	1,412	8.9	18.8	72.3	73.2	2.2
Definitely feel valued by society	1,389	4.6	17.9	77.5	79.0	2.4
Meets vegetable intake guidelines	617	1.4	5.9	92.7	93.4	3.0
Does not meet vegetable intake guidelines	2,672	8.9	22.5	68.5	70.1	2.1
Drinks sugar-sweetened beverages daily	201	20.1	33.6	46.3	46.8	1.6
Drinks sugar-sweetened beverages less than daily	3,049	6.6	18.4	75.0	76.4	2.3
Meets water consumption guidelines	435	7.1	16.9	76.0	76.2	2.6
Does not meet water guidelines	2,799	7.7	19.6	72.7	74.2	2.2
Ran out of food and could not afford more	347	13.3	19.6	67.2	69.2	2.1
Have not run out of food	2,763	6.6	19.2	74.3	75.5	2.3
Requires help with daily activities	665	6.7	14.8	78.4	81.6	2.4
Does not require help	2,504	7.3	20.3	72.4	73.1	2.2

¹ Base sizes include respondents aged 3 to 17 years (or 14 to 17 for LGBTQIA+ status) living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Sugar-sweetened beverage consumption

Children and adolescents were also asked how often they consume sugar-sweetened beverages including cordial, soft drinks, flavoured mineral water, energy or sports drinks. Children aged 3 to 11 years were significantly less likely than adolescents aged 12 to 17 years to consume sugar-sweetened beverages on a daily basis. Amongst males, 4.7% of children consumed sugar-sweetened beverages daily compared to 13.0% of those aged 12 to 17 years, 21.3% of those aged 18 to 34, 21.3% aged 35 to 49 years, 15.6% aged 50 to 69 years, and 11.4% of those aged 70 years and over. A similar trend was observed amongst females, with 3.0% of children having consumed sugar-sweetened beverages daily, compared to 6.7% of females aged 12 to 17 years, 13.3% aged 18 to 34 years, 13.4% aged 35 to 49 years, 8.8% aged 50 to 69 years, and 6.3% of those aged 70 years and over. This suggests that regular consumption of sugar-sweetened beverages starts at an early age and efforts to stem consumption should include people aged 12 to 17 years.

Overall, 6.2% of young residents aged 3 to 17 years of the Loddon Campaspe region consume sugar-sweetened beverages daily according to the 2019 ALC. Daily consumption rates were higher amongst residents of Central Goldfields Shire (13.5%) than those from the City of Greater Bendigo (6.3%), Macedon Ranges Shire (5.1%), and Mount Alexander Shire (3.3%).

As was observed among children and adolescents who had not met fruit and vegetable intake requirements, daily consumption of sugar-sweetened beverages was higher amongst children and adolescents from households experiencing financial difficulty. Young residents were more likely to consume sugar-sweetened beverages daily if they live in households who had run out of food during the past 12 months (14.0%, compared to 5.1% of those who had not experienced food insecurity) or were 'just getting along', 'poor', or 'very poor' (9.1%, compared to 4.5% of those who live in households that are 'reasonably comfortable', 'very comfortable', or 'prosperous').

As mentioned during the discussion of vegetable and fruit consumption guidelines, there appeared to be a link between children and young adult respondents who had not met these guidelines and those who consume sugar-sweetened beverages on a daily basis. Details are provided in Table 3.6.2.6.

Table 3.6.2.5 Frequency of sugar-sweetened beverage consumption by selected demographic characteristics

	Unweighted base ¹ n	Daily %	Weekly %	Monthly or less often %	Never %
Total sample	22,693	12.5	30.2	35.3	22.0
Gender and age					
Males, 3 to 11	994	4.7	29.9	40.1	25.4
Males, 12 to 17	672	13.0	44.7	34.4	7.9
Males, 18 to 34	1,349	21.3	46.8	24.9	7.0
Males, 35 to 49	1,624	21.3	36.5	31.6	10.6
Males, 50 to 69	3,254	15.6	29.0	33.7	21.7
Males, 70+	1,905	11.4	22.0	33.5	33.1
Females, 3 to 11	969	3.0	28.1	44.7	24.2
Females, 12 to 17	651	6.7	37.4	43.6	12.3
Females, 18 to 34	1,999	13.3	39.1	35.3	12.3
Females, 35 to 49	2,439	13.4	27.5	39.8	19.3
Females, 50 to 69	4,410	8.8	19.6	36.8	34.8
Females, 70+	2,127	6.3	13.6	35.2	44.8

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.6.2.6 Sugar-sweetened beverage consumption by selected health characteristics – ages 3 to 17

	Unweigh ted base ¹	Daily	Weekly	Monthly or less often	Never
	n	%	%	%	%
Total sample	3,316	6.2	33.8	41.0	19.1
LGA					
City of Greater Bendigo	1,795	6.3	36.2	40.3	17.2
Macedon Ranges Shire	570	5.1	28.8	40.4	25.7
Shire of Campaspe	471	6.9	36.9	42.6	13.7
Mount Alexander Shire	245	3.3	23.6	47.6	25.6
Central Goldfields Shire	105	13.5	35.8	35.8	15.0
Loddon Shire	114	4.6	36.0	41.8	17.7
Demographic indicators					
Born in Australia	3,151	6.1	34.1	41.0	18.8
Born overseas	107	4.8	23.8	43.5	27.9
Speaks English as main language	3,182	6.4	33.8	41.1	18.7
Speaks other main language	43	2.0	19.0	37.7	41.4
Aboriginal and/or Torres Strait Islander	75	13.2	28.7	38.1	20.0
Not Aboriginal or Torres Strait Islander	3,197	6.0	33.8	41.3	19.0
Just getting along, poor or very poor	1,119	9.1	35.2	39.6	16.1
Reasonably comfortable, very comfortable or prosperous	2,172	4.5	33.1	41.8	20.6
Health and wellbeing indicators					
Self-reported health - Fair or poor	98	19.8	36.1	31.1	12.9
Self-reported health - Good, very good, or excellent	3,189	5.7	33.7	41.4	19.1
Life satisfaction - Low (0 to 4 out of 10)	81	22.1	38.0	29.0	10.9
Life satisfaction - Medium to very high (5+ out of 10)	3,135	5.8	34.0	41.1	19.0
Does not feel valued by society	335	13.7	39.2	34.1	13.1
Sometimes feel valued by society	1,421	7.2	36.3	40.4	16.1
Definitely feel valued by society	1,379	3.3	31.5	43.3	22.0
Meets fruit intake guidelines	2,414	3.8	30.5	44.4	21.2
Does not meet fruit intake guidelines	836	12.8	42.8	31.8	12.6
Meets vegetable intake guidelines	615	3.2	24.3	46.1	26.4
Does not meet vegetable intake guidelines	2,634	6.8	35.8	40.2	17.3
Meets water consumption guidelines	437	6.5	34.9	40.1	18.5
Does not meet water guidelines	2,792	6.1	33.9	40.9	19.2
Ran out of food and could not afford more	356	14.0	32.4	40.7	12.9
Have not run out of food	2,759	5.1	33.5	41.4	20.0
Requires help with daily activities	673	5.2	26.7	39.1	29.0
Does not require help	2,502	6.4	35.9	41.2	16.5

¹ Base sizes include respondents aged 3 to 17 years (or 14 to 17 for LGBTQIA+ status) living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)
Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

3.6.3. Physical activity

For children and adolescents aged 5 to 17 years, the Department of Health's physical activity guidelines recommend 60 minutes of vigorous physical activity per day along with a combination of light physical activities. The required benchmark questions were not incorporated in the 2019 ALC questionnaire due to space limitations. As a substitute, we have reported the average weekly minutes of vigorous physical activity for all age groups (as shown in Table 3.6.1).

Overall, respondents averaged 304.0 minutes of vigorous physical activity, while the average for children and adolescents was 288.1 minutes. The subgroups of children and adolescents who had the lowest levels of vigorous physical activity were:

- Respondents who do not meet water consumption guidelines (276.9 compared to 361.0 for those who do)
- Those who consume sugar-sweetened beverages daily (194.1, compared to 293.5 for those who do not)
- Children and adolescents who do not meet fruit intake guidelines (245.5 compared to 303.0 for those who do)

Table 3.6.3.1 Average minutes of vigorous physical activity per week by selected demographic characteristics

	Unweighted base ¹ n	Average minutes of vigorous physical activity per week #
Total sample	20,411	304.0
Gender and age		
Males, 3 to 11	866	317.4
Males, 12 to 17	635	305.2
Males, 18 to 34	1,273	277.5
Males, 35 to 49	1,559	208.7
Males, 50 to 69	2,968	212.8
Males, 70+	1,564	209.4
Females, 3 to 11	852	275.8
Females, 12 to 17	592	242.6
Females, 18 to 34	1,906	210.1
Females, 35 to 49	2,334	181.6
Females, 50 to 69	4,031	178.4
Females, 70+	1,617	157.1

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.6.3.2 Average minutes of vigorous physical activity per week by selected health characteristics – ages 3 to 17

	Unweighted base ¹	Average minutes of vigorous physical activity per week
	n	#
Total sample	2,972	288.1
LGA		
Greater Bendigo	1,594	285.5
Macedon Ranges Shire	524	304.0
Shire of Campaspe	429	276.0
Mount Alexander Shire	215	278.8
Central Goldfields Shire	98	274.2
Loddon Shire	108	319.8
Demographic indicators		
Born in Australia	2,816	289.8
Born overseas	100	211.5
Speaks English as main language	2,857	287.9
Speaks other main language	35	195.4
Aboriginal and/or Torres Strait Islander	67	326.7
Not Aboriginal or Torres Strait Islander	2,867	285.9
Just getting along, poor or very poor	976	280.2
Reasonably comfortable, very comfortable or prosperous	1,985	292.4
Health and wellbeing indicators		
Self-reported health - Fair or poor	88	163.1
Self-reported health - Good, very good, or excellent	2,864	291.4
Life satisfaction - Low (0 to 4 out of 10)	66	159.4
Life satisfaction - Medium to very high (5+ out of 10)	2,842	292.0
Does not feel valued by society	308	237.3
Sometimes feel valued by society	1,274	268.3
Definitely feel valued by society	1,266	320.8
Meets fruit intake guidelines	2,173	303.0
Does not meet fruit intake guidelines	764	245.5
Meets vegetable intake guidelines	538	320.4
Does not meet vegetable intake guidelines	2,395	278.3
Drinks sugar-sweetened beverages daily	181	194.1
Drinks sugar-sweetened beverages less than daily	2,744	293.5
Meets water consumption guidelines	391	361.0
Does not meet water guidelines	2,518	276.9
Ran out of food and could not afford more	298	280.6
Have not run out of food	2,509	289.1

¹ Base sizes include respondents aged 3 to 17 years (or 14 to 17 for LGBTQIA+ status) living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

4. Wellbeing

This section presents the results of two key wellbeing questions asked of all respondents. The majority of data presented is based on responses of all residents aged 3 years and over (unless otherwise specified). Questions in this section are standardised and frequently used health measures taken from the VPHS. The overall life satisfaction measure provides an indication of how people evaluate their life as a whole, while the 'valued by society' item provides information about community participation and connectedness.

4.1. Life satisfaction

Life satisfaction was measured by asking respondents how satisfied they feel about life in general. Responses were provided on a scale of 0 to 10, where zero means 'not at all satisfied' and 10 means 'completely satisfied'. For the purpose of analysis, responses have been combined into four main categories:

- Ratings of 0 to 4 represent 'low' life satisfaction
- Ratings of 5 to 6 represent 'medium' life satisfaction
- Ratings of 7 to 8 represent 'high' life satisfaction
- Ratings of 9 to 10 represent 'very high' life satisfaction

For the purpose of identifying the most vulnerable groups within the population, our analysis focuses on those with low life satisfaction.

Overall, 7.1% of respondents aged 3 years and over recorded low life satisfaction. The proportion for children aged 3-17 was 2.4%. Females were more likely to record lower levels of life satisfaction than males (7.9% compared to 6.2%), with a higher proportion of females reporting low life satisfaction if aged 18 to 34 years (10.7%) or 35 to 49 years (11.1%) compared to younger or older residents (0.7% of children, 6.0% of adolescents, 7.9% of females aged 50 to 69 years and 5.4% of females aged 70 years and over).

Residents were more likely to record low levels of life satisfaction if they belong to the following marginalised or vulnerable groups:

- Those from households who have run out of food and could not afford more in the past 12 months (22.0%, compared to 5.7% of those who have not experienced food insecurity)
- People from households that are 'just getting along', 'poor', or 'very poor' (13.9%, compared to 3.8% of those in 'reasonably comfortable', 'very comfortable', or 'prosperous' households)
- People who identify as LGBTQIA+ (13.6%, compared to 7.7% of those who do not)
- Aboriginal and/or Torres Strait Islanders (11.8%, compared to 7.0% of respondents that aren't Aboriginal or Torres Strait Islander)

Respondents who reported lower levels of self-reported health ('fair' or 'poor') were also more likely to report low life satisfaction (27.2%) than those who rated their health as 'good', 'very good' or 'excellent' (3.2%).

Lower levels of life satisfaction were also recorded by people who do not feel valued by society (24.6%, compared to 4.8% of people who sometimes do and 0.8% who definitely do).

While there is no known benchmark data available for children and adolescents, results of the 2016 Victorian Population Health Study showed that 5.7% of Victorians aged 18 years and over recorded low life satisfaction. This compares to 8.2% of ALC respondents in the same age group suggesting Loddon Campaspe residents are experiencing lower levels of life satisfaction than Victorians more broadly.

Table 4.1.1 Life satisfaction by selected demographic characteristics – ages 3 and up

	Unweighted base ¹ n	Low, 0 to 4 %	Medium, 5 to 6 %	High, 7 to 8 %	Very high, 9 to 10 %
Total sample	22,643	7.1	16.8	46.0	30.1
Gender and age					
Males	9,800	6.2	16.7	46.5	30.6
Females	12,622	7.9	17.0	45.7	29.5
Males, 3 to 11	998	1.3	4.6	32.3	61.8
Males, 12 to 17	671	3.2	14.0	46.6	36.3
Males, 18 to 34	1,344	6.3	18.7	50.4	24.7
Males, 35 to 49	1,634	7.9	21.1	51.7	19.3
Males, 50 to 69	3,245	7.5	18.2	48.2	26.1
Males, 70+	1,894	7.2	17.4	42.9	32.6
Females, 3 to 11	949	0.7	4.3	29.7	65.4
Females, 12 to 17	663	6.0	15.5	44.6	33.9
Females, 18 to 34	2,014	10.7	19.9	48.1	21.3
Females, 35 to 49	2,456	11.1	20.6	51.6	16.7
Females, 50 to 69	4,398	7.9	17.9	46.0	28.3
Females, 70+	2,110	5.4	16.4	45.8	32.3
LGA					
City of Greater Bendigo	11,990	7.5	16.9	46.5	29.2
Macedon Ranges Shire	3,434	5.7	15.0	46.9	32.4
Shire of Campaspe	3,117	6.2	17.5	45.4	31.0
Mount Alexander Shire	2,155	6.9	16.6	48.0	28.5
Central Goldfields Shire	1,092	10.7	19.4	41.2	28.7
Loddon Shire	745	8.0	19.6	43.4	29.0
Demographic indicators					
Born in Australia	20,067	7.1	16.9	46.0	30.1
Born overseas	2,212	7.3	16.9	46.2	29.6
Speaks English as main language	21,858	7.1	16.9	46.3	29.8
Speaks other main language	333	6.6	15.8	41.3	36.4
Aboriginal and/or Torres Strait Islander	264	11.8	25.1	36.8	26.3
Not Aboriginal or Torres Strait Islander	22,027	7.0	16.7	46.3	30.1
Identifies as LGBTQIA+	607	13.1	24.5	44.5	17.9
Non-LGBTQIA+	17,160	7.9	18.4	49.0	24.8
Holds a Bachelor degree or higher	7,831	6.2	14.9	52.5	26.4
Less than Bachelor level education	13,340	7.2	17.1	45.0	30.7
Just getting along, poor or very poor	6,475	13.9	24.9	40.3	20.9
Reasonably comfortable, very comfortable or prosperous	15,913	3.8	12.9	49.0	34.3

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 4.1.2 Life satisfaction by selected health characteristics – ages 3 and up

	Unweighted base ¹	Low, 0 to 4	Medium, 5 to 6	High, 7 to 8	Very high, 9 to 10
	n	%	%	%	%
Total sample	22,643	7.1	16.8	46.0	30.1
Health and wellbeing indicators					
Self-reported health - Fair or poor	3,564	27.2	35.5	30.8	6.5
Self-reported health - Good, very good, or excellent	18,958	3.2	13.3	49.0	34.5
Does not feel valued by society	3,861	24.6	30.7	34.2	10.5
Sometimes feel valued by society	10,265	4.8	20.1	54.2	20.9
Definitely feel valued by society	8,161	0.8	4.9	41.3	52.9
Meets fruit intake guidelines	12,087	4.9	13.4	44.8	36.9
Does not meet fruit intake guidelines	10,008	9.4	20.4	47.7	22.5
Meets vegetable intake guidelines	3,614	4.7	11.2	43.4	40.7
Does not meet vegetable intake guidelines	18,533	7.3	17.6	46.8	28.3
Drinks sugar-sweetened beverages daily	2,378	12.6	23.1	43.9	20.5
Drinks sugar-sweetened beverages less than daily	19,906	6.3	15.9	46.5	31.3
Meets water consumption guidelines	4,130	7.0	26.8	32.7	18.5
Does not meet water guidelines	17,892	7.0	15.8	47.5	31.0
Ran out of food and could not afford more	1,596	22.0	22.4	32.6	30.2
Have not run out of food	19,642	5.7	16.2	47.8	29.9
Requires help with daily activities	2,178	14.8	19.6	46.7	25.5
Does not require help	19,765	6.2	14.8	45.7	33.3

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Amongst those aged over 18, the proportion of respondents who provided low ratings for life satisfaction was 8.2%. Smoking status appears to be linked to lower life satisfaction with current smokers being more likely to report lower levels of life satisfaction (15.1%) than ex-smokers (8.8%) or those who have never smoked (6.3%).

Table 4.1.3 Life satisfaction by selected health characteristics – 18 years and over only

	Unweighted base ¹ n	Low, 0 to 4 %	Medium, 5 to 6 %	High, 7 to 8 %	Very high, 9 to 10 %
Total sample	19,227	8.2	18.8	48.2	24.8
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	11,014	9.1	20.9	48.0	22.1
Normal range or underweight (BMI <25.0)	6,969	6.1	14.8	49.7	29.4
Meets physical activity guidelines	10,938	4.9	15.9	51.3	27.9
Does not meet physical activity guidelines / sedentary	7,487	12.2	22.2	44.7	21.0
Current smoker	1,572	15.1	27.6	43.2	14.1
Ex-smoker	6,908	8.8	19.0	48.7	23.5
Never smoked	10,390	6.3	16.9	49.1	27.7
Drinks alcohol every day	1,654	9.5	18.6	45.8	26.2
Drinks alcohol less often than daily	13,597	7.0	18.3	50.4	24.3
Does not drink alcohol	3,567	12.1	20.7	41.7	25.5
Had more than 4 standard drinks on a single occasion	9,763	7.7	18.7	50.9	22.8
Has not had more than 4 standard drinks	8,473	8.6	18.6	45.3	27.5

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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4.2. Valued by society

A second wellbeing indicator involved asking people whether they feel valued by society. They could select one of four responses 'No, not at all', 'Not often', 'Sometimes' or 'Yes, definitely'. For the purpose of analysis, the first two response options ('No, not at all' and 'Not often') have been combined to form one category representing people who do not feel valued by society.

Overall, 18.9% of residents aged 3 years and over indicated that they do not feel valued by society. The proportion for children aged 3-17 years was 10.7%. While there were no differences in the proportions feeling valued by gender, variations in feelings of value were observed across age groups. Amongst males, people aged 18 years and over (24.5% of those aged 18 to 34, 19.9% aged 35 to 49, 20.4% aged 50 to 69, and 19.7% aged 70 years and over) were more likely to indicate they do not feel valued than adolescents (14.2%) or children (7.5%). Amongst females, higher proportions indicated they do not feel valued by society if aged 18 to 34 (24.7%), 35 to 49 (20.9%) and 50 to 69 years (19.5%) when compared to children (7.3%) and people aged 70 years and over (14.7%).

Across the LGAs, not feeling valued by society was more common for residents of Central Goldfields Shire (23.5%) than those who reside in City of Greater Bendigo (19.4%), Shire of Campaspe (17.7%) or Macedon Ranges Council (16.7%).

As was observed in relation to life satisfaction, respondents who belong to marginalised or more vulnerable groups in the population were more likely to report they do not feel valued. Groups more likely to indicate they do not feel valued by society included:

- Those from households who have run out of food and could not afford more in the past 12 months (38.9%, compared to 17.0% of those who have not experienced food insecurity)
- People from households that are 'just getting along', 'poor' or 'very poor' (30.0%, compared to 13.7% of those in 'reasonably comfortable', 'very comfortable', or 'prosperous' households)
- People who identify as LGBTQIA+ (29.6%, compared to 20.4% of those who do not)
- Aboriginal and/or Torres Strait Islanders (28.0%, compared to 18.8% of respondents that aren't Aboriginal or Torres Strait Islander)
- People who require help with self-care or daily activities (27.6%, compared to 17.9% of those who do not require help)

Not feeling valued by society was also linked to low life satisfaction. Amongst those who reported low levels of life satisfaction, a higher proportion indicated they do not feel valued by society (64.5%) compared to those with moderate, high or very high life satisfaction (15.3%).

Table 4.2.1 Valued by society by selected demographic characteristics – ages 3 and up

	Unweighted base ¹	Does not feel valued	Sometimes feels valued	Definitely feels valued
	n	%	%	%
Total sample	22,520	18.9	47.0	34.1
Gender and age				
Males	9,725	19.0	46.7	34.3
Females	12,563	18.8	47.1	34.1
Males, 3 to 11	960	7.5	43.6	48.9
Males, 12 to 17	664	14.2	50.0	35.8
Males, 18 to 34	1,341	24.5	48.2	27.3
Males, 35 to 49	1,622	19.9	50.4	29.8
Males, 50 to 69	3,230	20.4	45.9	33.7
Males, 70+	1,889	19.7	42.5	37.8
Females, 3 to 11	919	7.3	37.8	54.9
Females, 12 to 17	649	16.6	52.3	31.1
Females, 18 to 34	2,013	24.7	51.8	23.5
Females, 35 to 49	2,445	20.9	49.9	29.2
Females, 50 to 69	4,399	19.5	46.5	34.1
Females, 70+	2,107	14.7	41.9	43.4
LGA				
City of Greater Bendigo	11,903	19.4	47.6	33.0
Macedon Ranges Shire	3,413	16.7	45.6	37.7
Shire of Campaspe	3,109	17.7	48.9	33.3
Mount Alexander Shire	2,143	19.7	45.8	34.5
Central Goldfields Shire	1,090	23.5	45.8	30.8
Loddon Shire	750	21.4	41.7	36.9
Demographic indicators				
Born in Australia	19,944	18.9	47.3	33.8
Born overseas	2,201	19.4	44.0	36.7
Speaks English as main language	21,738	18.9	47.2	33.9
Speaks other main language	324	17.2	39.7	43.1
Aboriginal and/or Torres Strait Islander	255	28.0	45.5	26.5
Not Aboriginal or Torres Strait Islander	21,900	18.8	46.9	34.3
Identifies as LGBTQIA+	604	29.6	46.6	23.8
Non-LGBTQIA+	17,100	20.4	47.6	32.0
Holds a Bachelor degree or higher	7,810	13.4	46.7	39.9
Less than Bachelor level education	13,238	19.9	47.3	32.8
Just getting along, poor or very poor	6,456	30.0	47.9	22.1
Reasonably comfortable, very comfortable or prosperous	15,810	13.7	46.6	39.7

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)
Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 4.2.2 Valued by society by selected health characteristics – ages 3 and up

	Unweighted base ¹	Does not feel valued	Sometimes feels valued	Definitely feels valued
	n	%	%	%
Total sample	22,520	18.9	47.0	34.1
Health and wellbeing indicators				
Self-reported health - Fair or poor	3,570	40.3	43.5	16.3
Self-reported health - Good, very good, or excellent	18,819	14.7	47.8	37.5
Life satisfaction - Low (0 to 4 out of 10)	1,513	64.5	31.6	3.9
Life satisfaction - Medium to very high (5+ out of 10)	20,774	15.3	48.3	36.4
Meets fruit intake guidelines	11,987	14.8	45.9	39.3
Does not meet fruit intake guidelines	9,975	23.4	48.1	28.5
Meets vegetable intake guidelines	3,577	12.5	42.3	45.2
Does not meet vegetable intake guidelines	18,434	19.9	47.7	32.4
Drinks sugar-sweetened beverages daily	2,375	27.6	49.6	22.8
Drinks sugar-sweetened beverages less than daily	19,795	17.8	46.7	35.5
Meets water consumption guidelines	4,116	19.2	44.9	35.9
Does not meet water guidelines	17,777	18.8	47.4	33.7
Ran out of food and could not afford more	1,582	38.9	44.1	17.0
Have not run out of food	19,532	17.0	47.3	35.6
Requires help with daily activities	2,163	27.6	42.3	30.2
Does not require help	19,648	17.9	47.6	34.6

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Amongst those aged 18 years and over, 20.8% reported that they do not feel valued by society. The proportion who do not feel valued by society was higher amongst current smokers (32.1%) and ex-smokers (21.0%) than those who have never smoked (18.4%). Respondents who do not meet physical activity guidelines were also more likely to indicate that they do not feel valued by society (25.3%) than those who meet the guidelines (17.1%).

Table 4.2.3 Valued by society by selected health characteristics – 18 years and over only

	Unweighted base ¹	Does not feel valued	Sometimes feels valued	Definitely feels valued
	n	%	%	%
Total sample	19,187	20.8	47.5	31.8
Health and wellbeing indicators				
Overweight or obese (BMI ≥25.0)	11,002	21.6	47.9	30.5
Normal range or underweight (BMI <25.0)	6,940	18.8	46.6	34.7
Meets physical activity guidelines	10,916	17.1	47.5	35.5
Does not meet physical activity guidelines / sedentary	7,456	25.3	47.4	27.3
Current smoker	1,569	32.1	47.6	20.4
Ex-smoker	6,891	21.0	47.6	31.4
Never smoked	10,374	18.4	47.4	34.2
Drinks alcohol every day	1,640	22.9	45.2	31.9
Drinks alcohol less often than daily	13,582	19.1	48.9	32.0
Does not drink alcohol	3,563	26.4	43.4	30.2
Had more than 4 standard drinks on a single occasion	9,751	19.3	49.8	30.9
Has not had more than 4 standard drinks	8,441	22.6	44.5	33.0

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

5. Public space and facility use

This section presents usage data related to public spaces including open spaces, footpaths, and off-road walking and cycling tracks, and facilities. To ensure residents were using comparable definitions of the spaces, the following descriptions were provided to all respondents:

***Public open spaces** include all land which is freely accessible that people can visit for recreation, relaxation and socialising, including organised sporting activities and informal play (e.g. your local park, oval or playground). Public open spaces also include 'green spaces', which include areas of natural or cultural heritage value, habitat corridors, some easements, and open water / wetlands (e.g. lakes, state forests, national parks).*

***Off-road walking and cycling tracks** are signed paths / tracks that are not accessible to cars and provide connections between townships, major suburban areas and surrounding open space networks. Footpaths are paved sidewalks, generally found in urban areas. This question is not referring to informal tracks, such as animal tracks or unpaved road reserves.*

The frequency of use of public spaces was measured using a 7-point frequency scale: 'Daily', '4 to 6 times a week', '1 to 3 times a week', '2 to 3 times a month', 'Once a month', 'Once or twice in the last 3 months' and 'Less often'. Respondents answering these questions were categorised into four distinct groups for the purpose of reporting: 'Heavy' users (once per week or more), 'Medium' users (1 to 3 times a month), 'Light' users (1 to 2 times in the last 3 months), and 'Non-users' (less often or never). To highlight the biggest potential for gains in use of public spaces, we focus on residents who are non-users.

Results in this section are provided for residents aged 3 years and over unless otherwise specified. At the time of reporting, there were no known recent benchmarks available for public open space use amongst Victorian residents. External benchmark data is therefore not reported for results presented in this section. Comparisons to the 2014 ALC, conducted with residents of the City of Greater Bendigo, are made where available.

5.1. Public open space user profile

Overall, 58.7% of respondents aged 3 years and over reported being heavy users (weekly or more often) of public open spaces. Heavy users were more likely to be younger residents (both males and females aged under 18 years – refer to Table 5.1.1 for details), people who hold a Bachelor degree or higher education (66.2%, compared to 58.1% with a lower level of education), those born in Australia (59.1%, compared to 54.9% born overseas) and who speak English as their main language (58.9%, compared to 46.9% who speak a different main language).

Non-users of public open spaces (people who use the space less often or not at all) comprised 11.5% of respondents. The proportion for children aged 3-17 years was 3.3%. The proportion of non-users was higher amongst residents of Loddon Shire (20.4%), Central Goldfields Shire (15.4%) and Shire of Campaspe (15.3%) compared to residents of Macedon Ranges Shire (10.3%), City of Greater Bendigo (10.1%) and Mount Alexander Shire (8.7%).

Residents from households with lower incomes were more likely to be non-users of public open spaces. For example, those who had run out of food and been unable to afford more in the 12 months prior to the survey were more likely to be non-users (16.7%) than those who had not experienced food insecurity (11.0%). Results also revealed that people who reported lower levels of wellbeing or poorer health were more likely to be non-users. Most notably, non-users were higher amongst:

- Residents reporting lower levels of life satisfaction (25.5%, compared to 10.3% of those with medium, high or very high life satisfaction)
- Those whose self-reported health was 'fair' or 'poor' (24.7%, compared to 8.9% of those with 'good' 'very good' or 'excellent' health.
- People who do not feel valued by society (20.8%, compared to 8.0% of those who reported they definitely feel valued by society)
- People who require help with self-care or daily activities were more likely to be non-users of public open spaces (17.8%) compared to those who do not require help (10.5%)

These findings reinforce the need to consider the barriers to the use of public open space amongst the more vulnerable members of the community.

Compared to the results obtained in the 2014 ALC, use of public open space appears to have increased. In 2014, 22.7% of City of Greater Bendigo residents reported being non-users of public open space. In the previous ALC, the same trends were observed in usage being more common amongst residents aged under 18 years and those reporting better self-reported health.

Table 5.1.1 Frequency of public open space use by selected demographic characteristics – ages 3 and up

	Unweight ed base ¹	Heavy Once a week or more	Medium 1-3 times a month	Light 1-2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	23,838	58.7	20.8	9.0	11.5
Gender and age					
Males	10,244	58.4	20.2	8.8	12.7
Females	13,287	59.1	21.5	9.2	10.2
Males, 3 to 11	1,060	80.1	15.0	2.8	2.2
Males, 12 to 17	725	72.8	16.0	6.4	4.9
Males, 18 to 34	1,430	55.0	23.2	9.0	12.8
Males, 35 to 49	1,717	55.8	24.5	8.4	11.3
Males, 50 to 69	3,359	52.2	20.4	10.9	16.5
Males, 70+	1,933	51.2	16.7	11.4	20.8
Females, 3 to 11	1,020	76.7	17.1	3.7	2.5
Females, 12 to 17	723	68.9	20.9	6.0	4.3
Females, 18 to 34	2,167	57.5	26.5	8.9	7.1
Females, 35 to 49	2,611	62.9	21.9	7.6	7.6
Females, 50 to 69	4,591	53.9	20.7	12.0	13.4
Females, 70+	2,142	45.9	18.9	12.4	22.8
LGA					
City of Greater Bendigo	12,651	59.6	21.8	8.6	10.1
Macedon Ranges Shire	3,598	60.5	20.8	8.3	10.3
Shire of Campaspe	3,302	54.0	19.7	11.0	15.3
Mount Alexander Shire	2,259	63.9	18.0	9.4	8.7
Central Goldfields Shire	1,126	54.4	20.6	9.6	15.4
Loddon Shire	787	51.9	20.4	7.3	20.4
Demographic indicators					
Born in Australia	21,074	59.1	20.7	9.0	11.3
Born overseas	2,309	54.9	22.6	9.2	13.3
Speaks English as main language	22,961	58.9	20.8	9.0	11.3
Speaks other main language	349	46.9	24.2	10.8	18.1
Aboriginal and/or Torres Strait Islander	287	52.6	17.9	14.3	15.3
Not Aboriginal or Torres Strait Islander	23,100	58.8	20.9	8.9	11.3
Identifies as LGBTQIA+	633	52.5	25.8	9.1	12.7
Non-LGBTQIA+	17,943	55.6	21.9	10.0	12.6
Holds a Bachelor degree or higher	8,196	66.2	21.1	7.3	5.4
Less than Bachelor level education	14,045	58.1	20.8	9.2	12.0
Just getting along, poor or very poor	6,872	51.8	22.2	10.4	15.7
Reasonably comfortable, very comfortable or prosperous	16,693	62.1	20.2	8.3	9.4

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 5.1.2 Frequency of public open space use by selected health characteristics – ages 3 and up

	Unweighted base ¹	Heavy Once a week or more	Medium 1-3 times a month	Light 1-2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	23,838	58.7	20.8	9.0	11.5
Health and wellbeing indicators					
Self-reported health - Fair or poor	3,575	35.8	25.4	14.2	24.7
Self-reported health - Good, very good, or excellent	19,043	63.2	19.9	8.0	8.9
Life satisfaction - Low (0 to 4 out of 10)	1,495	38.8	22.6	13.2	25.5
Life satisfaction - Medium to very high (5+ out of 10)	20,833	60.3	20.7	8.7	10.3
Does not feel valued by society	3,872	46.6	21.1	11.6	20.8
Sometimes feel valued by society	10,207	58.2	22.5	9.1	10.2
Definitely feel valued by society	8,119	65.7	18.9	7.5	8.0
Meets fruit intake guidelines	12,105	66.3	18.5	6.9	8.4
Does not meet fruit intake guidelines	10,041	50.5	23.6	11.3	14.6
Meets vegetable intake guidelines	3,604	66.0	18.6	6.9	8.5
Does not meet vegetable intake guidelines	18,592	57.7	21.3	9.3	11.7
Drinks sugar-sweetened beverages daily	2,397	43.7	23.7	12.7	20.0
Drinks sugar-sweetened beverages less than daily	19,964	60.8	20.4	8.5	10.2
Meets water consumption guidelines	4,154	63.7	19.4	7.7	9.3
Does not meet water guidelines	17,909	57.6	21.2	9.4	11.8
Ran out of food and could not afford more	1,706	48.8	22.1	12.4	16.7
Have not run out of food	20,641	59.7	20.9	8.5	11.0
Requires help with daily activities	2,303	53.9	17.9	10.5	17.8
Does not require help	20,730	59.5	21.2	8.8	10.5

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)
Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Further analysis looked at use of public open spaces amongst those aged 18 years and over who were asked about their participation in a range of health risk behaviours. Overall, 13.4% of those aged 18 years and over reported being non-users of open spaces. This proportion was higher amongst current smokers (21.1%) compared to ex-smokers (12.1%) or people who have never smoked (12.6%) and those who do not meet physical activity guidelines (20.3%) than those who do engage in sufficient physical activity (7.3%). Given the health benefits associated with use of open space, strategies to encourage use of open spaces should consider people who engage in health risk behaviours as a target audience.

Table 5.1.3 Frequency of public open space use by selected health characteristics – 18 years and over only

	Unweighted base ¹	Heavy Once a week or more	Medium 1-3 times a month	Light 1-2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	20,107	54.7	21.8	10.1	13.4
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	11,016	51.7	23.3	10.9	14.1
Normal range or underweight (BMI <25.0)	6,977	61.2	19.1	8.6	11.0
Meets physical activity guidelines	10,947	64.3	20.4	8.0	7.3
Does not meet physical activity guidelines / sedentary	7,525	43.0	23.9	12.9	20.3
Current smoker	1,596	39.7	26.2	13.0	21.1
Ex-smoker	6,932	56.1	21.5	10.3	12.1
Never smoked	10,442	56.6	21.2	9.6	12.6
Drinks alcohol every day	1,668	47.2	20.9	12.3	19.5
Drinks alcohol less often than daily	13,653	57.4	22.7	9.2	10.7
Does not drink alcohol	3,587	47.3	19.5	13.1	20.2
Had more than 4 standard drinks on a single occasion	9,807	56.7	22.8	9.3	11.1
Has not had more than 4 standard drinks	8,508	52.0	20.7	11.1	16.2

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)
Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

5.2. Footpath user profile

Amongst residents of Loddon Campaspe, around two-thirds (65.1%) were heavy users of footpaths in the area. Approximately 13.5% reported being non-users of footpaths. This proportion was higher for residents of Loddon Shire (30.0%) than residents of any of the other participating Councils (for which non-users comprised 11.5% to 16.0% of respondents). This suggests improving the access to or usability of footpaths in the area has the potential to increase use amongst residents.

The profile of non-users of footpaths was similar to that observed for open space use. That is, people reporting lower levels of wellbeing and poorer health were more likely to be non-users of footpaths.

The proportion of non-users was particularly high for:

- Residents reporting lower levels of life satisfaction (23.6%, compared to 12.9% of those with medium, high or very high life satisfaction)
- Those whose self-reported health was 'fair' or 'poor' (25.4%, compared to 11.4% of those with 'good' 'very good' or 'excellent' health)
- People who do not feel valued by society (20.3%, compared to 11.2% of those who reported they definitely feel valued by society)

Usage was also lower amongst people who require help with daily activities and those who reside in households that have experienced food insecurity (refer to Table 5.2.2).

Table 5.2.1 Frequency of footpath use by selected demographic characteristics – ages 3 and up

	Unweighted base ¹	Heavy Once a week or more	Medium 1-3 times a month	Light 1-2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	23,080	65.1	14.4	7.0	13.5
Gender and age					
Males	9,845	62.5	15.0	7.5	15.1
Females	12,858	67.3	14.0	6.7	11.9
Males, 3 to 11	1,051	76.6	13.4	4.3	5.8
Males, 12 to 17	704	76.8	10.2	3.9	9.0
Males, 18 to 34	1,407	60.5	18.7	7.8	13.1
Males, 35 to 49	1,672	58.7	18.9	8.1	14.3
Males, 50 to 69	3,178	58.8	13.7	9.1	18.5
Males, 70+	1,812	56.3	11.3	8.0	24.5
Females, 3 to 11	1,005	76.2	12.8	4.6	6.5
Females, 12 to 17	714	78.5	10.9	3.6	7.1
Females, 18 to 34	2,132	69.1	16.4	6.5	8.0
Females, 35 to 49	2,561	68.7	15.2	6.2	9.9
Females, 50 to 69	4,386	62.6	13.6	8.3	15.5
Females, 70+	2,030	57.7	12.4	8.0	21.9
LGA					
City of Greater Bendigo	12,311	66.3	15.1	6.5	12.1
Macedon Ranges Shire	3,476	65.9	15.0	7.7	11.5
Shire of Campaspe	3,215	63.4	13.6	7.0	16.0
Mount Alexander Shire	2,117	67.9	10.8	7.3	14.0
Central Goldfields Shire	1,090	61.9	13.4	9.8	14.9
Loddon Shire	755	47.3	16.3	6.5	30.0
Demographic indicators					
Born in Australia	20,371	65.5	14.4	7.0	13.2
Born overseas	2,204	60.5	15.0	8.0	16.6
Speaks English as main language	22,164	65.1	14.5	7.0	13.5
Speaks other main language	331	62.0	10.7	11.4	15.9
Aboriginal and/or Torres Strait Islander	276	63.0	12.7	9.3	15.1
Not Aboriginal or Torres Strait Islander	22,299	65.0	14.5	7.0	13.5
Identifies as LGBTQIA+	622	66.8	15.3	6.5	11.4
Non-LGBTQIA+	17,257	62.4	15.2	7.8	14.6
Holds a Bachelor degree or higher	7,907	72.8	13.5	5.6	8.2
Less than Bachelor level education	13,600	63.7	14.8	7.3	14.2
Just getting along, poor or very poor	6,641	60.7	14.4	7.9	17.0
Reasonably comfortable, very comfortable or prosperous	16,173	67.2	14.4	6.6	11.8

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 5.2.2 Frequency of footpath use by selected health characteristics – ages 3 and up

	Unweighted base ¹	Heavy Once a week or more	Medium 1-3 times a month	Light 1-2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	23,080	65.1	14.4	7.0	13.5
Health and wellbeing indicators					
Self-reported health - Fair or poor	3,458	48.8	15.5	10.3	25.4
Self-reported health - Good, very good, or excellent	18,431	68.0	14.2	6.4	11.4
Life satisfaction - Low (0 to 4 out of 10)	1,439	52.9	14.7	8.9	23.6
Life satisfaction - Medium to very high (5+ out of 10)	20,189	65.8	14.4	6.9	12.9
Does not feel valued by society	3,743	56.5	14.3	8.8	20.3
Sometimes feel valued by society	9,926	65.4	15.0	7.0	12.7
Definitely feel valued by society	7,822	68.6	13.7	6.5	11.2
Meets fruit intake guidelines	11,731	70.8	12.8	5.6	10.9
Does not meet fruit intake guidelines	9,713	58.6	16.1	8.8	16.5
Meets vegetable intake guidelines	3,490	72.0	11.3	5.4	11.3
Does not meet vegetable intake guidelines	18,009	63.8	15.0	7.4	13.9
Drinks sugar-sweetened beverages daily	2,322	51.7	16.4	10.5	21.5
Drinks sugar-sweetened beverages less than daily	19,327	66.7	14.1	6.6	12.6
Meets water consumption guidelines	4,042	69.8	13.9	5.8	10.5
Does not meet water guidelines	17,328	63.7	14.5	7.5	14.3
Ran out of food and could not afford more	1,640	59.0	14.8	9.2	17.0
Have not run out of food	20,014	65.8	14.3	6.8	13.1
Requires help with daily activities	2,224	61.0	13.1	7.3	18.6
Does not require help	20,016	65.4	14.7	7.0	12.9

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Amongst respondents aged 18 years and over, 15.1% were non-users of footpaths in their area. Again, this proportion was higher amongst:

- People who do not meet physical activity guidelines (21.7%, compared to 9.5%)
- Current smokers (20.6%, compared to 14.5% of ex-smokers and 14.4% of those who have never smoked)
- Those whose BMI was in the overweight or obese range (16.5%, compared to 11.9% in the normal or underweight range)

Despite significant differences being noted in the use of footpaths amongst respondents based on their alcohol consumption, the findings were unclear. Those who drink every day (21.8%) as well as those who do not drink at all (20.6%) were more likely to be non-users of footpaths compared to those who consume alcohol less often than daily (12.9%). People who consume alcohol in smaller quantities were more likely to be non-users of footpaths than those who have had more than four drinks on a single occasion in the last 12 months (12.9% compared to 18.1%).

Table 5.2.3 Frequency of footpath use by selected health characteristics – 18 years and over only

	Unweighted base ¹ n	Heavy Once a week or more %	Medium 1-3 times a month %	Light 1-2 times in the last 3 months %	Non-user Less often / never %
Total sample	19,383	62.1	15.1	7.8	15.1
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	10,626	58.9	15.9	8.6	16.5
Normal range or underweight (BMI <25.0)	6,729	68.2	13.8	6.2	11.9
Meets physical activity guidelines	10,554	69.5	14.6	6.4	9.5
Does not meet physical activity guidelines / sedentary	7,270	52.9	16.0	9.5	21.7
Current smoker	1,543	49.7	17.3	12.3	20.6
Ex-smoker	6,666	63.2	14.7	7.6	14.5
Never smoked	10,080	63.5	15.0	7.1	14.4
Drinks alcohol every day	1,580	53.9	15.6	8.7	21.8
Drinks alcohol less often than daily	13,201	64.1	15.6	7.5	12.9
Does not drink alcohol	3,446	57.0	13.4	9.0	20.6
Had more than 4 standard drinks on a single occasion	9,491	62.6	17.0	7.6	12.9
Has not had more than 4 standard drinks	8,178	61.4	12.6	8.0	18.1

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

5.3. Off-road walking and cycling tracks user profile

Overall, approximately one third of respondents (34.1%) reported being heavy users (once a week or more) of off-road walking and cycling tracks. Amongst males and females, heavy usage differed across the age groups. For males, heavy users of off-road walking and cycling tracks were more likely to be children and adolescents (40.7% of those aged 3 to 11 and 43.0% of those aged 12 to 17 years) than adults (30.4% of those aged 18 to 34 years, 31.9% aged 35 to 49 years, 34.9% aged 50 to 69 years and 32.3% of males aged 70 years and over). For females, however, respondents were more likely to be heavy users if aged 35 to 49 years (35.8%) or 50 to 69 years (35.0%) than those aged 70 years and over (28.4%). Conversely, non-users were more likely to be aged 70 years and over (refer to Table 5.3.1 for details).

Heavy users of off-road walking and cycling tracks were more likely to reside in Mount Alexander Shire (41.0%), City of Greater Bendigo (36.0%) and Macedon Ranges Shire (32.3%) than Loddon Shire (26.0%). The extent to which higher use in these areas is due to personal reasons versus availability or quality of tracks requires further investigation.

Approximately 30.1% of respondents were non-users of off-road walking and cycling tracks. The proportion of non-users was higher amongst people who do not speak English as their main language (40.7%, compared to 29.9% whose main language is English), have less than a Bachelor level education (31.7%, compared to 21.0%) and are from households that are less financially secure (37.8% who reported they were 'just getting along', 'poor' or 'very poor' compared to 26.4% of households that are 'reasonably comfortable', 'very comfortable' or 'prosperous').

For all respondents, non-use of off-road walking and cycling tracks was recorded amongst groups that do not meet various health benchmarks (e.g. fruit, vegetable and water consumption). Respondents were also less likely to be users of off-road walking and cycling tracks if they recorded poorer levels of wellbeing. Most notably, non-use of off-road walking and cycling tracks was higher amongst:

- Those whose self-reported health was 'fair' or 'poor' (49.8%, compared to 26.6% of those with 'good' 'very good' or 'excellent' health)
- Residents reporting lower levels of life satisfaction (45.3%, compared to 28.9% of those with medium, high or very high life satisfaction)
- People who do not feel valued by society (41.1%, compared to 24.8% of those who reported they definitely feel valued by society)

In the 2014 ALC, conducted with residents of the City of Greater Bendigo only, the proportion of non-users was 36.7%. Thus, the proportion of non-users appears to have declined meaning use of off-road walking and cycling tracks may have increased in the past five years.

Table 5.3.1 Frequency of off-road walking and cycling track use by selected demographic characteristics – ages 3 and up

	Unweighted base ¹ n	Heavy Once a week or more %	Medium 1-3 times a month %	Light 1-2 times in the last 3 months %	Non-user Less often / never %
Total sample	20,279	34.1	23.4	12.4	30.1
Gender and age					
Males	8,841	34.6	23.8	12.2	29.4
Females	11,224	33.5	23.2	12.6	30.6
Males, 3 to 11	990	40.7	29.0	11.9	18.5
Males, 12 to 17	681	43.0	24.9	12.5	19.7
Males, 18 to 34	1,329	30.4	27.1	12.2	30.3
Males, 35 to 49	1,616	31.9	27.0	13.7	27.3
Males, 50 to 69	2,884	34.9	20.8	12.2	32.1
Males, 70+	1,324	32.3	11.7	9.1	46.9
Females, 3 to 11	949	33.4	30.4	13.9	22.4
Females, 12 to 17	658	32.8	29.5	14.4	23.3
Females, 18 to 34	2,032	31.5	26.8	14.0	27.7
Females, 35 to 49	2,450	35.8	24.5	13.5	26.2
Females, 50 to 69	3,791	35.0	18.1	11.3	35.6
Females, 70+	1,321	28.4	11.6	7.5	52.6
LGA					
City of Greater Bendigo	10,753	36.0	24.0	11.5	28.5
Macedon Ranges Shire	3,130	32.3	25.6	14.1	28.0
Shire of Campaspe	2,752	31.1	21.2	12.7	35.0
Mount Alexander Shire	1,949	41.0	21.2	13.0	24.8
Central Goldfields Shire	926	28.0	23.3	12.5	36.3
Loddon Shire	695	26.0	19.2	12.1	42.7
Demographic indicators					
Born in Australia	18,024	34.1	23.9	12.5	29.6
Born overseas	1,931	33.9	19.4	12.1	34.6
Speaks English as main language	19,593	34.1	23.5	12.5	29.9
Speaks other main language	278	31.1	17.4	10.8	40.7
Aboriginal and/or Torres Strait Islander	244	29.0	27.1	9.8	34.0
Not Aboriginal or Torres Strait Islander	19,732	34.1	23.5	12.4	30.0
Identifies as LGBTQIA+	555	35.2	21.0	13.4	30.4
Non-LGBTQIA+	15,383	33.3	22.5	12.4	31.8
Holds a Bachelor degree or higher	7,368	41.3	25.8	12.0	21.0
Less than Bachelor level education	11,915	32.7	23.2	12.5	31.7
Just getting along, poor or very poor	5,720	29.8	21.0	11.4	37.8
Reasonably comfortable, very comfortable or prosperous	14,351	36.2	24.6	12.8	26.4

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 5.3.2 Frequency of off-road walking and cycling track use by selected health characteristics – ages 3 and up

	Unweighted base ¹	Heavy Once a week or more	Medium 1-3 times a month	Light 1-2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	20,279	34.1	23.4	12.4	30.1
Health and wellbeing indicators					
Self-reported health - Fair or poor	2,834	18.8	19.0	12.4	49.8
Self-reported health - Good, very good, or excellent	16,445	36.7	24.2	12.5	26.6
Life satisfaction - Low (0 to 4 out of 10)	1,287	22.2	21.0	11.5	45.3
Life satisfaction - Medium to very high (5+ out of 10)	17,779	34.9	23.7	12.5	28.9
Does not feel valued by society	3,327	27.5	19.7	11.7	41.1
Sometimes feel valued by society	8,737	33.4	24.5	12.5	29.6
Definitely feel valued by society	6,874	38.2	24.2	12.8	24.8
Meets fruit intake guidelines	10,408	39.3	24.5	12.1	24.2
Does not meet fruit intake guidelines	8,538	27.8	22.6	13.0	36.6
Meets vegetable intake guidelines	3,079	41.2	22.3	11.0	25.6
Does not meet vegetable intake guidelines	15,905	32.8	23.7	12.7	30.7
Drinks sugar-sweetened beverages daily	2,051	22.1	20.4	14.3	43.3
Drinks sugar-sweetened beverages less than daily	17,023	35.6	23.9	12.2	28.3
Meets water consumption guidelines	3,699	40.4	23.6	11.1	24.9
Does not meet water guidelines	15,160	32.4	23.5	12.8	31.4
Ran out of food and could not afford more	1,467	28.6	20.7	10.8	39.9
Have not run out of food	17,693	34.8	23.8	12.4	29.0
Requires help with daily activities	1,846	30.1	19.7	11.5	38.8
Does not require help	17,819	34.5	24.0	12.5	29.1

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Overall, 32.5% of respondents aged 18 years and over were non-users of off-road walking and cycling tracks. Adults were more likely to be non-users if they do not meet physical activity guidelines (45.1%, compared to 22.6% of those who meet the guidelines), if they were current smokers (42.4%, compared to 31.3% of ex-smokers and 31.2% of those who have never smoked), and those whose BMI was in the overweight or obese range (35.2%) compared to those in the normal or underweight ranges for BMI (26.2%).

Table 5.3.3 Frequency of off-road walking and cycling track use by selected health characteristics – 18 years and over only

	Unweighted base ¹ n	Heavy Once a week or more %	Medium 1-3 times a month %	Light 1-2 times in the last 3 months %	Non-user Less often / never %
Total sample	16,855	33.2	22.2	12.2	32.5
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	9,244	30.1	21.7	13.0	35.2
Normal range or underweight (BMI <25.0)	5,938	39.4	23.4	11.0	26.2
Meets physical activity guidelines	9,419	41.3	24.0	12.1	22.6
Does not meet physical activity guidelines / sedentary	6,149	22.5	19.8	12.6	45.1
Current smoker	1,349	21.7	23.0	12.9	42.4
Ex-smoker	5,809	35.1	21.1	12.5	31.3
Never smoked	8,755	34.0	22.7	12.1	31.2
Drinks alcohol every day	1,330	28.6	20.4	12.2	38.9
Drinks alcohol less often than daily	11,844	34.3	23.7	12.9	29.0
Does not drink alcohol	2,702	30.0	16.1	9.8	44.2
Had more than 4 standard drinks on a single occasion	8,619	33.1	24.9	13.5	28.4
Has not had more than 4 standard drinks	6,824	33.2	18.2	10.5	38.1

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)
Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

5.4. Other public facility and open space use

All respondents were asked to indicate the other types of public facilities or open spaces they had used in the last 12 months from a list provided. As the prior question asked frequency of use of public open spaces more broadly, footpaths and off-road walking or cycling tracks, these were excluded from the list of other facilities or open spaces provided. While 'playgrounds' and 'other' response options were included in the list of facilities respondents were asked about in the online survey, these were not included in the paper version. Thus, the proportion who had used this facility is based on answers from online respondents only and may not be representative of all residents.

Of the other types of public facilities and open spaces listed, parks were the most commonly used with approximately three-quarters of respondents (80.8%) having used these facilities. More than half of all respondents had used sports grounds, ovals and clubrooms (55.1%), while swimming pools or splash parks (50.0%), and community gardens (47.0%) were the next most commonly used spaces.

In all instances, people who are heavy users of public open spaces in their area were more likely to also use the specific public facilities and open spaces listed than medium, light, or non-users of local open spaces.

Table 5.4.1 Types of public facilities or open spaces used by user types

	All respondents	Heavy Once a week or more often	Medium / Light < once a week, > once in the last 3 months	Non-user Less often / never
	%	%	%	%
Unweighted base (n)¹	21,737	13,873	6,427	1,437
Parks	80.8	86.7	77.3	41.1
Sports grounds, ovals and clubrooms	55.1	64.8	42.2	23.0
Swimming pools / splash parks	50.0	56.2	42.3	26.4
Community gardens	47.0	52.7	41.3	18.8
Indoor sports / leisure / fitness centres	42.0	47.9	33.9	22.7
Halls / community centres	39.6	43.0	35.0	28.9
Hard courts (e.g. netball / tennis)	24.5	30.9	15.4	6.0
After hours usage of education facilities	14.4	17.2	10.6	5.6
Skateparks / BMX	13.6	17.5	7.6	3.5
Playgrounds*	24.8	27.8	22.1	9.3
Other	14.7	16.9	11.4	9.9

* Category not included in the paper version meaning base is all online respondents to this question (n=10,005).

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

For the facilities used, analysis was conducted regarding the demographic characteristics of users. For health and wellbeing comparisons, the top five facilities were used (parks; sports grounds, ovals and clubrooms; swimming pools and splash parks; community gardens; indoor sports, leisure and fitness centres). There were clear differences by gender, with males more likely to use sports grounds and skateparks / BMX, while females were more likely to use parks, swimming pools, community gardens, halls / community centres, after hours education facilities, and playgrounds. For most of the top five facilities, usage was higher amongst those aged 3 to 49 years than those aged 50 years and over (refer to Table 5.4.2 for details). Usage of swimming pools and splash parks was consistently higher amongst residents of City of Greater Bendigo and Macedon Ranges Shire when compared to respondents from other Council areas, except Loddon Shire. Residents of Mount Alexander Shire were more likely to use parks and community gardens and less likely to use sports grounds, ovals and clubrooms than residents of other areas. While residents of Loddon Shire were more likely than all other Councils to utilise hard courts.

These differences in the behaviours amongst the Councils shows the need for tailored, localised action and engagement when it comes to facility additions, removals, or upgrades.

Sub-group variations that were not consistent across the facility types included:

- Those who speak English as their main language were more likely to have used sports grounds, ovals and clubrooms (55.6%) and indoor sports, leisure and fitness centres (42.2%) than those who speak another main language (32.5% and 33.2% respectively)
- People who do not identify as LGBTQIA+ were more likely to have used sports grounds, ovals and clubrooms (51.5%) than those who identify as LGBTQIA+ (40.7%)

Consistent with other findings noted throughout this report, respondents who recorded higher levels of self-reported health and wellbeing and who meet health guidelines were more likely to have used the main facilities and open spaces.

Future research could focus on understanding the specific drivers for, and barriers to, using specific facilities with the aim of increasing use across the broader population.

Table 5.4.2 Facility type used by demographic indicators – ages 3 and up

	Unweighted base ¹	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres	Halls / community centres	Hard courts (e.g. netball / tennis)	After hours usage of education facilities	Skateparks / BMX	Playgrounds*
	n	%	%	%	%	%	%	%	%	%	%
Total sample	22,038	80.4	54.9	50.1	46.8	41.8	39.5	24.4	14.4	13.6	24.5
Gender and age											
Males	9,303	79.3	58.7	46.6	44.4	38.6	36.2	22.9	13.1	16.1	22.0
Females	12,438	82.4	52.0	53.2	49.5	45.3	42.9	26.2	15.7	11.4	27.4
3 to 11	2,079	91.8	73.0	87.8	55.6	49.8	42.7	43.8	24.4	41.2	49.6
12 to 17	1,419	79.9	75.4	71.3	41.6	60.7	41.2	53.1	29.7	24.3	28.6
18 to 34	3,431	82.7	59.1	49.9	51.0	52.9	31.8	28.4	20.9	10.0	27.7
35 to 49	4,116	87.8	62.9	59.6	54.4	47.1	40.2	29.4	14.6	18.3	36.6
50 to 69	7,265	78.5	42.2	33.2	44.0	29.6	40.4	10.1	6.0	2.8	11.3
70+	3,572	59.3	32.8	19.7	28.8	23.3	45.8	3.5	2.7	0.8	1.9
LGA											
City of Greater Bendigo	11,824	82.4	55.2	52.9	51.5	44.0	32.4	23.4	16.2	11.3	27.2
Macedon Ranges Shire	3,353	82.9	52.6	51.1	44.5	43.9	44.1	23.9	12.6	18.5	22.3
Shire of Campaspe	2,931	72.4	59.4	45.3	36.8	39.4	41.8	28.7	13.3	16.1	23.0
Mount Alexander Shire	2,139	85.4	45.4	45.3	49.9	33.7	52.2	19.5	14.1	14.7	19.1
Central Goldfields Shire	996	75.7	55.9	42.6	42.3	40.3	44.4	23.8	10.4	11.5	21.5
Loddon Shire	691	71.6	67.4	48.5	34.1	30.1	68.4	36.2	12.7	8.3	27.2

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 5.4.3 Facility type used by further demographic indicators – ages 3 and up

	Unweighted base ¹	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres	Halls / community centres	Hard courts (e.g. netball / tennis)	After hours usage of education facilities	Skateparks / BMX	Playgrounds*
	n	%	%	%	%	%	%	%	%	%	%
Total sample	22,038	80.4	54.9	50.1	46.8	41.8	39.5	24.4	14.4	13.6	24.5
Demographic indicators											
Born in Australia	19,498	81.1	57.0	50.9	47.1	42.8	39.5	25.8	14.8	14.4	25.7
Born overseas	2,097	79.5	38.9	42.0	45.8	35.3	41.8	12.8	12.4	6.8	18.7
Speaks English as main language	21,208	80.8	55.6	49.9	47.0	42.2	39.7	24.7	14.4	13.6	25.1
Speaks other main language	308	85.4	32.5	50.5	46.0	33.2	39.4	10.6	17.2	7.6	23.0
Aboriginal and/or Torres Strait Islander	253	81.4	51.3	54.0	49.5	38.8	28.6	21.7	17.7	17.5	27.4
Not Aboriginal or Torres Strait Islander	21,367	81.0	55.3	50.0	47.0	42.2	39.7	24.6	14.5	13.6	24.9
Identifies as LGBTQIA+	593	83.3	40.7	44.8	53.1	37.3	39.2	13.8	18.0	5.4	19.6
Non-LGBTQIA+	16,499	80.7	51.5	42.8	46.9	40.2	39.1	19.6	11.7	8.7	21.9
Holds a Bachelor degree or higher	7,852	88.8	54.2	53.2	53.6	48.2	45.6	24.8	17.0	10.1	26.9
Less than Bachelor level education	12,829	79.8	56.2	50.3	46.0	41.7	38.5	25.3	14.5	14.8	25.6
Just getting along, poor or very poor	6,127	77.5	52.3	51.2	45.7	37.3	37.8	21.6	14.3	13.9	25.9
Reasonably comfortable, very comfortable or prosperous	15,665	81.9	56.2	49.8	47.4	44.0	40.2	25.8	14.6	13.6	24.3

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 5.4.4 Top five facilities used by health indicators – ages 3 and up

	Unweighted base ¹	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres
	n	%	%	%	%	%
Total sample	22,038	80.4	54.9	50.1	46.8	41.8
Health and wellbeing indicators						
Self-reported health - Fair or poor	2,975	71.8	40.1	37.2	42.3	26.5
Self-reported health - Good, very good, or excellent	17,988	82.4	57.6	51.8	48.0	44.2
Life satisfaction - Low (0 to 4 out of 10)	1,245	73.1	41.4	42.7	44.1	31.5
Life satisfaction - Medium to very high (5+ out of 10)	19,467	81.3	55.9	49.9	47.3	42.5
Does not feel valued by society	3,317	76.6	44.8	43.4	44.3	33.6
Sometimes feel valued by society	9,547	80.5	55.5	48.7	47.6	42.3
Definitely feel valued by society	7,722	82.7	59.5	53.2	47.9	44.9
Meets fruit intake guidelines	11,475	83.4	56.8	55.0	48.7	45.1
Does not meet fruit intake guidelines	9,103	77.9	52.9	43.3	45.6	38.0
Meets vegetable intake guidelines	3,419	84.3	52.2	53.6	50.7	43.5
Does not meet vegetable intake guidelines	17,213	80.4	55.5	49.0	46.7	41.5
Drinks sugar-sweetened beverages daily	2,097	73.1	51.9	43.0	39.3	32.7
Drinks sugar-sweetened beverages less than daily	18,640	81.9	55.3	50.4	48.2	42.8
Meets water consumption guidelines	3,926	85.5	58.9	53.0	51.9	51.2
Does not meet water guidelines	16,551	79.7	54.1	48.6	46.1	39.5
Ran out of food and could not afford more	1,505	79.2	52.8	55.2	49.1	36.1
Have not run out of food	19,182	80.9	55.3	49.8	46.7	42.3
Requires help with daily activities	1,982	77.3	47.8	55.4	45.2	34.4
Does not require help	19,299	81.2	56.0	49.6	47.0	43.0

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Amongst respondents aged 18 years and over, respondents who meet physical activity guidelines were more likely to use all of the top five facilities, when compared to those who do not engage in sufficient physical activity. Full differences are shown below in Table 5.4.5.

Table 5.4.5 Top five facilities used by health indicators – 18 years and over only

	Unweighted base ¹	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres
	n	%	%	%	%	%
Total sample	20,484	69.9	44.4	37.1	40.8	34.4
Health and wellbeing indicators						
Overweight or obese (BMI ≥25.0)	10,063	78.2	49.6	41.1	45.3	37.2
Normal range or underweight (BMI <25.0)	6,497	81.9	51.7	42.4	48.9	42.2
Meets physical activity guidelines	10,548	82.0	54.8	45.9	49.6	48.8
Does not meet physical activity guidelines / sedentary	6,483	75.3	43.8	35.3	41.7	24.1
Current smoker	1,346	76.6	48.6	38.5	42.9	29.2
Ex-smoker	6,368	79.8	48.8	40.8	46.9	36.8
Never smoked	9,680	78.9	51.3	42.4	46.3	41.3
Drinks alcohol every day	1,454	70.5	45.6	31.2	37.3	25.3
Drinks alcohol less often than daily	12,790	81.5	53.8	43.6	48.3	41.8
Does not drink alcohol	3,100	72.4	36.9	36.6	41.3	31.1
Had more than 4 standard drinks on a single occasion	9,130	80.9	56.9	43.4	47.9	42.1
Has not had more than 4 standard drinks	7,698	76.9	41.3	38.9	44.0	34.1

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)
Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

5.5. Reasons for using public facilities or opens spaces

Regardless of how frequently they had used the areas, all respondents were asked to provide the reasons why they had used public facilities and open spaces in their area in the past 12 months. Overall, just 5.5% of respondents (37.8% of people who indicated they had not used public facilities and spaces in their area in the last 3 months) indicated that they had not used local public facilities and open spaces in the last 12 months, from a list provided in the survey.

The top three reasons for use of public facilities and open spaces were each selected by over half of all respondents: for exercise or health and fitness (61.3%); socialising with family or friends (58.1%) and for fun or enjoyment (56.9%). Other main reasons were to participate in unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends) (49.0%), exercising the dog (32.9%), for time to myself (30.6%) and for organised sort (e.g. cricket or netball for a club) (30.3%).

The main reasons reported for using public facilities and open spaces were similar to those reported in the 2014 ALC. However, in the previous study, related to open space use in the Greater Bendigo area specifically, the two main reasons, social gatherings (73.9%) and health and fitness (71.9%), were mentioned by a larger proportion of respondents. Similar proportions of respondents reported using open spaces for 'me time' (33.3%) and organised sport (33.0%). However, in the 2019 ALC, commuting was mentioned as a reason for using public facilities and open spaces more often than it had been in the 2014 ALC (24.3% compared to 9.8% in the previous survey).

These findings suggest that reasons for using public facilities and open spaces do change over time. This reinforces the importance of regularly checking in with residents to their needs are met and that any barriers to using public facilities and open spaces are met.

Full data from comparable demographic subgroups is available in Table 5.5.2 and Table 5.5.3.

Table 5.5.1 Reasons for using public facilities or open spaces by user types

	All respondents	Heavy Once a week or more often	Medium / Light < once a week, > once in the last 3 months	Non-user Less often / never
	%	%	%	%
Unweighted base (n)¹	22,039	14,026	6,582	1,431
Exercise / health and fitness	66.8	75.8	54.9	37.4
Socialising with family / friends	63.3	66.8	61.6	38.6
For fun / enjoyment	62.0	69.5	54.2	28.2
Unstructured physical recreation activities	53.4	62.6	42.8	15.5
Exercising the dog	35.8	41.7	28.2	16.2
For time to myself	33.3	38.7	26.4	14.4
Organised sport	33.0	40.3	21.8	15.8
Getting back to nature	28.9	34.3	22.5	9.0
Commuting	24.3	28.5	18.4	11.8
Some other reason	7.1	6.4	7.3	11.9

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

 Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 5.5.2 Reason for use of public facilities and open spaces by demographic characteristics - ages 3 and up

	Unweighted base ¹	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog	For time to myself	Organised sport (e.g. cricket or netball for a club)	Getting back to nature	Commuting (i.e. to get from a to b)
	n	%	%	%	%	%	%	%	%	%
Total sample	22,283	66.8	63.3	62.0	53.4	35.8	33.2	33.0	28.9	24.3
Gender and age										
Males	9,482	64.5	61.4	61.4	51.5	33.8	29.3	35.6	26.3	23.9
Females	12,571	69.0	65.6	62.8	55.4	37.9	37.0	30.8	31.4	24.6
3 to 11	2,063	52.7	78.0	89.3	67.3	29.4	13.9	52.8	26.4	29.7
12 to 17	1,419	69.5	73.7	76.2	58.5	34.3	29.0	64.3	20.0	41.1
18 to 34	3,450	72.2	69.7	67.1	55.4	44.2	38.7	34.6	29.2	26.9
35 to 49	4,153	69.3	67.9	66.3	59.0	39.5	41.5	38.7	35.0	26.9
50 to 69	7,408	68.1	55.3	50.9	47.6	36.7	37.8	18.6	31.6	18.9
70+	3,679	63.3	43.0	35.9	36.9	22.2	23.0	14.1	20.9	11.8
LGA										
City of Greater Bendigo	11,948	67.6	66.1	63.9	55.0	36.8	33.3	33.4	28.2	25.1
Macedon Ranges Shire	3,383	71.3	60.8	62.8	56.5	38.1	32.7	31.4	31.6	25.3
Shire of Campaspe	2,984	60.4	60.5	57.1	46.7	34.0	30.8	35.7	23.3	21.7
Mount Alexander Shire	2,151	70.1	63.1	63.5	56.7	35.4	40.8	26.4	43.9	26.0
Central Goldfields Shire	1,010	61.8	57.4	54.7	46.7	33.2	33.3	31.9	23.8	21.8
Loddon Shire	701	57.2	62.4	60.1	44.7	22.2	28.9	44.5	21.2	17.2

¹Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 5.5.3 Reason for use of public facilities and open spaces by further demographic characteristics - ages 3 and up

	Unweighted base ¹	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog	For time to myself	Organised sport (e.g. cricket or netball for a club)	Getting back to nature	Commuting (i.e. to get from a to b)
	n	%	%	%	%	%	%	%	%	%
Total sample	22,283	66.8	63.3	62.0	53.4	35.8	33.2	33.0	28.9	24.3
Demographic indicators										
Born in Australia	19,777	67.0	64.3	63.0	54.1	36.3	33.0	34.7	28.4	25.0
Born overseas	2,135	64.9	55.8	54.5	47.8	32.3	35.5	17.9	34.0	18.8
Speaks English as main language	21,518	66.9	63.5	62.1	53.7	36.2	33.3	33.2	28.8	24.3
Speaks other main language	312	57.0	61.2	64.6	41.6	16.3	36.5	14.7	35.8	17.9
Aboriginal and/or Torres Strait Islander	255	54.9	65.9	67.6	49.7	34.7	35.3	31.6	38.4	26.2
Not Aboriginal or Torres Strait Islander	21,671	67.0	63.4	62.2	53.7	36.0	33.3	33.1	28.8	24.3
Identifies as LGBTQIA+	594	67.3	57.7	61.8	52.9	41.0	47.0	16.4	40.0	29.5
Non-LGBTQIA+	16,764	69.6	61.3	57.7	52.1	37.8	36.9	28.0	30.6	22.2
Holds a Bachelor degree or higher	7,912	80.2	67.8	68.2	65.7	41.6	46.1	29.9	43.5	29.5
Less than Bachelor level education	13,019	64.2	63.3	61.7	51.7	35.2	30.7	34.7	26.1	23.6
Just getting along, poor or very poor	6,206	58.7	59.9	59.0	48.9	32.9	34.3	30.1	27.6	23.7
Reasonably comfortable, very comfortable or prosperous	15,834	70.5	64.9	63.4	55.5	37.4	32.8	34.4	29.5	24.6

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Respondents were only asked to provide their reasons for using any public facilities or open spaces generally, rather than provide reasons for using each specific facility type. Despite this, links have been drawn between facility types and reasons for use to provide an indication of why each location is being used.

Table 5.5.4 Reason for use of public facilities and open spaces by facility type - ages 3 and up

	Unweighted base ¹	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog	For time to myself	Organised sport (e.g. cricket or netball for a club)	Getting back to nature	Commuting (i.e. to get from a to b)
	n	%	%	%	%	%	%	%	%	%
Unweighted base (n)	22,283	66.8	63.3	62.0	53.4	35.8	33.2	33.0	28.9	24.3
Facility type										
Parks	17,732	70.3	70.8	70.1	61.4	39.8	37.5	34.4	33.9	27.7
Sports grounds, ovals and clubrooms	11,296	72.5	73.1	72.5	63.0	40.7	35.9	54.9	30.5	29.4
Swimming pools / splash parks	10,469	73.3	76.0	77.4	64.9	37.2	36.9	43.4	34.1	30.3
Community gardens	10,348	73.6	76.7	75.4	67.1	41.9	44.2	35.0	40.3	31.5
Indoor sports / leisure / fitness centres	8,893	83.2	73.2	74.4	65.5	40.4	40.0	48.9	33.2	31.1
Halls / community centres	9,010	73.2	75.8	71.8	65.2	36.9	40.6	41.6	37.3	32.9
Hard courts (e.g. netball / tennis)	4,742	78.4	79.5	80.6	71.8	41.9	37.6	71.0	31.5	36.6
After hours usage of education facilities	2,938	76.0	80.8	80.7	72.9	41.9	42.9	52.5	39.2	42.8
Skateparks / BMX	2,444	71.8	84.2	89.1	75.1	39.8	36.5	57.2	38.2	39.3
Playgrounds*	5,049	59.1	76.3	78.1	64.0	35.3	32.7	45.8	29.4	28.1
Other	3,139	76.6	68.9	73.8	64.8	41.6	46.5	35.7	45.2	33.3

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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For the top five reasons reported in the ALC (exercise; socialising, fun / enjoyment; unstructured physical recreation; and exercising the dog) analysis was conducted regarding the health and wellbeing characteristics of users, full subgroup comparisons are shown below in Table 5.5.5.

Table 5.5.5 Top five reasons for use by health indicators – ages 3 and up

	Unweighted base ¹	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres
	n	%	%	%	%	%
Total sample	22,283	66.8	63.3	62.0	53.4	35.8
Health and wellbeing indicators						
Self-reported health - Fair or poor	3,028	52.3	55.2	46.4	38.5	30.7
Self-reported health - Good, very good, or excellent	18,298	69.5	65.1	64.8	56.0	36.6
Life satisfaction - Low (0 to 4 out of 10)	1,264	52.9	53.3	46.9	42.0	35.5
Life satisfaction - Medium to very high (5+ out of 10)	19,798	68.1	64.2	63.1	54.2	35.9
Does not feel valued by society	3,398	58.4	55.0	53.7	45.8	35.7
Sometimes feel valued by society	9,707	66.8	63.6	61.7	52.5	36.1
Definitely feel valued by society	7,825	71.6	67.4	66.5	58.1	35.5
Meets fruit intake guidelines	11,625	70.4	65.7	66.2	57.9	36.0
Does not meet fruit intake guidelines	9,298	63.5	61.3	57.5	48.8	36.0
Meets vegetable intake guidelines	3,477	70.1	65.6	67.1	59.3	34.5
Does not meet vegetable intake guidelines	17,501	66.7	63.5	61.5	52.9	36.2
Drinks sugar-sweetened beverages daily	2,136	54.3	60.0	54.1	42.3	35.5
Drinks sugar-sweetened beverages less than daily	18,961	68.7	63.9	63.2	55.0	35.8
Meets water consumption guidelines	3,979	73.5	66.7	66.1	60.1	42.9
Does not meet water consumption guidelines	16,845	65.6	63.0	61.3	52.2	34.3
Ran out of food and could not afford more	1,511	51.9	62.1	60.7	48.7	35.1
Have not run out of food	19,397	67.8	63.4	62.1	54.2	35.9
Requires help with daily activities	2,006	50.7	63.9	64.4	49.0	27.0
Does not require help	19,570	68.7	63.4	61.9	54.2	36.9

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)
Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Amongst respondents aged 18 years and over, respondents who meet physical activity guidelines were more likely to mention all of the top five reasons, when compared to those who do not engage in sufficient physical activity. Full differences are shown below in Table 5.5.6.

Table 5.5.6 Top five reasons for use by health indicators – 18 years and over only

	Unweighted base ¹	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog
	n	%	%	%	%	%
Total sample	18,690	68.7	60.2	56.5	50.7	37.1
Health and wellbeing indicators						
Overweight or obese (BMI ≥25.0)	10,243	66.4	59.7	54.3	49.0	36.9
Normal range or underweight (BMI <25.0)	6,630	74.7	62.1	61.5	55.4	38.1
Meets physical activity guidelines	10,699	79.4	63.5	62.2	57.4	39.1
Does not meet physical activity guidelines / sedentary	6,653	55.0	56.4	49.3	42.1	34.5
Current smoker	1,384	48.2	60.0	51.5	40.4	36.7
Ex-smoker	6,471	69.9	59.6	56.5	52.6	38.6
Never smoked	9,888	72.2	60.8	57.3	51.3	35.9
Drinks alcohol every day	1,507	57.7	53.0	45.6	41.9	34.7
Drinks alcohol less often than daily	13,010	71.8	62.5	59.1	53.5	38.8
Does not drink alcohol	3,179	62.6	53.9	50.4	42.9	30.6
Had more than 4 standard drinks on a single occasion	9,292	70.0	62.9	59.0	52.6	40.2
Has not had more than 4 standard drinks	7,873	67.8	57.2	53.3	48.6	32.5

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

5.6. Improvements overview

All respondents were asked to answer a fully open-ended question about what improvements would encourage them to use public facilities and open spaces more often. In total, 40.7% of respondents were able to provide suggestions for improvement that would increase their use of local facilities and spaces.

Table 5.6.1 lists the main themes that emerged in response to the question in the first column alongside the proportion who provided improvement suggestions under each theme. The last two columns provide more detailed descriptions of the improvement suggestions provided along with the proportion of those who provided an improvement suggestion whose response fell under this category. Proportions provided in the last column may sum to more than the proportion provides for the associated theme due to respondents having provided multiple improvement suggestions under the same category.

Of all the themes that emerged, suggestions most commonly related to **walking tracks and footpaths**. Approximately one-quarter of all respondents who provided suggestions (26.0%) indicated they would be more likely to use public facilities and open spaces if more or better footpaths were available, if existing footpaths were improved or extended, or if footpaths were better connected with open spaces or tracks and paths in the area.

Other key themes were mentioned by more than one in ten of those providing suggestions included:

- **Exercise equipment and facilities** – 16.3% would like to see more or better exercise equipment and facilities in the area including outdoor exercise equipment, sports fields and facilities, swimming pools, etc.
- **Bicycle tracks / lanes and skate facilities** – 14.6% would like to see more or better bicycle tracks, more or extended bike lanes, better connected bicycle tracks and lanes, and more or improved skate facilities and skate ramps
- **Toilets / change rooms** – 11.6% sought more or new toilet facilities, improved existing toilet facilities, more or better changerooms and showers, and improved disability access to toilets
- **Lighting** – 10.6% suggested better lighting on the streets, tracks and trails and at facilities in the area

Actioning these main suggestions for improving public facilities and open spaces provides a resident-driven strategy for improving activity rates through increased use of public spaces.

Table 5.6.1 Summary of improvements that would encourage more regular use of open spaces

Theme	%	Detailed suggestion	%
Unweighted base (n) ¹	9,988		9,988
Walking tracks / footpaths	26.0	Provide / extend footpaths / connect to open spaces	6.6
		Provide new / more / connected walking tracks / paths	5.6
		Improve existing walking tracks / paths	5.1
		Improve footpaths	4.7
		Other footpaths NFI*	4.1
Exercise equipment / facilities	16.3	Exercise equipment / facilities (including sporting fields / facilities)	16.3
Bicycle tracks / lanes and skate facilities	14.6	Provide new / more / connected bicycle tracks	6.1
		Other bicycle tracks NFI*	2.9
		Improve existing bicycle tracks	2.6
		Provide / improve skate facilities, including ramps	1.6
		Provide / extend / connect bike lanes	1.4
Toilets / change rooms	11.6	Provide more / new toilets	3.6
		Improve existing toilets	3.5
		Other toilets NFI*	3.2
		Provide / improve change rooms / showers	1.3
		Disabled access to toilets	0.1
Lighting	10.6	Lighting	10.6
Safety measures / restrictions	8.6	Safety measures / restrictions (including dogs on leashes)	8.6
Bins / rubbish collection / clean environment	7.0	Environmental clean-up / cleanliness	2.8
		Provide new / more bins	1.7
		Other bins / rubbish NFI*	1.5
		Provide dog poo bags / ensure cleaning of dog faeces	1.0
Accessibility	6.2	Parks / facilities closer to my home / more accessible	5.4
		Disability access	0.8
Playgrounds	5.6	Improve existing playgrounds	3.0
		Provide more / new playgrounds	1.9
		Other playgrounds NFI*	0.7
Cover / shade / shelter	4.9	Cover / shade / shelter	4.9
Dog friendly areas	3.6	Dog friendly areas	3.6
More / better facilities	3.3	More / better facilities NFI*	3.3
Maintenance / management of spaces and facilities	2.9	Maintenance / management of spaces and facilities	2.9
Seating	2.9	Seating	2.9
Drinking fountains	2.7	Drinking fountains	2.7
More / better vegetation / trees / gardens	2.6	More / better vegetation / trees / gardens	2.6
Improve signage / maps / communication	2.0	Signage / maps / more communication / awareness	2.0

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

* NFI = No further information provided

5.7. Improvements specific to identified locations

Respondents who offered suggestions for improvement to public facilities and open spaces were asked where they would like to see these improvements made. The five most commonly mentioned facilities for which improvement suggestions were offered were: Lake Weeroona (0.8%); Kennington Reservoir (0.5%); Rosalind Park (0.5%); Castlemaine Botanical Gardens (0.3%); and Lake Neangar (0.3%). These small proportions reflect the diversity of responses provided to a range of facilities and the fact that specific facilities were not listed for all improvement suggestions.

For **all five locations**, suggestions related to the themes of exercise equipment and facilities and bicycle tracks or lanes and skate facilities were mentioned amongst the top five improvement suggestions. Suggestions related to improving exercise equipment and facilities were most often mentioned in relation to Lake Weeroona (23.3%) while suggestions associated with improvements to bicycle and skate facilities were most commonly made in relation to Kennington Reservoir (58.7%). The other three themes that rounded out the top five most commonly mentioned varied for each facility.

Apart from the previously mentioned improvement suggestions, users of **Lake Weeroona** also commonly made suggestions related to lighting (20.2%), walking tracks and footpaths (14.9%) and toilets and changerooms (11.7%).

Lighting was another theme common to improvement suggestions made by users of **Kennington Reservoir** (55.0%), while the themes of walking tracks and footpaths (22.8%) and safety measures or restrictions (15.8%) rounded out the top five for the location.

Amongst suggestions made in relation to **Rosalind Park**, the other themes that emerged were bins, waste collection and cleanliness of the environment (19.6%), toilets and changerooms (14.8%) and safety measures of restrictions (14.1%).

The top five suggestions for improving **Castlemaine Botanical Gardens** extended to the themes of lighting (22.4%), walking tracks or footpaths (19.0%) and dog friendly areas (13.6%).

For users of **Lake Neangar**, improvement suggestions followed the themes of toilets and changerooms (31.1%), bins, waste collection and cleanliness of the environment (16.1%), and bicycle and skate facilities (11.9%).

As mentioned in Section 5.6, these suggestions were completely respondent-driven (unprompted) meaning they directly reflect current user views regarding improvements that would encourage increased use of public facilities and open spaces.

Table 5.7.1 Improvements specific to identified locations

Theme	All answering	Lake Weeroona	Kennington Reservoir	Rosalind Park	Castlemaine Botanical Gardens	Lake Neangar
	%	%	%	%	%	%
Unweighted base (n)¹	7,906	219	141	131	90	83
Walking tracks / footpaths	24.9	14.8	22.8	7.3	17.1	9.8
Exercise equipment (including sporting fields / facilities)	16.8	23.7	9.4	14.7	18.9	17.5
Bicycle tracks / lanes and skate facilities	12.8	6.0	2.3	5.9	4.7	1.5
Toilets / change rooms	10.6	10.9	6.7	13.6	4.4	29.9
Lighting	11.0	20.6	55.8	9.4	22.6	10.8
Safety measures / restrictions (including dogs on leashes)	8.5	11.8	16.0	14.8	9.2	3.6
Bins / rubbish collection / clean environment	7.0	10.9	8.2	20.5	7.3	15.0
Accessibility	5.9	2.5	0.3	3.0	4.8	3.8
Playgrounds	5.4	6.2	3.1	5.7	4.3	0.0
Cover / shade / shelter	5.1	5.5	2.9	3.2	4.8	8.9
Dog friendly areas	3.5	1.7	2.9	2.4	13.7	4.5
More / better facilities NFI	3.3	1.1	2.3	1.2	0.0	0.9
Maintenance / management of spaces and facilities	2.7	3.4	3.6	1.8	0.7	0.6
Seating	3.3	5.1	4.4	6.7	13.3	1.2
Drinking fountains	2.7	1.9	2.9	2.9	5.2	9.3
More / better vegetation / trees / gardens	2.6	3.2	1.6	0.7	2.6	2.7
Improve signage / maps / communication	1.7	1.6	0.3	2.9	4.1	0.0
Events programming / activities	1.7	3.4	0.7	7.0	2.5	0.4
Free activities / no charges for use	1.6	1.6	0.0	2.8	2.4	3.7
BBQs / picnic areas	1.7	0.3	1.3	3.6	0.7	0.9
Parking	1.4	3.6	0.0	2.1	0.3	6.8
Fencing	1.1	0.1	1.3	0.0	4.1	0.6
Café / coffee / tea / food shop	0.0	0.0	0.0	0.0	0.0	0.0
Camping	0.2	0.0	0.0	0.0	0.0	0.0
Other	4.4	3.5	2.0	4.0	3.4	3.5

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

* NFI = No further information provided

Green shaded cells indicate the top 5 improvements mentioned for each facility

6. Participation in physical recreation activities

To reduce burden, respondents were only asked about their participation in up to four activities. They were asked to select their main four activities from a list of 60 activity categories. Each category could be selected once only to avoid double-counting. They were not asked the total number of activities they have participated in, thus the total number of activities participated in by respondents is likely to be under-counted. Readers should consider those who selected four activities as having participated in four or more activities. When interpreting the proportion of the population who had participated in each of the 60 activities, rates of participation should be considered as the proportion of the population who consider the activity to be among their main activities. While this focuses on identifiable facilities or areas, some facility types, i.e. footpaths, which are used very frequently, will not appear in this list because they are not named and could therefore be identified in the same way as those in this list.

6.1. Use of recreational facilities

Table 6.1.1 gives the top 20 facilities mentioned by respondents when asked where they participate in their main activities. For respondents who use each facility, the frequency with which they participate in the associated activity is provided. This table therefore shows which of the most commonly used facilities are used most often (if they have a high proportion using daily or weekly) and the opportunities for increasing use (if respondents use the facility monthly or less often for one of their main activities).

The two most often used facilities for respondents' main activities were Gurri Wanyarra Wellbeing Centre, Bendigo (2.2%) and Lake Weeroona, Bendigo (1.8%). Of the two facilities, Lake Weeroona, Bendigo was used by people who participate in the associated activity more frequently (67.3% were heavy users). Amongst those who had participated in their main activity at the Gurri Wanyarra Wellbeing Centre, Bendigo, 55.0% were heavy users. People who use the following venues for their main activity were more likely to be heavy users of the facility: Bendigo Stadium / Schweppes Centre (85.1%) and Buffalo Stadium, Woodend (83.0%).

Some of the facilities that were commonly used for main activities but frequented less often less (used less than once a month) included:

- Lake Eppalock, Kimbolton (48.9%)
- Crusoe and No 7 Park - Big Hill (27.0%)
- Neangar Park Golf Course, Eaglehawk (23.8%)
- Bendigo East Swimming Pool (19.2%)
- Kyneton Sports and Aquatic Centre (13.0%)

While less regular rates of activity may reflect the seasonal or otherwise less regular nature of the activity itself or a lower local population (e.g. facilities in small towns), it is worthwhile exploring the opportunity to increase frequency of participation in activities at the above facilities and spaces.

Table 6.1.1 Main recreational facilities used by frequency of activity

	Unweighted base ¹	Heavy Once a week or more often	Medium 1 to 3 times a month	Light Less than once a month
	n	%	%	%
All facilities	50,805	62.5	23.7	13.8
Gurri Wanyarra Wellbeing Centre, Kangaroo Flat	1,255	55.0	29.3	15.8
Lake Weeroona, Bendigo	1,083	67.3	23.9	8.7
Eaglehawk YMCA (Peter Krenz), Eaglehawk	588	57.2	24.1	18.7
Kennington Reservoir, Kennington	564	71.3	21.5	7.2
Castlemaine Botanical Gardens, Castlemaine	480	72.7	19.6	7.7
Bendigo Stadium / Schweppes Centre, Bendigo	481	85.1	10.8	4.1
Bendigo Creek Trail, Bendigo	402	67.8	25.7	6.6
Kyneton Sports and Aquatic Centre, Kyneton	374	63.0	24.0	13.0
Lake Neangar, Eaglehawk	330	57.0	32.9	10.2
Gisborne Aquatic Centre, Gisborne	308	63.0	22.0	15.0
Bendigo East Swimming Pool, Bendigo East	268	46.5	34.3	19.2
Echuca War Memorial Aquatic Centre, Echuca	265	70.5	18.4	11.1
Greater Bendigo National Park - One Tree Hill, Strathfieldsaye	256	51.7	35.2	13.1
Crusoe and No 7 Park - Big Hill, Big Hill	241	37.0	36.0	27.0
Lake Eppalock, Kimbolton	221	5.0	46.0	48.9
Maryborough Sports & Leisure Centre, Maryborough	186	63.7	25.4	10.9
Buffalo Stadium, Woodend	154	83.0	14.1	2.9
Bushland Spring Gully, Spring Gully	155	58.5	31.3	10.2
Neangar Park Golf Course, Eaglehawk	147	51.5	24.7	23.8
Back Creek Linear Trail, Quarry Hill	135	71.2	20.4	8.4

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

 Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

6.2. Participation in physical recreational activity

All respondents were asked to list up to four activities they had participated in over the past 12 months. Overall, 90.1% reported participating in at least one activity (9.9% responded that they had not participated in any activities). One-quarter of respondents (24.9%) had participated in four or more activities.

This section focusses on the demographic, health and wellbeing characteristics of less active respondents. While we will report only on the proportions of respondents from subgroups of residents who participated in no activities, we will focus the discussion on subgroups that also showed significantly higher proportions of respondents who had participated in one activity only, thus representing the least active groups of residents. Understanding the characteristics of residents who belong to the least active groups in the community provides a solid foundation for effectively addressing the needs of these groups.

Older residents (aged 50 years and over) were less likely to have participated in one or more activities. For males, 14.3% of those aged 50 to 69 and 20.4% of those aged 70 years and over had not participated in any activities (compared to 4.0% aged 3 to 11 years, 4.2% aged 12 to 17 years, 9.1% aged 18 to 34 and 9.4% of males aged 35 to 49 years). Amongst females, 10.6% of those aged 50 to 69 and 20.0% of those aged 70 years and over had not participated in any activities (compared to 2.6% aged 3 to 11 years, 3.0% aged 12 to 17 years, 6.3% aged 18 to 34 and 5.9% of females aged 35 to 49 years).

Also less likely to have participated in any activities were residents of Loddon Shire (19.0%), Central Goldfields Shire (15.0%) and Shire of Campaspe (12.9%) compared to those who live in Mount Alexander Shire (8.7%), City of Greater Bendigo, (8.5%) and Macedon Ranges Shire (8.4%).

Household financial situation was also correlated with participation in activities. Households that had run out of food and were unable to buy more were more likely to not have done any activities in the last 12 months (16.7%) than those who had not experienced food insecurity (9.0%). Respondents from households that reported they were 'just getting along', 'poor' or 'very poor' were also more likely to have not done any activities (14.7%) when compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (7.5%).

Respondents reporting lower levels of general wellbeing were also more likely to indicate they had not participated in any activities. This was especially notable amongst:

- Those whose self-reported health was 'fair' or 'poor' (25.6%, compared to 6.8% of those with 'good', 'very good' or 'excellent' health)
- Residents reporting lower levels of life satisfaction (22.6%, compared to 8.8% of those with medium, high or very high life satisfaction)
- People who do not feel valued by society (17.3%, compared to 6.7% of those who reported they definitely feel valued by society)

In the 2014 ALC, conducted with residents of City of Greater Bendigo, 19.9% of respondents reported they had not participated in any activities (compared to 8.5% of City of Greater Bendigo residents in the 2019 ALC). This suggests that activity levels have increased over the past five years, with fewer residents reporting inactivity on this occasion.

Table 6.2.1 Number of physical recreational activities by demographic indicators - ages 3 and up

	Unweighted base ¹ n	None %	One %	Two %	Three %	Four or more %
Total sample	23,087	9.9	24.2	23.4	17.6	24.9
Gender and age						
Males	9,965	11.2	24.3	23.8	16.8	24.1
Females	12,839	8.4	23.6	23.3	18.6	26.2
Males, 3 to 11	1,044	4.0	15.0	20.7	22.3	38.1
Males, 12 to 17	700	4.2	18.4	20.1	19.5	37.9
Males, 18 to 34	1,386	9.1	22.5	25.8	16.3	26.4
Males, 35 to 49	1,672	9.4	21.0	22.7	16.3	30.6
Males, 50 to 69	3,289	14.3	26.9	25.8	16.5	16.5
Males, 70+	1,860	20.4	37.3	23.1	12.3	6.8
Females, 3 to 11	1,000	2.6	17.2	19.8	22.6	37.7
Females, 12 to 17	694	3.0	21.7	20.7	22.0	32.6
Females, 18 to 34	2,089	6.3	17.4	23.0	18.8	34.5
Females, 35 to 49	2,535	5.9	18.7	21.1	19.7	34.7
Females, 50 to 69	4,477	10.6	28.2	25.9	18.3	16.9
Females, 70+	2,016	20.0	38.3	25.7	10.9	5.1
LGA						
City of Greater Bendigo	12,238	8.5	24.0	24.0	17.7	25.8
Macedon Ranges Shire	3,485	8.4	23.9	24.6	18.3	24.8
Shire of Campaspe	3,197	12.9	25.7	21.8	16.9	22.8
Mount Alexander Shire	2,210	8.7	19.9	22.7	19.8	28.9
Central Goldfields Shire	1,089	15.0	28.3	21.2	14.5	21.0
Loddon Shire	763	19.0	23.3	20.6	14.7	22.5
Demographic indicators						
Born in Australia	20,441	9.2	23.5	23.5	17.9	26.0
Born overseas	2,226	15.0	26.5	23.5	15.9	19.1
Speaks English as main language	22,259	9.5	23.7	23.5	17.8	25.5
Speaks other main language	323	23.6	32.3	16.9	11.9	15.3
Aboriginal and/or Torres Strait Islander	278	13.1	25.1	22.8	19.6	19.5
Not Aboriginal or Torres Strait Islander	22,408	9.7	23.7	23.5	17.7	25.4
Identifies as LGBTQIA+	605	10.7	23.7	22.6	18.3	24.6
Non-LGBTQIA+	17,450	10.2	24.5	24.4	17.2	23.6
Holds a Bachelor degree or higher	7,997	4.1	16.5	23.2	21.0	35.2
Less than Bachelor level education	13,590	10.2	24.5	23.7	17.4	24.2
Just getting along, poor or very poor	6,611	14.7	27.6	21.4	15.0	21.3
Reasonably comfortable, very comfortable or prosperous	16,217	7.5	22.4	24.3	18.9	26.9

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 6.2.2 Number of physical recreational activities by health indicators – ages 3 and up

	Unweighted base ¹ n	None %	One %	Two %	Three %	Four or more %
Total sample	23,087	9.9	24.2	23.4	17.6	24.9
Health and wellbeing indicators						
Self-reported health - Fair or poor	3,474	25.6	30.4	21.4	11.3	11.4
Self-reported health - Good, very good, or excellent	18,935	6.8	22.8	24.1	19.0	27.3
Life satisfaction - Low (0 to 4 out of 10)	1,472	22.6	26.6	20.9	11.9	18.0
Life satisfaction - Medium to very high (5+ out of 10)	20,678	8.8	23.8	23.9	18.2	25.4
Does not feel valued by society	3,817	17.3	26.8	23.3	13.2	19.4
Sometimes feel valued by society	10,146	9.1	24.0	23.6	18.3	25.0
Definitely feel valued by society	8,046	6.7	22.3	24.1	19.7	27.3
Meets fruit intake guidelines	12,024	7.0	21.7	23.4	19.4	28.5
Does not meet fruit intake guidelines	9,949	12.5	26.5	24.1	16.1	20.8
Meets vegetable intake guidelines	3,591	6.3	24.5	21.5	18.5	29.2
Does not meet vegetable intake guidelines	18,439	10.0	23.9	24.2	17.8	24.1
Drinks sugar-sweetened beverages daily	2,366	16.9	29.7	22.6	14.5	16.3
Drinks sugar-sweetened beverages less than daily	19,806	8.7	23.1	23.9	18.2	26.0
Meets water consumption guidelines	4,119	6.7	20.0	22.2	18.8	32.3
Does not meet water guidelines	17,774	10.3	24.8	24.1	17.6	23.2
Ran out of food and could not afford more	1,616	16.7	25.7	20.2	14.1	23.3
Have not run out of food	20,035	9.0	23.3	23.4	18.0	26.3
Requires help with daily activities	2,194	18.3	26.3	20.3	15.2	19.9
Does not require help	20,129	8.6	23.4	23.8	18.0	26.3

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

For respondents aged 18 years and over in the 2019 ALC, 11.4% had not participated in any activities. This proportion was higher amongst current smokers (19.3%, compared to 10.8% of ex-smokers and 10.1% of people who have never smoked) and those who drink alcohol every day (16.2%, compared to 8.8% of those who drink less often). However, those who do not drink alcohol at all were also more likely to have not participated in any activities (19.2%) compared to those who drink alcohol infrequently (8.8%).

Table 6.2.3 Participation in physical recreational activity by health indicators – 18 years and over only

	Unweighted base ¹ n	None %	One %	Two %	Three %	Four or more %
Total sample	19,469	11.4	25.4	24.2	16.7	22.3
Health and wellbeing indicators						
Overweight or obese (BMI ≥25.0)	10,906	12.2	26.0	24.8	16.5	20.6
Normal range or underweight (BMI <25.0)	6,913	8.5	23.1	24.1	18.0	26.3
Meets physical activity guidelines	10,923	4.7	19.7	25.3	20.1	30.1
Does not meet physical activity guidelines / sedentary	7,376	18.9	32.8	24.1	12.5	11.8
Current smoker	1,560	19.3	31.2	21.1	13.0	15.5
Ex-smoker	6,868	10.8	24.5	24.5	17.2	23.1
Never smoked	10,313	10.1	25.2	25.2	17.2	22.4
Drinks alcohol every day	1,641	16.2	33.2	25.5	12.7	12.4
Drinks alcohol less often than daily	13,569	8.8	23.1	24.5	18.4	25.2
Does not drink alcohol	3,486	19.2	31.6	24.0	12.0	13.3
Had more than 4 standard drinks on a single occasion	9,755	9.1	22.9	24.0	17.7	26.3
Has not had more than 4 standard drinks	8,367	13.4	29.0	25.2	15.6	16.9

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

6.3. Activity overview

As mentioned previously, respondents were asked to provide the names of up to four activities in which they had participated in the 12 months prior to the survey. For each listed activity, respondents could indicate the frequency of participation, the facility, venue or place where the activity was undertaken, the quality and accessibility of facilities used for the activity, how they get to and from the activity and how far they travel to get there.

Limiting collection to asking only about the top four activities means respondents were not able to provide information on any fifth, or subsequent, activity. Thus, if there are any activities that are less likely to be counted amongst the top four consistently (by the 25.8% of respondents who had participated in four or more activities), these will be underrepresented in the analysis. This section should therefore be viewed as providing information on the *most common* of the main activities undertaken by residents. Note that respondents were able to mention each activity once only to avoid double-counting.

Table 6.3.1 shows the number of respondents who had participated in each of the top 20 activities. Using all activities mentioned as the base, the Table shows how frequently respondents had participated in the activity they named amongst their top four.

Of the activities people had participated in, the five most commonly mentioned included:

- Walking – 21.3%
- Swimming – 8.5%
- Fitness: gym – 6.4%
- Active play (at playgrounds / playcentre) – 6.2%
- Cycling (for recreation or transport) – 5.4%

Frequency of participation was classified as 'heavy' if respondents participated in the activity at least weekly, 'medium' if participation was once or twice per month and 'light' if the frequency of participation was less than once a month. Activities recording the heaviest participation often included team-based sports with the heaviest users having participated in: Australian rules football (83.6%), netball (83.5%), soccer (80.1%), and basketball (79.1%). Other activities for which heavy participation was observed included gym-based fitness activities (81.6%). and dancing, ballet, or calisthenics (81.5%).

Activities with high proportions of 'light' participation were fishing (52.3%), golf (30.2%), and bushwalking or hiking (25.0%).

What is unclear from these results is the extent to which the frequency of participation is a function of the activity itself, such as activities that are naturally conducted less often (e.g. fishing) versus organised sports that occur at least weekly, and the extent to which frequency of participation varies for respondent-driven reasons. To fully understand the motivations for participation in each activity, further research would be required.

While other sections focus on the target groups of those who do not participate in activities, this section highlights the opportunities for increasing activity levels amongst those who might do fewer activities, less often. One strategy for increasing activity could be to focus on increasing the frequency of participation of light and medium participants in otherwise heavy participation activities. Efforts could also be made to encourage participants in typically light or medium activities to transition to

heavy participation levels. However, understanding the barriers to increasing participation is key. This topic is explored in the following section.

Table 6.3.1 Activities by frequency of participation

	Unweighted base ¹	Heavy Once a week or more often	Medium 1 to 3 times a month	Light Less than once a month
	n	%	%	%
All activities	50,805	62.5	23.7	13.8
Walking	11,722	78.5	16.8	4.7
Active play (at playgrounds / play centre)	2,759	57.8	32.4	9.8
Fitness: Gym	3,288	81.6	12.7	5.7
Swimming	4,283	46.9	30.0	23.1
Bush walking / Hiking	2,973	32.0	43.0	25.0
Cycling: General cycling for recreation or transport	2,948	49.3	35.0	15.7
Australian Rules football	1,271	83.6	11.8	4.6
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	2,001	75.2	16.3	8.5
Jogging / Running	1,908	69.1	23.8	7.1
Golf	1,149	44.3	25.5	30.2
Netball (indoor / outdoor)	1,073	83.5	12.1	4.4
Cycling: Mountain bike riding	1,143	48.3	38.4	13.3
Lawn bowls	629	67.3	14.7	18.1
Aqua aerobics	604	65.7	21.1	13.3
Dancing / Ballet / Calisthenics	884	81.5	14.7	3.8
Basketball (indoor / outdoor)	753	79.1	12.6	8.4
Cycling: Road and sport cycling	727	69.9	21.5	8.6
Soccer (indoor / outdoor)	531	80.1	13.3	6.6
Tennis (indoor / outdoor)	942	61.3	19.4	19.3
Fishing	1,075	6.0	41.7	52.3
Fitness: Outdoor fitness / Personal training / Group activities	684	79.6	15.9	4.5
Other activities	7,458	52.3	25.9	21.9

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Table 6.3.2 Activities by demographic indicators – ages 3 and up

	Unweighted base	Walking	Active play (at playgrounds / play centre)	Fitness: Gym	Swimming	Bush walking / Hiking	Cycling: General cycling for recreation or transport	Australian Rules football	Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	Jogging / Running	Golf
	n	%	%	%	%	%	%	%	%	%	%
All activities	52,222	21.3	6.2	6.4	8.5	5.4	5.4	3.3	3.1	3.7	2.1
Gender and age											
Males	22,074	18.1	5.6	5.5	7.5	5.1	6.1	5.7	1.1	3.7	3.5
Females	29,748	24.2	6.7	7.2	9.4	5.7	4.8	1.1	4.9	3.7	0.9
Males, 3 to 11	2,883	7.5	16.0	0.2	14.5	2.9	9.5	11.5	0.2	1.4	0.5
Males, 12 to 17	1,873	8.6	2.7	3.4	6.8	2.4	5.2	12.1	0.4	3.2	0.6
Males, 18 to 34	3,348	15.0	4.6	11.4	5.4	4.4	3.6	7.7	1.2	6.0	2.7
Males, 35 to 49	4,193	18.0	5.2	6.2	6.8	6.2	5.9	3.9	0.8	5.2	3.6
Males, 50 to 69	6,755	26.2	2.4	4.5	6.7	6.8	6.8	1.5	1.5	3.1	5.4
Males, 70+	3,004	30.5	2.6	4.9	4.8	5.8	4.8	0.4	2.5	0.8	7.6
Females, 3 to 11	2,754	8.1	17.0	0.1	17.1	2.9	9.1	2.0	0.8	1.2	0.1
Females, 12 to 17	1,801	15.2	3.5	4.8	8.7	2.8	4.5	3.3	1.4	3.6	0.0
Females, 18 to 34	5,599	22.5	7.1	12.2	7.9	5.6	2.3	1.2	4.7	6.2	0.3
Females, 35 to 49	6,867	25.9	6.3	7.1	8.5	7.5	5.4	0.8	5.7	5.4	0.5
Females, 50 to 69	9,594	32.4	3.7	7.4	8.7	7.1	5.2	0.4	6.9	2.4	1.6
Females, 70+	3,085	34.1	2.5	6.9	6.3	3.9	1.6	0.2	8.4	0.3	3.4

¹ Base sizes include respondents aged 3 years and over living in the Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

 Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

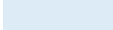
 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 6.3.3 Further activities by demographic indicators – ages 3 and up

	Unweighted base	Netball (indoor / outdoor)	Cycling: Mountain bike riding	Lawn bowls	Aqua aerobics	Dancing / Ballet / Calisthenics	Basketball (indoor / outdoor)	Cycling: Road and sport cycling	Soccer (indoor / outdoor)	Tennis (indoor / outdoor)	Fishing	Fitness: Outdoor fitness / Personal training / Group activities
	n	%	%	%	%	%	%	%	%	%	%	%
All activities	52,222	2.5	2.3	1.1	1.0	1.8	1.8	1.3	1.3	1.9	2.5	1.3
Gender and age												
Males	22,074	0.4	3.5	1.5	0.4	0.6	2.5	2.0	1.9	2.1	3.9	0.8
Females	29,748	4.4	1.3	0.7	1.5	2.9	1.2	0.7	0.7	1.9	1.3	1.8
Males, 3 to 11	2,883	0.4	1.9	0.1	0.1	0.8	4.9	0.5	4.7	3.2	1.4	0.3
Males, 12 to 17	1,873	0.3	5.5	0.3	0.4	0.4	7.3	1.8	5.9	4.7	2.4	0.5
Males, 18 to 34	3,348	0.7	2.8	0.4	0.3	0.3	3.1	2.0	1.5	1.8	3.9	1.5
Males, 35 to 49	4,193	0.4	5.4	0.6	0.1	0.1	1.8	2.5	1.0	1.9	4.3	1.2
Males, 50 to 69	6,755	0.2	3.5	2.3	0.6	0.7	0.3	3.2	0.4	1.3	5.6	0.6
Males, 70+	3,004	0.0	0.9	7.1	1.7	1.4	0.1	1.0	0.1	0.5	4.0	0.6
Females, 3 to 11	2,754	7.6	1.2	0.0	0.1	8.6	1.9	0.4	1.8	2.4	0.6	0.3
Females, 12 to 17	1,801	15.4	1.6	0.2	0.4	6.2	4.1	0.7	1.7	3.9	0.5	1.2
Females, 18 to 34	5,599	5.8	1.1	0.2	0.9	1.3	1.2	0.5	0.7	1.2	1.5	2.9
Females, 35 to 49	6,867	2.9	2.0	0.3	0.7	1.2	1.2	1.0	0.4	2.3	1.6	2.5
Females, 50 to 69	9,594	0.6	1.2	1.1	2.7	1.9	0.2	0.9	0.1	1.4	1.5	1.4
Females, 70+	3,085	0.5	0.3	4.5	5.4	2.7	0.0	0.2	0.2	0.9	0.5	1.0

¹ Base sizes include respondents aged 3 years and over living in the Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

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6.4. Barriers to participation in physical recreational activity

Understanding the characteristics of respondents who would like to increase their participation in physical activity, and the barriers preventing them from doing so, is critical to designing strategies to assist residents increase their level of activity.

6.4.1. Preference to increase frequency of participation

Prior to asking more detailed questions regarding participation in activities, all respondents were asked whether they had participated in physical activities as often as they would have liked in the last 12 months.

While the next section will address the *reasons* why people have not done physical activities as often as they would like, this section provides an understanding of the demographic, health and wellbeing characteristics of people who have not participated in activities as often as they would like. Given their stated interest in increasing their levels of activity, assisting these subgroups to increase their participation could provide quick gains in activity rates amongst residents.

Approximately half of all respondents (53.4%) indicated that they had not participated in activities as often as they would like. Females were more likely than males to indicate they would have liked to have participated in activities more often (56.3% compared to 50.3%). Amongst both males and females, the age group most likely to report they had not participated in activities as often as they would like were those aged between 18 and 69 years. Amongst males, the proportion who had not done as much physical activity as they would like peaked for those aged 35 to 49 years (66.2%, compared to 25.0% of those aged 3 to 11 years, 28.5% of those aged 12 to 17 years and 42.7% of those aged 70 years and over). Females aged 35 to 49 were also more likely to indicate that they had not done physical activity as often as they would like (70.2%, compared to 25.6% of those aged 3 to 11 years, 34.9% of those aged 12 to 17 years and 45.7% of those aged 70 years and over).

Across the LGAs there were no significant differences recorded in the proportion of respondents who would like to participate in physical activity more often, with similar proportions of residents wanting to increase participation in each area.

There were, however, subgroups of respondents that were more likely to indicate they wanted to increase their physical activity participation when compared to others. People whose main language is something other than English were more likely than those who speak English as their main language to want to increase their participation (62.9% compared to 53.3%). People who identify as LGBTQIA+ were also more likely to want to increase their activity participation than those who do not (69.0% compared to 59.6%).

Results showed that respondents who reported poorer health were more likely to indicate they have not done physical activity as often as they would like. In particular, 80.7% of those whose self-reported health was 'fair' or 'poor' had not done physical activity as often as they would like (compared to 48.5% of those whose health was 'good', 'very good' or 'excellent').

Understanding the motivations for, and barriers against, participating as often as would be liked amongst people in these poorer health groups is of obvious strategic importance. Firstly, they have indicated they would like to increase their participation meaning they are an engaged audience and there is potential for more immediate benefits if their desire to increase activity can be met. Secondly,

there are considerable health benefits to be recognised by increasing the activity of those recording poorer health.

Table 6.4.1.1 Preference to increase frequency of participation by demographic indicators - ages 3 and up

	Unweighted base ¹	Done physical activity as often as would like	Not done physical activity as often as would like
	n	%	%
Total sample	22,612	46.7	53.4
Gender and age			
Males	9,736	49.7	50.3
Females	12,640	43.7	56.3
Males, 3 to 11	1,026	75.0	25.0
Males, 12 to 17	692	71.6	28.5
Males, 18 to 34	1,363	46.4	53.6
Males, 35 to 49	1,655	33.8	66.2
Males, 50 to 69	3,203	41.8	58.2
Males, 70+	1,781	57.3	42.7
Females, 3 to 11	967	74.4	25.6
Females, 12 to 17	685	65.1	34.9
Females, 18 to 34	2,084	34.5	65.5
Females, 35 to 49	2,539	29.8	70.2
Females, 50 to 69	4,392	38.9	61.1
Females, 70+	1,943	54.3	45.7
LGA			
City of Greater Bendigo	12,014	47.1	52.9
Macedon Ranges Shire	3,446	47.3	52.7
Shire of Campaspe	3,114	47.1	52.9
Mount Alexander Shire	2,134	44.7	55.3
Central Goldfields Shire	1,050	42.8	57.2
Loddon Shire	752	45.4	54.6
Demographic indicators			
Born in Australia	20,068	46.8	53.2
Born overseas	2,191	44.0	56.0
Speaks English as main language	21,829	46.7	53.3
Speaks other main language	327	37.1	62.9
Aboriginal and/or Torres Strait Islander	273	44.5	55.5
Not Aboriginal or Torres Strait Islander	21,987	46.6	53.4
Identifies as LGBTQIA+	606	31.0	69.0
Non-LGBTQIA+	17,164	40.4	59.6
Holds a Bachelor degree or higher	7,916	40.1	59.9
Less than Bachelor level education	13,306	48.1	51.9
Just getting along, poor or very poor	6,440	38.6	61.4
Reasonably comfortable, very comfortable or prosperous	15,917	50.5	49.5

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)
Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 6.4.1.2 Preference to increase frequency of participation by demographic indicators – ages 3 and up

	Unweighted base ¹	Done physical activity as often as would like	Not done physical activity as often as would like
	n	%	%
Total sample	22,612	46.7	53.4
Health and wellbeing indicators			
Self-reported health - Fair or poor	3,323	19.3	80.7
Self-reported health - Good, very good, or excellent	18,537	51.5	48.5
Life satisfaction - Low (0 to 4 out of 10)	1,438	17.4	82.6
Life satisfaction - Medium to very high (5+ out of 10)	20,172	48.7	51.4
Does not feel valued by society	3,709	30.5	69.5
Sometimes feel valued by society	9,897	44.4	55.6
Definitely feel valued by society	7,879	57.7	42.3
Meets fruit intake guidelines	11,751	53.7	46.4
Does not meet fruit intake guidelines	9,665	38.5	61.5
Meets vegetable intake guidelines	3,514	55.3	44.7
Does not meet vegetable intake guidelines	17,970	45.1	54.9
Drinks sugar-sweetened beverages daily	2,287	36.9	63.1
Drinks sugar-sweetened beverages less than daily	19,321	47.8	52.3
Meets water consumption guidelines	4,052	44.9	55.2
Does not meet water guidelines	17,307	46.8	53.2
Ran out of food and could not afford more	1,577	32.2	67.8
Have not run out of food	19,662	47.8	52.2
Requires help with daily activities	2,092	45.5	54.5
Does not require help	19,843	46.6	53.4

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Amongst residents aged 18 years and over, 59.6% indicated that they had not done physical activity as often as they would like in the past 12 months. This proportion was higher amongst those who are not currently meeting the physical activity guidelines for people aged 18 years and over (70.9% compared to 50.8% of those who do meet the guidelines). The proportion of those wanting to increase their activity was also higher for those who recorded a BMI in the overweight or obese range (64.2%), compared to 51.4% of those whose BMI was in the normal or underweight range.

This shows that, for many people who are not meeting the activity guidelines, it is not through a lack of desire. Thus, understanding their barriers to participation and how to support them in achieving their activity goals has real potential for increasing activity levels.

Results also revealed that current smokers and people who have had more than four drinks on a single occasion in the past year were more likely to have not done activity as often as they would like compared to those who had not engaged in these behaviours. Amongst smokers, 68.9% had not done physical activity as often as they would like (compared to 60.1% of ex-smokers and 57.4% of those who have never smoked) while 61.1% of people who have engaged in risky alcohol consumption would like to do activity more often (compared to 57.7%).

Table 6.4.1.3 Preference to increase frequency of participation by demographic indicators – 18 years and over only

	Unweighted base ¹	Done physical activity as often as would like	Not done physical activity as often as would like
	n	%	%
Total sample	19,085	40.4	59.6
Health and wellbeing indicators			
Overweight or obese (BMI ≥25.0)	10,623	35.8	64.2
Normal range or underweight (BMI <25.0)	6,766	48.7	51.4
Meets physical activity guidelines	10,645	49.2	50.8
Does not meet physical activity guidelines / sedentary	7,213	29.1	70.9
Current smoker	1,507	31.1	68.9
Ex-smoker	6,707	39.9	60.1
Never smoked	10,070	42.6	57.4
Drinks alcohol every day	1,601	42.7	57.4
Drinks alcohol less often than daily	13,263	40.1	59.9
Does not drink alcohol	3,367	40.7	59.3
Had more than 4 standard drinks on a single occasion	9,572	38.9	61.1
Has not had more than 4 standard drinks	8,104	42.3	57.7

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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6.4.2. Reasons for not participating as frequently as would like

Respondents who had indicated they had not participated in physical recreation activities as frequently as they would like were asked to provide the reasons why this was the case, from a list provided in within the survey.

Table 6.4.2.1 shows that the most commonly reported reasons for respondents not participating in activities as often as they would have liked were:

- That they were too busy or did not have enough time (54.9%)
- Personal reasons such as not feeling motivated or feeling embarrassed (32.5%)
- The cost (22.6%)
- Poor health or disability (19.9%)
- A lack of social support such as encouragement from others or having no one to go with (18.0%)

Being too busy or not having enough time was the main reason for not doing as much activity as desired regardless of how many activities people had participated in. For people who had not participated in any activities, poor health or disability was the second most often mentioned reason for not having participated in physical activity as much as they would like (30.7%).

In the 2014 ALC, four of the five main issues mentioned in 2019 were given amongst the top five reasons for not having participated in activities as much as respondents would have liked. These included: being time poor (65.4%), personal issues (49.1%), cost (29.5%), and lack of social support (24.3%). Poor health or disability did not feature amongst the main reasons for not participating like it did in 2019. Further investigation could be useful to determine the reason for this having become a more dominant reason for reduced participation in the past five years. The other main reasons given in 2014 were similar to others mentioned in 2019 and included lack of awareness (18.1%), safety issues (17.6%) and access issues (2.1%).

Table 6.4.2.1 Reasons for not participating as frequently as would like by number of activities

	All answering %	None %	One %	Two %	Three or more %
Unweighted base (n)¹	12,856	1,741	3,263	2,926	4,926
Too busy / not enough time	54.9	34.7	48.4	56.2	66.8
Personal reasons (e.g. don't feel motivated, feel embarrassed)	32.5	26.0	30.6	35.6	34.6
Cost	22.6	17.1	20.0	22.3	26.8
Poor health or disability	19.9	30.7	20.6	18.7	15.7
Lack of social support (e.g. no encouragement, no one to go with)	18.0	13.6	15.6	19.7	20.6
Safety (e.g. poor lighting, remote venue / facility)	16.3	6.1	13.8	16.0	22.4
Lack of awareness about what activities are available	11.3	8.0	10.2	10.8	13.6
Lack of transport	4.9	4.6	4.2	4.0	6.0
Other reason	11.5	10.1	10.0	9.4	14.5

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Amongst the main demographic indicators, the main subgroup differences were:

- Women were more likely to report personal reasons (35.3%) and cost (25.8%) as barriers to more physical activity when compared to men (26.6% and 16.6% respectively)
- For each age group, the most recorded barrier to participation was:
 - Cost for those aged 3-11 (29.6%)
 - Too busy / no enough time for those aged 12-17 (38.3%), 18-34 (63.7%), 35-49 (70.8%), and 50-69 (51.2%)
 - Poor health / disability for those aged 70 years and over (42.6%)
- Across the LGAs, residents of City of Greater Bendigo (52.%) and Macedon Ranges Shire (55.9%) were more likely to indicate that being time poor was a barrier when compared to residents of Shire of Campaspe (48.0%), Mount Alexander Shire (49.2%), Central Goldfields Shire (42.0%), and Loddon Shire (45.1%). .

Full data from comparable demographic subgroups is available in Table 6.4.2.2 and Table 6.4.2.3.

In relation to other key demographic or health differences:

- People who self-reported, with regards to finances, their household is 'just getting along', 'poor', or 'very poor' were more likely to suggest cost was a barrier, compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (32.7% compared to 14.0%)
- Those who do not feel value by society were more likely to indicate that a lack of awareness was a reason for not doing as much physical activity as they would like (15.6%, compared to 8.0% of those who definitely feel valued by society)
- Those who recorded a low level of life satisfaction were more likely to indicate a lack of social support was a barrier, compared to those who recorded medium to very high life satisfaction (31.9% compared to 16.5%)

Full data from comparable health subgroups is available in Table 6.4.2.4.

For respondents aged 18 years and over in the 2019 ALC, the key adult health subgroup differences were:

- Those respondents with a BMI classified as overweight or obese were more likely to respond that personal reasons were a barrier (36.6%, compared to 27.8% of respondents classified as normal or underweight)
- Respondents who do meet physical activity guidelines were more likely to respond that safety was a reason for not doing more activity compared to those who do engage in sufficient physical activity (19.4% compared to 13.6%)
- Respondents who have had more than four standard drinks on at least one occasion in the last 12 months were more likely to indicate personal reasons than those who have not consumed four standard drinks on one occasion in the last 12 months (36.2% compared to 30.6%)

Full data from comparable adult health subgroups is available in Table 6.4.2.5.

Table 6.4.2.2 Reasons for not participating as frequently as would like by selected demographics indicators – ages 3 and up

	Unweighted base ¹	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	14,060	51.1	30.2	20.9	19.0	16.8	15.1	10.4	4.5	10.7
Gender and age										
Males	5,519	54.2	26.6	16.6	18.5	13.5	10.1	8.8	4.0	10.9
Females	8,009	51.8	35.3	25.8	20.2	20.7	20.3	12.4	5.1	11.2
3 to 11	655	33.5	8.7	29.6	3.8	19.0	16.4	13.5	11.7	21.3
12 to 17	540	38.3	34.4	26.8	10.2	20.8	16.8	10.6	20.4	10.4
18 to 34	2,335	63.7	44.0	28.5	12.1	23.4	17.4	15.5	5.0	10.9
35 to 49	3,070	70.8	33.9	23.8	14.8	16.9	19.0	11.0	2.3	10.9
50 to 69	4,910	51.2	29.2	16.9	23.5	15.1	15.0	9.0	2.7	9.7
70+	2,208	14.4	17.0	9.6	42.6	9.6	5.1	4.4	3.4	9.3
LGA										
City of Greater Bendigo	7,382	52.5	33.6	21.3	19.3	17.9	16.3	10.8	4.5	9.4
Macedon Ranges Shire	2,056	55.9	25.7	22.1	14.6	16.7	15.7	11.3	4.5	13.3
Shire of Campaspe	1,941	48.0	28.7	20.1	19.7	15.1	13.3	9.4	3.1	10.6
Mount Alexander Shire	1,381	49.2	29.0	19.2	20.7	14.7	14.7	9.2	6.3	12.8
Central Goldfields Shire	731	42.0	30.1	20.3	25.3	16.7	12.5	9.8	4.1	9.5
Loddon Shire	479	45.1	20.8	19.6	21.0	15.7	11.1	10.0	6.9	15.0

¹Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 6.4.2.3 Reasons for not participating as frequently as would like by selected further demographics indicators – ages 3 and up

	Unweighted base ¹	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	14,060	51.1	30.2	20.9	19.0	16.8	15.1	10.4	4.5	10.7
Demographic indicators										
Born in Australia	12,118	52.9	31.6	22.0	19.4	17.6	15.9	10.7	4.6	11.1
Born overseas	1,329	52.0	28.4	19.0	19.9	15.7	13.0	11.8	5.0	11.8
Speaks English as main language	13,190	52.9	31.7	21.5	19.8	17.5	15.8	10.7	4.5	11.1
Speaks other main language	220	57.2	19.3	24.4	4.5	14.3	6.0	18.4	7.6	14.8
Aboriginal and/or Torres Strait Islander	178	36.3	28.2	35.7	24.2	18.3	18.0	11.3	7.7	12.7
Not Aboriginal or Torres Strait Islander	13,257	53.3	31.3	21.4	19.4	17.3	15.6	10.8	4.5	11.1
Identifies as LGBTQIA+	451	55.0	47.7	25.8	21.9	28.7	16.8	15.3	6.0	11.4
Non-LGBTQIA+	10,984	57.3	33.3	21.0	20.1	17.0	16.0	10.7	3.0	10.4
Holds a Bachelor degree or higher	4,989	68.8	34.2	20.5	14.1	18.6	21.6	11.7	3.2	13.4
Less than Bachelor level education	7,723	50.5	31.4	22.1	19.8	17.5	14.7	10.7	4.9	10.6
Just getting along, poor or very poor	4,664	43.4	30.9	32.7	25.5	20.4	16.8	12.8	6.8	10.3
Reasonably comfortable, very comfortable or prosperous	9,197	56.0	29.9	14.0	15.0	14.7	14.2	9.0	3.1	11.1

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Table 6.4.2.4 Reasons for not participating as frequently as would like by selected health indicators – ages 3 and up

	Unweighted base ¹	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	14,060	51.1	30.2	20.9	19.0	16.8	15.1	10.4	4.5	10.7
Health and wellbeing indicators										
Self-reported health - Fair or poor	2,984	35.7	40.8	26.2	48.0	22.1	13.7	11.5	6.1	8.1
Self-reported health - Good, very good, or excellent	9,854	60.3	29.7	21.2	11.7	16.7	17.0	10.9	4.4	12.6
Life satisfaction - Low (0 to 4 out of 10)	1,282	40.1	47.3	36.1	40.0	31.9	17.6	17.0	8.3	8.9
Life satisfaction - Medium to very high (5+ out of 10)	11,370	56.5	30.7	20.7	17.9	16.5	16.2	10.4	4.4	11.9
Does not feel valued by society	2,774	44.9	40.2	32.1	28.9	26.4	18.1	15.6	6.1	10.8
Sometimes feel valued by society	6,018	57.2	33.3	22.1	18.8	17.8	16.9	10.7	4.9	11.1
Definitely feel valued by society	3,824	59.5	24.8	14.3	15.5	11.6	14.0	8.0	3.5	12.7
Meets fruit intake guidelines	6,089	54.6	27.5	21.1	19.2	16.2	16.9	10.5	5.7	13.1
Does not meet fruit intake guidelines	6,441	55.4	36.4	23.7	21.0	19.6	16.0	11.7	4.2	10.4
Meets water consumption guidelines	2,345	62.4	31.6	24.8	18.9	17.2	20.6	12.0	5.6	13.3
Does not meet water guidelines	10,155	53.1	32.7	21.9	20.6	18.3	15.4	11.0	4.7	11.4
Ran out of food and could not afford more	1,266	39.7	33.6	40.3	26.4	24.4	18.5	15.5	11.2	9.3
Have not run out of food	11,905	53.4	30.4	18.6	18.1	15.9	14.7	10.0	3.5	11.1
Requires help with daily activities	1,470	18.8	22.0	25.4	52.4	20.2	14.7	12.6	11.3	10.9
Does not require help	11,762	57.5	32.7	21.0	15.3	17.1	15.6	10.6	3.7	11.1

¹ Base sizes include respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

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Table 6.4.2.5 Reasons for not participating as frequently as would like by demographic indicators – 18 years and over only

	Unweighted base ¹	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	12,523	54.6	32.4	20.6	21.0	16.8	15.3	10.5	3.2	10.3
Health and wellbeing indicators										
Overweight or obese (BMI ≥25.0)	7,181	56.3	36.6	21.2	24.0	18.6	15.5	11.2	3.2	9.9
Normal range or underweight (BMI <25.0)	3,730	58.8	27.8	21.4	17.1	16.0	17.5	10.8	3.9	13.1
Meets physical activity guidelines	5,739	61.6	31.5	21.8	18.6	16.4	19.4	11.2	3.4	11.8
Does not meet physical activity guidelines / sedentary	5,442	53.5	36.3	21.4	23.9	19.2	13.6	11.1	3.4	9.7
Current smoker	1,128	53.0	38.2	27.1	22.3	20.6	12.2	12.9	5.2	9.2
Ex-smoker	4,247	55.1	34.0	20.5	25.5	18.2	16.2	11.4	2.8	9.6
Never smoked	6,215	58.4	32.2	20.4	19.2	16.2	16.9	10.1	3.3	11.9
Drinks alcohol every day	968	50.2	31.4	13.4	23.4	14.5	9.9	8.0	1.6	9.3
Drinks alcohol less often than daily	8,317	61.7	34.7	21.7	19.1	17.9	17.4	11.3	2.9	10.9
Does not drink alcohol	2,264	40.6	30.3	23.5	31.6	17.4	13.7	10.9	5.9	11.3
Had more than 4 standard drinks on a single occasion	6,082	64.1	36.2	20.8	17.3	17.6	16.3	11.2	2.6	10.1
Has not had more than 4 standard drinks	5,090	47.9	30.6	22.2	27.2	17.6	16.0	10.4	4.5	11.9

¹ Base sizes include respondents aged 18 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

6.4.3. Form of transport used to travel to / from activities

Respondents were asked about the main forms of transport they had used to travel to and from their main activities. Table 6.4.3.1 shows the forms of transport used to access particular activities. As respondents may use different forms of transport to get to and from different activities, and the transport questions were asked in relation to getting to and from a specific activity, the base is all activities mentioned (rather than all respondents).

Approximately two-thirds of activities (64.8%) had been accessed via car while around one-third of activities (32.1%) were accessed on foot. Approximately one in ten (11.2%) activities were accessed via bicycle. Few (1.7%) used public transport, taxis, or Uber to get to or from their main activities.

Some activities (e.g. fishing, netball, golf) were almost always accessed via car (95.5%, 94.9% and 94.2% respectively). As might be expected, where the activity is also a mode of transport (walking or cycling), respondents often mentioned accessing their activity via this same mode.

Average distance travelled by activity

Of the main activities that residents had participated in, residents had travelled the furthest to go fishing (66.2 kilometres on average) and bush walking or hiking (27.7 kilometres). It therefore follows that travel via car is a common mode of transport for people who had gone fishing (95.5% as indicated in Table 6.4.3.1). However, just 68.6% of people who had been bush walking or hiking had gotten there by car with 38.8% reporting walking. Excluding those who had walked to the location, the average distance travelled by car to bush walking or hiking locations was 38.3 kilometres.

Of the most popular activities, people had to travel the least distance for jogging or running (3.8 kilometres) and walking (3.9 kilometres), making these accessible activity options.

Table 6.4.3.1 Types of transport used to travel to and from main activities

	Unweighted base ¹	Car	Walking	Bicycle	Public transport / taxi / Uber	Average kilometres travelled
	n	%	%	%	%	#
All activities	50,098	64.8	32.1	11.2	1.7	13.1
Walking	11,547	28.7	76.5	1.6	1.5	3.9
Active play (at playgrounds / play centre)	2,722	69.5	43.8	11.5	1.5	5.9
Fitness: Gym	3,263	87.9	18.4	4.5	2.4	7.2
Swimming	4,242	90.1	13.3	4.1	2.0	11.1
Bush walking / Hiking	2,915	68.6	38.8	3.9	1.3	27.7
Cycling: General cycling for recreation or transport	2,855	12.5	6.0	86.7	0.5	5.7
Australian Rules football	1,263	89.5	20.6	9.2	2.7	14.2
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	1,979	87.1	16.3	3.0	2.1	8.0
Jogging / Running	1,856	34.9	63.1	2.8	0.5	3.8
Golf	1,152	94.2	7.8	0.5	0.4	13.1
Netball (indoor / outdoor)	1,077	94.9	11.2	1.7	1.5	12.7
Cycling: Mountain bike riding	1,128	35.5	3.2	74.7	1.2	9.8
Lawn bowls	634	88.4	16.8	2.7	1.2	7.2
Aqua aerobics	597	88.7	14.9	3.2	3.1	9.9
Dancing / Ballet / Calisthenics	871	91.8	12.1	3.0	2.9	12.8
Basketball (indoor / outdoor)	737	91.1	12.4	4.7	2.9	10.1
Cycling: Road and sport cycling	716	14.5	4.2	87.8	1.0	7.1
Soccer (indoor / outdoor)	534	91.4	11.9	7.3	2.7	10.9
Tennis (indoor / outdoor)	937	87.7	17.9	9.7	0.5	7.5
Fishing	1,057	95.5	8.3	1.9	0.6	66.2
Fitness: Outdoor fitness / Personal training / Group activities	678	80.4	24.2	5.3	1.3	8.5
Other activities	7,338	81.3	16.2	4.0	2.6	27.1

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Green shaded cells indicate the five longest average distance travelled to activities

6.4.4. Average travel distance to activities

Table 6.4.4.1 shows the average travel distance to get to particular activities was 13.1 kilometres.

Across the LGAs, residents of Loddon Shire had travelled further on average to access their activities (20.6 kilometres). Residents were travelling furthest to get to Lake Eppalock, Kimbolton (28.9 kilometres) and Kyneton Sports and Aquatic Centre (10.3 kilometres).

Table 6.4.4.1 Average distance travelled to participate in activities

	Unweighted base ¹ n	Average kms travelled #
Total sample	48,114	13.1
LGA		
City of Greater Bendigo	25,949	11.7
Macedon Ranges Shire	7,424	14.9
Shire of Campaspe	6,099	13.5
Mount Alexander Shire	5,015	14.1
Central Goldfields Shire	1,987	11.3
Loddon Shire	1,489	20.6
Top 20 facilities		
Curri Wanyarra Wellbeing Centre, Kangaroo Flat	1,253	8.7
Lake Weeroona, Bendigo	1,069	6.2
Eaglehawk YMCA (Peter Krenz), Eaglehawk	584	7.8
Kennington Reservoir, Kennington	556	2.7
Castlemaine Botanical Gardens, Castlemaine	476	5.1
Bendigo Stadium / Schweppes Centre, Bendigo	480	9.7
Bendigo Creek Trail, Bendigo	390	2.6
Kyneton Sports and Aquatic Centre, Kyneton	370	10.3
Lake Neangar, Eaglehawk	326	6.4
Gisborne Aquatic Centre, Gisborne	302	8.5
Bendigo East Swimming Pool, Bendigo East	266	5.5
Echuca War Memorial Aquatic Centre, Echuca	262	9.2
Greater Bendigo National Park - One Tree Hill, Strathfieldsaye	256	3.4
Crusoe and No 7 Park - Big Hill, Big Hill	238	6.7
Lake Eppalock, Kimbolton	215	28.9
Maryborough Sports & Leisure Centre, Maryborough	184	8.0
Buffalo Stadium, Woodend	157	6.3
Bushland Spring Gully, Spring Gully	155	4.7
Neangar Park Golf Course, Eaglehawk	149	7.7
Back Creek Linear Trail, Quarry Hill	131	2.2

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

7. Quality and accessibility

For each of the activities they had participated in, respondents were asked to rate the quality and accessibility of the facilities they had used on a five-point scale: 'Excellent', 'Good', 'Average', 'Poor', and 'Very Poor'. For the purpose of reporting, the values 1 to 5 were assigned to each label and averages were calculated.

7.1. Quality and accessibility of facilities available for main activities

For all activities listed as being amongst respondents' four main activities, respondents were asked to rate the quality and accessibility of the facilities, venues of places where they had participated in the activity most often. The average quality rating for facilities and spaces used for all activities was 4.1 out of 5 while the average accessibility rating was 4.2.

The highest quality ratings were received for the facilities or spaces where people participate in the following activities:

- Fitness: Gym (4.4)
- Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates (4.4)
- Lawn bowls (4.4)
- Golf (4.3)
- Fitness: Outdoor fitness / Personal training / Group activities (4.3)

These facilities also received the highest accessibility ratings (each averaging 4.2 out of 5).

The lowest ratings for quality were received for road and sport cycling facilities (3.6) along with facilities for general cycling for recreation or transport (3.9). Accessibility ratings for facilities associated with these activities was also amongst the lowest recorded (4.1 for each activity). Reviewing the suggested improvements for cycling facilities will go some way to understanding low quality and accessibility ratings for these facilities (refer to Section 5.6).

People who had participated in fishing also gave lower ratings for the quality (3.9) and accessibility (3.8) of the available locations compared to other facilities and spaces. To some extent this may be outside of the control of the participating ALC councils, as the average travel distance for fishing was over 60 kilometres (refer to Section 6.4.4).

Table 7.1.1 Quality and accessibility ratings for facility by activity

	Unweighted base ¹	Quality rating (out of 5)	Accessibility rating (out of 5)
	n	%	%
Average - all activities	52,222	4.1	4.2
Walking	11,348	4.0	4.2
Active play (at playgrounds / play centre)	2,702	4.1	4.3
Fitness: Gym	3,250	4.4	4.4
Swimming	4,260	4.2	4.3
Bush walking / Hiking	2,882	4.1	4.1
Cycling: General cycling for recreation or transport	2,868	3.9	4.1
Australian Rules football	1,265	4.0	4.2
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	1,978	4.4	4.4
Jogging / Running	1,865	4.1	4.3
Golf	1,151	4.3	4.4
Netball (indoor / outdoor)	1,076	4.0	4.2
Cycling: Mountain bike riding	1,137	4.1	4.2
Lawn bowls	630	4.4	4.4
Aqua aerobics	593	4.2	4.2
Dancing / Ballet / Calisthenics	876	4.2	4.2
Basketball (indoor / outdoor)	743	4.3	4.3
Cycling: Road and sport cycling	699	3.6	4.1
Soccer (indoor / outdoor)	531	4.1	4.1
Tennis (indoor / outdoor)	940	4.1	4.3
Fishing	1,041	3.9	3.8
Fitness: Outdoor fitness / Personal training / Group activities	669	4.3	4.4
Other activities	7,282	4.1	4.1

¹Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)
Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

7.2. Quality and accessibility of specific facilities

Table 7.2.1 shows the average quality and accessibility ratings (out of 5) provided for the top 20 facilities, venues and places respondents had used for their main activities in the last 12 months.

The highest quality ratings were received for:

- Gurri Wanyarra Wellbeing Centre, Bendigo (4.7 out of 5)
- Bendigo Stadium / Schweppes Centre (4.6)
- Castlemaine Botanical Gardens (4.5)
- Lake Neangar, Eaglehawk (4.5)
- Neangar Park Golf Course, Eaglehawk (4.5)

The above-mentioned facilities also received high accessibility ratings. In addition, Kennington Reservoir was amongst the highest rated locations for accessibility (4.5 out of 5).

The lowest ratings for quality were received for the Eaglehawk YMCA (Peter Krenz) (3.9), Maryborough Sports and Leisure Centre (3.9), and Lake Eppalock, Kimbolton (3.6). Lake Eppalock, Kimbolton also received the lowest accessibility rating (3.7), along with Gisborne Aquatic Centre (4.1) and Greater Bendigo National Park, Strathfieldsaye (4.1).

Table 7.2.1 Quality and accessibility ratings for most used facilities or spaces

	Unweighted base ¹	Quality rating (out of 5)	Accessibility rating (out of 5)
	n	%	%
Average - all activities	52,222	4.1	4.2
Gurri Wanyarra Wellbeing Centre, Kangaroo Flat	1,275	4.7	4.6
Lake Weeroona, Bendigo	1,088	4.4	4.4
Eaglehawk YMCA (Peter Krenz), Eaglehawk	587	3.9	4.2
Kennington Reservoir, Kennington	560	4.1	4.5
Castlemaine Botanical Gardens, Castlemaine	481	4.5	4.5
Bendigo Stadium / Schweppes Centre, Bendigo	481	4.6	4.4
Bendigo Creek Trail, Bendigo	402	4.1	4.3
Kyneton Sports and Aquatic Centre, Kyneton	377	4.4	4.3
Lake Neangar, Eaglehawk	329	4.5	4.6
Gisborne Aquatic Centre, Gisborne	308	4.0	4.1
Bendigo East Swimming Pool, Bendigo East	266	4.2	4.3
Echuca War Memorial Aquatic Centre, Echuca	265	4.4	4.3
Greater Bendigo National Park - One Tree Hill, Strathfieldsaye	256	4.0	4.1
Crusoe and No 7 Park - Big Hill, Big Hill	243	4.2	4.2
Lake Eppalock, Kimbolton	217	3.6	3.7
Maryborough Sports & Leisure Centre, Maryborough	190	3.9	4.2
Buffalo Stadium, Woodend	158	4.1	4.3
Bushland Spring Gully, Spring Gully	152	4.3	4.4
Neangar Park Golf Course, Eaglehawk	149	4.5	4.5
Back Creek Linear Trail, Quarry Hill	135	4.3	4.4

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Appendices

Appendix A: Detailed description of weighting

Sample surveys are a commonly used tool for making inferences about a population using responses from just a subset of it. To be able to do so, however, requires a probability sample – one in which every element of the population has a known, non-zero chance of selection. Since some units in the population may not have a chance of selection (such as people who do not have a telephone in the case of telephone surveys) and there may be different rates of response across unit characteristics (such as young people who are less likely to respond), many sample surveys yield subsets that imperfectly cover their target populations. This occurs even with the best possible sample design and data collection practices (Valliant *et al.*, 2013). In such situations, weighting can reduce the extent of any biases introduced through non-coverage or non-response.

The approach for deriving weights generally consists of the following steps:

1. Compute a design weight for each respondent as the inverse of their chance of selection
2. Adjust the design weights so they match population distributions across a range of respondent characteristics.

The first step is essential in providing the statistical framework necessary for making population inferences from a sample survey. The second step aims to reduce non-response bias and to ensure that survey estimates are consistent with other sources (such as published results from the ABS Census of Population and Housing).

Each step will now be covered in turn.

Design weights

The design weights account for the different probabilities that respondents have of being selected to take part in the survey. Each respondent's weight is the inverse of their probability of selection,

$$d_k = \frac{1}{p_k}.$$

For the 2019 ALC, all households in the six LGAs were sent a questionnaire booklet along with an invitation to complete online, and all household members aged 3 years and over were in-scope for the survey, so all respondents get a design weight of 1.

Calibrating to population benchmarks

To ensure that estimates made from the dataset are representative of the target population, the design weights are adjusted so that they match external benchmarks of key demographic parameters likely to be correlated with the survey outcomes and propensity to participate. The benchmarks used for the adults in the 2019 ALC were age by education, sex and country of birth, while children (aged 3 to 17) were weighted by age and gender only. All benchmarks and weights were calculated separately for each LGA.

The method for calibrating the design weights was generalised regression weighting (GREG weighting) which uses non-linear optimisation to minimise the distance between the design and calibrated weights subject to the weights meeting the benchmarks.

Refer to Lumley (2017) for more details on the implementation of regression calibration in R (R Core, 2018) and to Valliant *et al.* (2013) for a more general treatment of weighting and estimation for sample surveys.

Treatment of missing values

The regression weighting approach requires that there are no missing values across the adjustment variables or values other than those for which there are reliable benchmarks. Like most surveys, however, some respondents did not provide answers to the questions required for weighting (see Table A1).

Imputation was performed using the Amelia package in R. Five imputed datasets were created and the modal imputed value was used as the final value for any missing cell. The imputation process is expected to have a negligible impact on weighted estimates made from the dataset.

Table A1 **Extent of missing values among weighting characteristics**

Questionnaire item		Not stated*		Related weighting characteristic(s)
		n	%	
A1.	What Shire or Council area do you live in?	144	0.6	All benchmarks
B1.	Firstly, how old are you?	418	1.7	All benchmarks
B2.	Which of the following best describes your current gender identity?	653	2.7	Sex
B6.	In which country were you born?	804	3.3	Country of birth
B7.	What is the highest level of education you have completed?	1,891	7.7	Age by education
Total number of respondents with one or more missing values for weighting items		2,403	9.8	

*Not stated consists of *Don't know*, *Refused* or *Other* responses.

Benchmarks

The benchmarks used for weighting across each LGA can be seen in Tables A2.1-6. Benchmarks for education and country of birth have been adjusted so that age by region totals are consistent across benchmarks.

Table A2.1 Greater Bendigo – Population benchmarks used for calibration

Benchmark category		Population proportion ¹
Age group	Education	%
3 to 9	-	1.2
14 to 17	-	0.3
18 to 24	-	1.3
25 to 34	Has Bachelors	0.4
	No Bachelors	1.4
35 to 44	Has Bachelors	0.3
	No Bachelors	2
45 to 54	Has Bachelors	0.3
	No Bachelors	2.2
55 to 64	Has Bachelors	0.1
	No Bachelors	1.8
65 to 74	Has Bachelors	0.1
	No Bachelors	1.4
75+	Has Bachelors	0.5
	No Bachelors	0.2
Age	Sex	%
3 to 17	Male	4.9
	Female	4.6
18+	Male	18
	Female	19.8
Age	Country of birth	%
3 to 17	-	9.5
18+	Australia	34
	New Zealand/UK	2.1
	Other	1.7

¹ Population benchmarks sourced from ABS Census 2016

Table A2.2 Macedon Ranges – Population benchmarks used for calibration

Benchmark category		Population proportion ¹
Age group	Education	%
3 to 9	-	1.3
14 to 17	-	0.4
18 to 24	-	1.4
25 to 34	Has Bachelors	0.3
	No Bachelors	2
35 to 44	Has Bachelors	0.3
	No Bachelors	2.2
45 to 54	Has Bachelors	0.1
	No Bachelors	1.8
55 to 64	Has Bachelors	0.1
	No Bachelors	1.4
65 to 74	Has Bachelors	0.5
	No Bachelors	0.2
75+	Has Bachelors	0.4
	No Bachelors	0.4
Age	Sex	%
3 to 17	Male	2.2
	Female	2.1
18+	Male	7.5
	Female	8
Age	Country of birth	%
3 to 17	-	4.3
18+	Australia	12.8
	New Zealand/UK	1.1
	Other	1.6

¹ Population benchmarks sourced from ABS Census 2016

Table A2.3 Campaspe – Population benchmarks used for calibration

Benchmark category		Population proportion ¹
Age group	Education	%
3 to 9	-	1.4
14 to 17	-	0.3
18 to 24	-	2
25 to 34	Has Bachelors	0.3
	No Bachelors	2.2
35 to 44	Has Bachelors	0.1
	No Bachelors	1.8
45 to 54	Has Bachelors	0.1
	No Bachelors	1.4
55 to 64	Has Bachelors	0.5
	No Bachelors	0.2
65 to 74	Has Bachelors	0.4
	No Bachelors	0.4
75+	Has Bachelors	0.6
	No Bachelors	0.4
Age	Sex	%
3 to 17	Male	1.6
	Female	1.5
18+	Male	6.3
	Female	6.6
Age	Country of birth	%
3 to 17	-	3.1
18+	Australia	11.7
	New Zealand/UK	0.5
	Other	0.6

¹ Population benchmarks sourced from ABS Census 2016

Table A2.4 Mount Alexander – Population benchmarks used for calibration

Benchmark category		Population proportion ¹
Age group	Education	%
3 to 9	-	0.6
14 to 17	-	0.4
18 to 24	-	0.9
25 to 34	Has Bachelors	0.4
	No Bachelors	1.1
35 to 44	Has Bachelors	0.3
	No Bachelors	0.9
45 to 54	Has Bachelors	0.1
	No Bachelors	0.7
55 to 64	Has Bachelors	2.3
	No Bachelors	0.8
65 to 74	Has Bachelors	1.2
	No Bachelors	0.3
75+	Has Bachelors	1.3
	No Bachelors	0.4
Age	Sex	%
3 to 17	Male	0.7
	Female	0.6
18+	Male	3.4
	Female	3.4
Age	Country of birth	%
3 to 17	-	1.3
18+	Australia	5.8
	New Zealand/UK	0.5
	Other	0.6

¹ Population benchmarks sourced from ABS Census 2016

Table A2.5 Central Goldfields – Population benchmarks used for calibration

Benchmark category		Population proportion ¹
Age group	Education	%
3 to 9	-	0.5
14 to 17	-	0.2
18 to 24	-	0.4
25 to 34	Has Bachelors	0.4
	No Bachelors	0.6
35 to 44	Has Bachelors	0.4
	No Bachelors	0.9
45 to 54	Has Bachelors	0.4
	No Bachelors	1.1
55 to 64	Has Bachelors	0.3
	No Bachelors	0.9
65 to 74	Has Bachelors	0.1
	No Bachelors	0.7
75+	Has Bachelors	2.3
	No Bachelors	0.8
Age group	Gender	%
3 to 17	Male	0.5
	Female	0.4
18+	Male	2.3
	Female	2.4
Age group	Country of birth	%
3 to 17	-	0.9
18+	Australia	4.1
	New Zealand/UK	0.2
	Other	0.3

¹ Population benchmarks sourced from ABS Census 2016

Table A2.6 Loddon – Population benchmarks used for calibration

Benchmark category		Population proportion ¹
Age group	Education	%
3 to 9	-	0.4
14 to 17	-	0.4
18 to 24	-	0.6
25 to 34	Has Bachelors	0.4
	No Bachelors	0.9
35 to 44	Has Bachelors	0.4
	No Bachelors	1.1
45 to 54	Has Bachelors	0.3
	No Bachelors	0.9
55 to 64	Has Bachelors	0.1
	No Bachelors	0.7
65 to 74	Has Bachelors	2.3
	No Bachelors	0.8
75+	Has Bachelors	1.2
	No Bachelors	0.3
Age	Sex	%
3 to 17	Male	0.3
	Female	0.3
18+	Male	1.4
	Female	1.3
Age	Country of birth	%
3 to 17	-	0.6
18+	Australia	2.4
	New Zealand/UK	0.1
	Other	0.2

¹Population benchmarks sourced from ABS Census 2016

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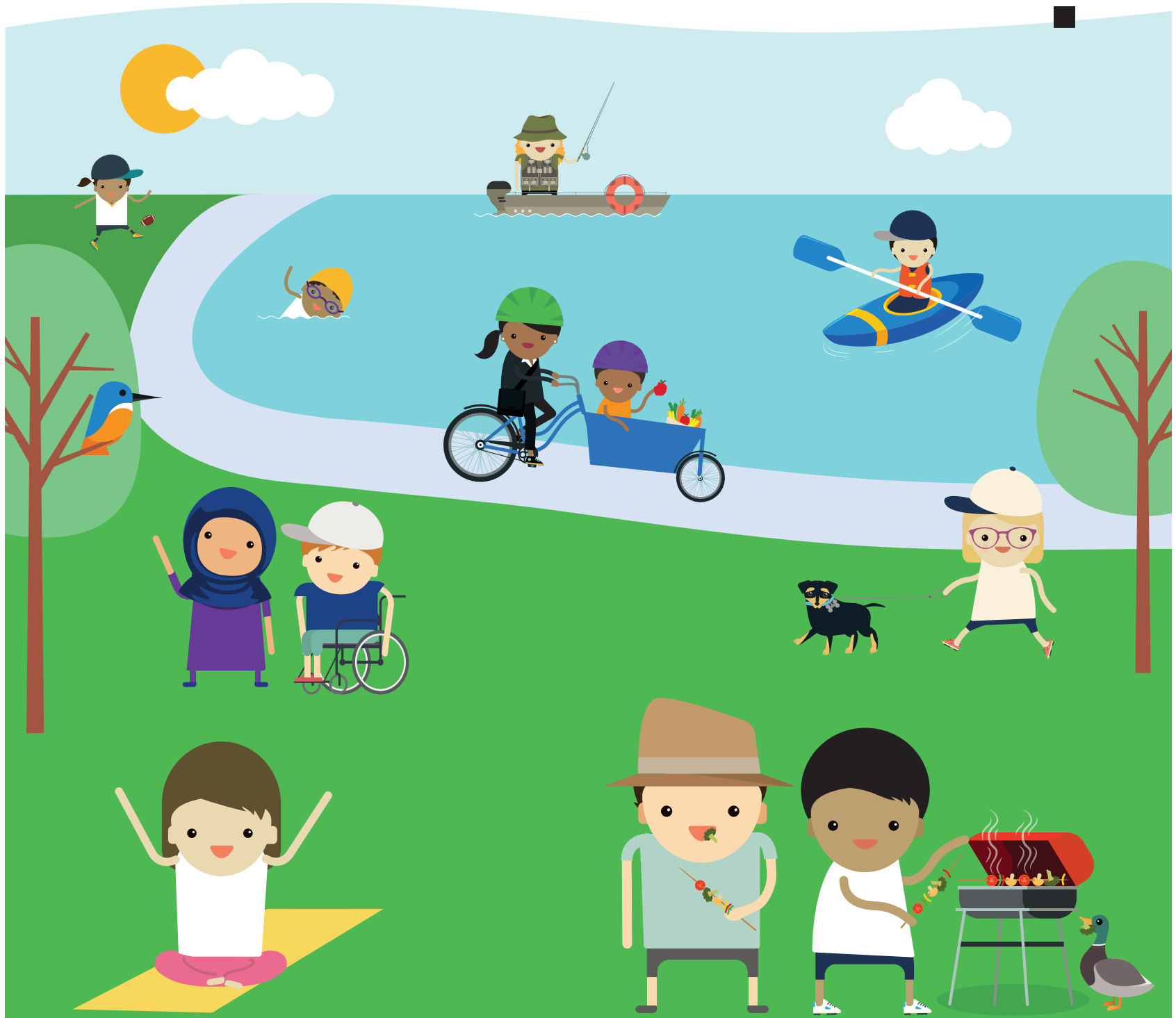
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Appendix B: The Questionnaire Booklet



Active Living

CENSUS



Census Booklet - 2019

We want to know what will make you get up and go!

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This survey asks you questions about your health and wellbeing, physical activity and use of public open spaces and facilities. This will help us to plan programs, services and infrastructure that meet the needs of the community. You may find some of these questions to be personal or sensitive. Please be assured that your answers are confidential and anonymous – no individual will be identifiable from the data provided to us. We strongly encourage you to complete all questions. However, if there are any questions you would prefer not to answer, please leave these blank.

SECTION A – Household Questions

First, some background questions about your household. These questions only need to be completed once.

A1	What Shire or Council area do you live in?	Record Shire or Council area:	
A2	What is the suburb or town of your residence?	Record (specific) suburb or town:	
A3	What is the postcode of your residence?	Record four-digit postcode:	
A4	Including yourself, how many people aged 3 years and over currently live in your household?	Record number of residents (aged 3+):	
A5	Given your current needs and financial responsibilities, would you say that you and your household are...?	Prosperous	☐
		Very comfortable	☐
		Reasonably comfortable	☐
		Just getting along	☐
		Poor	☐
		Very poor	☐
A6	In the past 12 months, was there any time when your household ran out of food and could not afford to buy more?	Yes	☐
		No	☐
Person number →			1

SECTION B – About You

The rest of the questions on this form are intended for each member of the household aged 3 and over. Up to 5 people in the household can complete the form. If there are more than 5 people in the household aged 3 or over, you can pick up an extra form at your local Council office, or complete the online survey for additional household members at: www.srcentre.com.au/alc

B1	How old are you?	Record age (in years):		years old
B2	Which of the following best describes your current gender identity?	Male	☐	
		Female	☐	
		Gender diverse / Non-binary / Self-described / Other	☐	
B3	Do you currently identify as LGBTQIA+?	Yes	☐	
		No	☐	
B4	Is English your main language?	Yes	☐	
		No	☐	
B5	Are you of Aboriginal or Torres Strait Islander origin?	No	☐	
		Yes, Aboriginal	☐	
		Yes, Torres Strait Islander	☐	
		Yes, both Aboriginal and Torres Strait Islander	☐	
B6	In which country were you born?	Australia	☐	
		Other Country (please write in)		
B7	What is the highest level of education you have completed?	Bachelor degree or higher	☐	
		Completed year 12	☐	
		Have not finished year 12 / still in school	☐	
B8	Do you ever need someone to help you with, or be with you for, self-care activities, body movement activities and / or communication activities?	Yes, always	☐	
		Yes, sometimes	☐	
		No	☐	
B9	Are you covered by any of these concession cards? <i>Please select 'Yes' or 'No' for each</i>	Health Care Card	☐	☐
		Pensioner Concession Card	☐	☐
		Commonwealth Seniors Health Card	☐	☐
		Veterans Affairs Treatment Entitled Card	☐	☐

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SECTION C – Use of Public Facilities, Open Spaces and Walking and Cycling Tracks

Public open spaces include all land which is freely accessible that people can visit for recreation, relaxation and socialising, including organised sporting activities and informal play (e.g. your local park, oval or playground). Public open spaces also include 'green spaces', which include areas of natural or cultural heritage value, habitat corridors, some easements, and open water / wetlands (e.g. lakes, state forests, national parks).

C1	In the last 12 months, how often have you used public open spaces in your area?	Daily	☐
		4 to 6 times a week	☐
		1 to 3 times a week	☐
		2 to 3 times a month	☐
		Once a month	☐
		Once or twice in the last 3 months	☐
		Less often / Never	☐

Off-road walking and cycling tracks are signed paths / tracks that are not accessible to cars and provide connections between townships, major suburban areas and surrounding open space networks. Footpaths are paved sidewalks, generally found in urban areas. This question is not referring to informal tracks, such as animal tracks or unpaved road reserves.

C2	In the last 12 months, how often have you used off-road walking and cycling tracks or footpaths in your area? <i>Please answer separately for footpaths and for off-road walking and cycling tracks</i>	Daily	☐	☐
		4 to 6 times a week	☐	☐
		1 to 3 times a week	☐	☐
		2 to 3 times a month	☐	☐
		Once a month	☐	☐
		Once or twice in the last 3 months	☐	☐
		Less often / Never	☐	☐
C3	Which of the following types of public facilities or open spaces have you used in your area in the last 12 months? <i>Please select 'Yes' or 'No' for each category</i>		Yes	No
		Swimming pools / splash parks	☐	☐
		Indoor sports / leisure / fitness centres	☐	☐
		Sports grounds, ovals and clubrooms	☐	☐
		Halls / community centres	☐	☐
		After hours usage of education facilities (e.g. school, TAFE, university)	☐	☐
		Parks	☐	☐
		Community gardens	☐	☐
		Hard courts (e.g. netball / tennis)	☐	☐
		Skateparks / BMX	☐	☐
		Other	☐	☐
C4	What are the reasons why you have used public facilities and open spaces in your area in the last 12 months? <i>Please select all that apply</i>	Exercise / health and fitness	☐	
		Socialising with family / friends	☐	
		For fun / enjoyment	☐	
		Commuting (i.e. to get from a to b)	☐	
		Exercising the dog	☐	
		Organised sport (e.g. cricket or netball for a club)	☐	
		Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends)	☐	
		For time to myself	☐	
		Getting back to nature	☐	
		Some other reason	☐	
		Have not used public facilities and open spaces	☐	
C5	What improvements would encourage you to use public facilities and open spaces more often? <i>Please record suggested improvements</i>	 		
C6	Where would you like to see these improvements made? <i>Please record specific location(s) in detail</i>	 		

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Person number →		1																		
SECTION D – Use of Public Facilities and Participation in Physical Activity																				
D1	In the last 12 months, have you participated in physical activities as often as you would like?	Yes ☐ → Go to D3 No ☐																		
D2	What are the reasons why you have not done physical activities as often as you would like? <i>Please select all that apply</i>	Too busy / not enough time ☐ Lack of social support (e.g. no encouragement, no one to go with) ☐ Personal reasons (e.g. don't feel motivated, feel embarrassed) ☐ Safety (e.g. poor lighting, remote venue / facility) ☐ Lack of awareness about what activities are available ☐ Poor health or disability ☐ Lack of transport ☐ Cost ☐ Other reason ☐																		
Participation in Physical Activity 1																				
The following questions ask about your <u>participation in physical activities over the last 12 months</u>. Please consider <u>all types of physical activities</u> you participated in <u>outside the home</u> – this includes activities like walking, ballgames, etc. Please <u>exclude</u> activities you have participated in as a <u>spectator only</u>. You can provide information on <u>up to four of your most frequent activities</u>. When answering, you will need to refer to the separate Activity List on the back of the cover letter sent to you.																				
D3	Please list one of the main physical activities you have participated in outside the home over the last 12 months? <i>Refer to Activity List</i>	Record number from Activity List: Not done any activities ☐ → Go to E1 page 12																		
D4	In the last 12 months, how often have you participated in this activity outside the home?	Daily ☐ 4 to 6 times a week ☐ 1 to 3 times a week ☐ 2 to 3 times a month ☐ Once a month ☐ Once or twice in last 3 months ☐ Less often ☐																		
D5	What is the name of the facility, venue, or place where you participated in this activity most often? <i>Please clearly describe the specific location, venue or place</i>																			
D6	What is the name of the suburb or town where the facility, venue, or place is located? <i>Please record the specific suburb or town</i>																			
D7	How would you rate the quality and accessibility of the facility, venue or place where you participated in this activity? <i>By accessibility, we mean how easy is it for you to get to and use</i> <i>Please provide a response in each column</i>	<table border="1"> <thead> <tr> <th></th> <th>Quality</th> <th>Accessibility</th> </tr> </thead> <tbody> <tr> <td>Excellent</td> <td>☐</td> <td>☐</td> </tr> <tr> <td>Good</td> <td>☐</td> <td>☐</td> </tr> <tr> <td>Average</td> <td>☐</td> <td>☐</td> </tr> <tr> <td>Poor</td> <td>☐</td> <td>☐</td> </tr> <tr> <td>Very Poor</td> <td>☐</td> <td>☐</td> </tr> </tbody> </table>		Quality	Accessibility	Excellent	☐	☐	Good	☐	☐	Average	☐	☐	Poor	☐	☐	Very Poor	☐	☐
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Good	☐	☐																		
Average	☐	☐																		
Poor	☐	☐																		
Very Poor	☐	☐																		
D8	How do / did you get to this activity? <i>Please select all that apply</i>	Public transport ☐ Taxi / Uber ☐ Car ☐ Motorbike or motor scooter ☐ Bicycle ☐ Walked ☐ Other ☐																		
D9	How many kilometres do / did you travel to get to this activity? <i>If you did not travel, record 0</i> <i>If you normally travel less than 1km, please record 1</i>	Record distance in kilometres: kms																		

2	3	4	5
SECTION D – Use of Public Facilities and Participation in Physical Activity			
☐ → Go to D3	☐ → Go to D3	☐ → Go to D3	☐ → Go to D3
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Participation in Physical Activity 1			

☐ → Go to E1 page 12	☐ → Go to E1 page 12	☐ → Go to E1 page 12	☐ → Go to E1 page 12
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Person number →		1																		
Participation in Physical Activity 2																				
D10	Please list another of the main physical activities you have participated in outside the home over the last 12 months? <i>Refer to Activity List</i>	Record number from Activity List: No other activities ☐ → Go to E1 page 12																		
D11	In the last 12 months, how often have you participated in this activity outside the home?	Daily ☐ 4 to 6 times a week ☐ 1 to 3 times a week ☐ 2 to 3 times a month ☐ Once a month ☐ Once or twice in last 3 months ☐ Less often ☐																		
D12	What is the name of the facility, venue, or place where you participated in this activity most often? <i>Please clearly describe the specific location, venue or place</i>																			
D13	What is the name of the suburb or town where the facility, venue, or place is located? <i>Please record the specific suburb or town</i>																			
D14	How would you rate the <u>quality</u> and <u>accessibility</u> of the facility, venue or place where you participated in this activity? <i>By accessibility, we mean how easy is it for you to get to and use</i> <i>Please provide a response in each column</i>	<table border="1"> <thead> <tr> <th></th> <th>Quality</th> <th>Accessibility</th> </tr> </thead> <tbody> <tr> <td>Excellent</td> <td>☐</td> <td>☐</td> </tr> <tr> <td>Good</td> <td>☐</td> <td>☐</td> </tr> <tr> <td>Average</td> <td>☐</td> <td>☐</td> </tr> <tr> <td>Poor</td> <td>☐</td> <td>☐</td> </tr> <tr> <td>Very Poor</td> <td>☐</td> <td>☐</td> </tr> </tbody> </table>		Quality	Accessibility	Excellent	☐	☐	Good	☐	☐	Average	☐	☐	Poor	☐	☐	Very Poor	☐	☐
	Quality	Accessibility																		
Excellent	☐	☐																		
Good	☐	☐																		
Average	☐	☐																		
Poor	☐	☐																		
Very Poor	☐	☐																		
D15	How do / did you get to this activity? <i>Please select all that apply</i>	Public transport ☐ Taxi / Uber ☐ Car ☐ Motorbike or motor scooter ☐ Bicycle ☐ Walked ☐ Other ☐																		
D16	How many kilometres do / did you travel to get to this activity? <i>If you did not travel, record 0</i> <i>If you normally travel less than 1km, please record 1</i>	Record distance in kilometres: kms																		
Participation in Physical Activity 3																				
D17	Please list another of the main physical activities you have participated in outside the home over the last 12 months? <i>Refer to Activity List</i>	Record number from Activity List: No other activities ☐ → Go to E1 page 12																		
D18	In the last 12 months, how often have you participated in this activity outside the home?	Daily ☐ 4 to 6 times a week ☐ 1 to 3 times a week ☐ 2 to 3 times a month ☐ Once a month ☐ Once or twice in last 3 months ☐ Less often ☐																		
D19	What is the name of the facility, venue, or place where you participated in this activity most often? <i>Please clearly describe the specific location, venue or place</i>																			
D20	What is the name of the suburb or town where the facility, venue, or place is located? <i>Please record the specific suburb or town</i>																			

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Person number →		1	
Activity 3 (continued)			
D21	How would you rate the <u>quality</u> and <u>accessibility</u> of the facility, venue or place where you participated in this activity? <i>By accessibility, we mean how easy is it for you to get to and use</i> <i>Please provide a response in each column</i>	Excellent	☐ Quality ☐ Accessibility
		Good	☐ ☐
		Average	☐ ☐
		Poor	☐ ☐
		Very Poor	☐ ☐
D22	How do / did you get to this activity? <i>Please select all that apply</i>	Public transport	☐
		Taxi / Uber	☐
		Car	☐
		Motorbike or motor scooter	☐
		Bicycle	☐
		Walked	☐
		Other	☐
D23	How many kilometres do / did you travel to get to this activity? <i>If you did not travel, record 0</i> <i>If you normally travel less than 1km, please record 1</i>	Record distance in kilometres:	kms
Participation in Physical Activity 4			
D24	Please list another of the main physical activities you have participated in outside the home over the last 12 months? <i>Refer to Activity List</i>	Record number from Activity List:	
		No other activities	☐ → Go to E1 page 12
D25	In the last 12 months, how often have you participated in this activity outside the home?	Daily	☐
		4 to 6 times a week	☐
		1 to 3 times a week	☐
		2 to 3 times a month	☐
		Once a month	☐
		Once or twice in last 3 months	☐
		Less often	☐
D26	What is the name of the facility, venue, or place where you participated in this activity most often? <i>Please clearly describe the specific location, venue or place</i>		
D27	What is the name of the suburb or town where the facility, venue, or place is located? <i>Please record the specific suburb or town</i>		
D28	How would you rate the <u>quality</u> and <u>accessibility</u> of the facility, venue or place where you participated in this activity? <i>By accessibility, we mean how easy is it for you to get to and use</i> <i>Please provide a response in each column</i>	Excellent	☐ Quality ☐ Accessibility
		Good	☐ ☐
		Average	☐ ☐
		Poor	☐ ☐
		Very Poor	☐ ☐
D29	How do / did you get to this activity? <i>Please select all that apply</i>	Public transport	☐
		Taxi / Uber	☐
		Car	☐
		Motorbike or motor scooter	☐
		Bicycle	☐
		Walked	☐
		Other	☐
D30	How many kilometres do / did you travel to get to this activity? <i>If you did not travel, record 0</i> <i>If you normally travel less than 1km, please record 1</i>	Record distance in kilometres:	kms

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SECTION E – Health, Wellbeing and Life Satisfaction

This section asks you questions about your health and wellbeing. This helps us to plan programs and services that meet the needs of the community. Remember, your answers are confidential and anonymous, but if you would prefer not to answer a question, just leave it blank.

E1	In general, would you say your health is...?	Excellent ☐ Very good ☐ Good ☐ Fair ☐ Poor ☐
E2	This question asks how satisfied you feel about life in general, on a scale from 0 to 10. Zero means you feel 'not at all satisfied' and 10 means 'completely satisfied'. Overall, how satisfied are you with life as a whole these days?	Record number (0 to 10):
E3	Do you feel valued by society?	No, not at all ☐ Not often ☐ Sometimes ☐ Yes, definitely ☐
E4	How many serves of vegetables, legumes or beans do you usually eat each day? <i>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</i>	Record number of serves per day (please write in to the decimal point): .
E5	How many serves of fruit do you usually eat each day? <i>A 'serve' is 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces</i>	Record number of serves per day (please write in to the decimal point): .
E6	Health experts say that you should eat at least 5 serves of vegetables a day. If you don't do this, what is the main reason why not?	
E7	Health experts say that you should eat at least 2 serves of fruit a day. If you don't do this, what is the main reason why not?	
E8	How many cups of water do you usually drink in a day? <i>1 cup = 250ml or a household cup 1 average 600ml bottle of water = 2.5 cups</i>	Record number of cups per day (please write in to the decimal point): .
E9	How often do you consume cordial, soft drinks, flavoured mineral water, energy or sports drinks...?	Every day ☐ Several times per week ☐ About once a week ☐ About once a fortnight ☐ About once a month ☐ Less often than once per month ☐ Never ☐
E10	How tall are you without shoes? <i>If unsure, please give your best guess</i>	Record in centimetres (cm) or feet (ft) and inches (inch): cm ft inch
E11	What is your weight without clothes or shoes? <i>If unsure, please give your best guess</i>	Record in kilograms (kg) or stones (st) / pounds (lb): kg st lb
E12	In the last week, what do you estimate was the total time that you spent doing vigorous household chores, gardening or heavy work around the yard that made you breathe harder or puff and pant?	Record hours and / or minutes: hrs mins

2	3	4	5
SECTION E – Health, Wellbeing and Life Satisfaction			

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Person number →		1
SECTION E (continued)		
E13	Excluding household chores and gardening, in the last week, what do you estimate was the total time that you spent doing vigorous physical activity (e.g. tennis, jogging, cycling or keep fit exercises) that made you breathe harder or puff and pant?	Record hours and / or minutes: hrs mins
E14	How often do you do physical activities in your own time that strengthen your muscles (i.e. activities that are not carried out as part of your job)? This includes resistance training such as free weights, using weight machines and exercises like push ups / sit ups along with other tasks you may do around the home such as lifting, carrying or digging. Include all such activities even if you have included them before.	Record number of days per week or month (if less than once a month, record 0): days per week days per month
The following questions only need to be answered by household members aged 18 years and over		
E15	Which of the following best describes your smoking status? <i>This includes cigarettes, cigars and pipes</i>	☐ Smoke daily ☐ Smoke occasionally ☐ Don't smoke now, but used to ☐ Tried a few times but never smoked regularly ☐ Never smoked
E16	In the last 12 months, how often did you have an alcoholic drink of any kind?	☐ Every day ☐ 3 to 6 days a week ☐ 1 to 2 days a week ☐ 1 to 3 days a month ☐ Less than once a month ☐ No longer drink → Go to E18 ☐ Do not drink → Go to E18
E17	In the last 12 months, how often did you have more than four standard drinks in a day? <i>Alcoholic drinks are measured in terms of a 'standard drink'. A standard drink is equal to 1 pot of full strength beer, 1 small glass of wine or 1 pub-sized nip of spirits</i>	☐ Every day ☐ 3 to 6 days a week ☐ 1 to 2 days a week ☐ 1 to 3 days a month ☐ Less than once a month ☐ Never
E18	How often did you gamble in the past 12 months?	☐ Every day ☐ 3 to 6 days a week ☐ 1 to 2 days a week ☐ 1 to 3 days a month ☐ Less than once a month ☐ Never
E19	Has gambling caused you any health problems, including stress or anxiety?	☐ Yes ☐ No
General comments about improving health and activity levels		
Do you have any other comments or feedback about what would help you be healthier and more active?		

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General comments about improving health and activity levels

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Entry into the prize draw

Everyone who completes the Census before 16th June 2019 is eligible for entry into the prize draw. You have a chance to win bikes, food or shopping vouchers from a total prize pool of \$12,000!*

If you would like to be entered into the draw, please provide your contact details. This information will be used only for the purpose of administering the prize draw and will be securely destroyed when no longer needed. You may enter your details multiple times if you have answered for other people.

Person 1		
P1a	First name:	
P1b	Contact number:	
P1c	Email address:	

Person 2		Person 3	
P2a	First name:	P3a	First name:
P2b	Contact number:	P3b	Contact number:
P2c	Email address:	P3c	Email address:

Person 4		Person 5	
P4a	First name:	P5a	First name:
P4b	Contact number:	P5b	Contact number:
P4c	Email address:	P5c	Email address:

**Thank you for taking the time to answer these questions.
Please return this form in the reply-paid envelope provided to:**

**Active Living Census
Reply Paid 91906
PORT MELBOURNE VIC 3207**

If you would like further information, or have any questions about completing the survey, please go to www.srcentre.com.au/alcinfo, contact the Active Living Census Helpline on 1800 083 037, or email alc@srcentre.com.au. The Helpline is operated by the Social Research Centre, who are an independent research company assisting with the Census.



The Healthy Heart of Victoria initiative is supported by the Victorian Government

This Census is conducted in accordance with the Australian Privacy Principles; any identifying details are strictly confidential.

**For prize draw Terms and Conditions please go to: www.srcentre.com.au/alcinfo*

Appendix C: Invitation letter and activity list



27th May 2019

Dear Local Resident,

Healthy Heart of Victoria – 2019 Active Living Census

We would like to invite you and members of your household to take part in the 2019 Active Living Census. This survey will help us understand what you need to be active, healthy, and happy.

The information you provide will help to ensure that facilities, policies, programs, and services developed in the Loddon Campaspe Region are what you need and where you need them.

Everyone who completes the Census before 16th June 2019 will be in the running for a chance to win bikes, food, and shopping vouchers from a prize pool valued at \$12,000!*

We want to hear from as many people as possible, so why not get involved, no matter how active you are! Taking just 15-20 minutes per person, anyone aged over 18 can do their own Census. Parents or guardians can complete for kids aged from 3-13 and can choose to give permission for children aged 14-17 to complete or fill it out for them.

You can complete the Census online by going to: www.srcentre.com.au/alc. If that is not an option, fill in this paper copy and return using the 'reply paid' envelope enclosed. Otherwise, please recycle!

The Census isn't compulsory; however, this is the perfect time to have your voice heard and to tell us the activities you enjoy, where you do them, and what would help you to be more active, more often.

If you would like further information, or have any questions about completing the survey, please go to www.srcentre.com.au/alcinfo, contact the Active Living Census Helpline on 1800 083 037, or email alc@srcentre.com.au. The Helpline is operated by the Social Research Centre, who are an independent research company assisting with the Census.

The Census is part of the Healthy Heart of Victoria project, an initiative designed to help improve the health of all people living within City of Greater Bendigo, Campaspe Shire, Central Goldfields Shire, Loddon Shire, Macedon Ranges Shire, and Mount Alexander Shire regions.

The Healthy Heart of Victoria would like to thank you in advance for your input and we look forward to receiving your responses.

Sincerely,

Healthy Heart of Victoria

The Healthy Heart of Victoria initiative is supported by the Victorian Government.



This census is conducted in accordance with the Australian Privacy Principles; any identifying details are strictly confidential.

**For prize draw Terms and Conditions please go to: www.srcentre.com.au/alcinfo*

Healthy Heart of Victoria – 2019 Active Living Census – Activities List

Number	Activity	Number	Activity
1	Active play (at playgrounds / play centre)	31	Gymnastics
2	Air sports / Aviation / Drone racing / Hang-gliding	32	Hockey (indoor / outdoor)
3	Aqua aerobics	33	Horse racing / Harness racing
4	Archery	34	Horse riding / Equestrian activities / Polo
5	Athletics / track and field	35	Jogging / Running
6	Australian Rules football	36	Lawn bowls
7	Badminton	37	Martial Arts / Tai Chi
8	Baseball	38	Minigolf
9	Basketball (Indoor/Outdoor)	39	Motor sports (cars and bikes)
10	Billiards / Snooker / Pool	40	Netball (indoor/ outdoor)
11	Bocce / Boules / Petanque	41	Orienteering
12	Boxing	42	Rock climbing / Abseiling / Caving
13	Bush walking / Hiking	43	Rugby league / Rugby union / Touch football
14	Cane Ball	44	Sailing
15	Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	45	Shooting sports
16	Carpet bowls	46	Roller sports / Inline hockey / Roller Derby / Roller skating
17	Cheerleading	47	Skateboarding / scooting
18	Crickets (all types)	48	Soccer (indoor/outdoor)
19	Croquet	49	Squash / Racquetball
20	Cycling: Mountain bike riding	50	Swimming
21	Cycling: Bicycle Motor Cross (BMX)	51	Sword sports / Fencing / Kendo / Swordcraft
22	Cycling: Road and sport cycling	52	Table tennis
23	Cycling: General cycling for recreation or transport	53	Tennis (indoor / outdoor)
24	Dancing / Ballet / Calisthenics	54	Tenpin bowling
25	Fishing	55	Triathlons
26	Fitness: Gym	56	Volleyball (all types)
27	Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	57	Walking
28	Fitness: Outdoor fitness / Personal training / Group activities	58	Water-skiing / Power boating
29	Frisbee / Boomerang throwing	59	Weight lifting / Body building
30	Golf	60	Other

Appendix D: Detailed tables

Table D1 **Population by LGA**

	Total	Central Goldfields Shire	Greater Bendigo	Loddon Shire	Macedon Ranges Shire	Mount Alexander Shire	Shire of Campaspe	Unknown LGA
	%	%	%	%	%	%	%	%
Unweighted base¹	24,541	1,176	12,973	812	3,691	2,329	3,424	136
Gender								
Males	48.9	49.5	48.4	51.5	49.2	49.8	48.9	47.0
Females	50.9	50.2	51.4	48.1	50.5	49.7	50.9	51.5
Other	0.3	0.3	0.2	0.5	0.3	0.5	0.2	1.5
Age								
Males, 3 to 11	12.5	10.5	13.0	8.9	14.2	10.7	11.3	15.6
Males, 12 to 17	8.0	6.6	8.3	8.0	8.3	5.4	8.5	6.4
Males, 18 to 34	18.6	15.1	21.9	10.2	17.0	14.4	16.3	14.0
Males, 35 to 49	19.0	14.7	19.4	17.3	22.9	17.2	15.9	16.6
Males, 50 to 69	28.1	32.5	25.2	35.6	26.3	36.2	32.1	16.3
Males, 70+	13.8	20.7	12.2	20.0	11.3	16.2	16.0	31.1
Females, 3 to 11	11.2	9.5	10.8	10.6	13.5	9.5	10.7	14.3
Females, 12 to 17	7.2	6.1	7.6	7.4	7.0	5.2	7.8	9.7
Females, 18 to 34	20.2	15.6	24.7	15.0	15.0	11.4	19.8	18.1
Females, 35 to 49	20.1	18.2	19.6	17.1	24.0	19.7	18.7	15.3
Females, 50 to 69	29.4	32.7	27.0	34.5	29.9	37.9	29.9	12.8
Females, 70+	11.9	17.8	10.4	15.4	10.5	16.3	13.1	29.8

¹ Base sizes include all respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from the base sizes.

Table D2 Health behaviours by LGA

	Total	Central Goldfields Shire	Greater Bendigo	Loddon Shire	Macedon Ranges Shire	Mount Alexander Shire	Shire of Campaspe	Unknown LGA
	%	%	%	%	%	%	%	%
Unweighted base¹	24,541	1,176	12,973	812	3,691	2,329	3,424	136
Health								
General health - Fair / poor	16.0	22.8	15.9	22.1	13.3	16.7	15.5	12.4
Life satisfaction - Low (0 to 4 out of 10)	7.1	10.7	7.5	8.0	5.7	6.9	6.2	6.2
Overweight or obese (BMI ≥25.0) (18+ only)	62.5	68.8	62.1	72.0	61.0	56.0	64.8	65.8
Meets guidelines								
Exercise (18+ only)	57.5	51.0	57.3	50.8	61.6	61.5	55.4	44.9
Fruit	53.1	47.4	53.0	51.8	55.3	57.7	50.7	47.5
Vegetables	14.4	11.8	14.0	16.8	15.2	17.1	13.5	19.0
Water (18+ only)	20.7	17.6	22.0	21.4	19.5	18.0	20.9	18.2
Other risk factors								
Drinks sugar-sweetened beverages daily	12.5	15.9	13.5	12.9	9.3	9.5	13.9	13.2
Current smoker (18+ only)	10.6	13.8	10.7	12.9	7.8	9.0	12.2	23.5
Drinks alcohol daily (18+ only)	8.5	10.5	7.5	11.3	7.4	9.8	10.7	8.7
Consumed more than 4 standard drinks on at least one occasion in the last 12 months (18+ only)	58.1	57.1	58.8	54.0	57.5	53.5	61.0	39.7
Weekly gambler (18+ only)	5.3	7.2	5.5	3.9	4.6	4.1	5.7	3.4
Food security								
Household has run out of food in the last 12 months	9.2	15.2	9.6	11.5	6.4	7.7	9.6	19.5

¹ Base sizes include all respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from the base sizes.

Table D3 Facility usage by LGA

	Total	Central Goldfields Shire	Greater Bendigo	Loddon Shire	Macedon Ranges Shire	Mount Alexander Shire	Shire of Campaspe	Unknown LGA
	%	%	%	%	%	%	%	%
Unweighted base¹	24,541	1,176	12,973	812	3,691	2,329	3,424	136
Facilities usage in last 12 months								
Open spaces - total users	88.5	84.6	89.9	79.6	89.7	91.3	84.7	85.7
<i>Heavy</i>	58.7	54.4	59.6	51.9	60.5	63.9	54.0	61.9
<i>Medium</i>	20.8	20.6	21.8	20.4	20.8	18.0	19.7	19.5
<i>Light</i>	9.0	9.6	8.6	7.3	8.3	9.4	11.0	4.3
<i>Non-user</i>	11.5	15.4	10.1	20.4	10.3	8.7	15.3	14.3
Footpaths - total users	86.5	85.1	87.9	70.0	88.5	86.0	84.0	86.2
<i>Heavy</i>	65.1	61.9	66.3	47.3	65.9	67.9	63.4	69.8
<i>Medium</i>	14.4	13.4	15.1	16.3	15.0	10.8	13.6	10.7
<i>Light</i>	7.0	9.8	6.5	6.5	7.7	7.3	7.0	5.6
<i>Non-user</i>	13.5	14.9	12.1	30.0	11.5	14.0	16.0	13.9
Off-road walking / cycling tracks - total users	69.9	63.7	71.5	57.3	72.0	75.2	65.0	57.4
<i>Heavy</i>	34.1	28.0	36.0	26.0	32.3	41.0	31.1	34.1
<i>Medium</i>	23.4	23.3	24.0	19.2	25.6	21.2	21.2	15.5
<i>Light</i>	12.4	12.5	11.5	12.1	14.1	13.0	12.7	7.8
<i>Non-user</i>	30.1	36.3	28.5	42.7	28.0	24.8	35.0	42.6
Parks	71.4	62.8	74.6	60.0	74.8	76.7	61.4	47.6
Sports grounds, ovals and clubrooms	48.7	46.4	50.0	56.4	47.5	40.8	50.5	33.7
Swimming pools / splash parks	44.5	35.3	47.9	40.6	46.1	40.7	38.5	38.3
Community gardens	41.6	35.1	46.7	28.6	40.2	44.8	31.3	38.9
Indoor sports / leisure / fitness centres	37.1	33.5	39.8	25.2	39.6	30.3	33.5	32.4

¹ Base sizes include all respondents aged 3 years and over living in the Loddon Campaspe region who had participated in activities. Open spaces, footpaths, and off-road tracks results reflect total users of facilities (exclude 'Not answered' / 'Not applicable' responses from the base). Usage of specific facilities is based on responses from participants in all activities and shows responses only for the top five facilities used. All results are weighted to population benchmarks.

Table D4 Activities – Walking

	Total	Central Goldfields Shire	Greater Bendigo	Loddon Shire	Macedon Ranges Shire	Mount Alexander Shire	Shire of Campaspe	Unknown LGA
	%	%	%	%	%	%	%	%
Total activities	52,222	2,172	28,134	1,608	7,991	5,397	6,736	184
% of respondents undertaking activity	21.3	22.1	21.4	19.6	21.1	21.6	21.2	21.3
# respondents undertaking activity	12,083	526	6,532	332	1,839	1,296	1,513	45
Frequency of participation								
Heavy - Once a week or more	78.5	73.6	78.0	72.1	81.8	81.3	76.9	75.9
Medium - One to three times a month	16.8	19.1	16.8	21.9	14.9	15.0	18.6	18.2
Light - Less often	4.7	7.3	5.2	6.0	3.3	3.7	4.5	5.9
Travel mode								
Car	27.3	31.5	28.4	22.3	24.0	32.3	24.7	38.8
Walking	72.8	72.3	72.1	72.3	76.5	70.2	72.5	59.7
Bike	1.5	0.5	1.7	1.2	1.0	2.2	1.5	14.1
Public transport / taxi / Uber	1.4	0.8	1.7	0.5	1.4	1.5	0.9	1.8
Other	0.8	0.0	0.8	0.8	0.6	0.9	0.9	0.0
Distance to activity								
Average distance travelled to activity	3.9	4.1	3.4	12.4	3.4	3.7	4.6	4.0
Facility quality rating								
Good, excellent	76.3	74.3	80.5	73.8	71.9	75.6	69.6	80.5
Average	17.9	21.2	15.1	19.6	20.9	16.7	22.6	18.7
Very poor, poor	4.2	3.1	3.3	3.5	5.8	6.0	4.8	0.4
Mean score (out of 5)	4.0	4.0	4.1	4.0	3.9	4.1	3.9	4.2
Facility accessibility rating								
Good, excellent	83.5	81.4	86.1	81.4	79.9	81.7	81.6	82.1
Average	11.5	12.7	9.6	12.0	14.5	11.8	13.0	16.7
Very poor, poor	3.2	3.6	2.8	2.9	4.1	4.2	2.5	0.8
Mean score (out of 5)	4.2	4.2	4.3	4.2	4.1	4.2	4.1	4.2

¹ Base sizes include all respondents aged 3 years and over living in the Loddon Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D5 Activities – Swimming

	Total	Central Goldfields Shire	Greater Bendigo	Loddon Shire	Macedon Ranges Shire	Mount Alexander Shire	Shire of Campaspe	Unknown LGA
	%	%	%	%	%	%	%	%
Total activities	52,222	2,172	28,134	1,608	7,991	5,397	6,736	184
% of respondents undertaking activity	8.5	7.2	8.5	9.0	9.0	9.5	7.7	7.0
# respondents undertaking activity	4,402	150	2,365	146	711	501	514	15
Frequency of participation								
Heavy - Once a week or more	46.9	47.5	44.1	46.9	53.5	40.0	51.1	58.2
Medium - One to three times a month	30.0	31.6	32.0	19.2	27.1	33.9	26.5	31.5
Light - Less often	23.1	20.9	24.0	33.9	19.4	26.1	22.4	10.3
Travel mode								
Car	86.7	80.3	87.5	84.3	89.7	87.9	81.1	67.1
Walking	12.8	13.8	11.9	19.0	13.2	8.6	17.0	7.8
Bike	3.9	2.4	3.6	6.1	2.5	6.7	5.3	0.0
Public transport / taxi / Uber	1.9	3.0	2.3	1.3	1.7	0.7	1.5	0.0
Other	1.3	0.0	1.0	1.2	1.5	1.6	2.2	0.0
Distance to activity								
Average distance travelled to activity	11.1	7.7	9.2	17.7	12.1	18.2	10.8	11.6
Facility quality rating								
Good, excellent	82.8	65.5	86.8	79.8	85.4	70.6	78.7	94.7
Average	13.5	30.7	10.4	17.8	11.4	19.5	17.3	5.3
Very poor, poor	2.7	1.7	2.1	1.0	2.4	9.2	1.7	0.0
Mean score (out of 5)	4.2	4.0	4.3	4.1	4.2	4.0	4.2	4.4
Facility accessibility rating								
Good, excellent	84.5	76.7	88.2	75.4	85.2	69.3	85.1	100.0
Average	10.2	18.5	8.3	11.8	9.3	16.9	10.6	0.0
Very poor, poor	4.1	2.6	2.4	8.1	5.2	12.5	2.4	0.0
Mean score (out of 5)	4.3	4.1	4.4	4.1	4.2	3.9	4.3	4.6

¹ Base sizes include all respondents aged 3 years and over living in the Loddon Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D6 Activities – Fitness: Gym

	Total	Central Goldfields Shire	Greater Bendigo	Loddon Shire	Macedon Ranges Shire	Mount Alexander Shire	Shire of Campaspe	Unknown LGA
	%	%	%	%	%	%	%	%
Total activities	52,222	2,172	28,134	1,608	7,991	5,397	6,736	184
% of respondents undertaking activity	6.4	5.1	6.8	3.1	6.5	4.5	6.8	8.2
# respondents undertaking activity	3,375	118	1,976	51	516	242	459	13
Frequency of participation								
Heavy - Once a week or more	81.6	81.7	81.0	79.0	83.5	75.5	83.2	100.0
Medium - One to three times a month	12.7	12.7	13.4	13.9	12.3	17.8	9.2	0.0
Light - Less often	5.7	5.6	5.6	7.1	4.2	6.7	7.6	0.0
Travel mode								
Car	84.7	85.5	86.3	67.8	81.8	78.3	86.5	95.4
Walking	17.8	13.6	16.7	34.6	21.2	16.0	17.9	0.0
Bike	4.4	2.7	3.7	2.4	3.4	9.3	6.6	0.0
Public transport / taxi / Uber	2.3	0.0	2.8	6.3	2.8	1.4	0.4	7.8
Other	2.0	4.7	1.7	0.0	2.9	2.7	0.9	4.6
Distance to activity								
Average distance travelled to activity	7.2	5.6	5.8	9.1	10.6	9.8	6.1	13.1
Facility quality rating								
Good, excellent	89.4	90.2	91.1	81.9	84.3	73.1	96.3	95.4
Average	8.5	5.5	7.1	15.2	12.9	20.1	3.1	4.6
Very poor, poor	1.5	4.3	1.1	0.0	1.5	6.1	0.4	0.0
Mean score (out of 5)	4.4	4.4	4.4	4.3	4.3	4.0	4.6	4.9
Facility accessibility rating								
Good, excellent	89.1	90.8	89.0	86.3	87.4	85.9	92.5	84.3
Average	8.5	8.9	8.9	9.7	8.9	11.1	5.3	15.7
Very poor, poor	1.6	0.3	1.5	0.9	2.1	2.2	1.4	0.0
Mean score (out of 5)	4.4	4.5	4.4	4.5	4.3	4.2	4.5	4.5

¹ Base sizes include all respondents aged 3 years and over living in the Loddon Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D7 Activities – Active Play

	Total	Central Goldfields Shire	Greater Bendigo	Loddon Shire	Macedon Ranges Shire	Mount Alexander Shire	Shire of Campaspe	Unknown LGA
	%	%	%	%	%	%	%	%
Total activities	52,222	2,172	28,134	1,608	7,991	5,397	6,736	184
% of respondents undertaking activity	6.2	5.9	6.6	6.6	6.1	4.4	6.0	2.8
# respondents undertaking activity	2,833	106	1,627	93	429	207	364	7
Frequency of participation								
Heavy - Once a week or more	57.8	60.8	56.5	54.1	62.8	65.2	51.7	100.0
Medium - One to three times a month	32.4	34.1	33.0	32.0	31.2	23.4	35.8	0.0
Light - Less often	9.8	5.1	10.5	13.9	6.0	11.4	12.5	0.0
Travel mode								
Car	66.9	67.8	66.6	67.4	66.0	70.4	67.8	18.4
Walking	42.2	35.4	41.2	36.6	47.7	39.8	41.9	81.6
Bike	11.1	6.0	10.7	0.0	13.8	16.7	10.3	0.0
Public transport / taxi / Uber	1.4	0.7	1.9	0.0	1.4	0.6	0.5	0.0
Other	1.2	0.0	1.1	2.4	1.9	2.1	0.3	0.0
Distance to activity								
Average distance travelled to activity	5.9	3.9	5.3	14.8	4.5	5.4	9.0	5.1
Facility quality rating								
Good, excellent	81.8	83.2	83.9	78.5	85.1	83.9	69.1	100.0
Average	13.7	13.4	11.8	21.5	12.9	12.0	20.7	0.0
Very poor, poor	3.1	0.9	2.7	0.0	1.4	1.5	8.7	0.0
Mean score (out of 5)	4.1	4.1	4.2	4.2	4.2	4.3	3.8	4.7
Facility accessibility rating								
Good, excellent	87.0	88.4	88.4	85.4	87.7	85.1	81.6	100.0
Average	9.2	4.3	8.2	9.9	10.9	8.9	12.1	0.0
Very poor, poor	2.2	6.1	1.7	4.7	1.1	2.7	3.8	0.0
Mean score (out of 5)	4.3	4.3	4.4	4.2	4.3	4.3	4.1	4.7

¹ Base sizes include all respondents aged 3 years and over living in the Loddon Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D8 Activities – Cycling: General for recreation or transport

	Total	Central Goldfields Shire	Greater Bendigo	Loddon Shire	Macedon Ranges Shire	Mount Alexander Shire	Shire of Campaspe	Unknown LGA
	%	%	%	%	%	%	%	%
Total activities	52,222	2,172	28,134	1,608	7,991	5,397	6,736	184
% of respondents undertaking activity	5.4	3.4	5.8	3.1	5.0	6.7	5.0	5.0
# respondents undertaking activity	3,007	79	1,737	55	407	372	348	9
Frequency of participation								
Heavy - Once a week or more	49.3	34.3	48.1	54.3	48.9	53.9	52.7	83.2
Medium - One to three times a month	35.0	46.5	35.1	35.2	34.4	30.7	36.5	16.8
Light - Less often	15.7	19.3	16.8	10.6	16.7	15.4	10.8	0.0
Travel mode								
Car	11.8	21.2	11.8	6.7	15.2	9.3	7.5	14.2
Walking	5.7	3.7	5.9	7.4	6.2	4.0	4.8	41.3
Bike	81.5	85.0	83.5	77.2	74.6	80.0	84.1	88.2
Public transport / taxi / Uber	0.5	2.0	0.4	0.0	0.7	0.7	0.0	0.0
Other	1.9	0.3	1.3	5.0	3.3	2.7	1.5	0.0
Distance to activity								
Average distance travelled to activity	5.7	5.5	4.3	12.0	11.7	4.1	3.7	3.8
Facility quality rating								
Good, excellent	72.5	77.4	78.5	78.5	61.2	58.8	74.0	58.7
Average	19.3	19.5	16.1	11.4	26.2	26.6	16.9	41.3
Very poor, poor	6.9	3.2	4.6	9.5	10.9	11.6	7.2	0.0
Mean score (out of 5)	3.9	3.9	4.0	4.0	3.8	3.6	3.8	3.9
Facility accessibility rating								
Good, excellent	79.5	82.3	82.1	89.5	76.1	69.8	80.9	58.7
Average	13.7	14.5	11.8	9.0	16.9	18.4	12.4	41.3
Very poor, poor	5.1	3.2	5.0	0.0	4.2	8.2	5.0	0.0
Mean score (out of 5)	4.1	4.2	4.1	4.4	4.1	3.9	4.1	3.8

¹ Base sizes include all respondents aged 3 years and over living in the Loddon Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D9 Activities – Bushwalking / Hiking

	Total	Central Goldfields Shire	Greater Bendigo	Loddon Shire	Macedon Ranges Shire	Mount Alexander Shire	Shire of Campaspe	Unknown LGA
	%	%	%	%	%	%	%	%
Total activities	52,222	2,172	28,134	1,608	7,991	5,397	6,736	184
% of respondents undertaking activity	5.4	6.3	4.7	5.3	6.7	8.6	3.8	8.0
# respondents undertaking activity	3,040	155	1,443	91	571	510	258	12
Frequency of participation								
Heavy - Once a week or more	32.0	47.1	35.3	28.5	20.5	39.6	30.0	0.0
Medium - One to three times a month	43.0	40.9	40.7	46.9	54.3	36.7	37.1	1.1
Light - Less often	25.0	11.9	24.1	24.6	25.2	23.7	32.9	98.9
Travel mode								
Car	65.7	62.6	60.0	63.6	82.1	55.6	63.9	90.3
Walking	37.1	45.1	42.3	35.8	20.4	52.0	34.5	1.0
Bike	3.7	0.0	4.5	3.7	3.4	4.6	2.7	0.0
Public transport / taxi / Uber	1.3	0.0	1.7	0.4	0.6	0.4	0.2	45.8
Other	1.6	0.3	2.3	1.2	1.0	0.3	2.6	0.0
Distance to activity								
Average distance travelled to activity	27.7	8.2	27.6	22.0	29.4	16.2	52.1	1.0
Facility quality rating								
Good, excellent	82.2	72.7	82.7	82.6	86.6	80.7	78.3	65.5
Average	14.5	20.5	13.8	15.3	11.3	17.2	16.5	34.5
Very poor, poor	2.2	6.6	2.1	1.8	0.9	1.9	4.0	0.0
Mean score (out of 5)	4.1	3.8	4.1	4.1	4.2	4.1	4.0	4.2
Facility accessibility rating								
Good, excellent	78.8	68.1	78.9	82.4	80.8	80.9	77.1	32.8
Average	15.9	21.4	15.5	13.6	14.2	16.4	17.3	67.2
Very poor, poor	3.9	9.3	4.0	3.7	3.4	2.4	4.3	0.0
Mean score (out of 5)	4.1	3.8	4.1	4.0	4.1	4.1	4.0	3.3

¹ Base sizes include all respondents aged 3 years and over living in the Loddon Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D10 Activities – Jogging / Running

	Total	Central Goldfields Shire	Greater Bendigo	Loddon Shire	Macedon Ranges Shire	Mount Alexander Shire	Shire of Campaspe	Unknown LGA
	%	%	%	%	%	%	%	%
Total activities	52,222	2,172	28,134	1,608	7,991	5,397	6,736	184
% of respondents undertaking activity	3.7	2.1	4.1	1.4	4.3	3.6	2.7	1.8
# respondents undertaking activity	1,953	48	1,158	30	350	179	186	2
Frequency of participation								
Heavy - Once a week or more	69.1	58.1	67.4	83.4	76.5	66.6	65.1	64.1
Medium - One to three times a month	23.8	37.4	24.2	16.6	19.8	23.2	28.3	0.0
Light - Less often	7.1	4.5	8.4	0.0	3.7	10.2	6.7	35.9
Travel mode								
Car	33.3	21.0	31.3	29.0	37.4	35.4	36.8	0.0
Walking	60.2	73.8	62.6	56.1	58.2	48.9	57.4	100.0
Bike	2.7	0.0	2.3	0.0	2.1	6.0	4.4	0.0
Public transport / taxi / Uber	0.5	0.0	0.2	0.0	0.7	0.8	1.4	0.0
Other	8.6	8.9	7.7	13.6	8.0	17.5	7.3	0.0
Distance to activity								
Average distance travelled to activity	3.8	5.4	3.8	2.7	3.5	2.7	4.8	0.6
Facility quality rating								
Good, excellent	78.2	75.3	83.3	68.4	70.8	81.4	67.2	100.0
Average	16.6	24.7	13.2	9.7	21.6	15.9	23.0	0.0
Very poor, poor	4.1	0.0	2.5	14.9	6.4	2.7	8.6	0.0
Mean score (out of 5)	4.1	4.0	4.2	3.9	3.9	4.2	3.8	4.4
Facility accessibility rating								
Good, excellent	85.6	83.9	86.8	77.9	84.1	86.9	82.5	100.0
Average	11.2	16.1	10.2	15.2	12.4	9.6	13.6	0.0
Very poor, poor	1.9	0.0	1.7	0.0	2.5	1.8	2.6	0.0
Mean score (out of 5)	4.3	4.2	4.3	4.3	4.2	4.4	4.2	4.4

¹ Base sizes include all respondents aged 3 years and over living in the Loddon Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D11 Activities – Australia Rules football

	Total	Central Goldfields Shire	Greater Bendigo	Loddon Shire	Macedon Ranges Shire	Mount Alexander Shire	Shire of Campaspe	Unknown LGA
	%	%	%	%	%	%	%	%
Total activities	52,222	2,172	28,134	1,608	7,991	5,397	6,736	184
% of respondents undertaking activity	3.3	4.0	3.1	4.3	3.3	1.9	4.1	4.0
# respondents undertaking activity	1,305	59	682	54	202	74	227	7
Frequency of participation								
Heavy - Once a week or more	83.6	76.8	85.7	83.3	81.6	76.5	84.7	81.9
Medium - One to three times a month	11.8	15.7	10.0	14.9	11.0	15.0	14.1	18.1
Light - Less often	4.6	7.6	4.3	1.8	7.4	8.4	1.2	0.0
Travel mode								
Car	86.3	90.4	88.9	82.7	83.7	76.1	86.0	44.9
Walking	19.9	18.3	15.8	18.9	25.9	28.2	21.5	37.0
Bike	8.9	4.8	8.7	0.0	11.7	8.3	10.0	0.0
Public transport / taxi / Uber	2.6	0.0	3.3	4.2	1.9	5.9	1.4	0.0
Other	0.7	0.0	0.7	0.0	1.1	0.0	0.5	18.1
Distance to activity								
Average distance travelled to activity	14.2	15.9	17.2	18.9	7.9	14.8	12.1	6.8
Facility quality rating								
Good, excellent	75.2	69.8	74.4	85.6	69.5	78.7	81.4	100.0
Average	19.0	22.1	20.2	10.1	21.6	13.9	16.1	0.0
Very poor, poor	5.2	8.1	4.7	4.3	8.0	7.4	2.2	0.0
Mean score (out of 5)	4.0	4.0	4.0	4.1	3.8	4.0	4.1	4.4
Facility accessibility rating								
Good, excellent	82.8	83.3	82.7	81.6	79.6	74.5	89.3	63.0
Average	12.8	14.5	13.1	6.5	13.4	22.3	8.8	37.0
Very poor, poor	3.7	2.1	3.5	7.0	6.0	2.5	1.6	0.0
Mean score (out of 5)	4.2	4.4	4.2	4.1	4.0	4.1	4.3	4.0

¹ Base sizes include all respondents aged 3 years and over living in the Loddon Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D12 Activities – Indoor Fitness: Aerobics, Zumba, Yoga, Pilates

	Total	Central Goldfields Shire	Greater Bendigo	Loddon Shire	Macedon Ranges Shire	Mount Alexander Shire	Shire of Campaspe	Unknown LGA
	%	%	%	%	%	%	%	%
Total activities	52,222	2,172	28,134	1,608	7,991	5,397	6,736	184
% of respondents undertaking activity	3.1	1.7	2.9	1.7	3.7	3.6	3.3	5.7
# respondents undertaking activity	2,036	58	1,022	42	374	253	277	10
Frequency of participation								
Heavy - Once a week or more	75.2	71.6	74.5	79.7	75.7	75.3	75.8	86.8
Medium - One to three times a month	16.3	16.8	17.3	20.3	14.7	14.7	16.7	13.2
Light - Less often	8.5	11.6	8.2	0.0	9.6	10.0	7.5	0.0
Travel mode								
Car	84.6	80.8	87.1	90.9	78.8	85.6	85.3	86.8
Walking	15.9	6.3	12.3	16.9	18.3	19.0	21.3	27.6
Bike	2.9	3.3	2.4	2.6	1.6	5.7	4.7	0.0
Public transport / taxi / Uber	2.0	2.6	1.8	0.0	3.0	0.8	0.8	24.5
Other	2.8	12.3	2.2	0.0	3.8	1.2	2.8	0.0
Distance to activity								
Average distance travelled to activity	8.0	5.8	6.5	22.7	9.2	10.3	7.8	6.2
Facility quality rating								
Good, excellent	91.0	86.4	93.0	95.9	87.2	89.8	93.4	65.4
Average	7.3	10.2	5.2	4.1	11.6	9.7	5.8	0.0
Very poor, poor	0.8	1.6	1.5	0.0	0.0	0.5	0.0	7.0
Mean score (out of 5)	4.4	4.3	4.5	4.5	4.4	4.4	4.5	4.5
Facility accessibility rating								
Good, excellent	90.5	90.1	89.6	83.4	92.8	85.8	93.0	100.0
Average	7.0	8.0	7.8	11.8	4.2	10.2	6.5	0.0
Very poor, poor	1.9	0.0	2.2	4.8	2.3	2.6	0.1	0.0
Mean score (out of 5)	4.4	4.4	4.4	4.3	4.4	4.3	4.5	4.2

¹Base sizes include all respondents aged 3 years and over living in the Loddon Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D13 Activities – Fishing

	Total	Central Goldfields Shire	Greater Bendigo	Loddon Shire	Macedon Ranges Shire	Mount Alexander Shire	Shire of Campaspe	Unknown LGA
	%	%	%	%	%	%	%	%
Total activities	52,222	2,172	28,134	1,608	7,991	5,397	6,736	184
% of respondents undertaking activity	2.5	3.3	2.3	3.5	1.7	2.2	4.0	1.3
# respondents undertaking activity	1,108	63	560	52	113	86	232	2
Frequency of participation								
Heavy - Once a week or more	6.0	9.7	5.0	8.8	4.0	6.9	7.5	0.0
Medium - One to three times a month	41.7	49.6	36.8	28.9	45.5	47.7	46.7	35.9
Light - Less often	52.3	40.7	58.3	62.3	50.5	45.4	45.8	64.1
Travel mode								
Car	90.9	92.2	91.5	88.9	89.1	89.4	91.3	100.0
Walking	7.9	5.0	5.2	10.2	14.7	10.3	8.7	0.0
Bike	1.8	0.0	1.9	0.0	2.5	0.2	2.6	0.0
Public transport / taxi / Uber	0.6	0.0	1.1	0.0	0.5	0.0	0.0	0.0
Other	1.4	0.0	1.0	2.6	1.0	1.4	2.7	0.0
Distance to activity								
Average distance travelled to activity	66.2	49.5	77.2	64.6	88.2	54.9	39.6	156.9
Facility quality rating								
Good, excellent	71.7	74.0	73.0	69.6	75.9	71.6	66.5	100.0
Average	22.0	21.2	20.8	14.4	22.6	23.4	24.8	0.0
Very poor, poor	5.0	2.4	4.5	16.0	1.5	3.8	7.1	0.0
Mean score (out of 5)	3.9	4.1	3.9	3.6	4.0	3.9	3.8	4.0
Facility accessibility rating								
Good, excellent	68.1	75.6	71.8	69.8	61.7	72.3	60.8	100.0
Average	22.6	21.7	19.1	16.4	28.0	23.8	27.1	0.0
Very poor, poor	7.5	0.0	7.2	13.8	9.0	3.9	9.5	0.0
Mean score (out of 5)	3.8	4.1	3.9	3.7	3.7	3.9	3.7	4.0

¹ Base sizes include all respondents aged 3 years and over living in the Loddon Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D14 Top activities by LGA

	Total	Central Goldfields Shire	Greater Bendigo	Loddon Shire	Macedon Ranges Shire	Mount Alexander Shire	Shire of Campaspe	Unknown LGA
	%	%	%	%	%	%	%	%
Unweighted base¹	52,222	2,172	28,134	1,608	7,991	5,397	6,736	184
Walking	21.3	22.1	21.4	19.6	21.1	21.6	21.2	21.3
Swimming	8.5	7.2	8.5	9.0	9.0	9.5	7.7	7.0
Fitness: Gym	6.4	5.1	6.8	3.1	6.5	4.5	6.8	8.2
Active play (at playgrounds / play centre)	6.2	5.9	6.6	6.6	6.1	4.4	6.0	2.8
Cycling: General cycling for recreation or transport	5.4	3.4	5.8	3.1	5.0	6.7	5.0	5.0
Bush walking / Hiking	5.4	6.3	4.7	5.3	6.7	8.6	3.8	8.0
Jogging / Running	3.7	2.1	4.1	1.4	4.3	3.6	2.7	1.8
Australian Rules football	3.3	4.0	3.1	4.3	3.3	1.9	4.1	4.0
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.1	1.7	2.9	1.7	3.7	3.6	3.3	5.7
Fishing	2.5	3.3	2.3	3.5	1.7	2.2	4.0	1.3
Netball (indoor / outdoor)	2.5	3.6	2.6	3.8	1.8	1.0	3.2	3.0
Cycling: Mountain bike riding	2.3	1.3	2.5	0.6	2.4	3.5	1.7	5.9
Golf	2.1	2.9	1.9	3.3	1.8	1.5	2.9	0.1
Tennis (indoor / outdoor)	1.9	1.7	1.5	5.8	2.6	1.8	2.1	0.5
Basketball (indoor / outdoor)	1.8	2.3	2.0	1.1	1.9	1.1	1.5	2.2
Dancing / Ballet / Calisthenics	1.8	2.0	1.4	0.9	2.2	2.6	2.1	2.1
Fitness: Outdoor fitness / Personal training / Group activities	1.3	1.7	1.4	1.7	1.1	1.5	1.2	0.8
Cycling: Road and sport cycling	1.3	1.2	1.4	0.8	1.4	1.8	0.9	0.5
Soccer (indoor / outdoor)	1.3	1.1	1.4	0.2	1.2	2.1	0.7	2.1
Lawn bowls	1.1	1.5	1.0	3.6	0.4	1.0	1.8	1.6
Aqua aerobics	1.0	1.5	0.9	1.2	1.2	0.7	1.0	2.6

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

Table D15 Top activities for males by age

	Total	Males	Males, 3 to 11	Males, 12 to 17	Males, 18 to 34	Males, 35 to 49	Males, 50 to 69	Males, 70+
	%	%	%	%	%	%	%	%
Unweighted base¹	52,222	22,074	2,883	1,873	3,348	4,193	6,755	3,004
Walking	21.3	18.1	7.5	8.6	15.0	18.0	26.2	30.5
Swimming	8.5	7.5	14.5	6.8	5.4	6.8	6.7	4.8
Fitness: Gym	6.4	5.5	0.2	3.4	11.4	6.2	4.5	4.9
Active play (at playgrounds / play centre)	6.2	5.6	16.0	2.7	4.6	5.2	2.4	2.6
Bush walking / Hiking	5.4	5.1	2.9	2.4	4.4	6.2	6.8	5.8
Cycling: General cycling for recreation or transport	5.4	6.1	9.5	5.2	3.6	5.9	6.8	4.8
Jogging / Running	3.7	3.7	1.4	3.2	6.0	5.2	3.1	0.8
Australian Rules football	3.3	5.7	11.5	12.1	7.7	3.9	1.5	0.4
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.1	1.1	0.2	0.4	1.2	0.8	1.5	2.5
Fishing	2.5	3.9	1.4	2.4	3.9	4.3	5.6	4.0
Netball (indoor / outdoor)	2.5	0.4	0.4	0.3	0.7	0.4	0.2	0.0
Cycling: Mountain bike riding	2.3	3.5	1.9	5.5	2.8	5.4	3.5	0.9
Golf	2.1	3.5	0.5	0.6	2.7	3.6	5.4	7.6
Tennis (indoor / outdoor)	1.9	2.1	3.2	4.7	1.8	1.9	1.3	0.5
Basketball (indoor / outdoor)	1.8	2.5	4.9	7.3	3.1	1.8	0.3	0.1
Dancing / Ballet / Calisthenics	1.8	0.6	0.8	0.4	0.3	0.1	0.7	1.4
Cycling: Road and sport cycling	1.3	2.0	0.5	1.8	2.0	2.5	3.2	1.0
Fitness: Outdoor fitness / Personal training / Group activities	1.3	0.8	0.3	0.5	1.5	1.2	0.6	0.6
Soccer (indoor / outdoor)	1.3	1.9	4.7	5.9	1.5	1.0	0.4	0.1
Lawn bowls	1.1	1.5	0.1	0.3	0.4	0.6	2.3	7.1
Aqua aerobics	1.0	0.4	0.1	0.4	0.3	0.1	0.6	1.7

¹Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

Table D16 Top activities for females by age

	Total	Females	Females, 3 to 11	Females, 12 to 17	Females, 18 to 34	Females, 35 to 49	Females, 50 to 69	Females, 70+
	%	%	%	%	%	%	%	%
Unweighted base¹	52,222	29,748	2,754	1,801	5,599	6,867	9,594	3,085
Walking	21.3	24.2	8.1	15.2	22.5	25.9	32.4	34.1
Swimming	8.5	9.4	17.1	8.7	7.9	8.5	8.7	6.3
Fitness: Gym	6.4	7.2	0.1	4.8	12.2	7.1	7.4	6.9
Active play (at playgrounds / play centre)	6.2	6.7	17.0	3.5	7.1	6.3	3.7	2.5
Bush walking / Hiking	5.4	5.7	2.9	2.8	5.6	7.5	7.1	3.9
Cycling: General cycling for recreation or transport	5.4	4.8	9.1	4.5	2.3	5.4	5.2	1.6
Jogging / Running	3.7	3.7	1.2	3.6	6.2	5.4	2.4	0.3
Australian Rules football	3.3	1.1	2.0	3.3	1.2	0.8	0.4	0.2
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.1	4.9	0.8	1.4	4.7	5.7	6.9	8.4
Fishing	2.5	1.3	0.6	0.5	1.5	1.6	1.5	0.5
Netball (indoor / outdoor)	2.5	4.4	7.6	15.4	5.8	2.9	0.6	0.5
Cycling: Mountain bike riding	2.3	1.3	1.2	1.6	1.1	2.0	1.2	0.3
Golf	2.1	0.9	0.1	0.0	0.3	0.5	1.6	3.4
Tennis (indoor / outdoor)	1.9	1.9	2.4	3.9	1.2	2.3	1.4	0.9
Basketball (indoor / outdoor)	1.8	1.2	1.9	4.1	1.2	1.2	0.2	0.0
Dancing / Ballet / Calisthenics	1.8	2.9	8.6	6.2	1.3	1.2	1.9	2.7
Cycling: Road and sport cycling	1.3	0.7	0.4	0.7	0.5	1.0	0.9	0.2
Fitness: Outdoor fitness / Personal training / Group activities	1.3	1.8	0.3	1.2	2.9	2.5	1.4	1.0
Soccer (indoor / outdoor)	1.3	0.7	1.8	1.7	0.7	0.4	0.1	0.2
Lawn bowls	1.1	0.7	0.0	0.2	0.2	0.3	1.1	4.5
Aqua aerobics	1.0	1.5	0.1	0.4	0.9	0.7	2.7	5.4

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

Table D17 Top activities by demographic indicators

	Total	Born in Australia	Born overseas	Speaks English as main language	Speaks other main language	Aboriginal and/or Torres Strait Islander	Not Aboriginal or Torres Strait Islander	Identifies as LGBTQIA+	Non-LGBTQIA+
	%	%	%	%	%	%	%	%	%
Unweighted base¹	52,222	46,934	4,630	50,867	564	591	51,071	1,406	39,383
Walking	21.3	20.9	25.2	21.3	24.5	18.5	21.3	25.9	24.7
Swimming	8.5	8.5	8.4	8.5	11.1	9.1	8.5	8.8	7.2
Fitness: Gym	6.4	6.3	6.6	6.4	6.6	5.4	6.4	7.8	7.9
Active play (at playgrounds / play centre)	6.2	6.3	4.8	6.1	10.6	11.0	6.1	4.3	4.5
Cycling: General cycling for recreation or transport	5.4	5.4	5.5	5.4	5.1	3.6	5.5	5.7	4.8
Bush walking / Hiking	5.4	5.2	7.8	5.4	4.6	6.4	5.4	8.3	6.2
Jogging / Running	3.7	3.7	4.0	3.7	3.6	2.3	3.7	4.0	4.3
Australian Rules football	3.3	3.5	0.7	3.3	0.6	4.2	3.3	1.5	2.2
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.1	3.0	4.0	3.1	2.9	1.6	3.1	4.2	3.9
Fishing	2.5	2.6	1.8	2.5	1.6	4.2	2.5	1.7	2.9
Netball (indoor / outdoor)	2.5	2.6	0.8	2.5	0.1	2.5	2.5	1.2	1.7
Cycling: Mountain bike riding	2.3	2.3	2.7	2.3	1.2	2.2	2.3	2.0	2.4
Golf	2.1	2.1	2.2	2.1	1.7	2.0	2.1	0.8	2.6
Tennis (indoor / outdoor)	1.9	2.0	1.6	2.0	1.5	1.1	2.0	1.0	1.6
Basketball (indoor / outdoor)	1.8	1.9	0.7	1.8	1.9	3.8	1.8	0.9	1.1
Dancing / Ballet / Calisthenics	1.8	1.8	1.5	1.8	1.5	1.4	1.8	1.1	1.1
Cycling: Road and sport cycling	1.3	1.3	1.6	1.3	0.5	1.0	1.3	1.1	1.6
Fitness: Outdoor fitness / Personal training / Group activities	1.3	1.3	1.3	1.4	0.9	0.6	1.4	1.0	1.6
Soccer (indoor / outdoor)	1.3	1.3	1.2	1.3	2.3	0.7	1.3	0.8	0.6
Lawn bowls	1.1	1.1	1.3	1.1	1.0	0.8	1.1	0.5	1.3
Aqua aerobics	1.0	0.9	1.7	1.0	0.5	0.7	1.0	1.1	1.2

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table..

Table D18 Top activities by further demographic indicators

	Total	Holds a Bachelor degree or higher	Less than Bachelor level education	Just getting along, poor or very poor	Reasonably comfortable, very comfortable or prosperous	Requires help with daily activities	Does not require help
	%	%	%	%	%	%	%
Unweighted base¹	52,222	20,679	29,506	13,317	38,446	3,988	47,027
Walking	21.3	23.2	20.4	21.5	21.1	18.7	21.6
Swimming	8.5	7.8	8.7	9.3	8.2	14.0	7.9
Fitness: Gym	6.4	8.3	5.9	5.7	6.6	3.1	6.7
Active play (at playgrounds / play centre)	6.2	3.8	6.8	8.2	5.4	14.0	5.4
Cycling: General cycling for recreation or transport	5.4	6.0	5.3	4.6	5.8	6.4	5.4
Bush walking / Hiking	5.4	7.4	4.9	5.3	5.4	4.6	5.5
Jogging / Running	3.7	6.2	3.1	2.7	4.1	1.3	4.0
Australian Rules football	3.3	1.7	3.8	3.4	3.3	3.3	3.3
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.1	5.1	2.6	2.4	3.4	2.4	3.2
Fishing	2.5	1.3	2.7	3.2	2.2	1.6	2.6
Netball (indoor / outdoor)	2.5	1.9	2.7	2.5	2.5	1.4	2.6
Cycling: Mountain bike riding	2.3	2.9	2.2	1.6	2.6	0.8	2.5
Golf	2.1	2.0	2.1	1.5	2.3	0.9	2.2
Tennis (indoor / outdoor)	1.9	2.1	2.0	1.2	2.3	1.5	2.0
Basketball (indoor / outdoor)	1.8	1.2	2.1	1.8	1.9	1.2	1.9
Dancing / Ballet / Calisthenics	1.8	1.1	1.9	1.8	1.8	3.0	1.7
Cycling: Road and sport cycling	1.3	2.0	1.2	0.9	1.5	0.8	1.4
Fitness: Outdoor fitness / Personal training / Group activities	1.3	1.9	1.2	1.3	1.4	0.6	1.4
Soccer (indoor / outdoor)	1.3	0.7	1.5	1.3	1.3	1.5	1.3
Lawn bowls	1.1	0.6	1.1	1.1	1.1	1.2	1.1
Aqua aerobics	1.0	0.9	1.0	1.3	0.9	1.5	0.9

¹Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.