



Frequently Asked Questions

What is the Active Living Census?

The ALC is a survey undertaken across the Loddon Campaspe region. It asks questions on topics like physical activity, access to nutritious food, ways of moving around the community or using public spaces and some health-related behaviours.

The data collected is used to help shape healthier futures.

Why is the ALC done?

Health and wellbeing is everyone's business.

The ALC data helps us understand what our communities need and what partnerships and actions can have the greatest benefits.

Who took part in the 2025 ALC?

More than 8,000 residents from across the Loddon Campaspe region took part between 26 May and 6 July 2025.

Which areas are covered by the ALC?

The ALC covers the Loddon Campaspe region which includes six local government areas: the Campaspe, Central Goldfields, Greater Bendigo, Loddon, Macedon Ranges and Mount Alexander municipalities.

What did the 2025 ALC find?

The ALC results for the region show a mixed picture.

Encouragingly, people across the region are reporting strong physical activity levels and lower rates of smoking, vaping, gambling and daily sugary drink consumption compared with available state and national benchmarks.

However, many people across the region are self-reporting poorer health, lower life satisfaction, food insecurity, risky drinking and are overweight or obese.



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Are some groups in our community experiencing poorer health and wellbeing outcomes?

Health and wellbeing is shaped by many different factors, such as access to nutritious food and safe places to be active. Access and experiences can vary significantly across our communities which can contribute to different health and wellbeing outcomes.

The data from the ALC helps to highlight how and where we can best partner, plan and act to have the greatest health and wellbeing benefits.

Why should people care about the ALC results?

The results help show where people are doing well, where pressure points are, and what could make it easier for communities to live healthier, more connected lives.

What did people say in the 2025 ALC about what would help them be more active?

People identified cost, time and safety as key barriers. They also said better-connected footpaths, tracks and trails, improved lighting, better toilets and change rooms, more accessible public spaces, and more low-cost or free local activities would help.

Why do public spaces and community facilities matter?

Things like paths, tracks, trails and community facilities support physical activity, social connection and mental wellbeing.

ALC data shows these places are important community health assets, not just “nice extras”.



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How will the 2025 ALC results be used?

The results will help guide local planning, health promotion and prevention work, investment in public spaces and community facilities, and funding applications for projects that respond to community needs.

The previous regional ALC was done in 2019. Comparing the data gathered in 2019 and 2025 can help to see patterns or changes over time.

What happens next?

The results will be shared freely and widely. We want to see them being used to help organisations and communities partner, plan and act in ways that can have the greatest impact.

Will the ALC data lead to new projects or funding?

The ALC does not automatically create new funding however it gives communities data that can help with identifying priorities, advocating for investment and grants and designing programs and projects that respond to community needs.

How can residents get involved?

Residents can read the reports, talk with their local council or community organisations about the findings, take part in local planning and consultation opportunities, and lead or support community-led projects that improve health, wellbeing and connection.

Where can people find the reports?

The regional-level findings reports are available at:
www.healthyloddoncampaspe.au/alc