

2025 Active Living CENSUS



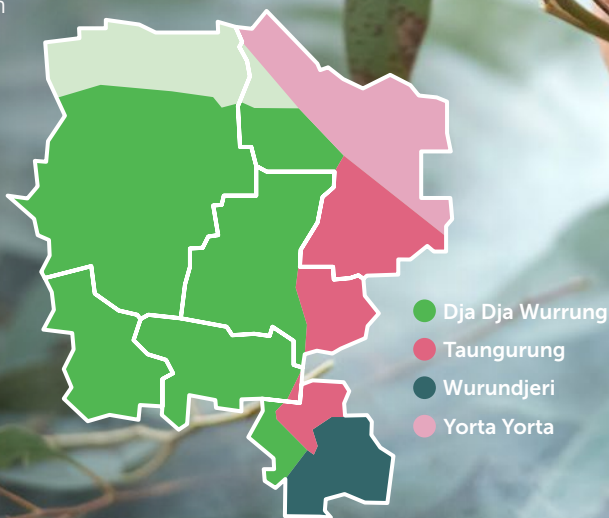
2025 Loddon Campaspe Region SELECTED FINDINGS



Acknowledgement

We respectfully acknowledge that the Loddon Campaspe region encompasses the traditional lands and waters of the Dja Dja Wurrung, Taungurung, Wurundjeri and Yorta Yorta people. We pay our respects to them, their culture, and their Elders past, present and future.

We recognise the continuing effects of colonisation on Aboriginal and Torres Strait Islander peoples, including its impact on health and wellbeing. Discrimination, intergenerational trauma, and the forced disconnection from land and culture have contributed to higher rates of chronic disease and lower life expectancy compared to non-Aboriginal populations. Through this work, we are committed to advancing health equity by acknowledging and addressing the barriers faced by Aboriginal and Torres Strait Islander communities, ensuring fair access to improved health and wellbeing outcomes.



Foreword

We extend our sincere thanks to all residents across our region who participated in the Healthy Loddon Campaspe 2025 Active Living Census (ALC).

Healthy Loddon Campaspe is focused on working in partnership to improve health and wellbeing outcomes in the Loddon Campaspe region – the heart of Victoria.

The ALC was available to complete in May-July 2025, with over 8,000 residents participating in it.

The ALC is unique to the Loddon Campaspe region and it provides a richness of data that most other regions across Australia simply don't have. These insights help communities and organisations to partner, plan and act in ways that matter most.

The ALC helps us to understand things like levels of physical activity, healthy eating, behaviours like smoking and alcohol use, and sugary drink intake. It helps to highlight what's working well, barriers to living healthier lives and what changes could assist.

Since the last ALC in 2019, our communities have faced significant challenges, including the COVID-19 pandemic, bushfires, floods and rising cost-of-living pressures, all of which have impacted health and wellbeing.

The findings from this ALC provide local-level evidence, enabling reliable comparisons across townships, demographic groups and other data sets.

The ALC reports are publicly available documents. We encourage you to use the data they include, to help grow a healthier future for our region together.

Healthy Loddon Campaspe Regional Steering Group members

Emma Brentnall – Manager Prevention & Population Health: Murray & Loddon, Loddon Mallee Public Health Unit

Jess Howard – Director Healthy Communities & Environments, City of Greater Bendigo

Jesse Sherwood – Regional Manager, Sport & Recreation Victoria (Loddon Mallee)

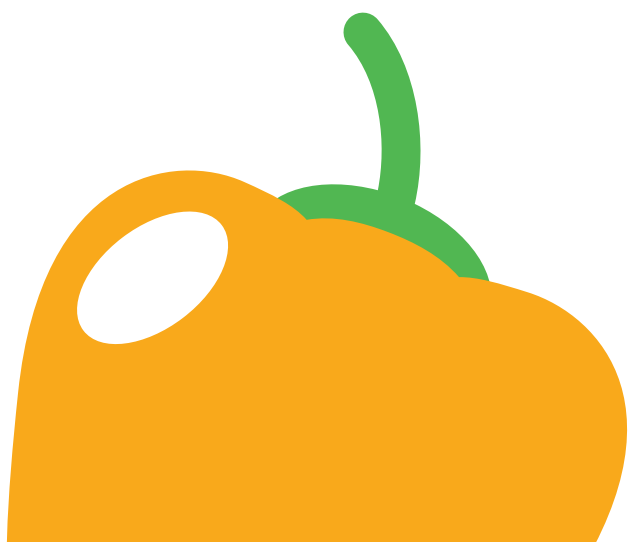
Lincoln Fitzgerald – Chief Executive Officer, Loddon Shire Council

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For further information on any of the findings, visit the
2025 Active Living Census Topline Report.





Introduction

The Healthy Loddon Campaspe (HLC) initiative works to improve health and wellbeing outcomes for residents in the Loddon Campaspe region.

HLC (previously known as Healthy Heart of Victoria) was developed in response to the region showing higher than Victorian average rates of obesity, chronic disease and high-risk health behaviours.

There are six local Councils involved in the initiative – Campaspe Shire, Central Goldfields Shire, City of Greater Bendigo, Loddon Shire, Macedon Ranges Shire and Mount Alexander Shire.

A key component of the HLC initiative is the Active Living Census (ALC).

The 2025 ALC provides an important follow-up to the 2019 region-wide and 2014 Greater Bendigo ALCs. It offers reliable local and regional data on health behaviours, activity levels, and the health and wellbeing needs of the Loddon Campaspe community. It not only identifies behavioural risk factors for targeted public health action, but also gathers detailed community insights on where and how these efforts can be best directed.

In 2025, a select number of new questions were included in the ALC to take a deeper look at mental wellbeing, food

security, and the experiences of neurodivergent residents, further strengthening our understanding of emerging community needs.

For more information on the process undertaken and the questions asked, visit www.healthyloddoncampaspe.au/alc





The purpose of this document

This Selected Findings Report supports the 2025 Active Living Census (ALC) Topline Report and is designed to make the findings easier for anyone in the Loddon Campaspe region and beyond to understand and use. Information about activities, groups and locations comes from the 2025 ALC Topline Report, available on the Healthy Loddon Campaspe website.

Where possible, results are compared with state benchmarks from the Victorian Population Health Survey and/or the National Health Survey (2022). Some findings have a higher margin of error due to small sample sizes; these are marked with an asterisk (*) and should be interpreted with caution.

For any information not included in this summary, including detailed results from all questions asked, and more detail on the limitations and restrictions of the data, please see the 2025 ALC Topline Report.

How the findings can be used

- **Provide a snapshot of what's currently happening in our communities**, to help evaluate and measure the success of local initiatives
- **Help guide investment and planning** so projects and policies can be directed where they'll make the biggest difference
- **Support collaboration** between groups across the community, with everyone using the same strong evidence to set priorities
- **Strengthen grant and funding applications** by providing high-quality local data
- **Provide solid evidence to support ongoing improvements** across the region
- **Allow for comparison between different demographics**, helping to tailor services and programs
- **Support research and new ideas**, giving researchers valuable data that can lead to more opportunities for the region

Suggested citation

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April 2026.

Project funding

The 2025 Active Living Census was funded by Healthy Loddon Campaspe – a Victorian State Government-funded initiative, in conjunction with City of Greater Bendigo, and Campaspe, Central Goldfields, Loddon, Macedon Ranges and Mount Alexander Shires.



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





Movement behaviours

in the Loddon Campaspe region

To see how Loddon Campaspe residents compare to recommended guidelines, the 2025 ALC asked about physical activity, muscle strengthening, active travel, screen time, sleep, sport and recreation, and barriers to being active.

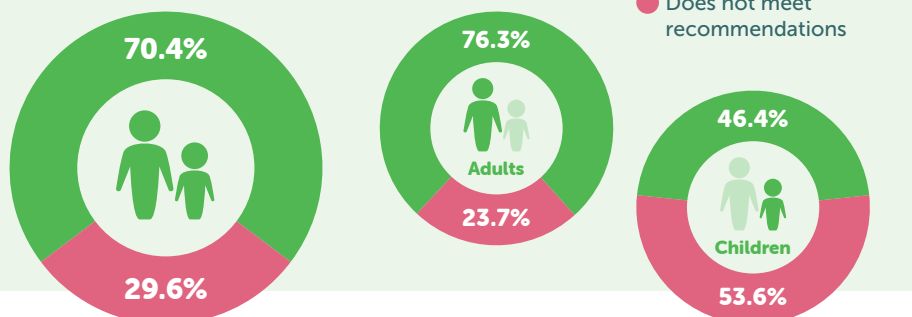
All results in this section are weighted and reflect all respondents (children and adults) unless noted otherwise.



Physical activity

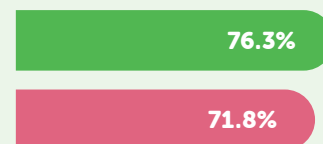
Regular physical activity plays a vital role in supporting physical health, reducing the risk of chronic disease, and improving mental wellbeing.

Aerobic physical activity in our region

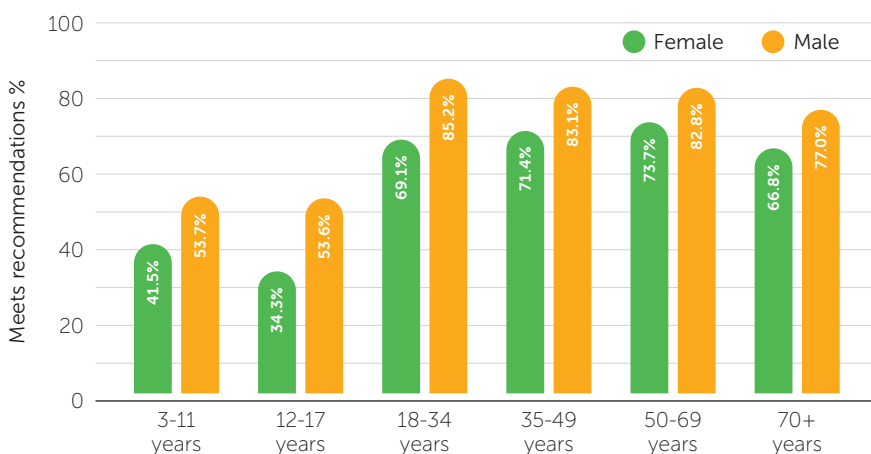


Adults meeting physical activity recommendations

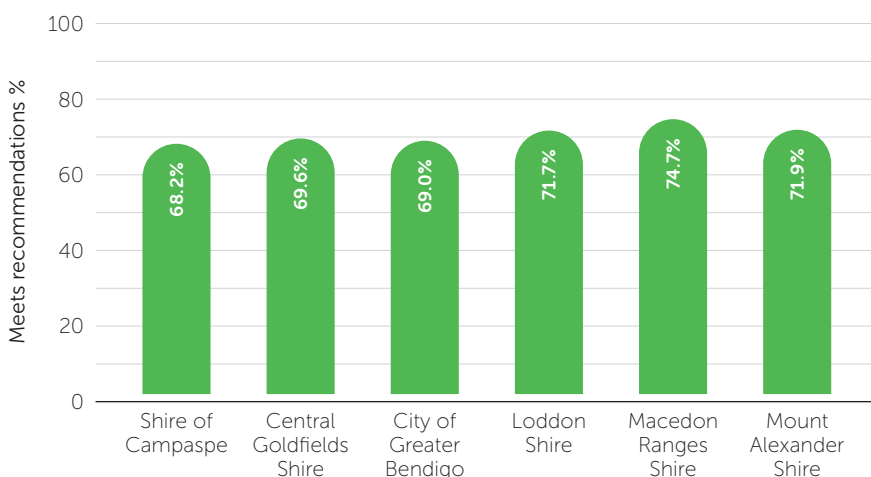
Loddon Campaspe region vs Victoria



Aerobic physical activity – by age and sex



Aerobic physical activity – by Local Government Area



Top findings

- Residents who report higher life satisfaction, good mental wellbeing, and feel valued by society are more likely to meet the recommendations
- Healthy habits tend to cluster – those who meet muscle strengthening, screen time, and sleep recommendations are more likely to meet physical activity recommendations

Focus areas for support

- Children
- Women
- Aboriginal and/or Torres Strait Islander people
- Neurodivergent people
- Residents who require help with daily activities

Australian Guidelines recommend:

Children aged 3-5 years: At least 180 minutes of physical activity each day, including 60 minutes of energetic play.

Children and adolescents aged 5-17 years: At least 60 minutes of aerobic activity daily, with a mix of moderate and vigorous intensity.

Adults aged 18-64 years: 150-300 minutes of moderate activity per week, or 75-150 minutes of vigorous activity, or an equivalent combination of both.

Adults aged 65+ years: At least 30 minutes of moderate activity on most (preferably all) days.

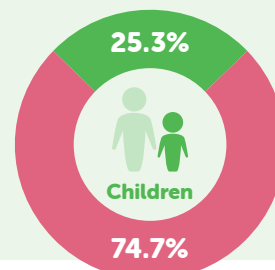
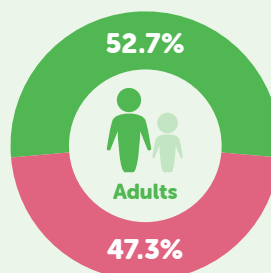
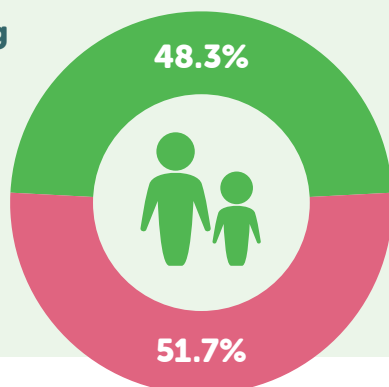
Note: For reporting, the ALC applies the same adult recommendations to everyone aged 18+ due to ambiguity in recommended number of days of activity for those over 65 years.

Muscle strengthening activities

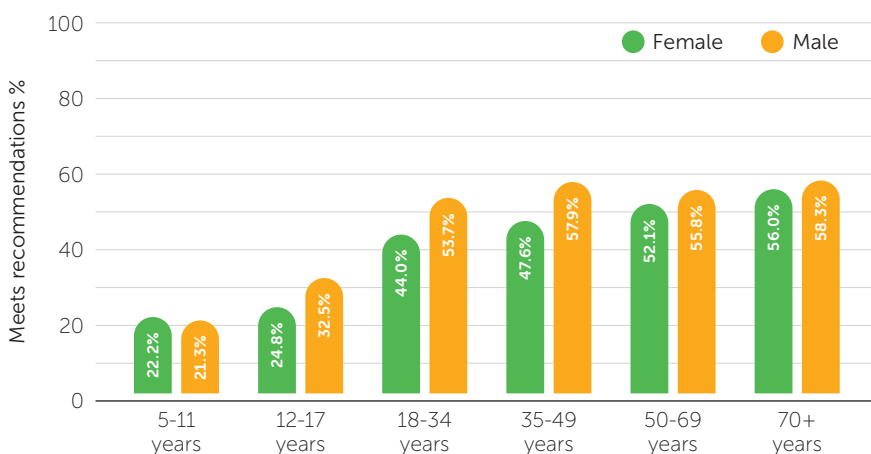
Regular muscle strengthening exercise supports muscle and bone health, improves balance and stability and improves mental wellbeing.

Muscle strengthening in our region

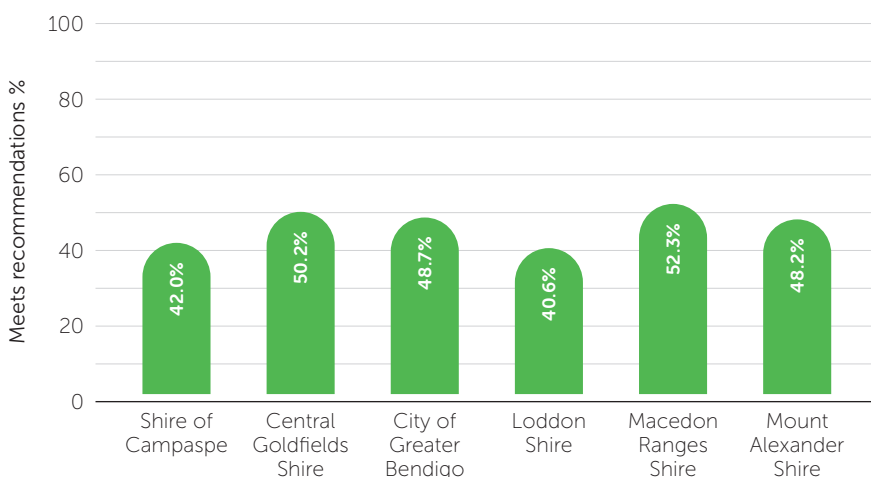
- Meets recommendations
- Does not meet recommendations



Muscle strengthening activities – by age and sex



Muscle strengthening activities – by Local Government Area



Top findings

- People who engage in unhealthy behaviours like drinking sugary drinks daily and smoking also engage in less muscle strengthening activities
- People experiencing poorer physical and mental health, and tougher financial situations are less likely to meet the strength recommendations

Focus areas for support

- Neurodivergent people
- Residents who are under financial stress
- People with poor mental wellbeing
- People who report being in poor health

Australian Guidelines recommend:

Children aged 3-5 years: Build strength through active play every day.

Children and adolescents aged 5-17 years: Include muscle and bone-strengthening activities at least 3 days per week.

Adults aged 18-64 years: Do muscle-strengthening activities on at least 2 days per week.

Adults aged 65+ years: Complete strengthening activities at least 2 days per week, with added focus on strength and balance.

Note: Because there is no specific weekly recommendation for children under 5, results in this section include respondents aged 5 years and above.

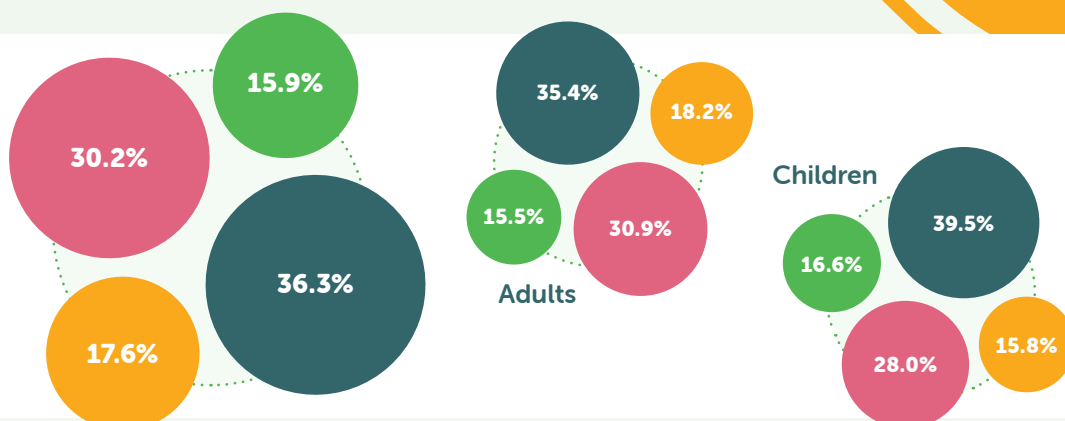
Active travel

Active travel boosts physical and mental health, reduces traffic congestion, and lowers environmental impacts.

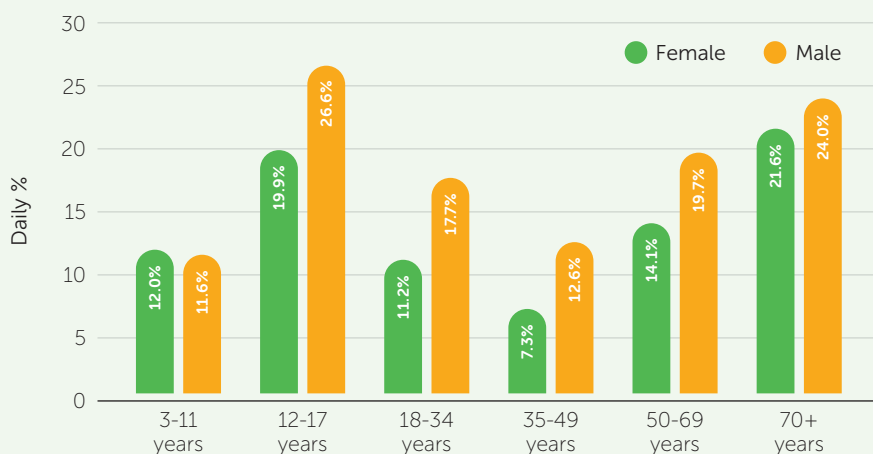


Walking to get to and from places in our region

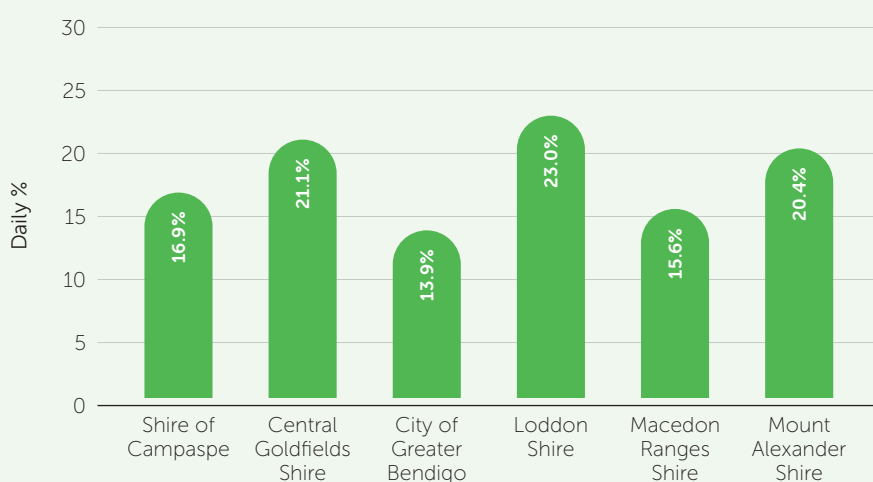
- Daily
- At least once a week
- At least once a month
- Less than once a month



Walking to get to and from places – by age and sex



Walking to get to and from places – by Local Government Area



Top findings



- A lot of residents don't walk for transport very often, with only a small group walking daily and many walking less than once a month
- Walking for travel varies across groups, with children, men, and smaller-sized households walking more often than others
- Some communities walk less, including people facing financial stress, health challenges, or tougher living conditions

Focus areas for support

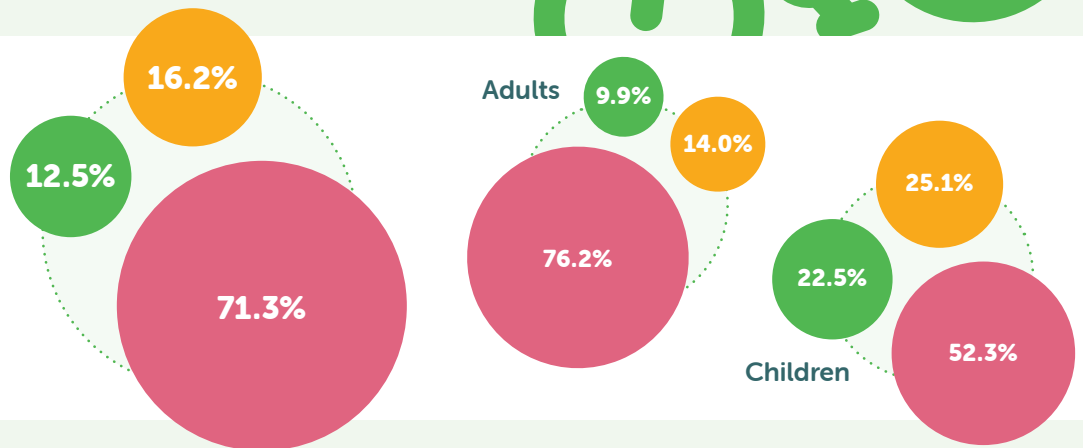


- Aboriginal and Torres Strait Islander residents
- Residents of Greater Bendigo – lowest daily, highest less-than-monthly
- Households who are under financial stress or have low food security
- Households with greater than 4-5 people

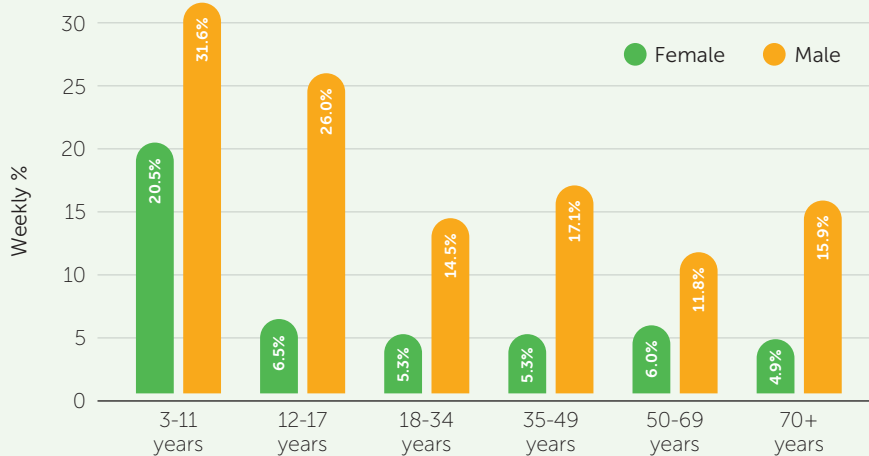


Cycling to get to and from places in our region

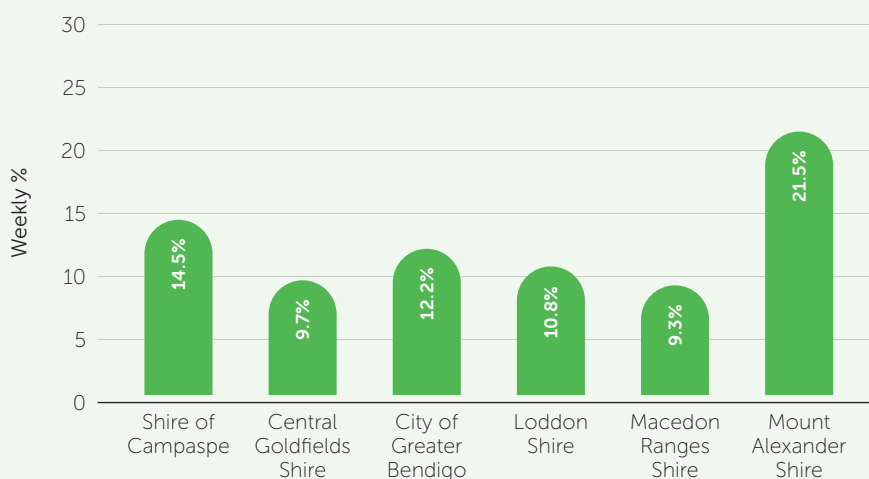
- At least once a week
- At least once a month
- Less than once a month



Cycling to get to and from places – by age and sex



Cycling to get to and from places – by Local Government Area



Top findings



- Cycling for transport is uncommon – about one in eight residents ride weekly, with the majority cycling rarely
- Kids and males cycle more than adults and women
- Cycling for transport varies by location – Macedon Ranges and Central Goldfields residents cycle the least, while Mount Alexander residents cycle the most

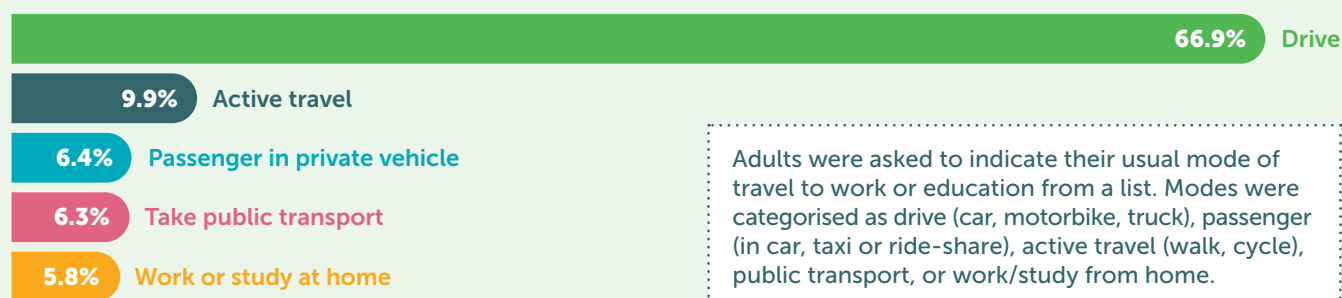
Focus areas for support



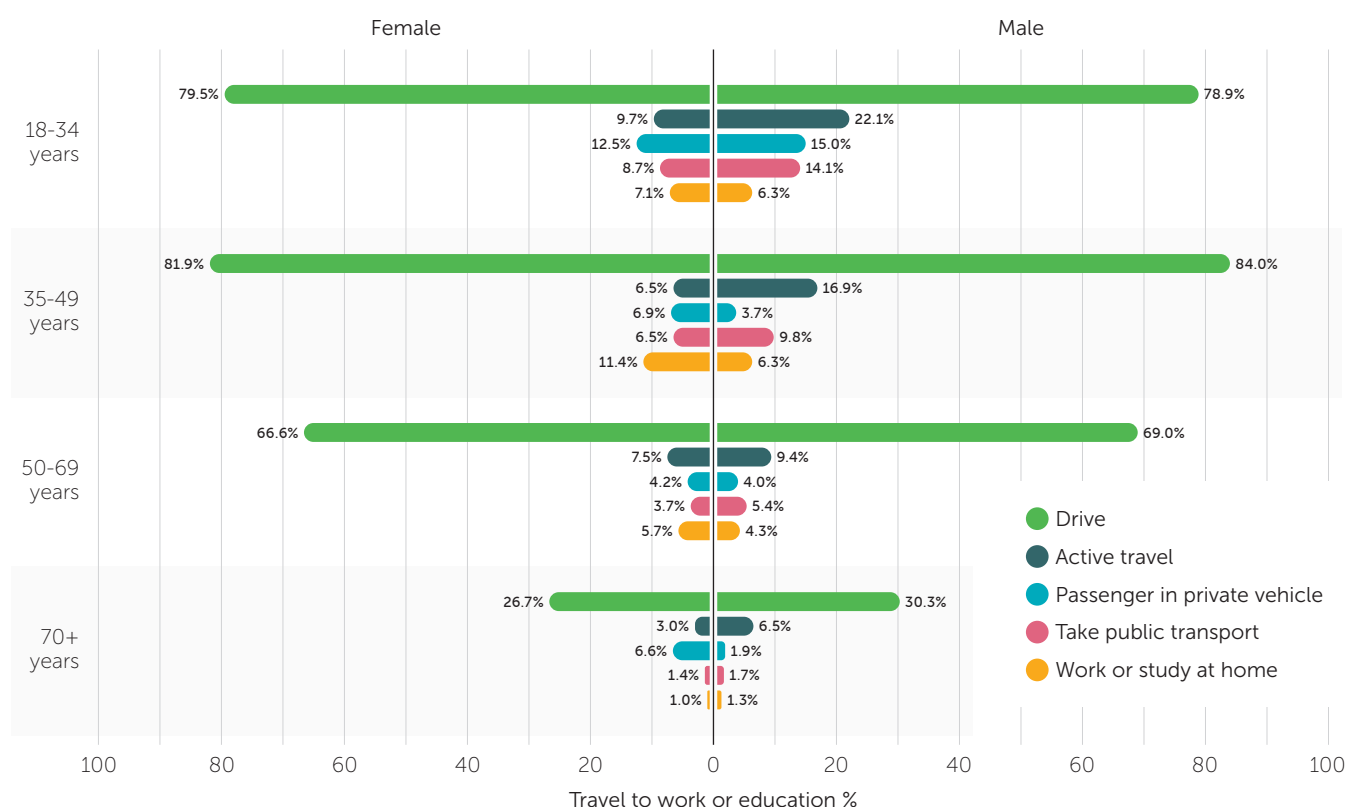
- Women
- Aboriginal and Torres Strait Islander residents
- People experiencing financial stress or low food security

Travel to work or education

Adults travel to work or education in our region



Adults travel to work or education – by age and sex



Top findings



- 7% of females and 4.4% of males report working or studying from home
- Some groups are much more likely to walk or ride, like younger adults, men, Greater Bendigo or Mount Alexander residents, and LGBTIQ+ residents

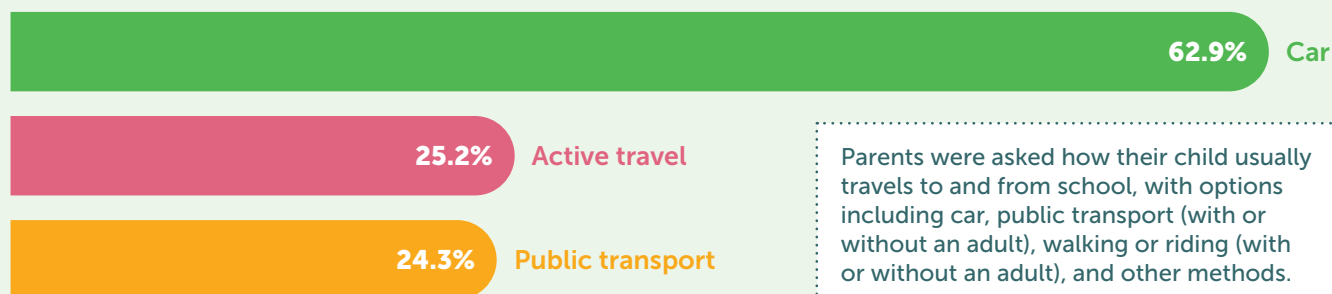
- Active travel is more common among people who report good health and meet physical activity guidelines, showing strong links between health and how we get around

Focus areas for support



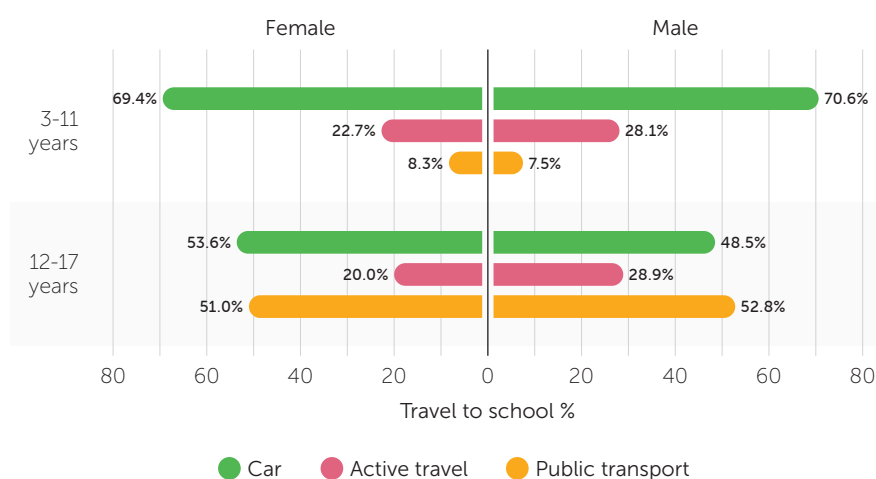
- Women
- Older adults
- People who report poor health, overweight/obesity, or do not meet physical activity guidelines

Children's travel to school in our region

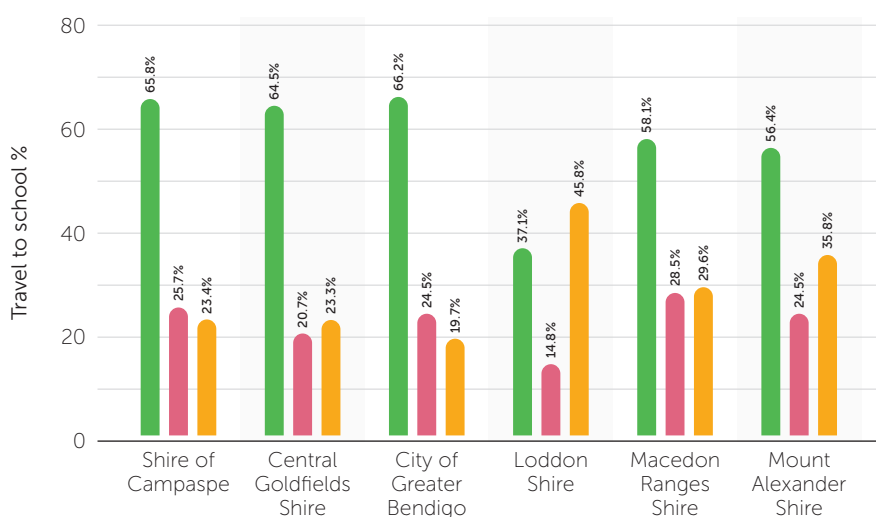


Parents were asked how their child usually travels to and from school, with options including car, public transport (with or without an adult), walking or riding (with or without an adult), and other methods.

Children's travel to school – by age and sex



Children's travel to school – by Local Government Area



Top findings



- Most kids travel to school by car, with about a quarter of children using active travel
- Boys tend to use active travel to school more than girls
- Teens use public transport far more than younger children
- Children in Loddon Shire use the car the least, use public transport the most, but have the lowest rate of active travel to get to school

Focus areas for support



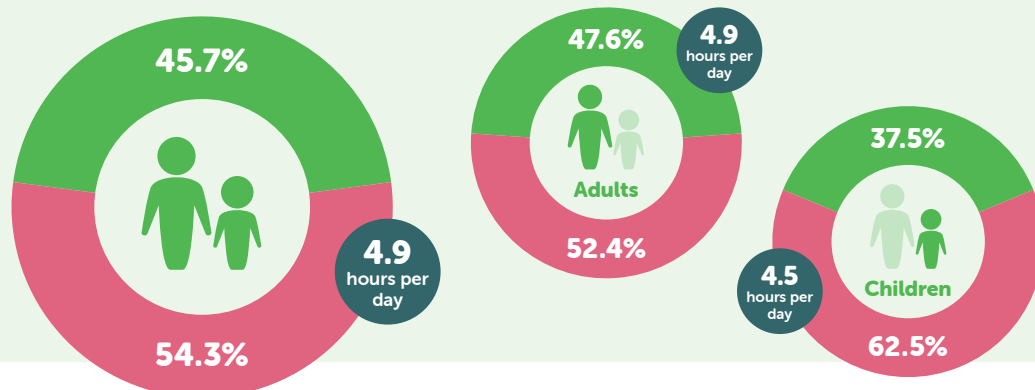
- Younger children (3-11 years)
- Girls
- Children with poor health or do not meet physical activity guidelines

Screen time

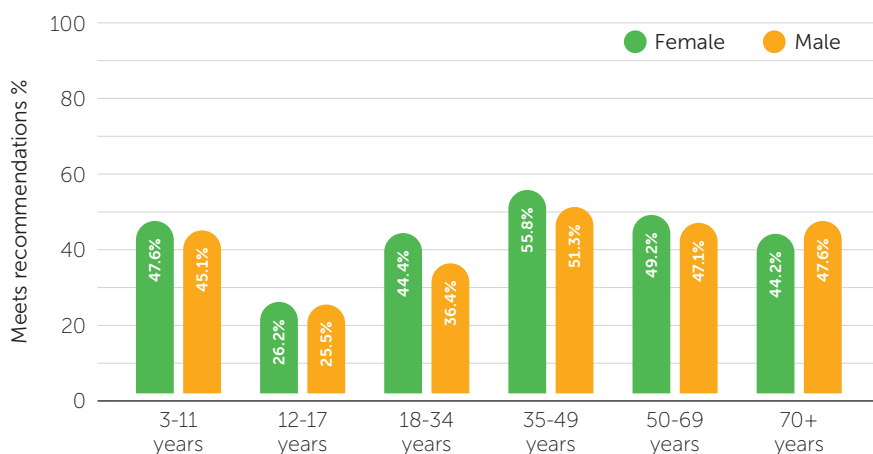
Excessive screen time can affect our mental, physical and emotional wellbeing, influencing everything from mood, to sleep, to physical activity participation.

Recreational screen time in our region

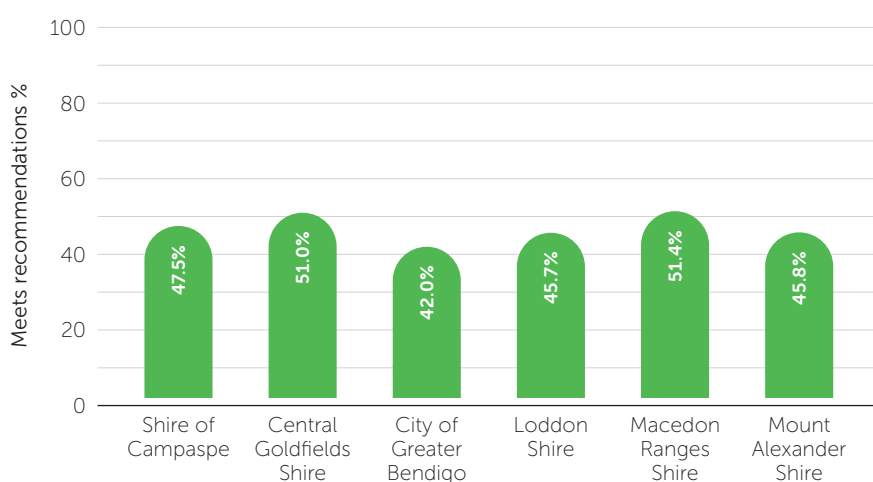
- Meets recommendations
- Does not meet recommendations



Recreational screen time – by age and sex



Recreational screen time – by Local Government Area



Top findings

- More adults meet the screen-time guidelines than children
- Screen habits link strongly with people's financial situation as well as how they feel – people facing financial stress, or who report poorer health and wellbeing often have more screen time

Focus areas for support

- Children and adolescents
- Unemployed people and those under financial pressure
- People who report low mental health, low life satisfaction, or feel undervalued
- LGBTIQ+ residents

Australian Guidelines recommend:

Children aged 3-5 years: Have no more than one hour of screen time per day.

Children and adolescents aged 5-17 years: Limit recreational screen use to under 2 hours daily (excluding schoolwork).

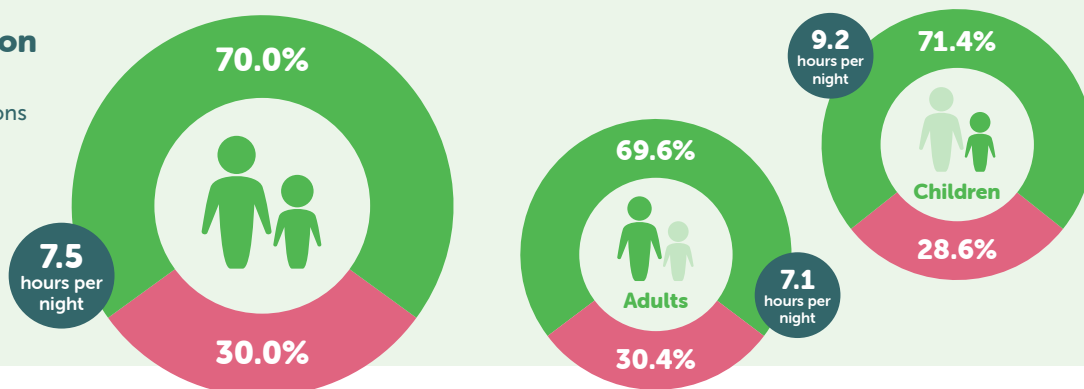
While there are no official guidelines for adults, evidence suggests more than three hours of recreational screen time per day increases health risks, so this threshold was used to assess adult respondents.

Sleep

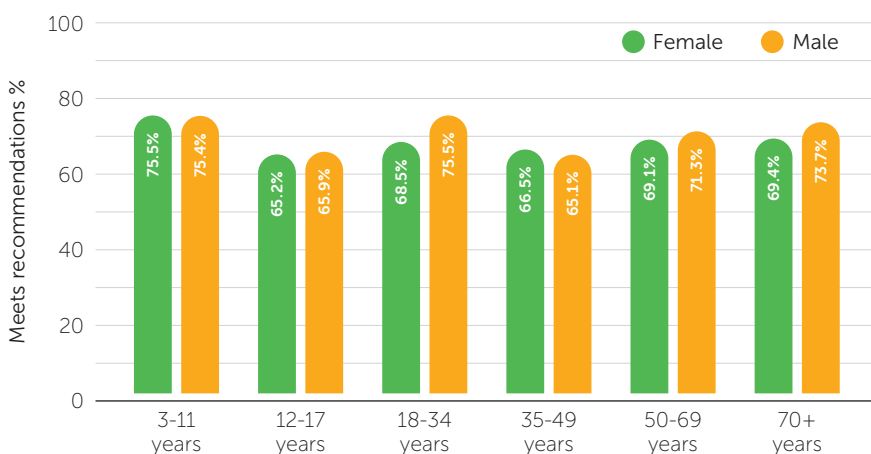
Getting enough quality sleep is essential for good health, supporting brain function, mood, energy and disease prevention, while poor sleep can have wide-ranging effects on both mental and physical wellbeing.

Sleep in our region

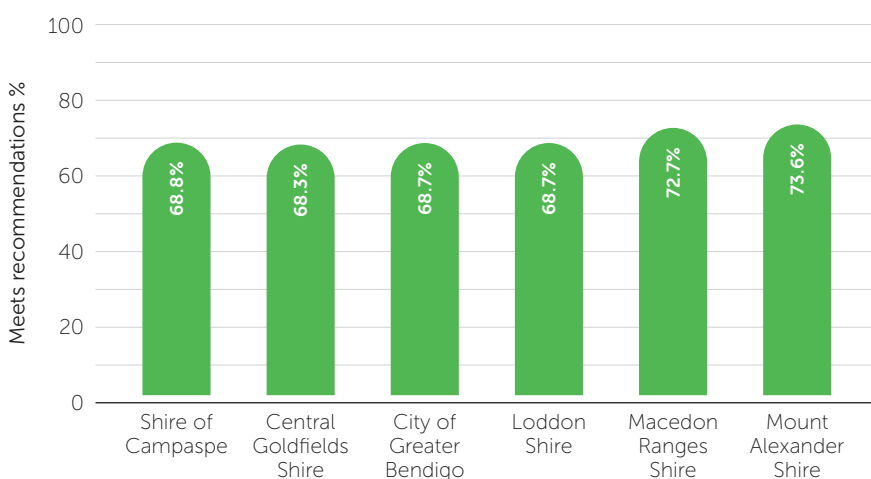
- Meets recommendations
- Does not meet recommendations



Sleep – by age and sex



Sleep – by Local Government Area



Top findings

- Sleep recommendations are met more often by younger children, with adolescents and adults less likely to achieve the recommended amount for their age
- Sleep links strongly with healthy habits – people with better health, greater life satisfaction, and who meet physical activity, screen time, and fruit and veg consumption guidelines are more likely to meet sleep recommendations

Focus areas for support

- People with poor mental wellbeing or who do not feel valued by society
- People under financial stress or have low food security
- Aboriginal and Torres Strait Islander residents

The Sleep Health Foundation recommended sleep durations are:

3-5 years: 10-13 hours per night

6-13 years: 9-11 hours per night

14-17 years: 8-10 hours per night

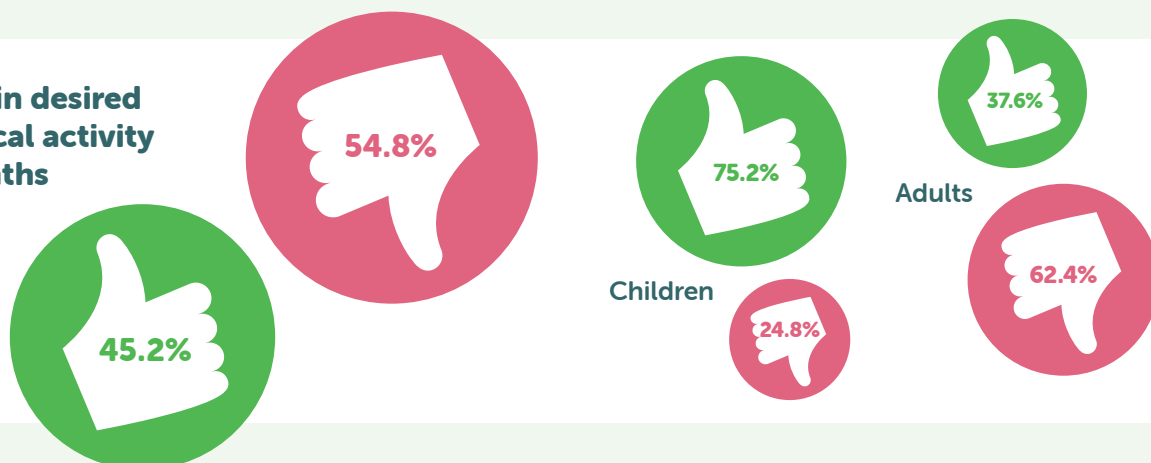
18-64 years: 7-9 hours per night

65 years and above: 7-8 hours per night

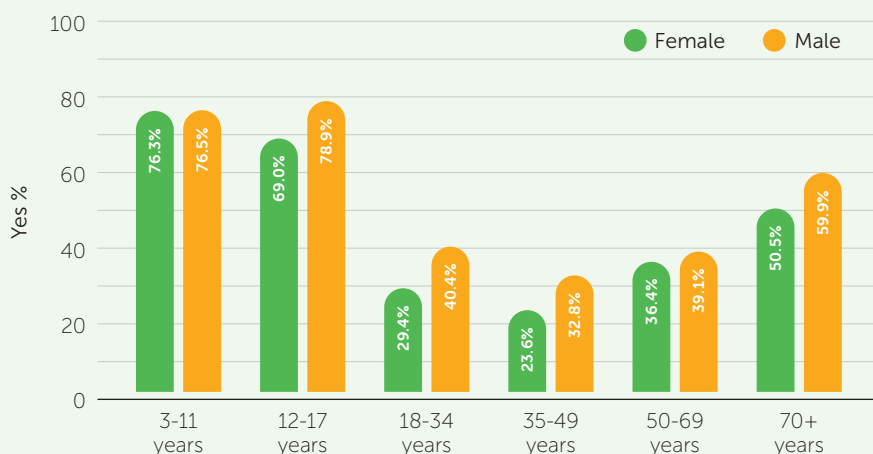
Participation in desired level of physical activity

Respondents were asked whether they had been as physically active as they wanted over the past 12 months.

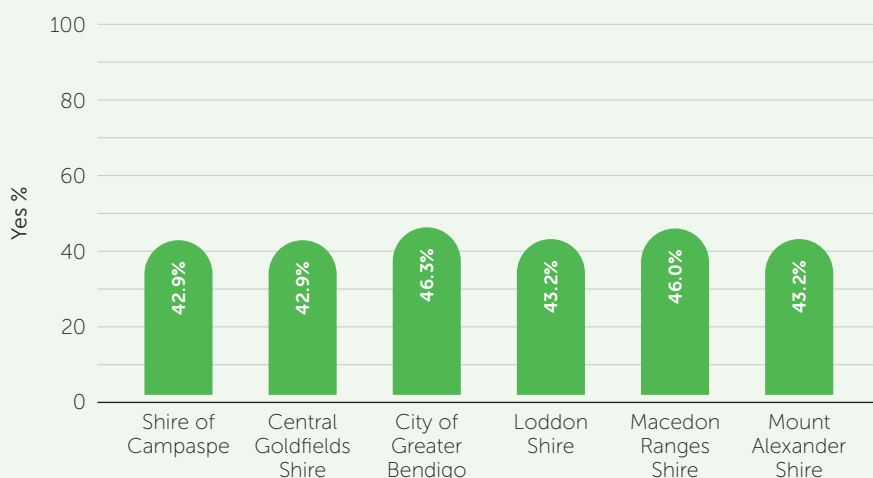
Participation in desired level of physical activity in last 12 months in our region



Participation in desired level of physical activity in last 12 months – by age and sex



Participation in desired level of physical activity in last 12 months – by Local Government Area



Top findings



- Many people want to be more active, more often – especially adults, women, and those aged 18-69
- People with poorer health, lower life satisfaction, who feel less valued, or report poor mental wellbeing also want to do more activity

Focus areas for support



- People with poor mental wellbeing
- Current vapers
- People in fair or poor health
- People with low food security or are under financial stress

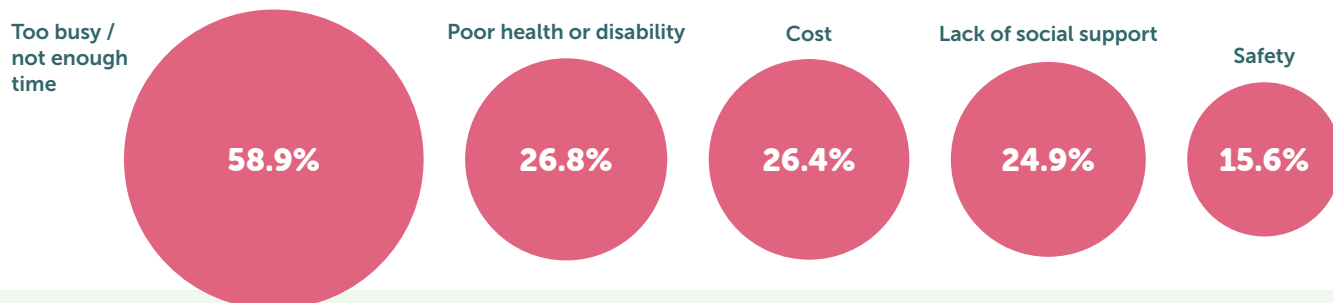


Barriers to participating in physical activity

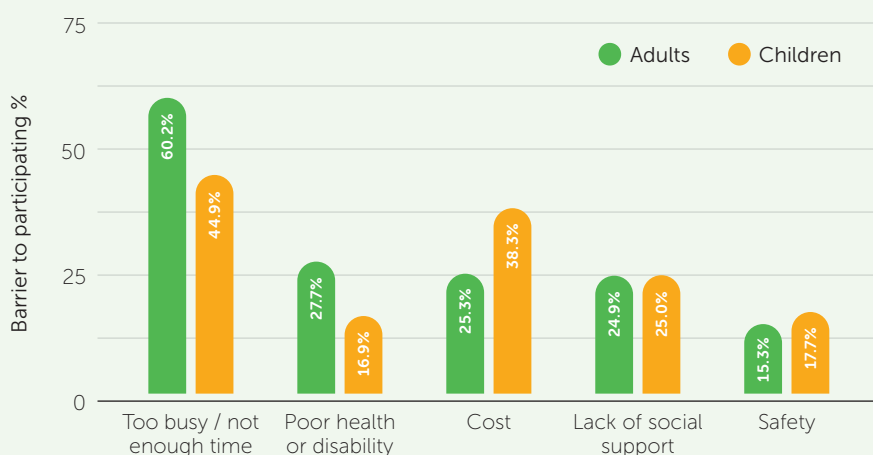
Respondents who said they wanted to be more active were asked to indicate the reasons why from a list provided.

Top barriers to participating in physical activity in our region

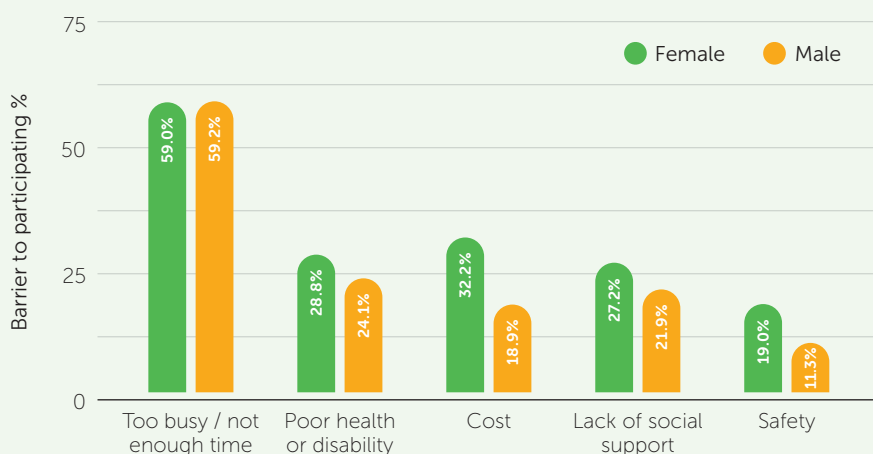
*See breakdown following for further analysis on top five reported barriers to physical activity.



Top five barriers to participating in physical activity – by age



Top five barriers to participating in physical activity – by sex



Top findings



- The time barrier is highest among traditionally time-poor groups such as adults, and people who are employed
- Poor health is a bigger barrier for people who are unemployed, need daily support, have low food security, experience poor mental wellbeing, or aren't meeting physical activity, screen time or sleep guidelines
- Cost is reported as a more significant barrier for children, women, LGBTIQ+, neurodivergent, those with lower education, or are under financial stress
- Safety concerns are higher among women

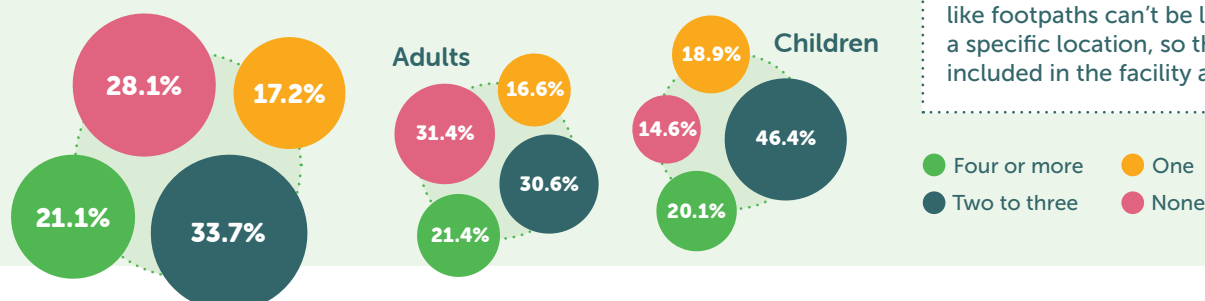
Focus areas for support



- People who require help with daily activities
- People with low/very low food security or financial stress
- LGBTIQ+ residents
- Neurodivergent people
- Women and girls

Participation in sport, exercise and recreation

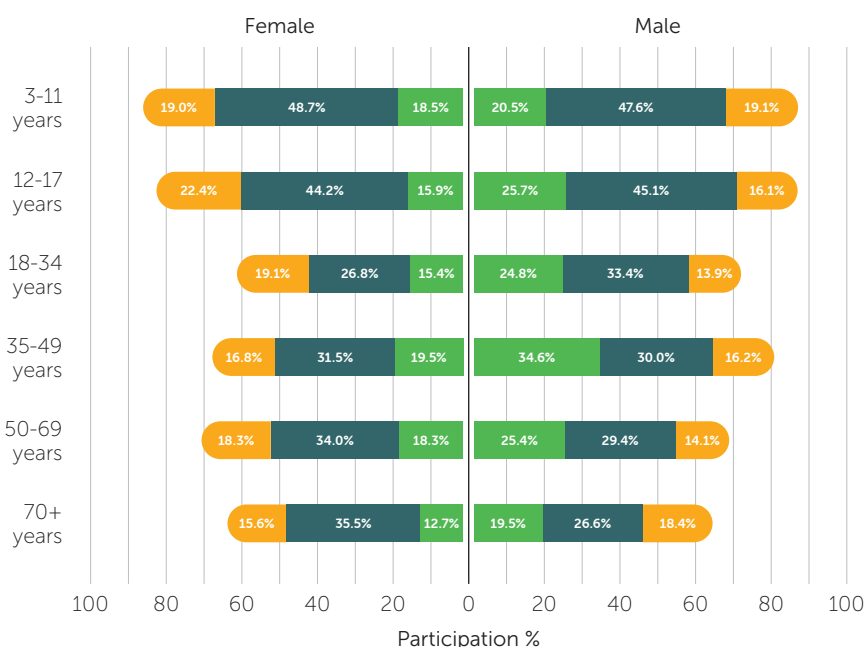
Number of different sport, exercise and recreation activities participated in last 12 months in our region



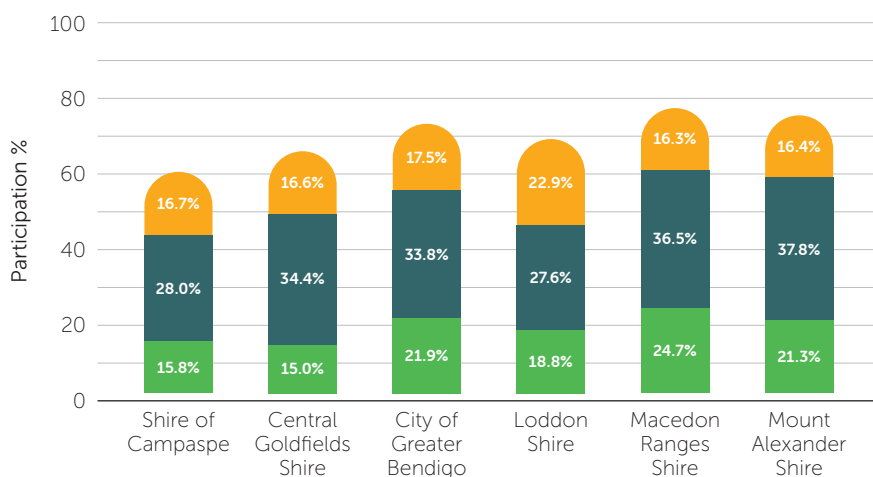
Respondents were asked if they had done any sport, exercise or recreation in the past 12 months. Those who said yes selected up to five main activities from a list of 60 activities, so the results show their top activities, rather than everything they do.

People also reported how often they did each activity and where they usually went. Generic spaces like footpaths can't be linked to a specific location, so they aren't included in the facility analysis.

Number of different sport, exercise and recreation activities participated in last 12 months – by age and sex



Number of different sport, exercise and recreation activities participated in last 12 months – by Local Government Area



Top findings

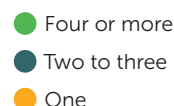


- Adults aged 18-69 and women participate less than children, teens and older adults
- Inactivity is highest in Campaspe and Central Goldfields
- Good health goes hand-in-hand with participation – people who report better physical and mental wellbeing, and those meeting fruit and veg, sleep and screen time guidelines, are much more likely to be active

Focus areas for support

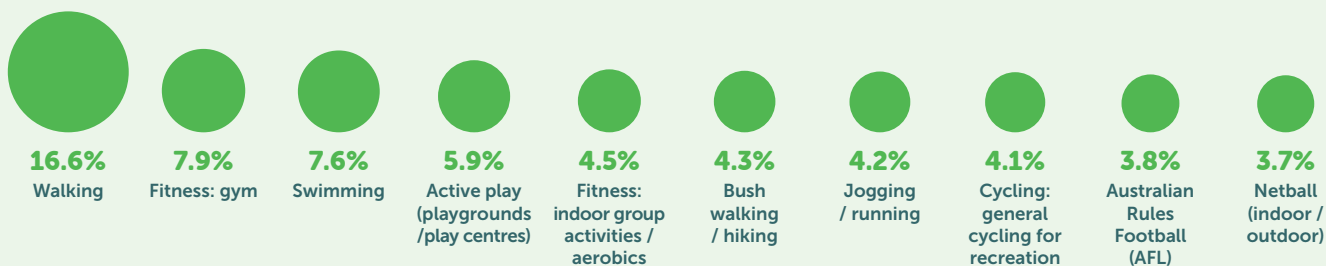


- People in fair/poor health or have poor mental wellbeing
- Residents under financial stress or have low food security
- Aboriginal and Torres Strait Islander residents
- Current smokers

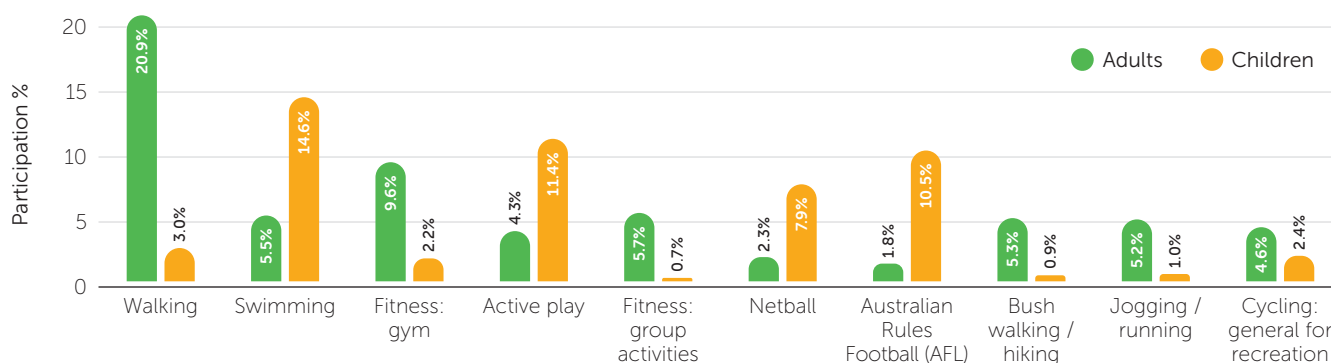


Types of sport, exercise and recreation activities participated in

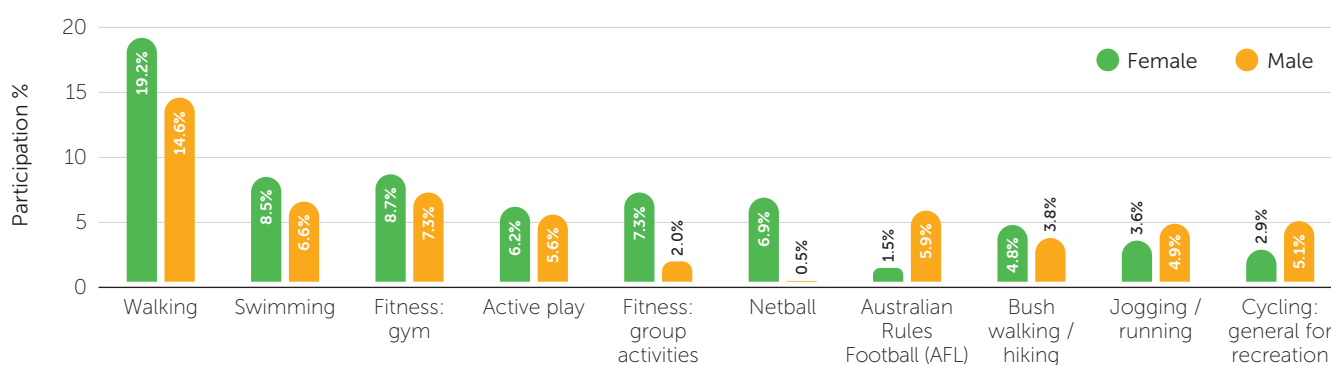
Top 10 activities participated in



Top 10 activities – by age



Top 10 activities – by sex



Top findings



- Walking is the most popular activity, followed by swimming, gym fitness, active play, and indoor group fitness
- Kids tend to do more swimming, active play, netball and AFL, whilst adults do more walking, gym, hiking, running and recreational cycling
- Women tend to do more walking, swimming, group fitness and netball, and men do more AFL and recreational cycling
- Daily sugary drink consumers, current smokers, and those with higher screen time are more likely to have done no activity in the past 12 months

Focus areas for support

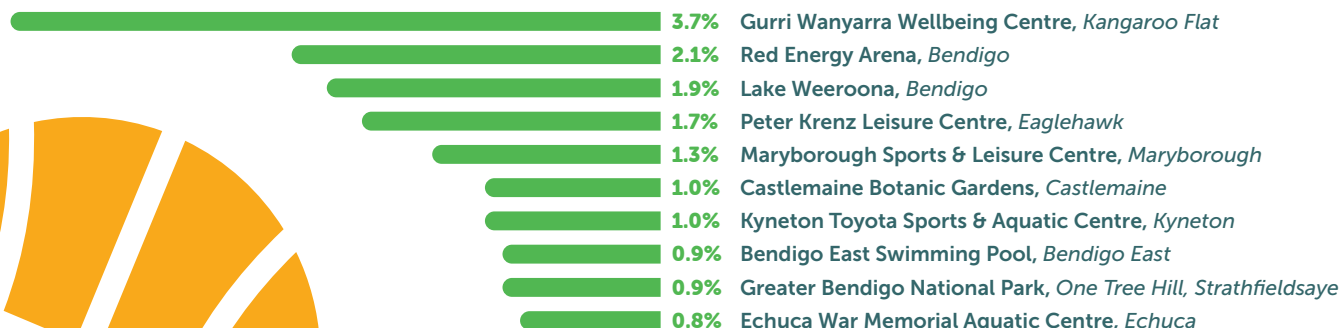


- Girls and women, even though many want to be more active
- People with poorer health and mental wellbeing
- People experiencing financial stress or low food security

Facilities for sport, exercise and recreational activities

Top 10 facilities used in our region

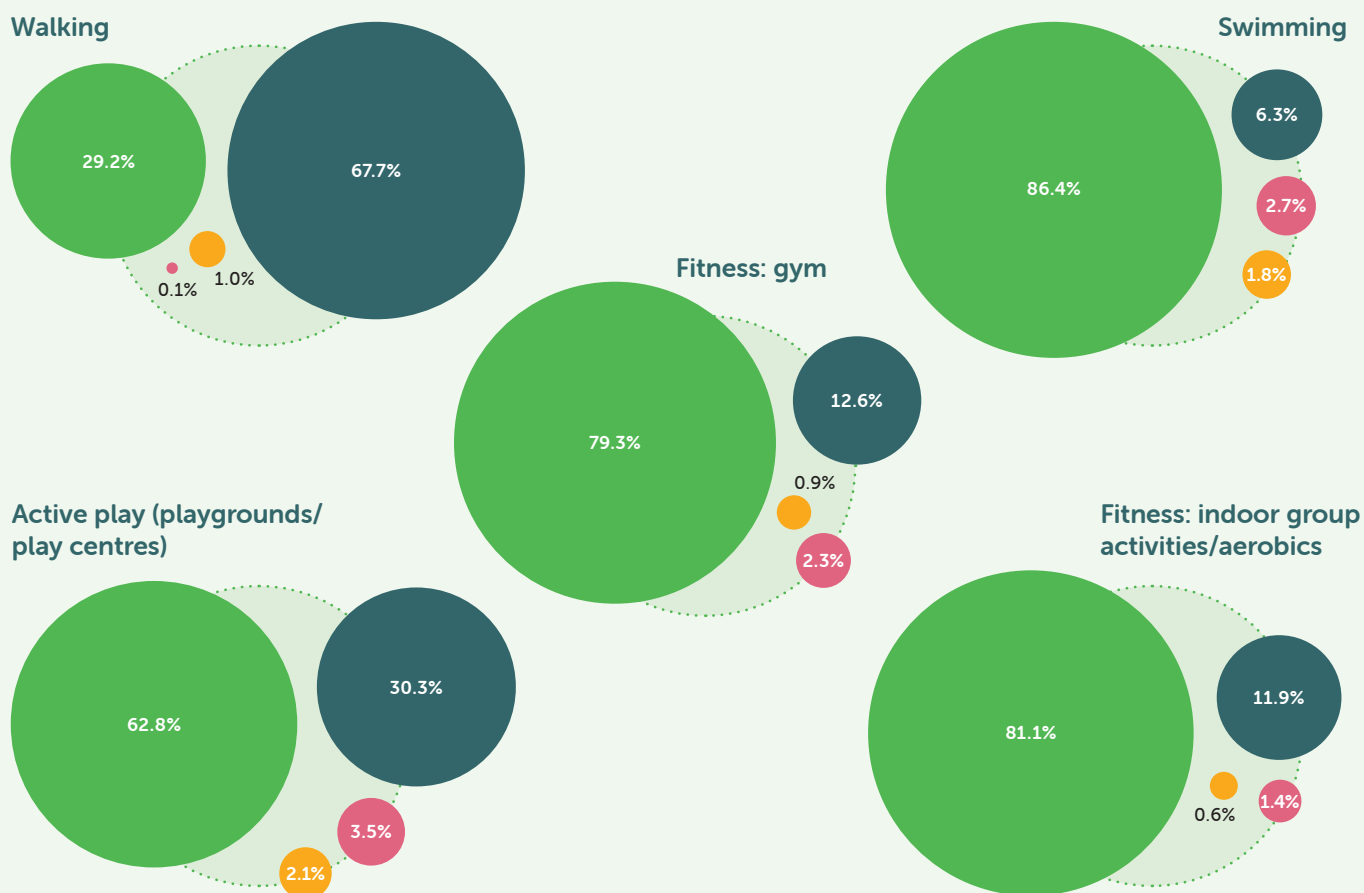
● Used at least once per year



Travel to and from top five activities and their facilities

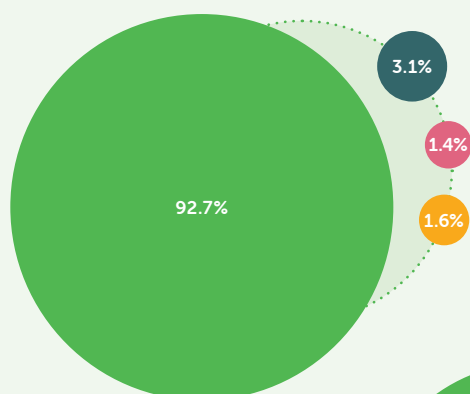
Modes of travel to and from main activities – by mode of transport

● Car ● Walking ● Bicycle
● Public transport / taxi / Uber

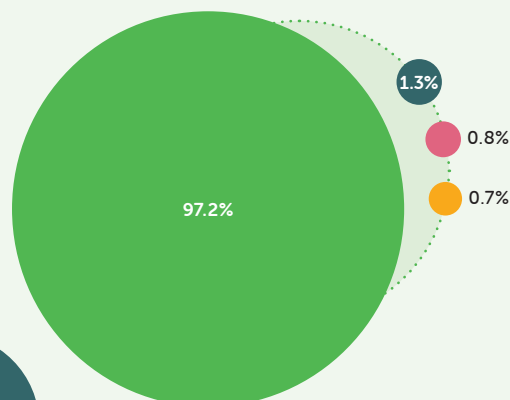


Modes of travel to and from top five facilities – by facility

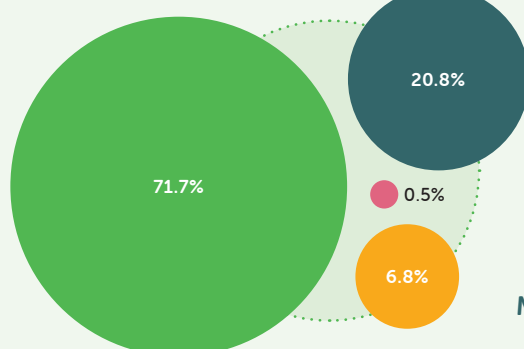
Gurri Wanyarra Wellbeing Centre



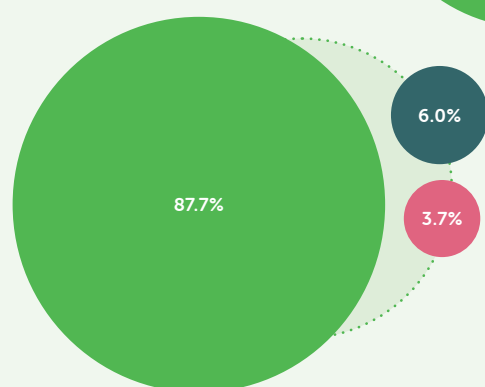
Red Energy Arena



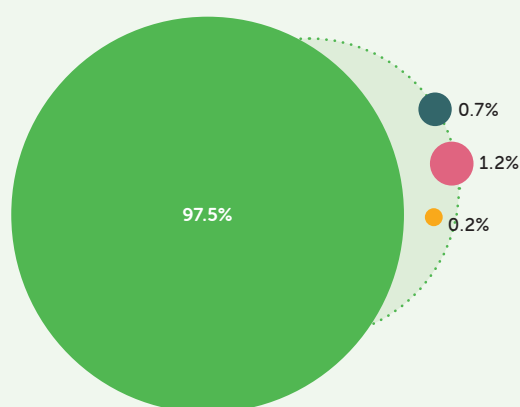
Lake Weeroona



Peter Krenz Leisure Centre



Maryborough Sports & Leisure Centre



● Car ● Walking ● Bicycle ● Public transport / taxi / Uber

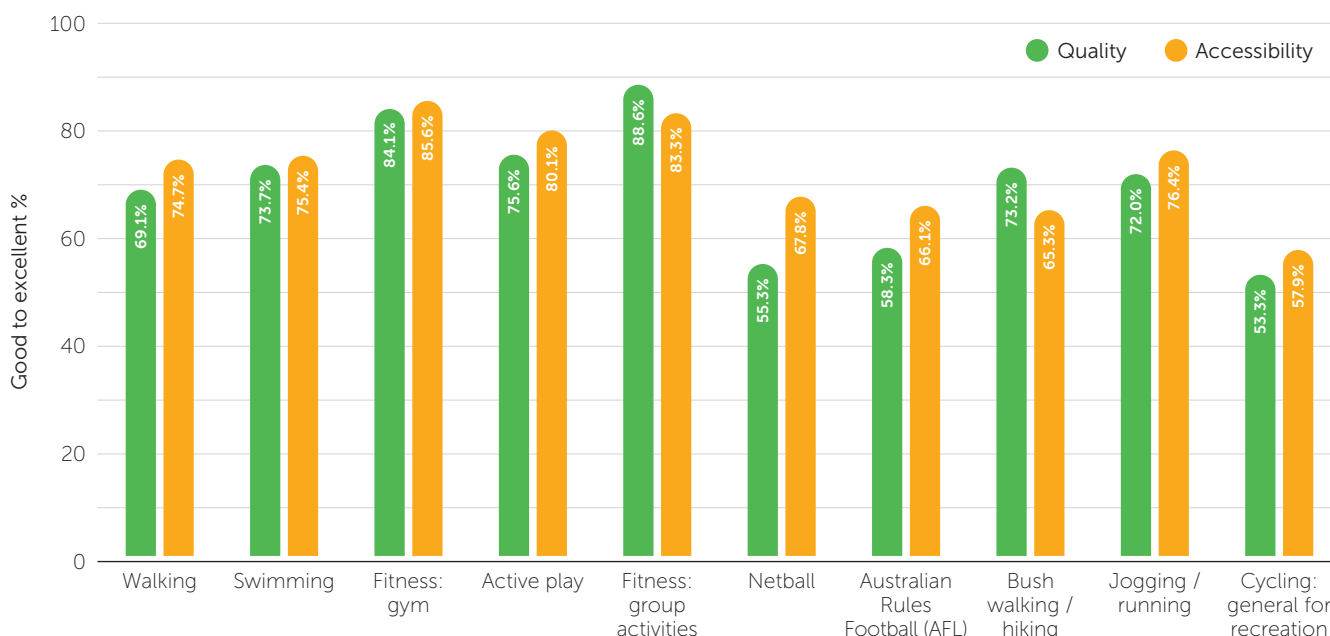
Top findings



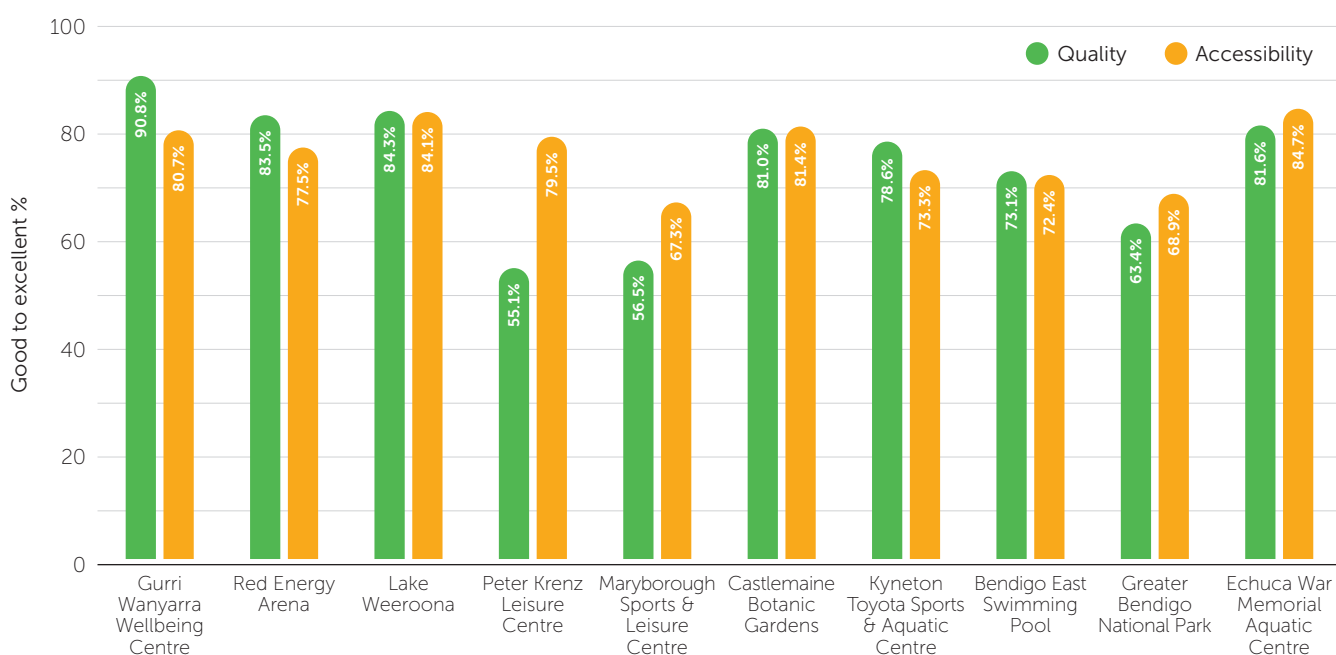
- Average distance to travel to facilities is 12km
- The top activities accessed by car include golf, netball, basketball, dancing, cricket, and soccer
- Bushwalking/hiking is the activity that residents travel the furthest to – 28.1km on average
- Travel modes and distances travelled varies by LGA. See LGA factsheets later in this report for more detail
- Facilities most often accessed by car include Maryborough Sports & Leisure Centre, Red Energy Arena, Fernwood Kennington, Gurri Wanyarra, and Echuca War Memorial Aquatic Centre
- Facilities most often accessed on foot are Bendigo Linear Trail, Kennington Reservoir, Greater Bendigo National Park – One Tree Hill, and Bendigo Botanic Gardens
- Facilities commonly accessed by bike are O’Keefe Rail Trail; and Bendigo Linear Trail

Quality and accessibility of facilities

Quality and accessibility of facilities by top 10 activities



Quality and accessibility of top 10 facilities



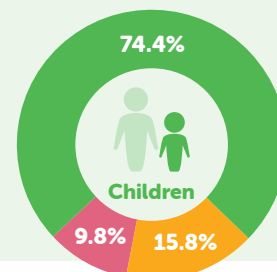
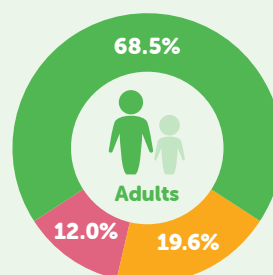
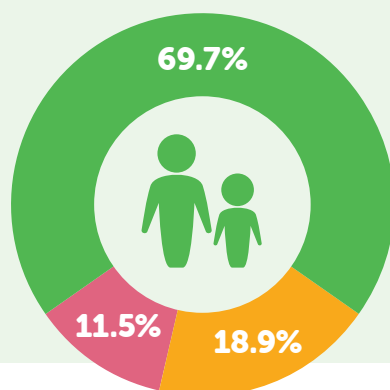
Top findings

- Fitness-focused venues (gyms, group fitness, PT, golf, dancing, weightlifting) score highest for quality and access
- Facilities for recreational cycling and team sports like netball, football, soccer, and cricket rate lower
- Fernwood Fitness, Bendigo Botanic Gardens, Lake Neangar and Gurri Wanyarra rate highest overall
- Gisborne Aquatic, Peter Krenz, Maryborough Leisure Centre and Kennington Reservoir receive the lowest ratings

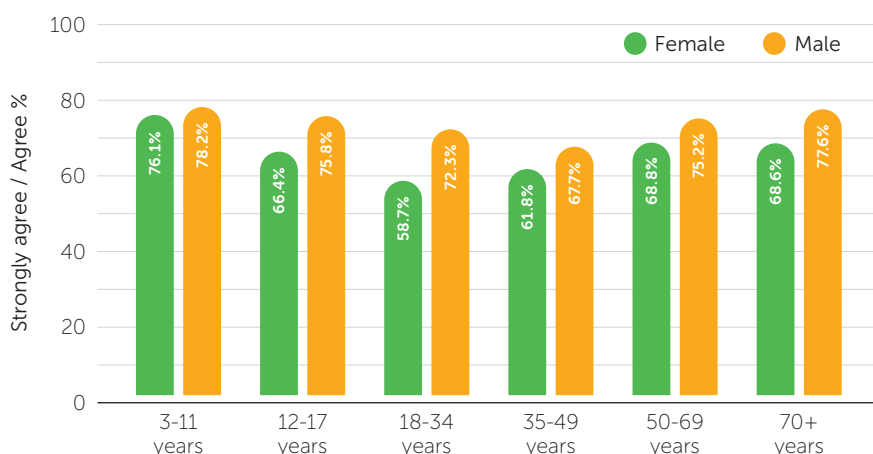
Perceived ease of being physically active in local area

Perceived ease of being physically active in local area

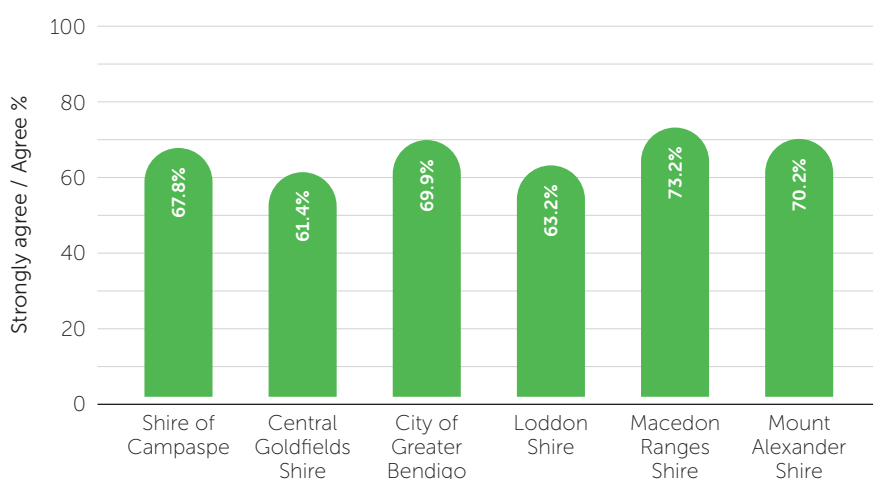
- Strongly agree / agree
- Neutral
- Strongly disagree / disagree



Perceived ease of being physically active – by age and sex



Perceived ease of being physically active – by Local Government Area



Top findings

- Certain factors make being active harder – larger households, lower education, financial stress, low food security, neurodivergent people, and people who require help with daily activities report it's harder
- Self-rated health links strongly to ease of being active – those with poorer physical or mental wellbeing, or who don't meet activity, fruit and veg, screen, or sleep guidelines are less likely to find it easy

Focus areas for support

- People under financial stress or have low food security
- People who require help with daily activities
- People with poorer health and wellbeing
- Residents of Central Goldfields and Loddon Shires

Diet

in the Loddon Campaspe region

The 2025 ALC examined key dietary behaviours across the community, including food security, fruit and vegetable intake, barriers to healthy eating, water consumption, sugar-sweetened beverage consumption, and access to local healthy food.

All results in this section are weighted and reflect all respondents (children and adults) unless noted otherwise.

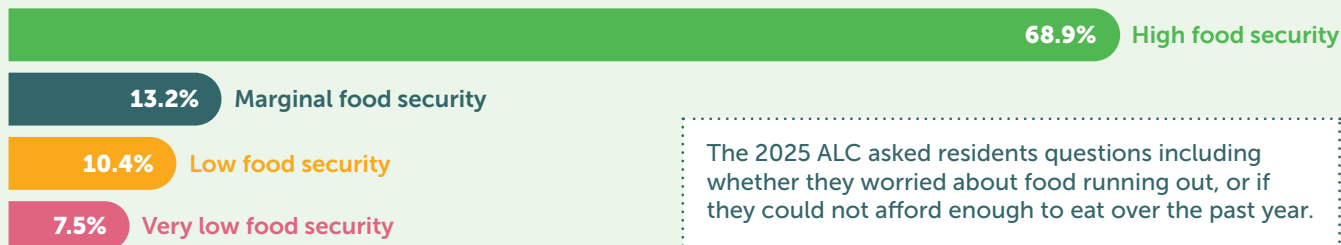




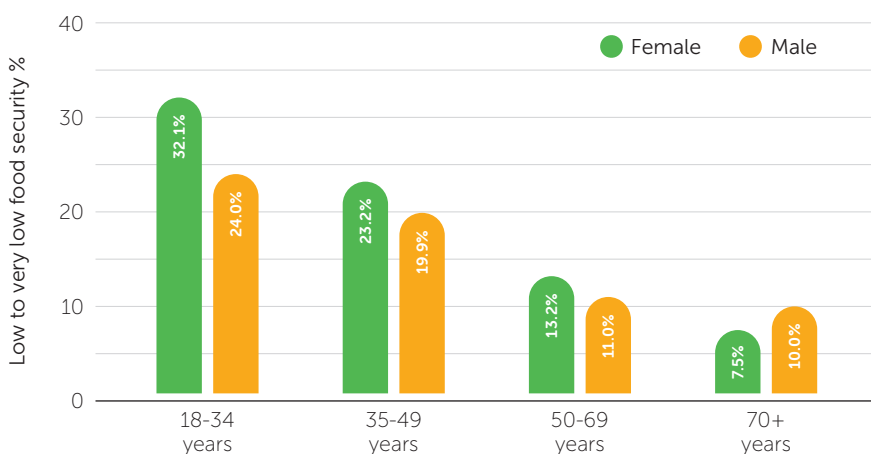
Food security

Food is a fundamental human right. People are considered food secure when they have access to sufficient, nutritious and culturally appropriate food.

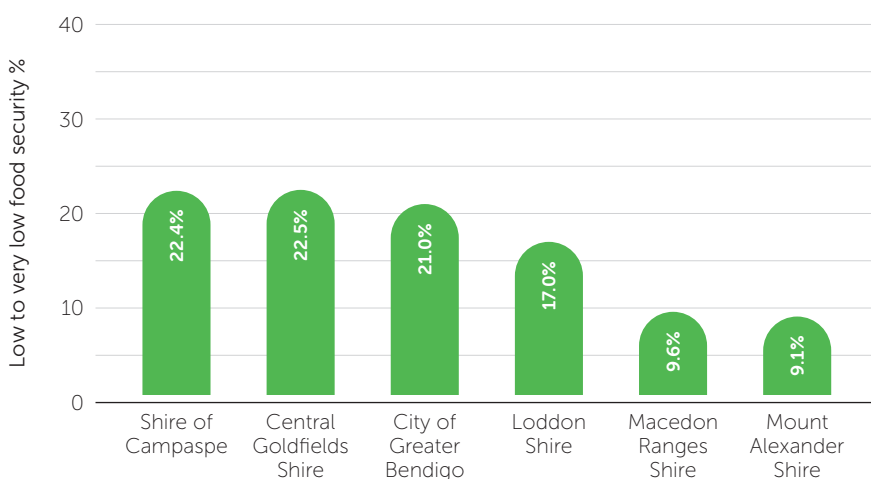
Adults' food security in our region



Adults' food security – by age and sex



Adults' food security – by Local Government Area



Top findings



- 18% of residents in our region report low or very low food security
- Food insecurity is higher in Campaspe, Central Goldfields and Greater Bendigo, and lower in Macedon Ranges and Mount Alexander Shires
- Poor health, life satisfaction and mental wellbeing are strongly tied to lower food security
- Those not meeting fruit and veg, physical activity, and sleep guidelines
- People who smoke or vape, tend to have lower food security

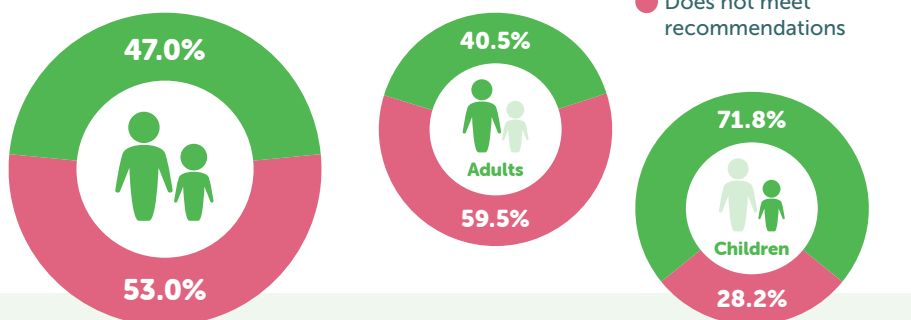
Focus areas for support



- Aboriginal and Torres Strait Islander people
- Residents who have high financial stress
- People who require help with daily activities
- Young adults, especially women 18-34
- Neurodivergent people
- LGBTIQ+ residents

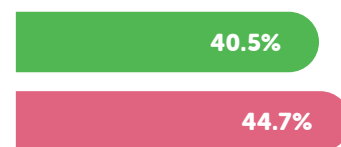
Fruit and vegetable consumption

Fruit consumption in our region

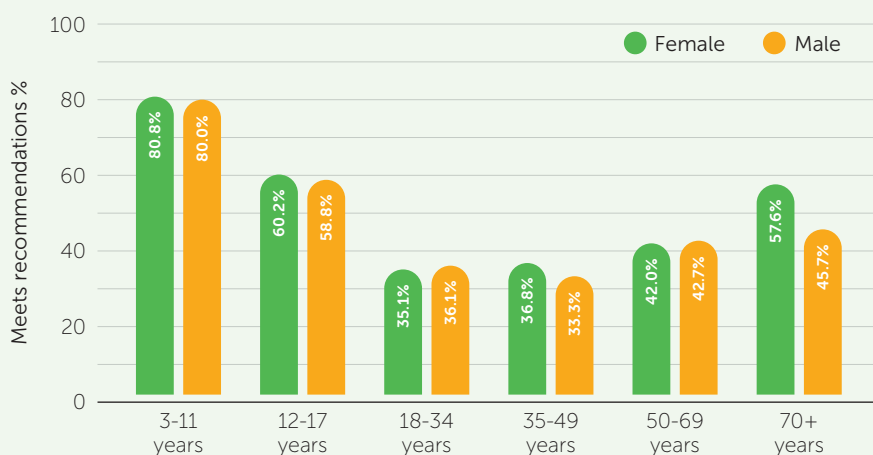


Adults meeting fruit dietary recommendations

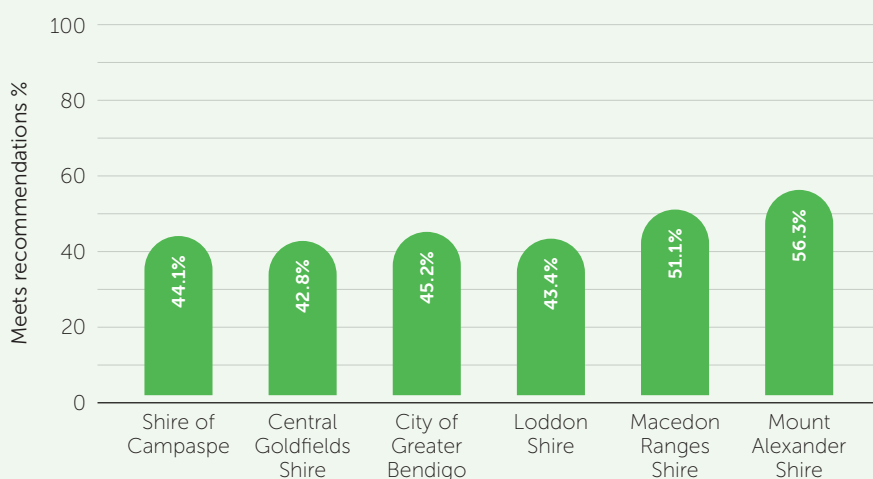
Loddon Campaspe region vs Victoria



Fruit consumption – by age and sex



Fruit consumption – by Local Government Area



Top findings

- Less than half (47%) of residents meet fruit consumption guidelines
- People under financial stress and those experiencing food insecurity tend to eat less fruit
- Adults have the lowest fruit intake, compared with children, adolescents, and older adults
- People with poor health, lower life satisfaction, or poor mental wellbeing are less likely to meet recommendations

Focus areas for support

- People who are food insecure
- Residents under financial stress
- Adults aged 18-49 years
- Larger households

Australian Dietary Guidelines recommended daily fruit consumption:

Toddlers and children

- Boys and girls 3 years: 1
- Boys and girls aged 4-8 years: 1.5
- Boys and girls aged 9-11 years: 2

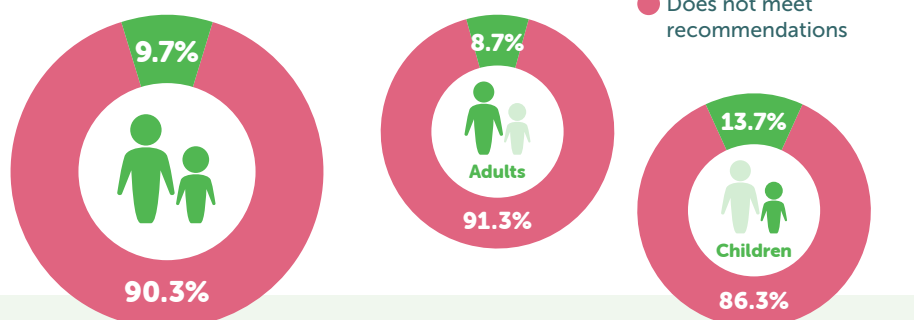
Adolescents

- Girls aged 12-18 years: 2
- Boys aged 12-18 years: 2

Adults

- Women aged 19 years and over: 2
- Men aged 19-50 years: 2
- Men aged 51-70 years: 2
- Men aged 70+ years: 2

Vegetable consumption in our region



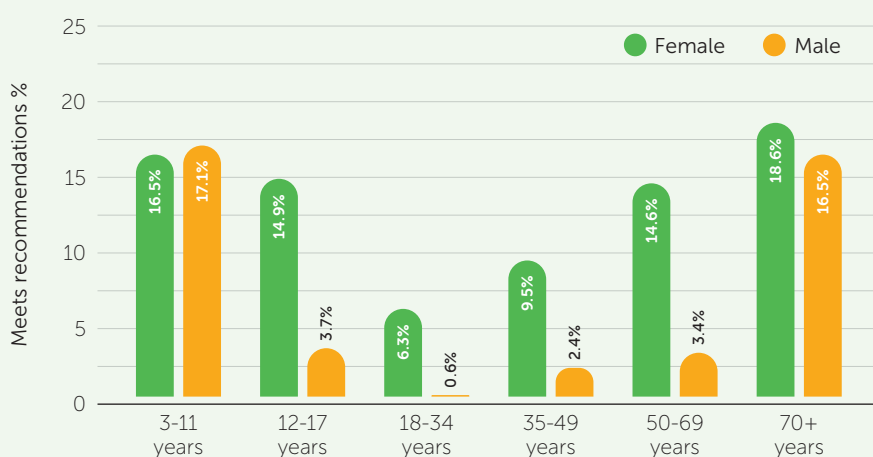
Adults meeting vegetable dietary recommendations

Loddon Campaspe region vs Victoria

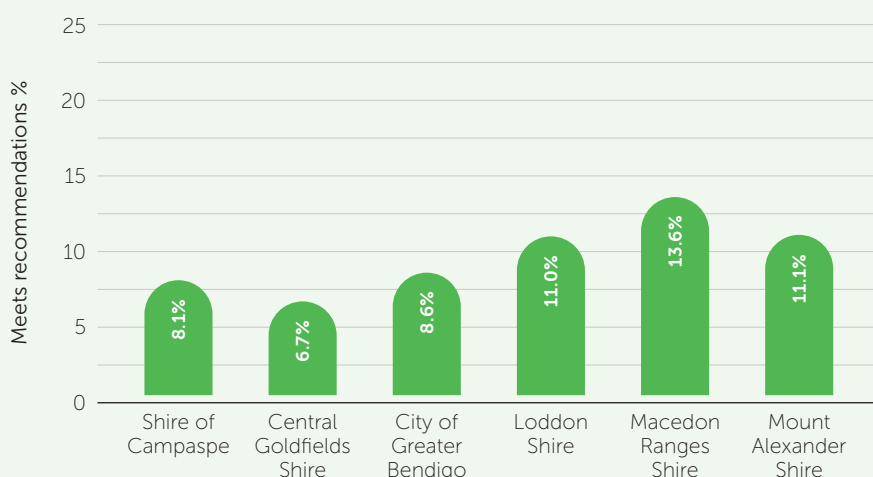
8.7%

6.4%

Vegetable consumption – by age and sex



Vegetable consumption – by Local Government Area



Top findings

- Most residents aren't eating enough vegetables – 9 in 10 people fall short of daily recommendations
- Adults, especially men, have the lowest vegetable intake
- Children aged 3-11 and adults aged 70+ are the most likely to meet guidelines
- People with lower wellbeing, financial stress, or poor food security are much less likely to meet vegetable recommendations

Focus areas for support

- People with low food security, or are experiencing financial stress
- Larger households
- Aboriginal and/or Torres Strait Islander community members
- Neurodivergent community members
- People who speak a main language other than English

Australian Dietary Guidelines recommended daily vegetable consumption:

Toddlers and children

Boys and girls 3 years: 2.5
Boys and girls aged 4-8 years: 4.5
Boys and girls aged 9-11 years: 5

Adolescents

Girls aged 12-18 years: 5
Boys aged 12-18 years: 5.5

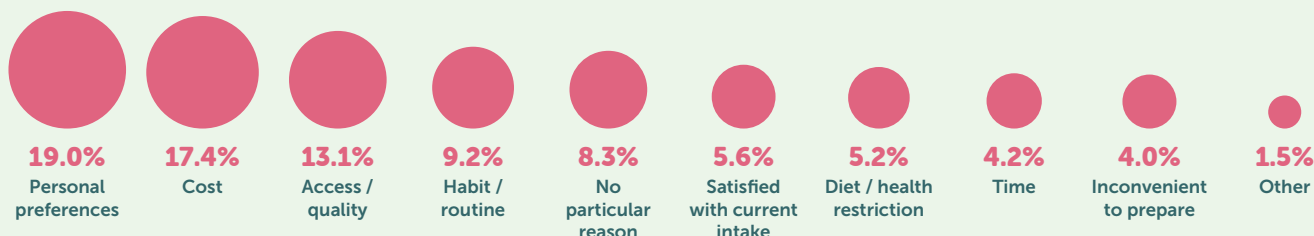
Adults

Women aged 19 years and over: 5
Men aged 19-50 years: 6
Men aged 51-70 years: 5.5
Men aged 70+ years: 5

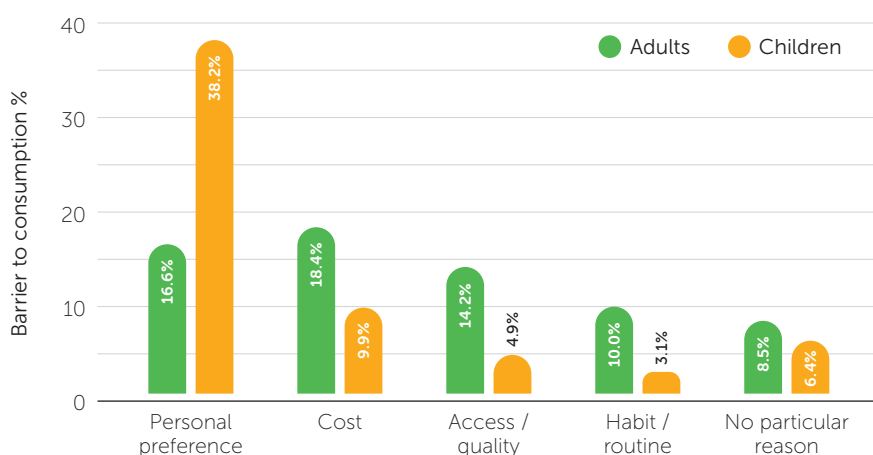
Barriers to fruit and vegetable consumption

Respondents who did not consume the recommended daily serves of fruit or vegetables were asked to provide the main reason why they do not meet the recommended amount.

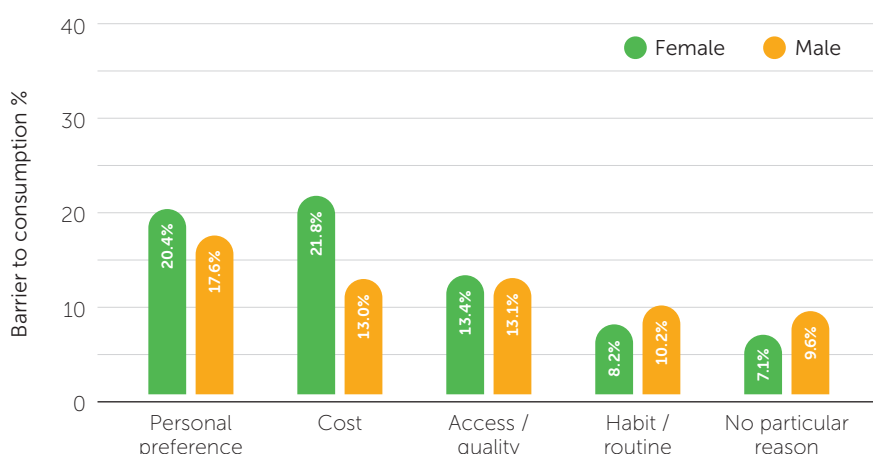
Top barriers to fruit consumption in our region



Top five barriers to fruit consumption – by age



Top five barriers to fruit consumption – by sex



Top findings



- Personal preference is the most common reason for not eating enough fruit, especially among children
- Cost is a major barrier for people facing food or financial stress, and for Aboriginal and Torres Strait Islander and LGBTIQ+ community members
- Access and quality concerns are more common among adults and those with lower education levels
- Habit / routine is a barrier mainly for adults who are otherwise financially comfortable

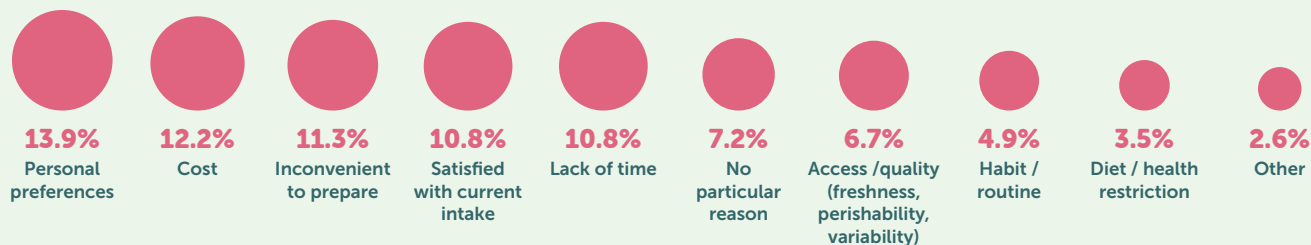
Focus areas for support



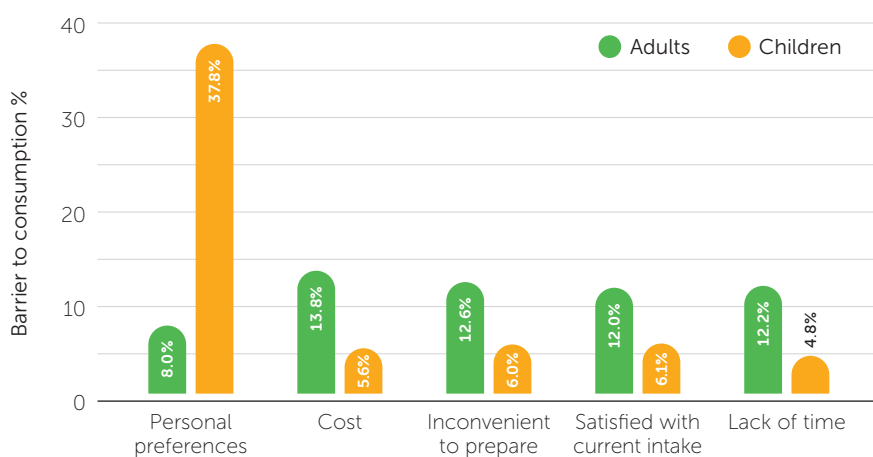
- People experiencing food insecurity or are under financial stress
- Aboriginal and/or Torres Strait Islander residents
- LGBTIQ+ community members



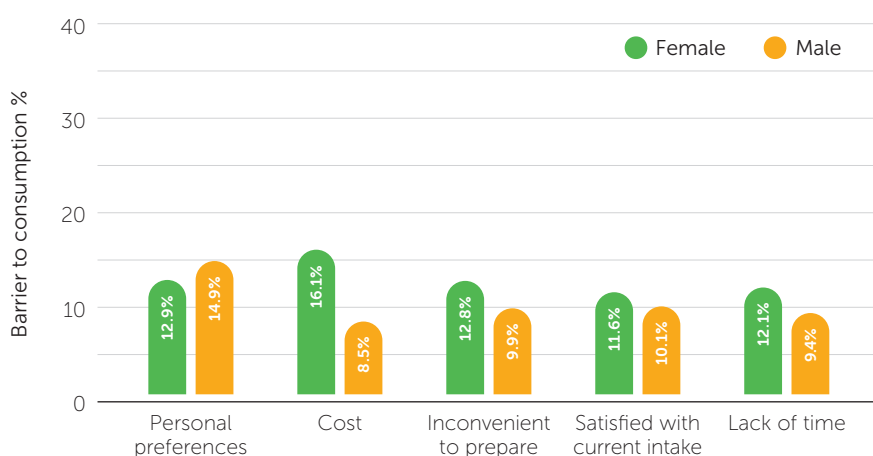
Top barriers to vegetable consumption in our region



Top five barriers to vegetable consumption – by age



Top five barriers to vegetable consumption – by sex



Top findings



- Children most often report preference, while adults report cost and convenience
- Cost pressures are strongest among people facing financial or food insecurity
- Convenience, time and habit barriers are more common for adults, and employed people

Focus areas for support



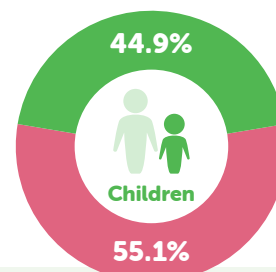
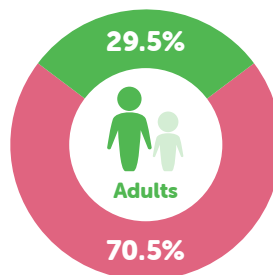
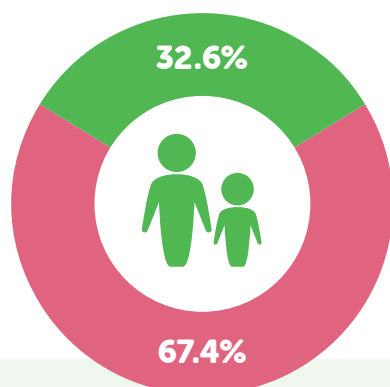
- People experiencing food or financial insecurity
- Neurodivergent community members
- Employed adults and busy households
- Aboriginal and Torres Strait Islander and LGBTIQ+ community members

Water consumption

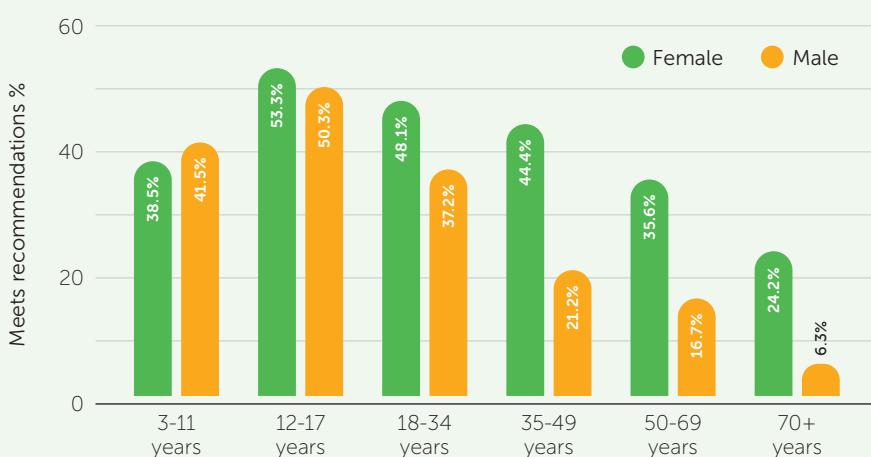
Staying hydrated is an important part of good health. Water helps with digestion, movement, temperature control and getting rid of waste.

Water consumption in our region

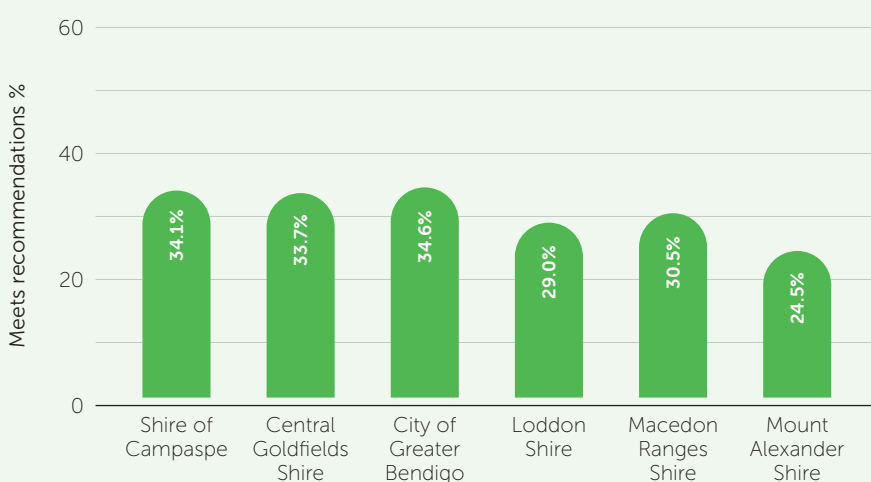
- Meets recommendations
- Does not meet recommendations



Water consumption – by age and sex



Water consumption – by Local Government Area



Top findings

- One-third of residents meet daily water recommendations, with adults less likely than children to drink enough
- Older adults, especially over 70, have the lowest intake
- Mount Alexander residents are least likely to meet recommendations
- Lower intake is more common among people living alone, born overseas, or unemployed

Focus areas for support

- Older adults, particularly older men
- People living alone or in small households
- People born overseas
- Unemployed community members

Water consumption guidelines recommend:

3 years: 1.0L, 4 cups
4-8 years: 1.2L, 5 cups

9-13 years, male: 1.6L, 6 cups
9-13 years, female: 1.4L, 5.5 cups

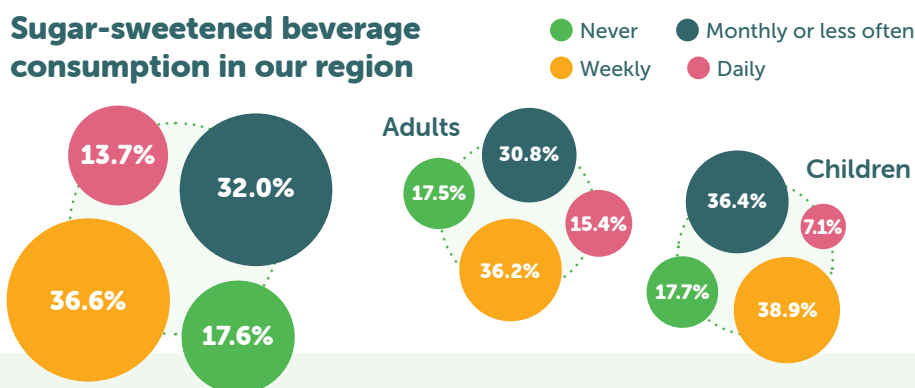
14-18 years, male: 1.9L, 7.5 cups
14-18 years, female: 1.6L, 6 cups

19+ years, male: 2.6L, 10 cups
19+ years, female: 2.1L, 8 cups

Sugar-sweetened beverage consumption

Sugary drinks contain high amounts of added sugar and offer little nutritional value. Consumption of sugar-sweetened beverages can contribute to issues like weight gain, tooth decay and long-term health problems.

Sugar-sweetened beverage consumption in our region



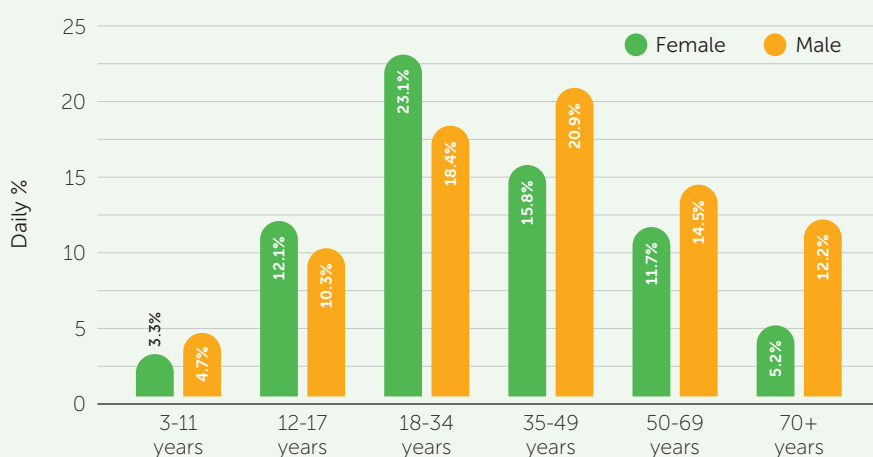
Adults consuming sugar-sweetened beverages daily

Loddon Campaspe region vs Victoria

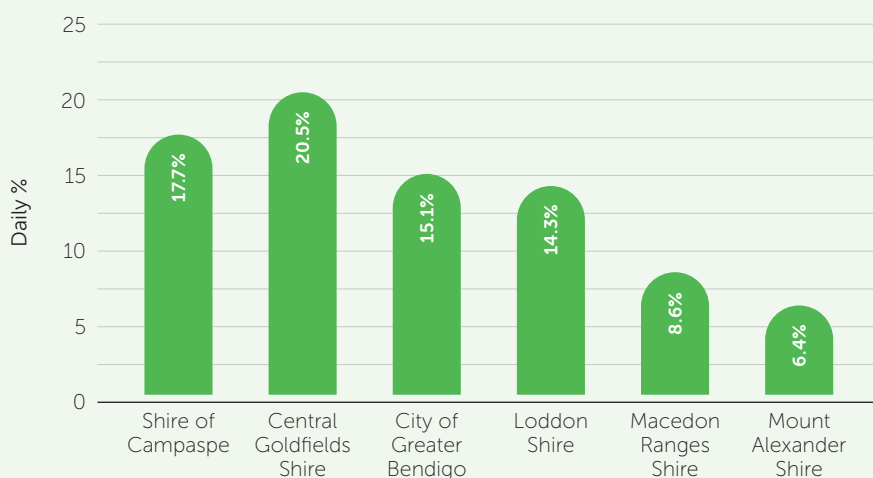
15.4%

19.0%

Sugar-sweetened beverage consumption – by age and sex



Sugar-sweetened beverage consumption – by Local Government Area



Top findings

- Sugar-sweetened beverage consumption is lower than the state average, but still common, especially among adults
- Young adults and middle-aged men are the highest consumers
- Children drink sugary drinks far less often than adults
- Daily intake is linked with poorer health, lower wellbeing, and not meeting guidelines for fruit, vegetable, water, screen time and sleep

Focus areas for support

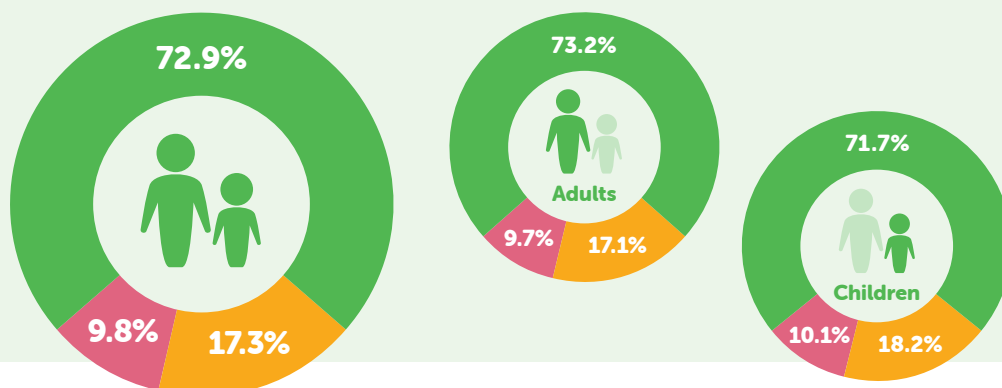
- People experiencing food or financial insecurity
- Aboriginal and/or Torres Strait Islander community members
- Neurodivergent community members
- Larger households (4-5 people)

Ease of access to healthy food locally

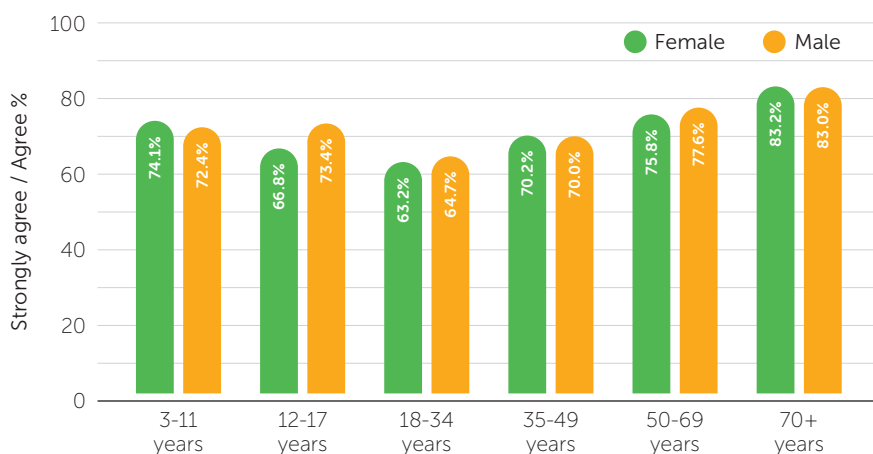
Access to healthy local food brings fresher, seasonal produce to our community while supporting local farmers and reducing impacts on our climate.

Perceived ease of access to local healthy food in our region

- Strongly agree / agree
- Neutral
- Strongly disagree / disagree



Perceived ease of access to local healthy food – by age and sex



Perceived ease of access to local healthy food – by Local Government Area



Top findings

- Older adults are most likely to feel that healthy food is easy to access in their local area
- Access to local healthy food feels easier in Macedon Ranges and Mount Alexander than in other LGAs
- Some groups are less confident about local access, including larger households and people experiencing financial or food stress
- People with poorer wellbeing or lower health behaviours are less likely to feel they can easily access healthy food in their local area

Focus areas for support

- People experiencing food or financial insecurity
- Aboriginal and Torres Strait Islander community members
- LGBTIQA+ and neurodivergent community members
- People with lower education levels or needing help with daily activities



Use of public facilities and open spaces

in the Loddon Campaspe region

This section looks at how often residents use our local public spaces like parks, footpaths, and off-road walking and cycling tracks, as well as other community facilities. It also explores why people use these spaces, how often they visit, and what improvements would help encourage more community members to enjoy them.

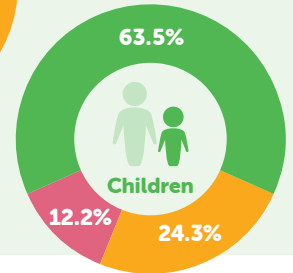
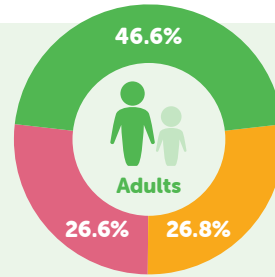
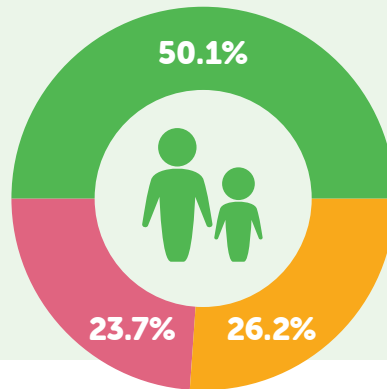
All results in this section are weighted and reflect all respondents (children and adults) unless noted otherwise.



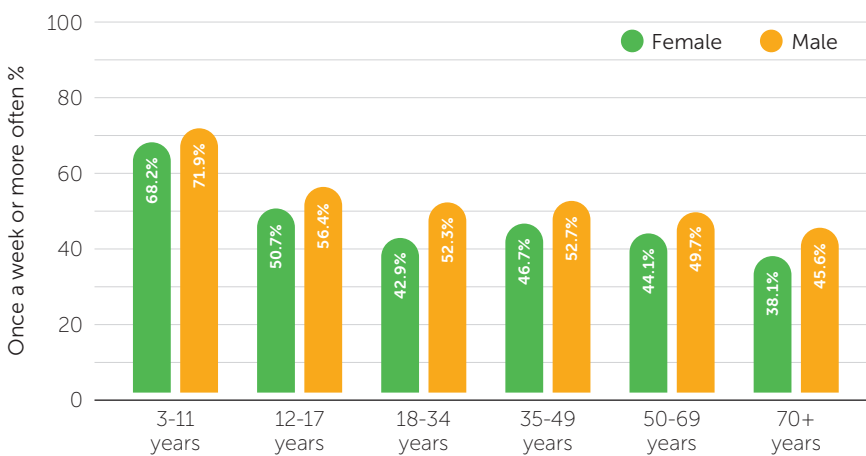
Frequency of public open space use

Frequency of public open space use in our region

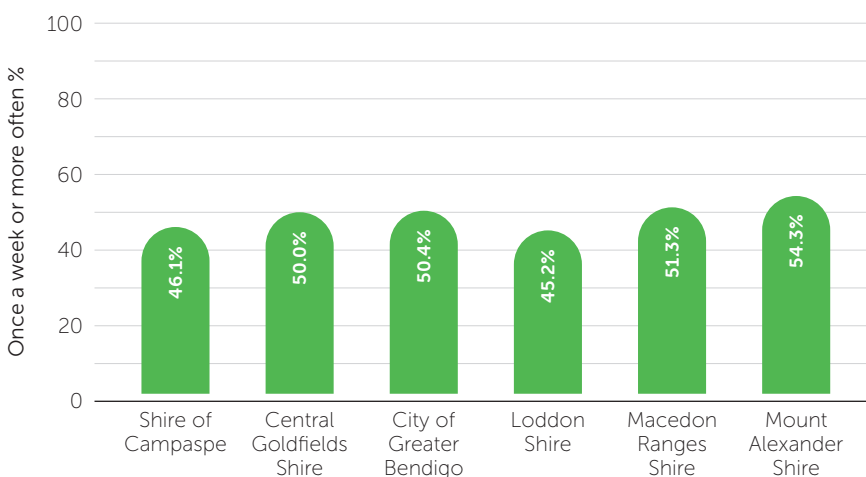
- Once a week or more often
- Less than once a week, more than once in the last three months
- Less often / never



Frequency of public open space use – by age and sex



Frequency of public open space use – by Local Government Area



Top findings

- About half of residents use public open spaces weekly, with children using them more often than adults
- Men visit slightly more often than women
- Use of public open spaces has declined since 2019
- People with poorer health, lower wellbeing, or who don't meet health behaviour recommendations are less likely to be regular users of public open spaces

Focus areas for support

- Aboriginal and Torres Strait Islander community members
- LGBTIQA+ community members
- Neurodivergent community members
- People experiencing financial stress or low food security

Public open spaces include freely accessible land that people can visit for recreation, relaxation and socialising, including organised sporting activities and informal play (local parks, ovals or playgrounds). They also include green spaces and areas of natural or cultural heritage value, habitat corridors, some easements, and open water / wetlands (like lakes, state forests, national parks).

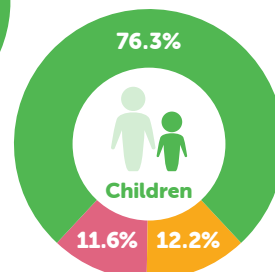
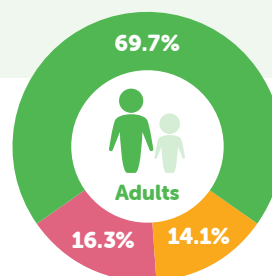
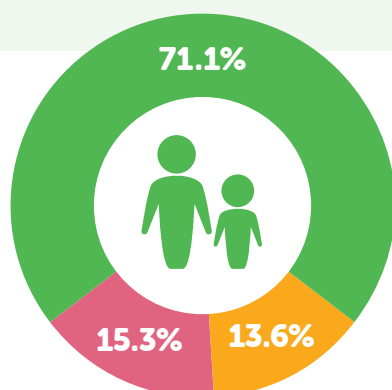
Off-road walking and cycling tracks are signed paths / tracks that are not accessible to cars and provide connections between townships, major suburban areas and surrounding open space networks. Footpaths are paved sidewalks, generally found in urban areas. This question is not referring to informal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

Frequency of footpath use

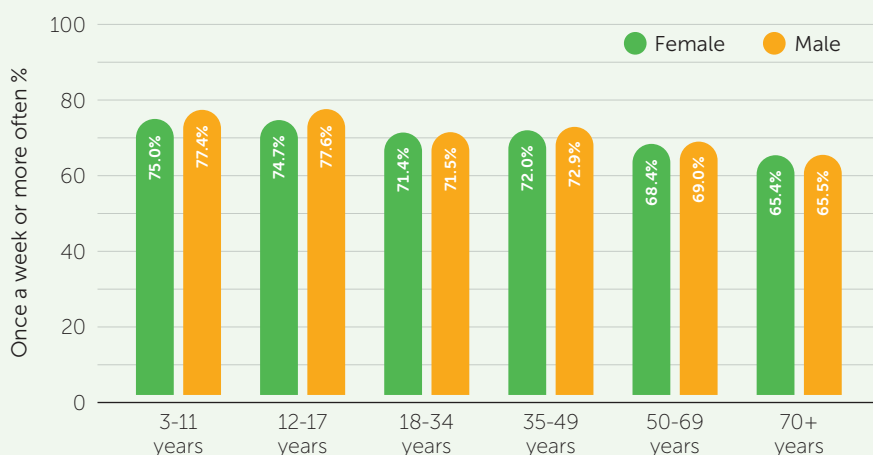


Frequency of footpath use in our region

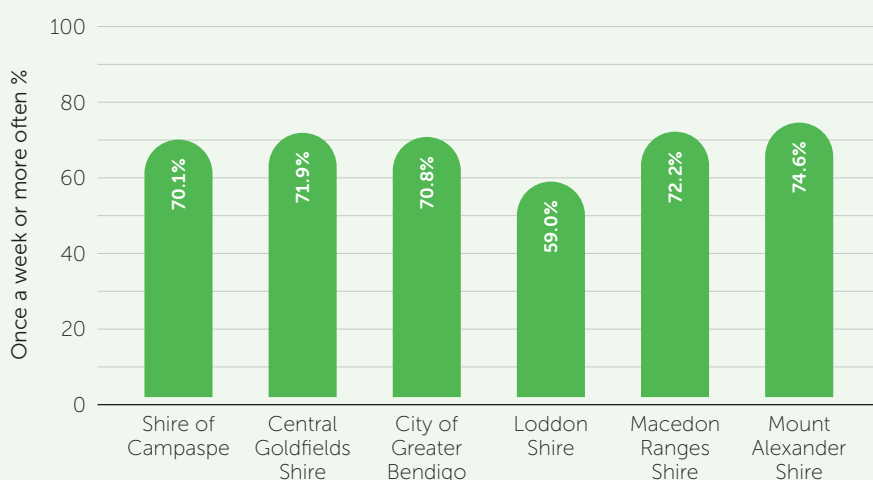
- Once a week or more often
- Less than once a week, more than once in the last three months
- Less often / never



Frequency of footpath use – by age and sex



Frequency of footpath use – by Local Government Area



Top findings



- Most residents use local footpaths weekly, but use drops with age
- Adults are more likely than children to rarely use footpaths
- Footpath use is lowest in Loddon Shire
- People with poorer health, lower wellbeing, or who don't meet health guidelines are less likely to use footpaths regularly

Focus areas for support

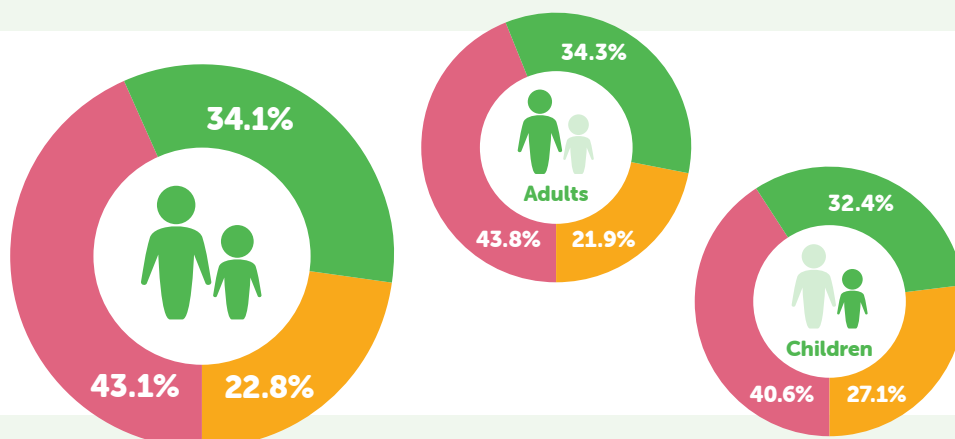


- Aboriginal and Torres Strait Islander community members
- People experiencing financial stress or low food security
- People with lower education or who are unemployed
- Residents needing help with daily activities

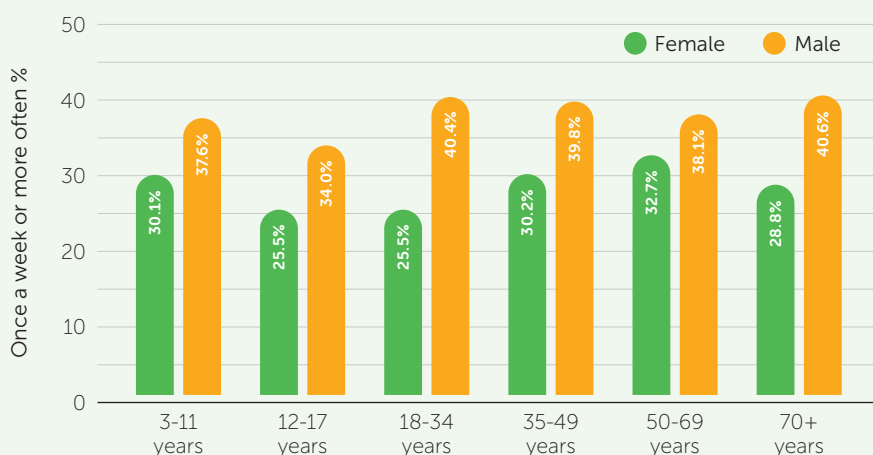
Frequency of off-road walking and cycling track use

Frequency of off-road walking and cycling track use in our region

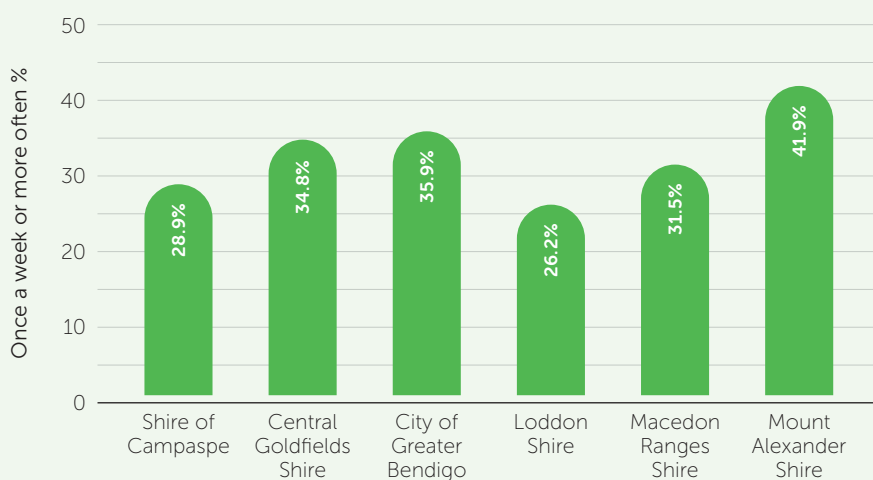
- Once a week or more often
- Less than once a week, more than once in the last three months
- Less often / never



Frequency of off-road walking and cycling track use – by age and sex



Frequency of off-road walking and cycling track use – by Local Government Area



Top findings

- Around one-third of residents use off-road tracks weekly, and women are more likely than men to use them rarely
- Use drops sharply with age, especially for older adults
- Loddon and Campaspe residents are the least frequent users
- People with poorer health, lower wellbeing, or who don't meet health guidelines are less likely to use tracks regularly

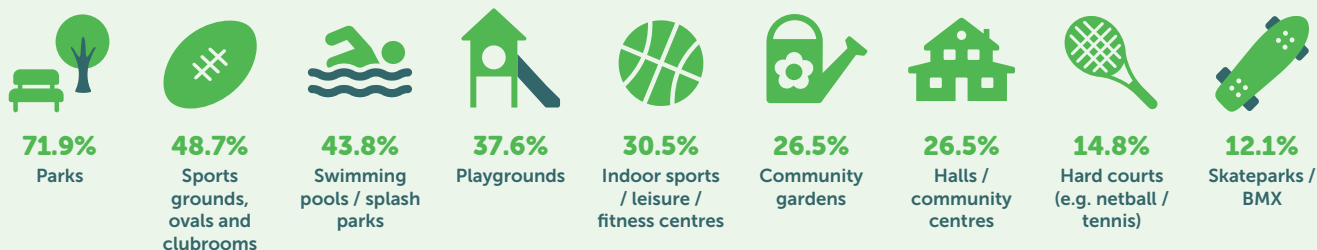
Focus areas for support

- Aboriginal and Torres Strait Islander community members
- People experiencing financial stress or low food security
- Neurodivergent community members (and those unsure about neurodivergence)
- People with lower education levels or who are unemployed

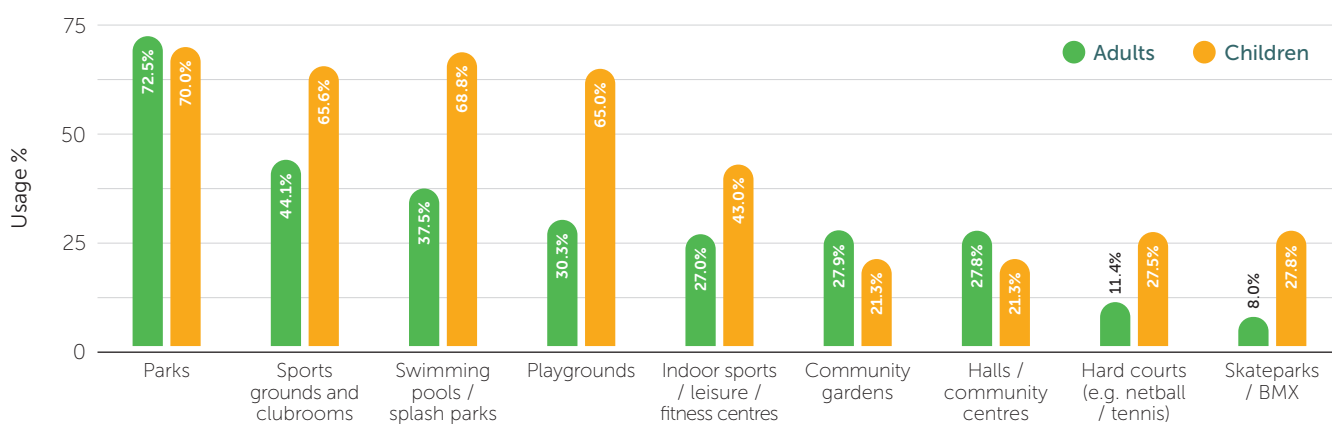
Use of other public facilities or open spaces



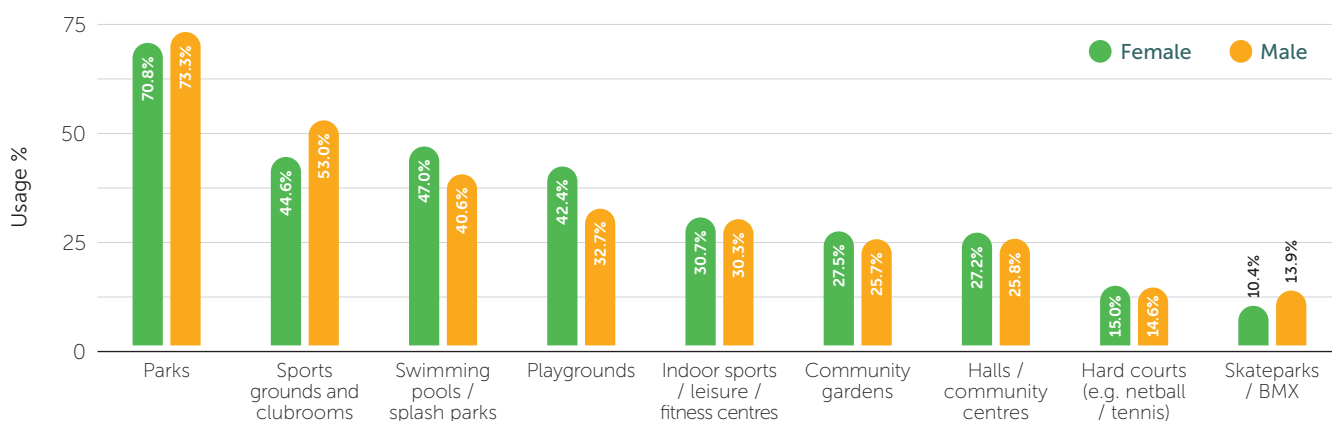
Types of other public facilities or open spaces used in our region



Types of other public facilities or open spaces used in our region – by age



Types of other public facilities or open spaces used in our region – by sex

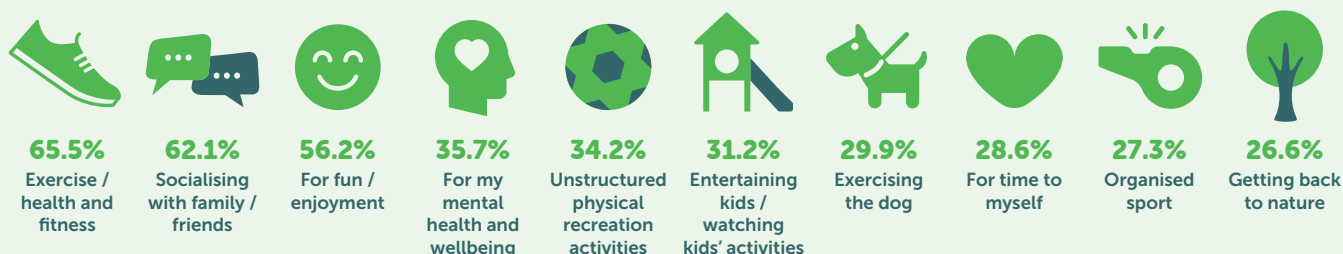


Top findings

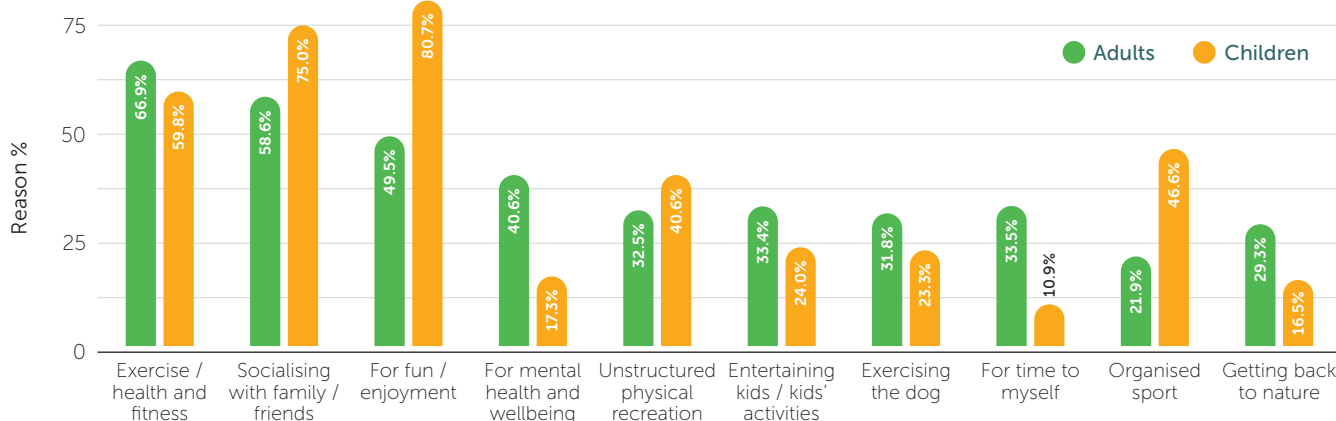
- Parks are the most commonly used public facility or open space, followed by sports grounds, pools, playgrounds and indoor sports centres
- Younger children use most facilities more often than adults, and older adults use them least

Reasons for use of public facilities or open spaces

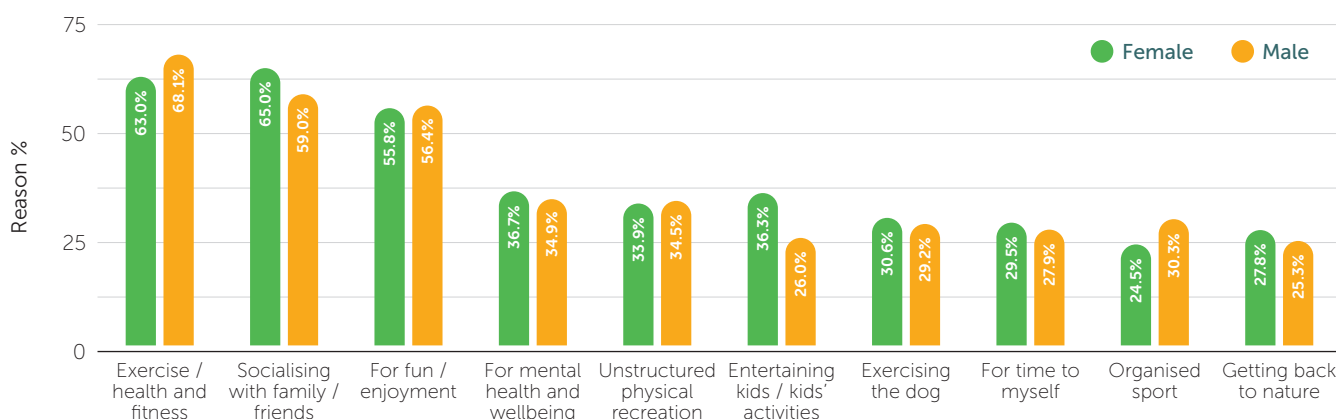
Reasons for use of public facilities or open spaces in our region



Reasons for use of public facilities or open spaces in our region – by age



Reasons for use of public facilities or open spaces in our region – by sex



Top findings

- Reasons vary by age – children use spaces for play and sport, while adults seek fitness, wellbeing, nature, and time alone
- Use patterns shift over time, showing changing community needs

The findings for this section are currently being updated and will be included in this report as soon as they become available

Please contact hlc@bendigo.vic.gov.au for all enquiries.

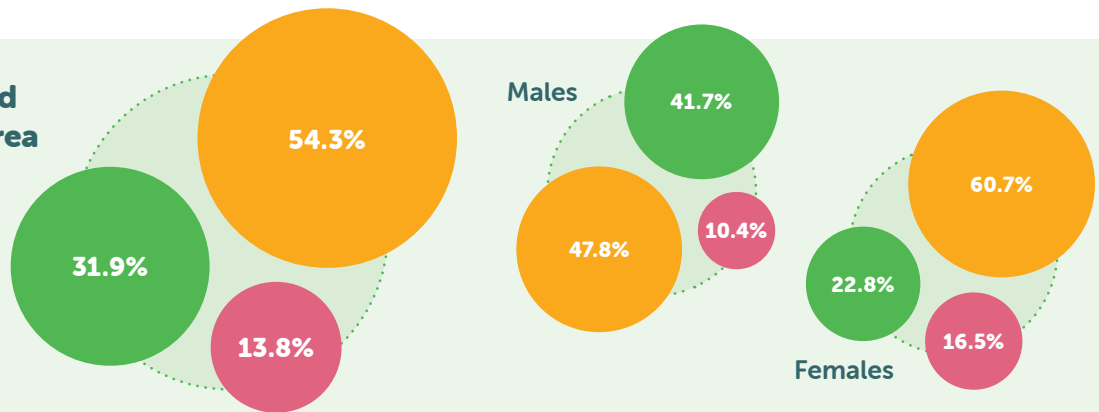
The findings for this section are currently being updated and will be included in this report as soon as they become available

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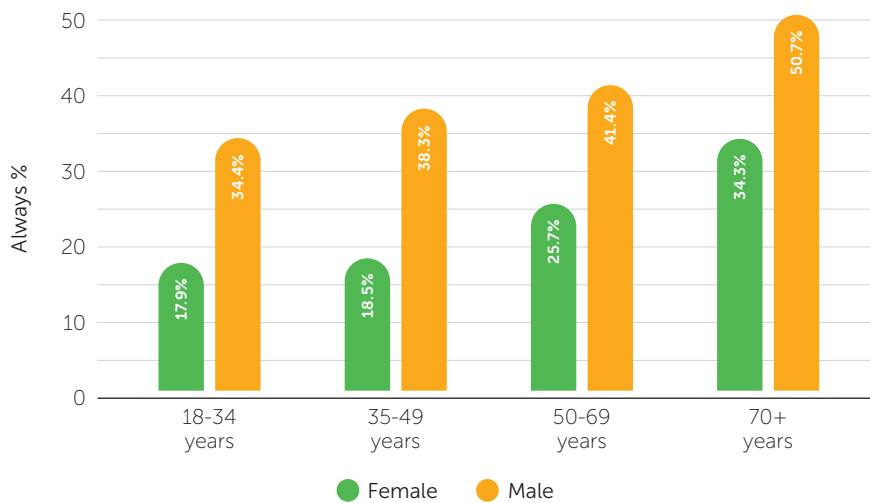
Perceived safety in local area

Adults' perceived safety in local area in our region

- Always
- Most of the time
- Sometimes or rarely



Adults' perceived safety in local area – by age and sex



Adults' perceived safety in local area – by Local Government Area



Top findings



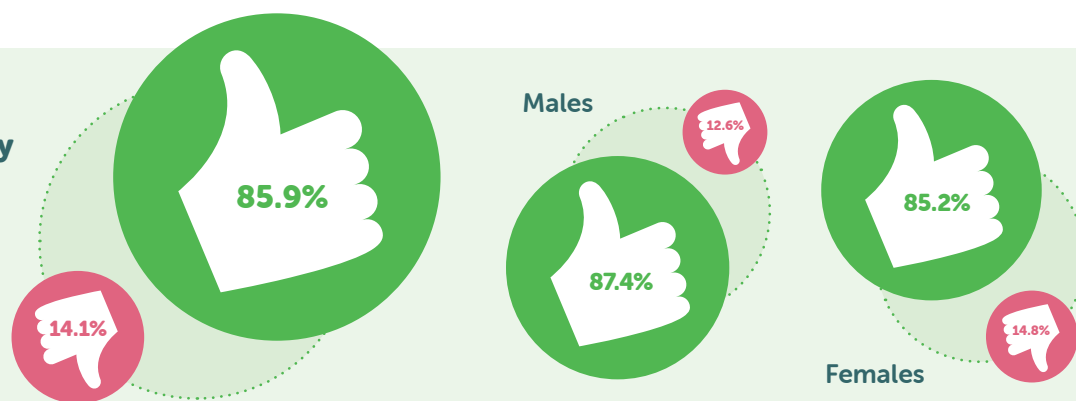
- Around one-third of adults always feel safe in their local area
- Younger adults, especially women, feel less safe than older residents
- People with poorer health, lower wellbeing, and lower health behaviours are less likely to feel safe

Focus areas for support

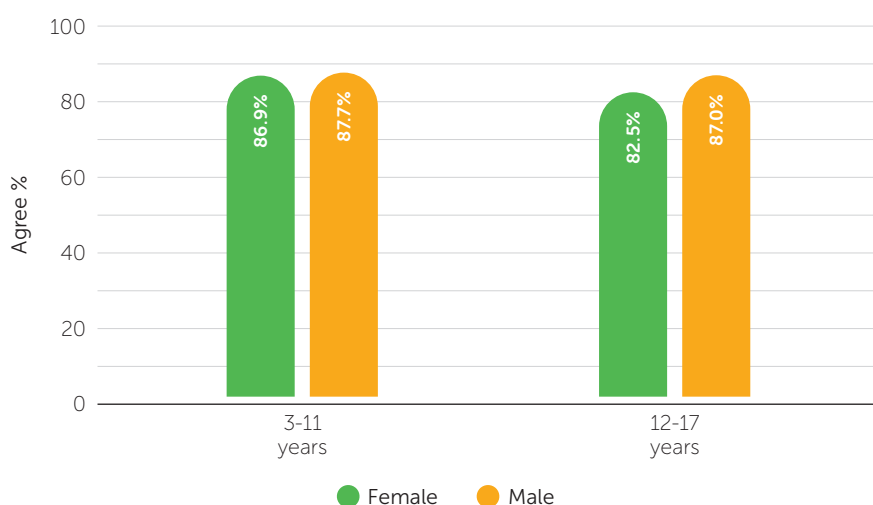


- Residents with low food security or are struggling financially
- Community members who require help with daily activities
- Aboriginal and/or Torres Strait Islander residents

Childrens' perceived safety in local area in our region



Childrens' perceived safety in local area – by age and sex



Childrens' perceived safety in local area – by Local Government Area



Top findings



- Most parents feel their child is safe locally, but this varies greatly by Local Government Area
- Central Goldfields parents are less likely to feel their child safe in their local area
- Aboriginal and Torres Strait Islander families, neurodivergent families, and those who require help with daily activities report lower feelings of safety
- Children with poorer health or lower activity levels are also perceived as less safe

Focus areas for support



- Aboriginal and Torres Strait Islander families
- Families requiring help with daily activities
- Neurodivergent families (children or parents)
- Families with children in poorer health or not meeting health guidelines

Health and wellbeing

in the Loddon Campaspe region

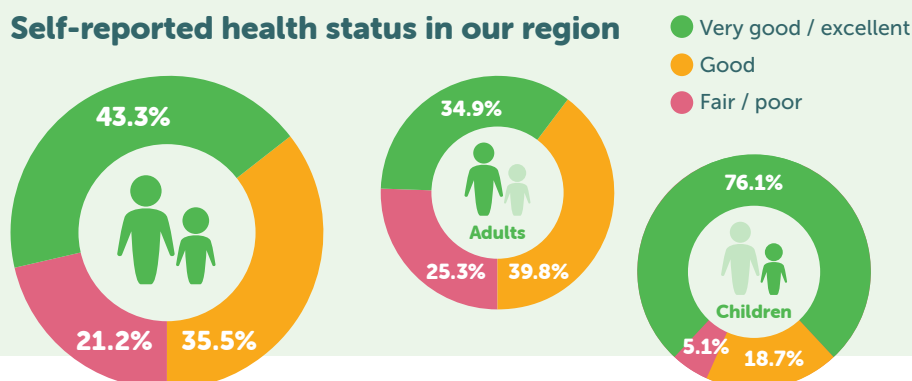
This section explores how adults in our community feel about their overall health and wellbeing, including their mental wellbeing, life satisfaction, sense of value and general health status. These questions are based on well-established health measures used across Victoria and internationally.

All results in this section are weighted and reflect all respondents (children and adults) unless noted otherwise.



Self-reported health status

Self-reported health status in our region



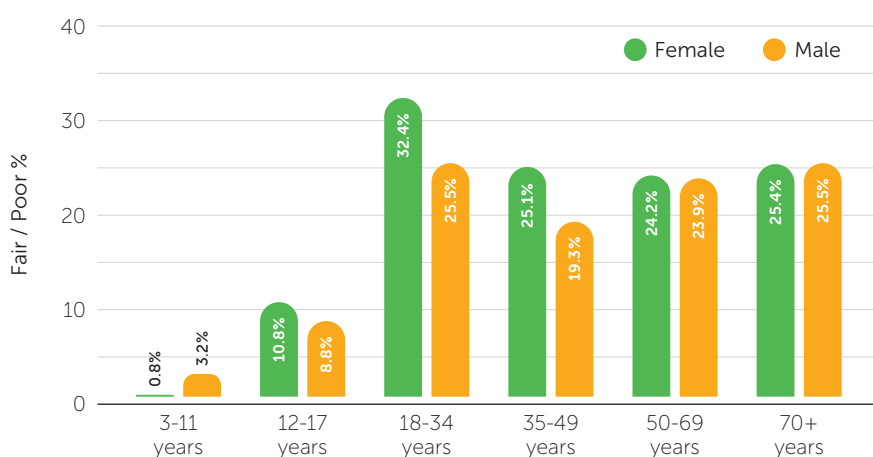
Self-reported health status very good or excellent

Loddon Campaspe region vs Victoria

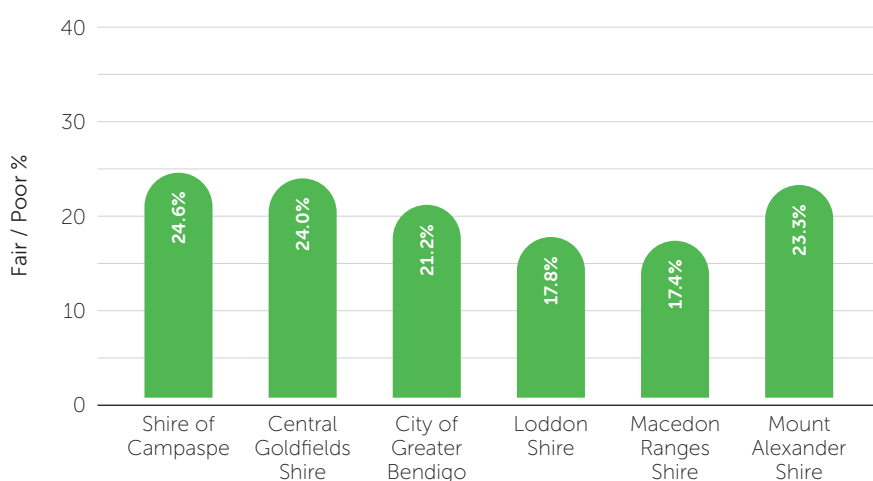
43.3%

60.0%

Self-reported health status – by age and sex



Self-reported health status – by Local Government Area



Top findings



- Around one in five residents rating their health as fair or poor
- Adults report poorer health than children
- Differences in self-reported health are less about location and more about life circumstances
- People with poorer wellbeing or who don't meet health guidelines are much more likely to report poorer health

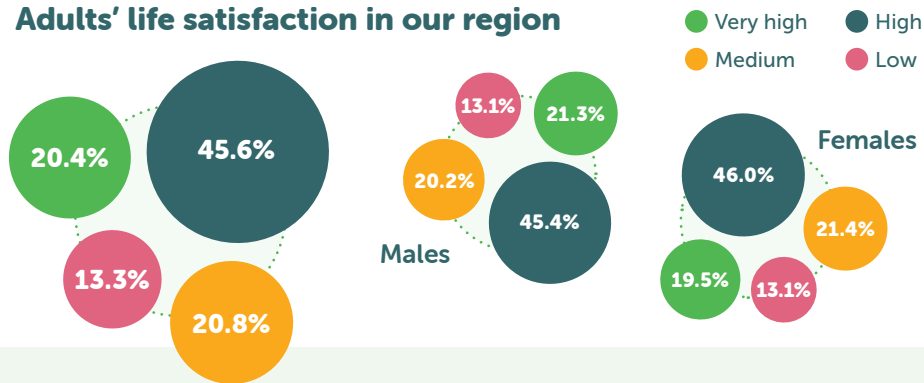
Focus areas for support



- People experiencing food or financial insecurity
- Aboriginal and Torres Strait Islander community members
- Neurodivergent community members (and those unsure about neurodivergence)
- People needing help with daily activities

Life satisfaction

Adults' life satisfaction in our region



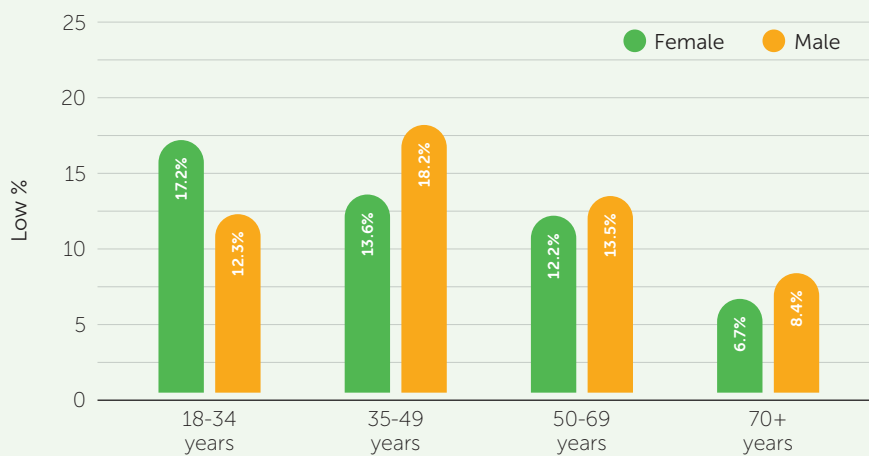
Adults' life satisfaction high to very high

Loddon Campaspe region vs Victoria

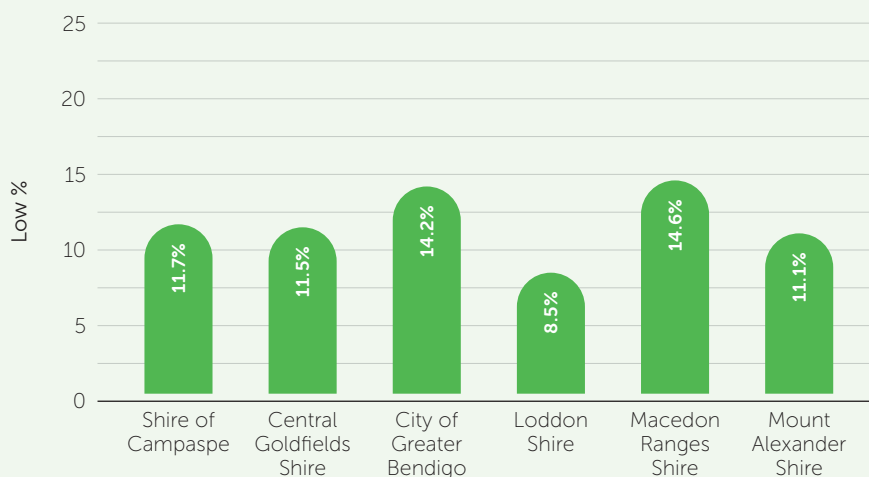
65.9%

76.7%

Adults' life satisfaction – by age and sex



Adults' life satisfaction – by Local Government Area



Top findings



- Around one in eight adults report low life satisfaction, with younger and mid-age adults more affected than older adults
- Residents facing financial stress or food insecurity are more likely to report low life satisfaction
- Life satisfaction is strongly linked to wellbeing – poorer physical or mental health, and not meeting health guidelines, are associated with lower ratings

Focus areas for support

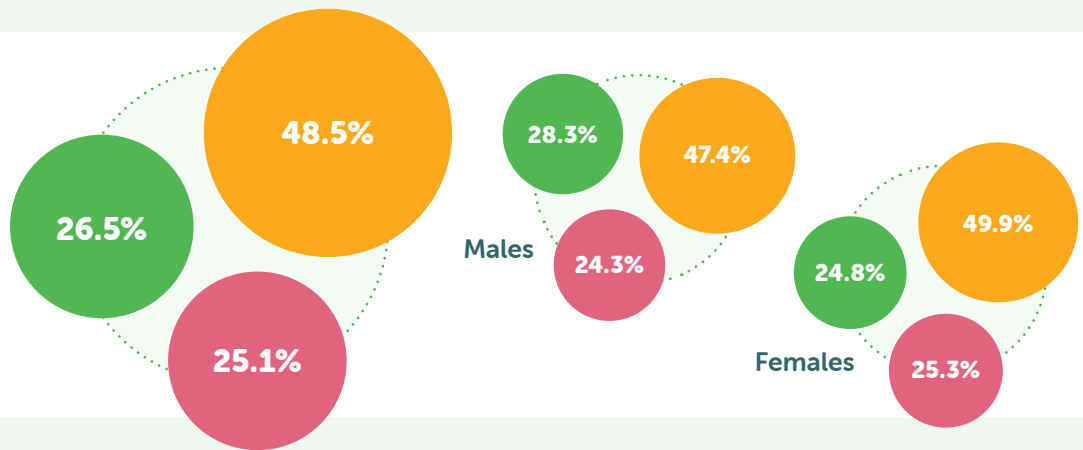


- People experiencing food or financial insecurity show the lowest overall life satisfaction and consistently score poorly across wellbeing indicators
- Aboriginal and Torres Strait Islander community members report low life satisfaction at more than double the rate of non-Indigenous residents
- LGBTIQ+ and neurodivergent community members
- People requiring help with daily activities

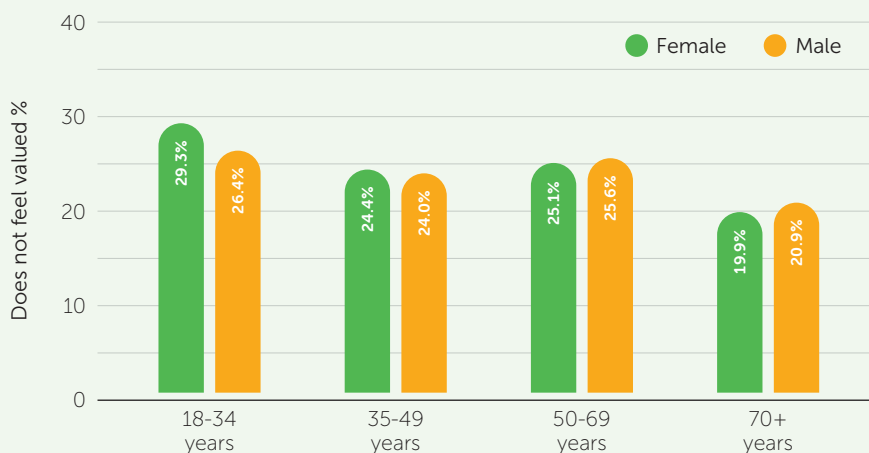
Perceived value to society

Adults' perceived value to society in our region

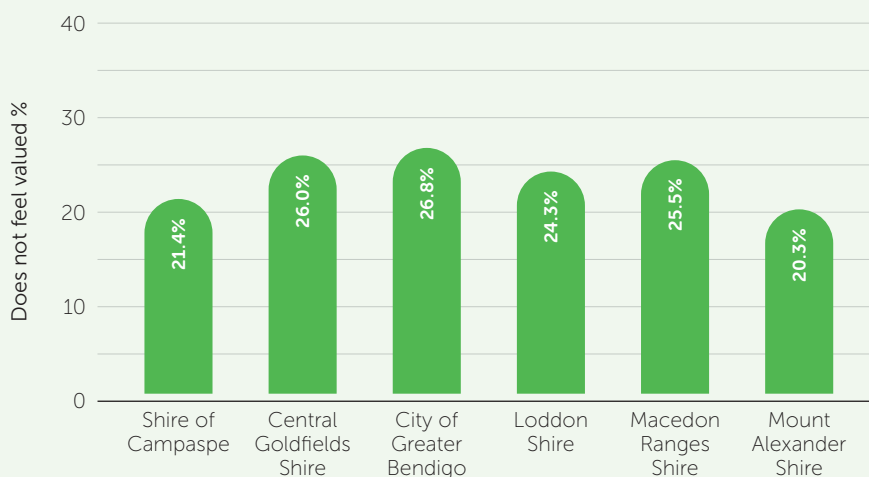
- Definitely feels valued
- Sometimes feels valued
- Does not feel valued



Adults' perceived value to society – by age and sex



Adults' perceived value to society – by Local Government Area



Top findings



- Around one in four adults do not feel valued by society
- Younger adults, especially women aged 18-34, feel least valued
- Feelings of value vary across council areas, with some communities reporting stronger belonging than others
- People with poorer health, low life satisfaction, or who don't meet health guidelines are much less likely to feel valued

Focus areas for support

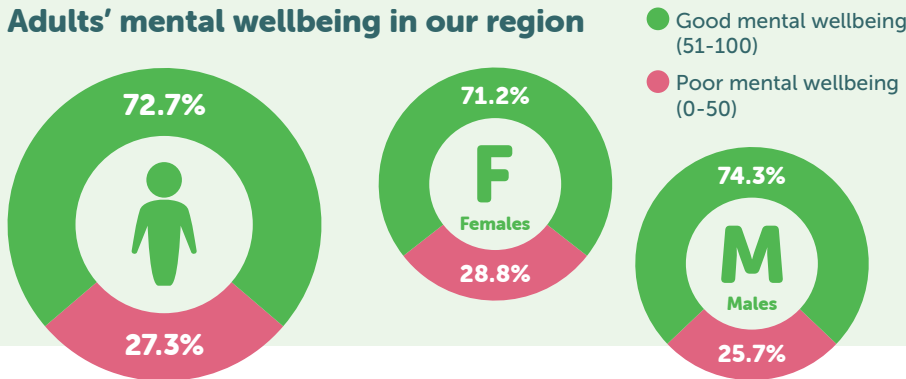


- People experiencing food or financial insecurity
- Aboriginal and Torres Strait Islander community members
- LGBTIQ+ and neurodivergent community members
- People requiring help with daily activities

Mental wellbeing

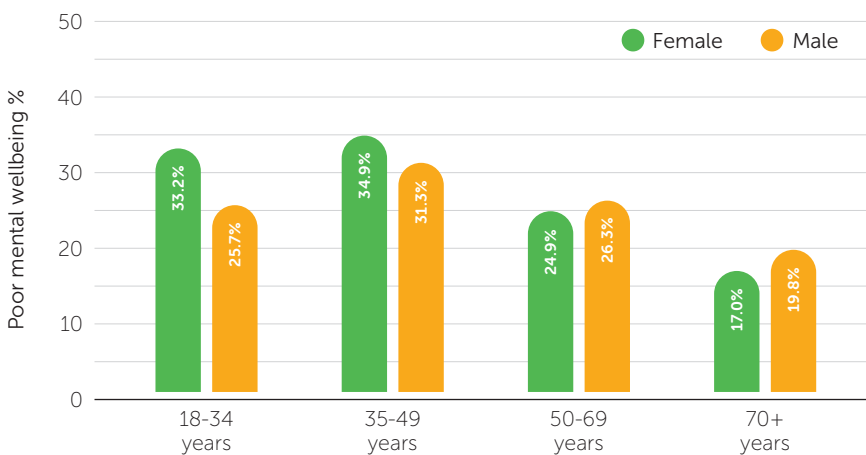
Good mental health plays an important role in our overall wellbeing. It helps us cope with everyday stresses, stay connected with others, feel more productive, sleep better, and supports physical health, reducing the risk of chronic illness and supporting healthier lifestyles.

Adults' mental wellbeing in our region



Mental wellbeing was measured using an internationally recognised questionnaire that asked people how they had been feeling over the past two weeks. Lower scores indicate poorer mental wellbeing, with scores below 50 suggesting someone may be experiencing mental health challenges.

Adults' mental wellbeing – by age and sex



Adults' mental wellbeing – by Local Government Area



Top findings



- Around one in four adults experience poor mental wellbeing, with younger and mid-age adults affected most
- Women report lower wellbeing than men
- Mental wellbeing is closely linked to life circumstances, with poorer wellbeing more common in people facing financial stress, low life satisfaction, or low sense of value
- Meeting daily health behaviours strongly relates to better wellbeing

Focus areas for support



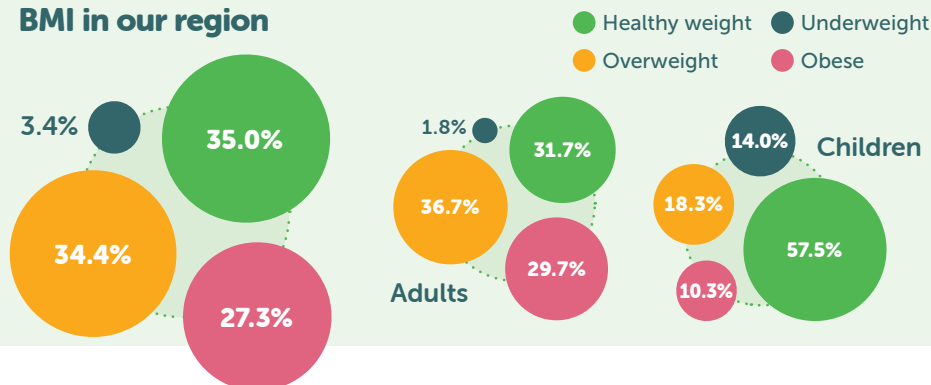
- People experiencing food or financial insecurity
- Aboriginal and Torres Strait Islander community members
- LGBTIQ+ and neurodivergent community members
- People requiring help with daily activities

Body Mass Index (BMI)

Maintaining a healthy weight supports overall wellbeing by reducing the risk of long-term health conditions, improving energy and mobility, and helping people feel physically and mentally well.

People were asked to share their height and weight so Body Mass Index (BMI) could be calculated. This question was optional.

BMI in our region



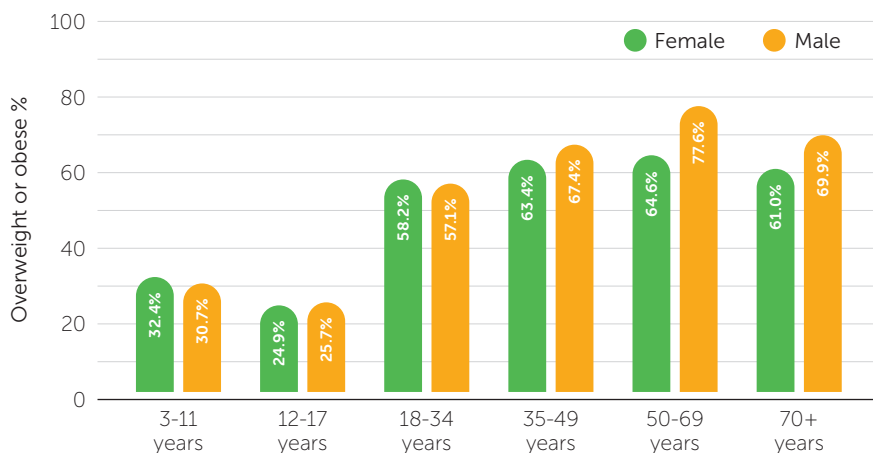
BMI overweight or obese range (adults)

Loddon Campaspe region vs Victoria

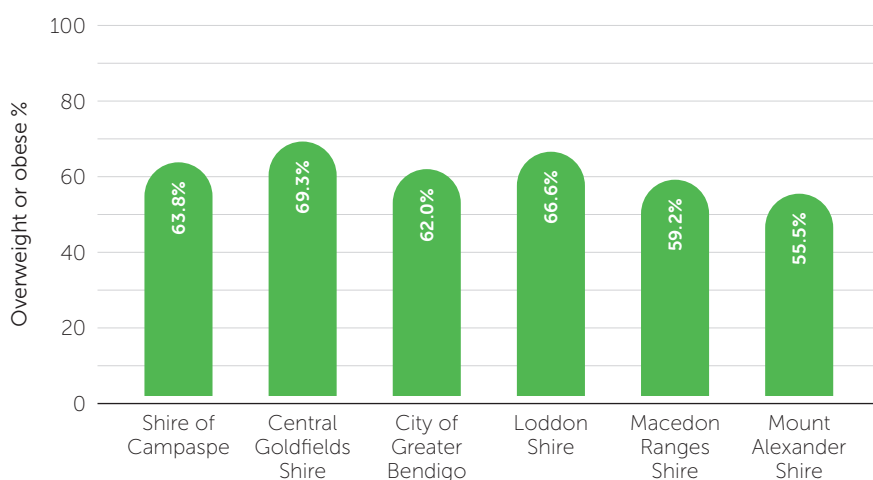
66.4%

65.3%

BMI – by age and sex



BMI – by Local Government Area



Top findings



- Around one in four residents fall in the obese range, slightly above the state average
- Adults are much more likely than children to be overweight or obese
- Obesity is more common among older adults and varies across local areas
- Lower health, wellbeing and not meeting health guidelines are all linked with higher obesity rates

Focus areas for support



- People experiencing food or financial insecurity
- Aboriginal and Torres Strait Islander community members
- People with lower education
- People requiring help with daily activities

Risk behaviours

in the Loddon Campaspe region

This section outlines what adults in our community reported about risk behaviours such as smoking, vaping, alcohol use and gambling. These questions were only asked of people aged 18 and over, in line with legal age requirements.

All results in this section are weighted and reflect all respondents (children and adults) unless noted otherwise.



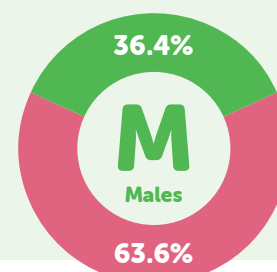
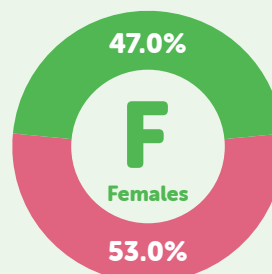
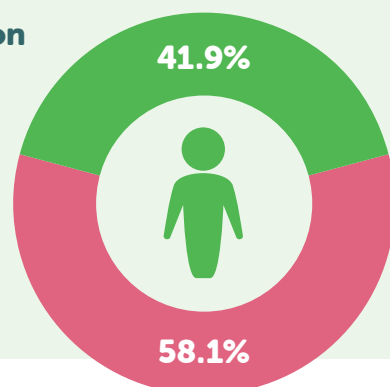
Alcohol consumption

Excessive alcohol use can increase the risk of immediate harm, such as injury, accidents and alcohol-related health issues.

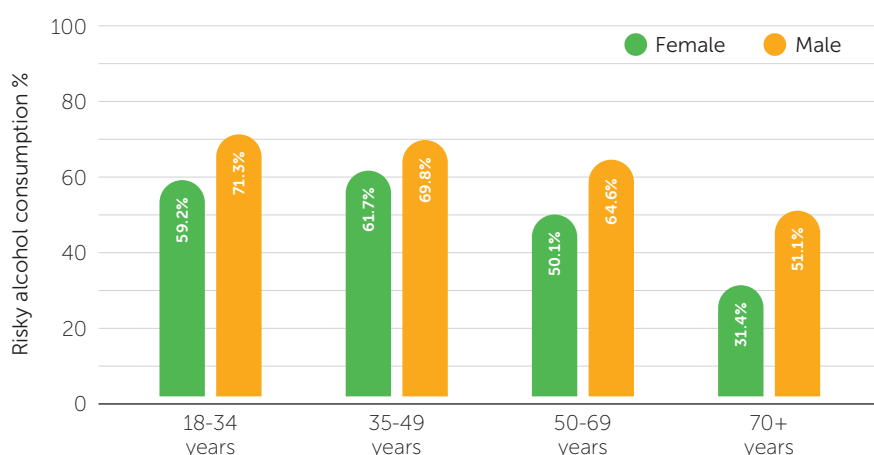
This section looks at how often adults in our community drink more than four standard drinks on a single occasion, a key national measure for understanding short-term health risks associated with alcohol consumption.

Alcohol consumption in our region

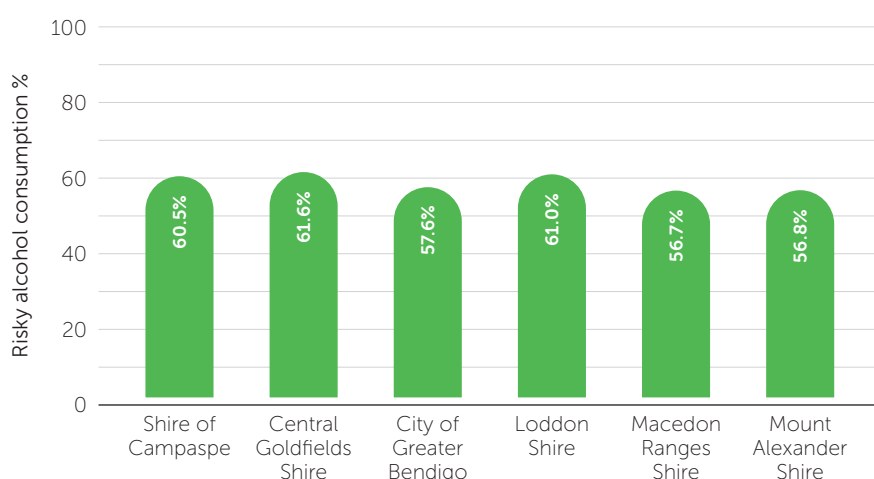
- No risky alcohol consumption in past year
- Risky alcohol consumption in past year



Alcohol consumption – by age and sex



Alcohol consumption – by Local Government Area



Top findings



- Risky alcohol consumption is common, with more than half of adults consuming more than four drinks in one sitting in the past year
- Men and younger adults are the most frequent risky drinkers
- Rates of risky alcohol consumption are higher in our region than the Victorian average
- Risky drinking is linked with other unhealthy behaviours such as smoking, vaping and gambling

Focus areas for support

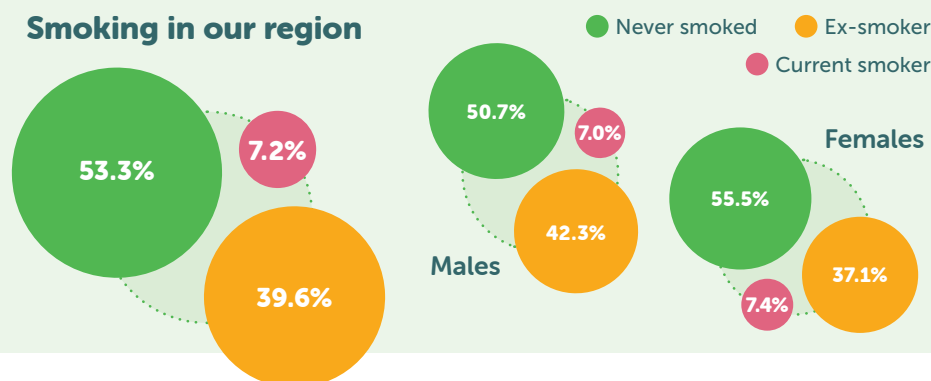


- Larger households (4-5 people)
- People who speak English as their main language
- Employed adults
- People who do not require help with daily activities

Smoking

Smoking harms our health in many ways – increasing the risk of serious diseases, affecting wellbeing and finances, and putting others at risk.

Smoking in our region



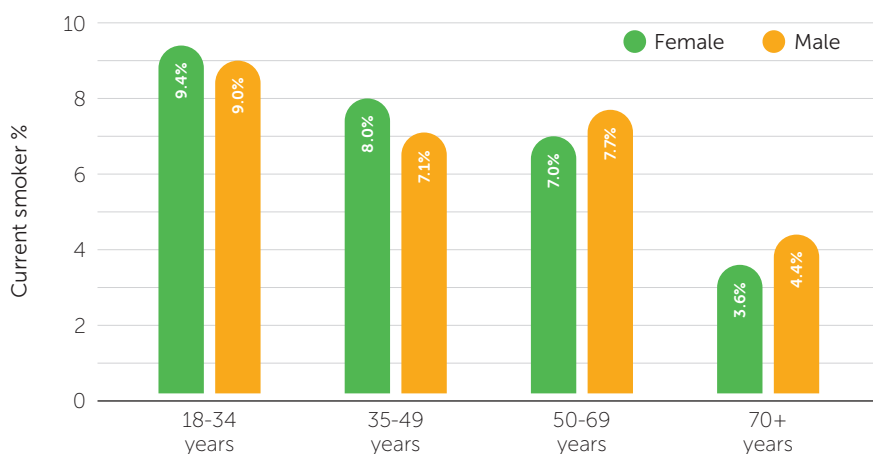
Smoking status – current smokers (adults)

Loddon Campaspe region vs Victoria

7.2%

11.1%

Smoking – by age and sex



Smoking – by Local Government Area



Top findings



- Smoking rates in our region are lower than the state average
- Men and women have similar smoking rates, though younger women smoke more than older women
- Smoking is far more common among residents facing social or financial disadvantage
- Smoking strongly clusters with other risk behaviours like vaping, alcohol use and gambling

Focus areas for support

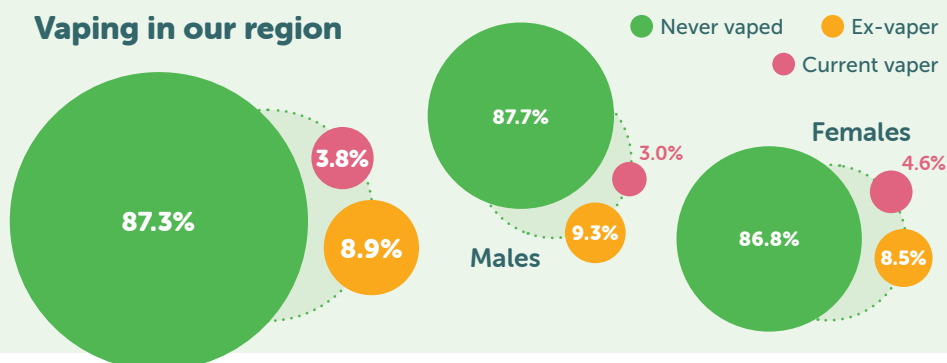


- Aboriginal and Torres Strait Islander community members
- People experiencing food or financial insecurity
- LGBTIQ+ and neurodivergent community members
- People requiring help with daily activities

Vaping

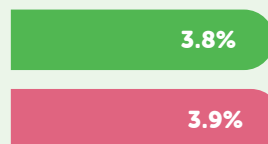
Vaping is harmful to health, exposing you to dangerous chemicals, causing short and long-term health problems.

Vaping in our region

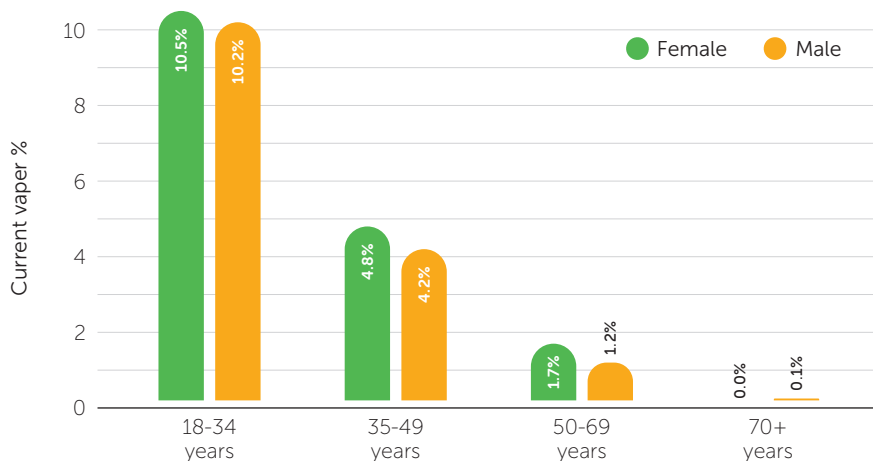


Vaping status – current vapers (adults)

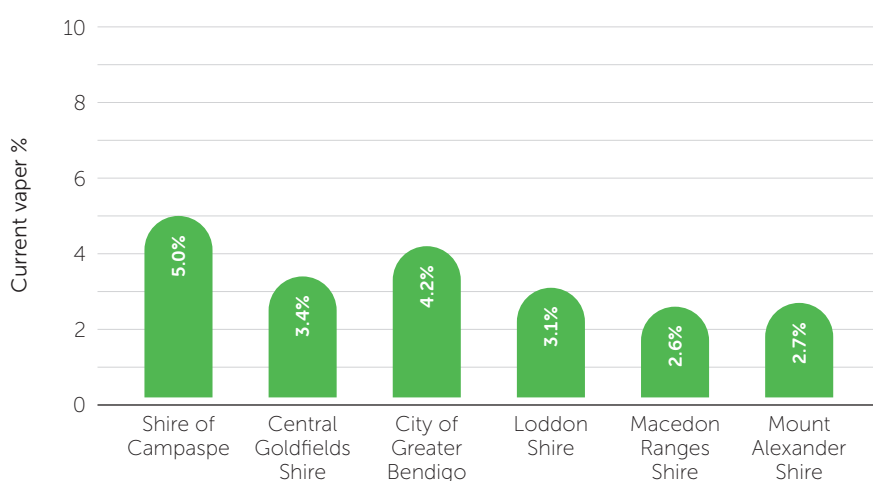
Loddon Campaspe region vs Victoria



Vaping – by age and sex



Vaping – by Local Government Area



Top findings



- Young adults are the most likely to vape
- Vaping is more common among residents facing social or financial stress
- Vaping strongly overlaps with other risk behaviours such as smoking, risky alcohol consumption and gambling

Focus areas for support

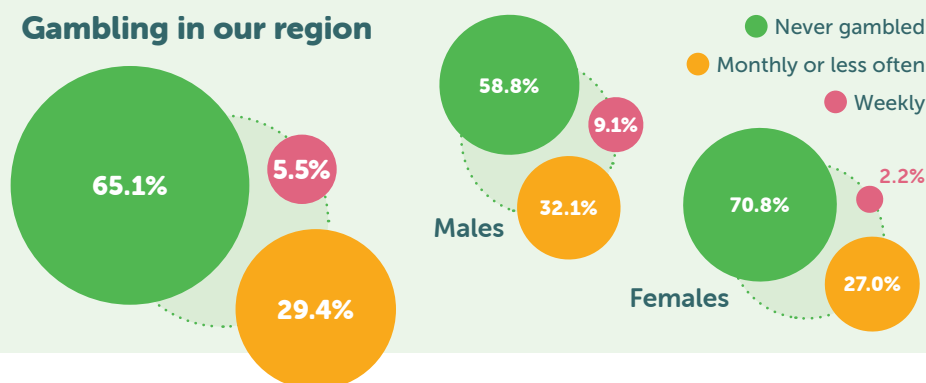


- People experiencing food or financial insecurity
- Neurodivergent community members
- Employed young adults
- Aboriginal and Torres Strait Islander community members

Gambling

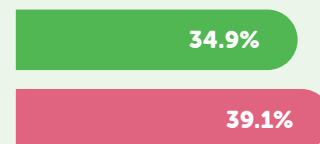
Gambling can have harmful effects on people's health and wellbeing, leading to financial stress, relationship difficulties, mental health challenges and other harms.

Gambling in our region

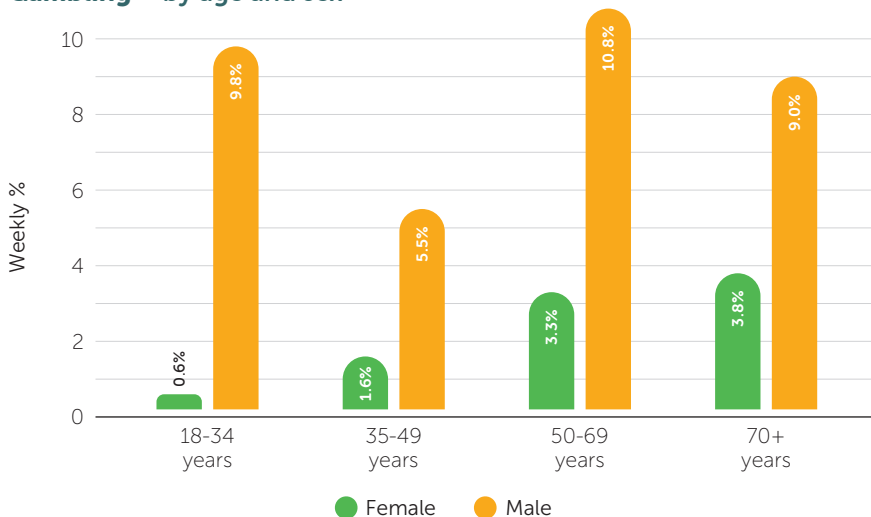


Gambling – current gambler (adults)

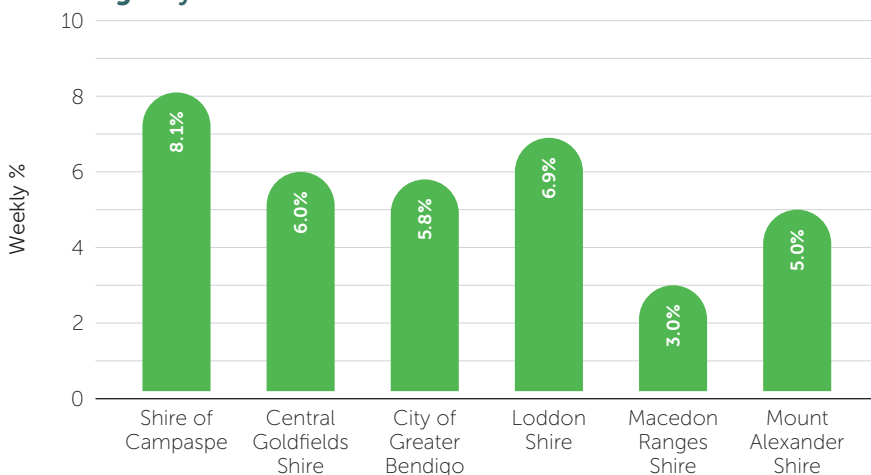
Loddon Campaspe region vs Victoria



Gambling – by age and sex



Gambling – by Local Government Area



Top findings



- Around one-third of adults gambled in the past year, with only a small group gambling weekly
- Men gamble more often than women, especially weekly
- Older women and young men have higher rates of gambling
- Gambling is strongly linked with other risk behaviours such as risky alcohol consumption, smoking and vaping

Focus areas for support



- Aboriginal and Torres Strait Islander community members
- People with lower education or are under financial stress
- Single-person households
- People who speak English as their main language

Factsheets

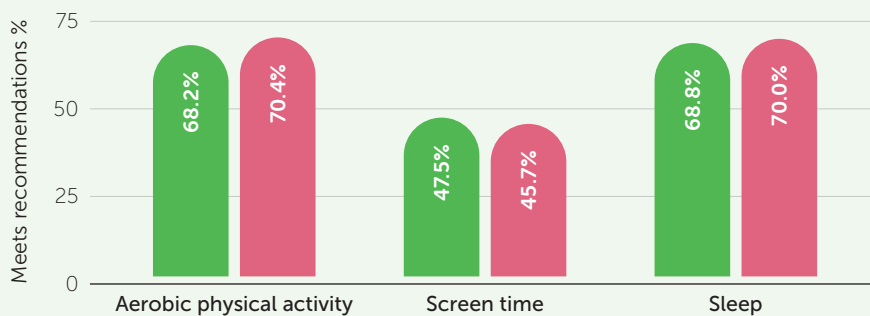
- Local Government Areas
- Demographic profiles
- Top five most popular physical activities in our region



Shire of Campaspe

- Shire of Campaspe
- Loddon Campaspe region

Movement behaviours

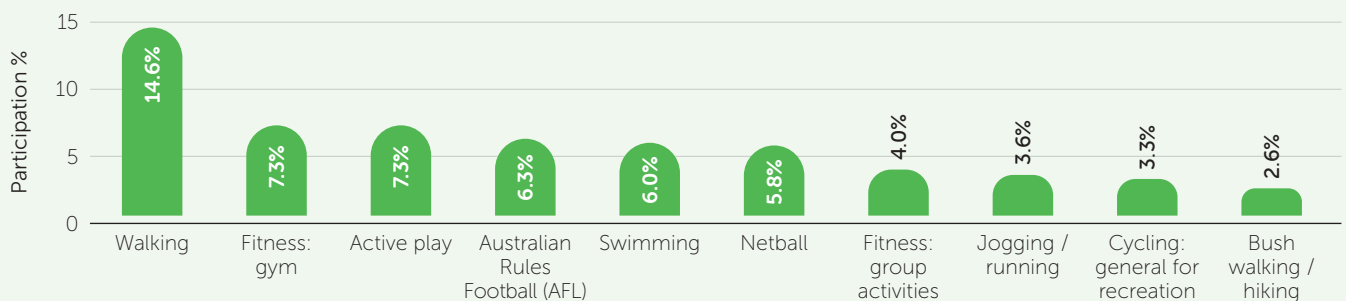


Top findings

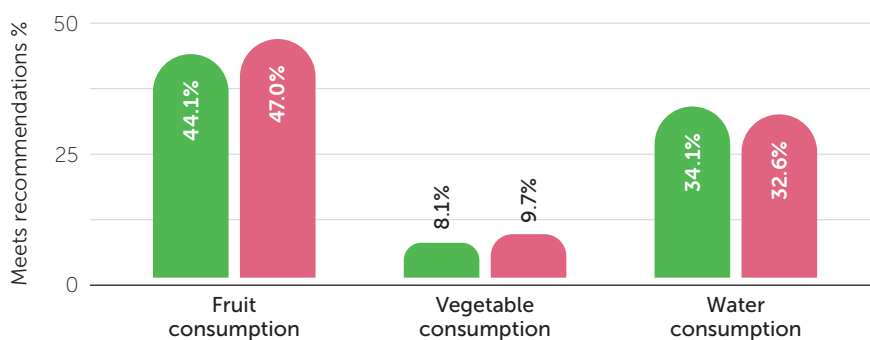
- The top barriers to Campaspe residents participating in physical activity were that they were **too busy or didn't have enough time**, and due to **poor health and disability**



Top 10 activities participated in



Diet

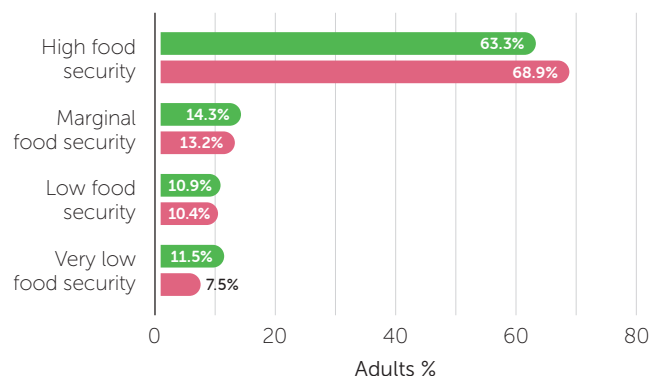


Top findings

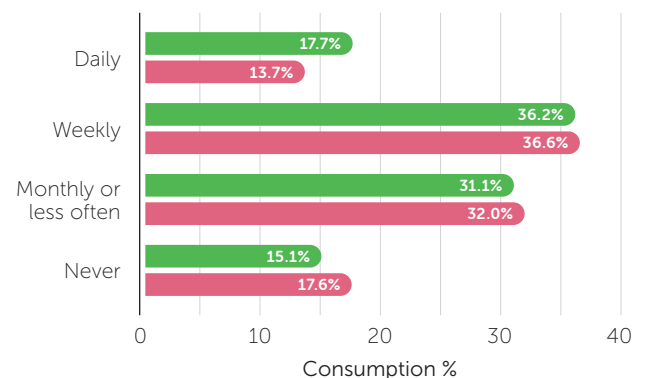
- The biggest barrier to meeting fruit and vegetable consumption recommendations for Campaspe residents was **cost**



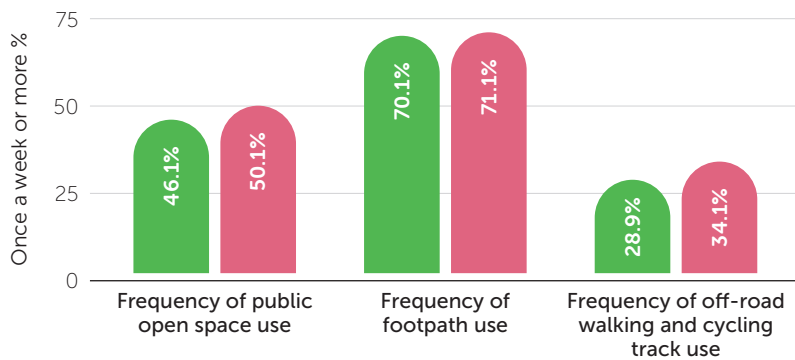
Adults' food security



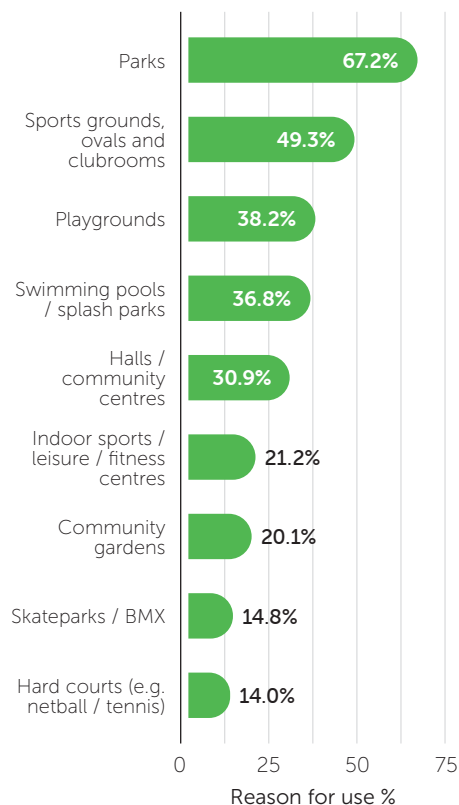
Sugar-sweetened beverage consumption



Use of public facilities and open spaces



Types of other public facilities or open spaces used



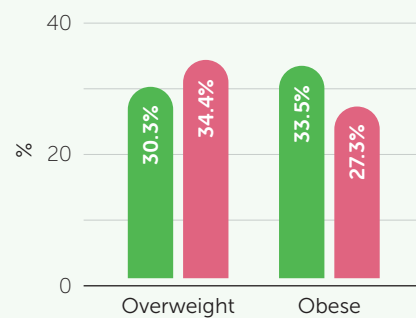
Top findings

- The top reasons for Campaspe residents to use public facilities or open spaces were to **socialise with family and friends**, and for **exercise and health/fitness**

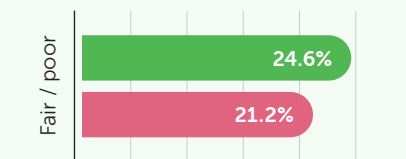


Health and wellbeing

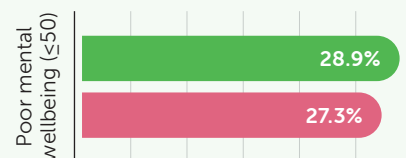
Body Mass Index



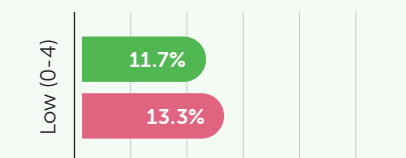
Self-reported health status



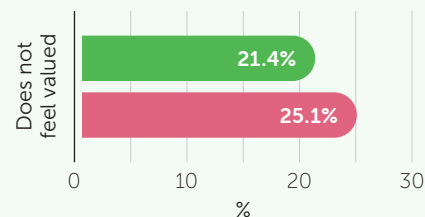
Adults' mental wellbeing



Adults' life satisfaction



Adults' perceived value to society

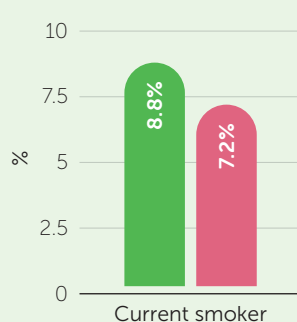


Risk behaviours

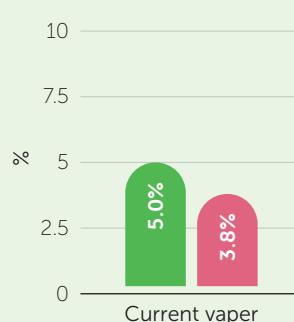
Alcohol consumption



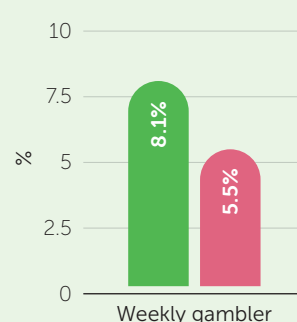
Smoking



Vaping



Gambling

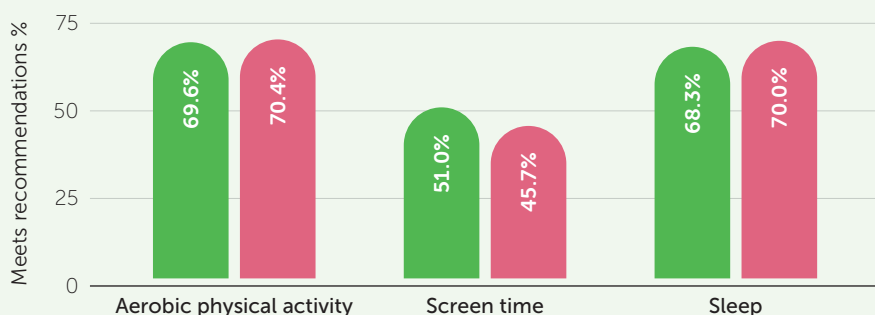


Central Goldfields Shire

Central Goldfields Shire

Loddon Campaspe region

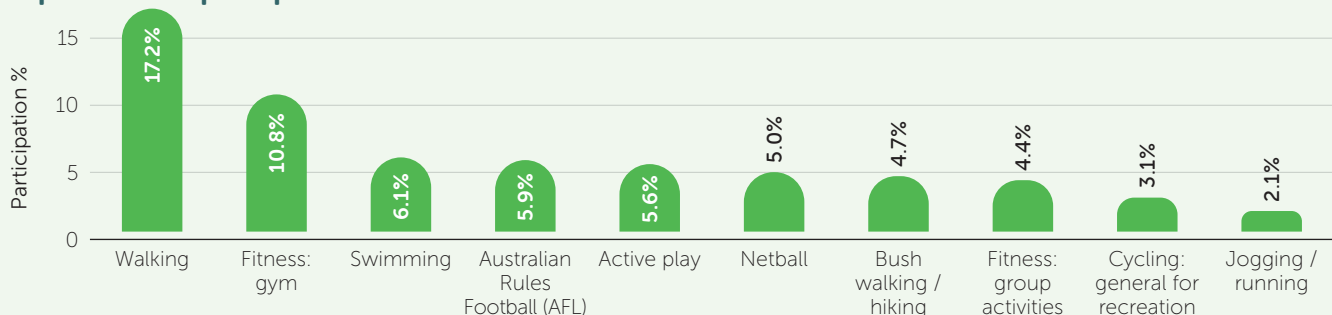
Movement behaviours



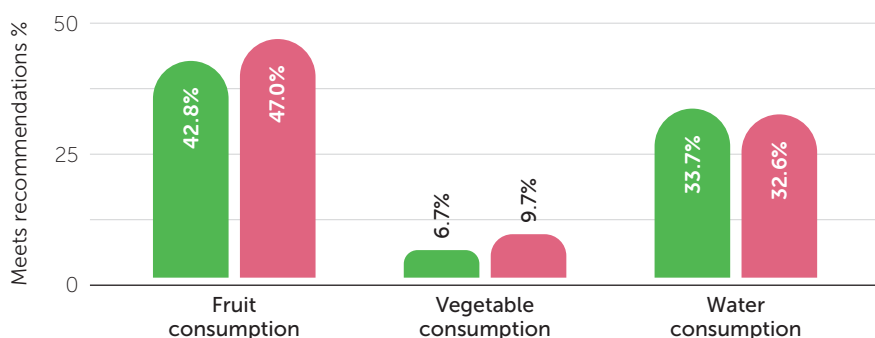
Top findings

- The top barrier to Central Goldfields residents participating in physical activity were that they were **too busy or didn't have enough time**

Top 10 activities participated in



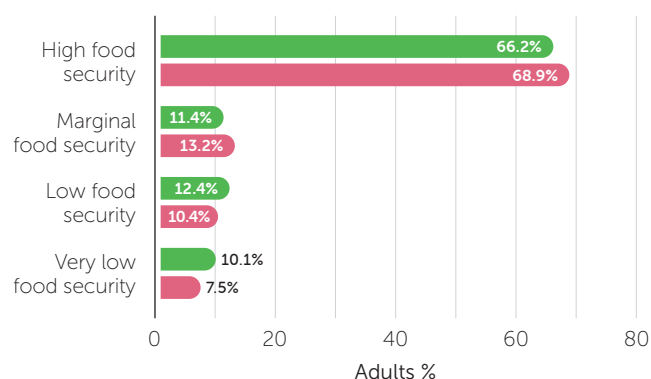
Diet



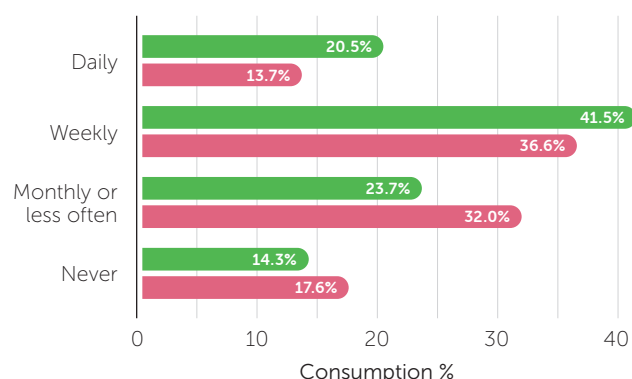
Top findings

- The biggest barrier to meeting fruit consumption recommendations for Central Goldfields residents was **personal preference**. The biggest barrier to vegetable consumption was **inconvenient to prepare**

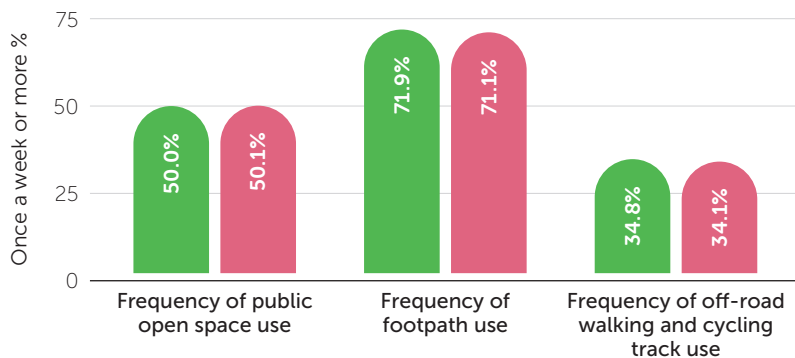
Adults' food security



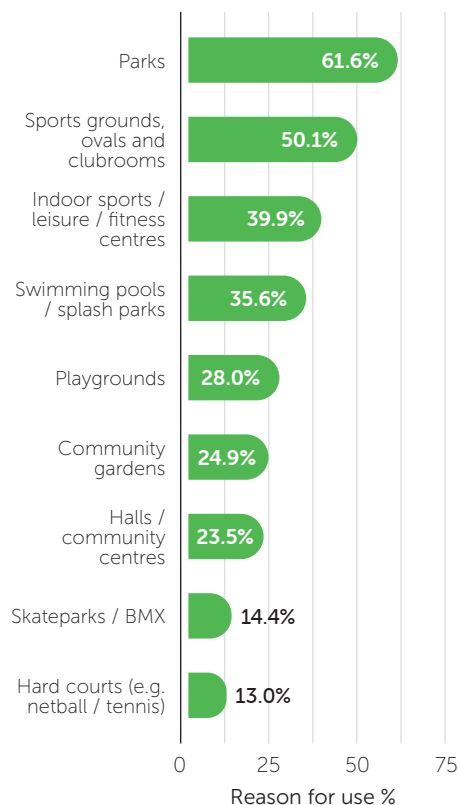
Sugar-sweetened beverage consumption



Use of public facilities and open spaces



Types of other public facilities or open spaces used



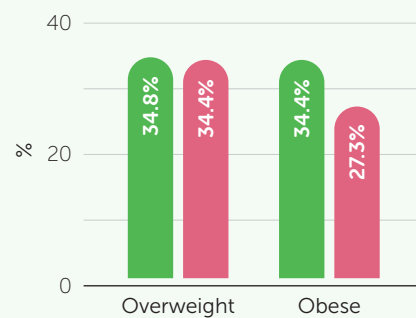
Top findings

- The top reason for Central Goldfields residents to use public facilities or open spaces was for **exercise and health/fitness**

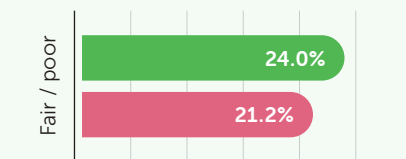


Health and wellbeing

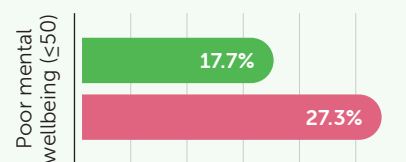
Body Mass Index



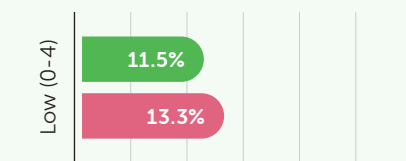
Self-reported health status



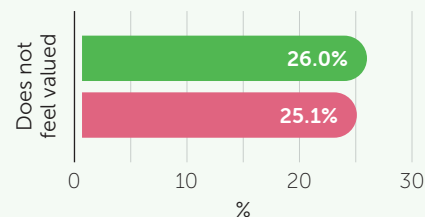
Adults' mental wellbeing



Adults' life satisfaction



Adults' perceived value to society

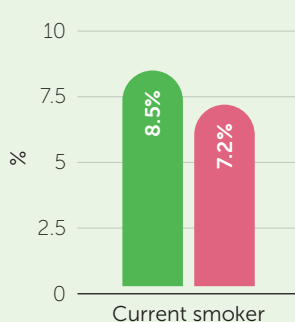


Risk behaviours

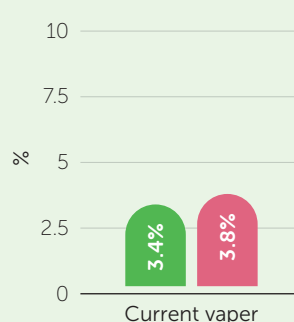
Alcohol consumption



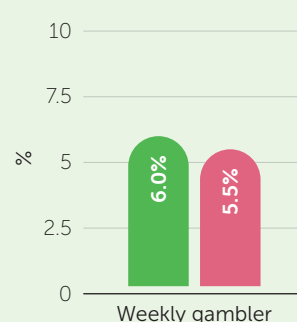
Smoking



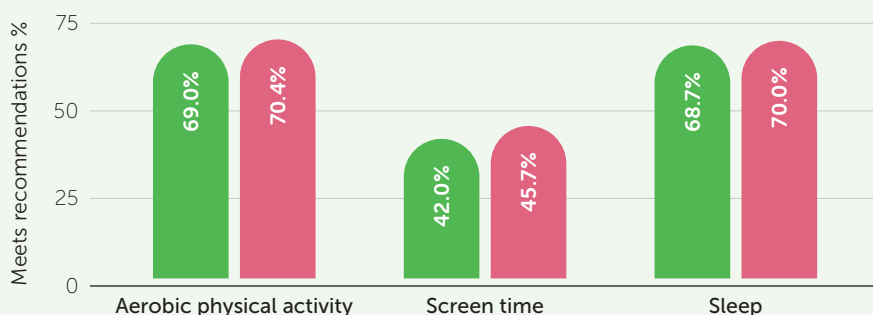
Vaping



Gambling



Movement behaviours

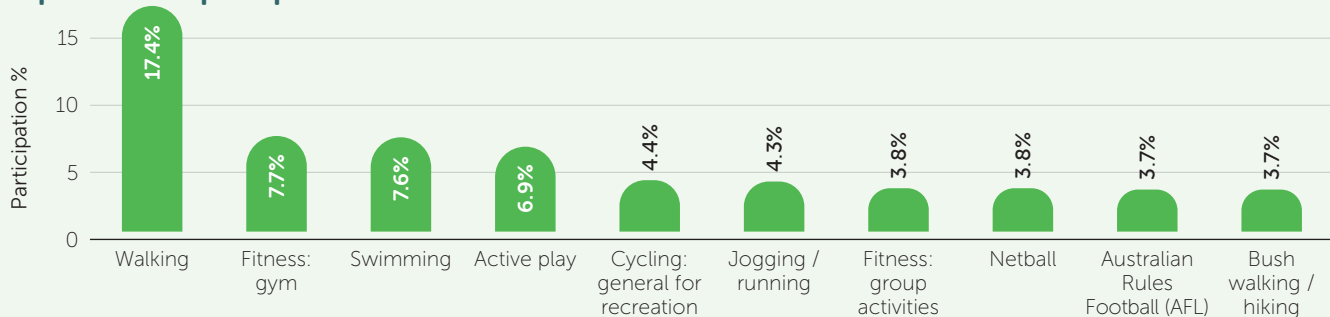


Top findings

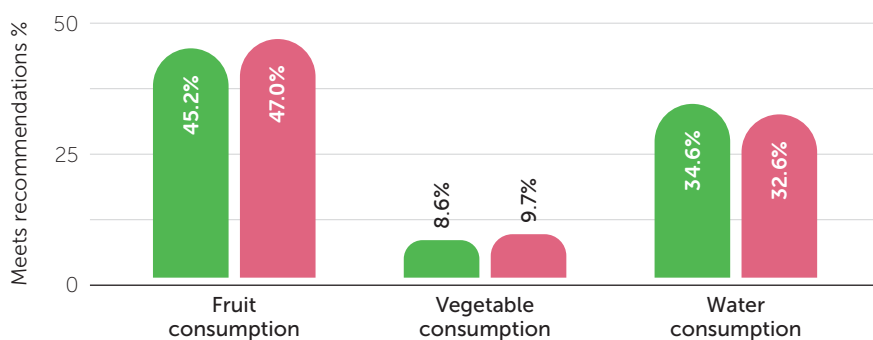


- The top barrier to City of Greater Bendigo residents participating in physical activity was that they were **too busy or didn't have enough time**

Top 10 activities participated in



Diet

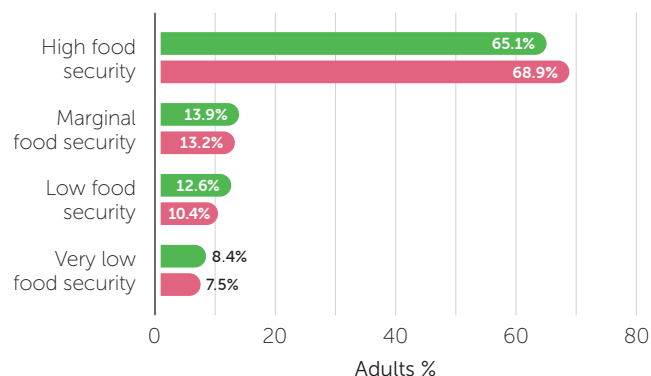


Top findings

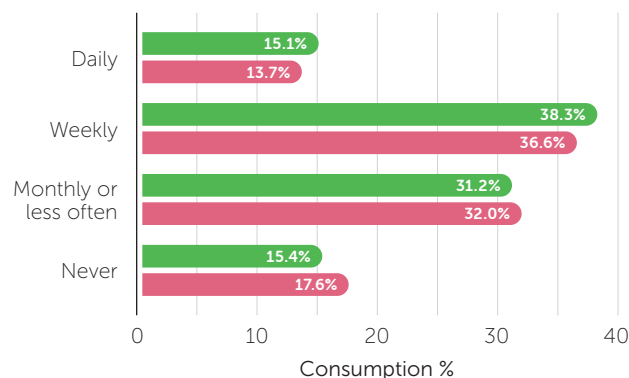


- The biggest barriers to meeting fruit and vegetable consumption recommendations for City of Greater Bendigo residents were **personal preference** and **cost**

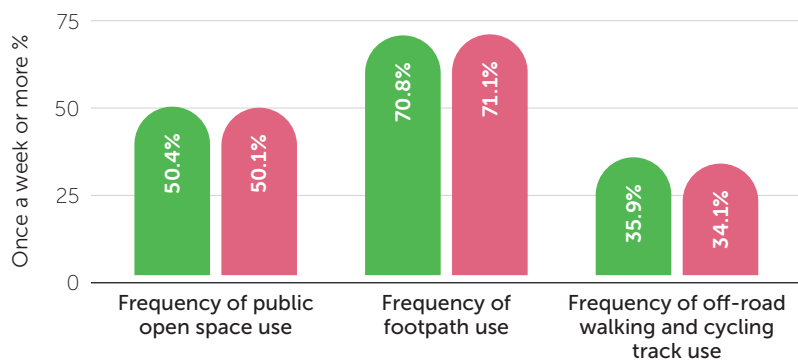
Adults' food security



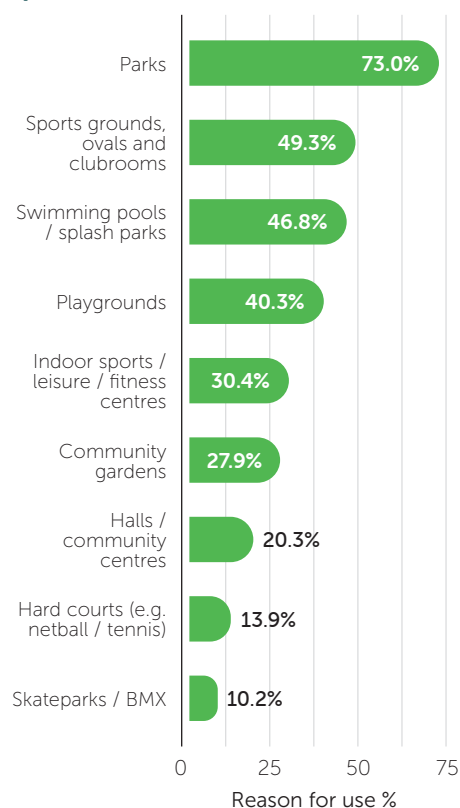
Sugar-sweetened beverage consumption



Use of public facilities and open spaces



Types of other public facilities or open spaces used

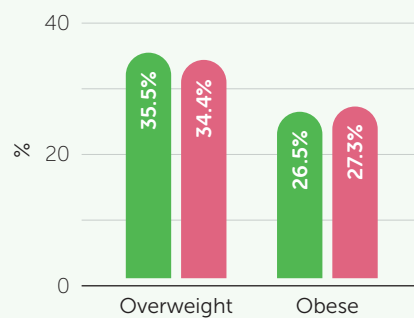


Top findings

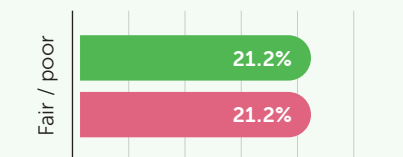
- The top reasons for City of Greater Bendigo residents to use public facilities or open spaces were for **exercise and health/fitness**, and to **socialise with family and friends**

Health and wellbeing

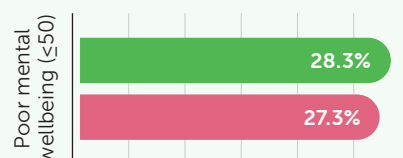
Body Mass Index



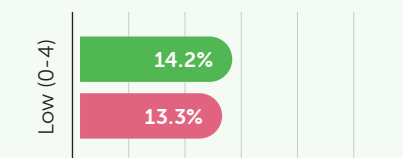
Self-reported health status



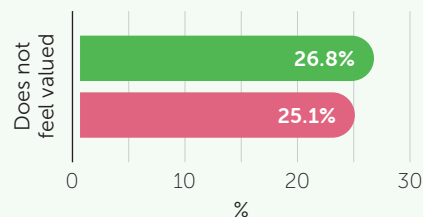
Adults' mental wellbeing



Adults' life satisfaction



Adults' perceived value to society

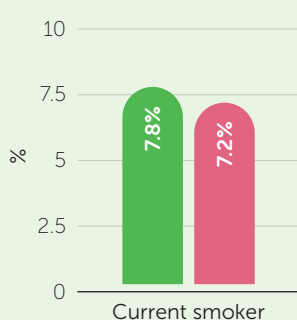


Risk behaviours

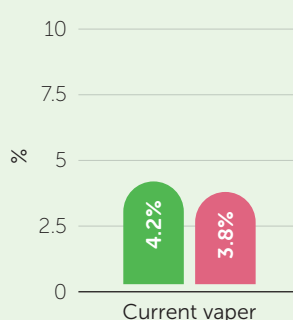
Alcohol consumption



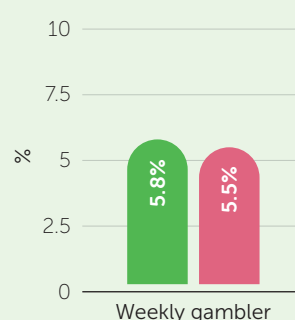
Smoking



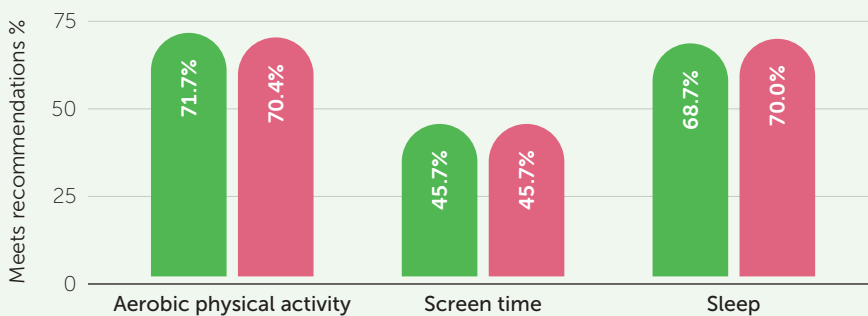
Vaping



Gambling



Movement behaviours

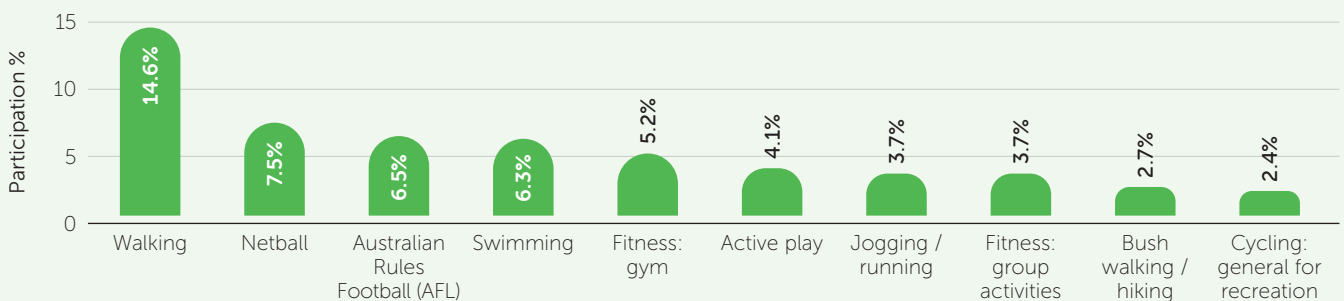


Top findings

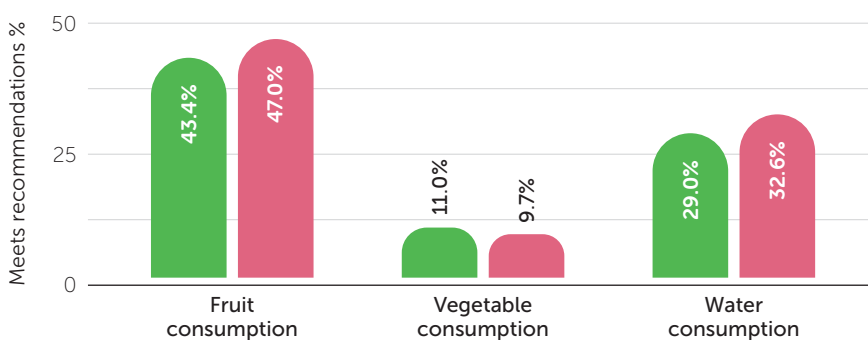


- The top barrier to Loddon residents participating in physical activity were that they were **too busy or didn't have enough time**

Top 10 activities participated in



Diet

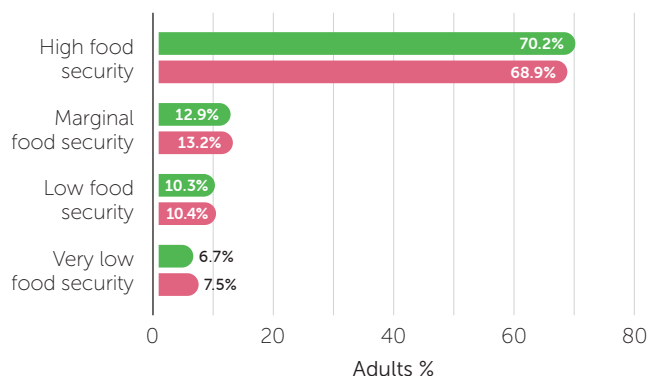


Top findings

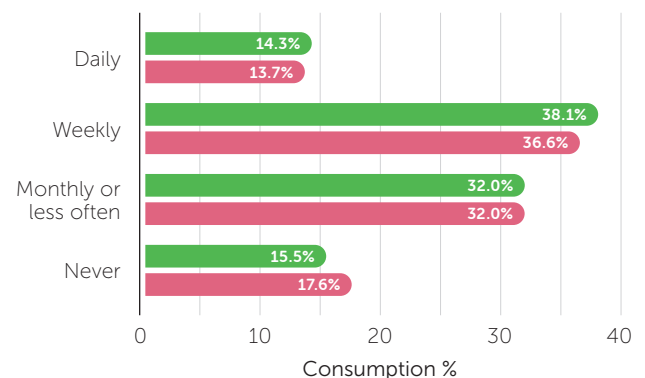


- The biggest barrier to meeting fruit consumption recommendations for Loddon Shire residents was **access or quality**. The biggest barrier to vegetable consumption was **personal preference**

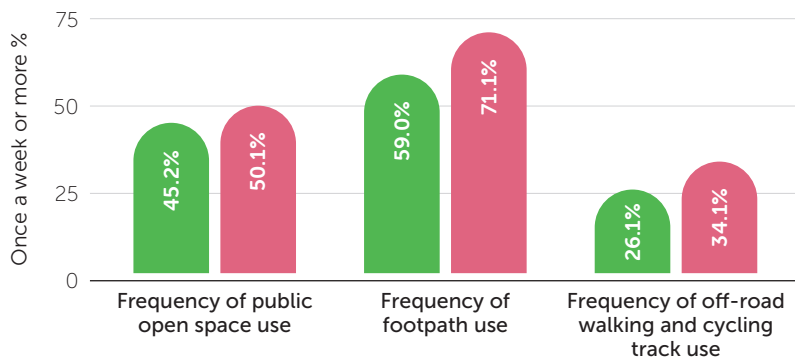
Adults' food security



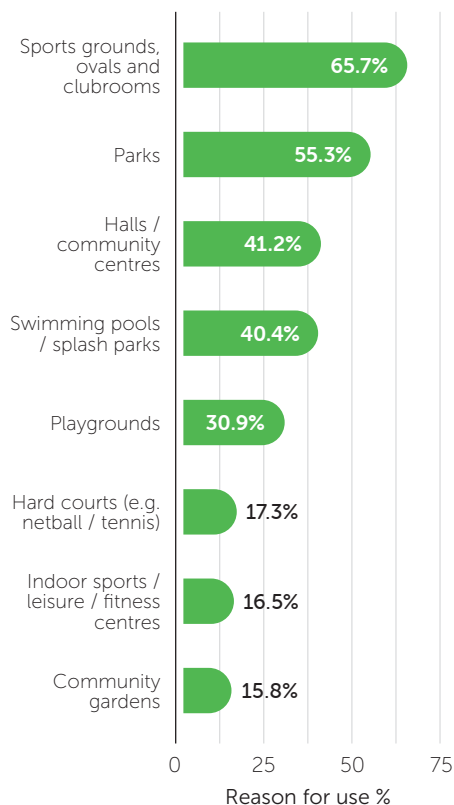
Sugar-sweetened beverage consumption



Use of public facilities and open spaces



Types of other public facilities or open spaces used



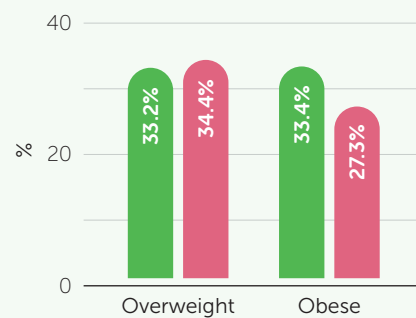
Top findings

- The top reason for Loddon residents to use public facilities or open spaces was to **socialise with family and friends**

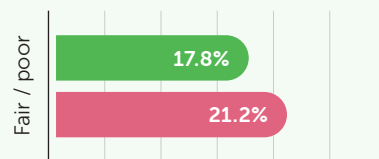


Health and wellbeing

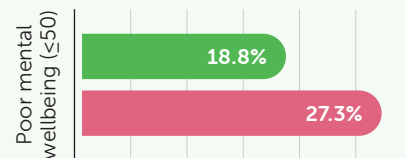
Body Mass Index



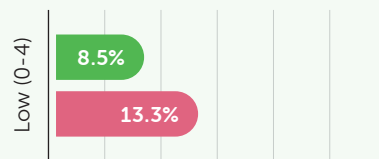
Self-reported health status



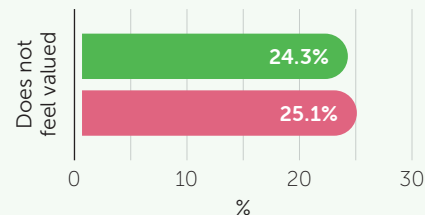
Adults' mental wellbeing



Adults' life satisfaction



Adults' perceived value to society

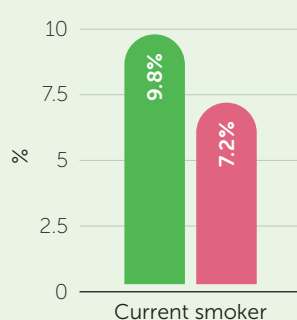


Risk behaviours

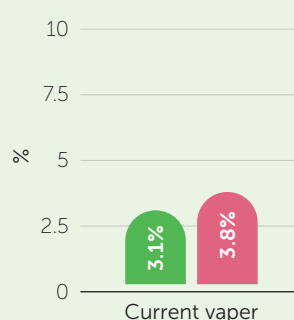
Alcohol consumption



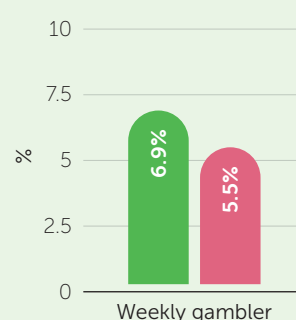
Smoking



Vaping



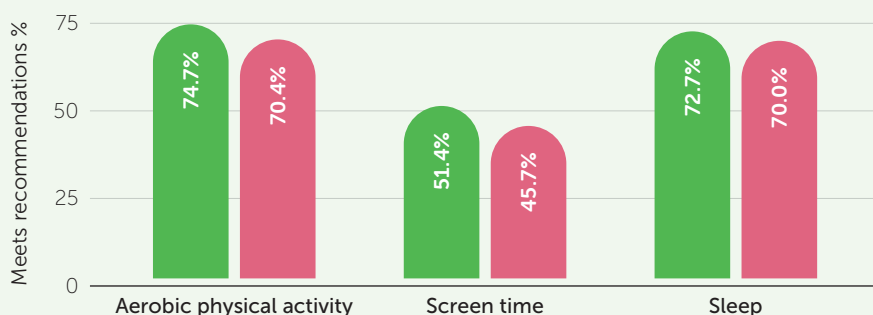
Gambling



Macedon Ranges Shire

- Macedon Range Shire
- Loddon Campaspe region

Movement behaviours

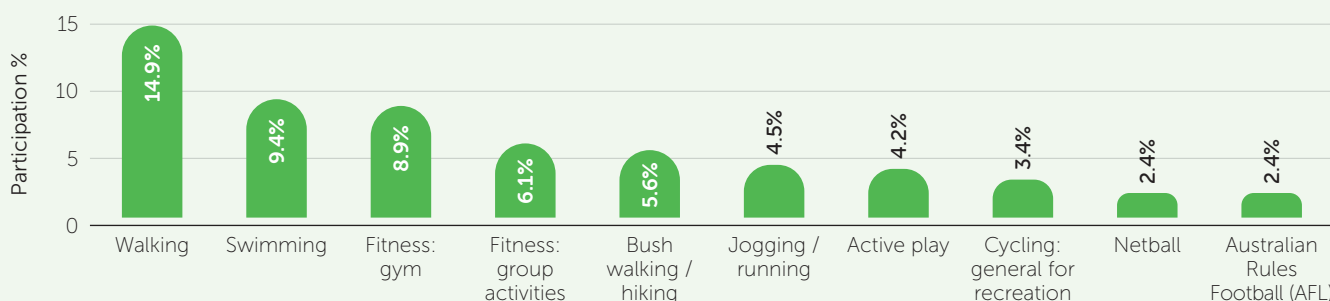


Top findings

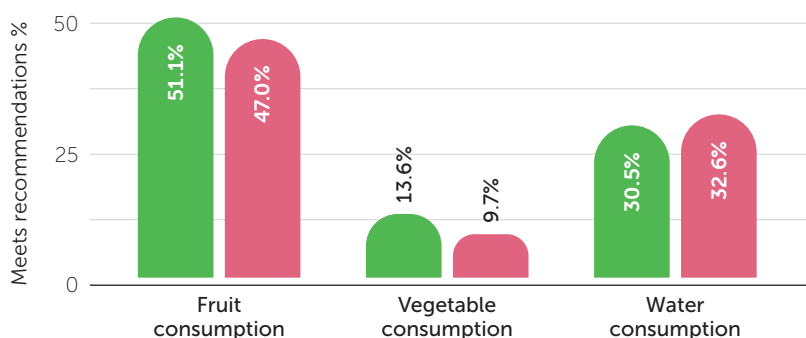


- The top barriers to Macedon Ranges residents participating in physical activity were that they were **too busy or didn't have enough time**, and **cost**

Top 10 activities participated in



Diet

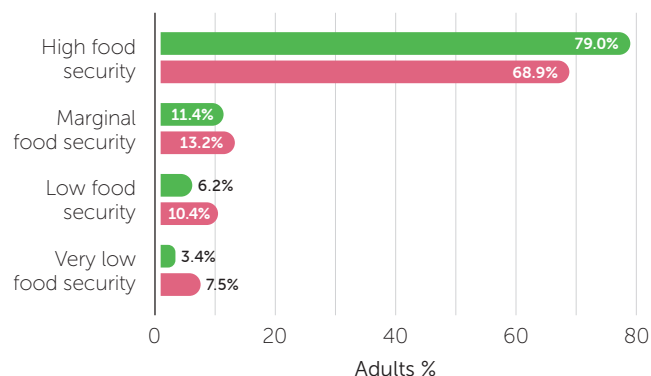


Top findings

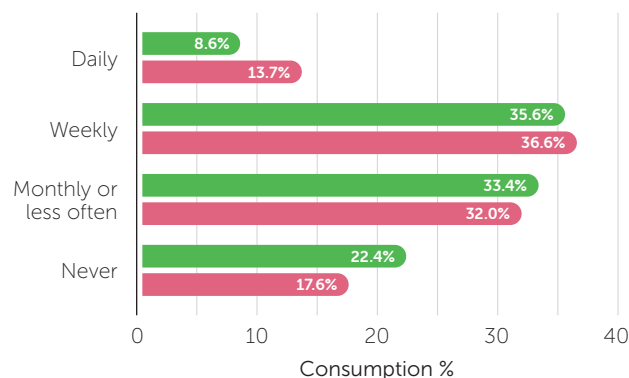


- The biggest barriers to meeting fruit consumption recommendations for Macedon Ranges residents were **personal preference** and **cost**
- The biggest barrier to meeting vegetable recommendations was **personal preferences**

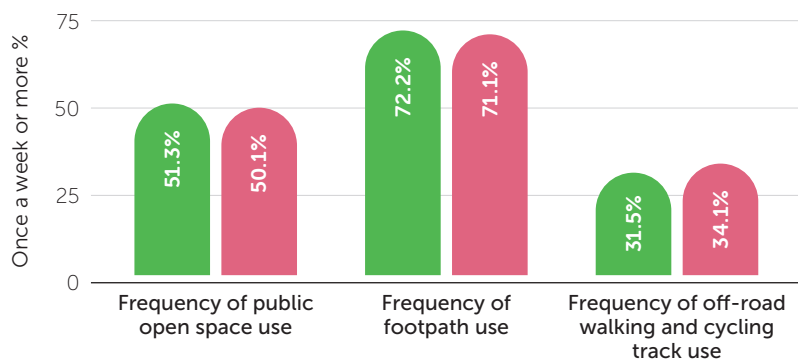
Adults' food security



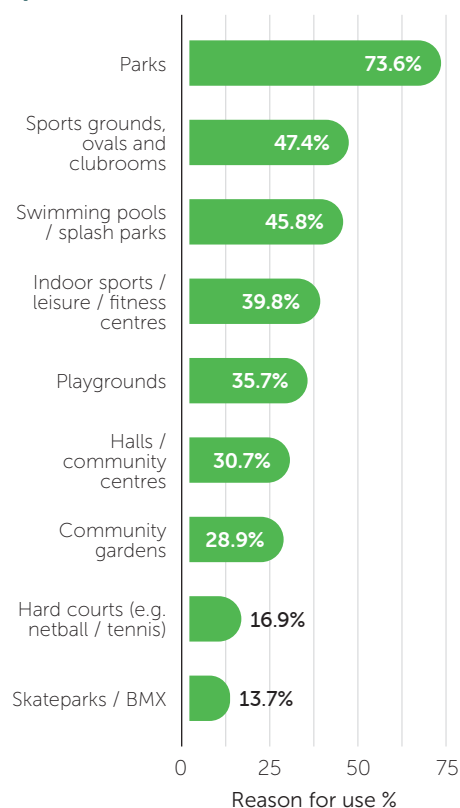
Sugar-sweetened beverage consumption



Use of public facilities and open spaces



Types of other public facilities or open spaces used

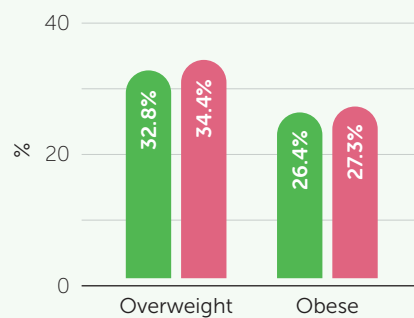


Top findings

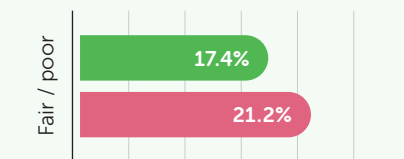
- The top reasons for Macedon Ranges residents to use public facilities or open spaces were for **exercise and health/fitness**, and to **socialise with family and friends**

Health and wellbeing

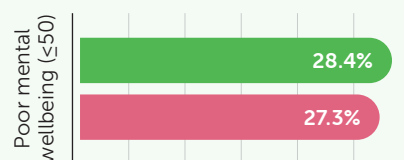
Body Mass Index



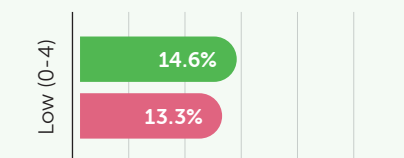
Self-reported health status



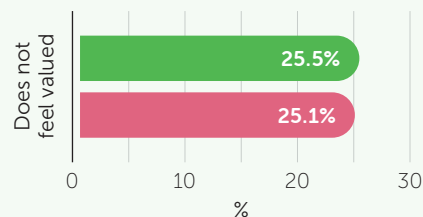
Adults' mental wellbeing



Adults' life satisfaction



Adults' perceived value to society

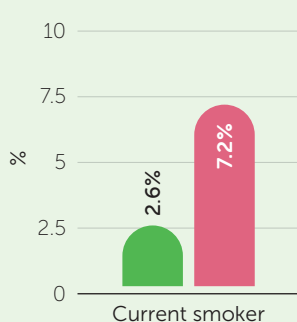


Risk behaviours

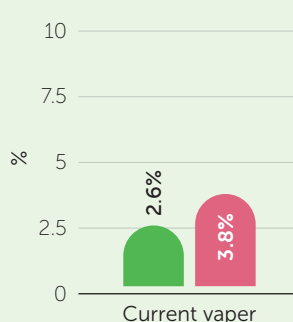
Alcohol consumption



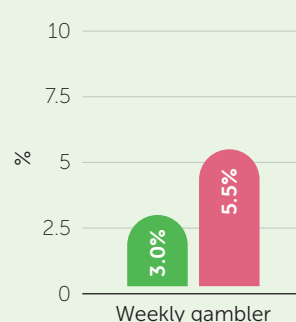
Smoking



Vaping



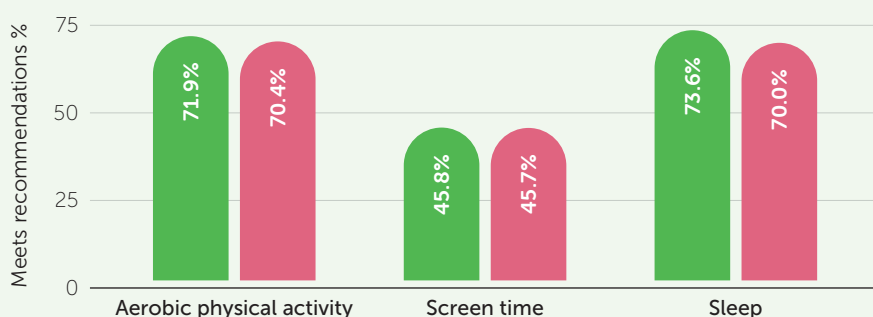
Gambling



Mount Alexander Shire

● Mount Alexander Shire
● Loddon Campaspe region

Movement behaviours

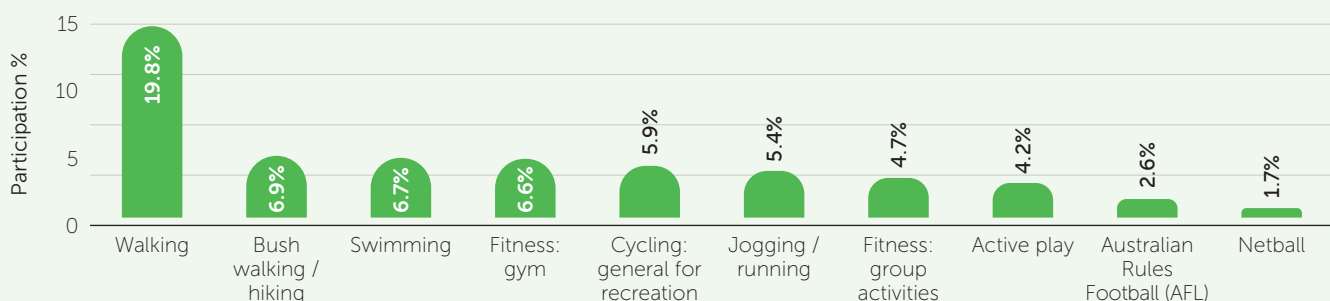


Top findings

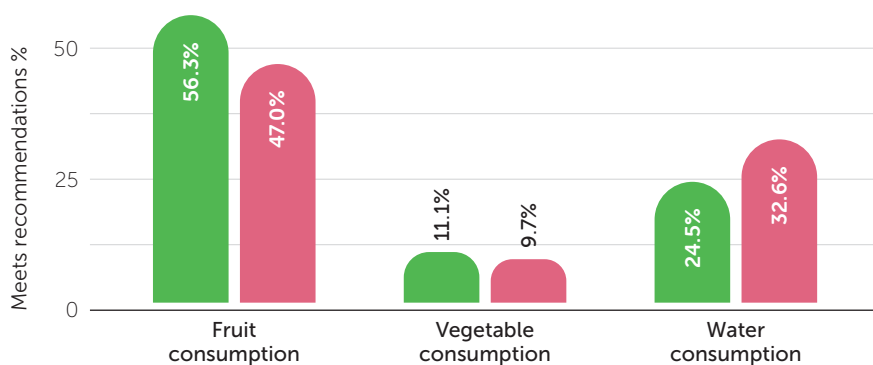


- The top barrier to Mount Alexander residents participating in physical activity was that they were **too busy or didn't have enough time**

Top 10 activities participated in



Diet

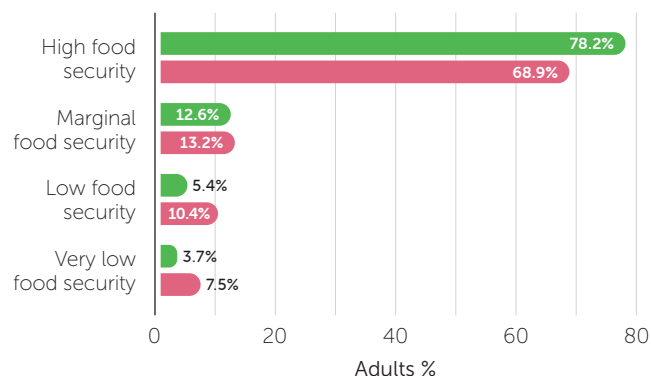


Top findings

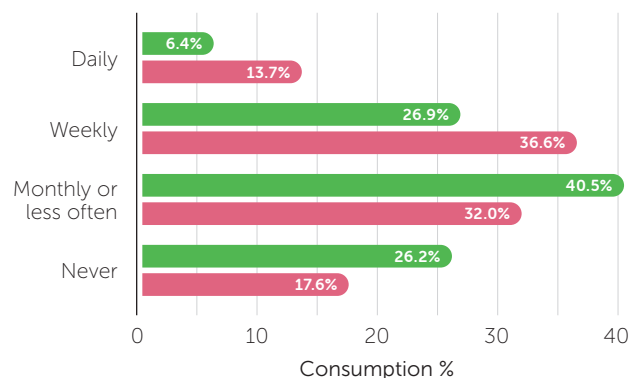


- The biggest barrier to meeting fruit and vegetable consumption recommendations for Mount Alexander residents was **cost**

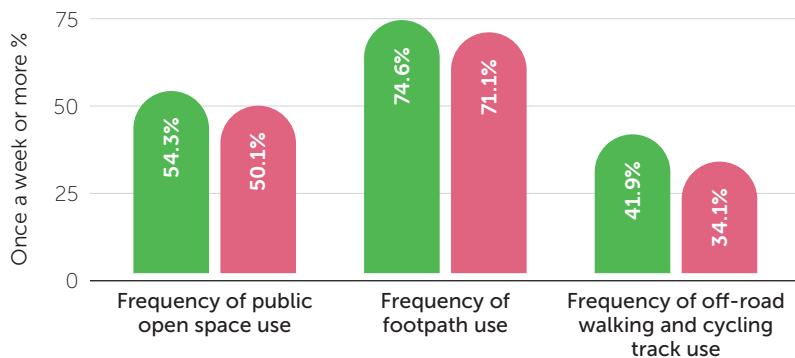
Adults' food security



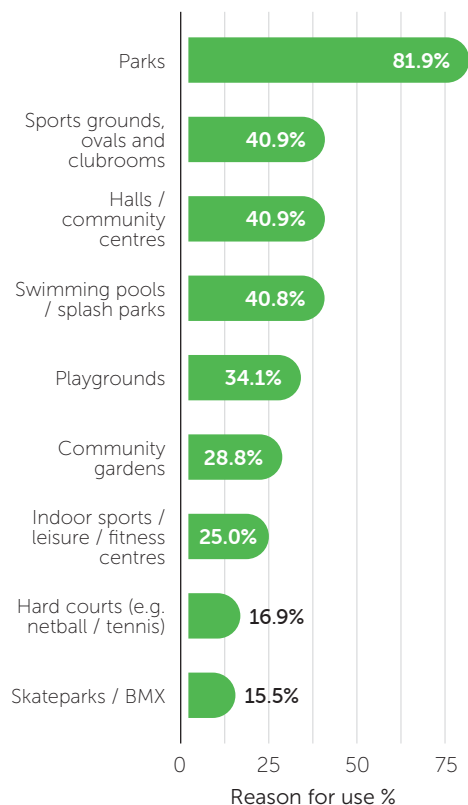
Sugar-sweetened beverage consumption



Use of public facilities and open spaces



Types of other public facilities or open spaces used

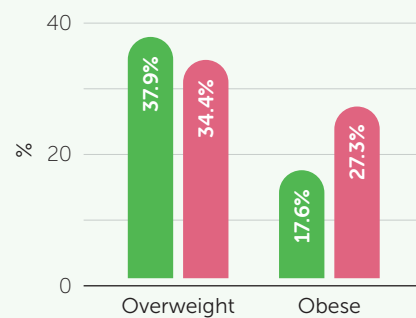


Top findings

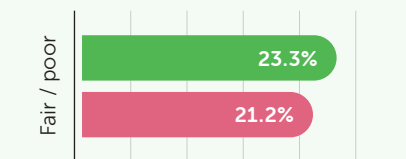
- The top reason for Mount Alexander residents to use public facilities or open spaces was for **exercise and health/fitness**

Health and wellbeing

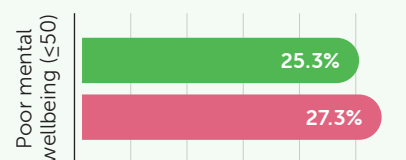
Body Mass Index



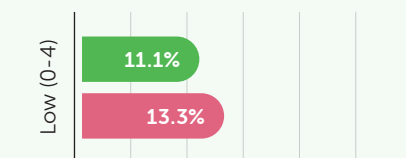
Self-reported health status



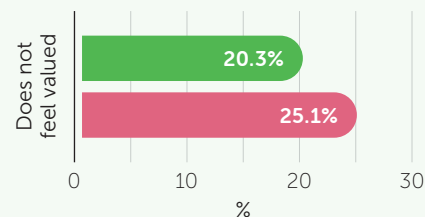
Adults' mental wellbeing



Adults' life satisfaction



Adults' perceived value to society

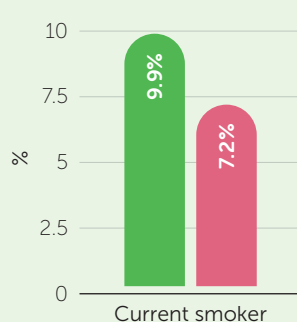


Risk behaviours

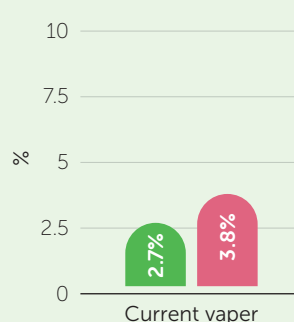
Alcohol consumption



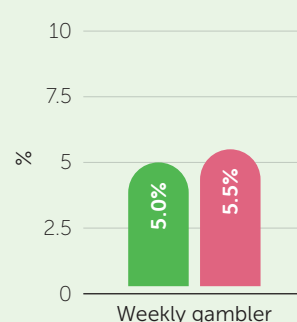
Smoking



Vaping



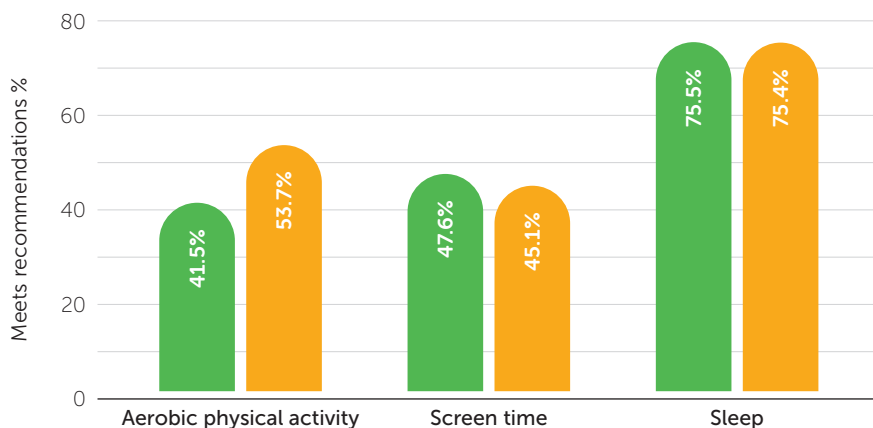
Gambling



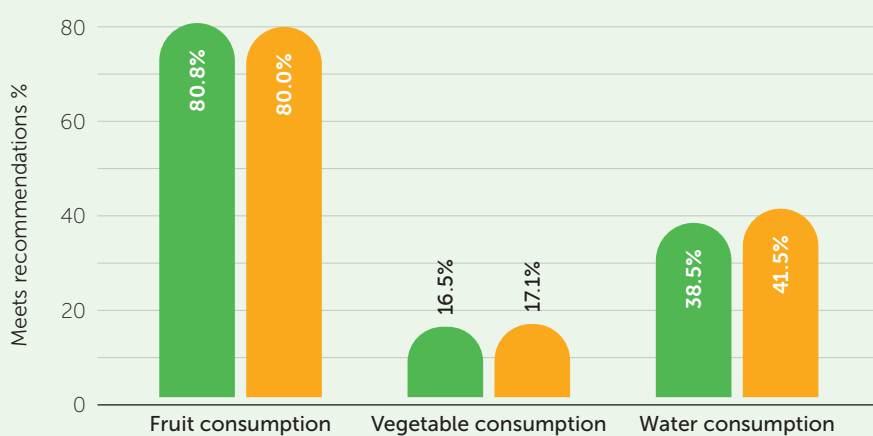
Children 3-11 years

Female Male

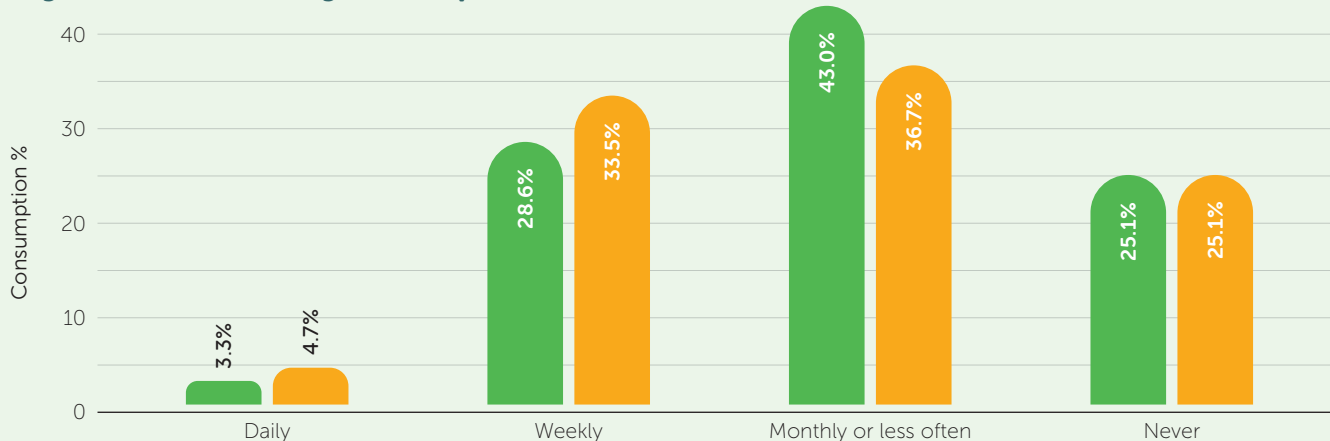
Movement behaviours



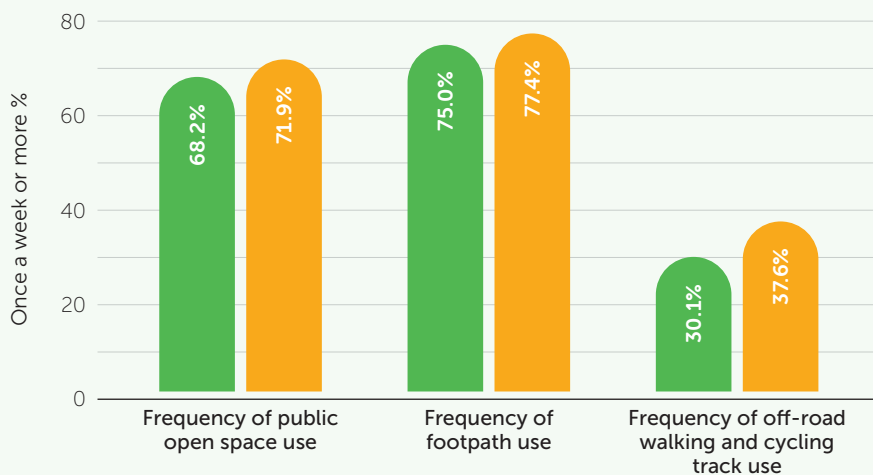
Diet



Sugar-sweetened beverage consumption



Use of public facilities and open spaces

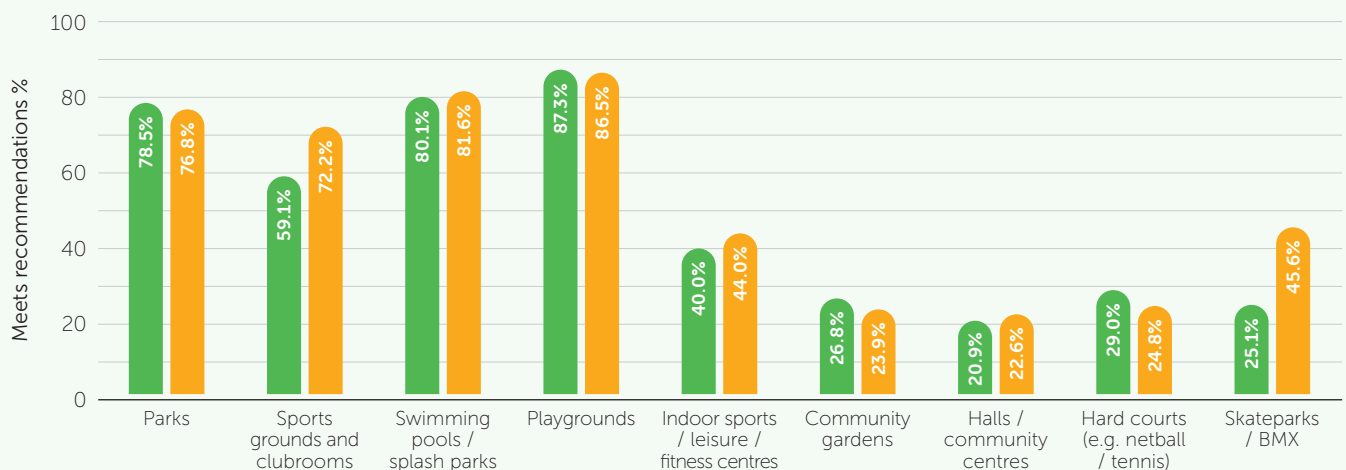


Top findings

- The top reason for 3-11 year olds to use public facilities or open spaces was **for fun and enjoyment**



Types of other public facilities or open spaces used

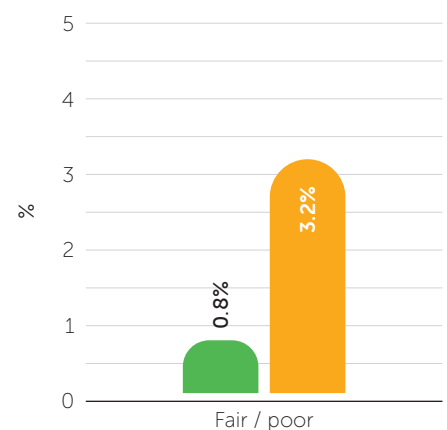


Health and wellbeing

Body Mass Index (BMI)



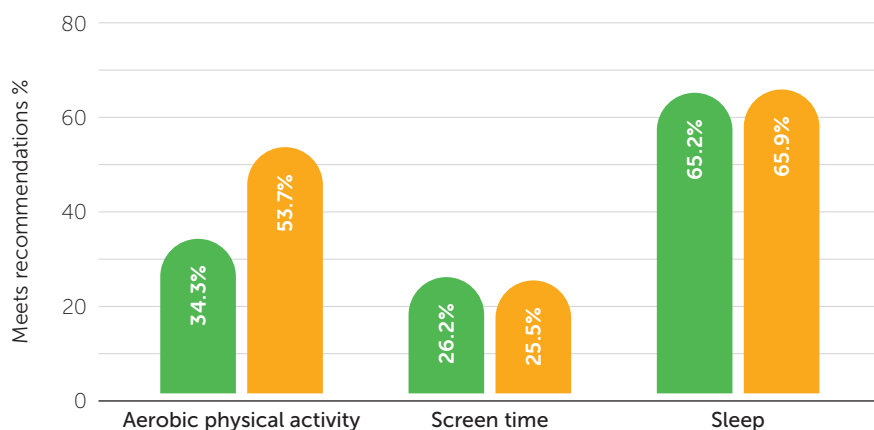
Self-reported health status



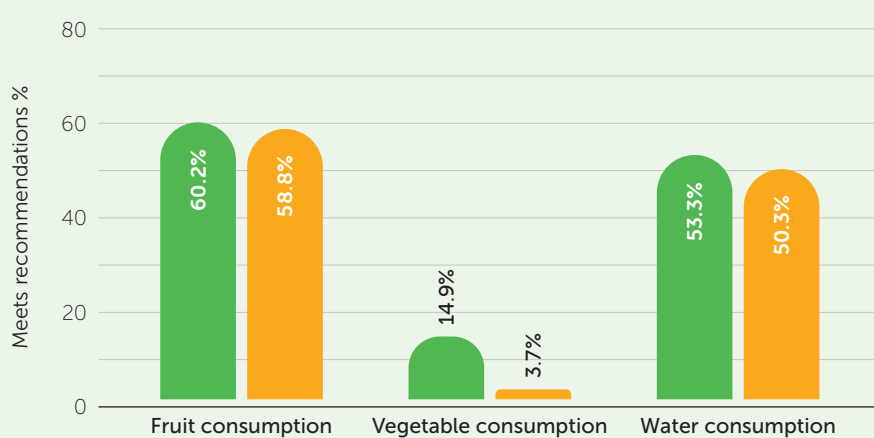
Adolescents 12-17 years

Female Male

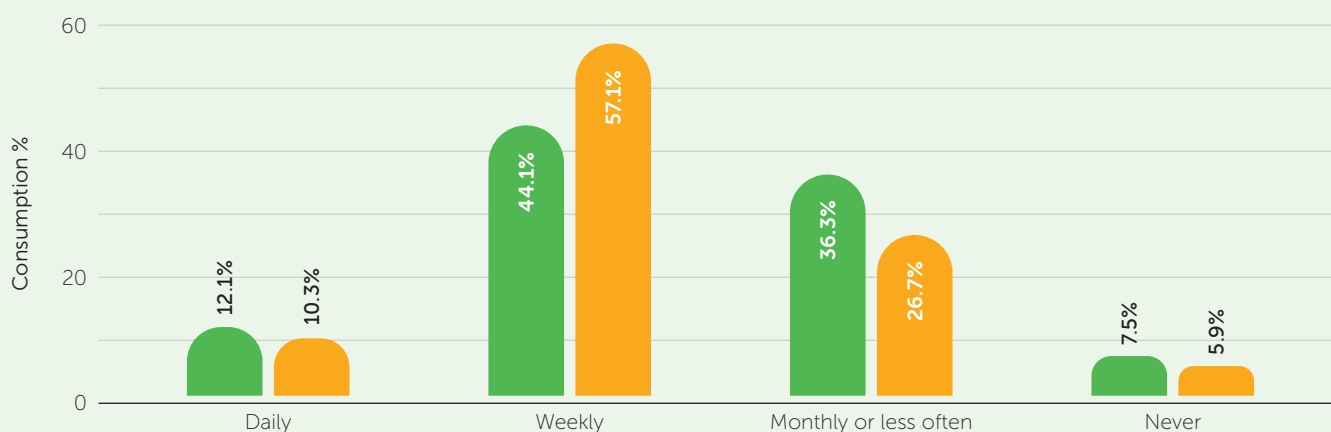
Movement behaviours



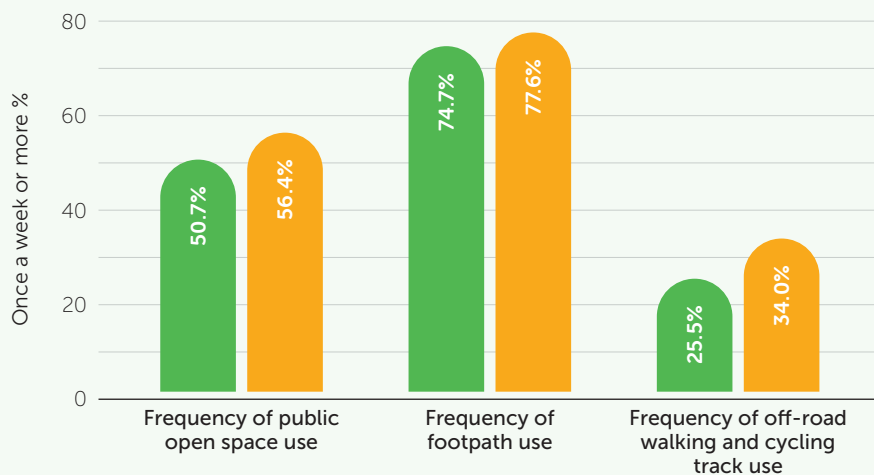
Diet



Sugar-sweetened beverage consumption



Use of public facilities and open spaces

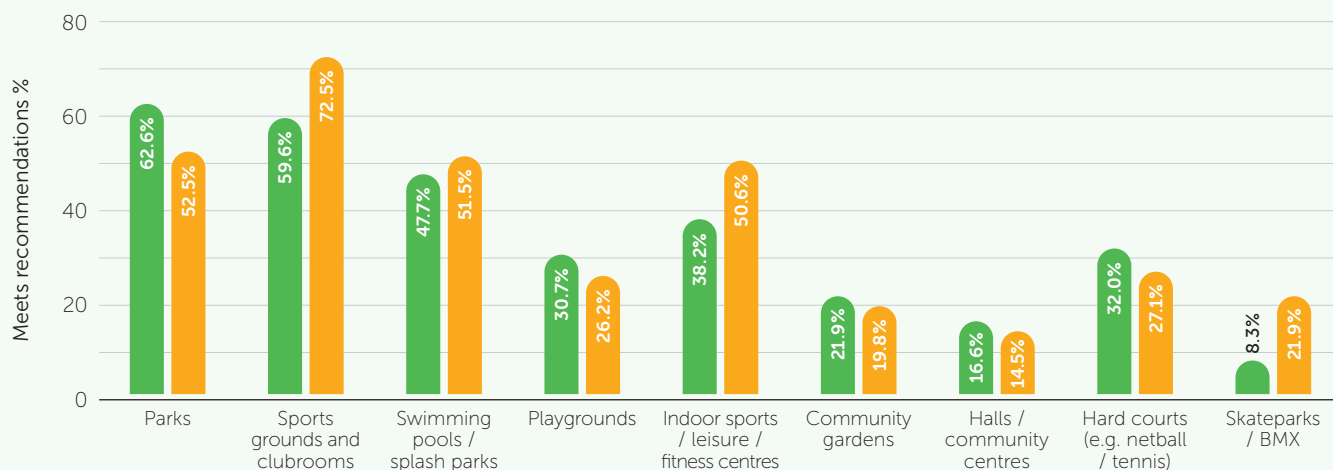


Top findings

- The top reason for 12-17 year olds to use public facilities or open spaces was to **socialise with family and friends**

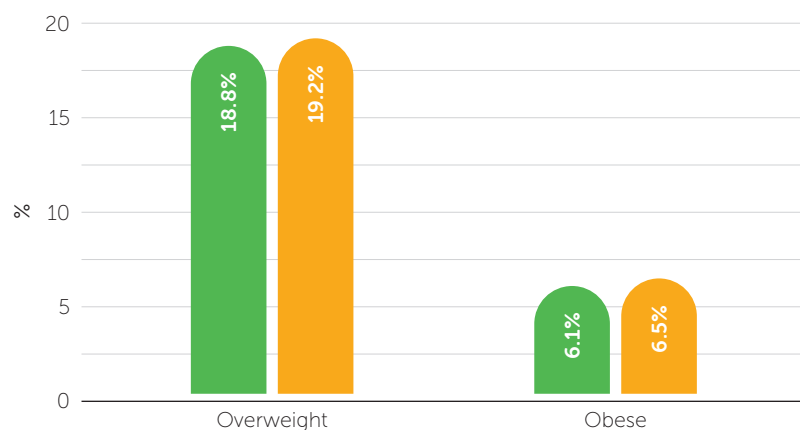


Types of other public facilities or open spaces used

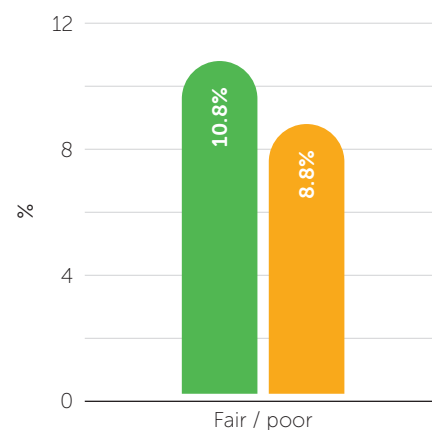


Health and wellbeing

Body Mass Index (BMI)



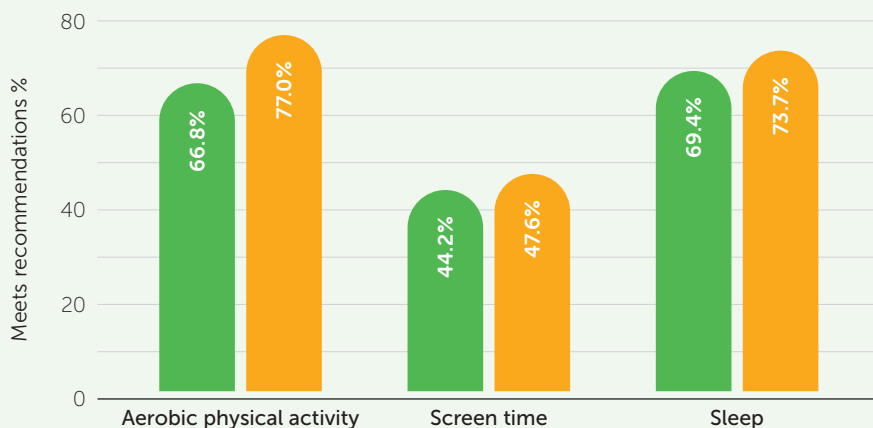
Self-reported health status



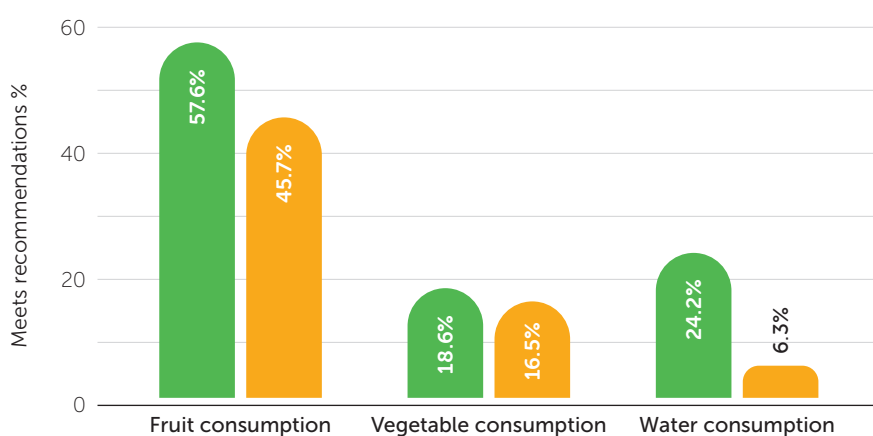
Older adults 70+ years

Female Male

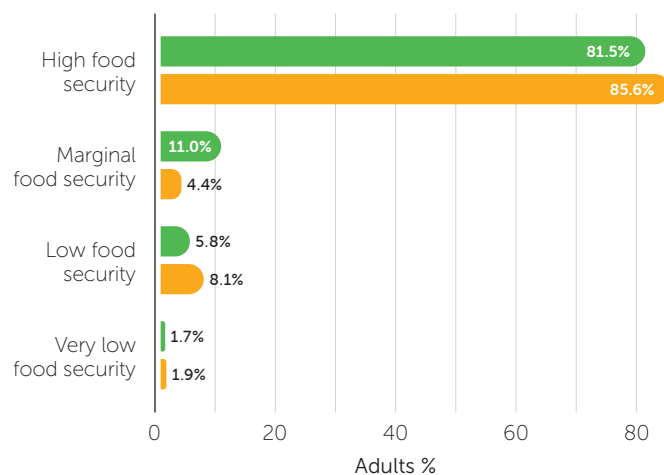
Movement behaviours



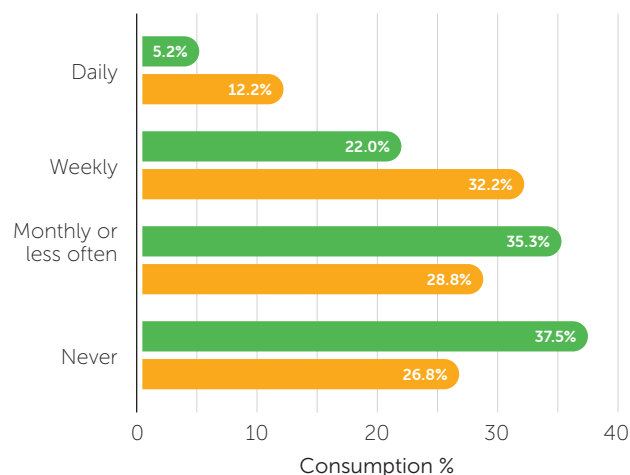
Diet



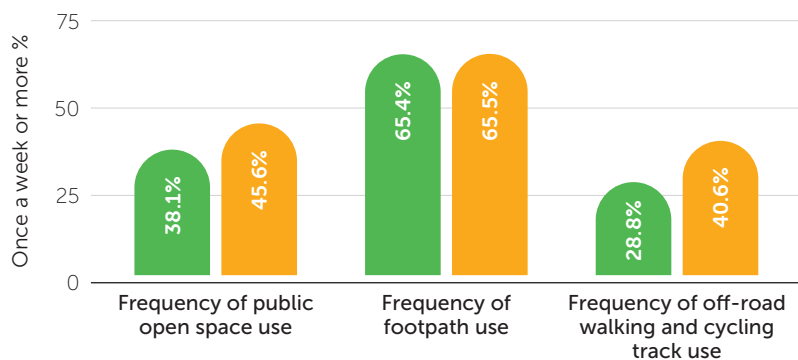
Adults' food security



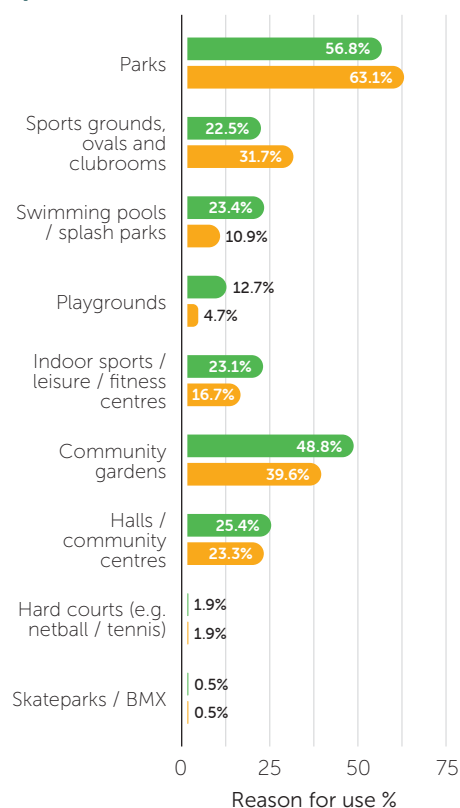
Sugar-sweetened beverage consumption



Use of public facilities and open spaces



Types of other public facilities or open spaces used



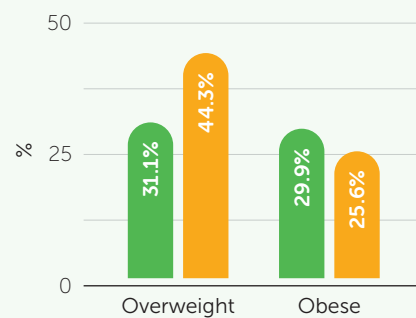
Top findings

- The top reason for people aged 70+ to use public facilities or open spaces was for **exercise, health and fitness**

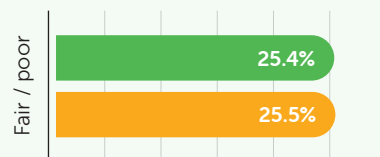


Health and wellbeing

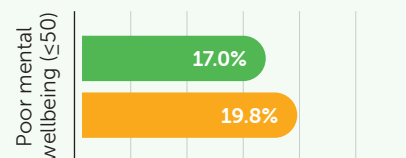
Body Mass Index



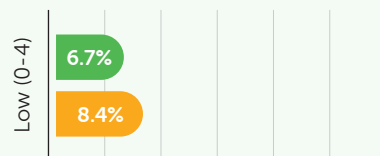
Self-reported health status



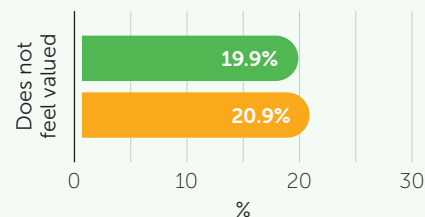
Adults' mental wellbeing



Adults' life satisfaction

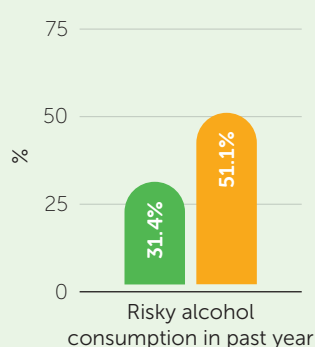


Adults' perceived value to society

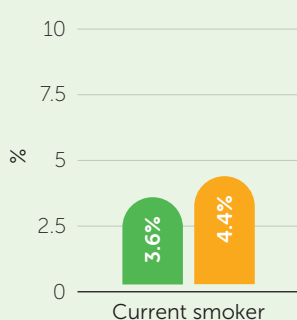


Risk behaviours

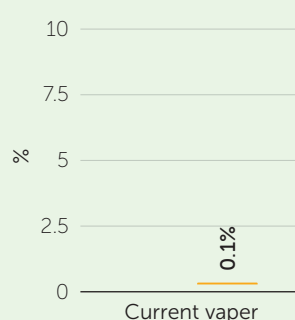
Alcohol consumption



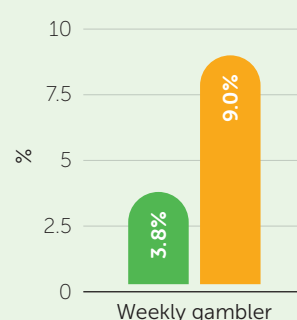
Smoking



Vaping

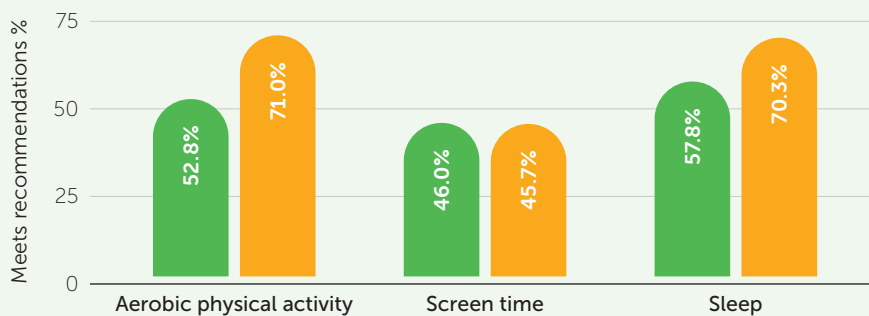


Gambling



Aboriginal and/or Torres Strait Islander

Movement behaviours



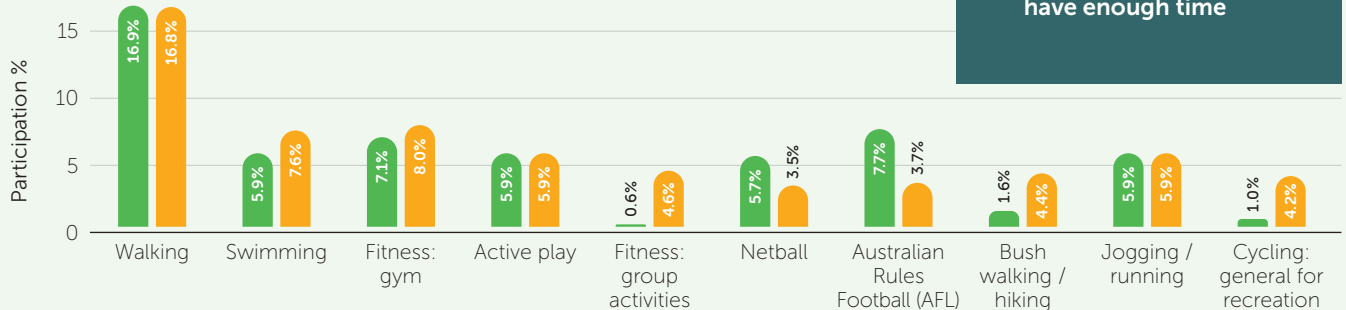
- Aboriginal and/or Torres Strait Islander
- Non Aboriginal and/or Torres Strait Islander

Top findings

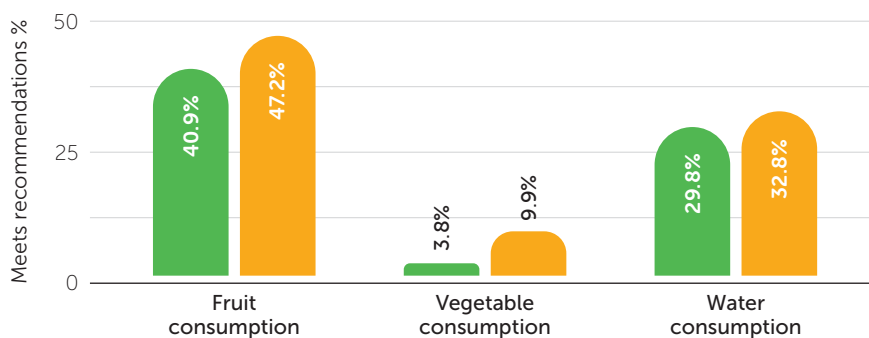
- The biggest barrier to participating in physical activity for Aboriginal and/or Torres Strait Islanders was that they were **too busy or didn't have enough time**



Top 10 activities participated in



Diet

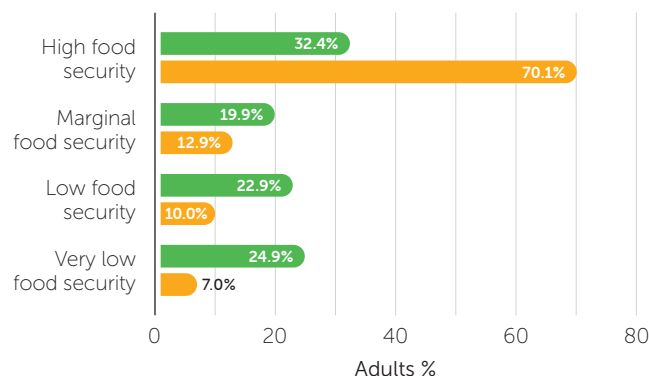


Top findings

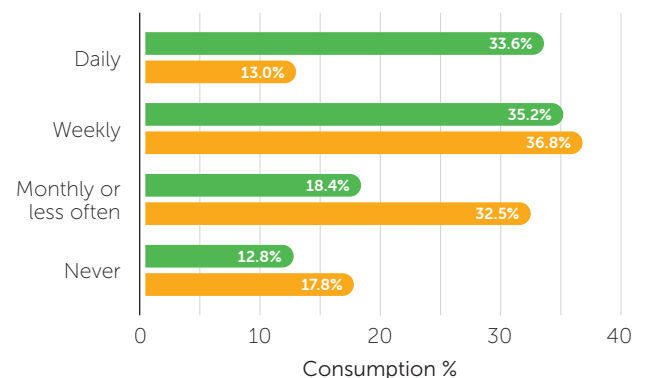
- The biggest barrier to meeting fruit and vegetable consumption recommendations for Aboriginal and/or Torres Strait Islanders was **cost**



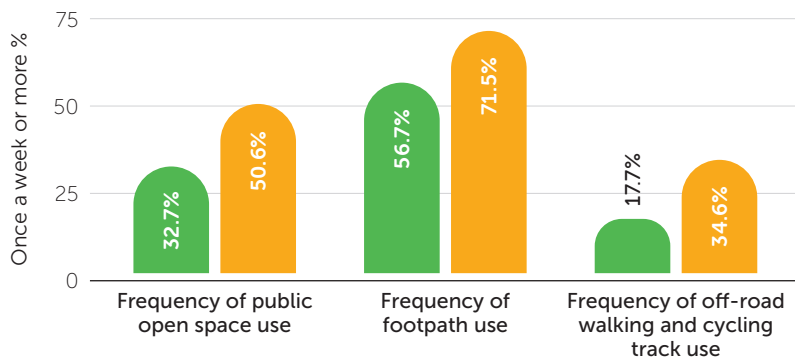
Adults' food security



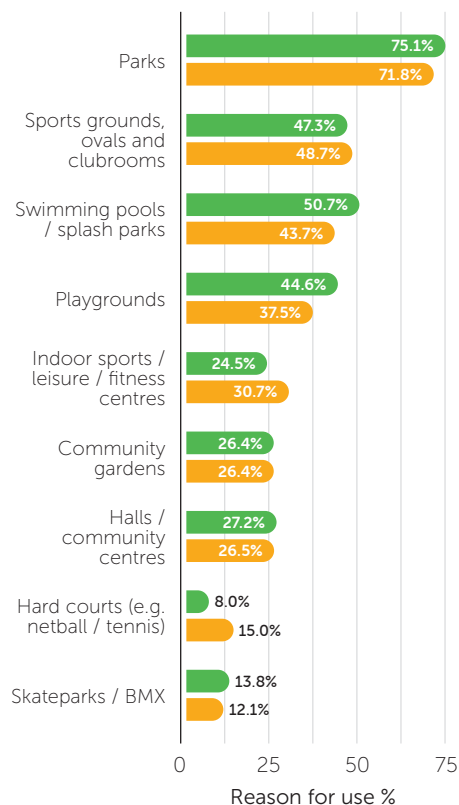
Sugar-sweetened beverage consumption



Use of public facilities and open spaces



Types of other public facilities or open spaces used

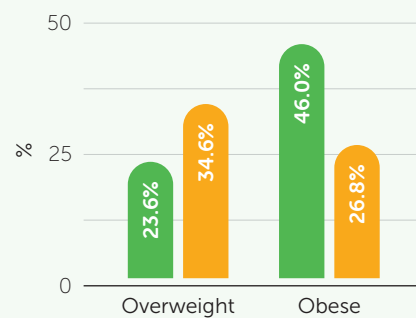


Top findings

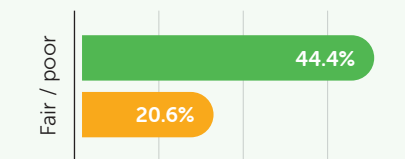
- The top reason for using public facilities or open spaces for Aboriginal and/or Torres Strait Islanders was to **socialise with family and friends, and for fun and enjoyment**

Health and wellbeing

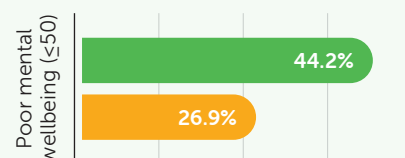
Body Mass Index



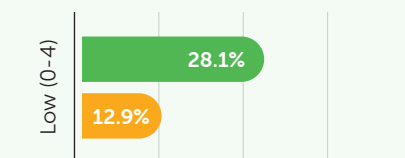
Self-reported health status



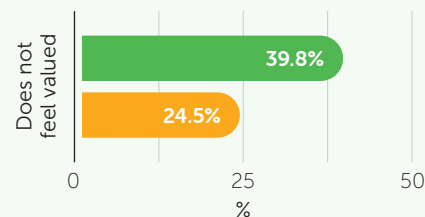
Adults' mental wellbeing



Adults' life satisfaction



Adults' perceived value to society

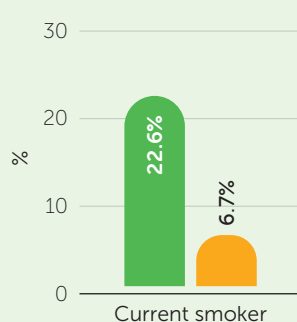


Risk behaviours

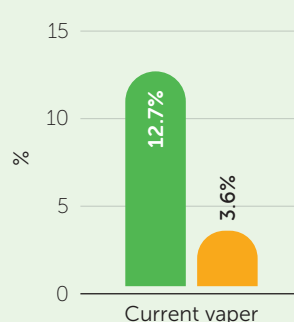
Alcohol consumption



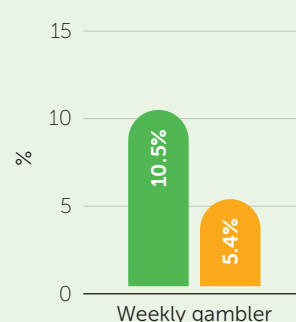
Smoking



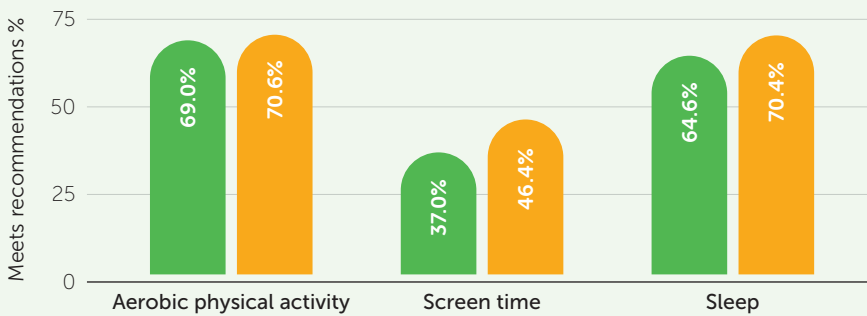
Vaping



Gambling



Movement behaviours

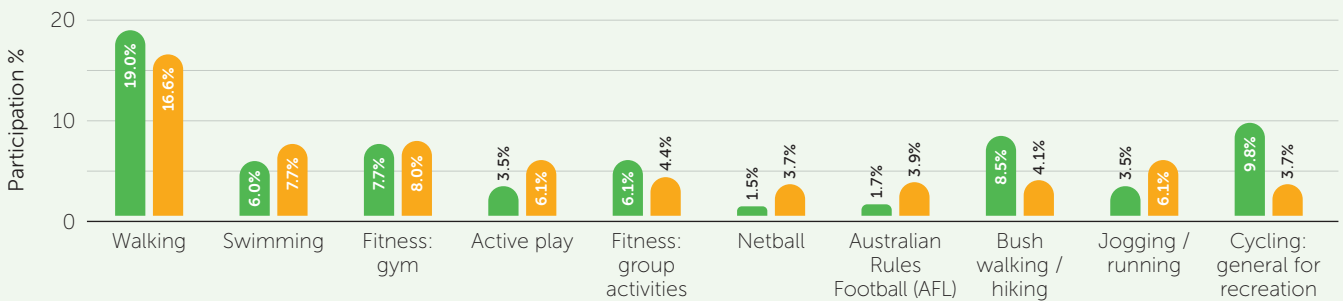


Top findings

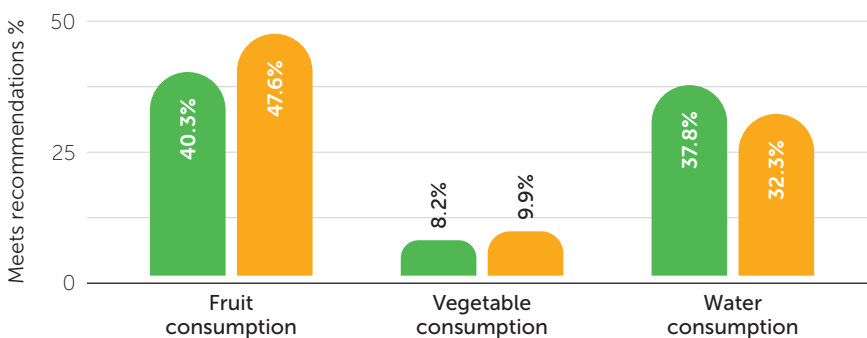


- The biggest barriers to participating in physical activity for LGBTIQA+ community members were that they were **too busy or didn't have enough time**, and **cost**

Top 10 activities participated in



Diet

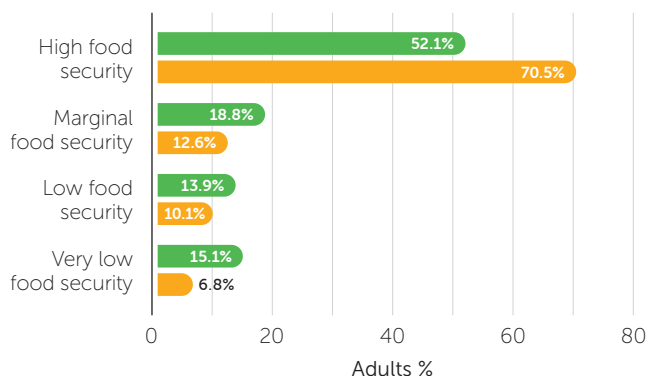


Top findings

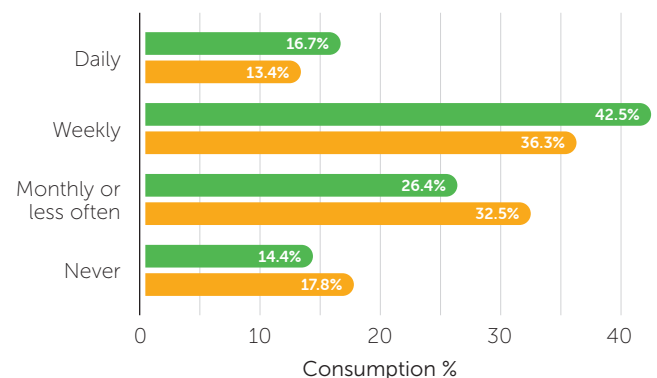


- The biggest barrier to meeting fruit and vegetable consumption recommendations for LGBTIQA+ community members was **cost**

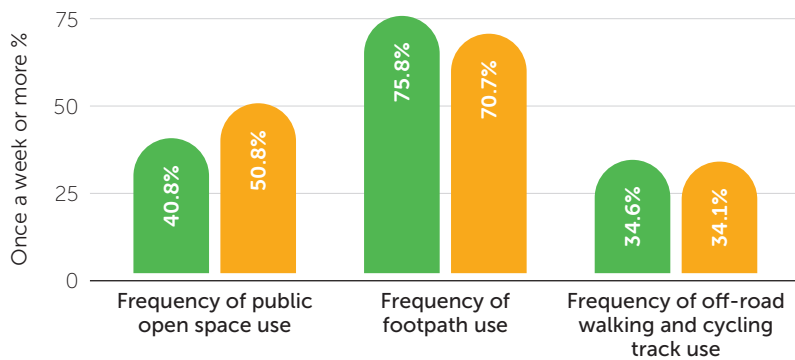
Adults' food security



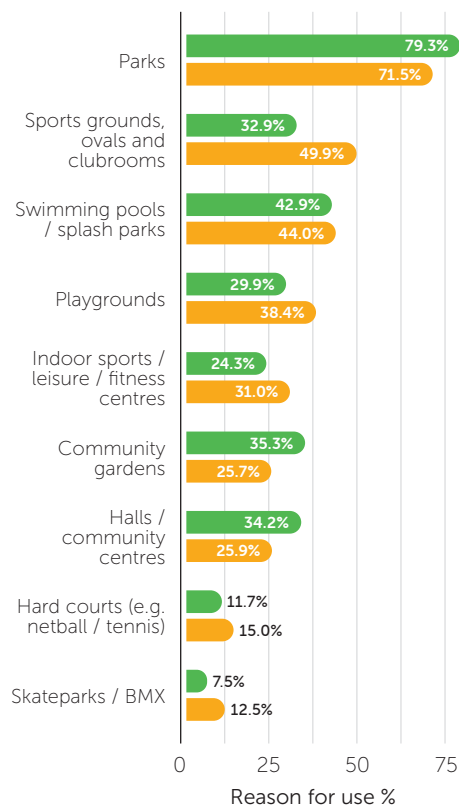
Sugar-sweetened beverage consumption



Use of public facilities and open spaces



Types of other public facilities or open spaces used



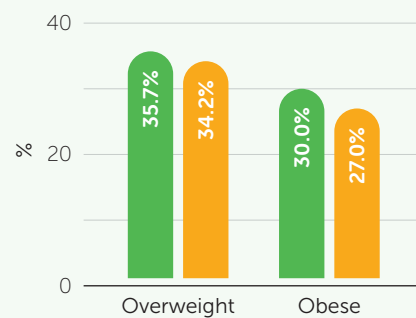
Top findings

- The top reason for using public facilities or open spaces for LGBTIQA+ community members was for **exercise, health and fitness**, and to **socialise with family and friends**

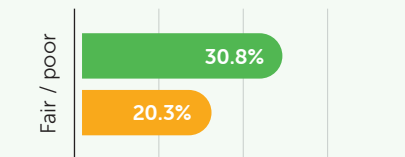


Health and wellbeing

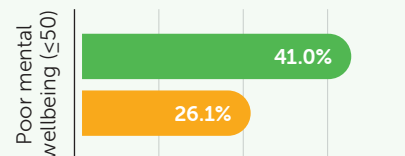
Body Mass Index



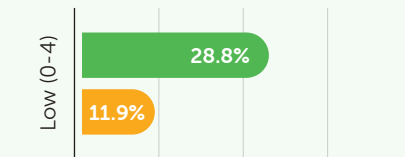
Self-reported health status



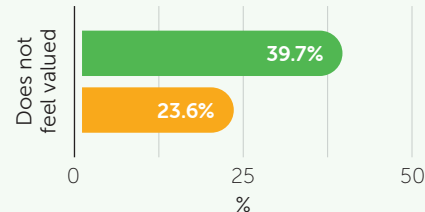
Adults' mental wellbeing



Adults' life satisfaction



Adults' perceived value to society

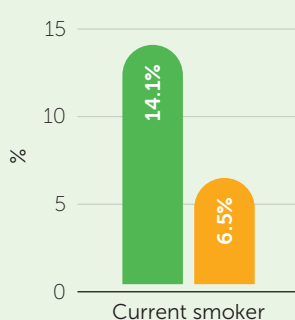


Risk behaviours

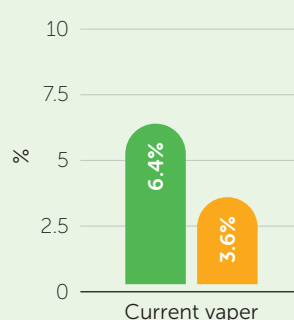
Alcohol consumption



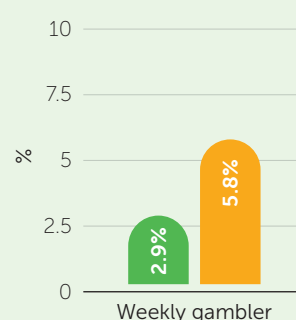
Smoking



Vaping



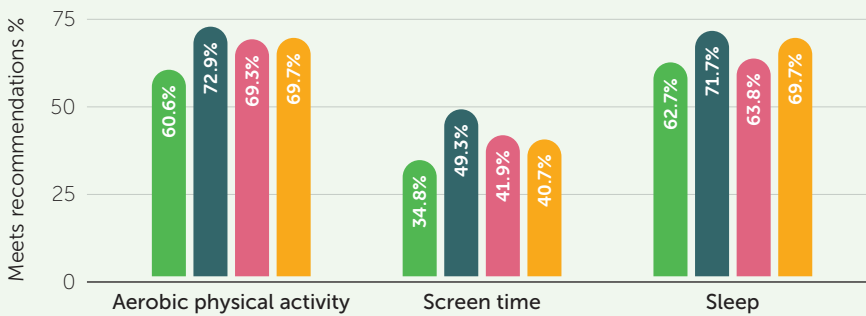
Gambling



Neurodivergence

- Neurodivergent
- Not neurodivergent
- Maybe
- Not sure what neurodivergent means

Movement behaviours

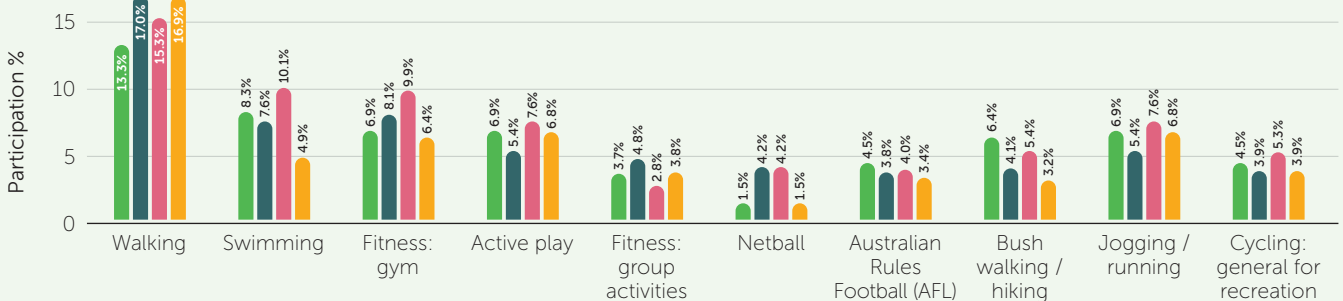


Top findings

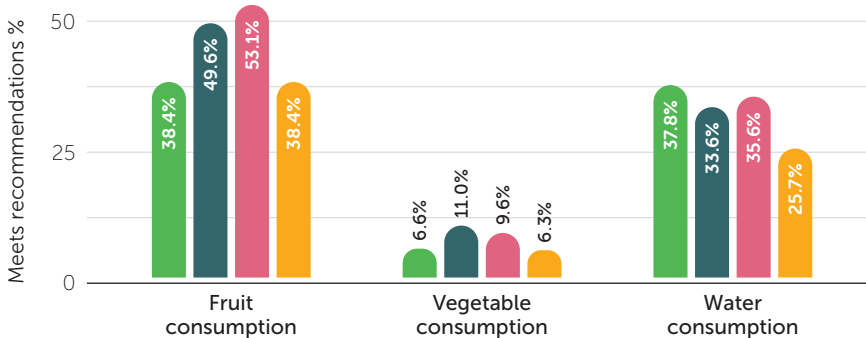
- The biggest barrier to participating in physical activity for all categories were that they were **too busy or didn't have enough time**



Top 10 activities participated in



Diet

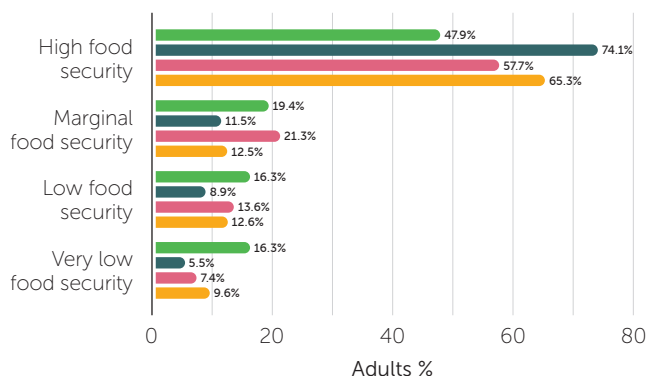


Top findings

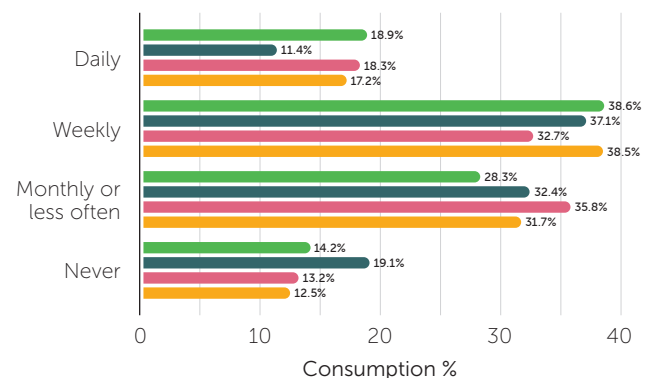
- The biggest barrier to meeting fruit and vegetable consumption recommendations for people who are neurodivergent was **cost**, whereas the biggest barrier for those who are not neurodivergent was **personal preferences**



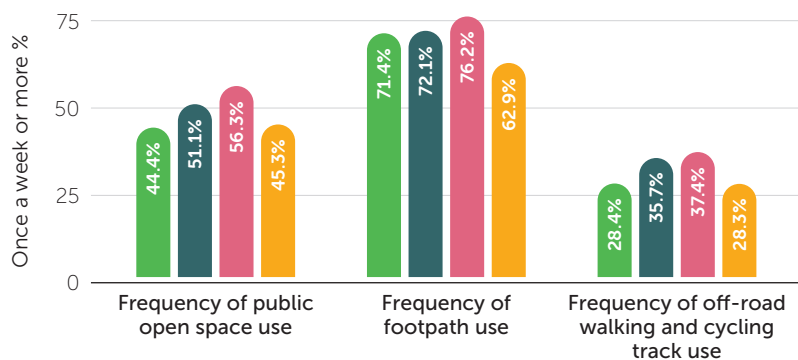
Adults' food security



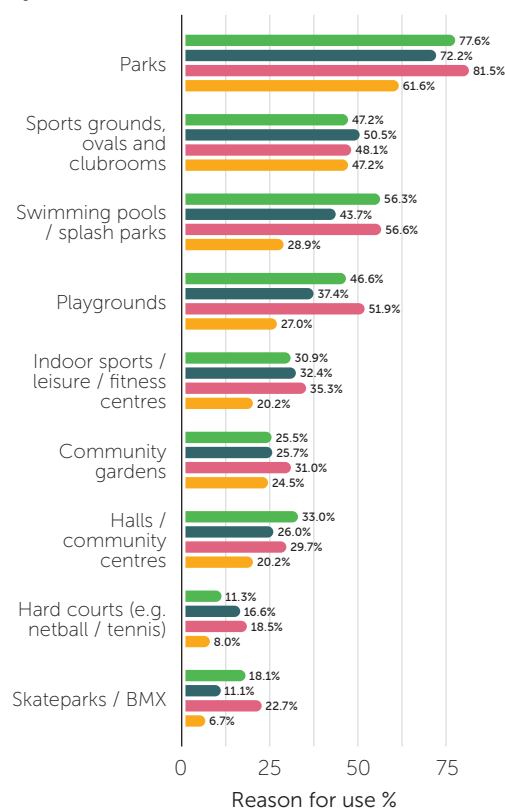
Sugar-sweetened beverage consumption



Use of public facilities and open spaces



Types of other public facilities or open spaces used



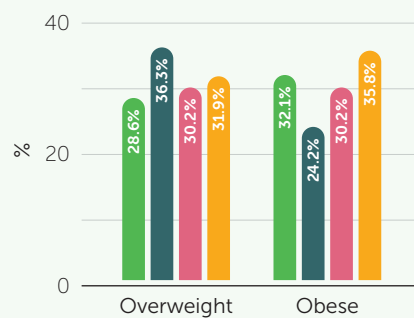
Top findings

- The top reason for using public facilities or open spaces for people who are neurodivergent was for **fun and enjoyment**, whereas the top reason for people who are not neurodivergent was for **exercise, health and fitness**

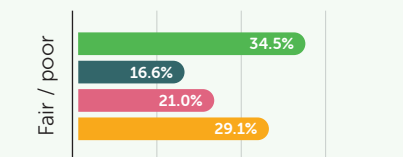


Health and wellbeing

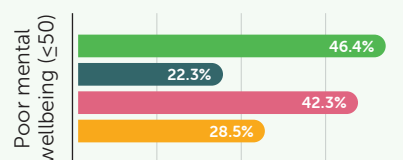
Body Mass Index



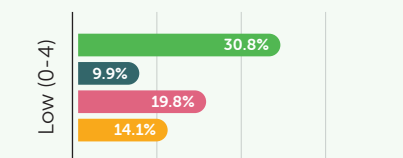
Self-reported health status



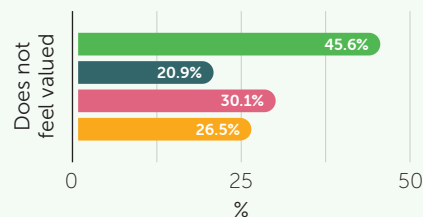
Adults' mental wellbeing



Adults' life satisfaction

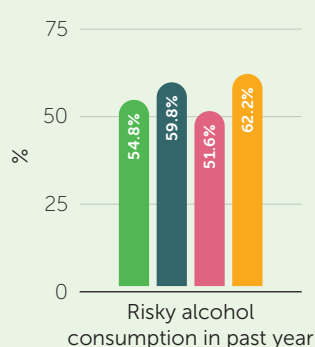


Adults' perceived value to society

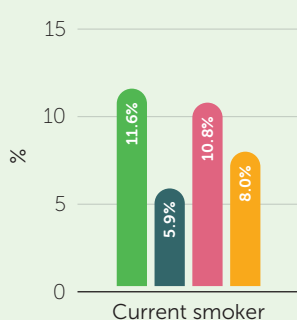


Risk behaviours

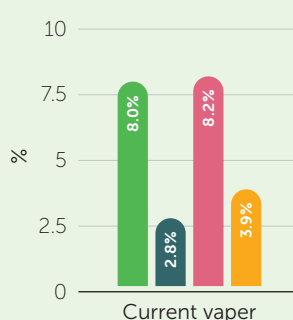
Alcohol consumption



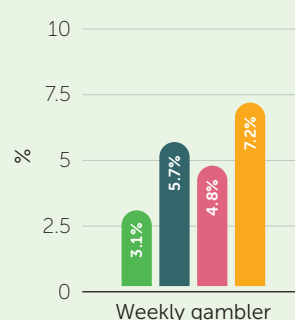
Smoking



Vaping



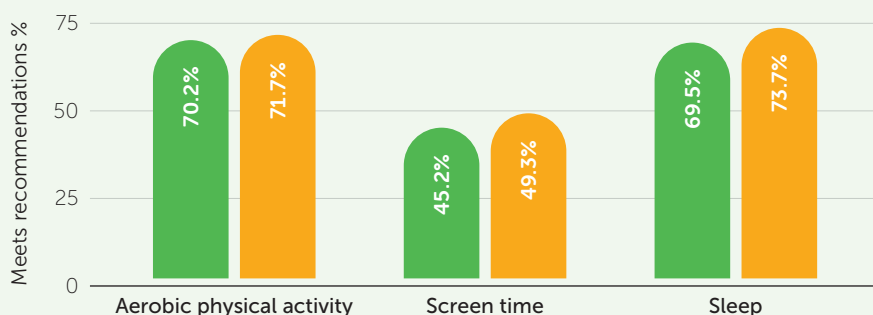
Gambling



Country of birth

Australia
Overseas

Movement behaviours

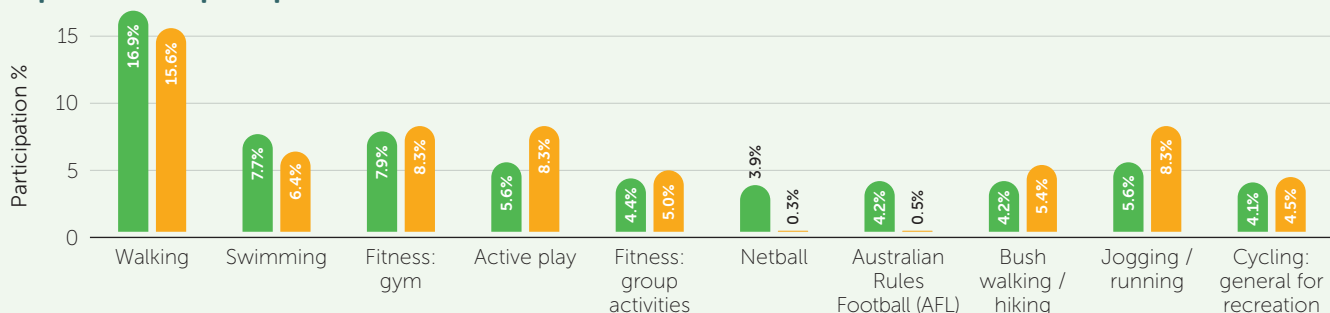


Top findings

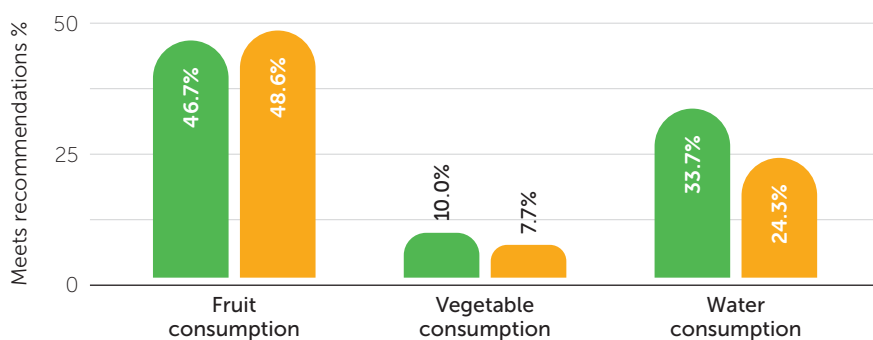


- The biggest barrier to participating in physical activity for people born either in Australia or overseas was that they were **too busy or didn't have enough time**

Top 10 activities participated in



Diet

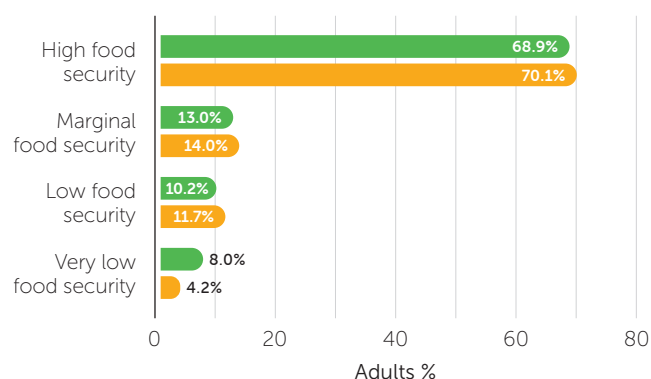


Top findings

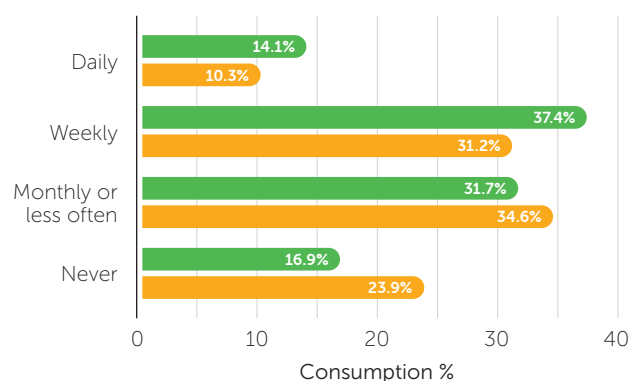


- The biggest barrier to meeting fruit and vegetable consumption recommendations for both people born in Australia and overseas was **personal preference**

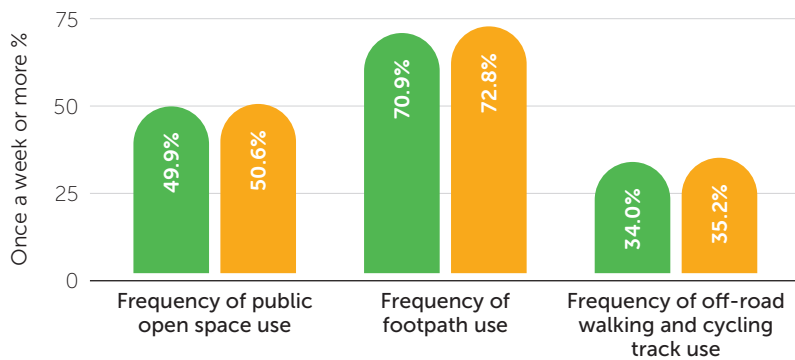
Adults' food security



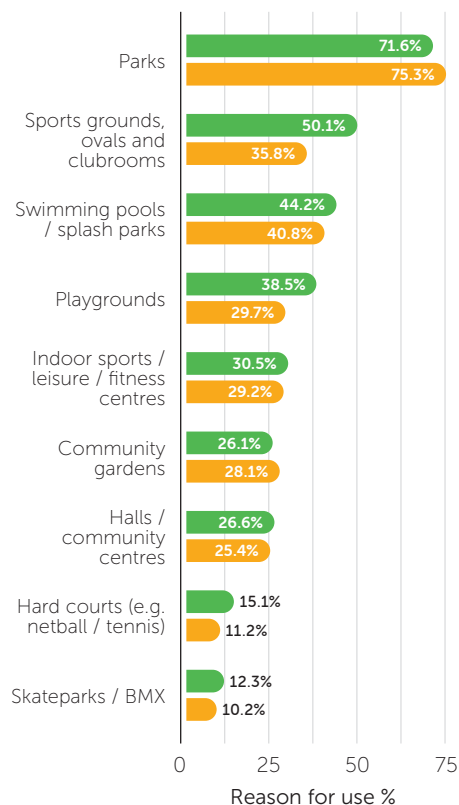
Sugar-sweetened beverage consumption



Use of public facilities and open spaces

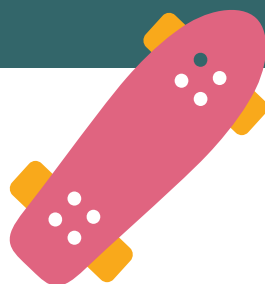


Types of other public facilities or open spaces used



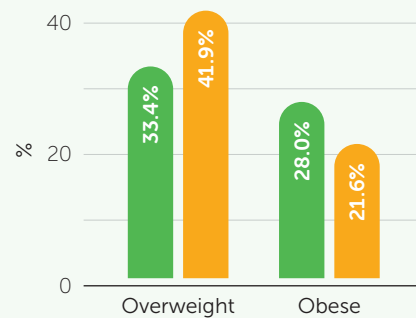
Top findings

- The top reason for using public facilities or open spaces for both people born in Australia and overseas was for **exercise, health and fitness**

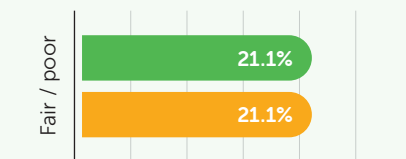


Health and wellbeing

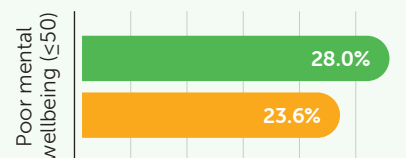
Body Mass Index



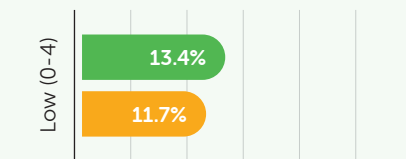
Self-reported health status



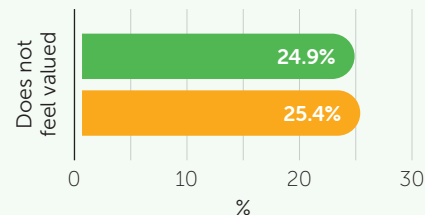
Adults' mental wellbeing



Adults' life satisfaction

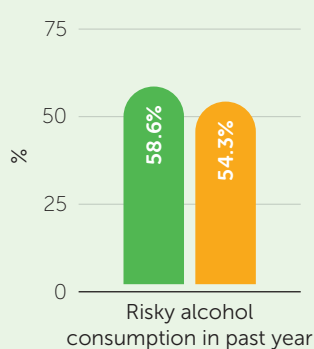


Adults' perceived value to society

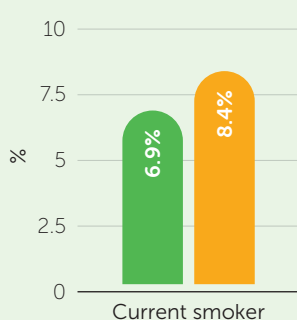


Risk behaviours

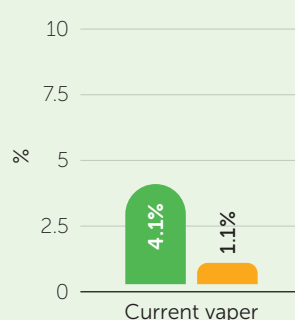
Alcohol consumption



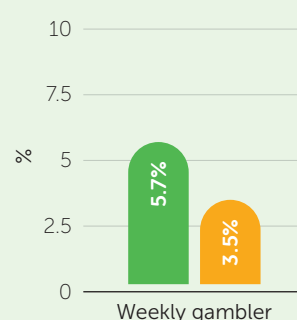
Smoking



Vaping



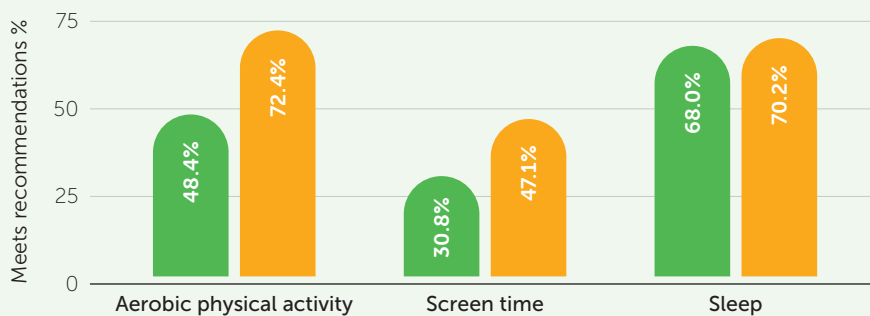
Gambling



Additional support needs

- Requires help
- Does not require help

Movement behaviours

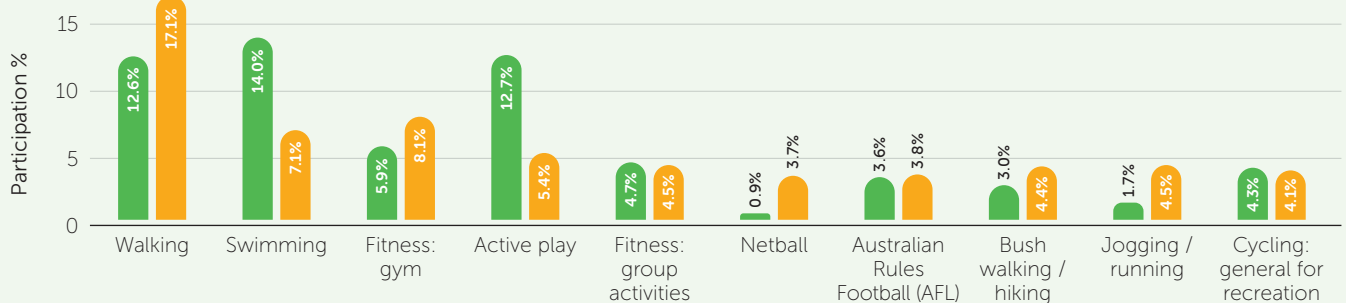


Top findings

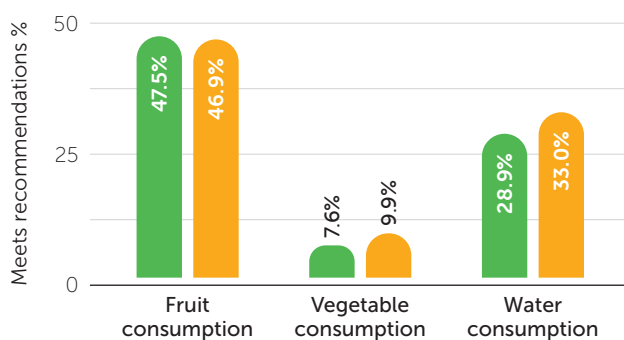
- The biggest barrier to participating in physical activity for people who require help was **poor health or disability**, whereas the biggest barrier for people who did not require help was **too busy or not enough time**



Top 10 activities participated in



Diet

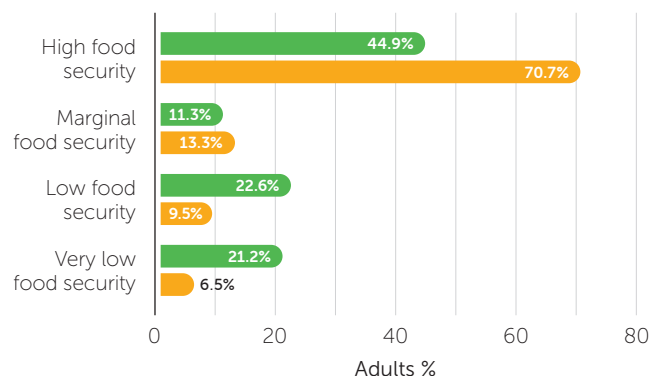


Top findings

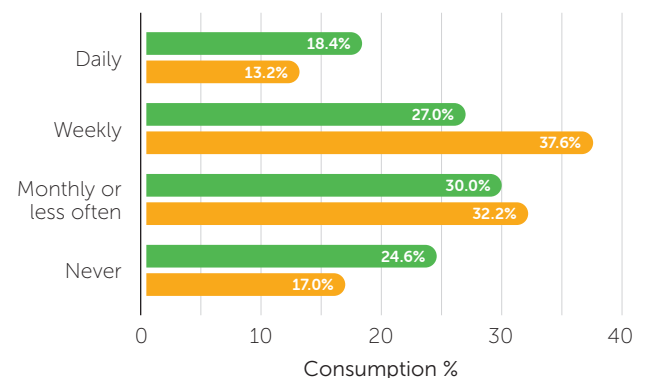
- The biggest barrier to meeting fruit consumption recommendations for people who require help was **cost**, whereas the biggest barrier for people who didn't require help was **personal preference**
- The biggest barrier to meeting vegetable consumption recommendations for both people who require help and people who don't require help was **personal preference**



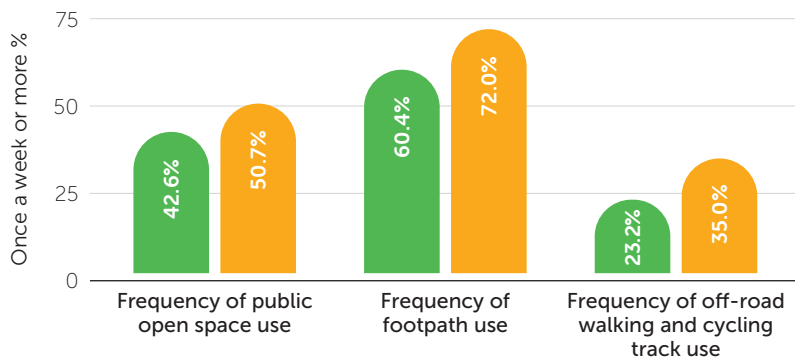
Adults' food security



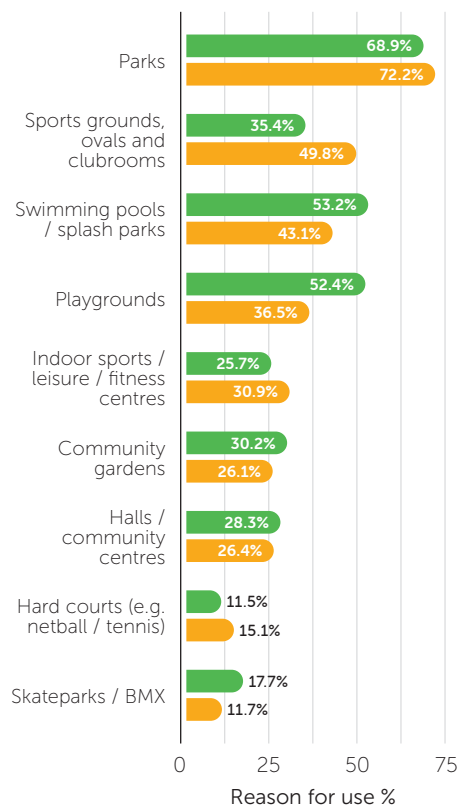
Sugar-sweetened beverage consumption



Use of public facilities and open spaces



Types of other public facilities or open spaces used

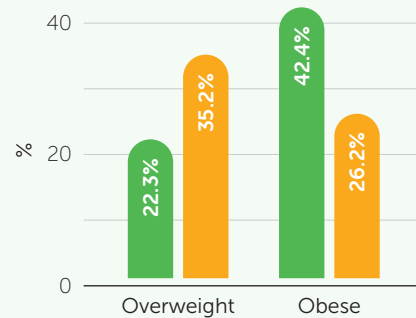


Top findings

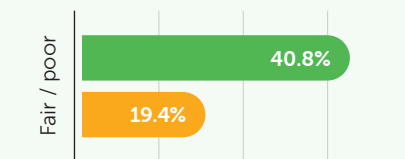
- The top reason for using public facilities or open spaces for people who require help was for **enjoyment and fun**, whereas the top reason for people who didn't require help was **exercise, health and fitness**

Health and wellbeing

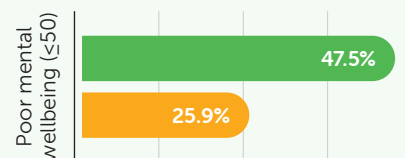
Body Mass Index



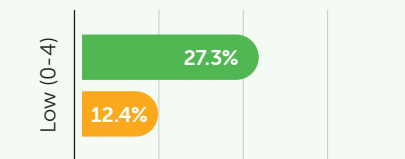
Self-reported health status



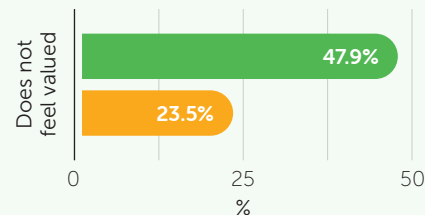
Adults' mental wellbeing



Adults' life satisfaction



Adults' perceived value to society

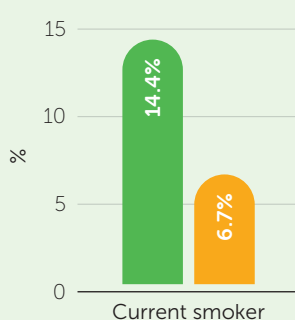


Risk behaviours

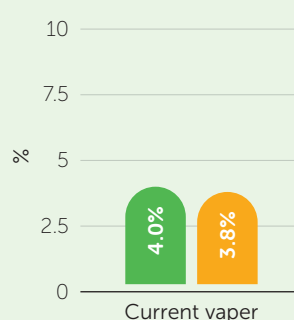
Alcohol consumption



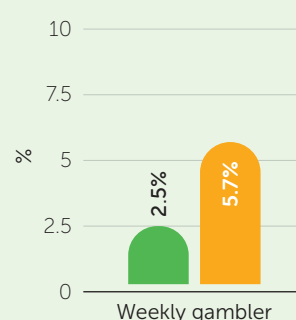
Smoking



Vaping



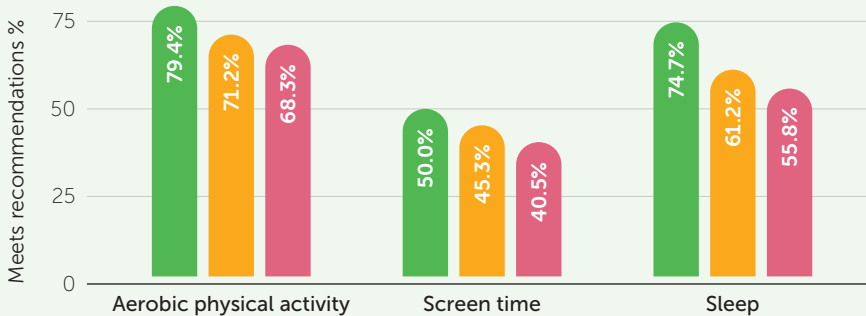
Gambling



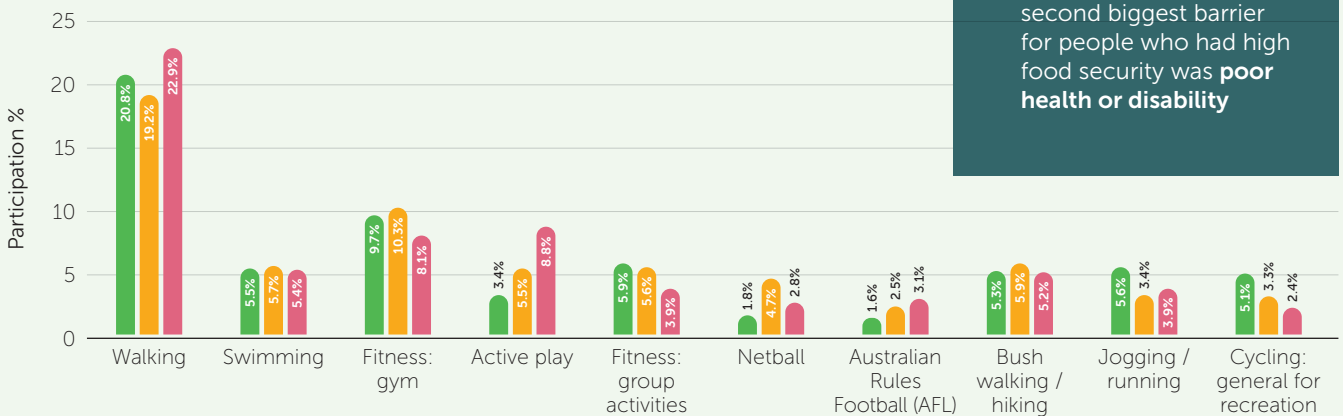
Food security

- High food secure
- Marginal food secure
- Low or very low food secure

Movement behaviours



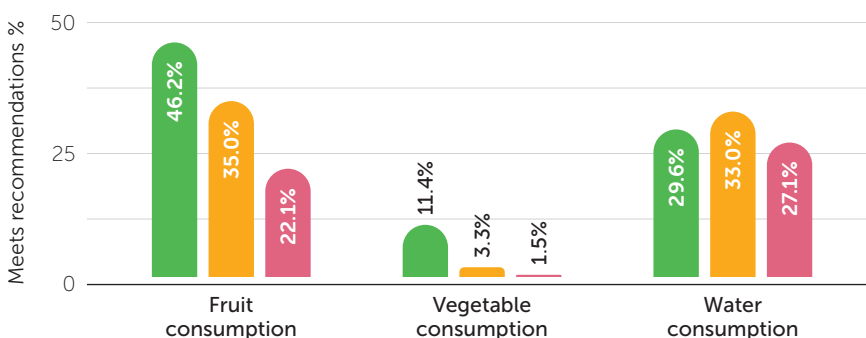
Top 10 activities participated in



Top findings

- The biggest barrier to participating in physical activity for all groups was that they were **too busy or they didn't have enough time**. However, the second most common response for people experiencing marginal and low or very low food security was **cost**, whereas the second biggest barrier for people who had high food security was **poor health or disability**

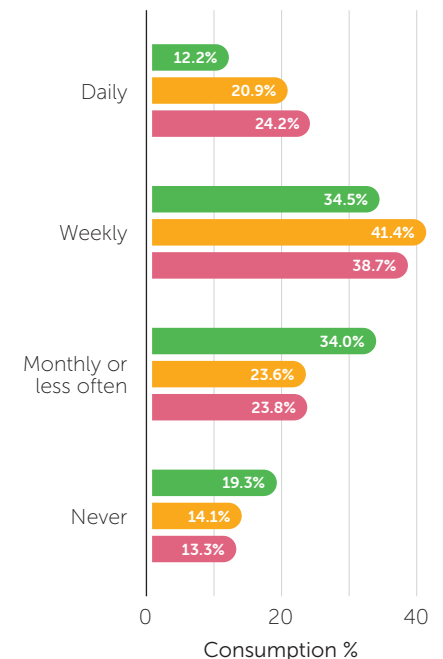
Diet



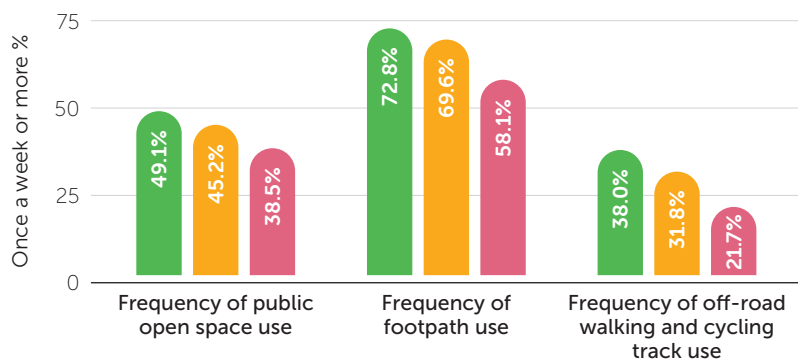
Top findings

- The biggest barrier to meeting fruit and vegetable consumption recommendations for people experiencing marginal and low or very low food security was **cost**, whereas the biggest barrier for people experiencing high food security was **personal preference**

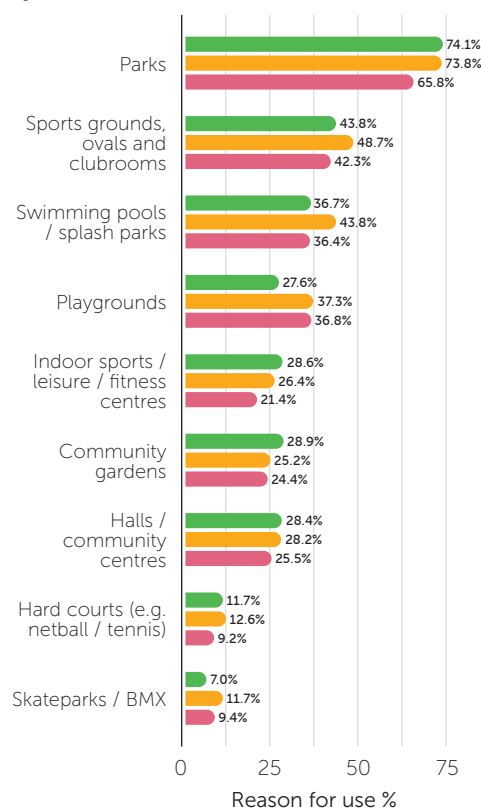
Sugar-sweetened beverage consumption



Use of public facilities and open spaces



Types of other public facilities or open spaces used



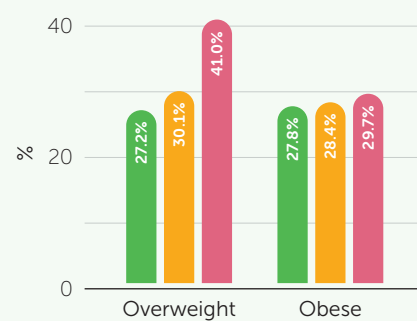
Top findings

- The top reason for using public facilities or open spaces for people who are experiencing low or very low food security was to **socialise with family and friends**, whereas the top reason for people who are experiencing high or marginal food security was **exercise, health and fitness**

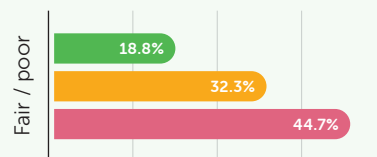


Health and wellbeing

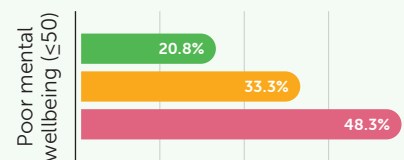
Body Mass Index



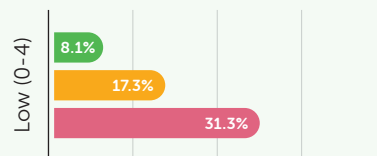
Self-reported health status



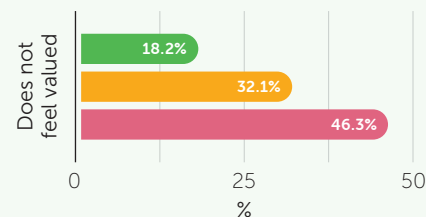
Adults' mental wellbeing



Adults' life satisfaction

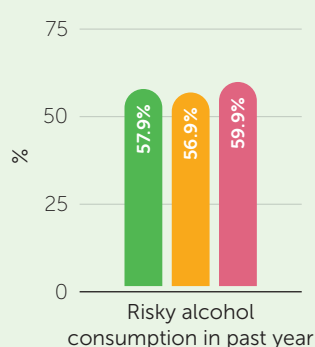


Adults' perceived value to society

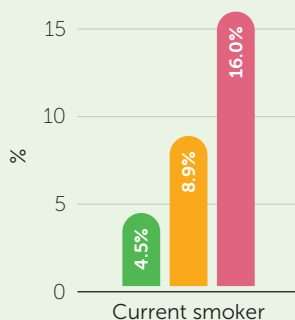


Risk behaviours

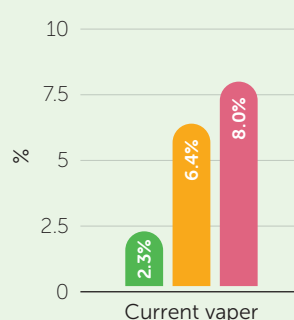
Alcohol consumption



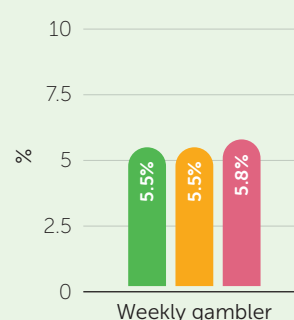
Smoking



Vaping

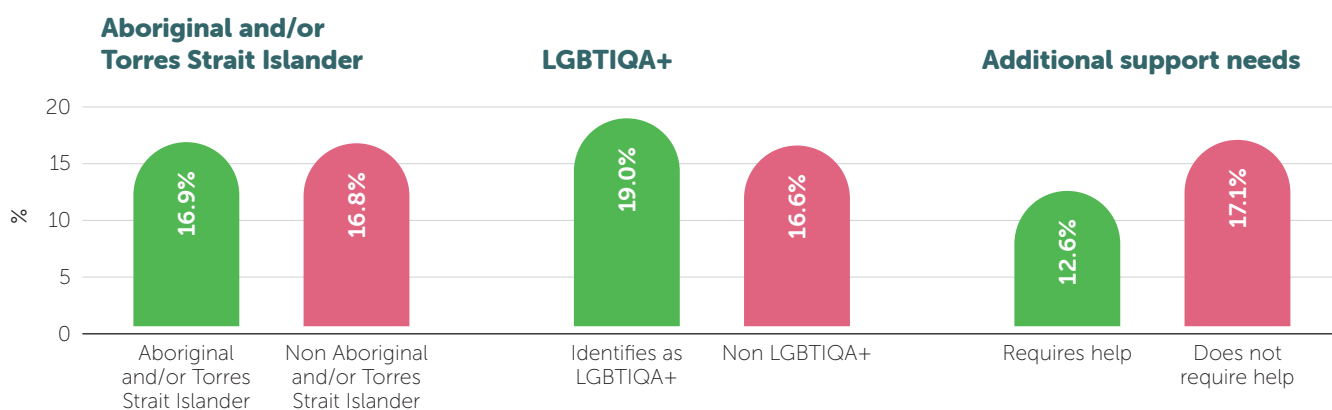
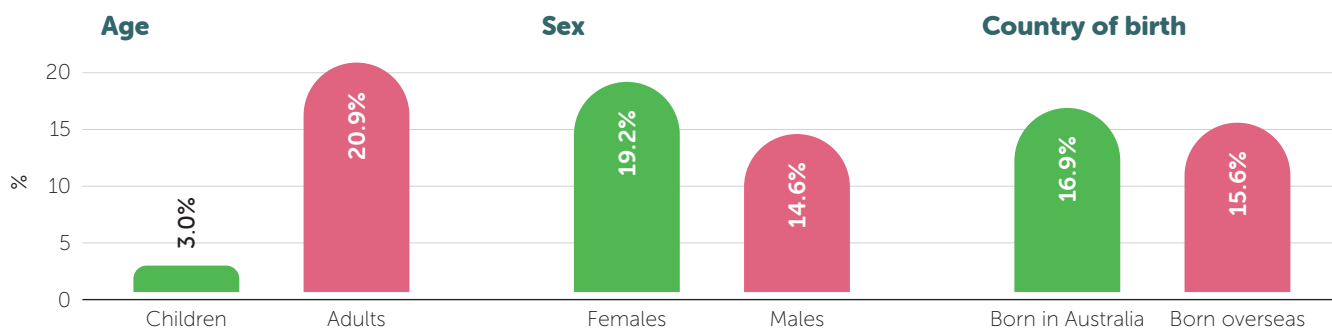


Gambling

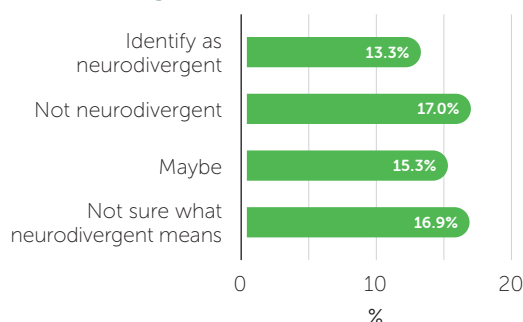


Walking for recreation

Top five most popular physical activities in our region

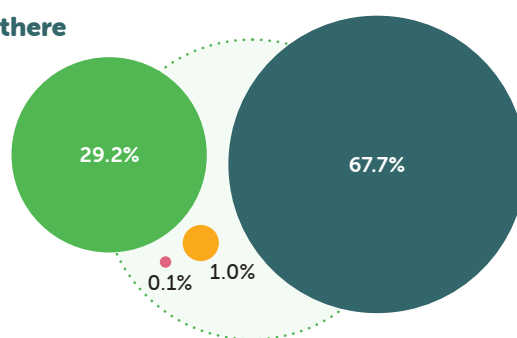


Neurodivergence

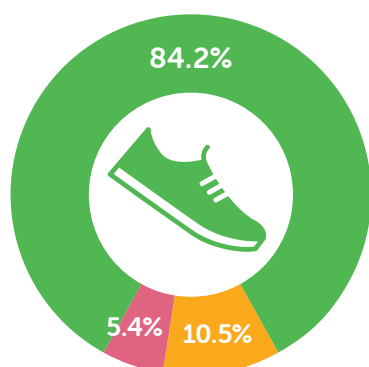


How people get there

- Car
- Walking
- Bicycle
- Public transport / taxi / Uber

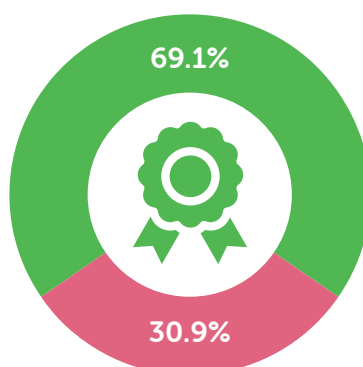


Frequency of walking for recreation



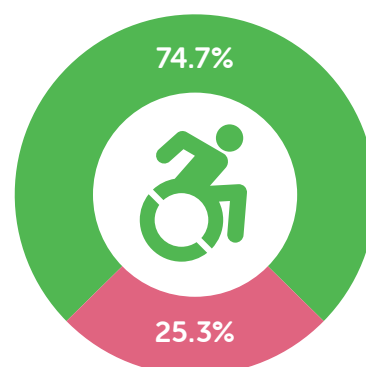
- Heavy – once a week or more often
- Medium – 1-3 times a month
- Light – less than once a month

Quality rating for most used facility or open space



- Good / excellent
- Very poor to average

Accessibility rating for most used facility or open space

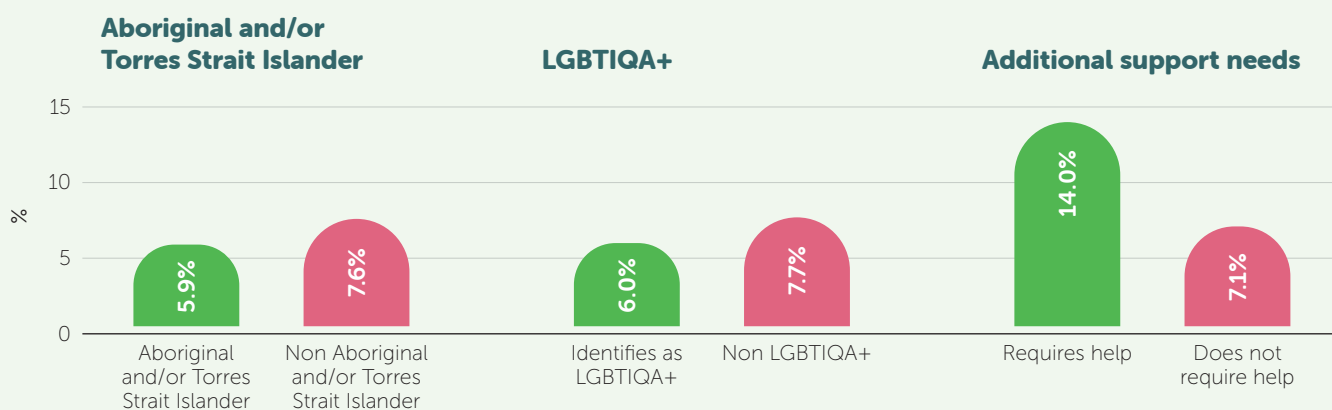
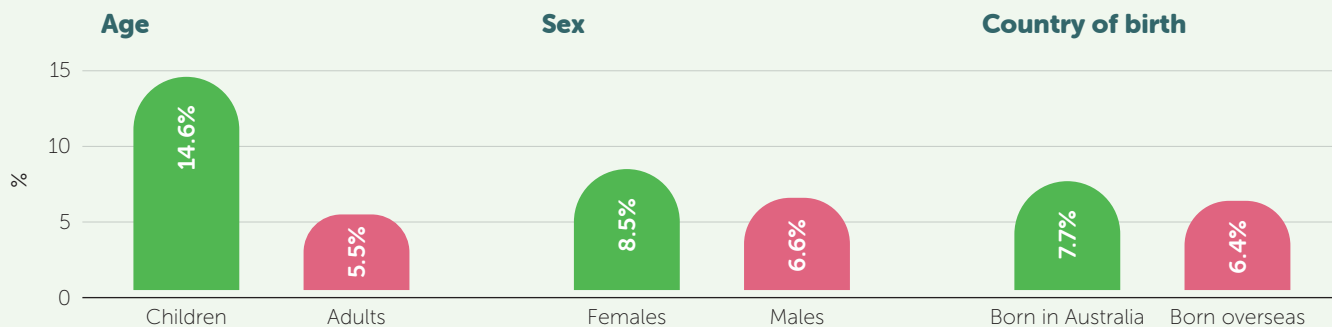


- Good / excellent
- Very poor to average

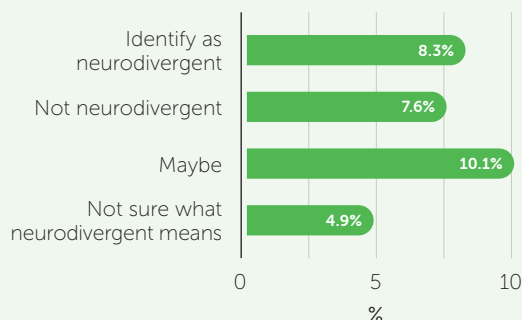
Swimming



Top five most popular physical activities in our region

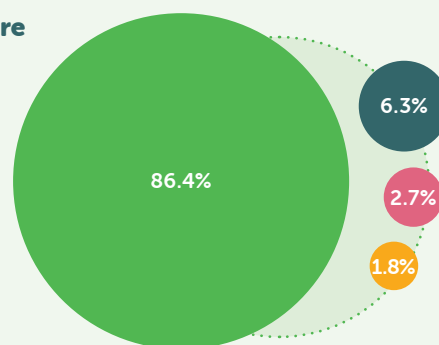


Neurodivergence

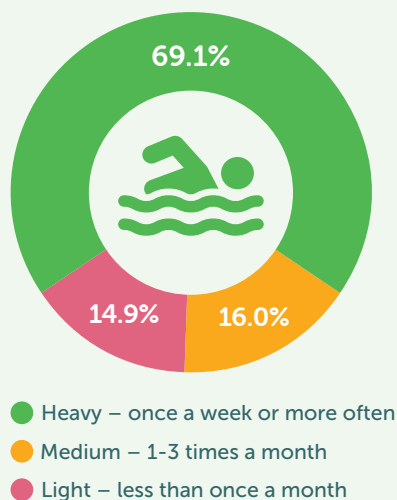


How people get there

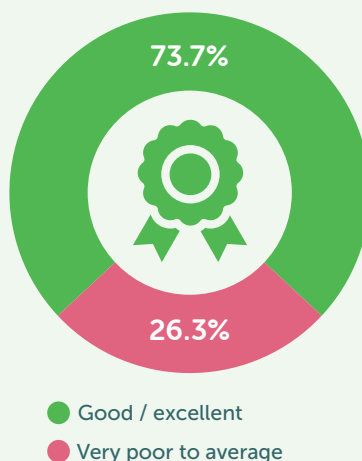
- Car
- Walking
- Bicycle
- Public transport / taxi / Uber



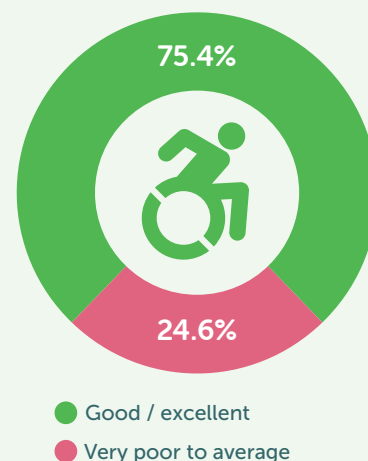
Frequency of swimming



Quality rating for most used facility or open space



Accessibility rating for most used facility or open space

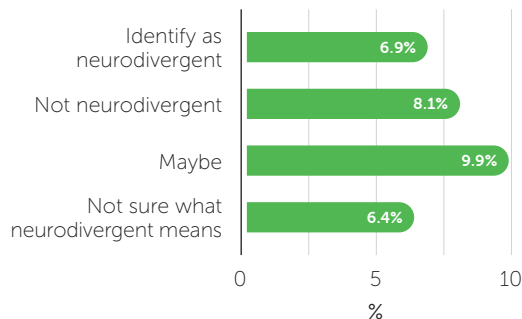


Fitness: gym

Top five most popular physical activities in our region

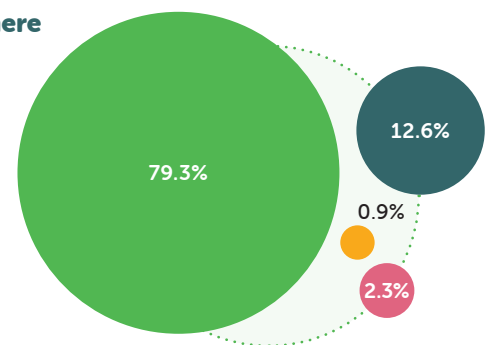


Neurodivergence

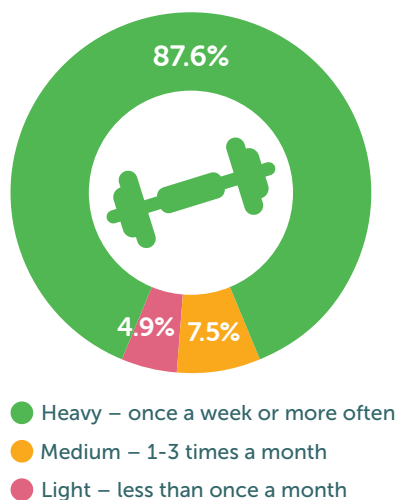


How people get there

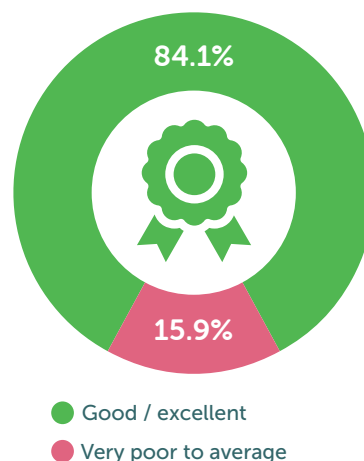
- Car
- Walking
- Bicycle
- Public transport / taxi / Uber



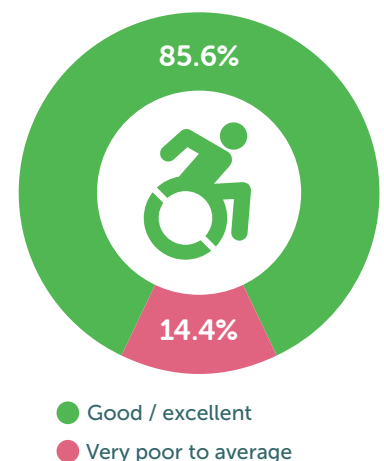
Frequency of fitness: gym



Quality rating for most used facility or open space

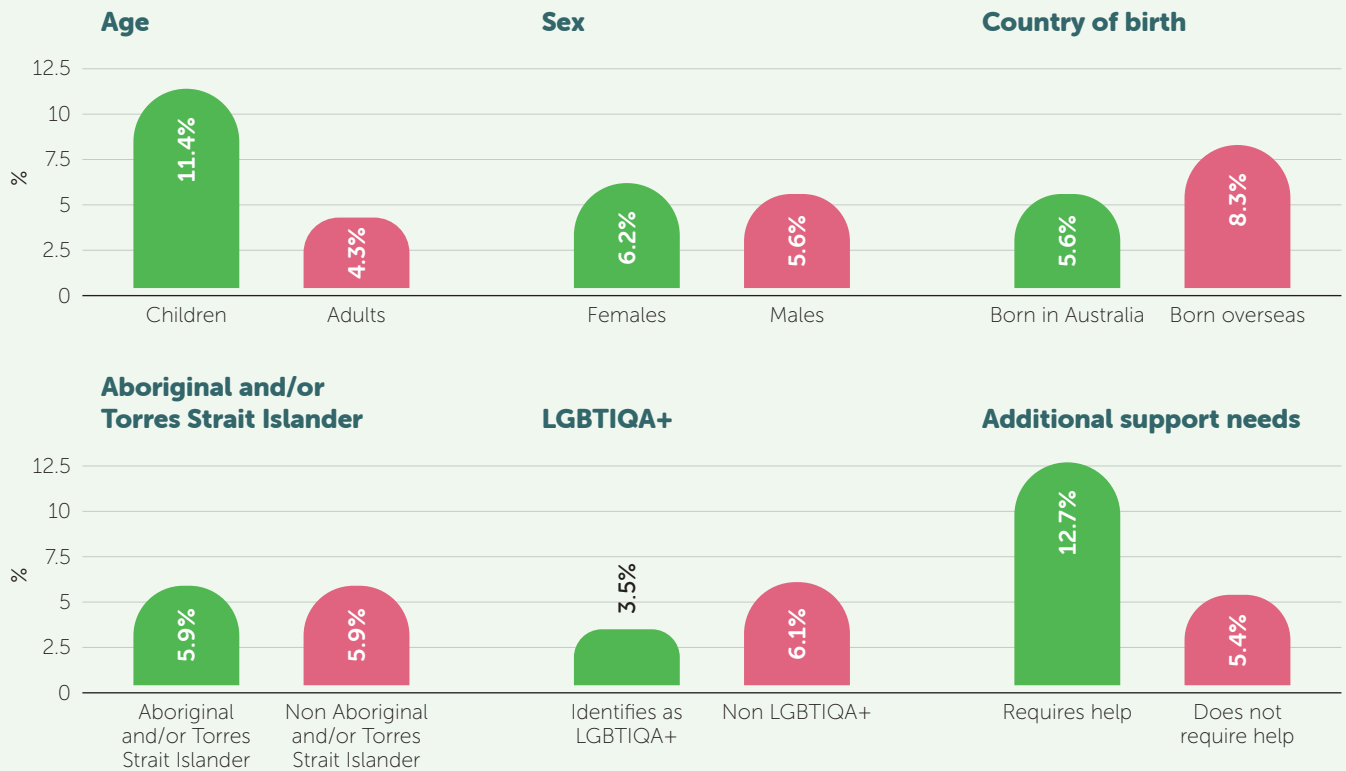


Accessibility rating for most used facility or open space

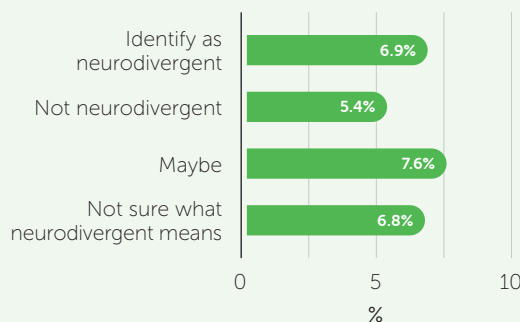


Active play (playgrounds)

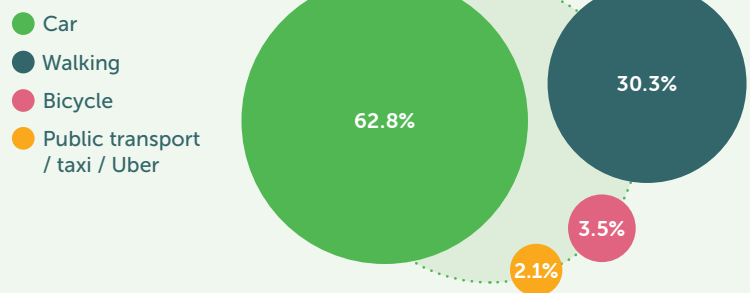
Top five most popular physical activities in our region



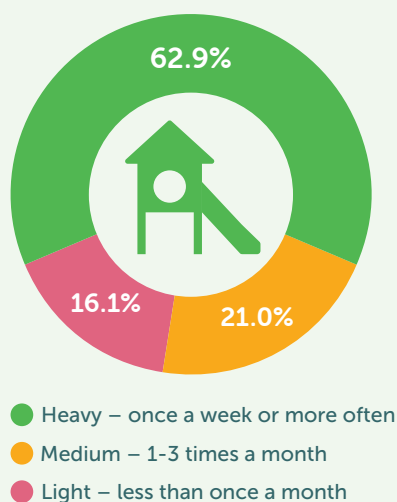
Neurodivergence



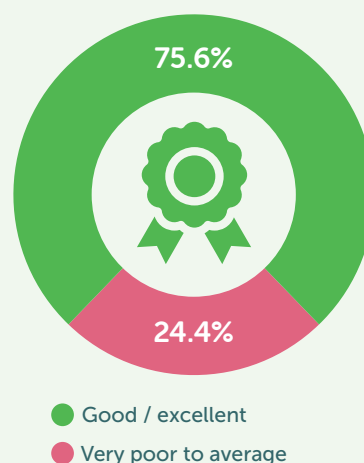
How people get there



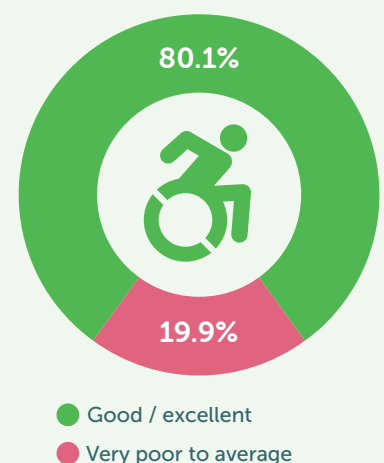
Frequency of active play (playgrounds)



Quality rating for most used facility or open space

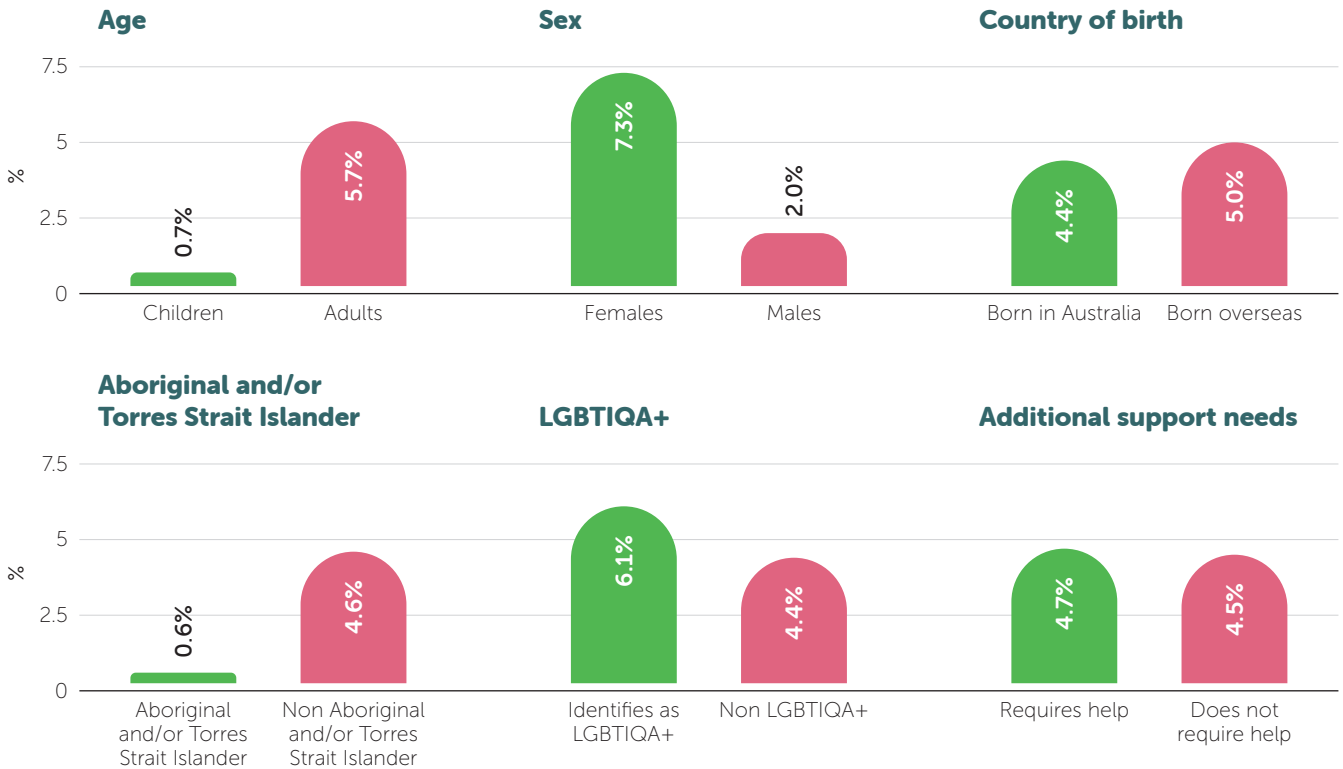


Accessibility rating for most used facility or open space

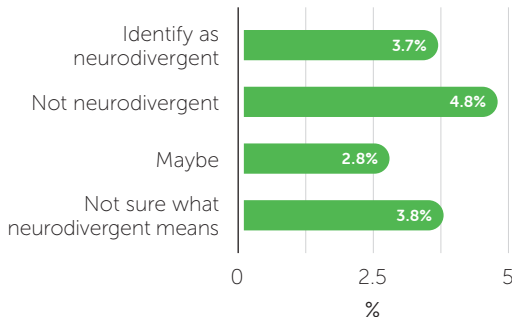


Fitness: indoor group

Top five most popular physical activities in our region

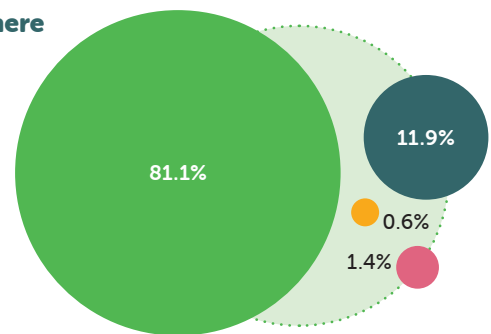


Neurodivergence

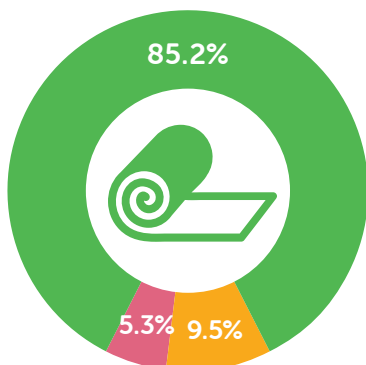


How people get there

- Car
- Walking
- Bicycle
- Public transport / taxi / Uber

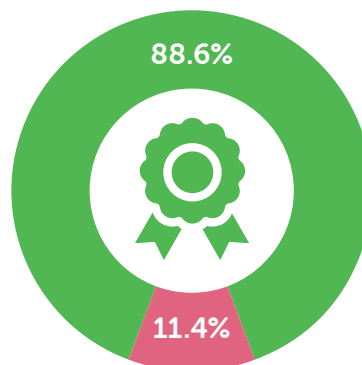


Frequency of fitness: indoor group



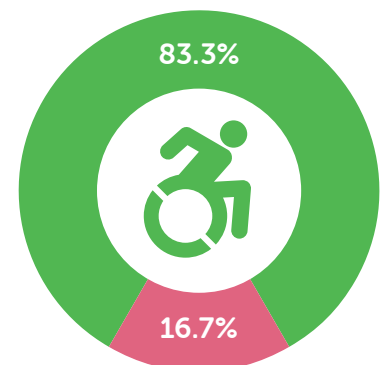
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Accessibility rating for most used facility or open space



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