



Macedon Ranges

TOPLINE REPORT



The Active Living Census is a core component of the Healthy Loddon Campaspe initiative, funded by the Victorian Government.

This report presents the topline findings for the Macedon Ranges Shire and was prepared by the Healthy Loddon Campaspe team.

For more information, visit www.healthyloddoncampaspe.au/alc

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Executive Summary

E1 Background and methodology

The 2025 Active Living Census (ALC) was conducted by the City of Greater Bendigo (CoGB) on behalf of the Healthy Loddon Campaspe (HLC) initiative. HLC is funded by the Victorian Government and aims to improve health outcomes across the Loddon Campaspe region.

A non-probabilistic self-selection survey approach was used. All residents across the Loddon Campaspe region were eligible to participate, and a broad promotional campaign was undertaken to encourage widespread awareness and engagement. The survey was administered primarily online (with a limited number of hard copies), with the aim of reaching as many community members as possible between May 26 and July 6, 2025. For each participating Local Government Area (LGA), the table below shows the number of survey responses alongside the total population of residents aged 3 years and over.

 Population: 117,254 Response: 4,158	 Population: 49,830 Response: 890	 Population: 37,565 Response: 1,052
 Population: 19,766 Response: 859	 Population: 13,167 Response: 643	 Population: 7,570 Response: 642

* Population benchmarks for residents aged 3 years and over sourced from Australian Bureau of Statistics' 2021 Census data

The total number of responses received was 8,244. Among a residential population of 245,157 people aged 3 years and over, this represents an overall response rate of 3.4%. This report presents the results collected from the 890 respondents from the Macedon Ranges Shire. Compared to population benchmarks, females, children and adolescents, Lancefield District and Riddells Creek District residents, those who are employed and those with a Bachelor level education or higher were over-represented. Weighting was applied at the LGA level so that results could be generalised to the Macedon Ranges population. The weighting benchmarks used for adults in the 2025 ALC were age by education, sex, and country of birth, while children (aged 3 to 17) were weighted by age and sex only.

E2 Health indicator population benchmarks

The 2025 ALC incorporated several established health measures to enable comparisons with the broader Victorian adult population aged 18 and over. The most relevant benchmark data for Victoria was sourced from the 2023 Victorian Population Health Survey (VPHS), conducted by the Victorian Department of Health and Human Services. Where VPHS data was unavailable, benchmark data was supplemented with information from the 2022 Australian National Health Survey (NHS).

Participants in the 2025 ALC generally demonstrated healthier behaviours compared to Victorian benchmarks, with comparable adherence to fruit and vegetable recommendations, fewer reports of

engaging in health risk behaviours such as smoking, vaping, gambling and consumption of sugar-sweetened beverages, and a smaller proportion failing to meet physical activity and muscle strengthening recommendations. Conversely, a comparatively higher proportion of 2025 ALC respondents self-reported their health as fair or poor, reported low levels of life satisfaction and were classed as overweight or obese.

E3 Movement behaviours

The 2025 ALC survey incorporated items designed to assess 24-hour movement behaviours among Loddon Campaspe residents aged three years and older. This enables an evaluation of adherence to age-specific recommendations established by government and non-government expert bodies to support optimal health and wellbeing.

Overall, Macedon Ranges respondents showed strong adherence to aerobic physical activity recommendations, with 74.7% meeting them, while just over half met the muscle-strengthening recommendations. Across both behaviours, adults were more likely than children to achieve recommended levels. Active travel patterns varied, with around one in six respondents walking daily and one in ten cycling weekly. Walking and cycling were more common among males and among children and adolescents compared with adults. In contrast, recreational screen time was high across the sample, with over half exceeding recommended limits, particularly adolescents, although sex differences were minimal. Sleep adherence was comparatively stronger, with roughly 72.7% meeting age-specific recommendations and minimal differences were seen between children and adults or between males and females. Overall, health promoting movement behaviours were consistently less common among those who are neurodivergent, experiencing financial stress, food insecurity, and those requiring help with daily activities. The positive correlation seen between these movement behaviours and health and wellbeing outcomes further highlights the need for greater investment in health policy and promotion to assist our most marginalised community members to be more active.

Adults were more likely than children to report that they were not as active as they would like to be. These respondents also identified a range of barriers to participation, with lack of time particularly common, followed by cost, poor health or disability and safety-related barriers. Because these groups have expressed a desire to be more active, understanding the key reasons for their insufficient activity is essential for informing targeted efforts to better support them.

More than three quarters reported participating in at least once sport, exercise or recreational activity, with walking, swimming and fitness-related activities being the most common. Perceptions of the local environment for physical activity were generally positive, with around 73.2% of respondents agreeing that it was easy to be active where they live. These respondents tended to have more favourable health and wellbeing profiles and engage in more positive health behaviours including physical activity; however, it is unclear whether they are more active because their local area is health-promoting, or whether they perceive their area as supportive because they are already active.

E4 Diet

Overall, the diet-related findings from the 2025 ALC highlight significant challenges across the population, particularly in relation to food security and vegetable intake. Around one in five respondents experienced some level of food insecurity, with higher rates among groups already facing broader health and social disadvantages. Approximately one-third of respondents consumed the recommended volume of water per day, while 8.6% reported consuming sugar-sweetened beverages daily. Adherence to fruit and vegetable consumption recommendations was low, with half meeting the

fruit recommendations and just 13.6% meeting the vegetable recommendations. Adherence to the fruit recommendations was lower among adults than children. Food insecurity was higher and vegetable consumption was lower among those who are financially insecure.

Barriers to eating enough fruit and vegetables were widely reported, with the most common being personal preferences, cost and being satisfied with their current intake. Personal preference was more common among children than adults, and satisfaction with current intake was more common among adults than children. Perceptions of ease of access to healthy food in the local area were generally positive with no significant difference seen between males and females or across age groups. Similar to physical activity, those who reported agreeing that it was easy to access health food locally were more likely to report more positive health and wellbeing, and more likely to meet vegetable intake recommendations.

E5 Public facilities and open spaces

Respondents reported frequent use of public spaces and pedestrian infrastructure, though patterns varied by age. Around half used public open spaces weekly, with higher use among children than adults. Footpaths were used more often, with over 72.2% of respondents, particularly children, using them weekly. Off-road walking and cycling tracks were less commonly used, with approximately one-third using them weekly. Use of parks, sports grounds, swimming facilities and indoor sports and fitness facilities was widespread, with children more engaged in recreational and play-based facilities and adults more likely to use community gardens. The most common reasons for using public facilities or open spaces included exercise or health and fitness (70.3%), socialising (60.9%), and fun or enjoyment (59.5%), with children more likely to use spaces for unstructured play, fun and socialising and adults more likely to use them for mental health, entertaining kids, time to themselves and time in nature. Perceptions of safety in the local area were generally high, with 47.0% of adults reporting always feeling safe, and 91.3% of parents agreeing that their child is safe in their local area.

Suggestions for improvements most commonly related to walking tracks and footpaths, with over 14.3% of respondents indicating they would be more likely to use public facilities and open spaces if footpaths were increased, upgraded, extended or better connected to parks, tracks and trails. Other commonly identified suggestions included more or improved exercise equipment and facilities (13.5%), more/low cost events and activities (9.6%), improved lighting (6.9%), enhanced accessibility to parks and public facilities (6.3%) and improved provision and quality of toilets and change rooms including better disability access (5.9%).

E6 Health and wellbeing indicators

The 2025 ALC asked all respondents to report their (or their child's) general health status and provide height and weight measurements to calculate BMI, while adults also self-reported their life satisfaction, perceived value to society, and mental wellbeing. Among adults, one in five (21.3%) rated their health as fair or poor, 14.6% reported low life satisfaction, 25.5% felt they were not valued by society, and 28.4% had poor mental wellbeing based on the WHO-5 index. In contrast, children's health ratings were markedly higher, with only 4.7% of parents or guardians reporting fair or poor health for their child. Obesity was almost eight times as common among adults (29.7%) as among children (3.5%), indicating substantial health and wellbeing challenges among adults living in the Macedon Ranges Shire and underscoring the need for targeted investment to support improved population health.

Poor health outcomes were consistently seen among neurodivergent people, those with lower levels of education, people experiencing financial stress or food insecurity, and those requiring help with daily activities. Consistent patterns also emerged between poorer health and wellbeing outcomes and less favourable health behaviours and risk behaviours.

E7 Risk behaviours

Risk behaviours varied across the sample, with 56.7% of adult respondents reporting risky single-occasion alcohol consumption, 2.6% currently smoking, 2.6% currently vaping, and 30.2% gambling at least once in the past 12 months. No differences between males and females were seen across the four risk behaviours. Vaping was more common among those born in Australia, those who are employed and do not require help with daily activities. Gambling was more common among those with higher food security.

Across the four risk behaviours, few links with other health behaviours emerged, however the four risk behaviours showed clear clustering among themselves. Smoking and vaping were inversely correlated such that current smokers tended to be ex-vapers and current vapers tended to be ex-smokers. This pattern suggests that people tend to substitute one behaviour for the other rather than engage in both. Respondents who engaged in risky alcohol consumption tended to report engagement in the other three risk behaviours. These overlapping patterns show that risk behaviours often occur together and should therefore be addressed simultaneously through public health policy and promotion efforts.

1. Introduction

1.1. Background

The Active Living Census (ALC) is a population health survey which provides locally and regionally relevant, reliable and valid data on the health behaviours, activity levels, preferences and needs of the Loddon Campaspe population. The data collected enables evidence-based planning for local health and recreation services and a better understanding of the health behaviours, needs and preferences of the local community. First completed in 2014 within the City of Greater Bendigo, the 2019 ALC was expanded to capture data from residents across all six Local Government Areas (LGAs) within the Loddon Campaspe region: City of Greater Bendigo, Macedon Ranges Shire, Central Goldfields Shire, Loddon Shire, Macedon Ranges Shire and Campaspe Shire.

The ALC is integral to the Healthy Loddon Campaspe (HLC) initiative which aims to improve health outcomes across the Loddon Campaspe region and “make health everyone’s business”. The HLC model includes an overarching governance structure providing strategic oversight of the initiative, a local and regional Health Broker workforce, activation projects and using a data and research driven approach. The ALC provides the data required to:

- Provide a snapshot of current data as a benchmark for evaluating the success of local initiatives, including those introduced by HLC
- Inform targeted efforts and investment for activation projects and health broker policy work
- Increase coordination between groups across the community, and a heightened focus on evidence-based priorities
- Increase opportunities to attract projects and initiatives to the region, including informing grants and funding proposals
- Provide valid and reliable evidence to drive ongoing change across the region
- Allow for analysis to draw comparisons between different demographics
- Provide data for researchers to use in their own work, which often leads to new opportunities

Not only does the ALC capture data on behavioural risk factors to better understand the priority areas for targeted public health intervention, but it also captures in-depth, contextual information from residents about where and how these efforts could be targeted. Notably, the ALC addresses the key priorities for quality risk factor surveillance that were highlighted by The World Alliance for Risk Factor Surveillance in 2015¹, including the use of appropriate measures, sampling and data collection methodologies to enable reliable, robust and meaningful data to be collected and analysed in a way that meets the needs of the data users (e.g., community groups, program planners, policy makers etc.) and allows for comparisons with other key datasets to be made.

The 2025 ALC provides a much needed 6-year follow-up on the 2019 Loddon Campaspe region wide ALC, and an 11-year follow-up on the 2014 City of Greater Bendigo ALC. A separate report will explore changes over time using these datasets.

¹ Campostrini, S., McQueen, D., Taylor, A., & Daly, A. (2015). *World Alliance for Risk Factor Surveillance White Paper on Surveillance and Health Promotion*. AIMS Public Health, 2(1), 10–26. <https://doi.org/10.3934/publichealth.2015.1.10>

1.2. Context

The Loddon Campaspe region encompasses six local government areas across the geographic centre of Victoria: about 60 to 120 minutes' drive from Melbourne. The population includes approximately 253,152 people, approximately 112,862 occupied households, and covers 19,027 square kilometres. The region includes the City of Greater Bendigo, Mount Alexander Shire, Central Goldfields Shire, Loddon Shire, Macedon Ranges Shire and Shire of Campaspe Councils, with regional centres including Bendigo, Gisborne, Castlemaine, Kyneton, Echuca, and Maryborough, small towns, and rural areas.



Data from the 2019 ALC showed that residents in the Loddon Campaspe region reported higher levels of health risk behaviours compared to Victorian benchmarks, including sugar-sweetened beverage consumption (VPHS 2014²) and excessive alcohol consumption (VPHS 2016³). Additionally, lower levels of life satisfaction were recorded compared to the Victorian average (VPHS 2016 and NHS 2017-18⁴), and a greater proportion of ALC respondents were overweight or obese according to their Body Mass Index (calculated based on self-reported height and weight) compared to 2016 VPHS respondents.

In comparison, smoking rates were lower amongst Loddon Campaspe residents compared to the Victorian average (VPHS 2016 and NHS 2017-18), however it is unclear whether the differences reflect the general decline in smoking over the years or whether they reflect a meaningful difference within the region. Adherence to the physical activity recommendations was greater amongst ALC

² Department of Health and Human Services. (2016). *Victorian population health survey 2014: Modifiable risk factors contributing to chronic disease in Victoria*. Victorian Government. <https://www.health.vic.gov.au/publications/victorian-population-health-survey-2014-modifiable-risk-factors>

³ Department of Health and Human Services. (2018, July). *Victorian Population Health Survey 2016: Selected survey findings* (ISBN 978-0-7311-7323-5; ISSN 2206-7434). Victorian Government. <http://www.health.vic.gov.au/survey/vahi.vic.gov.au+11>

⁴ Australian Bureau of Statistics. (2018, December 12). *National Health Survey: First results, 2017–18 financial year* (Cat. No. 4364.0.55.001). <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/national-health-survey/2017-18>

respondents compared to the 2016 VPHS respondents, however the questions used to determine adherence differed, so these differences should be interpreted with caution.

In addition to these differences in health behaviours and outcomes amongst residents in the Loddon Campaspe region compared to state-wide averages, the Loddon Campaspe population is growing at a fast rate, with notable changes being experienced by many communities in this region since the COVID-19 pandemic began. Moreover, changes to population distribution, daily living routines and habits, inflation, and climate change over the recent years will have undoubtedly had an impact on the population including their health behaviours (e.g., healthy eating and physical activity), and their preferences and needs to live a healthy lifestyle. Thus, the 2025 ALC provides essential data to adequately understand these changes that have not been captured via other means.

This report presents the 2025 ALC results exclusively for residents from Macedon Ranges Shire. In some places, data from the 2019 ALC and 2025 ALC have been compared but for the most part, this report presents only data from the 2025 survey. The 2019 ALC reports can be accessed at: [2019 Active Living Census | Healthy Loddon Campaspe](#)

1.3. Research objectives

The 2025 ALC was designed to measure current physical activity levels, recreation, and health behaviours and trends in the Loddon Campaspe region. The main objectives for the 2025 ALC were to:

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

1.4. Methodology

The principal requirement of the 2025 ALC was to provide an opportunity for all Loddon Campaspe residents to have the opportunity to participate in the survey. The project utilised a non-probability sampling design, whereby the survey was promoted across the Loddon Campaspe region via a comprehensive campaign, including via print, television, radio, and social media methods. The in-

scope population for the survey was all children and adolescents (aged from 3 to 17 years) and adults aged 18 years and over living in one of the six LGAs across the region.

1.4.1. Sample frame / distribution

The 2025 ALC was primarily conducted online via the Software-as-a-Service (SaaS) platform called Qualtrics. All residents aged over 13 years were eligible to complete the survey. Additionally, parents and guardians were invited to provide proxy responses on behalf of children aged 3 to 17 years. The survey was promoted with an integrated advertising and communications campaign via radio, television, print, and social media in the Loddon Campaspe region before and during the enumeration period. More than 1,600 TV ads were aired, reaching over 3 million viewers, alongside 373 radio spots and 36 media articles across 16 outlets. Digital promotion generated nearly 2 million social media impressions and 198,000 engagements, supported by extensive organic posts shared by 145 community groups and 70 sporting clubs. Hard-copy materials included over 54,000 postcards, 2,000 posters, 120 large corflute signs, and 20 A2 signs, with targeted mailbox drops delivering postcards to more than 34,700 households across 280+ towns and suburbs. Direct promotion also included two subscriber emails, council communication channels, and on-the-ground activities such as café sessions, voucher giveaways, a promotional truck and Footy Record advertising. All advertising collateral contained a QR code and URL that would take residents directly to the online survey.

A limited number of hard copy questionnaire booklets (n=1000) were printed and distributed at key community locations (e.g., libraries, community houses) in attempt to reach community members living in more rural and remote areas, those with limited internet connectivity, and those who required assistance with completing the survey.

Case study: A case study was conducted to explore the uptake and experience completing a shortened version of the survey among neurodivergent people. The shortened survey contained only the items that were essential for the impact evaluation of the broader HLC initiative. Hard copies were distributed via relevant stakeholders, with some choosing to complete it during a supported session and others choosing to take it home to complete in their own time.

1.4.2. Questionnaire

The 2025 ALC remained comparable with the 2019 survey, however it was updated in accordance with the HLC monitoring, evaluation and learning (MEL) plan, as well as adaptations made to: 1) allow for comparisons against State-wide and National surveys, 2) allow establishment of adherence to national behavioural recommendations, and 3) capture data regarding current state and local priority areas (e.g., food insecurity, vaping). Finalisation of the survey design and development was a collaborative effort between Healthy Loddon Campaspe, and a working group of representatives across each of the six Loddon Campaspe LGAs.

Survey testing: A test–retest reliability study was carried out to assess the newly developed survey items among adult residents of the Loddon Campaspe region. Participants, recruited through social media and HLC's usual communication channels, completed the same online survey twice, one week apart. In total, 122 participants provided complete responses for both rounds. The findings demonstrated strong reliability, with a high level of agreement across demographics, nutrition, physical activity, and health risk behaviour measures. This consistency indicates that the survey captures stable and reproducible information, minimising measurement error and respondent bias.

Following the test–retest study, the full 2025 ALC survey was pilot tested with participants from outside the catchment area to identify any issues and gather additional feedback on completing the form. Insights from this pilot were incorporated into the final version of the questionnaire (see Appendix B).

1.4.3. Enumeration period

The Active Living Census (ALC) was open for participation from 26 May to 6 July 2025. In the lead-up to the survey, a comprehensive marketing campaign commenced in April across the Loddon Campaspe region. This included television, radio, print media, and social media advertisements aimed at raising awareness of the ALC and encouraging broad community engagement. To further boost participation, a prize draw was offered, featuring 143 prizes valued at over \$12,000. These strategies supported a self-selection approach designed to maximise community reach and survey responses.

1.4.4. Returns / response rate

In total, 8,244 individual responses to the 2025 Active Living Census were received by the close of the enumeration period. This comprised 7,913 online completions and a further 331 individual responses through the paper-based version of the survey. Based on the regional population of 244,952 residents aged 3 years and over, this represents an individual response rate of 3.4%. For Macedon Ranges Shire specifically, there were 890 individual responses received, from the population of 49,830 individuals aged 3 years and up, making the response rate for Macedon Ranges Shire 1.8%. While this proportion is modest, it is important to note that the 2025 ALC was not designed as a true census-style survey, and despite the extension of the media campaign, it is unlikely that all residents were aware of or able to participate.

Campaign analytics provide further context for this response level. During the enumeration period, there were 20,950 survey link clicks with a 33% completion conversion rate, alongside 2,167 QR code scans (yielding 77 completions; 3.6% conversion). The ALC communications campaign achieved strong regional visibility, with over 1,600 TV ads reaching 3.1 million viewers, 373 radio ads, 36 local media articles, nearly 2 million social media impressions, and more than 54,000 pieces of hard copy collateral delivered across towns and suburbs. This extensive promotional reach highlights both the scale of effort to raise awareness and the inherent challenges of achieving high completion rates for a voluntary, non-mandatory survey of this length.

1.4.5. Data file preparation

Survey responses were collected through three sources: online submissions, hard copy surveys, and shortened case study surveys. Hard copy and case study responses were manually entered into the online survey platform to ensure consistent formatting. All three datasets were then downloaded and merged into a single master data file. Open-ended and 'other specify' responses were coded systematically to enable quantitative analysis. Partial responses were included in the final dataset if respondents had completed up to the end of Section B, which captured core information required for the Healthy Loddon Campaspe (HLC) impact evaluation.

1.4.6. Sampling error / weighting

As with most surveys of this type, the achieved sample distribution differed from the Macedon Ranges Shire population distribution for age, sex, residents' household location, education, and other demographics and was therefore not representative of the Macedon Ranges population (see Section 2.1 below for further details). This suggests that sampling error influenced the achieved sample,

potentially due to differential response rates across demographic and geographic groups. Factors such as disability, limited internet access, lower English proficiency, or reduced motivation or capacity to complete a survey may have affected participation across age, sex, education and location.

Furthermore, sampling error may have occurred due to the nature of the survey itself. The survey was focussed on 'active living' and contained questions on use of public facilities, open spaces, and walking and cycling tracks, and participation in various health behaviours. Thus, non-active residents may not have perceived the survey as being relevant to them and may have been less likely to respond as a result. Likewise, active residents may assume they don't need to complete the survey as they are already 'active enough'. Despite efforts in pre-survey communications to encourage participation across all activity levels, the survey should be considered as a sample of residents who self-selected to participate. Therefore, results from the 2025 ALC may not accurately reflect the attitudes and behaviours of the population of all Macedon Ranges residents.

Sampling error was partially controlled using GREG (generalised regression) weighting, which calibrated the sample to align with ABS population benchmarks. This method adjusts the influence of individual respondents by increasing the weight of under-represented groups and decreasing the weight of over-represented groups, thereby improving the accuracy and representativeness of results. For the 2025 ALC, adult respondents were weighted by age, education, sex, and country of birth, while children (aged 3 to 17 years) were weighted by age and sex only. All benchmarks and weights were calculated separately for each LGA. Weighting was applied to enable results to be generalised to the broader Loddon Campaspe population or analysed at the individual LGA level. Further details on the weighting methodology are provided in Appendix A.

1.5. About this report

This report presents findings from the 2025 ALC for Macedon Ranges Shire residents only, with results shown for all respondents and, where relevant, by key subgroups. It begins with an overview of participant demographics in Section 2, followed by movement behaviours and dietary habits in Section 3 and 4, and an overview of use, quality and accessibility of public facilities and open spaces in Section 5. The report then presents findings on health and wellbeing indicators in Section 6, concluding with Section 7 providing an examination of risk-taking behaviours.

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

- Appendix A – Weighting and missing data handling
- Appendix B – The questionnaire
- Appendix C – Detailed tables

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

The 2025 ALC results are subject to non-sampling error, which may affect data quality and interpretation. These errors can result from inaccurate reporting (e.g., recall bias, misinterpretation of questions, or incorrect survey completion) as well as social desirability bias or reluctance to disclose certain behaviours. Additionally, differential non-response among specific population subgroups can lead to bias. As noted earlier, parents were permitted to complete the survey on behalf of their children, which may introduce further inaccuracies. As a result, the findings may not fully represent all residents of the Macedon Ranges Shire region. Given these limitations, the survey results should be interpreted with caution and considered alongside other data sources and within the broader policy context.

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

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

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

Significance testing was conducted at the 99% confidence level. Survey-weighted analyses were performed using Stata's survey procedures (svy commands), with linearised variance estimation to account for weighting. Associations between categorical variables were first examined using design-

adjusted chi-square tests. Where overall associations were statistically significant, post-hoc comparisons were conducted using survey-weighted regression models appropriate to the outcome type, and differences between groups were assessed using predicted probabilities. For continuous variables, survey-weighted means were estimated and compared across groups using design-adjusted methods.

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

In the example table below, there were no significant differences recorded between males and females. In the sex grouping significant differences were observable amongst males in different age groups. For example, looking at the Result 3 column, males aged 18 to 34 years (54.1%), 35 to 49 years (55.7%) and 50 to 69 years (52.9%) were significantly more likely to provide this response than males aged 70 years and above (42.5%). Result 1 column shows that males aged 18 to 34 years (10.4%) are significantly less likely to provide this response than males aged 70 years and above (17.6%). Additionally, males aged 35 to 49 (14.5%) are both more likely to provide this response than males aged 18 to 34 years and less likely to provide this response than males aged 70 years and above.

Table Example

	Unweighted base n	Result 1 %	Result 2 %	Result 3 %
Total sample	8,547			
Sex and age				
Males	3,122	17.9	35.0	52.8
Females	5,035	18.2	34.6	53.5
Males, 18 to 34	957	10.4	32.2	54.1
Males, 35 to 49	1,722	14.5	37.9	55.7
Males, 50 to 69	2,496	16.7	37.2	52.9
Males, 70+	1,358	17.6	35.0	42.5

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

2. Respondent Profile

The respondent profile, or the achieved sample distribution, for the 2025 ALC was measured across a range of demographic characteristics. The extent to which the achieved sample distribution (i.e., the composition of survey respondents) matches the Macedon Ranges Shire population distribution indicates how representative the pool of respondents is to the resident population.

If the percentage of respondents in a particular group (e.g., people aged 70 years and over) from the 2025 ALC sample is greater than the percentage of this group in the population, this respondent group is 'over-represented' in the achieved sample (see Table 2.1.1). Conversely, a respondent group is 'under-represented' if the achieved sample has a lower percentage of respondents in this group when compared to the population distribution. Data in Section 2.1 are unweighted and provided for all age groups where available.

In Section 2.2, unweighted respondent characteristics for a range of health indicators are compared to available population benchmarks. Due to the limited availability of comparable health benchmarks for children, this section compares weighted results to health indicators for respondents aged 18 years and over only.

2.1. ABS population benchmarks

Table 2.1.1 shows the population distribution of residents aged 3 years and over in the Macedon Ranges Shire sourced from the 2021 ABS Census. These are compared to the distribution of respondents achieved in the 2025 ALC. When interpreting the achieved sample distribution as a proportion of the ABS population distribution, a percentage below 100% indicates that a respondent group is under-represented in the achieved sample, while a percentage above 100% indicates a respondent group is over-represented.

For the 2025 ALC, females were over-represented in the achieved sample when compared to their proportions in the population. Both male and female child and adolescent respondents (3 to 11 years and 12 to 17 years) were also over-represented in the survey. Under-representation was most notable amongst young adult males and females aged 18 to 34 years. Note that ABS benchmarks do not include any alternate sex categories so a comparison for respondents falling into the "Other" category in the ALC (n=9, 1%) is not available. Throughout the report, only the two main sex classifications are used for subgroup comparisons due to the small base size for the other category.

The over-representation of females and under representation of young adult respondents is relatively common for population health surveys, particularly those conducted using an online survey. One example is the 2016 VPHS conducted via Computer Assisted Telephone Interviewing (CATI) with a stratified random sample of Victorian residents. The 2016 VPHS achieved sample had an over-representation of females (57.2% in achieved sample vs 51.1% in Victorian population), and an under-representation of respondents aged 18 to 24 years (7.0% in achieved sample vs 12.8% in Victorian population).

In addition to age and gender, the distribution of respondents also differed from that of the population dependent upon the subregion in which they lived. To correct for the under- and over-representation of particular subgroups of respondents, results have been weighted by location, age, sex and (for respondents aged 18 years and over) education and country of birth. Survey results provided in Section 3 of this report onwards are based on weighted results ensuring they most closely reflect the views of the Macedon Ranges Shire population. Further information regarding weighting is provided in Appendix A.

Table 2.1.1 Achieved sample composition

Age group	ABS population ¹ (Macedon Ranges Shire)		Active Living Census ² (unweighted)		ALC % as a % of the population
	N	%	N	%	
Total sample	49,830		890		1.8
Sex					
Males	24,539	49.2	286	33.1	67.1
Females	25,288	50.8	579	66.9	131.9
Age					
3-11 years	6,420	12.9	164	18.7	145.3
12-17 years	4,329	8.7	146	16.7	191.9
18-34 years	7,722	15.5	42	4.8	30.9
35-49 years	10,569	21.2	218	24.9	117.3
50-69 years	13,996	28.1	213	24.3	86.6
70+ years	6,792	13.6	93	10.6	77.9
Sex and age					
Males, 3 to 11	3,296	13.4	86	30.3	225.4
Males, 12 to 17	2,211	9.0	64	22.5	250.1
Males, 18 to 34	3,883	15.8	6	2.1	13.3
Males, 35 to 49	5,018	20.5	36	12.7	62.0
Males, 50 to 69	6,819	27.8	52	18.3	65.9
Males, 70+	3,306	13.5	40	14.1	104.5
Females, 3 to 11	3,122	12.3	75	13.0	105.2
Females, 12 to 17	2,122	8.4	79	13.7	163.0
Females, 18 to 34	3,841	15.2	35	6.1	39.9
Females, 35 to 49	5,552	21.9	179	31.0	141.2
Females, 50 to 69	7,179	28.4	158	27.3	96.4
Females, 70+	3,488	13.8	52	9.0	65.3
Subregion					
Gisborne District	13,725	27.2	64	7.2	26.5
Kyneton District	10,077	20.0	58	6.5	32.7
Lancefield District	3,233	6.4	297	33.5	522.0
Macedon-Woodend District	12,207	24.2	58	6.5	27.0
Riddells Creek District	4,553	9.0	223	25.1	278.3
Romsey District	6,615	13.1	187	21.1	160.6

¹ Population benchmarks sourced from ABS Census 2021, population aged 3 years and above

² Base sizes include respondents aged 3 years and over living in Macedon Ranges Shire

Additional demographic characteristics with available population benchmarks were also collected in the 2025 ALC and the comparative distribution of respondents aged 18 years and over are presented in Table 2.1.2.

Results revealed an over-representation of respondents with a Bachelor degree or higher (this has been adjusted during weighting). Respondents who are employed, marginally food secure and those living in households with four to five people were also over-represented. Groups that were under-represented include Aboriginal and Torres Strait Islanders, those who speak a main language other than English, those who require help with daily activities, those who hold less than a bachelor level education, those who were unemployed, those who were experiencing very low or low food security and those living in single-person households. These differences to the benchmarks indicate that results should be interpreted with caution when comparing to the Macedon Ranges Shire general population despite the previously mentioned weighting applied.

Table 2.1.2 Achieved sample distribution for demographic characteristics

Age group	ABS population ¹ (Macedon Ranges Shire)		Active Living Census ² (unweighted)		ALC % as a % of the population
	n	%	n	%	
Total sample	39,076		566		1.4
Country of birth					
Born overseas	6,362	17.3	96	17.0	98.3
Born in Australia	30,454	82.7	469	83.0	100.3
Main language					
Speaks other main language	1,891	5.1	3	0.5	10.4
Speaks English as main language	35,096	94.9	562	99.5	104.8
Aboriginal and/or Torres Strait Islander status					
Aboriginal and/or Torres Strait Islander	291	0.8	2	0.4	45.5
Not Aboriginal or Torres Strait Islander	36,893	99.2	560	99.6	100.4
LGBTQIA+ Status³					
LGBTQIA+	-	-	34	6.1	-
Non-LGBTQIA+	-	-	525	93.9	-
Neurodivergent⁴					
Yes	-	-	51	9.4	-
No	-	-	417	77.2	-
Maybe	-	-	42	7.8	-
Not sure	-	-	30	5.6	-
Requires help with self-care, body movement or communication activities					
Requires help	2,126	5.7	20	3.6	61.8
Does not require help	34,861	94.3	543	96.4	102.3
Level of education					
Less than Bachelor level education	24,108	68.6	184	32.6	47.5
Holds a Bachelor degree or higher	11,027	31.4	380	67.4	214.7
Employment status					
Unemployed/Retired	7,195	46.3	162	28.7	61.9
Employed	8,346	53.7	403	71.3	132.8
Household size					

1 person	3,610	20.0	55	9.7	48.6
2-3 people	9,195	50.9	296	52.3	102.7
4-5 people	4,761	26.4	202	35.7	135.4
More than 5 people	492	2.7	13	2.3	84.3
Household financial status⁴					
Just getting along, poor or very poor	-	-	129	22.8	-
Reasonably comfortable, very comfortable or prosperous	-	-	436	77.2	-
Food security (last 12 months)⁵					
Very low food security	-	3.7	14	2.5	67.0
Low food security	-	5.8	29	5.1	88.5
Marginal food security	-	4.9	58	10.3	209.5
High food security	-	84.8	464	82.1	96.8

¹ Population benchmarks sourced from ABS Census 2021

² Base sizes include respondents aged 18 years and over living in Macedon Ranges Shire

³ ABS 2022 estimates suggest 5.3% of the Victorian population is LGBTI+, estimates for Macedon Ranges Shire are not available

⁴ Population benchmark data not available

⁵ Australian sample of adults living outside of a capital city from the 2022 National Nutrition and Physical Activity Survey, estimates for Macedon Ranges Shire are not available

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

2.2. Health indicator population benchmarks

Table 2.2.1 provides a summary of how the 2025 ALC population compared to available benchmarks for a range of health and wellbeing indicators. Throughout the report, ALC estimates are compared to the 2022 NHS data and the 2023 VPHS where available. These comparisons are indicative only as the methodology used for each study varied and this has the potential to influence results.

Although adherence to fruit and vegetable recommendations, and self-reported health was similar to Victorian benchmarks, other findings from the 2025 ALC indicated greater differences in the health and wellbeing of Macedon Ranges Shire residents compared to state benchmarks. For example, there were fewer reports of engaging in health risk behaviours among ALC respondents including smoking, vaping, gambling and consuming sugar-sweetened beverages daily. Specifically, 2.6% of Macedon Ranges ALC respondents indicated that they currently engaged in smoking, and 2.6% indicated that they currently engaged in vaping compared to 13.9% and 7.2% of 2023 VPHS respondents, respectively. Because of the two-year time gap between surveys, it is uncertain whether this difference reflects a general decline in smoking and vaping rates over recent years or is due to lower rates specifically in the Macedon Ranges Shire. The proportion of ALC respondents who indicated that they had gambled at least once in the year prior to survey completion was slightly lower than VPHS respondents (30.2% compared to 39.1%). A greater proportion of ALC respondents reported to have consumed four (females), or five (males), or more standard drinks on at least one occasion in the last 12 months and therefore be at greater risk of harm (56.7%) than those who responded to the VPHS 2023 (41.3%) or NHS 2022 (17.9%). Daily sugar-sweetened beverage consumption was comparatively lower among ALC respondents (10.0%) than VPHS respondents (19.0%), with the difference more pronounced among males (11.3% compared to 23.4%).

A greater proportion of respondents to the 2025 ALC met the aerobic physical activity recommendations (18.9% failed to meet the recommendations) compared to the 2023 VPHS respondents (47.1%), however the proportion was more comparable to respondents in the 2022 NHS (28.2%). Additionally, a significantly higher proportion of ALC respondents met the muscle strengthening recommendations of two or more sessions per week (58.3%) compared to the 2022 NHS respondents (24.5%). There are currently no comparable benchmark datasets, however among the 2025 ALC respondents, 54.5% met recreational screen time recommendations of three hours per day for adults and two hours per day for children and adolescents. Additionally, 72.5% of adult respondents met the sleep duration recommendations as outlined by the Sleep Health Foundation⁵.

Health and wellbeing measures indicate lower life satisfaction and a greater proportion who are overweight or obese in the ALC sample compared to the available benchmark data. Specifically, a greater proportion of ALC respondents recorded low to medium life satisfaction (32.2%) than those who participated in the VPHS 2023 (21.9%). When comparing Body Mass Index (BMI), ALC respondents were more likely to be overweight or obese (64.8%) than VPHS respondents (53.9%), although the proportion was similar to the 2022 NHS respondents (65.3%). BMI was calculated using self-reported height and weight and should be interpreted cautiously due to potential reporting bias. BMI itself is also a limited measure of overweight and obesity as it does not account for body composition or fat distribution.

⁵ Sleep Health Foundation 2015. Sleep needs across the lifespan. Blacktown: Sleep Health Foundation. <https://irp.cdn-website.com/0da81f14/files/uploaded/Sleep-Needs-Across-Lifespan.pdf>

Table 2.2.1 Health indicator population benchmarks

Health and wellbeing indicators	Population benchmark (VIC)		Active Living Census ¹ (weighted)	ALC % as a % of the population ⁴
	NHS ²	VPHS ³		
Self-reported health status			n=511	
% rating health as fair or poor (persons)	13.0	20.9	21.3	102.1
% rating health as fair or poor (females)	13.5	20.7	21.2	102.6
% rating health as fair or poor (males)	12.2	20.8	20.5	98.7
Body Mass Index (BMI)			n=394	
% overweight or obese range (BMI ≥25.0) (persons)	65.3	53.9	64.8	120.3
% overweight or obese range (BMI ≥25.0) (females)	58.8	47.5	57.8	121.8
% overweight or obese range (BMI ≥25.0) (males)	72.1	60.6	70.8	116.8
Aerobic physical activity recommendations			n=553	
% not meeting recommendations (persons)	28.2	47.1	18.9	40.1
% not meeting recommendations (females)	29.8	48.7	23.2	47.7
% not meeting recommendations (males)	26.2	45.2	14.0	31.0
Muscle strengthening recommendations			n=526	
% not meeting recommendations (persons)	75.5	-	41.7	55.2
% not meeting recommendations (females)	77.2	-	42.5	55.1
% not meeting recommendations (males)	74.1	-	40.7	54.9
Screen time recommendations			n=554	
% not meeting screen time recommendations (persons)	-	-	45.5	
% not meeting screen time recommendations (females)	-	-	43.7	
% not meeting screen time recommendations (males)	-	-	46.5	
Sleep duration recommendations			n=558	
% not meeting sleep recommendations (person)	-	-	27.5	
% not meeting sleep recommendations (females)	-	-	26.9	
% not meeting sleep recommendations (males)	-	-	27.3	
Fruit intake recommendations			n=565	
% not meeting fruit recommendations (persons)	55.3	63.3	57.3	90.6
% not meeting fruit recommendations (females)	53.0	61.1	58.9	96.4
% not meeting fruit recommendations (males)	58.2	65.5	54.3	82.9
Vegetable intake recommendations			n=555	
% not meeting vegetable recommendations (persons)	93.6	90.3	87.4	96.8
% not meeting vegetable recommendations (females)	90.6	88.5	85.0	96.1
% not meeting vegetable recommendations (males)	96.5	94.3	90.2	95.6
Smoking status			n=511	

% current smokers (persons)	11.1	13.9	2.6	18.5
% current smokers (females)	8.7	11.3	3.7	32.4
% current smokers (males)	14.0	16.7	1.4	8.6
Vaping status		n=509		
% current vapers (person)	3.9	7.2	2.6	36.7
% current vapers (females)	2.5	5.5	3.3	60.6
% current vapers (males)	5.1	8.9	2.0	22.1
Alcohol consumption (single occasion past 12 months)⁵		n=511		
% had 4 or more standard drinks (persons)	17.9	41.3	56.7	137.2
% had 4 or more standard drinks (females)	11.6	30.1	55.9	185.6
% had 5 or more standard drinks (males)	24.1	53.2	58.1	109.1
Gambling		n=509		
% gambling (person)	-	39.1	30.2	77.2
% gambling (females)	-	32.7	21.5	65.9
% gambling (males)	-	45.8	40.5	88.4
Sugar-sweetened beverage consumption		n=565		
% drinks SSB daily (persons)	-	19.0	10.0	52.7
% drinks SSB daily (females)	-	14.9	8.8	58.8
% drinks SSB daily (males)	-	23.4	11.3	48.5
Life satisfaction		n=512		
% rating satisfaction as low to medium (0 to 6) (persons)	-	21.9	32.2	147.2
% rating satisfaction as low to medium (0 to 6) (females)	-	21.8	26.7	122.3
% rating satisfaction as low to medium (0 to 6) (males)	-	21.6	37.2	172.0

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

² Based on National Health Survey 2022

³ Based on Victorian Population Health Survey 2023 (VPHS 2017 for alcohol and gambling)

⁴ Comparison made to VPHS, unless data not available

⁵ Based on at least monthly consumption; interpreted as consuming 5 or more drinks at least 12 times in the last 12 months. This measure is not directly comparable to single occasion risk

3. Movement Behaviours

In 2021, the Australian Government Department of Health, Disability and Ageing⁶ released updated *Physical Activity and Sedentary Behaviour Guidelines for all Australians*. These guidelines outline recommendations for aerobic activity, muscle-strengthening exercises, sedentary behaviour and (for children and adolescents) sleep.

To assess how residents of the Macedon Ranges Shire align with these recommendations and engage in healthy behaviours more broadly, respondents were asked a series of questions about their movement behaviours. These questions covered aerobic physical activity, muscle strengthening exercises, active travel, recreational screen time, sleep, sport and recreation participation, barriers to being active, and perceptions of how easy it is to be active locally.

Results presented in this section reflect all respondents (unless otherwise noted) and weighting has been applied.

3.1. Aerobic physical activity

The *Australian Guidelines* recommend that children aged 3-5 years should be physically active for at least 180 minutes each day, with at least 60 minutes spent in energetic play. Children and adolescents aged 5-17 years should engage in at least 60 minutes of aerobic physical activity daily, incorporating a variety of moderate and vigorous-intensity activities. Adults aged 18-64 years are advised to accumulate 150 to 300 minutes of moderate-intensity activity per week, or 75 to 150 minutes of vigorous-intensity activity per week, or an equivalent combination of both. For older adults aged 65 years and over, it is recommended that they engage in physical activity for at least 30 minutes of moderate intensity on most, preferably all, days. However, because “most days” cannot be measured precisely, the recommendations for those aged 18–64 years have been applied to all adult respondents, including those aged 65 and above.

The 2022 NHS indicated that 71.8% of Victorians aged 18 years and above had participated in sufficient aerobic physical activity. The equivalent proportion of Macedon Ranges ALC respondents in the same age group who had met the recommendations was 81.1% and, overall, 74.7% of respondents had met the above-mentioned aerobic physical activity recommendations (see Table 3.1.1). Adults were significantly more likely to meet the recommendations compared to children (81.1% compared to 52.0%), although the average minutes spent engaging in moderate to vigorous intensity aerobic physical activity per day was higher among children (257.1 minutes) than adults (170.7 minutes). Males spent more time per day in moderate to vigorous intensity aerobic activity (216.9 minutes) than females (166.0 minutes). Aerobic physical activity participation was not associated with residential subregion.

Proportionately fewer neurodivergent respondents (61.0%) met the aerobic physical activity recommendations compared to those who are not neurodivergent (78.5%).

⁶ Australian Government Department of Health and Aged Care, 2021. Physical activity and exercise guidelines for all Australians. Canberra, Australia. <https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>

Table 3.1.1 Aerobic physical activity by selected demographic groups

	Unweighted base ¹	Does not meet recommendation	Meets recommendation	Average daily minutes
	n	%	%	#
Total sample	816	25.3	74.7	189.5
Children	263	48.0	52.0	257.1
Adults	553	18.9	81.1	170.7
Males	261	20.3	79.7	216.9
Females	542	29.7	70.3	166.0
Sex and age				
Males, 3 to 11	75	42.7	57.3	318.3
Males, 12 to 17	55	36.4	63.6	242.7
Males, 18 to 34	5	0.0	100.0	291.7
Males, 35 to 49	35	15.8	84.2	179.7
Males, 50 to 69	51	12.5	87.5	183.5
Males, 70+	40	17.2	82.8	204.4
Females, 3 to 11	60	50.0	50.0	262.1
Females, 12 to 17	68	64.7	35.3	179.6
Females, 18 to 34	35	18.0	82.0	119.4
Females, 35 to 49	177	24.4	75.6	129.0
Females, 50 to 69	152	23.6	76.4	192.8
Females, 70+	50	25.9	74.1	144.7
Subregion				
Gisborne District	174	23.2	76.8	203.2
Kyneton District	201	26.1	73.9	194.5
Lancefield District	53	29.0	71.0	216.7
Macedon-Woodend District	274	25.4	74.6	187.1
Riddells Creek District	51	23.2	76.8	153.9
Romsey District	62	25.9	74.1	167.4
Demographic indicators				
Household size²				
1 person	54	26.8	73.2	155.5
2 or 3 people	288	15.9	84.1	185.1
4 or 5 people	199	20.2	79.8	149.9
More than 5 people	12	34.7	65.3	163.7
Born overseas	110	28.0	72.0	162.6
Born in Australia	706	24.8	75.2	194.4
Speaks other main language*	2	0.0	100.0	116.3
Speaks English as main language	812	25.3	74.7	189.1
Aboriginal and/or Torres Strait Islander*	5	22.6	77.4	312.1

Not Aboriginal or Torres Strait Islander	806	25.1	74.9	189.2
LGBTQIA+	52	24.9	75.1	149.8
Non-LGBTQIA+	758	25.1	74.9	193.2
Neurodivergent	114	39.0	61.0	151.7
Not neurodivergent	561	21.5	78.5	209.5
Maybe	76	32.9	67.1	178.9
Not sure what neurodivergent means	39	24.7	75.3	109.9
Less than Bachelor level education ²	181	22.0	78.0	165.6
Holds a Bachelor degree or higher	371	14.0	86.0	179.0
Unemployed/Retired ²	161	18.0	82.0	168.4
Employed	392	19.4	80.6	171.9
Just getting along, poor or very poor ²	127	25.4	74.6	169.0
Reasonably comfortable, very comfortable or prosperous	426	16.7	83.3	171.3
Requires help with daily activities	49	42.4	57.6	223.8
Does not require help	765	24.1	75.9	187.8
Food security (last 12 months)²				
Low or very low food security	42	18.0	82.0	235.3
Marginal food security	56	23.1	76.9	156.8
High food security	455	18.4	81.6	164.8

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 3.1.2 summarises aerobic physical activity participation by selected health and behaviour characteristics. Aerobic physical activity was associated with three out of five health and wellbeing indicators. Specifically, a lower proportion of those who self-reported their health to be fair or poor (66.4% vs 76.7%), have poor mental wellbeing (65.1% vs 87.4%), and are overweight or obese (71.7% vs 84.1%) met the aerobic physical activity recommendations compared to their counterparts who reported more positive health and wellbeing.

Differences in adherence to the aerobic physical activity recommendations were seen between those who did and did not report adherence to the vegetable intake (87.0% of those who did compared to 73.2% of those who did not) and muscle strengthening (89.7% vs 59.3%) recommendations. Additionally, those who met the fruit intake recommendations spent more time per day engaged in aerobic physical activity (225.1 minutes) compared to those who did not meet the fruit intake recommendations (153.5 minutes).

Smoking status was associated with meeting aerobic physical activity recommendations, while risky alcohol consumption was associated with average daily minutes of moderate to vigorous physical activity. Specifically, ex-smokers (73.0%) were less likely to meet the recommendations compared to those who had never smoked (87.1%). Contrary to most published literature, those who engaged in risky alcohol consumption engaged in more average daily minutes of moderate to vigorous physical activity (199.0 minutes) compared to those who did not engage in risky alcohol consumption over the past 12 months (139.9 minutes).

Table 3.1.2 Aerobic physical activity by selected health and behaviour characteristics

	Unweighted base ¹ n	Does not meet recommendation %	Meets recommendation %	Average daily minutes #
Total sample	816	25.3	74.7	189.5
Health and wellbeing indicators				
Self-reported health - Fair or poor	107	33.6	66.4	127.3
Self-reported health - Good, very good, or excellent	632	23.3	76.7	206.2
Life satisfaction - Low to moderate (0 to 6) ²	145	27.0	73.0	150.3
Life satisfaction - High/very high (7 to 10)	355	15.0	85.0	182.6
Does not feel valued by society ²	112	23.8	76.2	166.1
Sometimes feel valued by society	242	18.1	81.9	176.3
Definitely feel valued by society	147	15.3	84.7	175.8
Poor mental wellbeing ²	137	34.9	65.1	116.3
Good mental wellbeing	416	12.6	87.4	192.3
Overweight or obese (BMI ≥25.0)	243	28.3	71.7	145.8
Normal range or underweight (BMI <25.0)	242	15.9	84.1	230.4
Health behaviour indicators				
Does not meet fruit intake recommendations	369	25.7	74.3	153.5
Meets fruit intake recommendations	444	24.7	75.3	225.1
Does not meet vegetable intake recommendations	669	26.8	73.2	185.0
Meets vegetable intake recommendations	129	13.0	87.0	223.6
Does not meet muscle strengthening recommendations	374	40.7	59.3	131.0
Meets muscle strengthening recommendations	343	10.3	89.7	227.1
Does not meet screen time recommendations	379	29.2	70.8	172.3
Meets screen time recommendations	408	20.9	79.1	201.4
Does not meet sleep recommendations	202	30.3	69.7	209.6
Meets sleep recommendations	601	23.4	76.6	180.5
Drinks sugar-sweetened beverages daily	54	17.5	82.5	191.9
Drinks sugar-sweetened beverages less than daily	761	26.0	74.0	189.3
Does not meet water recommendations	530	26.7	73.3	176.5
Meets water recommendations	266	22.2	77.8	219.9
Risk behaviour indicators²				
Current smoker	13	34.9	65.1	128.5
Ex-smoker	187	27.0	73.0	158.1

Never smoked	299	12.9	87.1	186.0
Current vaper*	11	30.8	69.2	175.5
Ex-vaper	26	20.5	79.5	187.9
Never vaped	460	18.1	81.9	171.8
Had more than 4 standard drinks on a single occasion	276	18.0	82.0	199.0
Has not had more than 4 standard drinks	223	20.1	79.9	139.9
Gambled	122	21.6	78.4	157.5
Never gambled	376	17.5	82.5	181.0

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

3.2. Muscle strengthening activities

The *Australian Guidelines*⁷ recommend that children aged 3-5 years engage in activities that develop strength as part of their daily active play. Children and adolescents aged 5-17 years should include muscle and bone strengthening activities on at least three days per week. Adults aged 18-64 years are advised to perform muscle strengthening activities on at least two days per week, and the same recommendation applies to older adults aged 65 years and over, with additional emphasis on maintaining strength and balance. As there is no specific number of days per week of muscle strengthening activities recommended for children younger than age five (5), Tables 3.2.1 and 3.2.2 below present data for all respondents aged 5 years and above.

The 2022 NHS indicated that 24.5% of Victorians aged 18 years and above had engaged in muscle strengthening activities at least twice per week. The equivalent proportion of ALC respondents in the same age group who had met the recommendations was 58.3% and, overall, 52.3% of respondents had met the above-mentioned muscle strengthening activity recommendations (see Table 3.2.1). Adults were significantly more likely to meet the recommendations (58.3%) and spend more days per week engaging in muscle strengthening activities (2.1 days) compared to children (25.0%, 1.5 days). Among both males and females, children and adolescents were less likely to meet the muscle strengthening activity recommendations compared to those aged 35 years and above.

Residents from Riddells Creek District engaged in significantly fewer days per week of muscle strengthening activities (1.5) compared to residents from Gisborne District (2.5). Among demographic indicators, respondents who required help with daily activities engaged in fewer days per week of muscle strengthening activities (1.2) compared to those who do not require help (2.1).

⁷ Australian Government Department of Health and Aged Care, 2021. Physical activity and exercise guidelines for all Australians. Canberra, Australia. <https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>

Table 3.2.1 Muscle strengthening activities by selected demographic characteristics

	Unweighted base ¹ n	Does not meet recommendation %	Meets recommendation %	Average days per week #
Total sample	728	47.7	52.3	2.0
Children	202	75.0	25.0	1.5
Adults	526	41.7	58.3	2.1
Males	216	46.6	53.4	2.1
Females	501	48.7	51.3	2.0
Sex and age				
Males, 5 to 11	44	70.5	29.5	1.5
Males, 12 to 17	47	74.5	25.5	1.6
Males, 18 to 34	5	45.2	54.8	2.0
Males, 35 to 49	35	39.4	60.6	2.2
Males, 50 to 69	47	40.8	59.2	2.0
Males, 70+	38	40.7	59.3	2.5
Females, 5 to 11	45	77.8	22.2	1.4
Females, 12 to 17	62	77.4	22.6	1.5
Females, 18 to 34	32	46.8	53.2	2.2
Females, 35 to 49	169	45.6	54.4	1.8
Females, 50 to 69	146	37.4	62.6	2.5
Females, 70+	47	40.4	59.6	2.1
Subregion				
Gisborne District	160	37.6	62.4	2.5
Kyneton District	182	50.6	49.4	1.8
Lancefield District	47	47.5	52.5	2.3
Macedon-Woodend District	241	53.5	46.5	1.9
Riddells Creek District	44	52.5	47.5	1.5
Romsey District	53	41.3	58.7	2.2
Demographic indicators				
Household size²				
1 person	50	46.3	53.7	2.0
2 or 3 people	274	40.1	59.9	2.3
4 or 5 people	191	44.6	55.4	1.9
More than 5 people	11	24.6	75.4	2.6
Born overseas	101	46.0	54.0	2.1
Born in Australia	626	48.1	51.9	2.0
Speaks other main language*	2	0.0	100.0	2.7
Speaks English as main language	724	47.9	52.1	2.0
Aboriginal and/or Torres Strait Islander*	5	41.5	58.5	2.3
Not Aboriginal or Torres Strait Islander	719	47.6	52.4	2.0

LGBTQIA+	50	34.6	65.4	2.5
Non-LGBTQIA+	673	48.8	51.2	2.0
Neurodivergent	99	52.4	47.6	1.9
Not neurodivergent	508	45.1	54.9	2.1
Maybe	63	59.3	40.7	1.7
Not sure what neurodivergent means	35	49.6	50.4	1.9
Less than Bachelor level education ²	168	40.7	59.3	2.1
Holds a Bachelor degree or higher	357	43.3	56.7	2.2
Unemployed/Retired ²	148	36.3	63.7	2.4
Employed	377	44.5	55.5	2.0
Just getting along, poor or very poor ²	123	51.7	48.3	1.8
Reasonably comfortable, very comfortable or prosperous	402	38.2	61.8	2.3
Requires help with daily activities	33	65.9	34.1	1.2
Does not require help	693	46.8	53.2	2.1
Food security (last 12 months)²				
Low or very low food security	41	47.6	52.4	1.8
Marginal food security	55	48.2	51.8	2.0
High food security	429	40.0	60.0	2.2

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 3.2.2 summarises engagement in muscle strengthening activity by selected health and behaviour characteristics. Respondents who self-reported fair or poor health engaged in muscle strengthening activities on significantly fewer days per week than those who reported good, very good or excellent health (1.4 days vs 2.1 days). Respondents with poor mental wellbeing were also significantly less likely to meet the muscle strengthening recommendations than those with good mental wellbeing (42.9% vs 64.5%) and participated on fewer days per week, on average (1.4 days vs 2.5 days).

Adherence to the muscle strengthening recommendations was associated with aerobic physical activity and water consumption. Specifically, adherence was lower among those who did not meet the aerobic physical activity recommendations than those who did (21.5% compared to 62.2%), with the former group also engaging in fewer days per week of muscle strengthening activity, on average (0.9 days vs 2.4 days). Adherence was also lower among those who did not meet the water consumption recommendations than those who did not (48.0% vs 62.6%).

Smoking was the only risk behaviour that was associated with engagement in muscle strengthening activities. A smaller proportion of those who are current smokers (20.7%) met the muscle strengthening recommendations compared to those who are ex-smokers (56.0%) or have never smoked (59.8%). Current smokers also engaged in fewer days per week of muscle strengthening activity (0.9 days), on average, compared to ex-smokers (2.0 days) or those who had never smoked (2.3 days).

Table 3.2.2 Muscle strengthening activities by selected health and behaviour characteristics

	Unweighted base ¹	Does not meet recommendation	Meets recommendation	Average days per week
	n	%	%	#
Total sample	728	47.7	52.3	2.0
Health and wellbeing indicators				
Self-reported health - Fair or poor	102	54.6	45.4	1.4
Self-reported health - Good, very good, or excellent	553	47.4	52.6	2.1
Life satisfaction - Low to moderate (0 to 6) ²	136	48.7	51.3	1.9
Life satisfaction - High/very high (7 to 10)	337	39.7	60.3	2.2
Does not feel valued by society ²	102	51.2	48.8	2.0
Sometimes feel valued by society	230	42.9	57.1	1.9
Definitely feel valued by society	141	34.0	66.0	2.5
Poor mental wellbeing ²	129	57.1	42.9	1.4
Good mental wellbeing	397	35.5	64.5	2.5
Overweight or obese (BMI ≥25.0)	233	47.8	52.2	1.9
Normal range or underweight (BMI <25.0)	200	42.6	57.4	2.3
Health behaviour indicators				
Does not meet fruit intake recommendations	341	49.9	50.1	1.8
Meets fruit intake recommendations	384	45.6	54.4	2.2
Does not meet vegetable intake recommendations	599	49.3	50.7	2.0
Meets vegetable intake recommendations	113	39.0	61.0	2.3
Does not meet aerobic physical activity recommendations	200	78.5	21.5	0.9
Meets aerobic physical activity recommendations	517	37.8	62.2	2.4
Does not meet screen time recommendations	348	51.2	48.8	1.9
Meets screen time recommendations	363	44.1	55.9	2.2
Does not meet sleep recommendations	174	47.3	52.7	2.1
Meets sleep recommendations	546	48.1	51.9	2.0
Drinks sugar-sweetened beverages daily	52	64.9	35.1	1.7
Drinks sugar-sweetened beverages less than daily	675	46.1	53.9	2.1
Does not meet water recommendations	478	52.0	48.0	1.9
Meets water recommendations	231	37.4	62.6	2.3

Risk behaviour indicators ²				
Current smoker	13	79.3	20.7	0.9
Ex-smoker	176	44.0	56.0	2.0
Never smoked	282	40.2	59.8	2.3
Current vaper*	10	45.9	54.1	2.4
Ex-vaper	26	56.1	43.9	2.2
Never vaped	435	41.5	58.5	2.1
Had more than 4 standard drinks on a single occasion	263	44.8	55.2	2.1
Has not had more than 4 standard drinks	208	40.0	60.0	2.1
Gambled	114	39.8	60.2	2.1
Never gambled	356	44.0	56.0	2.1

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

3.3. Active travel and travel to work or education

Respondents were asked about their travel behaviours, including how often they walk or cycle to get to and from places, and their usual mode of travel to work or education. These questions were newly added to the 2025 ALC to reflect growing awareness of the environmental and public health benefits of reducing private vehicle use in favour of public transport and active travel. Walking frequency response options ranged from daily to less often than once every three months and were grouped into four categories: daily, at least weekly, at least monthly, and less frequent. Cycling responses were grouped into weekly, monthly, and less frequent categories. These groupings reflect the distribution of responses in the 2025 ALC sample. The question on travel mode to work or education was adapted from the ABS Census to allow comparison with the broader population.

3.3.1. Walking

Approximately 15.6% of 2025 Macedon Ranges ALC respondents reported daily walking to get to and from places, 39.9% walk at least once a week but less than daily, 18.9% walk at least once a month but less than weekly and 25.7% walk to get to and from places less than once a month. Walking frequency varied according to sex and age with no clear pattern or trend observable (see Table 3.3.1.1).

When looking at frequency of walking for transportation by subregion, respondents from Lancefield District were more likely than those from Macedon-Woodend District to walk less than once a month (46.3% vs 19.4%). Lower proportionate frequency of walking to get to and from places was seen among the following demographic groups:

- Single person households (4.9% monthly) compared to 2-3 person (17.1% monthly) and 4–5 person households (28.0% monthly)
- Born overseas (8.8% monthly) compared to born in Australia (20.6% monthly)
- Unemployed/retired (7.4% monthly) compared to employed (26.0% monthly)

- Requires help with daily activities (8.4% monthly and 52.1% less than once a month) compared to no help required (19.6% monthly and 24.1% less than once a month)
- Low or very low food security compared to high food security, with lower daily walking (3.7% vs 15.9%) and higher infrequent walking (55.3% vs 24.5%)

Table 3.3.1.1 Walking frequency by selected demographic characteristics

	Unweighted base ¹	Daily	At least once a week	At least once a month	Less than once a month
	n	%	%	%	%
Total sample	840	15.6	39.9	18.9	25.7
Children	272	21.5	41.0	16.4	21.1
Adults	565	14.0	38.9	19.7	27.3
Males	269	18.3	39.8	17.0	24.9
Females	558	13.0	40.3	20.7	26.0
Sex and age					
Males, 3 to 11	76	14.5	44.7	13.2	27.6
Males, 12 to 17	57	24.6	42.1	21.1	12.3
Males, 18 to 34	6	0.0	45.2	23.4	31.5
Males, 35 to 49	36	13.5	34.7	36.4	15.4
Males, 50 to 69	52	16.1	41.5	15.1	27.4
Males, 70+	40	30.2	32.3	4.5	33.0
Females, 3 to 11	63	20.6	38.1	20.6	20.6
Females, 12 to 17	71	26.8	38.0	12.7	22.5
Females, 18 to 34	35	13.4	37.5	20.8	28.2
Females, 35 to 49	179	6.2	38.4	30.0	25.3
Females, 50 to 69	158	10.5	43.8	16.9	28.8
Females, 70+	51	22.6	43.3	6.2	28.0
Subregion					
Gisborne District	179	13.6	43.2	20.7	22.6
Kyneton District	206	13.9	39.9	21.0	25.1
Lancefield District	53	13.1	28.5	12.1	46.3
Macedon-Woodend District	283	22.4	42.1	16.1	19.4
Riddells Creek District	54	13.2	42.7	14.8	29.3
Romsey District	62	9.1	28.6	26.8	35.4
Demographic indicators					
Household size²					
1 person	55	18.1	44.5	4.9	32.5
2 or 3 people	295	15.6	37.7	17.1	29.6
4 or 5 people	202	9.3	42.0	28.0	20.7
More than 5 people	13	21.0	14.1	28.6	36.3

Born overseas	112	18.9	44.2	8.8	28.1
Born in Australia	727	15.0	39.0	20.6	25.3
Speaks other main language*	3	0.0	20.1	59.3	20.6
Speaks English as main language	834	15.6	39.8	18.8	25.8
Aboriginal and/or Torres Strait Islander*	6	13.7	35.0	37.5	13.7
Not Aboriginal or Torres Strait Islander	828	15.7	39.8	18.9	25.7
LGBTQIA+	52	19.4	38.2	20.5	21.9
Non-LGBTQIA+	781	15.4	39.9	18.8	25.9
Neurodivergent	118	11.7	38.2	19.1	31.0
Not neurodivergent	575	15.8	38.3	19.7	26.2
Maybe	80	18.9	40.3	26.7	14.1
Not sure what neurodivergent means	40	19.6	50.4	10.2	19.8
Less than Bachelor level education ²	184	12.1	35.8	20.4	31.7
Holds a Bachelor degree or higher	379	17.0	43.5	18.9	20.6
Unemployed/Retired ²	161	19.9	44.4	7.4	28.3
Employed	403	11.1	36.0	26.0	26.9
Just getting along, poor or very poor ²	129	9.1	38.2	13.5	39.2
Reasonably comfortable, very comfortable or prosperous	435	15.8	39.1	21.9	23.2
Requires help with daily activities	50	15.4	24.1	8.4	52.1
Does not require help	786	15.6	40.7	19.6	24.1
Food security (last 12 months)²					
Low or very low food security	43	3.7	28.2	12.9	55.3
Marginal food security	58	10.3	35.0	30.8	23.8
High food security	463	15.9	40.7	19.0	24.5

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 3.3.1.2 provides a comprehensive overview of walking frequency by health and behaviour characteristics. All health and wellbeing indicators were significantly associated with walking frequency, except for BMI. Specifically, a lower proportion of those who self-reported their health as fair or poor (3.7% vs 17.7%), reported low to moderate life satisfaction (5.3% vs 17.3%), do not feel valued by society (5.3% vs definitely [25.1%]) and have poor mental wellbeing (7.4% vs 16.7%) reported daily walking for transportation compared to their counterparts with more positive health and wellbeing. Infrequent walking (walking less than once a month) was more common among those who self-reported fair or poor health (42.6% vs 23.7%), reported low to moderate life satisfaction (42.8% vs 22.6%) and did not feel valued by society (41.8% vs 19.8%).

Walking frequency was also associated with some health behaviours. Daily walking for transportation was less common among those who did not meet the vegetable intake recommendations (13.6% vs 29.8%) and those who consumed sugar-sweetened beverages daily (4.7% vs 16.6%). Weekly walking for transportation was less common among those who did not meet the fruit intake recommendations (33.0% vs 45.2%) and aerobic physical activity recommendations (26.4% vs 42.7%) compared to

those who did. Infrequent walking was more common among those who did not meet the fruit intake recommendations (33.2% vs 19.0%) and aerobic physical activity recommendations (37.2% vs 22.6%). Risk behaviours were not associated with frequency of transport-related walking.

Table 3.3.1.2 Walking frequency by selected health and behaviour characteristics

	Unweighted base ¹	Daily	At least once a week	At least once a month	Less than once a month
	n	%	%	%	%
Total sample	840	15.6	39.9	18.9	25.7
Health and wellbeing indicators					
Self-reported health - Fair or poor	108	3.7	36.7	17.0	42.6
Self-reported health - Good, very good, or excellent	654	17.7	40.6	18.0	23.7
Life satisfaction - Low to moderate (0 to 6) ²	146	5.3	33.8	18.1	42.8
Life satisfaction - High/very high (7 to 10)	365	17.3	41.5	18.6	22.6
Does not feel valued by society ²	113	5.3	35.9	16.9	41.8
Sometimes feel valued by society	245	11.4	40.6	20.5	27.5
Definitely feel valued by society	154	25.1	38.9	16.2	19.8
Poor mental wellbeing ²	138	7.4	30.4	23.6	38.7
Good mental wellbeing	427	16.7	42.3	18.2	22.8
Overweight or obese (BMI ≥25.0)	248	16.5	33.5	19.7	30.2
Normal range or underweight (BMI <25.0)	248	15.6	45.1	16.4	22.9
Health behaviour indicators					
Does not meet fruit intake recommendations	372	12.3	33.0	21.5	33.2
Meets fruit intake recommendations	460	19.0	45.2	16.7	19.0
Does not meet vegetable intake recommendations	683	13.6	39.7	20.3	26.4
Meets vegetable intake recommendations	134	29.8	37.7	12.6	19.9
Does not meet aerobic physical activity recommendations	231	13.1	26.4	23.3	37.2
Meets aerobic physical activity recommendations	583	16.6	42.7	18.1	22.6
Does not meet muscle strengthening recommendations	377	14.1	33.5	23.1	29.4
Meets muscle strengthening recommendations	350	15.0	44.8	16.7	23.5
Does not meet screen time recommendations	387	12.8	38.3	22.2	26.8
Meets screen time recommendations	416	18.1	39.8	16.4	25.7
Does not meet sleep recommendations	207	14.4	32.5	23.4	29.6
Meets sleep recommendations	616	15.9	41.8	17.5	24.7
Drinks sugar-sweetened beverages daily	55	4.7	36.1	26.0	33.2

Drinks sugar-sweetened beverages less than daily	782	16.6	40.0	18.2	25.1
Does not meet water recommendations	539	15.4	39.3	18.1	27.2
Meets water recommendations	273	16.5	39.0	21.3	23.1
Risk behaviour indicators²					
Current smoker	14	25.8	49.0	0.0	25.3
Ex-smoker	192	10.4	39.5	19.9	30.2
Never smoked	304	15.4	38.2	18.3	28.1
Current vaper*	12	0.0	50.2	22.3	27.5
Ex-vaper	27	4.3	30.0	29.1	36.6
Never vaped	469	14.7	39.7	17.6	28.0
Had more than 4 standard drinks on a single occasion	280	12.6	39.0	19.8	28.5
Has not had more than 4 standard drinks	230	15.1	38.9	16.6	29.3
Gambled	126	16.4	37.5	23.2	22.8
Never gambled	383	12.6	39.8	16.3	31.3

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

* Significance testing not conducted due to small base size.

3.3.2. Cycling

Approximately 9.3% of 2025 Macedon Ranges Shire ALC respondents reported cycling to get to and from places at least once a week, 17.3% cycle at least once a month but less than weekly, and the remaining 73.4% cycle to get to and from places less than once a month. Children reported cycling for transportation more frequently than adults, with a higher proportion cycling weekly (23.6% vs 5.3%) and monthly (27.3% vs 14.0%), and a lower proportion cycling less than once a month (49.1% vs 80.7%). Females were more likely than males to cycle less than once a month (78.6% vs 68.1%). Cycling frequency varied according to sex and age, and subregions, with no clear pattern or trend observable (see Table 3.3.2.1).

A greater proportion of people from the following demographic groups reported cycling to get to and from places less than once a month (infrequently):

- One person households (91.9%) and more than 5 people (95.5%) compared to 2-3 people (81.5%) and 4-5 people households (74.7%)
- Less than a Bachelor level education (88.6%) compared to Bachelor degree or higher (69.2%)
- Just getting along, poor or very poor (89.3%) compared to reasonably comfortable, very comfortable or prosperous (77.8%)
- Low or very low (92.0%) food security compared to high food security (78.6%)

Table 3.3.2.1 Cycling frequency by selected demographic characteristics

	Unweighted base ¹ n	At least once a week %	At least once a month %	Less than once a month %
Total sample	820	9.3	17.3	73.4
Children	270	23.6	27.3	49.1
Adults	547	5.3	14.0	80.7
Males	269	11.1	20.8	68.1
Females	538	7.0	14.5	78.6
Sex and age				
Males, 3 to 11	76	32.9	31.6	35.5
Males, 12 to 17	57	26.3	26.3	47.4
Males, 18 to 34	6	15.1	15.1	69.9
Males, 35 to 49	36	7.7	36.4	55.9
Males, 50 to 69	52	1.0	12.9	86.0
Males, 70+	40	7.5	7.7	84.8
Females, 3 to 11	62	21.0	30.6	48.4
Females, 12 to 17	70	5.7	20.0	74.3
Females, 18 to 34	35	4.5	6.0	89.4
Females, 35 to 49	178	6.2	13.3	80.5
Females, 50 to 69	153	4.6	13.7	81.6
Females, 70+	39	1.7	3.4	94.9
Subregion				
Gisborne District	175	10.0	17.8	72.2
Kyneton District	204	5.3	17.8	76.9
Lancefield District	51	5.2	1.9	92.9
Macedon-Woodend District	272	16.5	19.8	63.7
Riddells Creek District	54	3.0	15.9	81.1
Romsey District	62	6.7	20.5	72.8
Demographic indicators				
Household size²				
1 person	47	6.1	2.0	91.9
2 or 3 people	286	5.3	13.2	81.5
4 or 5 people	201	5.6	19.7	74.7
More than 5 people	13	0.0	4.5	95.5
Born overseas	108	9.8	20.6	69.6
Born in Australia	712	9.2	16.7	74.1
Speaks other main language*	3	0.0	79.4	20.6
Speaks English as main language	815	9.2	17.1	73.6
Aboriginal and/or Torres Strait Islander*	6	0.0	37.5	62.5
Not Aboriginal or Torres Strait Islander	809	9.2	17.3	73.5

LGBTQIA+	52	4.8	11.6	83.6
Non-LGBTQIA+	763	9.5	17.9	72.6
Neurodivergent	117	9.6	15.4	75.0
Not neurodivergent	566	8.8	18.1	73.1
Maybe	80	14.5	17.7	67.8
Not sure what neurodivergent means	40	5.7	16.0	78.3
Less than Bachelor level education ²	175	2.7	8.6	88.6
Holds a Bachelor degree or higher	372	9.0	21.8	69.2
Unemployed/Retired ²	149	5.0	10.5	84.5
Employed	398	5.4	15.6	78.9
Just getting along, poor or very poor ²	123	1.6	9.1	89.3
Reasonably comfortable, very comfortable or prosperous	424	6.5	15.6	77.8
Requires help with daily activities	48	11.3	9.3	79.4
Does not require help	771	9.2	17.8	73.0
Food security (last 12 months)²				
Low or very low food security	42	2.9	5.1	92.0
Marginal food security	55	0.7	13.0	86.3
High food security	450	6.2	15.2	78.6

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 3.3.2.2 provides a comprehensive overview of cycling frequency by health and behaviour characteristics. Three out of five health and wellbeing indicators were significantly associated with cycling frequency. Specifically, a lower proportion of those who self-reported their health as fair or poor (3.0% vs 11.2%), reported low to moderate life satisfaction (3.4% vs 6.8%), and were overweight or obese (4.7% vs 14.4%) reported cycling weekly for transportation compared to their counterparts with more positive health and wellbeing.

There were differences in cycling frequency according to fruit and vegetable intake. Specifically, weekly cycling for transportation was less common among those who did not meet the fruit intake (5.8% vs 12.9%) and vegetable intake (7.5% vs 19.4%) recommendations compared to those who did. With regards to risk taking behaviours, a lower proportion of those who had gambled in the past 12 months (0.3%) cycled for transportation weekly compared to those who had not gambled (8.0%).

Table 3.3.2.2 Cycling frequency by selected health and behaviour characteristics

	Unweighted base ¹ n	At least once a week %	At least once a month %	Less than once a month %
Total sample	820	9.3	17.3	73.4
Health and wellbeing indicators				
Self-reported health - Fair or poor	101	3.0	6.7	90.3
Self-reported health - Good, very good, or excellent	642	11.2	18.4	70.4

Life satisfaction - Low to moderate (0 to 6) ²	139	3.4	9.1	87.5
Life satisfaction - High/very high (7 to 10)	354	6.8	14.0	79.2
Does not feel valued by society ²	108	5.2	6.4	88.3
Sometimes feel valued by society	235	5.4	12.8	81.8
Definitely feel valued by society	151	6.6	18.0	75.4
Poor mental wellbeing ²	133	2.5	9.4	88.1
Good mental wellbeing	414	6.4	15.8	77.8
Overweight or obese (BMI ≥25.0)	241	4.7	13.5	81.7
Normal range or underweight (BMI <25.0)	239	14.4	18.9	66.7
Health behaviour indicators				
Does not meet fruit intake recommendations	361	5.8	14.1	80.1
Meets fruit intake recommendations	451	12.9	19.8	67.3
Does not meet vegetable intake recommendations	667	7.5	18.7	73.7
Meets vegetable intake recommendations	130	19.4	8.7	71.9
Does not meet aerobic physical activity recommendations	225	7.2	22.1	70.7
Meets aerobic physical activity recommendations	570	10.2	14.8	75.1
Does not meet muscle strengthening recommendations	370	9.5	15.7	74.8
Meets muscle strengthening recommendations	340	7.6	16.7	75.7
Does not meet screen time recommendations	379	7.4	14.6	78.0
Meets screen time recommendations	404	11.0	18.0	71.0
Does not meet sleep recommendations	201	7.0	15.7	77.3
Meets sleep recommendations	602	10.4	17.3	72.4
Drinks sugar-sweetened beverages daily	54	5.3	11.9	82.8
Drinks sugar-sweetened beverages less than daily	764	9.7	17.8	72.5
Does not meet water recommendations	525	9.0	18.1	72.8
Meets water recommendations	270	9.3	14.4	76.3
Risk behaviour indicators²				
Current smoker	14	10.8	11.8	77.3
Ex-smoker	186	5.0	12.4	82.5
Never smoked	292	6.0	12.8	81.2
Current vaper*	12	10.6	17.1	72.3
Ex-vaper	27	1.1	6.6	92.3
Never vaped	452	6.0	12.8	81.3
Had more than 4 standard drinks on a single occasion	274	6.6	14.0	79.4

Has not had more than 4 standard drinks	218	4.5	10.8	84.7
Gambled	118	0.3	12.8	86.9
Never gambled	374	8.0	12.4	79.5

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

* Significance testing not conducted due to small base size.

3.3.3. Adult's travel to work or education

Driving (64.1%) was the most common method of travel, followed by public transport (11.3%), work or education at home (9.7%), active travel (6.1%) and passenger in a private vehicle (5.9%). A quarter of respondents (25.1%) indicated that they did not engage in work or study. Table 3.3.3.1 presents the results regarding methods of travel to work or education among adults, according to selected demographic characteristics.

Briefly, driving was most common among younger adults, residents of Gisborne District and Kyneton District, households with 4-5 people and not requiring any help with daily activities. Public transport was more common among females aged between 35-49 and 50-69 years, residents of Macedon-Woodend District, households with 2-5 people, not neurodivergent, and those with a Bachelor degree or higher level of education.

Table 3.3.3.2 presents the results according to health and wellbeing characteristics. Indicators that differ according to travel method for adults were seen mainly for BMI, sugar-sweetened beverage consumption, water consumption, smoking, risky alcohol consumption and gambling. Driving was more common among the following people:

- Drank sugar-sweetened beverages daily (83.5%) compared to not (61.9%)
- Met water consumption recommendations (79.4%) compared to not (58.9%)
- Engaged in risky alcohol intake (72.2%) compared to not (55.9%) over the past 12 months

Taking public transport was not associated with any of the selected health and behaviour characteristics.

Table 3.3.3.1 Adult's travel to work/education by selected demographic characteristics

	Unweighted base ¹ n	Drive %	Passenger in private vehicle %	Active travel %	Take public transport %	Work or study at home %	Do not work/study %
Total sample	565	64.1	5.9	6.1	11.3	9.7	25.1
Males	134	61.3	5.5	7.1	12.2	7.7	31.5
Females	423	67.5	6.4	5.4	10.3	11.5	18.6
Sex and age							
Males, 18 to 34	6	83.6	23.4	15.1	15.1	16.4	0.0
Males, 35 to 49	36	88.5	13.5	15.2	23.1	11.5	1.9
Males, 50 to 69	52	63.0	0.0	3.2	11.9	7.5	30.6
Males, 70+	40	32.0	3.2	4.5	3.2	3.2	63.5
Females, 18 to 34	35	76.0	13.4	6.0	13.4	12.0	10.4
Females, 35 to 49	179	74.7	7.9	5.6	11.2	19.0	4.6
Females, 50 to 69	158	68.3	2.2	6.3	10.2	4.9	21.2
Females, 70+	51	20.8	3.7	0.0	1.2	4.0	80.4
Subregion							
Gisborne District	119	71.6	5.2	5.2	15.9	14.0	15.7
Kyneton District	148	70.6	8.6	11.7	10.7	7.2	19.8
Lancefield District	39	58.4	0.8	0.0	2.8	22.9	21.1
Macedon-Woodend District	171	52.8	4.3	6.9	14.4	11.4	33.1
Riddells Creek District	41	73.8	7.0	2.1	10.9	3.4	27.5
Romsey District	45	53.9	6.9	0.7	4.4	1.3	38.6
Demographic indicators							
Household size							
1 person	54	39.9	0.8	2.4	3.0	3.5	56.5

2 or 3 people	296	57.7	6.5	6.4	10.9	8.6	30.9
4 or 5 people	202	82.0	6.9	7.4	15.5	11.9	7.0
More than 5 people	13	73.6	0.0	0.0	2.2	26.4	7.5
Born overseas	96	55.4	5.9	8.0	15.5	11.7	32.7
Born in Australia	469	66.0	5.9	5.7	10.4	9.3	23.4
Speaks other main language*	3	79.4	0.0	0.0	0.0	20.6	0.0
Speaks English as main language	562	64.0	5.9	6.1	11.3	9.7	25.2
Aboriginal and/or Torres Strait Islander*	2	50.0	0.0	0.0	50.0	0.0	0.0
Not Aboriginal or Torres Strait Islander	559	64.1	5.9	6.1	11.2	9.8	25.1
LGBTQIA+	34	57.1	20.9	4.1	21.5	6.2	34.6
Non-LGBTQIA+	525	64.7	4.6	6.3	10.4	10.0	24.1
Neurodivergent	51	68.3	10.8	3.9	18.1	17.3	17.0
Not neurodivergent	417	65.1	5.3	6.7	12.0	9.6	22.7
Maybe	42	77.5	1.0	1.0	10.2	17.1	14.4
Not sure what neurodivergent means	30	50.3	11.5	9.1	3.2	0.0	46.7
Less than Bachelor level education	184	61.5	7.0	4.1	7.8	9.5	28.3
Holds a Bachelor degree or higher	380	68.1	4.2	9.1	16.5	10.1	20.0
Just getting along, poor or very poor	129	60.3	9.3	7.0	5.7	12.6	22.4
Reasonably comfortable, very comfortable or prosperous	436	65.4	4.7	5.8	13.2	8.7	26.0
Requires help with daily activities*	20	18.3	7.8	3.1	6.1	4.9	58.8
Does not require help	543	66.3	5.8	6.3	11.6	10.0	23.4
Food security (last 12 months)							
Low or very low food security	43	61.3	0.8	5.0	8.7	23.5	14.5
Marginal food security	58	70.3	10.3	1.9	10.6	7.2	22.3
High food security	464	63.5	5.9	6.9	11.7	8.4	26.8

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

* Significance testing not conducted due to small base size.

Table 3.3.3.2 Adult's travel to work/education by selected health and behaviour characteristics

	Unweighted base ¹ n	Drive %	Passenger in private vehicle %	Active travel %	Take public transport %	Work or study at home %	Do not work/study %
Total sample	565	64.1	5.9	6.1	11.3	9.7	25.1
Health and wellbeing indicators							
Self-reported health - Fair or poor	95	66.7	7.9	3.9	13.3	12.4	24.7
Self-reported health - Good, very good, or excellent	415	64.9	5.6	7.3	11.4	9.0	25.0
Life satisfaction - Low to moderate (0 to 6)	146	65.6	7.4	5.0	12.7	8.6	24.7
Life satisfaction - High/very high (7 to 10)	365	65.0	5.5	7.0	11.2	10.1	25.2
Does not feel valued by society	112	53.7	6.7	7.2	11.0	12.2	33.6
Sometimes feel valued by society	246	69.0	6.5	3.9	13.9	10.6	22.8
Definitely feel valued by society	154	69.7	4.8	10.4	9.4	5.5	20.7
Poor mental wellbeing	138	66.1	11.2	3.5	10.8	10.0	25.4
Good mental wellbeing	427	63.3	3.8	7.1	11.5	9.6	25.0
Overweight or obese (BMI ≥25.0)	226	65.5	8.7	6.3	10.7	8.2	27.2
Normal range or underweight (BMI <25.0)	167	60.6	1.0	9.3	14.2	13.6	23.2
Health behaviour indicators							
Does not meet fruit intake recommendations	317	65.8	6.9	5.1	13.0	7.4	23.8
Meets fruit intake recommendations	247	61.7	4.5	7.4	9.0	12.8	26.9
Does not meet vegetable intake recommendations	463	66.3	6.3	6.0	11.1	9.7	24.1

Meets vegetable intake recommendations	91	50.7	3.7	8.1	10.4	10.4	29.4
Does not meet aerobic physical activity recommendations	103	62.9	8.4	6.0	5.2	7.7	28.1
Meets aerobic physical activity recommendations	450	63.8	5.5	6.0	13.0	10.3	25.0
Does not meet muscle strengthening recommendations	225	65.2	6.6	5.1	13.3	10.2	22.6
Meets muscle strengthening recommendations	300	63.9	6.2	6.5	10.7	10.4	25.8
Does not meet screen time recommendations	230	61.3	8.5	5.3	11.1	7.2	30.6
Meets screen time recommendations	323	65.9	3.9	5.8	11.1	12.0	21.1
Does not meet sleep recommendations	135	66.4	5.1	4.0	7.0	13.4	20.8
Meets sleep recommendations	422	62.9	6.3	6.9	12.5	8.3	27.0
Drinks sugar-sweetened beverages daily	44	83.5	15.3	0.0	8.3	8.3	9.5
Drinks sugar-sweetened beverages less than daily	521	61.9	4.8	6.8	11.6	9.9	26.8
Does not meet water recommendations	386	58.9	6.1	6.6	10.9	11.5	29.8
Meets water recommendations	167	79.4	5.7	5.4	12.1	5.3	10.7
Risk behaviour indicators							
Current smoker	14	45.9	11.8	0.0	25.7	21.7	5.8
Ex-smoker	192	64.0	4.0	7.7	10.6	8.6	26.8
Never smoked	304	66.9	7.3	6.1	12.2	9.9	24.5
Current vaper*	12	89.4	16.0	8.6	22.3	13.7	0.0
Ex-vaper	27	72.8	14.3	3.2	7.8	10.0	5.1
Never vaped	469	63.7	5.2	6.5	11.8	9.6	27.3
Had more than 4 standard drinks on a single occasion	280	72.2	7.8	8.4	15.6	10.7	19.0
Has not had more than 4 standard drinks	230	55.9	4.0	4.1	7.1	8.5	32.8

Gambled	126	65.9	7.1	3.5	9.0	4.1	29.2
Never gambled	382	65.1	5.7	7.9	13.3	12.1	23.0

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

* Significance testing not conducted due to small base size.

3.3.4. Children's travel to school

Parents were asked to report their child's method of travel to get to and from school. Response options included 'they are driven to or from school in a car', 'public transport with an adult present', 'public transport without an adult present', 'walk or ride with an adult present', 'walk or ride without an adult present', 'other', and 'my child does not attend school'. For all children who attend school, responses were recoded as 'car', 'public transport' or 'active travel' for analysis and reporting purposes.

Overall, 58.1% of children were driven to school in a car, 29.6% took public transport and 28.5% engaged in active travel to and from school. Table 3.3.4.1 presents children's travel to school findings according to selected demographic characteristics. A greater proportion of male (70.7% vs 35.3%) and female (71.0% vs 35.6%) children aged 3 to 11 were driven in a car compared to their adolescent (12 to 17 years) counterparts. Children from Macedon-Woodend District (51.0%) were less likely to be driven to school in a car compared to Riddells Creek District (84.3%).

Public transport use similarly differed according to age by sex; however, findings were the opposite to car use with a significantly greater proportion of adolescent males (68.6% vs 6.7%) and females (66.1% vs 8.1%) using public transport compared to children. A greater proportion of children who do not require help with daily activities (33.7%) used public transport compared to those who require help with daily activities (2.4%).

Active travel did not differ by sex, or sex and age groups. Children from Riddells Creek District were less likely to actively travel to and from school (8.9%) compared to Gisborne District (40.9%). Those who were unsure what neurodivergent means were less likely to engage in active travel to and from school (0.0%) compared to those who report being neurodivergent (29.2%), not neurodivergent (27.3%), and maybe neurodivergent (37.4%).

Table 3.3.4.1 Children's travel to school by selected demographic characteristics

	Unweighted base ¹ n	Car %	Public transport %	Active travel %
Total sample	251	58.1	29.6	28.5
Males	126	57.4	29.9	31.0
Females	121	57.4	30.3	26.7
Sex and age				
Males, 3 to 11	75	70.7	6.7	32.0
Males, 12 to 17	51	35.3	68.6	29.4
Females, 3 to 11	62	71.0	8.1	30.6
Females, 12 to 17	59	35.6	66.1	20.3
Subregion				
Gisborne District	56	62.9	24.4	40.9
Kyneton District	54	53.5	19.9	33.7
Lancefield District	13	62.1	56.1	18.5
Macedon-Woodend District	98	51.0	35.1	23.8
Riddells Creek District	12	84.3	29.8	8.9

Romsey District	17	77.7	28.0	17.5
Demographic indicators				
Born overseas*	13	49.2	57.3	21.3
Born in Australia	238	58.5	28.3	28.8
Speaks other main language*	0	-	-	-
Speaks English as main language	249	58.1	29.6	28.5
Aboriginal and/or Torres Strait Islander*	4	51.8	69.6	21.3
Not Aboriginal or Torres Strait Islander	246	58.4	28.8	28.7
LGBTQIA+*	11	36.4	63.6	36.4
Non-LGBTQIA+	240	58.8	28.5	28.2
Neurodivergent	61	61.0	32.3	29.2
Not neurodivergent	148	57.3	30.4	27.3
Maybe	36	57.8	18.6	37.4
Not sure what neurodivergent means	5	39.0	61.0	0.0
Requires help with daily activities	30	63.7	2.4	23.2
Does not require help	220	57.1	33.7	29.4

¹ Base sizes include respondents aged 3 to 17 years living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

* Significance testing not conducted due to small base size.

No differences in travelling to and from school via car were seen for any of the health and wellbeing indicators or health behaviours (see Table 3.3.4.2). Public transport use differed by fruit and screen recommendations. Specifically, a greater proportion of those who failed to meet the fruit (47.9% vs 25.4%), and screen time (38.1% vs 19.2%) recommendations used public transport to get to and from school compared to their counterparts who met the respective recommendations. Active travel to and from school differed according to fruit intake recommendations and aerobic physical activity. Children who met the fruit intake (32.5% vs 13.0%) and aerobic physical activity (36.6% vs 17.5%) recommendations were more likely to actively travel to and from school compared to those who failed to meet the recommendations.

Table 3.3.4.2 Children's travel to school by selected health and behaviour characteristics

	Unweighted base ¹ n	Car %	Public transport %	Active travel %
Total sample	251	58.1	29.6	28.5
Health and wellbeing indicators				
Self-reported health - Fair or poor*	11	45.2	54.8	0.0
Self-reported health - Good, very good, or excellent	222	58.9	27.8	31.7
Overweight or obese (BMI ≥25.0)*	16	43.4	46.3	26.7
Normal range or underweight (BMI <25.0)	79	54.5	30.1	31.0
Health behaviour indicators				
Does not meet fruit intake recommendations	48	52.3	47.9	13.0

Meets fruit intake recommendations	199	59.0	25.4	32.5
Does not meet vegetable intake recommendations	202	56.3	31.7	28.8
Meets vegetable intake recommendations	41	60.6	21.6	32.4
Does not meet aerobic physical activity recommendations	117	54.4	31.1	17.5
Meets aerobic physical activity recommendations	123	59.8	28.7	36.6
Does not meet muscle strengthening recommendations	138	58.6	33.3	27.9
Meets muscle strengthening recommendations	45	53.2	41.6	27.2
Does not meet screen time recommendations	143	57.1	38.1	26.8
Meets screen time recommendations	88	57.9	19.2	34.2
Does not meet sleep recommendations	63	50.5	42.0	27.8
Meets sleep recommendations	183	59.9	25.8	29.0
Drinks sugar-sweetened beverages daily*	10	53.5	54.7	18.5
Drinks sugar-sweetened beverages less than daily	239	57.9	28.9	29.2
Does not meet water recommendations	140	58.1	31.7	26.9
Meets water recommendations	100	55.9	27.5	33.9

¹ Base sizes include respondents aged 3 to 17 years living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

* Significance testing not conducted due to small base size.

3.4. Recreational screen time

The *Australian Guidelines*⁸ recommend that children aged 3-5 years engage in no more than one (1) hour per day of screen time. For children and adolescents aged 5 to 17 years, they should limit their recreational screen time to no more than two (2) hours per day, excluding time spent on educational activities. For adults aged 18 years and above, there are no Government screen time recommendations, however there are established recommendations based on a harmonised meta-analysis of data from over one million adults. This review found that recreational screen time in excess of three (3) hours per day was associated with an increased risk of detrimental health implications. Therefore, a cut-off of three hours per day was used to differentiate adult ALC respondents who met/did not meet the screen time recommendations.

Table 3.4.1 presents a summary of the findings regarding screen time recommendation adherence and the average number of hours spent engaging in recreational screen time per day, according to selected demographic characteristics. Overall, 51.4% of Macedon Ranges Shire respondents met the age-specific screen time recommendations. A higher proportion of adults (54.5%) met their recreational screen time recommendation of 3 hours per day compared to children (39.5%), whose recommendation is 2 hours per day. No differences were seen between males and females overall, or between age groups for males. However, findings were quite varied for females, with a greater

⁸ Australian Government Department of Health and Aged Care, 2021. Physical activity and exercise guidelines for all Australians. Canberra, Australia. <https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>

proportion of children aged 5–11 years and those in the older age groups meeting the recommendations compared to adolescents aged 12-17 years.

Residents from Kyneton District (42.8%) were significantly less likely to meet the screen time recommendations than residents from Lancefield District (69.0%) and Macedon-Woodend District (52.7%) and reported a higher average number of hours of recreational screen time per day (5.8 hours vs 3.8 and 4.1 hours, respectively).

Adherence to the recreational screen time recommendations was lower among those who require help with daily activities (25.0%) compared to those who do not require help (53.1%). A higher average number of hours of recreational screen time per day was seen among respondents from 4-5 person households (5.5 hours) compared to other household-size groups (ranging from 2.3 to 4.7 hours).

Table 3.4.1 Recreational screen time by selected demographic characteristics

	Unweighted base ¹	Does not meet recommendation	Meets recommendation	Average hours per day
	n	%	%	#
Total sample	804	48.6	51.4	4.8
Children	250	60.5	39.5	4.7
Adults	554	45.5	54.5	4.8
Males	251	49.2	50.8	4.7
Females	541	47.2	52.8	4.8
Sex and age				
Males, 3 to 11	65	53.8	46.2	3.9
Males, 12 to 17	55	65.5	34.5	4.4
Males, 18 to 34	6	30.1	69.9	3.0
Males, 35 to 49	34	41.9	58.1	5.9
Males, 50 to 69	51	50.5	49.5	4.9
Males, 70+	40	47.8	52.2	4.3
Females, 3 to 11	56	48.2	51.8	4.4
Females, 12 to 17	70	78.6	21.4	6.8
Females, 18 to 34	35	47.7	52.3	4.9
Females, 35 to 49	178	43.2	56.8	4.7
Females, 50 to 69	151	41.9	58.1	4.6
Females, 70+	51	45.2	54.8	3.9
Subregion				
Gisborne District	176	49.4	50.6	5.2
Kyneton District	195	57.2	42.8	5.8
Lancefield District	53	31.0	69.0	3.8
Macedon-Woodend District	265	47.3	52.7	4.1
Riddells Creek District	52	51.4	48.6	4.0
Romsey District	60	41.7	58.3	4.7
Demographic indicators				
Household size²				

1 person	55	49.7	50.3	4.1
2 or 3 people	289	46.3	53.7	4.7
4 or 5 people	197	44.7	55.3	5.5
More than 5 people	13	27.0	73.0	2.3
Born overseas	108	44.1	55.9	4.5
Born in Australia	695	49.3	50.7	4.8
Speaks other main language*	3	20.1	79.9	2.2
Speaks English as main language	798	48.5	51.5	4.8
Aboriginal and/or Torres Strait Islander*	6	35.0	65.0	2.6
Not Aboriginal or Torres Strait Islander	793	48.7	51.3	4.8
LGBTQIA+	52	65.4	34.6	5.8
Non-LGBTQIA+	745	47.2	52.8	4.7
Neurodivergent	115	58.7	41.3	6.1
Not neurodivergent	551	43.8	56.2	4.5
Maybe	76	57.5	42.5	4.9
Not sure what neurodivergent means	35	61.2	38.8	5.4
Less than Bachelor level education ²	182	49.9	50.1	5.2
Holds a Bachelor degree or higher	370	38.7	61.3	4.2
Unemployed/Retired ²	158	51.8	48.2	4.8
Employed	395	42.2	57.8	4.7
Just getting along, poor or very poor ²	125	49.4	50.6	6.1
Reasonably comfortable, very comfortable or prosperous	428	44.0	56.0	4.3
Requires help with daily activities	47	75.0	25.0	6.5
Does not require help	754	46.9	53.1	4.7
Food security (last 12 months)²				
Low or very low food security	42	48.9	51.1	5.5
Marginal food security	57	47.1	52.9	5.3
High food security	454	44.7	55.3	4.6

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 3.4.2 summarises recreational screen time engagement by selected health and behaviour characteristics. No significant associations were seen across the health and wellbeing indicators. With regards to health behaviours, average screen time was higher among those who did not meet the water consumption recommendations (5.0 hours per day) compared to those who did (4.1 hours per day). Gambling was the only risk behaviour associated with recreational screen time. A smaller proportion of those who had gambled in the past 12 months (43.7%) met the recreational screen time recommendations compared to those who had not gambled (60.9%).

Table 3.4.2 Recreational screen time by selected health and behaviour characteristics

	Unweighted base ¹	Does not meet recommendation	Meets recommendation	Average hours per day
	n	%	%	#
Total sample	804	48.6	51.4	4.8
Health and wellbeing indicators				
Self-reported health - Fair or poor	108	60.9	39.1	6.0
Self-reported health - Good, very good, or excellent	623	44.8	55.2	4.6
Life satisfaction - Low to moderate (0 to 6) ²	143	51.8	48.2	5.3
Life satisfaction - High/very high (7 to 10)	359	40.2	59.8	4.6
Does not feel valued by society ²	110	52.7	47.3	5.5
Sometimes feel valued by society	245	44.6	55.4	4.8
Definitely feel valued by society	147	34.9	65.1	4.1
Poor mental wellbeing ²	137	54.8	45.2	5.7
Good mental wellbeing	417	41.7	58.3	4.4
Overweight or obese (BMI ≥25.0)	244	47.1	52.9	4.9
Normal range or underweight (BMI <25.0)	239	44.5	55.5	4.8
Health behaviour indicators				
Does not meet fruit intake recommendations	368	52.0	48.0	5.3
Meets fruit intake recommendations	433	45.2	54.8	4.3
Does not meet vegetable intake recommendations	657	49.8	50.2	4.9
Meets vegetable intake recommendations	130	37.2	62.8	3.9
Does not meet aerobic physical activity recommendations	222	57.0	43.0	5.3
Meets aerobic physical activity recommendations	565	45.9	54.1	4.6
Does not meet muscle strengthening recommendations	368	53.8	46.2	5.0
Meets muscle strengthening recommendations	343	46.7	53.3	4.9
Does not meet sleep recommendations	202	48.5	51.5	5.0
Meets sleep recommendations	594	48.5	51.5	4.7
Drinks sugar-sweetened beverages daily	55	56.0	44.0	5.7
Drinks sugar-sweetened beverages less than daily	748	47.8	52.2	4.7
Does not meet water recommendations	520	48.7	51.3	5.0
Meets water recommendations	263	46.7	53.3	4.1
Risk behaviour indicators²				
Current smoker	14	54.9	45.1	3.8
Ex-smoker	189	42.1	57.9	4.7
Never smoked	297	45.0	55.0	5.0

Current vaper*	12	53.4	46.6	4.7
Ex-vaper	27	32.8	67.2	3.5
Never vaped	460	44.9	55.1	4.9
Had more than 4 standard drinks on a single occasion	275	45.4	54.6	4.7
Has not had more than 4 standard drinks	225	42.5	57.5	4.9
Gambled	123	56.3	43.7	5.6
Never gambled	375	39.1	60.9	4.5

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

3.5. Sleep

In 2015, the Sleep Health Foundation⁹ released a report recommending sleep durations for different age groups, highlighting that sleep needs to support good health generally decrease with age. The recommendations are as follows:

Age group	Hours per night
3 to 5 years	10 to 13
6 to 13 years	9 to 11
14 to 17 years	8 to 10
18 to 64 years	7 to 9
65 years and above	7 to 8

Tables 3.5.1 and 3.5.2 present the average hours per night of sleep and adherence to these age-related recommendations according to selected demographic characteristics and health and behaviour characteristics. Overall, 72.7% of Macedon Ranges respondents reported meeting their age-specific sleep duration recommendations and reported an average of 7.6 hours of sleep per night. On average, children slept longer than adults (9.2 hours vs. 7.2 hours), no difference was noted between males and females. When looking at sex by age group, males aged 35 to 49 years were less likely to meet the sleep recommendations (45.9%) than males aged 3 to 11 years (74.3%), 50 to 69 years (79.1%) and 70 years and over (83.1%). Both males and females aged 3 to 11 years reported longer sleep duration than older age groups.

A lower proportion of residents in the Lancefield District met sleep recommendations (51.3%) compared to those in the Riddells Creek District (80%). Residents of the Macedon-Woodend District reported higher average sleep duration (8.0 hours) compared with all other subregions, except

⁹ Sleep Health Foundation 2015. Sleep needs across the lifespan. Blacktown: Sleep Health Foundation. <https://irp.cdn-website.com/0da81f14/files/uploaded/Sleep-Needs-Across-Lifespan.pdf>

Romsey District. The following demographic groups were less likely to meet their respective age-related sleep recommendations:

- Neurodivergent (59.4%) or maybe neurodivergent (54.2%) compared to not neurodivergent (75.0%) or not sure what neurodivergent means (89.6%)
- Just getting along, poor or very poor (57.5%) compared to reasonably comfortable, very comfortable or prosperous (77.7%)
- Marginal (48.9%) food security compared to high food security (77.7%)

Table 3.5.1 Sleep by selected demographic characteristics

	Unweighted base ¹	Does not meet recommendation	Meets recommendation	Average hours per night
	n	%	%	#
Total sample	824	27.3	72.7	7.6
Children	266	26.8	73.2	9.2
Adults	558	27.5	72.5	7.2
Males	263	28.0	72.0	7.7
Females	548	26.2	73.8	7.5
Sex and age				
Males, 3 to 11	74	25.7	74.3	9.8
Males, 12 to 17	56	37.5	62.5	8.4
Males, 18 to 34	6	15.1	84.9	7.5
Males, 35 to 49	36	54.1	45.9	6.6
Males, 50 to 69	51	20.9	79.1	7.4
Males, 70+	40	16.9	83.1	7.4
Females, 3 to 11	61	21.3	78.7	9.7
Females, 12 to 17	70	25.7	74.3	8.4
Females, 18 to 34	35	22.3	77.7	7.3
Females, 35 to 49	177	28.6	71.4	7.1
Females, 50 to 69	153	27.4	72.6	7.1
Females, 70+	52	26.1	73.9	7.2
Subregion				
Gisborne District	178	26.7	73.3	7.5
Kyneton District	203	28.1	71.9	7.4
Lancefield District	53	48.7	51.3	7.1
Macedon-Woodend District	276	23.3	76.7	8.0
Riddells Creek District	52	19.9	80.1	7.5
Romsey District	59	30.8	69.2	7.6
Demographic indicators				
Household size²				
1 person	54	27.0	73.0	7.2
2 or 3 people	292	26.7	73.3	7.2

4 or 5 people	199	29.2	70.8	7.0
More than 5 people	13	26.4	73.6	6.9
Born overseas	107	23.1	76.9	7.5
Born in Australia	716	28.1	71.9	7.6
Speaks other main language*	3	0.0	100.0	7.4
Speaks English as main language	818	27.5	72.5	7.6
Aboriginal and/or Torres Strait Islander*	6	35.0	65.0	8.3
Not Aboriginal or Torres Strait Islander	813	27.2	72.8	7.6
LGBTQIA+	51	46.8	53.2	7.0
Non-LGBTQIA+	766	25.7	74.3	7.7
Neurodivergent	114	40.6	59.4	7.4
Not neurodivergent	565	25.0	75.0	7.7
Maybe	80	45.8	54.2	7.5
Not sure what neurodivergent means	38	10.4	89.6	7.7
Less than Bachelor level education ²	183	30.2	69.8	7.1
Holds a Bachelor degree or higher	373	23.1	76.9	7.2
Unemployed/Retired ²	159	21.1	78.9	7.3
Employed	398	30.7	69.3	7.1
Just getting along, poor or very poor ²	126	42.5	57.5	6.7
Reasonably comfortable, very comfortable or prosperous	431	22.3	77.7	7.3
Requires help with daily activities	49	35.0	65.0	8.3
Does not require help	772	26.7	73.3	7.6
Food security (last 12 months)²				
Low or very low food security	41	42.1	57.9	6.7
Marginal food security	58	51.1	48.9	6.7
High food security	458	22.3	77.7	7.3

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 3.5.2 summarises sleep duration by selected health and behaviour characteristics. Associations were seen with all health and wellbeing indicators. Specifically, a lower proportion of those who had low to moderate life satisfaction (59.4% vs 78.4%) and poor mental wellbeing (55.9% vs 79.2%) met the sleep recommendations compared to their counterparts who reported more positive health and wellbeing. Significantly shorter average sleep duration was observed among respondents reporting the following poorer health and wellbeing indicators, compared with respondents reporting more positive outcomes:

- Self-reported health - Fair or poor (6.9) compared to good, very good or excellent (7.8 hours)
- Low to moderate life satisfaction (6.8) compared to high/very high life satisfaction (7.3 hours)
- Does not feel valued by society (6.7) compared to sometimes (7.2) and definitely (7.4 hours)

- Poor mental wellbeing (6.7) compared to good mental wellbeing (7.3 hours)
- Overweight or obese (7.3) compared to normal weight or underweight (7.7 hours)

Adherence to sleep recommendations differed significantly by sugar-sweetened beverage intake. A lower proportion of those who consumed sugar-sweetened beverages on a daily basis (49.0%) met the sleep recommendations compared to those who did not drink sugar-sweetened beverages daily (74.9%).

Average sleep duration also differed across selected health behaviour indicators. Respondents with the following poorer health behaviours reported shorter average sleep duration than their positive counterparts:

- Did not meet fruit intake recommendations (7.3 vs 7.9 hours)
- Did not meet vegetable intake recommendations (7.6 vs 8.0 hours)
- Consumed sugar-sweetened beverages daily (6.7 vs 7.7 hours)

In contrast, respondents who did not meet muscle strengthening recommendations reported higher average sleep duration than those who met the recommendations (7.7 vs 7.3 hours). No risk behaviour indicators were significantly associated with adherence to sleep recommendations or average sleep duration.

Table 3.5.2 Sleep duration by selected health and behaviour characteristics

	Unweighted base ¹	Does not meet recommendation	Meets recommendation	Average hours per night
	n	%	%	#
Total sample	824	27.3	72.7	7.6
Health and wellbeing indicators				
Self-reported health - Fair or poor	108	38.8	61.2	6.9
Self-reported health - Good, very good, or excellent	642	24.9	75.1	7.8
Life satisfaction - Low to moderate (0 to 6) ²	143	40.6	59.4	6.8
Life satisfaction - High/very high (7 to 10)	362	21.6	78.4	7.3
Does not feel valued by society ²	110	45.0	55.0	6.7
Sometimes feel valued by society	244	22.5	77.5	7.2
Definitely feel valued by society	152	21.4	78.6	7.4
Poor mental wellbeing ²	137	44.1	55.9	6.7
Good mental wellbeing	421	20.8	79.2	7.3
Overweight or obese (BMI ≥25.0)	245	26.5	73.5	7.3
Normal range or underweight (BMI <25.0)	246	25.6	74.4	7.7
Health behaviour indicators				
Does not meet fruit intake recommendations	368	29.5	70.5	7.3
Meets fruit intake recommendations	453	25.0	75.0	7.9
Does not meet vegetable intake recommendations	673	28.5	71.5	7.6

Meets vegetable intake recommendations	134	17.5	82.5	8.0
Does not meet aerobic physical activity recommendations	229	33.0	67.0	7.8
Meets aerobic physical activity recommendations	574	25.7	74.3	7.5
Does not meet muscle strengthening recommendations	374	26.5	73.5	7.7
Meets muscle strengthening recommendations	346	27.1	72.9	7.3
Does not meet screen time recommendations	382	27.5	72.5	7.6
Meets screen time recommendations	414	27.5	72.5	7.5
Drinks sugar-sweetened beverages daily	54	51.0	49.0	6.7
Drinks sugar-sweetened beverages less than daily	769	25.1	74.9	7.7
Does not meet water recommendations	532	26.2	73.8	7.6
Meets water recommendations	270	29.1	70.9	7.7
Risk behaviour indicators²				
Current smoker	14	20.4	79.6	7.6
Ex-smoker	190	26.3	73.7	7.1
Never smoked	300	29.5	70.5	7.1
Current vaper*	12	34.0	66.0	7.0
Ex-vaper	27	57.7	42.3	6.4
Never vaped	463	25.2	74.8	7.2
Had more than 4 standard drinks on a single occasion	276	29.1	70.9	7.1
Has not had more than 4 standard drinks	228	26.5	73.5	7.1
Gambled	125	30.0	70.0	7.1
Never gambled	377	27.0	73.0	7.2

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

3.6. Participation in desired level of physical activity

Before asking more detailed questions about participation in specific activities, all respondents were first asked whether they had been as physically active as they would have liked over the past 12 months. This section focuses on describing the demographic, health, and wellbeing characteristics of those who reported lower-than-desired activity levels. The next section will then explore the *reasons* why they were not as active as they wished. Because these individuals have already expressed an interest in being more active, supporting them to increase their participation could lead to quick gains in overall activity rates among residents.

A little over half of all respondents (54.0%) indicated that they had not participated in activities as often as they would like. Adults (62.8%) were more likely than children (23.8%) to indicate they had not participated in physical activities as often as they would have liked in the last 12 months. Males aged

35 to 69 and females aged 18 to 69 were more likely to report not participating in physical activity as often as they have liked compared to children aged 3 to 17 years and older adults aged 70 and above (females only). Across the subregions there were no significant differences recorded in the proportion of respondents who would like to participate in physical activity more often.

There were, however, subgroups of respondents that were more likely to indicate they had not participated in as much physical activity as they would have liked when compared to others. These include:

- Employed (68.4%) compared to unemployed/retired (52.0%)
- Just getting along, poor or very poor (76.0%) compared to reasonably comfortable, very comfortable or prosperous (58.3%)
- Marginal (82.1%) food security compared to high food security (58.7%)

Table 3.6.1 Participation in desired level of physical activity by selected demographic characteristics

	Unweighted base ¹ n	Yes %	No %
Total sample	839	46.0	54.0
Children	271	76.2	23.8
Adults	565	37.2	62.8
Males	269	50.9	49.1
Females	557	42.3	57.7
Sex and age			
Males, 3 to 11	76	78.9	21.1
Males, 12 to 17	57	77.2	22.8
Males, 18 to 34	6	31.5	68.5
Males, 35 to 49	36	36.4	63.6
Males, 50 to 69	52	35.9	64.1
Males, 70+	40	57.0	43.0
Females, 3 to 11	62	79.0	21.0
Females, 12 to 17	71	70.4	29.6
Females, 18 to 34	35	31.2	68.8
Females, 35 to 49	179	24.1	75.9
Females, 50 to 69	158	38.7	61.3
Females, 70+	51	59.7	40.3
Subregion			
Gisborne District	179	49.3	50.7
Kyneton District	206	43.1	56.9
Lancefield District	52	43.2	56.8
Macedon-Woodend District	282	46.7	53.3
Riddells Creek District	54	41.1	58.9
Romsey District	63	53.5	46.5

Demographic indicators			
Household size²			
1 person	54	48.7	51.3
2 or 3 people	296	39.2	60.8
4 or 5 people	202	30.1	69.9
More than 5 people	13	36.2	63.8
Born overseas	111	44.2	55.8
Born in Australia	727	46.3	53.7
Speaks other main language*	3	0.0	100.0
Speaks English as main language	833	46.0	54.0
Aboriginal and/or Torres Strait Islander*	6	35.8	64.2
Not Aboriginal or Torres Strait Islander	828	46.2	53.8
LGBTQIA+	52	42.2	57.8
Non-LGBTQIA+	781	46.3	53.7
Neurodivergent	117	40.0	60.0
Not neurodivergent	576	48.4	51.6
Maybe	80	45.7	54.3
Not sure what neurodivergent means	40	43.2	56.8
Less than Bachelor level education ²	184	39.3	60.7
Holds a Bachelor degree or higher	380	33.8	66.2
Unemployed/Retired ²	161	48.0	52.0
Employed	403	31.6	68.4
Just getting along, poor or very poor ²	129	24.0	76.0
Reasonably comfortable, very comfortable or prosperous	435	41.7	58.3
Requires help with daily activities	787	46.1	53.9
Does not require help	50	42.5	57.5
Food security (last 12 months)²			
Low or very low food security	43	25.3	74.7
Marginal food security	57	17.9	82.1
High food security	464	41.3	58.7

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 3.6.2 summarises preference to be more physically active by selected health and behaviour characteristics. Associations were seen with three out of five health and wellbeing indicators. Specifically, a greater proportion of those who self-reported their health to be fair or poor (79.6% vs 47.8%), had low to moderate life satisfaction (75.9% vs 56.2%), and had poor mental wellbeing (74.7% vs 58.1%) did not engage in as much physical activity over the past 12 months as they would have liked compared to their counterparts who reported more positive health and wellbeing.

An association was seen between being as active as desired and adherence to some health behaviour recommendations. Specifically, desire to be more active was greater among those who did not meet the fruit intake (63.0% vs 45.8%), vegetable intake (56.2% vs 38.4%), and muscle strengthening (62.4% vs 49.0%) recommendations compared to those who did meet the respective recommendations. Similarly, a higher proportion of those who consumed sugar-sweetened beverages daily (79.3%) reported a desire to be more physically active compared to those who did not drink sugar-sweetened beverages daily (51.7%). No differences were seen according to risk behaviours.

Understanding the motivations and barriers related to participating in physical activity among groups with poorer health and wellbeing is strategically important. First, these individuals have already signalled a desire to be more active, making them an engaged audience with the potential for immediate gains if their needs are supported. Second, increasing activity levels within these groups offers substantial health benefits, given their existing lower health status and behaviours.

Table 3.6.2 Participation in desired level of physical activity by selected health and behaviour characteristics

	Unweighted base ¹	Yes	No
	n	%	%
Total sample	839	46.0	54.0
Health and wellbeing indicators			
Self-reported health - Fair or poor	107	20.4	79.6
Self-reported health - Good, very good, or excellent	655	52.2	47.8
Life satisfaction - Low to moderate (0 to 6) ²	145	24.1	75.9
Life satisfaction - High/very high (7 to 10)	366	43.8	56.2
Does not feel valued by society ²	112	31.5	68.5
Sometimes feel valued by society	246	33.5	66.5
Definitely feel valued by society	154	50.1	49.9
Poor mental wellbeing ²	138	25.3	74.7
Good mental wellbeing	427	41.9	58.1
Overweight or obese (BMI ≥ 25.0)	247	39.4	60.6
Normal range or underweight (BMI < 25.0)	248	48.8	51.2
Health behaviour indicators			
Does not meet fruit intake recommendations	371	37.0	63.0
Meets fruit intake recommendations	461	54.2	45.8
Does not meet vegetable intake recommendations	682	43.8	56.2
Meets vegetable intake recommendations	135	61.6	38.4
Does not meet aerobic physical activity recommendations	230	42.8	57.2
Meets aerobic physical activity recommendations	583	46.9	53.1

Does not meet muscle strengthening recommendations	377	37.6	62.4
Meets muscle strengthening recommendations	351	51.0	49.0
Does not meet screen time recommendations	387	47.3	52.7
Meets screen time recommendations	416	43.9	56.1
Does not meet sleep recommendations	206	44.2	55.8
Meets sleep recommendations	617	45.9	54.1
Drinks sugar-sweetened beverages daily	55	20.7	79.3
Drinks sugar-sweetened beverages less than daily	782	48.3	51.7
Does not meet water recommendations	538	43.1	56.9
Meets water recommendations	274	51.9	48.1
Risk behaviour indicators²			
Current smoker	14	29.2	70.8
Ex-smoker	191	36.1	63.9
Never smoked	305	39.3	60.7
Current vaper*	12	21.2	78.8
Ex-vaper	27	26.6	73.4
Never vaped	470	39.0	61.0
Had more than 4 standard drinks on a single occasion	280	36.3	63.7
Has not had more than 4 standard drinks	230	39.6	60.4
Gambled	383	35.2	64.8
Never gambled	126	38.8	61.2

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

3.7. Barriers to physical activity participation

Respondents who indicated they had not participated in physical activity as frequently as they would like were asked to indicate the reasons why this was the case, from a list provided within the survey. Table 3.7.1 summarises the barriers to physical activity participation, in order from most to least commonly reported. Being too busy or not having enough time was the main reason for not doing as much activity as desired (60.2%). Cost (27.5%), poor health or disability (24.3%) and lack of social support (22.5%) were also common barriers to engaging in physical activity as much as they would like.

Table 3.7.1 Barriers to physical activity participation

	%
Unweighted base (n)¹	N=433
Too busy / not enough time	60.2

Cost	27.5
Poor health or disability	24.3
Lack of social support	22.5
Safety	15.0
Unsure about what activities are available	12.3
Lack of motivation / laziness	7.4
Caring responsibilities	4.2
Personal or cultural reasons	3.6
Lack of transport	3.6
No cool or shaded areas to exercise locally during hot weather	3.5
Preferred activity not on offer locally / at suitable time	3.2
Injury	2.8
Weather / seasonality	2.6
Lack of footpaths / bike paths	2.2
Distance	1.6
Tiredness / fatigue	0.1

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

The top five reported barriers to physical activity participation were analysed further according to demographic characteristics (see Table 3.7.2) and health and wellbeing indicators (see Table 3.7.3).

Reporting of being too busy or not having enough time as a barrier to physical activity differed according to several demographics, health behaviours and risk behaviours. Specifically, a greater proportion of the following respondents reported being too busy or not having enough time as a barrier to physical activity participation:

- Non-LGBTQIA+ respondents (63.1%) compared to LGBTQIA+ (23.8%)
- Not neurodivergent (70.1%) compared to neurodivergent (34.0%)
- Employed (76.7%) compared to unemployed/retired (22.4%)
- Reasonably comfortable, very comfortable or prosperous (66.6%) compared to just getting along, poor or very poor (51.1%)
- Does not require help with daily activities (62.7%) compared to requires help (21.4%)
- Good, very good or excellent health (67.6%) compared to fair or poor health (39.7%)
- Normal range or underweight (65.6%) compared to overweight or obese (57.5%)

Likewise, there were many differences in reports of cost as a barrier to physical activity according to demographic characteristics, and health and behaviour indicators. The following respondent groups were more likely to report cost as a barrier to physical activity participation:

- Females (35.2%) compared to males (16.2%)

- Residents of Kyneton District (39.1%) compared to Macedon-Woodend District (19.8%) and Riddells Creek District (11.4%)
- Maybe neurodivergent (47.5%), neurodivergent (35.8%) or not neurodivergent (27.2%) compared to those who were not sure what neurodivergent means (3.6%)
- Just getting along, poor or very poor (50.2%) compared to reasonably comfortable, very comfortable or prosperous (15.7%)
- Low or very low food security (69.1%) compared to high food security (17.5%)
- Low to moderate life satisfaction (39.0%) compared to high/very high life satisfaction (20.5%)
- Not feeling valued by society (49.3%) compared to sometimes (22.4%) and definitely (12.7%) feeling valued by society
- Poor mental wellbeing (43.3%) compared to good mental wellbeing (17.9%)

Poor health or disability as a barrier to physical activity also differed according to most demographic, health and wellbeing indicators. A greater proportion of the following respondents reported poor health or disability to be a barrier to engaging in as much physical activity as they would like:

- Neurodivergent (46.2%) compared to not neurodivergent (18.9%)
- Require help with daily activities (58.8%) compared to no help required (22.1%)
- Fair or poor health (46.5%) compared to good, very good or excellent health (16.7%)
- Did not meet aerobic physical activity recommendations (37.8%) compared to met them (18.7%)

Lack of social support was the fourth most common barrier to physical activity, which was reported by a greater proportion of respondents from the following groups:

- Neurodivergent (44.9%) or not neurodivergent (19.6%) compared to unsure what neurodivergent means (4.7%)
- Low to moderate life satisfaction (35.7%) compared to high/very high life satisfaction (15.1%)
- Not feeling valued by society (35.6%) compared to definitely feeling valued by society (9.1%)
- Poor mental wellbeing (38.7%) compared to good mental wellbeing (13.9%)
- Did not meet fruit intake recommendations (32.0%) compared to met them (9.2%)
- Did not meet aerobic physical activity recommendations (34.2%) compared to met them (17.3%)
- Consumed sugar-sweetened beverages daily (54.6%) compared to not (17.9%)
- Ex-smoker (28.4%) or never smoker (20.4%) compared to current smoker (4.3%)

The fifth most common physical activity barrier was safety with differences seen between some demographic groups, weight status and gambling. A greater proportion of the following respondents reported safety as a barrier to engaging in as much physical activity as they would like:

- Born in Australia (16.8%) compared to overseas (5.2%)
- Neurodivergent (21.7%) or not neurodivergent (14.6%) compared to unsure what neurodivergent means (1.2%)

- Employed (16.5%) compared to unemployed/retired (5.2%)
- Normal or underweight (22.6%) compared to overweight or obese (7.3%)
- Never gambled (16.3%) compared to gambled (6.1%) in past 12 months

Table 3.7.2 Top five barriers to physical activity participation by selected demographic characteristics

	Unweighted base ¹ n	Too busy / not enough time %	Cost %	Poor health or disability %	Lack of social support %	Safety %
Total sample	433	60.2	27.5	24.3	22.5	15.0
Children	66	44.0	37.5	21.6	22.4	27.5
Adults	366	61.8	26.5	24.7	22.3	13.4
Males	108	59.1	16.2	20.4	21.4	11.0
Females	316	62.8	35.2	26.8	23.2	17.8
Subregion						
Gisborne District	83	67.1	21.8	19.6	24.9	9.6
Kyneton District	112	59.3	39.1	26.7	25.0	21.6
Lancefield District	27	76.4	25.7	13.4	19.4	19.2
Macedon-Woodend District	146	53.0	19.8	24.9	14.2	12.8
Riddells Creek District	29	49.5	11.4	36.3	17.7	10.2
Romsey District	33	76.3	39.2	12.3	35.0	16.8
Demographic indicators						
Born overseas	61	64.4	28.3	32.8	21.6	5.2
Born in Australia	372	59.4	27.4	22.8	22.7	16.8
Speaks other main language*	3	100.0	79.9	0.0	0.0	0.0
Speaks English as main language	430	60.0	27.2	24.5	22.6	15.1
Aboriginal and/or Torres Strait Islander*	4	100.0	78.6	0.0	75.9	78.6
Not Aboriginal or Torres Strait Islander	425	59.7	27.5	24.6	22.2	14.5
LGBTQIA+	32	23.8	45.0	29.8	44.7	13.7
Non-LGBTQIA+	398	63.1	26.1	24.0	20.7	15.2
Neurodivergent	68	34.0	35.8	46.2	44.9	21.7

Not neurodivergent	292	70.1	27.2	18.9	19.6	14.6
Maybe	38	62.8	47.5	21.7	31.6	23.8
Not sure what neurodivergent means	18	38.9	3.6	30.7	4.7	1.2
Less than Bachelor level education ²	109	55.4	29.9	24.0	22.5	11.5
Holds a Bachelor degree or higher	257	70.4	21.9	25.6	22.1	15.9
Unemployed/Retired ²	81	22.4	23.5	38.0	24.4	5.2
Employed	285	76.7	27.7	19.6	21.5	16.5
Just getting along, poor or very poor ²	100	51.1	50.2	26.1	33.3	15.3
Reasonably comfortable, very comfortable or prosperous	266	66.6	15.7	24.0	17.3	12.6
Requires help with daily activities	30	21.4	48.9	58.8	37.5	17.8
Does not require help	403	62.7	26.1	22.1	21.5	14.8
Food security (last 12 months)²						
Low or very low food security	33	60.6	69.1	28.0	29.1	15.5
Marginal food security	45	46.7	38.9	13.4	28.7	17.9
High food security	288	65.0	17.5	26.4	20.0	12.2

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 3.7.3 Top five barriers to physical activity participation by selected health and behaviour characteristics

	Unweighted base ¹	Too busy / not enough time	Cost	Poor health or disability	Lack of social support	Safety
	n	%	%	%	%	%
Total sample	433	60.2	27.5	24.3	22.5	15.0
Health and wellbeing indicators						
Self-reported health - Fair or poor	84	39.7	34.8	46.5	35.9	11.9

Self-reported health - Good, very good, or excellent	304	67.6	26.2	16.7	18.9	15.5
Life satisfaction - Low to moderate (0 to 6) ²	116	53.0	39.0	32.1	35.7	13.5
Life satisfaction - High/very high (7 to 10)	214	67.8	20.5	19.8	15.1	12.7
Does not feel valued by society ²	78	49.7	49.3	31.0	35.6	13.0
Sometimes feel valued by society	169	68.4	22.4	24.4	22.5	14.6
Definitely feel valued by society	83	63.4	12.7	17.0	9.1	9.6
Poor mental wellbeing ²	114	49.9	43.3	33.9	38.7	13.4
Good mental wellbeing	252	67.8	17.9	20.0	13.9	13.4
Overweight or obese (BMI ≥25.0)	156	57.5	27.8	27.3	29.1	7.3
Normal range or underweight (BMI <25.0)	120	65.6	23.7	20.8	14.1	22.6
Health behaviour indicators						
Does not meet fruit intake recommendations	240	61.1	31.6	21.6	32.0	17.9
Meets fruit intake recommendations	189	58.3	21.6	28.3	9.2	10.0
Does not meet vegetable intake recommendations	367	60.8	28.2	23.3	22.1	13.0
Meets vegetable intake recommendations	52	65.7	14.0	26.5	22.7	26.1
Does not meet aerobic physical activity recommendations	128	54.3	35.0	37.8	34.2	16.6
Meets aerobic physical activity recommendations	294	62.8	23.8	18.7	17.3	14.5
Does not meet muscle strengthening recommendations	218	58.1	29.8	21.2	26.1	15.4
Meets muscle strengthening recommendations	171	63.8	23.8	25.2	19.0	15.7
Does not meet screen time recommendations	185	51.9	25.2	25.7	22.9	13.4
Meets screen time recommendations	232	67.1	29.1	23.3	22.9	15.1
Does not meet sleep recommendations	116	56.1	38.7	27.8	33.5	21.1
Meets sleep recommendations	311	61.5	23.5	23.1	18.2	12.1

Drinks sugar-sweetened beverages daily	39	61.3	44.2	20.5	54.6	19.2
Drinks sugar-sweetened beverages less than daily	394	60.0	25.1	24.9	17.9	14.4
Does not meet water recommendations	297	61.8	29.4	24.4	25.5	14.7
Meets water recommendations	123	59.6	20.6	22.9	13.2	14.4
Risk behaviour indicators²						
Current smoker	9	71.2	36.4	12.1	4.3	12.2
Ex-smoker	130	56.9	31.3	31.0	28.4	12.0
Never smoked	189	64.8	25.0	20.9	20.4	13.9
Current vaper*	10	89.3	28.3	32.4	32.4	10.7
Ex-vaper	21	71.9	29.7	15.1	28.7	15.2
Never vaped	297	59.6	27.3	25.4	22.5	13.0
Had more than 4 standard drinks on a single occasion	191	65.8	25.8	19.4	27.4	13.6
Has not had more than 4 standard drinks	137	56.2	30.7	31.8	17.6	12.4
Gambled	87	49.2	21.0	22.1	20.9	6.1
Never gambled	241	67.4	30.8	25.9	24.2	16.3

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

3.8. Sport, exercise and recreation participation

Respondents were asked whether they had participated in any physical activities for sport, exercise, or recreation in the 12 months prior to completing the survey. Those who answered “yes” were then asked how many such activities they had taken part in. From a list of 60 predefined activity categories, respondents could select up to five activities. Because the survey captured only respondents’ top five activities, these may not represent all activities they participate in. Therefore, when interpreting participation rates for each of the 60 activities, these should be viewed as the proportion of the population who consider the activity to be one of their main activities.

For each activity selected, respondents were asked a series of follow-up questions, including how frequently they participated in the past 12 months and details about the facility, venue, or place where they most often took part. This included the facility’s name, location, quality, accessibility, how respondents travelled there, and the distance travelled. While this report focuses on identifiable facilities, venues, and places, some highly used facility types (i.e., footpaths) do not appear in the analysis because they are not named and cannot be identified in the same way as venues included in subsequent sections.

3.8.1. Participation in sport, exercise and recreation activities

All respondents were asked to list up to five activities they had participated in over the past 12 months. Overall, 77.4% reported participating in at least one activity and 25% had participated in four or more activities. In the 2019 ALC, 8.4% of respondents reported they had not participated in any activities, whereas in 2025, 22.6% responded that they had not participated in any activities. This suggests that activity levels have decreased over the past six years, with a greater proportion of residents reporting inactivity on this occasion. This section focuses on the demographic, health and wellbeing characteristics of inactive respondents (i.e., those who had not participated in any activities). Understanding the characteristics of residents who belong to the least active groups in the community provides a solid foundation for effectively addressing the needs of these groups.

Overall, a greater proportion of adults (26.4%) compared to children (9.5%) did not participate in any activities. Participation varied by sex and age, but in general, male and female middle-aged to older adults were more likely to report not participating in any activities compared to children and adolescents. A greater proportion of residents of Riddells Creek District (37.8%) did not participate in any activities compared to residents of Macedon-Woodend District (14.0%).

When looking at demographic indicators, no significant associations were observed in the proportion of respondents who reported not participating in any sport, exercise or recreation activities over the past 12 months.

Table 3.8.1.1 Participation in sport, exercise and recreational activities by selected demographic characteristics

	Unweighted base ¹ n	None %	One %	Two to three %	Four or more %
Total sample	845	22.6	16.3	36.5	24.7
Children	273	9.5	16.9	50.7	22.8
Adults	562	26.4	15.9	32.6	25.0
Males	267	22.8	15.5	34.8	26.8

Females	557	21.3	17.0	39.6	22.1
Sex and age					
Males, 3 to 11	77	5.2	16.9	57.1	20.8
Males, 12 to 17	57	10.5	14.0	43.9	31.6
Males, 18 to 34	6	23.4	0.0	30.1	46.5
Males, 35 to 49	36	13.5	32.6	11.5	42.4
Males, 50 to 69	49	34.0	7.7	39.2	19.1
Males, 70+	40	33.0	16.4	26.1	24.5
Females, 3 to 11	64	7.8	14.1	53.1	25.0
Females, 12 to 17	70	12.9	25.7	47.1	14.3
Females, 18 to 34	35	28.5	7.5	21.0	43.0
Females, 35 to 49	179	23.4	20.1	36.2	20.3
Females, 50 to 69	158	21.3	18.7	42.7	17.3
Females, 70+	51	30.7	9.2	44.0	16.1
Subregion					
Gisborne District	179	24.4	15.3	34.4	25.9
Kyneton District	210	20.4	20.0	38.3	21.2
Lancefield District	54	32.2	13.8	24.6	29.4
Macedon-Woodend District	283	14.0	14.9	42.1	29.0
Riddells Creek District	55	37.8	6.3	34.5	21.4
Romsey District	61	24.6	23.7	31.8	19.9
Demographic indicators					
Household size²					
1 person	54	32.5	13.1	34.2	20.2
2 or 3 people	294	27.1	16.1	34.6	22.3
4 or 5 people	201	22.1	17.2	31.5	29.2
More than 5 people	13	38.3	9.9	6.5	45.3
Born overseas	110	30.6	10.6	27.3	31.4
Born in Australia	724	21.1	17.0	38.7	23.2
Speaks other main language*	3	0.0	0.0	20.6	79.4
Speaks English as main language	829	22.5	16.2	37.0	24.3
Aboriginal and/or Torres Strait Islander*	6	13.7	15.5	57.1	13.7
Not Aboriginal or Torres Strait Islander	825	22.5	16.2	36.8	24.5
LGBTQIA+	52	29.9	10.9	34.0	25.3
Non-LGBTQIA+	776	21.8	16.6	37.2	24.4
Neurodivergent	118	30.3	15.9	31.3	22.5
Not neurodivergent	570	19.9	16.2	40.0	23.9
Maybe	80	20.0	21.3	34.6	24.1
Not sure what neurodivergent means	40	33.8	12.1	25.7	28.5
Less than Bachelor level education ²	184	30.9	15.4	31.2	22.5

Holds a Bachelor degree or higher	377	19.4	16.8	34.9	28.9
Unemployed/Retired ²	160	27.8	14.3	35.5	22.4
Employed	402	25.7	16.8	31.2	26.3
Just getting along, poor or very poor ²	129	35.7	13.4	22.3	28.6
Reasonably comfortable, very comfortable or prosperous	433	23.1	16.8	36.3	23.7
Requires help with daily activities	49	37.8	15.9	27.5	18.8
Does not require help	782	21.5	16.2	37.5	24.8
Food security (last 12 months)²					
Low or very low food security	43	39.9	15.9	15.4	28.8
Marginal food security	58	38.3	23.9	19.9	17.8
High food security	461	23.0	14.8	36.6	25.6

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Respondents who reported lower levels of health and wellbeing were also more likely to indicate they had not participated in any activities. This was especially notable amongst respondents with the following health characteristics:

- Fair or poor self-rated health (55.1%) compared to good, very good or excellent health (17.4%)
- Low to moderate life satisfaction (40.1%) compared to high/very high life satisfaction (23.1%)
- Poor mental wellbeing (41.4%) compared to good mental wellbeing (20.4%)
- Overweight or obese (31.0%) compared to normal weight or underweight (16.6%)

A greater proportion of respondents who failed to meet the following health behaviour recommendations were also more likely to indicate that they had not participated in any activities:

- Aerobic physical activity (33.7% vs 18.5%)
- Muscle strengthening exercise (28.8% vs 16.6%)

None of the risk behaviours were found to be associated with participation in sport, exercise, or recreation activities over the past 12 months.

Table 3.8.1.2 Participation in sport, exercise and recreational activities by selected health and behaviour characteristics

	Unweighted base ¹	None	One	Two to three	Four or more
	n	%	%	%	%
Total sample	845	22.6	16.3	36.5	24.7
Health and wellbeing indicators					
Self-reported health - Fair or poor	108	55.1	9.3	24.6	11.1
Self-reported health - Good, very good, or excellent	655	17.4	17.7	40.5	24.4
Life satisfaction - Low to moderate (0 to 6) ²	146	40.1	19.7	26.0	14.2

Life satisfaction - High/very high (7 to 10)	365	23.1	13.8	37.0	26.1
Does not feel valued by society ²	112	30.2	12.3	37.3	20.1
Sometimes feel valued by society	246	30.0	16.1	33.0	20.9
Definitely feel valued by society	154	24.7	17.9	30.3	27.1
Poor mental wellbeing ²	138	41.4	16.0	31.9	10.7
Good mental wellbeing	424	20.4	15.9	32.9	30.7
Overweight or obese (BMI ≥25.0)	247	31.0	13.9	35.0	20.1
Normal range or underweight (BMI <25.0)	248	16.6	18.5	37.3	27.5
Health behaviour indicators					
Does not meet fruit intake recommendations	370	27.2	16.6	33.4	22.8
Meets fruit intake recommendations	455	18.5	16.0	39.1	26.4
Does not meet vegetable intake recommendations	675	23.7	16.3	35.8	24.3
Meets vegetable intake recommendations	135	14.2	18.8	42.8	24.2
Does not meet aerobic physical activity recommendations	229	33.7	18.7	30.4	17.1
Meets aerobic physical activity recommendations	578	18.5	15.6	38.6	27.3
Does not meet muscle strengthening recommendations	373	28.8	19.7	34.2	17.3
Meets muscle strengthening recommendations	347	16.6	12.8	38.1	32.6
Does not meet screen time recommendations	382	21.0	17.9	38.1	23.0
Meets screen time recommendations	414	25.4	14.2	34.5	25.9
Does not meet sleep recommendations	205	28.7	14.5	37.6	19.2
Meets sleep recommendations	611	20.7	16.8	36.4	26.2
Drinks sugar-sweetened beverages daily	55	34.8	21.9	18.3	25.0
Drinks sugar-sweetened beverages less than daily	775	21.4	15.6	38.6	24.4
Does not meet water recommendations	535	23.0	19.4	34.6	23.0
Meets water recommendations	272	20.6	10.1	41.2	28.0
Risk behaviour indicators²					
Current smoker	14	22.5	34.3	34.6	8.6
Ex-smoker	192	26.4	17.7	31.1	24.8
Never smoked	304	30.4	13.4	35.0	21.1
Current vaper*	12	19.0	14.1	39.2	27.7
Ex-vaper	27	22.2	8.7	30.4	38.7
Never vaped	469	29.1	16.4	33.8	20.7
Had more than 4 standard drinks on a single occasion	280	27.2	15.1	34.7	23.0
Has not had more than 4 standard drinks	230	30.6	16.5	31.9	21.0

Gambled	126	31.3	17.2	32.5	19.0
Never gambled	382	27.4	15.0	33.9	23.7

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

3.8.2. Types of sport, exercise and recreation activities participated in

As noted earlier, respondents were asked to list up to five activities they had participated in during the 12 months prior to the survey. Because the survey only captured their top five activities, it does not include information about any additional activities they may have undertaken. Therefore, this section should be interpreted as providing insight into the most common primary activities reported by residents, rather than a complete record of all activities they engaged in.

Table 3.8.2.1 shows the number of respondents who had participated in each of the top 20 activities. Using all activities mentioned as the base, the Table shows how frequently respondents had participated in the activity they named amongst their top five.

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

- Walking – 13.5%
- Swimming – 10.8%
- Fitness: Gym – 7.2%
- Fitness: Indoor group activities / aerobics – 6.7%
- Soccer (indoor/outdoor) – 5.8%

Participation frequency was classified as *heavy* when respondents took part in an activity at least weekly, *medium* when participation occurred one to three times per month, and *light* when it occurred less than once a month. Among the top 21 activities, the highest rates of heavy participation were reported for soccer (94.3%), gym-based fitness (93.3%), weightlifting/bodybuilding (92.9%), netball (92.1%) and basketball (91.6%), indicating that structured sport and fitness activities tended to involve more regular participation. In contrast, activities with the greatest proportions of light participation included bushwalking or hiking (46.0%), mountain biking (36.0%), cycling for general recreation (28.8%), golf (27.4%), and active play (22.6%).

What is unclear from these results is the extent to which the frequency of participation is a function of the activity itself, such as activities that are unstructured general recreation (e.g., bush walking and cycling) versus organised sports that occur regularly or activities requiring a weekly membership, and the extent to which frequency of participation varies for respondent-driven reasons. To fully understand the motivations for participation in each activity, further research would be required.

Table 3.8.2.1 Activity types by frequency of participation

	Unweighted base ¹ n	Heavy Once a week or more often %	Medium 1 to 3 times a month %	Light Less than once a month %
Top 21 activities				
Walking	185	88.8	8.0	3.2
Swimming	150	72.2	16.2	11.6
Fitness: Gym	99	93.3	4.1	2.6
Fitness: Indoor group activities / Aerobics	94	83.0	10.5	6.4
Soccer (indoor / outdoor)	80	94.3	4.0	1.7
Bush walking / Hiking	76	32.9	21.1	46.0
Jogging / running	70	82.5	13.0	4.5

Tennis (indoor / outdoor)	66	77.4	6.1	16.6
Active play (at playgrounds / play centres)	59	61.0	16.4	22.6
Dancing / Ballet / Calisthenics	49	75.9	7.8	16.3
Netball (indoor / outdoor)	44	92.1	4.5	3.4
Cycling: General cycling for recreation	41	56.5	14.7	28.8
Basketball (indoor / outdoor)	41	91.6	6.0	2.4
Australian Rules Football (AFL)	39	83.6	4.4	12.1
Fitness: Outdoor fitness / Personal training	28	69.6	28.6	1.8
Cricket (all types)	24	82.2	11.8	6.0
Golf	21	62.1	10.4	27.4
Weightlifting / Body building	21	92.9	7.1	0.0
Aqua aerobics	20	72.4	10.4	17.2
Cycling: Mountain bike riding	17	36.0	28.0	36.0

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

Tables 3.8.2.2 and 3.8.2.3 provide an overview of the demographic characteristics, health and wellbeing indicators, health behaviours and risk behaviours of respondents who engaged in each of the ten most common sport, exercise and recreation activities.

Overall, children were more likely than adults to participate in swimming, soccer, tennis, active play and dancing/ballet/calisthenics. In contrast, adults were more likely to take part in walking, gym-based fitness, group fitness classes, bushwalking/hiking and jogging/running. Gender differences were also evident. Females were more likely than males to participate in indoor group fitness while males were more likely to participate in soccer.

Differences in participation rates were observed across many demographic characteristics, health and wellbeing indicators, health behaviours and risk behaviours. However, no such association was evident for country of birth, financial status, life satisfaction, mental wellbeing, sugar-sweetened beverages consumption, risky alcohol consumption or adherence to the fruit intake, vegetable intake, screen time and sleep recommendations.

Table 3.8.2.2 Top ten activities by selected demographic characteristics

	Unweighted base ¹	Walking	Swimming	Fitness: Gym	Fitness: Indoor group activities / Aerobics	Soccer (indoor / outdoor)	Bush walking / Hiking	Jogging / running	Tennis (indoor / outdoor)	Active play (at playgrounds / play centres)	Dancing / Ballet / Calisthenics
	n	%	%	%	%	%	%	%	%	%	%
Total sample	1,411	14.9	9.4	8.9	6.1	5.7	5.6	4.5	3.9	4.2	3.4
Children	478	3.1	18.5	1.0	1.2	12.1	1.2	1.0	7.1	7.2	6.9
Adults	920	19.1	6.2	11.8	7.9	3.8	7.1	5.3	3.0	3.1	2.0
Males	473	13.4	9.1	9.3	2.9	8.2	4.3	3.7	3.9	3.5	1.0
Females	913	16.5	9.1	9.0	9.4	3.7	6.8	5.4	3.9	4.4	5.2
Subregion											
Gisborne District	278	14.1	6.3	6.5	6.3	3.8	9.0	4.6	4.7	4.7	4.1
Kyneton District	336	16.1	12.4	8.7	6.6	5.6	5.8	6.1	4.5	4.0	3.2
Lancefield District	76	20.8	6.3	9.0	7.8	17.2	0.5	7.3	2.9	5.1	3.3
Macedon-Woodend District	525	14.1	8.7	7.2	6.6	6.1	6.0	4.0	4.8	4.2	4.0
Riddells Creek District	88	11.4	11.2	15.1	2.6	1.8	5.1	3.3	1.3	0.0	3.0
Romsey District	105	14.2	10.5	15.5	4.7	4.4	0.7	0.4	0.3	6.2	0.9
Demographic indicators											
Household size²											
1 person	77	30.7	9.1	7.9	5.6	2.2	10.3	4.2	2.1	1.0	2.7
2 or 3 people	475	20.0	4.4	11.4	7.2	1.9	6.7	5.3	3.4	2.1	2.1
4 or 5 people	351	15.0	8.9	13.7	10.2	5.4	6.4	6.0	2.6	5.5	1.6
More than 5 people	17	12.0	1.7	7.7	1.8	30.1	15.1	1.7	0.0	0.0	1.7
Born overseas	176	14.3	7.2	10.4	7.4	6.4	7.0	6.7	3.5	4.5	2.8
Born in Australia	1,222	15.2	9.4	8.9	6.0	5.6	5.5	4.2	4.0	4.0	3.1
Speaks other main language*	8	25.1	18.6	0.0	12.8	0.0	0.0	0.0	24.9	0.0	0.0
Speaks English as main language	1,388	15.0	9.0	9.1	6.2	5.7	5.8	4.6	3.8	4.1	3.1
Aboriginal and/or Torres Strait Islander*	12	7.8	6.9	7.8	0.0	0.0	6.9	6.9	11.1	0.0	0.0

Not Aboriginal or Torres Strait Islander	1,383	15.1	9.1	9.1	6.3	5.9	5.7	4.5	3.9	4.1	3.2
LGBTQIA+	71	7.2	3.7	11.7	16.8	5.0	12.5	4.4	6.2	2.2	7.2
Non-LGBTQIA+	1,321	15.6	9.6	8.9	5.4	5.8	5.2	4.6	3.8	4.2	2.8
Neurodivergent	181	8.2	11.5	7.3	8.7	7.0	9.8	3.0	3.0	4.1	5.6
Not neurodivergent	985	15.1	8.1	9.2	5.7	6.0	5.6	4.9	4.6	3.4	2.8
Maybe	134	12.5	16.5	12.2	3.8	7.0	1.3	5.4	3.7	8.3	5.8
Not sure what neurodivergent means	64	24.8	5.6	6.1	7.4	1.2	5.2	4.4	0.6	5.0	0.7
Less than Bachelor level education ²	270	21.7	4.7	13.3	8.2	3.2	7.0	2.8	2.0	3.2	2.9
Holds a Bachelor degree or higher	650	16.0	7.9	9.9	7.5	4.6	7.3	8.4	4.2	2.8	0.9
Unemployed/Retired ²	251	25.7	4.4	9.5	8.9	3.2	6.2	1.4	1.0	3.1	2.8
Employed	669	16.0	7.0	12.8	7.5	4.1	7.6	7.1	3.9	3.0	1.6
Just getting along, poor or very poor ²	177	18.5	8.9	10.0	7.8	5.4	6.6	4.8	2.3	2.9	2.5
Reasonably comfortable, very comfortable or prosperous	743	19.2	5.3	12.3	7.9	3.4	7.3	5.5	3.2	3.1	1.8
Requires help with daily activities	55	2.1	18.3	9.7	9.7	4.9	1.2	0.0	1.3	8.5	9.8
Does not require help	1,339	15.7	8.7	9.1	6.1	5.7	5.9	4.7	4.1	3.9	2.8
Food security (last 12 months)²											
Low or very low food security	56	20.9	11.6	6.5	0.6	11.4	8.4	1.0	5.5	0.6	2.0
Marginal food security	69	21.7	7.9	15.7	13.6	0.6	8.3	4.7	0.6	2.2	3.4
High food security	795	18.7	5.5	11.9	8.1	3.4	6.9	5.8	2.9	3.4	1.8

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 3.8.2.3 Top ten activities by selected health and behaviour characteristics

	Unweighted base ¹	Walking	Swimming	Fitness: Gym	Fitness: Indoor group activities / Aerobics	Soccer (indoor / outdoor)	Bush walking / Hiking	Jogging / running	Tennis (indoor / outdoor)	Active play (at playgrounds / play centres)	Dancing / Ballet / Calisthenics
	n	%	%	%	%	%	%	%	%	%	%
Total sample	1,411	14.9	9.4	8.9	6.1	5.7	5.6	4.5	3.9	4.2	3.4
Health and wellbeing indicators											
Self-reported health - Fair or poor	102	15.8	12.7	13.5	9.2	1.7	3.6	0.9	4.6	2.6	1.7
Self-reported health - Good, very good, or excellent	1,168	13.7	9.3	8.2	5.7	6.6	6.1	4.9	3.9	4.3	3.6
Life satisfaction - Low to moderate (0 to 6) ²	173	14.8	8.8	12.9	9.2	2.6	9.0	4.5	4.4	2.9	3.8
Life satisfaction - High/very high (7 to 10)	650	18.6	5.8	10.8	7.4	4.7	6.7	5.8	2.6	3.6	1.5
Does not feel valued by society ²	151	15.5	8.4	16.9	10.1	0.8	8.4	3.0	2.5	1.2	3.5
Sometimes feel valued by society	390	18.4	6.0	9.3	8.1	6.4	6.2	5.4	3.4	4.9	1.4
Definitely feel valued by society	284	18.3	5.7	10.2	5.8	3.6	8.2	7.5	2.9	3.1	1.7
Poor mental wellbeing ²	164	16.8	9.9	12.1	7.7	2.2	5.2	3.9	3.1	2.1	2.7
Good mental wellbeing	756	19.7	5.2	11.7	8.0	4.2	7.6	5.7	2.9	3.3	1.8
Overweight or obese (BMI ≥25.0)	383	17.6	5.8	14.9	6.1	2.3	6.7	2.5	1.8	3.5	1.2
Normal range or underweight (BMI <25.0)	463	11.7	11.2	5.1	6.2	8.0	6.4	7.9	4.8	4.6	2.7
Health behaviour indicators											
Does not meet fruit intake recommendations	576	16.5	7.4	11.3	7.1	5.4	6.2	4.4	3.8	2.9	1.8
Meets fruit intake recommendations	805	14.1	10.7	7.4	5.7	6.0	5.3	4.2	4.1	5.0	4.0
Does not meet vegetable intake recommendations	1,099	15.1	8.5	9.9	6.1	5.9	5.8	4.3	4.1	4.1	3.2
Meets vegetable intake recommendations	263	16.2	10.6	5.8	7.9	5.3	4.6	4.6	3.3	3.3	2.2
Does not meet aerobic physical activity recommendations	286	9.3	16.8	4.1	3.3	6.7	5.4	2.7	3.5	5.8	6.4
Meets aerobic physical activity recommendations	1,070	16.7	7.4	10.3	7.0	5.5	5.9	4.7	4.1	3.7	2.3

Does not meet muscle strengthening recommendations	552	15.2	10.1	4.3	5.6	7.9	5.7	3.0	5.1	4.7	4.6
Meets muscle strengthening recommendations	676	16.4	7.3	13.4	7.1	3.7	6.3	5.7	3.6	3.0	2.2
Does not meet screen time recommendations	623	16.1	9.5	10.1	6.7	5.3	4.8	3.9	4.3	2.7	3.5
Meets screen time recommendations	708	14.8	8.8	8.5	6.2	6.2	6.2	4.9	3.6	5.0	2.5
Does not meet sleep recommendations	294	12.7	9.7	13.8	5.5	5.9	5.3	4.8	2.5	6.0	4.8
Meets sleep recommendations	1,071	16.2	8.9	7.9	6.6	5.6	5.8	4.1	4.5	3.2	2.5
Drinks sugar-sweetened beverages daily	80	22.5	10.4	11.3	4.7	3.9	6.6	4.5	2.1	3.6	2.3
Drinks sugar-sweetened beverages less than daily	1,311	14.5	9.0	9.0	6.4	5.8	5.7	4.6	4.1	4.0	3.0
Does not meet water recommendations	869	17.5	9.6	6.9	6.3	6.0	5.3	3.6	4.3	3.5	2.7
Meets water recommendations	487	10.5	8.6	14.3	6.6	5.0	6.2	5.8	3.3	4.9	3.4
Risk behaviour indicators²											
Current smoker	19	23.4	7.0	17.0	6.7	0.0	0.0	8.9	0.0	0.0	0.0
Ex-smoker	319	19.6	6.5	9.7	8.3	4.4	5.0	5.7	1.9	4.2	1.5
Never smoked	483	16.0	6.5	12.3	7.5	4.2	9.4	5.3	3.8	3.0	2.5
Current vaper	20	18.2	5.0	24.5	0.0	5.1	5.0	0.0	0.0	8.3	0.0
Ex-vaper	48	2.2	4.4	9.4	6.7	14.1	11.7	6.0	5.6	2.0	7.0
Never vaped	752	19.3	6.8	11.0	8.2	3.1	6.9	5.7	2.8	3.4	1.6
Had more than 4 standard drinks on a single occasion	474	16.7	6.2	12.5	7.2	4.8	5.7	6.6	3.1	2.2	1.4
Has not had more than 4 standard drinks	344	18.9	7.0	9.4	8.7	3.2	10.2	3.9	2.7	5.5	3.1
Gambled	178	17.9	5.8	16.6	6.9	4.7	3.3	5.4	2.8	2.3	0.9
Never gambled	640	17.6	6.8	9.3	8.1	4.0	8.9	5.6	3.0	3.8	2.4

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

3.8.3. Facilities for sport, exercise and recreational activities

Table 3.8.3 presents the top 20 facilities respondents identified as places where they participate in their main activities. For each facility, the table shows how frequently users engage in the associated activity. This highlights which facilities are used most often (those with a high proportion of daily or weekly users) and where there may be opportunities to increase usage (facilities where users participate monthly or less).

The most often used facility for respondents' main activities was Kyneton Toyota Sports & Aquatic Centre. People who use the following venues for their main activity were more likely to be heavy users of the facility:

- Five Mile Creek (100%)
- Snap Fitness, Woodend (98.2%)
- Kyneton Showgrounds (97.7%)
- Macedon Ranges Sports Precinct (96.6%)
- Romsey Park Recreation Reserve (96.4%)

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

- Woodend Tennis Club (14.4%)
- Kyneton Toyota Sports & Aquatic Centre (12.4%)
- Campaspe Park (10.9%)
- Gisborne Fitness & Aquatic Centre (9.6%)
- Lancefield Park Recreation Reserve (9.4%)

While lower participation rates may simply reflect the seasonal or naturally irregular nature of certain activities, or the smaller populations served by some facilities (such as those in small towns), it is still valuable to explore opportunities to increase how often these facilities and spaces are used. However, the small sample sizes for some facilities may limit how well these findings represent the broader population, so results should be interpreted with caution.

Table 3.8.3 Main recreational facilities used by frequency of activity

	Unweighted base ¹	Heavy Once a week or more often	Medium 1 to 3 times a month	Light Less than once a month
	n	%	%	%
Top 20 facilities				
Kyneton Toyota Sports & Aquatic Centre	92	74.5	13.1	12.4
Gisborne Fitness & Aquatic Centre	71	75.6	14.8	9.6
Buffalo Sports Stadium	66	95.5	4.5	0.0
Snap Fitness, Woodend	28	98.2	1.8	0.0
Macedon Ranges Sports Precinct	26	96.6	0.0	3.4
Romsey Park Recreation Reserve	26	96.4	1.2	2.4
Kyneton Showgrounds	24	97.7	2.3	0.0
Woodend Tennis Club	23	79.6	5.9	14.4
Barkley Square	21	87.5	8.9	3.6
Lancefield Park Recreation Reserve	16	84.3	6.3	9.4
Splash Buddies Swim School	16	95.4	4.6	0.0
Five Mile Creek	14	100.0	0.0	0.0
Kyneton & District Tennis Club	14	87.3	9.4	3.3
Tony Clarke Recreation Reserve	14	81.9	9.8	8.3
Gardiner Reserve	13	71.7	19.1	9.2
Dixon Field	11	64.0	36.0	0.0
Gilbert Gordon Oval	11	91.1	8.9	0.0
Gisborne Secondary College	10	85.3	14.7	0.0
Macedon Ranges Regional Netball Complex	10	86.1	13.9	0.0
Campaspe Park	9	69.1	19.9	10.9

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

3.8.4. Travel to get to and from activities and their facilities

Respondents were asked about the main forms of transport they used to travel to and from their main activities. Table 3.8.4.1 summarises the transport modes used for each activity. Because respondents may use different forms of transport for different activities, and because the transport questions referred specifically to travel for each activity, the base for this analysis is all activities reported rather than all respondents.

Approximately 65.9% had been accessed via car while around 29.4% were accessed via active transportation, including 23.1% on foot and 6.3% via cycling. Few (0.7%) used public transport, taxis, or Uber to get to or from their main activities. The average travel distance to get to and from main activities was 11.2 kilometres. Across the subregions, residents of Riddells Creek District travelled the furthest on average to access their activities (19.8 kilometres), followed by residents of Gisborne District (14.0 kilometres). Residents of Riddells Creek District were also the most likely to travel by car

to reach the facilities they used for their main activities. In contrast, Lancefield District residents were the most likely to walk as their primary mode of travel.

As might be expected, where the activity is also a mode of transport (walking or cycling), respondents often mentioned accessing their activity via this same mode. The following activities were almost always accessed via car:

- Netball (98.2%)
- Golf (97.7%)
- Cricket (96.5%)
- Dancing / Ballet / Calisthenics (95.0%)
- Swimming (92.0%)

Of the main activities that residents had participated in, residents had travelled the furthest to go bush walking or hiking (29.4 kilometres on average). Residents had to travel the least distance for weightlifting or body building (2.4 kilometres) walking (4.2 kilometres), and outdoor fitness or personal training (4.6 kilometres), making these relatively accessible activity options.

Table 3.8.4.1 Travel to and from main activities

	Unweighted base ¹	Car	Walking	Bicycle	Public transport / taxi / Uber	Average kilometres travelled ²
	n	%	%	%	%	#
Total sample	1,361	65.9	23.1	6.3	0.7	11.2
Subregion						
Gisborne District	268	73.1	19.3	6.1	0.2	14.0
Kyneton District	325	61.2	28.2	5.9	0.6	9.8
Lancefield District	73	60.7	28.3	4.7	0.0	11.2
Macedon-Woodend District	507	65.2	23.5	8.6	1.3	8.2
Riddells Creek District	81	79.6	17.7	2.0	0.7	19.8
Romsey District	104	58.7	17.3	5.3	0.6	11.7
Top 20 activities						
Walking	181	25.0	73.9	0.0	0.3	4.2
Swimming	148	92.0	2.4	2.6	0.5	13.0
Fitness: Gym	94	74.5	16.5	2.5	0.0	9.0
Fitness: Indoor group activities / Aerobics	94	70.9	21.5	3.3	0.0	8.7
Soccer (indoor / outdoor)	80	91.1	7.1	1.0	0.9	13.7
Bush walking / Hiking	76	85.0	15.0	0.0	0.0	29.4
Jogging / running	69	47.1	41.2	0.0	1.1	5.5
Tennis (indoor / outdoor)	66	78.4	12.1	7.6	1.0	7.2
Active play (at playgrounds / play centres)	58	63.1	29.2	4.7	3.0	5.0
Dancing / Ballet / Calisthenics	47	95.0	3.7	1.3	0.0	15.0
Netball (indoor / outdoor)	44	98.2	1.8	0.0	0.0	9.7
Cycling: General cycling for recreation	38	18.4	3.0	76.0	0.0	5.3
Basketball (indoor / outdoor)	41	88.8	6.8	2.2	2.2	15.1

Australian Rules Football (AFL)	37	77.6	20.2	0.0	0.0	6.9
Fitness: Outdoor fitness / Personal training	28	74.0	22.5	0.0	0.0	4.6
Cricket (all types)	23	96.5	3.5	0.0	0.0	15.7
Golf	21	97.7	2.3	0.0	0.0	14.0
Weightlifting / Body building	21	39.5	41.6	0.0	0.0	2.4
Aqua aerobics	20	66.8	7.3	2.8	0.0	12.3
Cycling: Mountain bike riding	17	61.9	0.0	27.0	0.0	14.7

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

² The unweighted base for kilometres travelled differs from mode of transport base because it is a separate variable, and some respondents did not provide a response to this question.

Table 3.8.4.2 shows that the facilities/spaces that residents most frequently reported driving by car were those that are used primarily for more organised sports, including:

- Splash Buddies Swim School (100%)
- Dixon Field (100%)
- Gisborne Secondary College (100%)
- Macedon Ranges Regional Netball Complex (100%)
- Macedon Ranges Sports Precinct (97.0%)

Conversely, residents most frequently reported walking to the following facilities/spaces that are typically used for more unstructured recreational activities:

- Lancefield Park Recreation Reserve (76.8%)
- Five Mile Creek (70.5%)
- Woodend Tennis Club (29.2%)
- Campaspe Park (18.1%)
- Gilbert Gordon Oval (17.8%)

Cycling was commonly reported as the main method of travel to get to the Woodend Tennis Club (11.9%), followed by Kyneton & District Tennis Club (10.4%). Residents were travelling furthest to get to Barkley Square (20.1 kilometres), Gisborne Secondary College (14.2 kilometres) and Gisborne Fitness & Aquatic Centre (13.1 kilometres).

Table 3.8.4.2 Travel to and from main activity facilities

	Unweighted base ¹	Car	Walking	Bicycle	Public transport / taxi / Uber	Average kms travelled ²
	n	%	%	%	%	#
Total sample	1,361	65.9	23.1	6.3	0.7	11.2
Top 20 facilities						
Kyneton Toyota Sports & Aquatic Centre	92	86.6	6.6	6.0	0.8	9.4
Gisborne Fitness & Aquatic Centre	71	90.1	2.8	0.0	0.0	13.1
Buffalo Sports Stadium	65	83.4	10.0	6.6	0.0	8.5
Snap Fitness, Woodend	28	77.9	15.9	6.1	0.0	9.7
Macedon Ranges Sports Precinct	29	97.0	0.0	0.0	3.0	11.9
Romsey Park Recreation Reserve	26	85.7	14.3	0.0	0.0	9.4
Kyneton Showgrounds	24	90.4	9.6	0.0	0.0	6.9
Woodend Tennis Club	23	58.9	29.2	11.9	0.0	3.0
Barkley Square	22	92.6	3.5	3.9	0.0	20.1
Lancefield Park Recreation Reserve	16	23.2	76.8	0.0	0.0	1.7
Splash Buddies Swim School	16	100.0	0.0	0.0	0.0	9.4
Five Mile Creek	14	29.5	70.5	0.0	0.0	3.3
Kyneton & District Tennis Club	14	84.0	5.7	10.4	0.0	9.1
Tony Clarke Recreation Reserve	13	89.0	0.0	0.0	5.5	9.8
Gardiner Reserve	13	85.3	14.7	0.0	0.0	2.9
Dixon Field	11	100.0	0.0	0.0	0.0	8.7
Gilbert Gordon Oval	11	82.2	17.8	0.0	0.0	4.9
Gisborne Secondary College	10	100.0	0.0	0.0	0.0	14.2
Macedon Ranges Regional Netball Complex	10	100.0	0.0	0.0	0.0	9.0
Campaspe Park	9	81.9	18.1	0.0	0.0	11.9

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

² The unweighted base for kilometres travelled differs from mode of transport base because it is a separate variable, and some respondents did not provide a response to this question.

3.8.5. Quality and accessibility of facilities available for main activities

Respondents rated the quality and accessibility of the facilities they used for each activity on a five-point scale: *Excellent, Good, Average, Poor, and Very Poor*. For analysis, the ratings were grouped into two categories: *Average, Poor, and Very Poor* were combined into one group, and *Good and Excellent* were combined into another. Tables 3.8.5.1 and 3.8.5.2 present these results according to facilities where people engage in the most reported activities.

The highest quality ratings were received for the facilities or spaces where people participated in fitness related activities (gym, group activities and personal training), basketball and active play. These facilities also received the highest accessibility ratings, except for those used for basketball. Instead, facilities used for aqua aerobics were rated as highly accessible.

The lowest ratings for quality were received for general cycling for recreation, soccer, road and sport cycling, cricket and football. Accessibility ratings differed, with facilities used for cricket, cycling (mountain bike riding, general cycling for recreation, and road and sport cycling) and tennis seen to be least accessible. Reviewing the suggested improvements for cycling and team sport facilities will go some way to understanding low quality and accessibility ratings for these facilities (refer to Section 5.4).

Table 3.8.5.1 Quality of facilities by activity

	Unweighted base ¹	Very poor to average quality	Good to excellent quality
	N	%	%
Top 20 activities			
Walking	182	23.8	76.2
Swimming	148	36.7	63.3
Fitness: Gym	96	10.5	89.5
Fitness: Indoor group activities / Aerobics	94	15.9	84.1
Soccer (indoor / outdoor)	80	50.8	49.2
Bush walking / Hiking	75	23.1	76.9
Jogging / running	70	35.8	64.2
Tennis (indoor / outdoor)	66	31.9	68.1
Active play (at playgrounds / play centres)	58	14.2	85.8
Dancing / Ballet / Calisthenics	47	18.9	81.1
Netball (indoor / outdoor)	44	39.2	60.8
Cycling: General cycling for recreation	39	59.9	40.1
Basketball (indoor / outdoor)	41	12.2	87.8
Australian Rules Football (AFL)	37	43.8	56.2
Fitness: Outdoor fitness / Personal training	28	1.8	98.2
Cricket (all types)	24	44.2	55.8
Golf	21	16.9	83.1
Weightlifting / Body building	21	16.8	83.2

Aqua aerobics	20	17.1	82.9
Cycling: Mountain bike riding	17	20.0	80.0

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

Table 3.8.5.2 Accessibility of facilities by activity

	Unweighted base ¹	Very poor to average access	Good to excellent access
	N	%	%
Top 20 activities			
Walking	181	21.1	78.9
Swimming	148	25.4	74.6
Fitness: Gym	95	9.5	90.5
Fitness: Indoor group activities / Aerobics	93	17.3	82.7
Soccer (indoor / outdoor)	80	36.2	63.8
Bush walking / Hiking	75	40.0	60.0
Jogging / running	70	28.5	71.5
Tennis (indoor / outdoor)	66	42.1	57.9
Active play (at playgrounds / play centres)	58	8.4	91.6
Dancing / Ballet / Calisthenics	47	38.5	61.5
Netball (indoor / outdoor)	44	22.6	77.4
Cycling: General cycling for recreation	39	47.8	52.2
Basketball (indoor / outdoor)	41	25.7	74.3
Australian Rules Football (AFL)	37	40.1	59.9
Fitness: Outdoor fitness / Personal training	28	3.3	96.7
Cricket (all types)	24	50.9	49.1
Golf	21	18.7	81.3
Weightlifting / Body building	21	9.6	90.4
Aqua aerobics	20	11.0	89.0
Cycling: Mountain bike riding	17	50.3	49.7

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

3.8.6. Quality and accessibility of specific facilities

Tables 3.8.6.1 and 3.8.6.2 shows the quality and accessibility ratings provided for the top 20 facilities, venues and places respondents had used for their main activities in the last 12 months.

The five facilities or spaces with the highest proportion of good and excellent ratings for quality were:

- Snap Fitness, Woodend (100%)
- Campaspe Park (100%)
- Macedon Ranges Sports Precinct (92.5%)
- Splash Buddies Swim School (88.5%)
- Tony Clarke Recreation Reserve (87.5%)

The facilities or spaces with the lowest proportion of respondents rating them as good or excellent in quality were:

- Kyneton Showgrounds (41.0%)
- Gisborne Fitness & Aquatic Centre (45.1%)
- Dixon Field (46.1%)
- Romsey Park Recreation Reserve (57.3%)
- Five Mile Creek (58.1%)

Overall accessibility ratings were generally similar to quality ratings. The five facilities or spaces with the highest proportion of good or excellent ratings for accessibility were:

- Gardiner Reserve (100%)
- Campaspe Park (100%)
- Snap Fitness, Woodend (93.2%)
- Lancefield Park Recreation Reserve (85.8%)
- Buffalo Sports Stadium (83.8%)

Three of the same facilities were among the five facilities with the lowest proportion of respondents rating them as good or excellent in accessibility, as follows:

- Kyneton Showgrounds (36.9%)
- Dixon Field (57.1%)
- Five Mile Creek (58.1%)
- Barkley Square (58.5%)
- Kyneton & District Tennis Club (59.7%)

Understanding which facilities and spaces receive the lowest ratings from users helps identify where improvements to quality and accessibility are most needed. Importantly, gathering this feedback ensures that future investments align with actual community needs, rather than relying solely on usage patterns or assumptions about what people value. This helps avoid misdirected spending and supports more effective, targeted upgrades. In turn, addressing these user-identified issues can increase participation, reduce barriers to access, and contribute to a more positive and inclusive overall user experience. More nuanced feedback and suggested improvements to facilities and spaces are presented in Section 5.4.3.

Table 3.8.6.1 Quality ratings for most used facilities or spaces

	Unweighted base ¹	Very poor to average quality	Good to excellent quality
	N	%	%
Top 20 facilities			
Kyneton Toyota Sports & Aquatic Centre	92	22.7	77.3
Gisborne Fitness & Aquatic Centre	71	54.9	45.1
Buffalo Sports Stadium	66	38.8	61.2
Snap Fitness, Woodend	28	0.0	100.0
Macedon Ranges Sports Precinct	26	7.5	92.5
Romsey Park Recreation Reserve	26	42.7	57.3
Kyneton Showgrounds	24	59.0	41.0
Woodend Tennis Club	23	25.4	74.6
Barkley Square	22	36.9	63.1
Lancefield Park Recreation Reserve	16	34.8	65.2
Splash Buddies Swim School	16	11.5	88.5
Five Mile Creek	14	41.9	58.1
Kyneton & District Tennis Club	14	29.3	70.7
Tony Clarke Recreation Reserve	14	12.5	87.5
Gardiner Reserve	13	17.8	82.2
Dixon Field	11	53.9	46.1
Gilbert Gordon Oval	11	22.7	77.3
Gisborne Secondary College	10	40.7	59.3
Macedon Ranges Regional Netball Complex	10	21.8	78.2
Campaspe Park	9	0.0	100.0

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

Table 3.8.6.2 Accessibility ratings for most used facilities or spaces

	Unweighted base ¹	Very poor to average access	Good to excellent access
	N	%	%
Top 20 facilities			
Kyneton Toyota Sports & Aquatic Centre	92	26.8	73.2
Gisborne Fitness & Aquatic Centre	71	22.0	78.0
Buffalo Sports Stadium	66	16.2	83.8
Snap Fitness, Woodend	28	6.8	93.2

Macedon Ranges Sports Precinct	26	24.2	75.8
Romsey Park Recreation Reserve	26	19.9	80.1
Kyneton Showgrounds	24	63.1	36.9
Woodend Tennis Club	23	23.5	76.5
Barkley Square	22	41.5	58.5
Lancefield Park Recreation Reserve	16	14.2	85.8
Splash Buddies Swim School	16	23.4	76.6
Five Mile Creek	14	41.9	58.1
Kyneton & District Tennis Club	14	40.3	59.7
Tony Clarke Recreation Reserve	14	19.4	80.6
Gardiner Reserve	13	0.0	100.0
Dixon Field	11	42.9	57.1
Gilbert Gordon Oval	11	30.6	69.4
Gisborne Secondary College	10	37.3	62.7
Macedon Ranges Regional Netball Complex	10	17.3	82.7
Campaspe Park	9	0	100

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

3.9. Perceived ease of being physically active in local area

Respondents were asked about their perceived ease of being physically active in their local area, with response options ranging from strongly agree to strongly disagree. Table 3.9.1 provides a detailed overview of responses according to selected demographic characteristics. Overall, 73.2% reported agreeing that it is easy to be physically active in their local area. No differences were seen between children and adults, however females were more likely to disagree that it is easy to be active locally (15.4%) compared to males (6.0%). Respondents from Kyneton District (17.1%) were also more likely to disagree that it is easy to be active in the local area compared to Macedon-Woodend District residents (6.5%). The following demographic groups were less likely to agree that it was easy to be physically active in their local area and may benefit from targeted interventions to increase awareness of opportunities for local physical activity:

- Just getting along, poor or very poor (46.6%) compared to reasonably comfortable, very comfortable or prosperous (81.9%)
- Require help with daily activities (39.0%) compared to no help required (75.5%)
- Low or very low (35.7%) or marginal (54.3%) food security compared to high food security (79.9%)

Table 3.9.1 Perceived ease of being physically active in local area by selected demographic characteristics

	Unweighted base ¹	Strongly agree/ Agree	Neutral	Strongly disagree / Disagree
	n	%	%	%
Total sample	840	73.2	15.1	11.7
Children	271	76.0	13.8	10.2
Adults	566	72.8	15.0	12.3
Males	269	78.2	15.8	6.0
Females	558	69.9	14.7	15.4
Sex and age				
Males, 3 to 11	76	89.5	6.6	3.9
Males, 12 to 17	57	82.5	10.5	7.0
Males, 18 to 34	6	100.0	0.0	0.0
Males, 35 to 49	36	61.6	21.0	17.4
Males, 50 to 69	52	82.6	15.3	2.2
Males, 70+	40	75.4	20.1	4.5
Females, 3 to 11	62	67.7	21.0	11.3
Females, 12 to 17	71	63.4	19.7	16.9
Females, 18 to 34	35	70.1	7.5	22.3
Females, 35 to 49	179	67.0	15.4	17.6
Females, 50 to 69	158	74.0	12.9	13.1
Females, 70+	52	75.1	16.8	8.1
Subregion				
Gisborne District	179	75.7	9.5	14.9
Kyneton District	206	67.1	15.8	17.1
Lancefield District	53	69.0	21.9	9.0
Macedon-Woodend District	282	79.8	13.7	6.5
Riddells Creek District	54	75.6	13.9	10.5
Romsey District	63	69.6	20.7	9.7
Demographic indicators				
Household size²				
1 person	55	73.0	21.9	5.1
2 or 3 people	296	74.4	12.4	13.2
4 or 5 people	202	71.0	16.1	13.0
More than 5 people	13	61.7	28.6	9.7
Born overseas	112	81.1	10.3	8.6
Born in Australia	727	71.8	15.9	12.3
Speaks other main language*	3	79.4	20.6	0.0
Speaks English as main language	834	73.2	15.0	11.8
Aboriginal and/or Torres Strait Islander*	6	100.0	0.0	0.0
Not Aboriginal or Torres Strait Islander	828	73.2	15.1	11.7

LGBTQIA+	52	56.3	11.5	32.2
Non-LGBTQIA+	781	74.7	15.3	10.0
Neurodivergent	117	61.1	13.8	25.1
Not neurodivergent	576	77.6	13.6	8.8
Maybe	80	60.6	22.3	17.1
Not sure what neurodivergent means	40	76.3	18.6	5.0
Less than Bachelor level education ²	184	71.0	15.7	13.3
Holds a Bachelor degree or higher	380	75.5	14.0	10.4
Unemployed/Retired ²	162	71.5	16.5	12.1
Employed	403	73.4	14.2	12.4
Just getting along, poor or very poor ²	129	46.6	29.1	24.3
Reasonably comfortable, very comfortable or prosperous	436	81.9	10.1	8.1
Requires help with daily activities	50	39.0	28.1	32.9
Does not require help	787	75.5	14.2	10.3
Food security (last 12 months)²				
Low or very low food security	43	35.7	29.2	35.1
Marginal food security	58	54.3	19.7	26.0
High food security	464	79.9	12.6	7.5

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 3.9.2 presents the findings by selected health and behaviour characteristics. Differences were seen for all health and wellbeing indicators, except for BMI status. Specifically, a lower proportion of those with fair or poor health (45.2% vs 80.5%), with low to moderate life satisfaction (55.0% vs 83.0%), who did not (57.1% vs definitely [90.1%]) or sometimes (73.7% vs definitely [90.1%]) feel valued by society, and had poor mental wellbeing (52.3% vs 80.9%) agreed that it is easy to be physically active in their local area compared to their counterparts with more positive health and wellbeing indicators.

There were significant differences seen for most health behaviours, except for screen time, sugar-sweetened beverage consumption and water consumption. Agreeance that it is easy to be physically active in the local area was lower among respondents who did not meet the following recommendations, compared to their counterparts who did:

- Fruit consumption (67.1% vs 79.5%)
- Vegetable consumption (72.4% vs 85.0%)
- Aerobic physical activity (62.5% vs 77.6%)
- Muscle strengthening activity (66.5% vs 78.3%)
- Sleep duration (59.9% vs 78.9%)

No significant differences were observed by risk behaviour status in the proportion of respondents agreeing that it is easy to be physically active in the local area. However, those who had never smoked (16.5%) were more likely to disagree that it is easy to be active in the local area compared to ex-smokers (5.2%).

Table 3.9.2 Perceived ease of being physically active in local area by selected health and behaviour characteristics

	Unweighted base ¹	Strongly agree/ Agree	Neutral	Strongly disagree / Disagree
	n	%	%	%
Total sample	840	73.2	15.1	11.7
Health and wellbeing indicators				
Self-reported health - Fair or poor	108	45.2	27.4	27.4
Self-reported health - Good, very good, or excellent	655	80.5	11.6	7.9
Life satisfaction - Low to moderate (0 to 6) ²	146	55.0	20.4	24.6
Life satisfaction - High/very high (7 to 10)	366	83.0	11.1	5.9
Does not feel valued by society ²	113	57.1	13.4	29.5
Sometimes feel valued by society	246	73.7	18.6	7.7
Definitely feel valued by society	154	90.1	7.2	2.7
Poor mental wellbeing ²	138	52.3	24.1	23.6
Good mental wellbeing	428	80.9	11.3	7.7
Overweight or obese (BMI ≥25.0)	248	75.1	15.4	9.5
Normal range or underweight (BMI <25.0)	248	78.8	11.6	9.6
Health behaviour indicators				
Does not meet fruit intake recommendations	372	67.1	15.7	17.1
Meets fruit intake recommendations	461	79.5	13.8	6.8
Does not meet vegetable intake recommendations	683	72.4	16.0	11.5
Meets vegetable intake recommendations	135	85.0	8.3	6.6
Does not meet aerobic physical activity recommendations	231	62.5	21.0	16.5
Meets aerobic physical activity recommendations	583	77.6	11.9	10.4
Does not meet muscle strengthening recommendations	377	66.5	18.6	14.9
Meets muscle strengthening recommendations	351	78.3	10.7	10.9
Does not meet screen time recommendations	387	71.4	12.8	15.8
Meets screen time recommendations	417	75.9	15.6	8.5
Does not meet sleep recommendations	207	59.9	20.9	19.2
Meets sleep recommendations	617	78.9	12.5	8.6
Drinks sugar-sweetened beverages daily	55	55.7	17.5	26.8
Drinks sugar-sweetened beverages less than daily	783	74.8	14.9	10.3
Does not meet water recommendations	539	72.6	16.1	11.3
Meets water recommendations	274	77.3	12.1	10.7
Risk behaviour indicators²				
Current smoker	14	74.7	14.4	10.8

Ex-smoker	192	75.9	18.8	5.2
Never smoked	305	72.6	10.9	16.5
Current vaper*	12	80.5	14.1	5.4
Ex-vaper	27	65.7	22.3	12.0
Never vaped	470	74.7	13.6	11.7
Had more than 4 standard drinks on a single occasion	280	75.9	13.4	10.7
Has not had more than 4 standard drinks	231	71.4	15.1	13.5
Gambled	126	77.0	16.0	7.0
Never gambled	383	72.8	13.3	13.9

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

4. Diet

The following section summarises the findings regarding a range of dietary factors that respondents were asked about. This includes food security, fruit and vegetable consumption and barriers to consuming sufficient volumes of fruit and vegetables, water intake, sugar-sweetened beverage consumption and perceived ease of access to healthy food in the local area. Results in this section are for all respondents, unless otherwise indicated, and weighting has been applied.

4.1. Food security

Food security was measured using the valid and widely used 10-item USDA food security module¹⁰. Respondents were asked a series of 10 questions regarding their experiences over the 12 months prior to survey completion. Questions focused on worrying about food running out, food not lasting and inability to afford more, affordability of balanced meals, cutting meal size or skipping meals due to lack of money, eating less than felt needed, hunger due to inability to afford food, weight loss due to lack of food, and frequency of these experiences. Respondents were categorised as having high food security if they provided no indications of food-access problems or limitations, and marginal food security if they reported some concern or anxiety about food sufficient but little or no actual change in diet or food intake. Conversely, respondents were categorised as having low food security if they reported a reduced quality and/or variety of their diet, and very low food security if they reported disrupted eating patterns and reduced intake.

Table 4.1.1 provides a summary of food security among 2025 ALC respondents according to their demographic characteristics. Overall, 79.0% of respondents had high food security, while 6.2% had low food security and 3.4% had very low food security. Very low food security was seen more commonly among those who were just getting along, poor, or very poor (13.0%), compared with those who were reasonably comfortable, very comfortable, or prosperous (0%). Conversely, high food security was seen less frequently among respondents from the following groups:

- Females aged 35-49 years (69.3%) compared to females aged 50-69 years (86.2%)
- Residents of Kyneton District (73.3%) compared to Riddells Creek District (94.6%)
- Neurodivergent (51.9%) compared to not neurodivergent (82.9%) and unsure what neurodivergent means (84.5%)
- Less than a Bachelor level education (73.5%) compared to Bachelor degree or higher (87.4%)
- Just getting along, poor or very poor (41.7%) compared to reasonably comfortable, very comfortable or prosperous (92.0%)

Table 4.1.1 Adult food security by selected demographic characteristics

	Unweighted base ¹	High food security	Marginal food security	Low food security	Very low food security
	n	%	%	%	%
Total sample	565	79.0	11.4	6.2	3.4
Sex and age					
Males	134	82.6	10.5	2.7	4.1
Females	423	76.6	12.5	8.2	2.7

¹⁰ U.S. Department of Agriculture, Economic Research Service. (2012). U.S. Household Food Security Survey Module: Three-Stage Design, With Screeners. September 2012 Revision. <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/survey-tools>

Males, 18 to 34	6	100.0	0.0	0.0	0.0
Males, 35 to 49	36	61.6	23.0	1.9	13.5
Males, 50 to 69	52	91.2	7.7	1.0	0.0
Males, 70+	40	83.8	6.5	6.5	3.2
Females, 18 to 34	35	70.3	11.9	17.8	0.0
Females, 35 to 49	179	69.3	18.8	8.4	3.5
Females, 50 to 69	158	86.2	5.7	4.8	3.3
Females, 70+	51	81.3	13.5	4.0	1.2
Subregion					
Gisborne District	119	79.6	12.2	7.8	0.4
Kyneton District	148	73.3	16.2	4.4	6.0
Lancefield District	39	75.1	8.9	3.6	12.4
Macedon-Woodend District	171	82.4	9.2	7.3	1.1
Riddells Creek District	41	94.6	3.4	2.1	0.0
Romsey District	45	71.7	13.0	11.0	4.3
Demographic indicators					
Household size					
1 person	54	71.4	13.4	12.3	2.9
2 or 3 people	296	82.6	9.1	5.3	2.9
4 or 5 people	202	76.8	15.2	5.6	2.4
More than 5 people	13	59.5	9.7	9.7	21.1
Born overseas	96	82.5	13.5	2.8	1.2
Born in Australia	469	78.2	11.0	7.0	3.8
Speaks other main language*	3	100	0.0	0.0	0.0
Speaks English as main language	562	78.9	11.5	6.2	3.4
Aboriginal and/or Torres Strait Islander*	2	50.0	0.0	50.0	0.0
Not Aboriginal or Torres Strait Islander	559	79.1	11.4	6.2	3.4
LGBTQIA+	34	57.0	30.9	10.3	1.8
Non-LGBTQIA+	525	80.9	9.6	5.9	3.5
Neurodivergent	51	51.9	20.3	21.4	6.4
Not neurodivergent	417	82.9	9.0	4.5	3.6
Maybe	42	76.0	23.0	1.0	0.0
Not sure what neurodivergent means	30	84.5	6.1	9.3	0.0
Less than Bachelor level education	184	73.5	13.8	8.0	4.7
Holds a Bachelor degree or higher	380	87.4	7.6	3.6	1.4
Unemployed/Retired	162	82.7	10.4	5.4	1.5
Employed	403	77.1	12.0	6.6	4.3
Just getting along, poor or very poor	129	41.7	25.9	19.4	13.0
Reasonably comfortable, very comfortable or prosperous	436	92.0	6.4	1.6	0.0
Requires help with daily activities	20	68.4	0.0	20.0	11.7
Does not require help	543	79.7	11.7	5.6	3.0

¹ Base sizes include respondents aged 18 years and above living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

* Significance testing not conducted due to small base size.

Table 4.1.2 provides an overview of food security according to selected health and behaviour characteristics of the 2025 Macedon Ranges ALC sample. No differences in very low food security were seen across health and wellbeing indicators or health behaviour indicators. However, differences were seen for high food security, which was lower among respondents with low to moderate life satisfaction (65.3%) compared to high/very high life satisfaction (87.0%), those who did not feel valued by society (64.6%) compared to those who definitely felt valued by society (89.7%), those with poor mental wellbeing (64.5%) compared to good mental wellbeing (84.8%), those who did not meet vegetable intake recommendations (77.4%) compared to those who did (94.0%), and those who did not meet sleep recommendations (64.3%) compared to those who did (84.7%). For risk behaviour indicators, very low food security was more common among respondents who never gambled (5.1%) compared with those who gambled (0.5%).

Table 4.1.2 Adult food security by selected health and behaviour characteristics

	Unweighted base ¹	High food security	Marginal food security	Low food security	Very low food security
	n	%	%	%	%
Total sample	565	79.0	11.4	6.2	3.4
Health and wellbeing indicators					
Self-reported health - Fair or poor	95	67.5	11.8	15.0	5.6
Self-reported health - Good, very good, or excellent	415	83.1	10.0	3.7	3.2
Life satisfaction - Low to moderate (0 to 6)	146	65.3	13.9	11.4	9.4
Life satisfaction - High/very high (7 to 10)	365	87.0	8.4	3.6	1.0
Does not feel valued by society	112	64.6	15.5	14.6	5.2
Sometimes feel valued by society	246	82.1	8.9	4.4	4.7
Definitely feel valued by society	154	89.7	8.2	1.3	0.8
Poor mental wellbeing	138	64.5	16.5	11.0	8.1
Good mental wellbeing	427	84.8	9.4	4.3	1.5
Overweight or obese (BMI ≥25.0)	226	84.3	9.3	5.2	1.2
Normal range or underweight (BMI <25.0)	167	77.6	11.6	3.0	7.9
Health behaviour indicators					
Does not meet fruit intake recommendations	317	74.9	13.4	8.6	3.1
Meets fruit intake recommendations	247	84.7	8.8	2.8	3.7
Does not meet vegetable intake recommendations	463	77.4	13.0	6.1	3.5
Meets vegetable intake recommendations	91	94.0	2.8	2.6	0.6
Does not meet aerobic physical activity recommendations	103	76.8	13.9	7.8	1.4
Meets aerobic physical activity recommendations	450	79.4	10.8	5.9	3.9
Does not meet muscle strengthening recommendations	225	75.1	13.5	9.8	1.6
Meets muscle strengthening recommendations	300	80.6	10.4	4.3	4.7

Does not meet screen time recommendations	230	77.9	11.8	7.0	3.2
Meets screen time recommendations	323	80.1	11.0	5.7	3.2
Does not meet sleep recommendations	135	64.3	21.4	7.6	6.7
Meets sleep recommendations	422	84.7	7.8	5.6	1.8
Drinks sugar-sweetened beverages daily	44	59.3	20.6	17.6	2.5
Drinks sugar-sweetened beverages less than daily	521	81.2	10.4	4.9	3.5
Does not meet water recommendations	386	79.4	10.4	6.9	3.3
Meets water recommendations	167	79.7	14.2	2.7	3.5
Risk behaviour indicators²					
Current smoker	14	57.2	33.5	6.2	3.1
Ex-smoker	192	78.9	11.5	6.7	2.9
Never smoked	304	81.2	8.7	5.8	4.3
Current vaper*	12	64.1	5.4	22.1	8.4
Ex-vaper	27	57.8	19.1	13.2	10.0
Never vaped	469	82.5	9.2	5.2	3.1
Had more than 4 standard drinks on a single occasion	280	78.1	11.1	6.6	4.2
Has not had more than 4 standard drinks	230	81.8	9.5	5.5	3.1
Gambled	126	87.8	10.9	0.8	0.5
Never gambled	382	76.4	10.0	8.5	5.1

¹ Base sizes include respondents aged 18 years and above living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

* Significance testing not conducted due to small base size.

4.2. Fruit and vegetable consumption

The Australian Dietary Guidelines¹¹ recommend daily servings of fruit and vegetables for each age group to support health and wellbeing. One serve of vegetables equals ½ cup cooked vegetables or 1 cup of salad vegetables, and a serve of legumes or beans is ½ cup cooked, dried, or canned beans, peas, or lentils. One serve of fruit equals 1 medium piece, 2 small pieces, or 1 cup of diced fruit.

For vegetables, children aged 3 should have 2.5 serves, ages 4-8 should have 4.5 serves, and ages 9-11 should have 5 serves. Females aged 12 and over require 5 serves, while males need 5 serves at age 70+, 5.5 serves at ages 12-18 and 51-70, and 6 serves at ages 19-50. For fruit, children aged 3 should have 1 serve, ages 4-8 should have 1.5 serves, and everyone aged 9 and over should have 2 serves. The table below contains the detailed recommendations by age and sex.

Recommended daily consumption	Fruit	Vegetables
Toddlers and children		
Boys and girls 3 years	1	2.5
Boys and girls aged 4 to 8 years	1.5	4.5
Boys and girls aged 9 to 11 years	2	5

¹¹ National Health and Medical Research Council (2013) Australian Dietary Guidelines. Canberra: Australian Government Department of Health and Aged Care. <https://www.health.gov.au/resources/publications/the-australian-dietary-guidelines>

Adolescents		
Girls aged 12 to 18 years	2	5
Boys aged 12 to 18 years	2	5.5
Adults		
Women aged 19 years and over	2	5
Men aged 19 to 50 years	2	6
Men aged 51 to 70 years	2	5.5
Men aged over 70 years	2	5

4.2.1. Fruit consumption

As shown in Table 4.2.1.1, the average serves of fruit per day for residents of Macedon Ranges was 1.8 which is below the recommended daily intake, and about half (51.1%) met the age-specific fruit intake recommendations. Among adults, 42.7% of the 2025 ALC sample met their recommendation, compared with 49.0% in the 2019 ALC. In addition, 36.7% of adults in the 2023 VPHS and 44.7% in the 2022 NHS Victoria-wide samples met the fruit consumption guidelines. These differences may reflect variations in methodology and data collection years, so comparisons should be interpreted with caution.

Overall, adults were less likely to meet the fruit intake recommendations (42.7%) compared to children (80.4%), and they consumed, on average, fewer serves per day (1.6 compared to 2.3). No differences were seen between males and females. When looking at sex by age, a greater proportion of both male and female children and adolescents met the fruit consumption recommendations compared to adults and older adults. Across the subregions, residents of Romsey District (19.0%) were less likely to meet daily fruit intake recommendations compared to residents of Riddells Creek District (50.2%), Gisborne District (49.4%), Kyneton District (40.8%), and Macedon-Woodend District (46.4%).

A lower proportion of people from 4-5 people households (32.6%), single-person households (27.8%) and those who were neurodivergent (40.3%) reported consuming the recommended serves of fruit compared to 2-3 person households (48.9%) or more than 5 people (73.0%), and those who are maybe neurodivergent (66.7%). A lower average number of serves of fruit were also reported among respondents who live in single-person households (1.2 serves) compared with those living in households of 2-3 people (1.7 serves) or more than five people (2.0 serves), and among respondents who identified as neurodivergent (1.5 serves) compared with those who identified as maybe (2.3 serves) neurodivergent (see Table 4.2.1.1 for details).

Table 4.2.1.1 Fruit consumption by selected demographic characteristics

	Unweighted base ¹ n	Does not meet recommendation %	Meets recommendation %	Average daily serves #
Total sample	841	48.9	51.1	1.8
Children	276	19.6	80.4	2.3
Adults	565	57.3	42.7	1.6
Males	268	45.6	54.4	1.9
Females	560	50.8	49.2	1.7
Sex and age				
Males, 3 to 11	77	10.4	89.6	2.7
Males, 12 to 17	57	29.8	70.2	2.0

Males, 18 to 34	6	68.5	31.5	1.2
Males, 35 to 49	36	68.9	31.1	1.3
Males, 50 to 69	52	48.9	51.1	1.8
Males, 70+	40	47.2	52.8	1.9
Females, 3 to 11	65	10.8	89.2	2.5
Females, 12 to 17	72	31.9	68.1	1.9
Females, 18 to 34	35	71.5	28.5	1.4
Females, 35 to 49	178	55.4	44.6	1.5
Females, 50 to 69	158	61.2	38.8	1.5
Females, 70+	52	43.6	56.4	1.8
Subregion				
Gisborne District	119	50.6	49.4	1.6
Kyneton District	148	59.2	40.8	1.5
Lancefield District	39	60.1	39.9	1.3
Macedon-Woodend District	171	53.6	46.4	1.7
Riddells Creek District	41	49.8	50.2	1.7
Romsey District	45	81.0	19.0	1.4
Demographic indicators				
Household size²				
1 person	55	72.2	27.8	1.2
2 or 3 people	295	51.1	48.9	1.7
4 or 5 people	202	67.4	32.6	1.4
More than 5 people	13	27.0	73.0	2.0
Born overseas	113	39.5	60.5	1.8
Born in Australia	727	50.7	49.3	1.8
Speaks other main language*	3	0.0	100.0	2.2
Speaks English as main language	835	49.2	50.8	1.7
Aboriginal and/or Torres Strait Islander*	4	44.9	55.1	2.3
Not Aboriginal or Torres Strait Islander	832	48.8	51.2	1.8
LGBTQIA+	52	60.0	40.0	1.8
Non-LGBTQIA+	782	47.8	52.2	1.5
Neurodivergent	118	59.7	40.3	1.5
Not neurodivergent	575	48.8	51.2	1.7
Maybe	80	33.3	66.7	2.3
Not sure what neurodivergent means	41	40.2	59.8	1.8
Less than Bachelor level education ²	184	58.9	41.1	1.6
Holds a Bachelor degree or higher	379	55.0	45.0	1.5
Unemployed/Retired ²	162	56.5	43.5	1.7
Employed	402	57.9	42.1	1.5
Just getting along, poor or very poor ²	128	66.4	33.6	1.3
Reasonably comfortable, very comfortable or prosperous	436	54.3	45.7	1.7

Requires help with daily activities	50	56.3	43.7	1.7
Does not require help	788	48.5	51.5	1.8
Food security (last 12 months)²				
Low or very low food security	42	70.6	29.4	1.3
Marginal food security	58	67.4	32.6	1.3
High food security	464	54.4	45.6	1.7

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 4.2.1.2 provides a summary of fruit consumption according to selected health and behaviour characteristics of the 2025 Macedon Ranges Shire ALC sample. Significant associations in average daily serves of fruit were seen for some health and behaviour characteristics. With regards to the health and wellbeing indicators, those with fair or poor self-reported health (30.6% vs 56.3%), poor mental wellbeing (27.3% vs 48.8%), and were overweight or obese (40.6% vs 62.0%) were significantly less likely to meet the fruit consumption recommendations compared to their counterparts with more positive wellbeing indicators.

A smaller proportion of those who did not meet the vegetable recommendations (48.0% vs 76.4% who did) and consumed sugar-sweetened beverages daily (20.6% vs 53.9% who did not) reported meeting the fruit consumption recommendations. Similarly, a lower proportion of those who had consumed more than four standard drinks on a single occasion (36.0%) met the fruit consumption recommendations compared to those who had not consumed more than four standard drinks (52.9%) in the past 12 months.

Lower average daily fruit intake was reported among respondents with poor mental wellbeing (1.3 vs 1.7 serves), those who did not meet vegetable intake recommendations (1.7 vs 2.4 serves), those who drank sugar-sweetened beverages daily (1.1 vs 1.8 serves), and those who had more than four standard drinks on a single occasion in the past 12 months (1.4 vs 1.8 serves), compared with respondents reporting more positive health and behaviour characteristics.

Table 4.2.1.2 Fruit consumption by selected health and behaviour characteristics

	Unweighted base ¹ n	Does not meet recommendation %	Meets recommendation %	Average daily serves #
Total sample	841	48.9	51.1	1.8
Health and wellbeing indicators				
Self-reported health - Fair or poor	108	69.4	30.6	1.5
Self-reported health - Good, very good, or excellent	651	43.7	56.3	1.8
Life satisfaction - Low to moderate (0 to 6) ²	145	65.6	34.4	1.5
Life satisfaction - High/very high (7 to 10)	366	52.8	47.2	1.6
Does not feel valued by society ²	112	66.6	33.4	1.5
Sometimes feel valued by society	246	54.8	45.2	1.6
Definitely feel valued by society	154	51.1	48.9	1.8
Poor mental wellbeing ²	137	72.7	27.3	1.3
Good mental wellbeing	428	51.2	48.8	1.7
Overweight or obese (BMI ≥25.0)	248	59.4	40.6	1.6

Normal range or underweight (BMI <25.0)	248	38.0	62.0	1.8
Health behaviour indicators				
Does not meet vegetable intake recommendations	690	52.0	48.0	1.7
Meets vegetable intake recommendations	136	23.6	76.4	2.4
Does not meet aerobic physical activity recommendations	230	50.6	49.4	1.5
Meets aerobic physical activity recommendations	583	49.3	50.7	1.8
Does not meet muscle strengthening recommendations	376	53.9	46.1	1.6
Meets muscle strengthening recommendations	349	49.6	50.4	1.8
Does not meet screen time recommendations	386	53.6	46.4	1.6
Meets screen time recommendations	415	46.8	53.2	1.8
Does not meet sleep recommendations	204	53.2	46.8	1.7
Meets sleep recommendations	617	47.5	52.5	1.8
Drinks sugar-sweetened beverages daily	55	79.4	20.6	1.1
Drinks sugar-sweetened beverages less than daily	781	46.1	53.9	1.8
Does not meet water recommendations	542	51.5	48.5	1.7
Meets water recommendations	272	41.5	58.5	1.9
Risk behaviour indicators²				
Current smoker	14	60.4	39.6	1.5
Ex-smoker	191	58.0	42.0	1.6
Never smoked	305	55.6	44.4	1.6
Current vaper*	11	69.2	30.8	1.3
Ex-vaper	27	52.1	47.9	1.8
Never vaped	470	56.6	43.4	1.6
Had more than 4 standard drinks on a single occasion	279	64.0	36.0	1.4
Has not had more than 4 standard drinks	231	47.1	52.9	1.8
Gambled	125	63.1	36.9	1.6
Never gambled	383	53.9	46.1	1.6

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

4.2.2. Vegetable consumption

Table 4.2.2.1 shows that on average, Macedon Ranges Shire residents were consuming 2.6 daily serves of vegetables, well below the recommended serves per day for all ages. Overall, 86.4% of respondents did not meet the age- and sex-specific vegetable consumption guidelines. Among adults, 87.4% of the 2025 sample fell short of the recommended vegetable intake, unchanged from the 2019 sample, indicating that vegetable consumption has remained stable over the past six years. The 2023 VPHS and 2022 NHS

Victorian results are slightly worse than the 2025 ALC findings, with 90.3% and 93.6% of adults, respectively, not meeting the vegetable intake recommendations.

No significant differences in meeting vegetable consumption recommendations were seen by age group alone or by sex alone. However, differences were observed when looking by sex and age. Specifically, males aged 3–11 years (18.2%) and 70 years and over (19.0%) were more likely to meet vegetable consumption recommendations compared to males aged 18–34 years (0%) and 35–49 years (3.8%). Among females, those aged 3–11 years (24.6%) and 50–69 years (20.7%) were more likely to meet recommendations compared to females aged 18–34 years (4.5%).

Across the participating subregions, residents of Macedon-Woodend District (18.6%), Gisborne District (12.2%), and Kyneton District (13.5%) were more likely to meet daily vegetable consumption recommendations than respondents from Lancefield District (1.7%) and Romsey District (4.0%). Similarly, respondents from of Macedon-Woodend District (3 serves), Gisborne District (2.7 serves), and Kyneton District (2.5 serves) consumed a higher daily average number of serves of vegetables compared to residents from all other areas.

A lower proportion of people just getting along, poor or very poor (5.2%) or with marginal (3.0%), low or very low (4.6%) food security reported consuming the recommended serves of vegetables compared to those who reported being reasonably comfortable, very comfortable or prosperous (15.1%) and with high food security (14.9%). Additionally, the average number of serves of vegetables was lower among respondents from who hold less than a Bachelor level education, just getting along, poor or very poor, and with marginal, low or very low food security compared to their respective counterparts.

Table 4.2.2.1 Vegetable consumption by selected demographic characteristics

	Unweighted base ¹ n	Does not meet recommendation %	Meets recommendation %	Average daily serves #
Total sample	826	86.4	13.6	2.6
Children	271	82.8	17.2	2.9
Adults	555	87.4	12.6	2.6
Males	267	89.0	11.0	2.6
Females	559	84.0	16.0	2.7
Sex and age				
Males, 3 to 11	77	81.8	18.2	2.8
Males, 12 to 17	57	91.2	8.8	3.0
Males, 18 to 34	6	100.0	0.0	2.5
Males, 35 to 49	36	96.2	3.8	2.5
Males, 50 to 69	52	91.4	8.6	2.3
Males, 70+	39	81.0	19.0	2.7
Females, 3 to 11	65	75.4	24.6	3.0
Females, 12 to 17	72	86.1	13.9	2.7
Females, 18 to 34	35	95.5	4.5	2.0
Females, 35 to 49	178	86.4	13.6	2.7
Females, 50 to 69	157	79.3	20.7	2.9
Females, 70+	52	83.0	17.0	2.8
Subregion				
Gisborne District	116	87.8	12.2	2.7

Kyneton District	143	86.5	13.5	2.5
Lancefield District	39	98.3	1.7	2.0
Macedon-Woodend District	170	81.4	18.6	3.0
Riddells Creek District	41	85.0	15.0	2.7
Romsey District	44	96.0	4.0	1.9
Demographic indicators				
Household size²				
1 person	54	85.7	14.3	2.2
2 or 3 people	291	86.1	13.9	2.6
4 or 5 people	198	91.3	8.7	2.5
More than 5 people	12	78.5	21.5	3.3
Born overseas	111	88.7	11.3	2.5
Born in Australia	714	86.0	14.0	2.6
Speaks other main language*	3	59.3	40.7	3.2
Speaks English as main language	820	86.5	13.5	2.6
Aboriginal and/or Torres Strait Islander*	4	78.9	21.1	2.5
Not Aboriginal or Torres Strait Islander	819	86.4	13.6	2.6
LGBTQIA+	50	87.9	12.1	2.2
Non-LGBTQIA+	772	86.2	13.8	2.7
Neurodivergent	112	89.9	10.1	2.3
Not neurodivergent	572	85.9	14.1	2.7
Maybe	79	82.2	17.8	3.0
Not sure what neurodivergent means	40	89.4	10.6	2.3
Less than Bachelor level education ²	179	89.7	10.3	2.3
Holds a Bachelor degree or higher	374	84.0	16.0	3.0
Unemployed/Retired ²	155	85.5	14.5	2.5
Employed	399	88.3	11.7	2.6
Just getting along, poor or very poor ²	123	94.8	5.2	1.9
Reasonably comfortable, very comfortable or prosperous	431	84.9	15.1	2.8
Requires help with daily activities	49	91.3	8.7	2.0
Does not require help	774	86.1	13.9	2.7
Food security (last 12 months)²				
Low or very low food security	39	95.4	4.6	1.6
Marginal food security	58	97.0	3.0	1.9
High food security	457	85.1	14.9	2.8

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 4.2.2.2 provides a summary of vegetable consumption according to selected health and behaviour characteristics of the 2025 ALC sample. Differences in average daily serves of vegetables were seen across all health and wellbeing indicators and health behaviour indicators, except for BMI status, muscle

strengthening recommendations, and water consumption recommendations. Similarly, differences in adherence to the vegetable consumption recommendations were seen for self-reported health, fruit intake, aerobic physical activity and sugar-sweetened beverage consumption. Specifically, those with fair or poor self-reported health (6.5%) were significantly less likely to meet the vegetable consumption recommendations compared to their counterparts with good, very good or excellent health (16.0%). With regards to health behaviour indicators, a smaller proportion of those who did not meet the fruit recommendations (6.7% vs 20.0%), aerobic physical activity recommendations (7.0% vs 15.7%), and those who consumed sugar-sweetened beverages daily (3.4% vs 14.6%), reported meeting the vegetable consumption recommendations compared to those who met the relevant recommendation or consumed sugar-sweetened beverages less than daily.

For all assessed risk behaviours, no association was observed with adherence to the vegetable consumption recommendations. However, average daily serves was lower among respondents who had consumed more than four standard drinks on a single occasion over the past 12 months (2.4 serves) than those who had not (2.9 serves).

Table 4.2.2.2 Vegetable consumption by selected health and behaviour characteristics

	Unweighted base ¹ n	Does not meet recommendation %	Meets recommendation %	Average daily serves #
Total sample	826	86.4	13.6	2.6
Health and wellbeing indicators				
Self-reported health - Fair or poor	105	93.5	6.5	2.0
Self-reported health - Good, very good, or excellent	640	84.0	16.0	2.8
Life satisfaction - Low to moderate (0 to 6) ²	139	91.9	8.1	2.1
Life satisfaction - High/very high (7 to 10)	362	84.1	15.9	2.9
Does not feel valued by society ²	106	93.6	6.4	2.0
Sometimes feel valued by society	244	85.1	14.9	2.6
Definitely feel valued by society	152	83.0	17.0	3.1
Poor mental wellbeing ²	130	92.7	7.3	2.1
Good mental wellbeing	425	85.5	14.5	2.8
Overweight or obese (BMI ≥25.0)	242	85.3	14.7	2.6
Normal range or underweight (BMI <25.0)	247	85.3	14.7	2.9
Health behaviour indicators				
Does not meet fruit intake recommendations	363	93.3	6.7	2.0
Meets fruit intake recommendations	463	80.0	20.0	3.2
Does not meet aerobic physical activity recommendations	225	93.0	7.0	2.2
Meets aerobic physical activity recommendations	573	84.3	15.7	2.8
Does not meet muscle strengthening recommendations	369	89.7	10.3	2.4
Meets muscle strengthening recommendations	343	85.0	15.0	2.8
Does not meet screen time recommendations	377	89.5	10.5	2.4
Meets screen time recommendations	410	83.6	16.4	2.8

Does not meet sleep recommendations	200	91.2	8.8	2.3
Meets sleep recommendations	607	84.5	15.5	2.7
Drinks sugar-sweetened beverages daily	54	96.6	3.4	1.8
Drinks sugar-sweetened beverages less than daily	767	85.4	14.6	2.7
Does not meet water recommendations	541	87.6	12.4	2.6
Meets water recommendations	270	83.2	16.8	2.8
Risk behaviour indicators²				
Current smoker	14	65.8	34.2	3.2
Ex-smoker	187	90.9	9.1	2.3
Never smoked	299	84.7	15.3	2.8
Current vaper*	11	85.9	14.1	2.2
Ex-vaper	27	93.5	6.5	2.1
Never vaped	460	86.0	14.0	2.7
Had more than 4 standard drinks on a single occasion	273	89.7	10.3	2.4
Has not had more than 4 standard drinks	227	82.7	17.3	2.9
Gambled	122	90.3	9.7	2.3
Never gambled	376	85.1	14.9	2.7

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

4.2.3. Barriers to fruit consumption

Respondents who did not consume at least two (2) serves of fruit per day were asked separately to provide the main reason why they do not consume the recommended amount. Table 4.2.3.1 provides a snapshot of the main barriers reported by 2025 ALC respondents in Macedon Ranges Shire. The main themes that emerged amongst those who provided a response as to why they have not met fruit consumption recommendations were personal preferences (20.1%) and cost (14.3%). Other relatively common barriers to increasing serves of fruit were access and quality (10.0%) habit and routine (9.0%) and being satisfied with current intake or low appetite (8.5%).

Table 4.2.3.1 Barriers to fruit consumption

Reasons	% (¹ N=375)
Preferences	20.1
Cost	14.3
Access/quality	10.0
Habit/routine	9.0
Satisfied with current intake/low appetite	8.5
No particular reason	8.4

Diet/health restrictions	7.3
Inconvenient to prepare	4.1
Time	3.1
Other	1.6

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Tables 4.2.3.2 and 4.2.3.3 present a breakdown of the top five most common barriers to fruit consumption according to demographic, health and wellbeing, health behaviour and risk behaviour characteristics of the sample. Solutions aimed at addressing the main barriers of desirability (personal preference), affordability, access and habit formation are likely to be the most effective in increasing fruit consumption.

Reporting of personal preferences as a barrier to fruit consumption differed according to age, LGBTQ+ status and disability status. Specifically, a greater proportion of the following respondents reported personal preferences as a barrier to fruit consumption:

- Children (43.5%) compared to adults (17.8%)
- Non-LGBTQIA+ (21.3%) compared to LGBTQIA+ (7.5%)
- Respondents who do not require help with daily activities (21.2%) compared to those who do (4.6%)

Cost as a barrier to fruit consumption differed by many demographic, health and wellbeing, and health behaviour characteristics. The following groups were more likely to report cost as a barrier and may benefit from targeted interventions:

- Residents of Kyneton District (22.8%) compared to Riddells Creek District (3.8%)
- Not neurodivergent (15.3%) compared to not sure what neurodivergent means (3.5%)
- Less than a Bachelor level education (20.5%) compared to Bachelor degree or above (6.8%)
- Just getting along, poor or very poor (38.0%) compared to reasonably comfortable, very comfortable or prosperous (5.5%)
- Require help with daily activities (21.1%) compared to no help required (13.9%)
- Low or very low food security (43.9%) compared to high food security (8.8%)
- Do not feel valued (24.1%) compared to definitely feel valued by society (4.2%)
- Never gambled (20.6%) compared to gambled (2.4%) in past 12 months

Access or quality (including freshness, perishability, variety etc.) as a barrier to fruit consumption only differed according to LGBTQ+ status and water recommendations. A larger proportion of LGBTQIA+ (17.0%) respondents reported access or quality as a barrier compared to non-LGBTQIA+ respondents (9.4%). Similarly, a larger proportion of respondents who did not meet water consumption recommendations (12.8%) reported access or quality as a barrier compared to those who met water consumption recommendations (3.4%).

Differences in habit or routine being reported as a barrier to fruit consumption were seen for some demographic characteristics and smoking. Specifically, habit/routine was reported by a greater proportion of those from the following demographic groups:

- Not (12.4%) neurodivergent compared to neurodivergent (3.5%) or not sure (0%) what neurodivergent means
- No help required with daily activities (9.7%) compared to help with daily activities required (0%)
- High food security (11.8%) compared to marginal food security (2.6%)
- Ex-smokers (11.1%) and never smokers (9.8%) compared to current smokers (0%)

‘Satisfied with current intake or low appetite’ was the fifth most common response when asked to report barriers to fruit consumption. A greater proportion of respondents with the following characteristics cited ‘Satisfied with current intake or low appetite’ for not consuming the recommended serves of fruit:

- Adults (9.1%) compared to children (1.8%)
- Not neurodivergent (6.9%) compared to maybe neurodivergent (0%) or not sure what neurodivergent means (0%)
- Never smoked (9.4%) compared to current smokers (0%)

While this research provides insight into potential target populations, it did not look specifically at how these barriers could be overcome. This is an area which would merit further investigation.

Table 4.2.3.2 Top five barriers to fruit consumption by selected demographic characteristics

	Unweighted base ¹	Preferences	Cost	Access/quality	Habit/routine	Satisfied with current intake/low appetite
	n	%	%	%	%	%
Total sample	375	20.1	14.3	10.0	9.0	8.5
Children	58	43.5	5.5	3.4	4.3	1.8
Adults	317	17.8	15.2	10.6	9.5	9.1
Males	96	18.9	8.6	12.0	8.1	8.0
Females	269	21.1	19.5	8.8	9.6	8.7
Subregion						
Gisborne District	80	20.3	9.9	12.9	6.1	9.9
Kyneton District	95	15.7	22.8	14.2	8.5	6.3
Lancefield District	30	14.1	8.1	2.8	12.0	7.9
Macedon-Woodend District	116	24.3	12.4	10.0	9.4	7.3
Riddells Creek District	22	22.8	3.8	6.3	9.6	16.6
Romsey District	31	22.9	17.2	4.6	11.5	7.6
Demographic indicators						
Born overseas	43	10.5	18.3	23.7	7.4	7.0
Born in Australia	332	21.4	13.8	8.1	9.3	8.7
Speaks other main language*	0	-	-	-	-	-
Speaks English as main language	375	20.1	14.3	10.0	9.0	8.5
Aboriginal and/or Torres Strait Islander*	2	100.0	0.0	0.0	0.0	0.0
Not Aboriginal or Torres Strait Islander	369	19.8	14.5	10.1	9.1	8.0
LGBTQIA+	30	7.5	37.7	17.0	2.7	4.4
Non-LGBTQIA+	339	21.3	12.1	9.4	9.8	8.4
Neurodivergent	58	15.9	20.4	11.4	3.5	15.2
Not neurodivergent	253	17.9	15.3	9.9	12.4	6.9

Maybe	28	44.5	6.0	11.2	3.9	0.0
Not sure what neurodivergent means	18	24.1	3.5	10.4	0.0	0.0
Less than Bachelor level education ²	108	14.8	20.5	12.6	6.6	10.5
Holds a Bachelor degree or higher	208	22.7	6.8	7.6	14.2	6.4
Unemployed/Retired ²	81	12.8	23.1	10.1	10.5	9.7
Employed	236	20.2	11.3	10.9	9.0	8.8
Just getting along, poor or very poor ²	82	10.1	38.0	13.9	4.0	7.6
Reasonably comfortable, very comfortable or prosperous	235	21.1	5.5	9.2	11.9	9.8
Requires help with daily activities*	24	4.6	21.1	13.8	0.0	11.6
Does not require help	350	21.2	13.9	9.7	9.7	8.0
Food security (last 12 months)²						
Low or very low food security	27	7.8	43.9	6.4	3.0	4.7
Marginal food security	36	13.3	25.7	17.3	2.6	6.1
High food security	254	20.1	8.8	10.1	11.8	10.4

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 4.2.3.3 Top five barriers to fruit consumption by selected health and behaviour characteristics

	Unweighted base ¹	Preferences	Cost	Access/quality	Habit/routine	Satisfied with current intake/low appetite
	n	%	%	%	%	%
Total sample	375	20.1	14.3	10.0	9.0	8.5
Health and wellbeing indicators						
Self-reported health - Fair or poor	67	17.3	16.6	12.9	5.8	5.8
Self-reported health - Good, very good, or excellent	267	22.0	12.8	10.3	10.7	8.8

Life satisfaction - Low to moderate (0 to 6) ²	86	15.4	14.9	11.3	8.6	13.8
Life satisfaction - High/very high (7 to 10)	200	20.1	14.1	11.8	10.8	5.4
Does not feel valued by society ²	67	22.0	24.1	8.1	7.5	16.0
Sometimes feel valued by society	137	13.3	13.6	12.1	13.4	6.9
Definitely feel valued by society	82	22.9	4.2	15.0	6.7	2.5
Poor mental wellbeing ²	91	18.6	16.0	11.1	8.0	10.8
Good mental wellbeing	226	17.3	14.7	10.4	10.4	8.2
Overweight or obese (BMI ≥25.0)	145	20.6	11.9	15.0	9.6	7.0
Normal range or underweight (BMI <25.0)	89	22.9	11.9	11.0	10.5	15.4
Health behaviour indicators						
Does not meet vegetable intake recommendations	330	19.4	14.2	10.9	9.0	8.8
Meets vegetable intake recommendations	33	22.6	23.2	3.6	10.3	3.2
Does not meet aerobic physical activity recommendations	100	22.0	11.9	17.9	8.2	8.5
Meets aerobic physical activity recommendations	269	19.7	15.5	7.5	9.5	8.6
Does not meet muscle strengthening recommendations	180	19.6	17.3	16.4	8.7	7.6
Meets muscle strengthening recommendations	161	22.7	12.3	5.1	10.5	8.7
Does not meet screen time recommendations	182	23.3	13.7	12.5	9.7	8.8
Meets screen time recommendations	186	17.2	14.5	7.5	8.5	8.3
Does not meet sleep recommendations	92	23.3	11.6	6.1	7.2	10.8
Meets sleep recommendations	276	19.0	15.7	11.0	10.0	7.6
Drinks sugar-sweetened beverages daily	41	24.9	20.4	13.4	5.4	7.1
Drinks sugar-sweetened beverages less than daily	332	19.4	13.4	9.5	9.7	8.7
Does not meet water recommendations	262	18.5	12.9	12.8	9.3	7.1

Meets water recommendations	98	25.5	20.0	3.4	8.4	12.3
Risk behaviour indicators²						
Current smoker	8	14.3	23.1	19.5	0.0	0.0
Ex-smoker	111	19.2	13.4	13.8	11.1	8.0
Never smoked	166	18.1	14.8	9.8	9.8	9.4
Current vaper*	8	15.8	25.1	12.9	4.5	0.0
Ex-vaper	13	6.1	19.2	8.3	2.2	23.6
Never vaped	262	19.6	13.3	12.0	10.9	7.6
Had more than 4 standard drinks on a single occasion	177	19.4	14.1	12.9	10.7	5.5
Has not had more than 4 standard drinks	108	16.8	15.0	9.5	8.9	14.0
Gambled	80	21.0	2.4	15.1	13.4	9.7
Never gambled	204	17.2	20.6	10.0	8.4	7.6

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

4.2.4. Barriers to vegetable consumption

Respondents who did not consume the recommended serves of vegetables per day were asked separately to provide the main reason why they do not consume the recommended amount. The table below provides a snapshot of the main barriers reported by 2025 ALC respondents from Macedon Ranges Shire. The main themes that emerged amongst those who provided a response as to why they have not met vegetable consumption recommendations were personal preferences (14.7%), being satisfied with current intake (13.9%), being inconvenient to prepare (12.9%), lack of time (10.9%) and no particular reason (9.6%).

Table 4.2.4.1 Barriers to vegetable consumption

Reasons	% (¹ N=690)
Preferences	14.7
Satisfied with current intake/low appetite	13.9
Inconvenient to prepare	12.9
Time	10.9
No particular reason	9.6
Cost	8.7
Access/quality	5.4
Habit/routine	4.6
Diet/health restrictions	4.2
Other	2.6

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

Tables 4.2.4.2 and 4.2.4.3 present a breakdown of the top five most commonly reported barriers to vegetable consumption according to demographic, health and wellbeing, health behaviour and risk behaviour characteristics of the sample. Solutions aimed at addressing the main barriers of desirability (personal preference), current intake satisfaction, inconvenience and lack of time are likely to be the most effective in increasing vegetable consumption.

Reporting of personal preferences as a barrier to vegetable consumption varied across several demographic, health and wellbeing, and health behaviour indicators. No differences were seen according to risk taking behaviours. The following respondents were more likely to report personal preferences as a barrier to vegetable consumption:

- Children (41.9%) compared to adults (7.4%)
- Not neurodivergent (16.0%) compared to those unsure what neurodivergent means (6.1%)
- Good, very good or excellent self-rated health (16.3%) compared to fair or poor health (7.1%)
- Met the fruit intake recommendations (18.7%) compared to did not (11.1%)
- Did not meet the aerobic physical activity recommendations (23.2%) compared to met them (11.5%)
- Did not meet the muscle strengthening recommendations (18.1%) compared to met them (9.1%)
- Did not meet the screen time recommendations (19.5%) compared to met them (10.2%)

- Consumed sugar-sweetened beverages less than daily (15.4%) compared to daily (9.0%)

Being satisfied with current intake or low appetite as a barrier to vegetable consumption was more frequently mentioned by adults (16.1%) compared to children (6.1%). Inconvenience to prepare as a barrier to vegetable consumption was not associated with any demographic health or behavioural characteristics.

Time was reported as a barrier to vegetable consumption more frequently among the following groups:

- Adults (13.0%) compared to children (3.2%)
- Neurodivergent (16.9%) or not neurodivergent (11.5%) compared to unsure what neurodivergent mean (0.8%)
- Employed (17.4%) compared to unemployed/retired (3.5%)

'No particular reason' for not consuming sufficient vegetables differed by some demographic, health and wellbeing, and risk behaviour characteristics, but did not differ according to any health behaviours. A greater proportion of respondents with the following characteristics cited 'no particular reason' as to why they didn't consume the recommended serves of vegetables:

- Adults (11.6%) compared to children (2.4%)
- Not neurodivergent (9.5%) compared to maybe neurodivergent (0%)
- Less than a Bachelor level of education (15.9%) compared to Bachelor degree or higher (5.0%)
- Does not require help with daily activities (10.3%) compared to does require help (0%)
- High food security (12.5%) compared to low or very low food security (0%)
- Sometimes feel valued by society (15.3%) compared to definitely feel valued by society (2.1%)
- Never smoked (17.1%) compared to ex-smoker (4.7%)

Similar to the barriers to fruit consumption, this research provides insight into potential target populations, however it did not look specifically at how these barriers could be overcome. Again, this is an important area for further research to identify the most appropriate and efficacious strategies to increase the proportion of the Macedon Ranges Shire population who consume sufficient vegetables for good health and wellbeing.

Table 4.2.4.2 Top five barriers to vegetable consumption by selected demographic characteristics

	Unweighted base ¹	Preferences	Satisfied with current intake/low appetite	Inconvenient to prepare	Time	No particular reason
	n	%	%	%	%	%
Total sample	690	14.7	13.9	12.9	10.9	9.6
Children	226	41.9	6.1	7.5	3.2	2.4
Adults	464	7.4	16.1	14.4	13.0	11.6
Males	232	15.8	14.7	12.6	7.7	12.5
Females	458	13.8	13.2	13.2	14.0	6.9
Subregion						
Gisborne District	144	16.9	17.2	13.8	10.3	9.2
Kyneton District	170	11.6	8.7	21.0	7.6	11.5
Lancefield District	54	8.4	11.9	7.1	21.2	4.4
Macedon-Woodend District	220	19.5	16.2	9.9	10.3	5.5
Riddells Creek District	47	14.0	19.5	10.3	11.7	17.0
Romsey District	52	12.9	11.8	7.4	13.1	14.9
Demographic indicators						
Born overseas	96	8.0	8.6	19.4	6.8	11.6
Born in Australia	593	16.0	14.9	11.7	11.7	9.3
Speaks other main language*	1	0.0	0.0	0.0	0.0	0.0
Speaks English as main language	687	14.7	13.9	13.0	10.9	9.7
Aboriginal and/or Torres Strait Islander*	3	0	26.8	0.0	0.0	0.0
Not Aboriginal or Torres Strait Islander	685	14.8	13.8	12.9	10.9	9.7
LGBTQIA+	41	9.8	24.7	13.9	12.7	10.1
Non-LGBTQIA+	645	15.2	13.0	12.8	10.7	9.6
Neurodivergent	96	12.8	16.6	15.5	16.9	8.6
Not neurodivergent	479	16.0	12.5	11.4	11.5	9.5

Maybe	61	21.1	11.1	23.0	9.9	0.0
Not sure what neurodivergent means	35	6.1	11.6	12.5	0.8	23.9
Less than Bachelor level education ²	156	5.8	16.4	12.6	11.0	15.9
Holds a Bachelor degree or higher	306	9.8	15.2	17.3	16.2	5.0
Unemployed/Retired ²	125	8.5	25.6	9.1	3.5	6.4
Employed	338	6.8	11.7	16.8	17.4	14.0
Just getting along, poor or very poor ²	113	5.5	17.0	13.7	17.7	6.8
Reasonably comfortable, very comfortable or prosperous	350	8.1	15.7	14.7	11.3	13.4
Requires help with daily activities	43	28.4	21.7	5.5	14.0	0
Does not require help	644	14.0	13.4	13.4	10.8	10.3
Food security (last 12 months)²						
Low or very low food security	36	4.1	10.7	10.4	27.3	0.0
Marginal food security	55	4.9	23.7	22.6	6.5	15.1
High food security	372	8.2	15.5	13.5	12.3	12.5

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 4.2.4.3 Top five barriers to vegetable consumption by selected health and behaviour characteristics

	Unweighted base ¹	Preferences	Satisfied with current intake/low appetite	Inconvenient to prepare	Time	No particular reason
	n	%	%	%	%	%
Total sample	690	14.7	13.9	12.9	10.9	9.6
Health and wellbeing indicators						
Self-reported health - Fair or poor	96	7.1	15.5	11.9	17.6	14.7
Self-reported health - Good, very good, or excellent	520	16.3	11.6	14.3	9.9	8.5

Life satisfaction - Low to moderate (0 to 6) ²	122	9.4	11.2	13.5	19.8	15.9
Life satisfaction - High/very high (7 to 10)	292	5.7	15.5	16.4	10.3	9.7
Does not feel valued by society ²	93	7.9	16.1	18.9	13.5	15.3
Sometimes feel valued by society	203	7.5	10.9	14.2	15.9	15.3
Definitely feel valued by society	119	4.9	17.4	13.9	9.1	2.1
Poor mental wellbeing ²	119	8.5	11.2	19.1	17.4	14.2
Good mental wellbeing	345	6.9	18.0	12.4	11.2	10.5
Overweight or obese (BMI ≥25.0)	202	9.0	14.7	14.8	9.5	14.4
Normal range or underweight (BMI <25.0)	198	15.3	15.4	13.7	13.8	6.0
Health behaviour indicators						
Does not meet fruit intake recommendations	330	11.1	14.7	14.8	12.0	10.5
Meets fruit intake recommendations	360	18.7	13.1	10.8	9.7	8.7
Does not meet aerobic physical activity recommendations	207	23.2	10.0	18.4	10.8	5.8
Meets aerobic physical activity recommendations	462	11.5	15.8	11.4	11.4	11.4
Does not meet muscle strengthening recommendations	322	18.1	13.2	15.0	13.0	8.5
Meets muscle strengthening recommendations	277	9.1	15.0	13.2	10.5	13.0
Does not meet screen time recommendations	327	19.5	17.0	12.0	10.5	11.3
Meets screen time recommendations	330	10.2	11.3	14.3	11.6	8.6
Does not meet sleep recommendations	177	16.3	8.5	14.6	13.5	10.3
Meets sleep recommendations	496	14.2	16.2	12.5	10.0	9.5
Drinks sugar-sweetened beverages daily	51	9.0	14.5	14.8	10.5	17.8
Drinks sugar-sweetened beverages less than daily	634	15.4	13.9	12.8	11.0	8.8
Does not meet water recommendations	461	14.3	14.5	12.4	11.6	7.9

Meets water recommendations	215	16.1	12.9	14.8	9.8	14.4
Risk behaviour indicators²						
Current smoker	9	13.1	0.0	4.7	21.2	4.7
Ex-smoker	159	10.2	12.3	17.9	10.2	4.7
Never smoked	246	4.3	15.9	14.0	15.6	17.1
Current vaper*	9	20.7	10.4	6.5	10.1	0.0
Ex-vaper	23	3.4	6.4	22.6	15.6	11.9
Never vaped	380	6.9	14.8	15.2	13.5	12.2
Had more than 4 standard drinks on a single occasion	235	9.6	11.4	16.2	13.4	13.0
Has not had more than 4 standard drinks	180	3.1	17.9	14.3	13.6	9.9
Gambled	110	13.4	18.3	10.1	10.0	18.7
Never gambled	303	4.0	11.9	17.9	15.1	8.6

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

4.3. Water consumption

Water consumption recommendations have been outlined in the Nutrient Reference Values for Australia and New Zealand published by the National Health and Medical Research Council¹². The table below provides a summary of these recommendations which differ according to age and sex. The following results are aligned to the recommendations for cups per day.

	Litres	Cups
3 years	1.0	4
4-8 years	1.2	5
9-13 years, male	1.6	6
9-13 years, female	1.4	5.5
14-18 years, male	1.9	7.5
14-18 years, female	1.6	6
19 years and above, male	2.6	10
19 years and above, female	2.1	8

Overall, respondents reported drinking an average of 6.3 cups of water per day and 30.5% met their age- and sex- specific recommendations (see Table 4.3.1.1). Adults reported drinking an average of 6.6 cups per day and 27.8% met the recommendation, which is more than in 2019, when the average was just 4.9 cups per day and 19.5% met the recommendation. A lower proportion of adults (27.8%) and males (22.7%) than children (40.4%) and females (37.6%) met their respective water consumption recommendation.

Water consumption varied by sex and age, with older residents substantially less likely to meet recommended intake levels. Among those aged 70 years and over, 95.5% of males and 85.0% of females did not meet the water consumption recommendations. In contrast, younger respondents were more likely to meet the recommendations. The lowest proportion not meeting recommendations were seen among males aged 3-11 years (58.7%) and females aged 18-34 years (44.8%). Across the subregions, there were no statistically significant differences in the proportion of respondents meeting water consumption recommendations. A higher proportion of employed respondents (33.5%) met the water consumption recommendations compared to unemployed or retired (16.1%). No difference was observed in average daily cups of water across demographic indicators.

Table 4.3.1.1 Water consumption by selected demographic characteristics

	Unweighted base ¹ n	Does not meet recommendation %	Meets recommendation %	Average daily cups #
Total sample	817	69.5	30.5	6.3
Children	264	59.6	40.4	5.3
Adults	553	72.2	27.8	6.6
Males	264	77.3	22.7	6.6

¹² National Health and Medical Research Council, Australian Government Department of Health and Ageing, New Zealand Ministry of Health (2017). Nutrient Reference Values for Australia and New Zealand. Canberra: National Health and Medical Research Council. <https://www.nhmrc.gov.au/about-us/publications/nutrient-reference-values-australia-and-new-zealand-including-recommended-dietary-intakes>

Females	552	62.4	37.6	6.0
Sex and age				
Males, 3 to 11	75	58.7	41.3	5.0
Males, 12 to 17	55	60.0	40.0	6.0
Males, 18 to 34	6	84.9	15.1	7.5
Males, 35 to 49	36	84.6	15.4	7.2
Males, 50 to 69	52	72.7	27.3	8.0
Males, 70+	40	95.5	4.5	5.1
Females, 3 to 11	64	65.6	34.4	4.8
Females, 12 to 17	69	53.6	46.4	5.6
Females, 18 to 34	35	44.8	55.2	7.0
Females, 35 to 49	178	61.9	38.1	6.3
Females, 50 to 69	157	66.6	33.4	6.0
Females, 70+	49	85.0	15.0	5.0
Subregion				
Gisborne District	171	67.8	32.2	6.2
Kyneton District	199	69.8	30.2	6.2
Lancefield District	54	70.7	29.3	6.3
Macedon-Woodend District	276	73.9	26.1	5.8
Riddells Creek District	52	54.5	45.5	8.0
Romsey District	62	70.1	29.9	6.6
Demographic indicators				
Household size²				
1 person	52	78.1	21.9	6.5
2 or 3 people	291	75.9	24.1	6.4
4 or 5 people	199	65.8	34.2	6.6
More than 5 people	11	53.5	46.5	8.2
Born overseas	109	77.2	22.8	5.9
Born in Australia	708	68.1	31.9	6.3
Speaks other main language*	3	100	0.0	4.4
Speaks English as main language	812	69.4	30.6	6.3
Aboriginal and/or Torres Strait Islander*	6	51.3	48.7	5.0
Not Aboriginal or Torres Strait Islander	808	69.5	30.5	6.3
LGBTQIA+	50	52.9	47.1	7.0
Non-LGBTQIA+	764	70.6	29.4	6.2
Neurodivergent	110	58.9	41.1	7.1
Not neurodivergent	569	71.4	28.6	6.1
Maybe	78	62.5	37.5	6.8
Not sure what neurodivergent means	38	72.0	28.0	6.4
Less than Bachelor level education ²	179	71.0	29.0	6.6

Holds a Bachelor degree or higher	373	73.9	26.1	6.5
Unemployed/Retired ²	155	83.9	16.1	6.0
Employed	398	66.5	33.5	6.8
Just getting along, poor or very poor ²	124	76.5	23.5	6.3
Reasonably comfortable, very comfortable or prosperous	429	70.8	29.2	6.7
Requires help with daily activities	46	64.3	35.7	6.1
Does not require help	769	69.7	30.3	6.3
Food security (last 12 months)²				
Low or very low food security	41	81.2	18.8	5.7
Marginal food security	57	65.6	34.4	6.9
High food security	455	72.1	27.9	6.6

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 4.3.1.2 provides a summary of water consumption according to selected health and behaviour characteristics of the 2025 Macedon Ranges ALC sample. No associations were observed between any health and wellbeing indicators or risk behaviours and water consumption.

Differences in average daily cups of water were seen for respondents according to aerobic physical activity and muscle strengthening activities. Specifically, those who did not meet aerobic physical activity (5.5 cups) and muscle strengthening (5.5 cups) recommendations consumed fewer cups per day than those who did meet the aerobic physical activity (6.5 cups) and muscle strengthening (7.1 cups) recommendations. Additionally, a smaller proportion of respondents who did not meet the muscle strengthening recommendations (23.1%) met the water consumption recommendations compared to those who met the muscle strengthening recommendations (35.4%). Similarly, a smaller proportion of respondents who consumed sugar-sweetened beverages daily (14.8%) met the water consumption recommendations compared to those who consumed sugar-sweetened beverages less than daily (32.0%).

Table 4.3.1.2 Water consumption by selected health and behaviour characteristics

	Unweighted base ¹ n	Does not meet recommendation %	Meets recommendation %	Average daily cups #
Total sample	817	69.5	30.5	6.3
Health and wellbeing indicators				
Self-reported health - Fair or poor	105	72.4	27.6	6.5
Self-reported health - Good, very good, or excellent	635	69.9	30.1	6.2
Life satisfaction - Low to moderate (0 to 6) ²	140	79.8	20.2	6.3
Life satisfaction - High/very high (7 to 10)	359	70.2	29.8	6.6
Does not feel valued by society ²	107	72.9	27.1	6.4
Sometimes feel valued by society	243	73.7	26.3	6.4
Definitely feel valued by society	150	73.0	27.0	6.7

Poor mental wellbeing ²	130	76.7	23.3	6.4
Good mental wellbeing	423	70.5	29.5	6.6
Overweight or obese (BMI ≥25.0)	240	74.4	25.6	6.5
Normal range or underweight (BMI <25.0)	245	71.7	28.3	6.0
Health behaviour indicators				
Does not meet fruit intake recommendations	360	74.0	26.0	6.4
Meets fruit intake recommendations	454	65.5	34.5	6.2
Does not meet vegetable intake recommendations	676	70.8	29.2	6.2
Meets vegetable intake recommendations	135	62.9	37.1	6.5
Does not meet aerobic physical activity recommendations	227	73.1	26.9	5.5
Meets aerobic physical activity recommendations	569	68.1	31.9	6.5
Does not meet muscle strengthening recommendations	366	76.9	23.1	5.5
Meets muscle strengthening recommendations	343	64.6	35.4	7.1
Does not meet screen time recommendations	374	70.3	29.7	6.0
Meets screen time recommendations	409	68.7	31.3	6.6
Does not meet sleep recommendations	201	67.3	32.7	6.8
Meets sleep recommendations	601	70.4	29.6	6.1
Drinks sugar-sweetened beverages daily	54	85.2	14.8	6.2
Drinks sugar-sweetened beverages less than daily	763	68.0	32.0	6.3
Risk behaviour indicators²				
Current smoker	14	85.1	14.9	5.4
Ex-smoker	187	76.7	23.3	6.4
Never smoked	297	70.1	29.9	6.6
Current vaper*	12	69.4	30.6	6.7
Ex-vaper	27	66.2	33.8	6.7
Never vaped	457	73.6	26.4	6.5
Had more than 4 standard drinks on a single occasion	273	73.6	26.4	6.3
Has not had more than 4 standard drinks	225	72.4	27.6	6.7
Gambled	124	77.4	22.6	6.7
Never gambled	372	71.3	28.7	6.4

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

4.4. Sugar-sweetened beverages

According to the 2023 VPHS, 19.0% of Victorian adults consume sugar-sweetened drinks (soft drink, cordials, sports drinks or caffeinated energy drinks) daily, which is higher than the 8.6% of 2025 ALC respondents from the Macedon Ranges Shire who reported consuming sugar-sweetened beverages daily. The proportion of adults (10.0%) consuming sugar-sweetened beverages daily was higher than children (3.7%), and no difference was seen between males and females – contrary to the 2023 VPHS data indicating the males are more likely than females to consume sugar-sweetened beverages daily. Among females, significantly higher daily consumption was observed in those aged 35-49 (8.1%) and 50-69 (7.7%) compared to those aged 3-11 (0%) and 70 years and above (0%).

A higher proportion of those living in 4-5 person households (14.3%) and who do not require help with daily activities (9.0%) reported consuming sugar-sweetened beverages daily compared to those living in more than 5-person households (2.2%) and those who require help with daily activities (1.5%).

Table 4.4.1.1 Sugar-sweetened beverage consumption by selected demographic characteristics

	Unweighted base ¹ n	Daily %	Weekly %	Monthly or less often %	Never %
Total sample	842	8.6	35.6	33.4	22.4
Children	274	3.7	40.6	37.7	18.0
Adults	565	10.0	34.4	32.3	23.3
Males	270	9.6	38.6	29.4	22.5
Females	559	7.6	32.3	37.4	22.8
Sex and age					
Males, 3 to 11	77	5.2	27.3	39.0	28.6
Males, 12 to 17	57	3.5	68.4	24.6	3.5
Males, 18 to 34	6	38.4	30.1	15.1	16.4
Males, 35 to 49	36	25.1	36.6	30.6	7.7
Males, 50 to 69	52	4.4	40.5	30.3	24.8
Males, 70+	40	4.5	34.7	27.5	33.3
Females, 3 to 11	64	0.0	23.4	50.0	26.6
Females, 12 to 17	71	7.0	54.9	33.8	4.2
Females, 18 to 34	35	17.8	49.0	30.1	3.0
Females, 35 to 49	179	8.1	31.2	40.8	19.9
Females, 50 to 69	158	7.7	27.0	32.8	32.6
Females, 70+	51	0.0	17.1	35.0	48.0
Subregion					
Gisborne District	179	10.1	40.7	28.2	21.0
Kyneton District	206	7.3	31.1	33.6	28.0
Lancefield District	55	13.1	39.9	32.1	14.9
Macedon-Woodend District	283	5.7	28.2	43.5	22.5
Riddells Creek District	53	3.5	47.9	24.0	24.5
Romsey District	63	13.2	45.9	25.4	15.5

Demographic indicators					
Household size²					
1 person	54	9.7	17.7	36.4	36.1
2 or 3 people	296	8.2	32.0	34.5	25.3
4 or 5 people	202	14.3	41.3	29.8	14.7
More than 5 people	13	2.2	57.2	7.5	33.1
Born overseas	113	5.0	27.4	37.1	30.6
Born in Australia	729	9.2	37.1	32.7	21.0
Speaks other main language*	3	0.0	20.1	79.9	0.0
Speaks English as main language	837	8.6	35.7	33.3	22.4
Aboriginal and/or Torres Strait Islander*	6	15.5	35.0	22.1	27.5
Not Aboriginal or Torres Strait Islander	830	8.4	35.7	33.5	22.4
LGBTQIA+	52	10.2	56.5	15.3	18.0
Non-LGBTQIA+	784	8.3	34.2	34.9	22.6
Neurodivergent	117	18.2	47.7	23.3	10.8
Not neurodivergent	579	6.0	36.0	31.8	26.2
Maybe	80	17.5	25.9	42.4	14.2
Not sure what neurodivergent means	40	6.1	30.8	52.3	10.8
Less than Bachelor level education ²	184	10.8	39.1	27.2	23.0
Holds a Bachelor degree or higher	380	9.0	27.5	40.0	23.5
Unemployed/Retired ²	162	5.6	31.4	32.2	30.8
Employed	403	12.3	35.9	32.3	19.5
Just getting along, poor or very poor ²	129	20.1	29.1	23.8	27.0
Reasonably comfortable, very comfortable or prosperous	436	6.5	36.2	35.3	22.0
Requires help with daily activities	50	1.5	27.1	34.8	36.6
Does not require help	790	9.0	36.3	33.3	21.5
Food security (last 12 months)²					
Low or very low food security	43	21.1	29.7	20.0	29.2
Marginal food security	58	18.0	30.7	24.7	26.5
High food security	464	7.5	35.5	34.9	22.1

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 4.4.1.2 provides a summary of sugar sweetened beverage consumption by selected health and behaviour characteristics of the 2025 ALC sample in Macedon Ranges Shire. Several associations were observed between daily consumption of sugar-sweetened beverages and health and wellbeing indicators, health behaviour indicators, and risk behaviour indicators.

Specifically, with regards to the health and wellbeing indicators, those with lower to moderate life satisfaction (18.5% vs 5.6%) and those who never feel valued by society (20.3% vs definitely [2.0%]) were significantly more likely to consume sugar-sweetened beverages daily compared to their counterparts with more positive

wellbeing indicators. A greater proportion of those who did not meet the fruit (14.0% vs 3.5%), vegetable (9.7% vs 2.2%), and sleep (16.2% vs 5.9%) recommendations reported daily consumption of sugar-sweetened beverages compared to those meeting the corresponding health behaviour recommendations.

Among risk behaviours, smoking was associated with daily consumption of sugar-sweetened beverages. Specifically, a greater proportion of respondents who never smoked (11.6%) or were ex-smokers (7.8%) consumed sugar-sweetened beverages daily compared to those who currently smoke (0%).

Table 4.4.1.2 Sugar-sweetened beverage consumption by selected health and behaviour characteristics

	Unweighted base ¹ n	Daily %	Weekly %	Monthly or less often %	Never %
Total sample	842	8.6	35.6	33.4	22.4
Health and wellbeing indicators					
Self-reported health - Fair or poor	108	15.6	45.2	25.2	14.0
Self-reported health - Good, very good, or excellent	653	6.9	34.5	34.2	24.5
Life satisfaction - Low to moderate (0 to 6) ²	146	18.5	33.6	25.0	22.8
Life satisfaction - High/very high (7 to 10)	365	5.6	35.4	35.7	23.3
Does not feel valued by society ²	112	20.3	32.6	25.5	21.6
Sometimes feel valued by society	246	8.7	35.6	31.6	24.1
Definitely feel valued by society	154	2.0	35.2	39.2	23.6
Poor mental wellbeing ²	138	18.0	38.8	27.7	15.4
Good mental wellbeing	427	6.8	32.6	34.1	26.4
Overweight or obese (BMI ≥25.0)	247	10.8	38.6	32.7	17.9
Normal range or underweight (BMI <25.0)	248	5.8	29.4	35.1	29.7
Health behaviour indicators					
Does not meet fruit intake recommendations	373	14.0	40.2	27.2	18.5
Meets fruit intake recommendations	463	3.5	31.2	39.6	25.6
Does not meet vegetable intake recommendations	685	9.7	36.8	33.7	19.8
Meets vegetable intake recommendations	136	2.2	27.0	32.3	38.5
Does not meet aerobic physical activity recommendations	232	5.8	36.6	36.6	21.0
Meets aerobic physical activity recommendations	583	9.2	35.5	32.5	22.8
Does not meet muscle strengthening recommendations	377	12.3	37.2	33.0	17.6
Meets muscle strengthening recommendations	350	6.1	37.4	32.6	23.9
Does not meet screen time recommendations	386	10.3	44.5	25.4	19.8
Meets screen time recommendations	417	7.6	28.6	40.0	23.7
Does not meet sleep recommendations	207	16.2	40.8	29.0	14.1
Meets sleep recommendations	616	5.9	34.1	35.2	24.9

Does not meet water recommendations	542	10.6	34.8	31.4	23.1
Meets water recommendations	275	4.2	38.0	37.6	20.2
Risk behaviour indicators²					
Current smoker	14	0.0	48.3	23.4	28.3
Ex-smoker	192	7.8	34.0	38.8	19.5
Never smoked	304	11.6	34.3	28.3	25.9
Current vaper*	12	14.1	47.6	27.7	10.6
Ex-vaper	27	24.6	49.1	21.7	4.6
Never vaped	469	8.6	33.3	33.5	24.7
Had more than 4 standard drinks on a single occasion	280	12.8	37.2	30.2	19.8
Has not had more than 4 standard drinks	230	5.8	31.1	35.1	28.0
Gambled	126	12.3	39.4	35.7	12.6
Never gambled	382	8.7	32.5	30.9	27.8

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

4.5. Ease of access to healthy food locally

Respondents were asked about their perceived ease of accessing healthy food in their local area, with response options ranging from strongly agree to strongly disagree. Table 4.5.1 provides a detailed overview of responses according to selected demographic characteristics. Overall, 79.4% reported agreeing that it is easy to access healthy food in their local area, with no difference seen between males and females, or adults and children. A greater proportion of respondents from Riddells Creek (92.4%) and Romsey (88.4%) Districts agreed that it was easy to access healthy food in their local area compared to respondents from Gisborne (76.4%) and Kyneton (72.0%) districts. A lower proportion of people from the following demographic groups agreed that it is easy to access healthy food locally and may benefit from targeted interventions to increase awareness of how to access local healthy food:

- LGBTQIA+ (49.6%) compared to not LGBTQIA+ (81.7%)
- Neurodivergent (63.9%) compared to not neurodivergent (82.3%)
- Just getting along, poor or very poor (57.4%) compared to reasonably comfortable, very comfortable or prosperous (89.8%)
- Require help with daily activities (56.1%) compared to no help required (80.8%)
- Low or very low food security (36.9%) compared to high (89.0%) food security

Table 4.5.1 Perceived ease of access to healthy food in local area by selected demographic characteristics

	Unweighted base ¹	Strongly agree/ Agree	Neutral	Strongly disagree / Disagree
	n	%	%	%
Total sample	840	79.4	13.6	7.0
Children	271	72.5	17.1	10.4
Adults	566	81.5	12.6	6.0
Males	269	83.0	12.2	4.8
Females	558	77.2	14.2	8.6
Sex and age				
Males, 3 to 11	76	76.3	17.1	6.6
Males, 12 to 17	57	80.7	10.5	8.8
Males, 18 to 34	6	100.0	0.0	0.0
Males, 35 to 49	36	69.1	21.3	9.6
Males, 50 to 69	52	91.3	7.5	1.1
Males, 70+	40	84.5	12.3	3.2
Females, 3 to 11	62	74.2	16.1	9.7
Females, 12 to 17	71	59.2	26.8	14.1
Females, 18 to 34	35	70.3	20.8	8.9
Females, 35 to 49	179	77.4	15.5	7.1
Females, 50 to 69	158	83.0	6.9	10.1
Females, 70+	52	93.5	5.3	1.2
Subregion				
Gisborne District	179	76.4	16.8	6.8
Kyneton District	206	72.0	17.1	10.9
Lancefield District	53	70.8	23.3	6.0
Macedon-Woodend District	282	82.7	9.9	7.4
Riddells Creek District	54	92.4	7.6	0.0
Romsey District	63	88.4	7.9	3.8
Demographic indicators				
Household size²				
1 person	55	80.9	19.1	0.0
2 or 3 people	296	81.3	12.4	6.3
4 or 5 people	202	83.2	9.1	7.7
More than 5 people	13	69.2	28.6	2.2
Born overseas	112	83.7	9.6	6.7
Born in Australia	727	78.6	14.3	7.1
Speaks other main language*	3	40.7	59.3	0.0
Speaks English as main language	834	79.5	13.4	7.1
Aboriginal and/or Torres Strait Islander*	6	65.0	15.5	19.5

Not Aboriginal or Torres Strait Islander	828	79.6	13.6	6.9
LGBTQIA+	52	49.6	33.9	16.5
Non-LGBTQIA+	781	81.7	12.0	6.3
Neurodivergent	117	63.9	21.3	14.8
Not neurodivergent	576	82.3	11.5	6.1
Maybe	80	80.1	13.5	6.4
Not sure what neurodivergent means	40	79.4	16.6	4.1
Less than Bachelor level education ²	184	78.8	15.1	6.1
Holds a Bachelor degree or higher	380	85.2	9.0	5.8
Unemployed/Retired ²	162	80.9	13.0	6.1
Employed	403	81.7	12.4	5.9
Just getting along, poor or very poor ²	129	57.4	29.3	13.3
Reasonably comfortable, very comfortable or prosperous	436	89.8	6.7	3.4
Requires help with daily activities	50	56.1	27.6	16.3
Does not require help	787	80.8	12.7	6.5
Food security (last 12 months)²				
Low or very low food security	43	36.9	40.8	22.3
Marginal food security	58	66.7	21.8	11.5
High food security	464	89.0	7.8	3.2

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 4.5.2 presents the findings by selected health and behaviour characteristics. A lower proportion of those with low to moderate life satisfaction (68.2% vs 88.7%) and who do not feel valued by society (66.8% vs sometimes [85.3%] and definitely [90.8%]) reported that it is easy to access healthy food in their local area compared with their counterparts with more positive health and wellbeing indicators.

There was also significant difference seen for vegetable intake. Agreeance that it is easy to access healthy food in the local area was lower among respondents who did not meet the vegetable recommendations (78.3%) than those who met the recommendations (92.1%).

Ex-smokers (3.8%), those who had never smoked (5.8%) and those who had not gambled in the past 12 months (7.0%) were more likely to disagree that it is easy to access health food in the local area compared to current smokers (0%) and those who had gambled (0%).

Table 4.5.2 Perceived ease of access to healthy food in local area by selected health and behaviour characteristics

	Unweighted base ¹	Strongly agree/ Agree	Neutral	Strongly disagree / Disagree
	n	%	%	%
Total sample	840	79.4	13.6	7.0
Health and wellbeing indicators				

Self-reported health - Fair or poor	108	68.2	24.0	7.7
Self-reported health - Good, very good, or excellent	655	83.0	11.4	5.6
Life satisfaction - Low to moderate (0 to 6) ²	146	68.2	20.4	11.4
Life satisfaction - High/very high (7 to 10)	366	88.7	9.6	1.7
Does not feel valued by society ²	113	66.8	25.5	7.6
Sometimes feel valued by society	246	85.3	10.5	4.2
Definitely feel valued by society	154	90.8	5.8	3.3
Poor mental wellbeing ²	138	72.6	18.0	9.4
Good mental wellbeing	428	85.0	10.4	4.6
Overweight or obese (BMI ≥25.0)	248	84.6	12.2	3.2
Normal range or underweight (BMI <25.0)	248	84.0	7.7	8.3
Health behaviour indicators				
Does not meet fruit intake recommendations	372	79.6	14.0	6.4
Meets fruit intake recommendations	461	79.4	13.2	7.4
Does not meet vegetable intake recommendations	683	78.3	14.5	7.2
Meets vegetable intake recommendations	135	92.1	5.9	2.0
Does not meet aerobic physical activity recommendations	231	75.2	16.9	7.9
Meets aerobic physical activity recommendations	583	80.5	12.8	6.7
Does not meet muscle strengthening recommendations	377	77.6	16.4	6.0
Meets muscle strengthening recommendations	351	79.3	12.5	8.2
Does not meet screen time recommendations	387	76.7	14.5	8.8
Meets screen time recommendations	417	82.2	12.7	5.0
Does not meet sleep recommendations	207	71.0	20.5	8.5
Meets sleep recommendations	617	83.1	10.9	6.1
Drinks sugar-sweetened beverages daily	55	68.3	24.4	7.2
Drinks sugar-sweetened beverages less than daily	783	80.3	12.6	7.0
Does not meet water recommendations	539	79.4	14.8	5.8
Meets water recommendations	274	81.1	9.8	9.1
Risk behaviour indicators²				
Current smoker	14	77.4	22.6	0.0
Ex-smoker	192	83.1	13.1	3.8
Never smoked	305	81.6	12.7	5.8
Current vaper*	12	64.7	26.6	8.6
Ex-vaper	27	72.9	27.1	0.0
Never vaped	470	83.2	11.7	5.2

Had more than 4 standard drinks on a single occasion	280	81.6	14.4	4.0
Has not had more than 4 standard drinks	231	82.7	11.3	6.0
Gambled	126	85.1	14.9	0.0
Never gambled	383	80.7	12.3	7.0

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

5. Use of public facilities and open spaces

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

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

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

The frequency of use of public spaces was measured using a 7-point frequency scale: 'Daily', '4 to 6 times a week', '1 to 3 times a week', '2 to 3 times a month', 'Once a month', 'Once or twice in the last 3 months' and 'Less often'. Respondents answering these questions were categorised into three distinct groups for the purpose of reporting: once per week or more, 1 to 3 times a month, less than once a month. To highlight the biggest potential for gains in use of public spaces, we focus on residents who are non-users.

This section also presents data related to a broader list of public facilities and open spaces that residents have used in the last 12 months, their reasons for use of these public facilities and open spaces, and suggested improvements that would encourage greater use of public facilities and open spaces in the region.

Results in this section are provided for residents aged 3 years and over unless otherwise specified. At the time of reporting, there were no known recent benchmarks available for public open space use amongst Victorian residents. External benchmark data is therefore not reported for results presented in this section. Comparisons to the 2019 ALC, conducted with residents of Macedon Ranges Shire, are made where available.

5.1. Frequency of public open space use

Overall, 51.3% of respondents reported using public open spaces at least once per week. This has decreased compared to the results obtained in the 2019 ALC, in which 60.5% of respondents reported being weekly users of public open space. Consistent with 2019, children (67.3%) were more likely to be weekly users of public open spaces compared to adults (46.6%). No difference was observed between males and females. Weekly public open space use was highest among male (79.2%) and female (78.9%) children aged 3–11 years and was lowest among older adults (36.3% and 39.4%, respectively).

People with less than a Bachelor level education (41.0%) were less likely to use public open spaces at least once per week compared to those with a Bachelor degree or higher (54.9%). Conversely, those who reported just getting along, poor or very poor (42.9%) and those from 2-3 person households (33.5%) were more likely to use public open spaces less than once in the past three months or never, compared to those who were reasonably comfortable, very comfortable or prosperous (24.8%) and living in households with more than five people (7.5%). These findings reinforce the need to consider barriers to the use of public open space among more vulnerable members of the community.

Table 5.1.1 Frequency of public open space use by selected demographic characteristics

	Unweighted base ¹	Once a week or more often	< once a week, > once in the last 3 months	Less often / never
	n	%	%	%
Total sample	771	51.3	23.4	25.3
Children	249	67.3	21.7	11.0
Adults	520	46.6	24.0	29.4
Males	248	52.5	23.9	23.7
Females	510	51.2	22.1	26.6
Sex and age				
Males, 3 to 11	72	79.2	13.9	6.9
Males, 12 to 17	51	49.0	31.4	19.6
Males, 18 to 34	6	76.6	23.4	0.0
Males, 35 to 49	32	54.4	24.9	20.8
Males, 50 to 69	47	46.9	24.8	28.4
Males, 70+	38	36.3	26.8	36.9
Females, 3 to 11	57	78.9	17.5	3.5
Females, 12 to 17	64	53.1	26.6	20.3
Females, 18 to 34	33	44.5	29.3	26.2
Females, 35 to 49	165	50.5	20.3	29.2
Females, 50 to 69	146	46.3	22.6	31.1
Females, 70+	45	39.4	17.3	43.3
Subregion				
Gisborne District	162	52.5	21.4	26.1
Kyneton District	193	44.7	23.4	31.9
Lancefield District	46	53.9	20.1	26.0
Macedon-Woodend District	263	57.4	24.4	18.2
Riddells Creek District	48	48.1	17.2	34.7
Romsey District	56	52.4	28.1	19.5
Demographic indicators				
Household size²				
1 person	46	41.1	23.7	35.2
2 or 3 people	277	47.1	19.4	33.5
4 or 5 people	184	47.6	30.2	22.3
More than 5 people	13	42.8	49.6	7.5
Born overseas	99	49.6	17.1	33.4
Born in Australia	671	51.5	24.5	24.0
Speaks other main language*	2	49.4	50.6	0.0
Speaks English as main language	766	51.2	23.4	25.4
Aboriginal and/or Torres Strait Islander*	6	29.2	70.8	0.0

Not Aboriginal or Torres Strait Islander	760	51.7	23.1	25.2
LGBTQIA+	46	34.1	27.7	38.1
Non-LGBTQIA+	719	52.8	22.9	24.3
Neurodivergent	107	46.0	24.7	29.3
Not neurodivergent	532	52.9	22.0	25.2
Maybe	74	47.9	36.2	16.0
Not sure what neurodivergent means	36	55.9	19.2	24.9
Less than Bachelor level education ²	168	41.0	25.6	33.5
Holds a Bachelor degree or higher	351	54.9	21.9	23.3
Unemployed/Retired ²	146	42.0	23.1	34.9
Employed	373	48.7	24.5	26.8
Just getting along, poor or very poor ²	115	39.6	17.5	42.9
Reasonably comfortable, very comfortable or prosperous	404	48.8	26.3	24.8
Requires help with daily activities	46	33.0	17.4	49.5
Does not require help	724	52.3	23.8	23.9
Food security (last 12 months)²				
Low or very low food security	40	42.9	16.4	40.7
Marginal food security	51	42.5	19.4	38.1
High food security	428	47.5	25.6	26.9

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 5.1.2 presents the findings by selected health and behaviour characteristics. Differences in public open space use were seen for three out of five health and wellbeing indicators. A lower proportion of people with the following health and wellbeing characteristics reported being weekly users of public open spaces:

- Fair or poor health (27.7%) compared to good, very good or excellent health (55.6%)
- Poor mental wellbeing (30.5%) compared to good mental wellbeing (53.3%)
- Overweight or obese (35.8%) compared to normal weight or underweight (64.7%)

Similarly, public open space usage was associated with fruit intake and aerobic physical activity. Specifically, a lower proportion of those who failed to meet the following recommendations were weekly users of public open spaces compared to their counterparts who met the respective recommendations:

- Fruit intake (43.2% vs 58.4%)
- Aerobic physical activity (40.5% vs 54.4%)

None of the risk behaviours were found to be associated with public open space use. Given the health benefits associated with use of open space, strategies to encourage use of open spaces should consider people who fail to meet established health behaviour recommendations and have poor health and wellbeing. Further research is needed to understand reasons why these groups of people are not using public open spaces frequently.

Table 5.1.2 Frequency of public open space use by selected health and behaviour characteristics

	Unweighted base ¹	Once a week or more often	< once a week, > once in the last 3 months	Less often / never
	n	%	%	%
Total sample	771	51.3	23.4	25.3
Health and wellbeing indicators				
Self-reported health - Fair or poor	103	27.7	22.5	49.8
Self-reported health - Good, very good, or excellent	642	55.6	24.1	20.3
Life satisfaction - Low to moderate (0 to 6) ²	142	41.7	26.4	31.9
Life satisfaction - High/very high (7 to 10)	360	47.2	24.1	28.7
Does not feel valued by society ²	110	36.2	18.8	44.9
Sometimes feel valued by society	240	51.0	27.0	22.0
Definitely feel valued by society	153	45.3	26.4	28.3
Poor mental wellbeing ²	133	30.5	29.8	39.7
Good mental wellbeing	387	53.3	21.6	25.0
Overweight or obese (BMI ≥25.0)	242	35.8	30.0	34.2
Normal range or underweight (BMI <25.0)	243	64.7	20.4	14.9
Health behaviour indicators				
Does not meet fruit intake recommendations	336	43.2	23.3	33.5
Meets fruit intake recommendations	430	58.4	23.7	17.9
Does not meet vegetable intake recommendations	619	50.8	22.8	26.3
Meets vegetable intake recommendations	132	58.5	24.4	17.1
Does not meet aerobic physical activity recommendations	207	40.5	24.4	35.2
Meets aerobic physical activity recommendations	543	54.4	22.8	22.8
Does not meet muscle strengthening recommendations	346	43.6	25.2	31.2
Meets muscle strengthening recommendations	320	55.8	21.7	22.6
Does not meet screen time recommendations	350	48.8	21.2	30.0
Meets screen time recommendations	391	52.6	25.7	21.7
Does not meet sleep recommendations	188	48.4	19.0	32.6
Meets sleep recommendations	572	52.1	25.3	22.6
Drinks sugar-sweetened beverages daily	48	35.0	35.4	29.6
Drinks sugar-sweetened beverages less than daily	722	52.7	22.3	25.0
Does not meet water recommendations	495	49.5	23.0	27.5
Meets water recommendations	254	56.0	23.7	20.3
Risk behaviour indicators²				

Current smoker	14	48.2	14.8	37.1
Ex-smoker	191	46.7	23.7	29.6
Never smoked	296	45.0	25.6	29.4
Current vaper*	12	75.5	0.0	24.5
Ex-vaper	27	72.7	14.6	12.6
Never vaped	461	42.7	26.2	31.1
Had more than 4 standard drinks on a single occasion	278	49.7	21.8	28.5
Has not had more than 4 standard drinks	223	40.3	28.3	31.5
Gambled	124	41.4	26.2	32.4
Never gambled	377	47.6	23.8	28.6

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

5.2. Frequency of footpath use

Amongst residents who complete the 2025 ALC in Macedon Ranges Shire, around 72.2% used footpaths in the area at least once per week (see Table 5.2.1). Approximately 14.5% reported using footpaths less than once in the last three months or never. Weekly footpath use was higher among children (81.6%) than adults (69.6%). No difference was seen between males and females. For both males and females, the group with the highest proportion who used footpaths infrequently or never was older adults aged 50 and above. A lower proportion of residents of Lancefield District (53.9%) used footpaths weekly compared to residents of Macedon-Woodend District (80.1%). This suggests improving the access to or usability of footpaths in the area has the potential to increase use amongst residents.

Weekly footpath use was also lower among the following groups:

- People living in 2-3 person households (62.9%) compared with those in 4–5 person households (78.3%)
- With less than a Bachelor level education (63.1%) compared to Bachelor degree or higher (80%)
- With low or very low food security (44.6%) compared to marginal (77.6%) or high (71.4%) food security

Table 5.2.1 Frequency of footpath use by selected demographic characteristics

	Unweighted base ¹	Once a week or more often	< once a week, > once in the last 3 months	Less often / never
	n	%	%	%
Total sample	775	72.2	13.2	14.5
Children	252	81.6	9.7	8.7
Adults	521	69.6	14.3	16.1
Males	249	70.4	14.1	15.5

Females	513	73.5	12.8	13.6
Sex and age				
Males, 3 to 11	73	82.2	8.2	9.6
Males, 12 to 17	51	80.4	11.8	7.8
Males, 18 to 34	6	76.6	23.4	0.0
Males, 35 to 49	32	64.6	20.8	14.6
Males, 50 to 69	47	71.1	9.2	19.7
Males, 70+	38	60.4	19.6	19.9
Females, 3 to 11	57	86.0	8.8	5.3
Females, 12 to 17	66	74.2	12.1	13.6
Females, 18 to 34	33	70.7	11.4	17.9
Females, 35 to 49	166	76.0	17.5	6.6
Females, 50 to 69	144	67.8	12.8	19.4
Females, 70+	47	70.1	2.8	27.1
Subregion				
Gisborne District	164	71.7	12.5	15.8
Kyneton District	195	77.7	11.4	10.9
Lancefield District	46	53.9	35.1	10.9
Macedon-Woodend District	261	80.1	9.1	10.8
Riddells Creek District	48	58.1	7.7	34.2
Romsey District	58	61.0	20.9	18.1
Demographic indicators				
Household size²				
1 person	46	82.6	5.6	11.9
2 or 3 people	276	62.9	15.6	21.5
4 or 5 people	186	78.3	13.6	8.1
More than 5 people	13	71.4	21.1	7.5
Born overseas	99	75.1	6.3	18.6
Born in Australia	676	71.8	14.4	13.8
Speaks other main language*	2	100	0	0
Speaks English as main language	771	72.2	13.3	14.6
Aboriginal and/or Torres Strait Islander*	6	69.1	30.9	0.0
Not Aboriginal or Torres Strait Islander	764	72.3	13.2	14.5
LGBTQIA+	47	85.2	2.7	12.0
Non-LGBTQIA+	723	71.3	14.1	14.6
Neurodivergent	108	77.6	11.4	11.0
Not neurodivergent	533	69.9	14.3	15.8
Maybe	76	80.5	11.2	8.4
Not sure what neurodivergent means	36	82.2	9.3	8.4
Less than Bachelor level education ²	171	63.1	17.0	19.9

Holds a Bachelor degree or higher	350	79.5	10.2	10.3
Unemployed/Retired ²	149	67.4	13.3	19.3
Employed	372	70.7	14.8	14.5
Just getting along, poor or very poor ²	116	62.3	12.0	25.7
Reasonably comfortable, very comfortable or prosperous	405	72.0	15.1	12.8
Requires help with daily activities	47	62.1	5.5	32.3
Does not require help	727	72.8	13.7	13.5
Food security (last 12 months)²				
Low or very low food security	40	44.6	20.6	34.9
Marginal food security	52	77.6	9.6	12.8
High food security	429	71.4	14.2	14.3

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 5.2.2 summarises footpath use by selected health and behaviour characteristics. People self-reporting fair or poor health were less likely to be weekly users of footpaths (55.4%) compared to those in good, very good or excellent health (76.1%). Additionally, those who do not feel valued by society (28.8%) were more likely to be infrequent or non-users of footpaths compared to those who sometimes feel valued by society (11.6%).

Vegetable and water consumption were the only two health behaviours seen to be associated with footpath use. Specifically, a lower proportion of respondents who did not meet the vegetable intake (70.1%) and water consumption (68.1%) recommendations used footpaths weekly compared to those who met the vegetable (85.9%) and water (80.2%) recommendations. Risky alcohol intake was the only risk behaviour associated with footpath use. Those who had engaged in risky alcohol intake over the past 12 months were more likely to report using footpaths at least once a month but less than once a week (19.6%) compared to those who had not engaged in risky alcohol consumption (7.2%).

Table 5.2.2 Frequency of footpath use by selected health and behaviour characteristics

	Unweighted base ¹	Once a week or more often	< once a week, > once in the last 3 months	Less often / never
	n	%	%	%
Total sample	775	72.2	13.2	14.5
Health and wellbeing indicators				
Self-reported health - Fair or poor	104	55.4	16.1	28.5
Self-reported health - Good, very good, or excellent	645	76.1	12.3	11.6
Life satisfaction - Low to moderate (0 to 6) ²	142	63.9	12.5	23.6
Life satisfaction - High/very high (7 to 10)	361	72.3	15.1	12.6
Does not feel valued by society ²	109	59.3	11.9	28.8
Sometimes feel valued by society	243	74.1	15.0	10.9
Definitely feel valued by society	152	71.8	15.0	13.2

Poor mental wellbeing ²	134	67.0	11.9	21.1
Good mental wellbeing	387	70.7	15.4	14.0
Overweight or obese (BMI ≥25.0)	243	64.3	18.9	16.8
Normal range or underweight (BMI <25.0)	244	78.1	8.7	13.3
Health behaviour indicators				
Does not meet fruit intake recommendations	337	67.8	15.2	17.0
Meets fruit intake recommendations	433	76.3	11.4	12.2
Does not meet vegetable intake recommendations	623	70.1	14.7	15.2
Meets vegetable intake recommendations	132	85.9	7.2	7.0
Does not meet aerobic physical activity recommendations	209	68.2	13.4	18.4
Meets aerobic physical activity recommendations	545	73.1	13.7	13.2
Does not meet muscle strengthening recommendations	347	67.7	13.3	18.9
Meets muscle strengthening recommendations	323	74.1	14.4	11.4
Does not meet screen time recommendations	353	71.5	10.6	17.9
Meets screen time recommendations	391	72.9	15.9	11.3
Does not meet sleep recommendations	190	69.9	16.6	13.5
Meets sleep recommendations	574	73.1	12.2	14.7
Drinks sugar-sweetened beverages daily	47	59.4	17.6	23.0
Drinks sugar-sweetened beverages less than daily	728	73.4	12.8	13.8
Does not meet water recommendations	496	68.1	14.9	17.0
Meets water recommendations	258	80.2	10.6	9.2
Risk behaviour indicators²				
Current smoker	14	80.3	10.8	8.9
Ex-smoker	189	68.1	19.6	12.3
Never smoked	299	70.1	10.8	19.0
Current vaper*	12	81.0	19.0	0.0
Ex-vaper	27	70.1	20.0	10.0
Never vaped	462	69.4	13.4	17.2
Had more than 4 standard drinks on a single occasion	277	65.0	19.6	15.4
Has not had more than 4 standard drinks	225	75.7	7.2	17.1
Gambled	125	69.8	17.9	12.3
Never gambled	376	69.6	12.6	17.8

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

5.3. Frequency of off-road walking and cycling track use

Amongst Macedon Ranges Shire residents who completed the 2025 ALC, around (31.5%) used off-road walking and cycling tracks in the area at least once per week (see Table 5.3.1). No significant difference in the use of off-road walking and cycling tracks was seen between males and females, or between children and adults. A lower proportion of residents from Romsey District (21.6%) and Gisborne District (26.6%) used off-road walking and cycling tracks weekly compared to residents from Macedon-Woodend District (43.4%).

Those with low or very low food security were less likely to use off-road walking and cycling tracks weekly (7.8%) compared to those with high food security (33.1%). Additionally, infrequent use was higher among those who need help with daily activities (66.0%) compared to those who do not (40.9%), suggesting that they may benefit from targeted support.

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

	Unweighted base ¹ n	Once a week or more often %	< once a week, > once in the last 3 months %	Less often / never %
Total sample	774	31.5	26.2	42.4
Children	249	33.6	31.2	35.2
Adults	523	30.5	24.8	44.7
Males	248	34.3	27.0	38.8
Females	513	29.5	25.3	45.2
Sex and age				
Males, 3 to 11	72	45.8	33.3	20.8
Males, 12 to 17	50	24.0	38.0	38.0
Males, 18 to 34	6	16.4	45.2	38.4
Males, 35 to 49	32	31.0	46.1	22.8
Males, 50 to 69	48	32.9	17.0	50.1
Males, 70+	38	36.4	14.2	49.4
Females, 3 to 11	57	29.8	33.3	36.8
Females, 12 to 17	65	27.7	21.5	50.8
Females, 18 to 34	33	21.5	14.7	63.8
Females, 35 to 49	165	31.1	31.1	37.8
Females, 50 to 69	146	31.0	25.2	43.8
Females, 70+	47	32.7	11.5	55.8
Subregion				
Gisborne District	162	26.6	22.4	51.0
Kyneton District	197	29.6	26.9	43.5
Lancefield District	46	33.0	13.6	53.4
Macedon-Woodend District	260	43.4	27.9	28.7
Riddells Creek District	48	23.1	31.3	45.6

Romsey District	58	21.6	32.8	45.6
Demographic indicators				
Household size²				
1 person	47	26.0	19.6	54.3
2 or 3 people	278	31.7	21.9	46.4
4 or 5 people	185	29.1	33.3	37.5
More than 5 people	13	32.9	11.9	55.2
Born overseas	100	40.1	16.5	43.4
Born in Australia	674	30.0	27.8	42.2
Speaks other main language*	2	0.0	49.4	50.6
Speaks English as main language	770	31.5	26.1	42.4
Aboriginal and/or Torres Strait Islander*	6	27.5	57.1	15.5
Not Aboriginal or Torres Strait Islander	763	31.6	25.8	42.6
LGBTQIA+	47	29.3	17.4	53.3
Non-LGBTQIA+	722	31.8	26.7	41.5
Neurodivergent	108	23.6	30.9	45.4
Not neurodivergent	534	30.0	25.5	44.6
Maybe	75	41.8	30.3	27.8
Not sure what neurodivergent means	36	49.8	20.3	29.9
Less than Bachelor level education ²	170	27.0	23.3	49.7
Holds a Bachelor degree or higher	353	35.8	27.1	37.1
Unemployed/Retired ²	150	34.5	14.2	51.3
Employed	373	28.5	30.0	41.5
Just getting along, poor or very poor ²	116	21.3	23.1	55.6
Reasonably comfortable, very comfortable or prosperous	407	33.6	25.3	41.1
Requires help with daily activities	47	22.7	11.2	66.0
Does not require help	727	32.0	27.1	40.9
Food security (last 12 months)²				
Low or very low food security	40	7.8	19.8	72.3
Marginal food security	50	31.0	29.0	40.0
High food security	433	33.1	24.8	42.1

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 5.3.2 summarises off-road walking and cycling track by selected health and behaviour characteristics. Weekly use was less frequent among those who reported fair or poor health (18.4% vs 34.8%) and poor mental wellbeing (19.3% vs 35.3%) compared to their counterparts with more positive health and wellbeing.

Differences in off-road walking and cycling track use were seen for most of health behaviours, except for screen, sleep and water intake recommendations. Respondents who failed to meet the following health

behaviour recommendations were less likely to report weekly use of off-road walking and cycling tracks compared to those who met them:

- Fruit intake (22.7% vs 39.2%)
- Vegetable intake (29.2% vs 46.5%)
- Aerobic physical activity (20.7% vs 35.3%)
- Muscle strengthening exercise (23.1% vs 37.4%)

Additionally, those who consumed sugar-sweetened beverages daily (13.4%) were less likely to report weekly track use compared to those who did not (33.1%).

None of the risk behaviours were found to be associated with frequency of off-road walking and cycling track use.

Table 5.3.2 Frequency of off-road walking and cycling track use by selected health and behaviour characteristics

	Unweighted base ¹	Once a week or more often	< once a week, > once in the last 3 months	Less often / never
	n	%	%	%
Total sample	774	31.5	26.2	42.4
Health and wellbeing indicators				
Self-reported health - Fair or poor	103	18.4	18.2	63.4
Self-reported health - Good, very good, or excellent	644	34.8	27.9	37.3
Life satisfaction - Low to moderate (0 to 6) ²	142	26.2	23.0	50.8
Life satisfaction - High/very high (7 to 10)	362	32.8	26.0	41.2
Does not feel valued by society ²	109	25.7	24.8	49.5
Sometimes feel valued by society	243	30.6	25.1	44.2
Definitely feel valued by society	153	35.7	24.9	39.4
Poor mental wellbeing ²	134	19.3	24.0	56.7
Good mental wellbeing	389	35.3	25.1	39.6
Overweight or obese (BMI ≥25.0)	244	25.9	25.6	48.5
Normal range or underweight (BMI <25.0)	244	39.1	29.3	31.7
Health behaviour indicators				
Does not meet fruit intake recommendations	340	22.7	30.5	46.8
Meets fruit intake recommendations	429	39.2	21.9	38.9
Does not meet vegetable intake recommendations	623	29.2	26.7	44.0
Meets vegetable intake recommendations	131	46.5	21.7	31.8
Does not meet aerobic physical activity recommendations	210	20.7	24.3	55.0
Meets aerobic physical activity recommendations	543	35.3	26.5	38.2
Does not meet muscle strengthening recommendations	347	23.1	25.4	51.4

Meets muscle strengthening recommendations	321	37.4	27.1	35.5
Does not meet screen time recommendations	353	31.9	23.5	44.6
Meets screen time recommendations	390	30.6	28.4	41.0
Does not meet sleep recommendations	188	23.8	35.5	40.7
Meets sleep recommendations	575	33.8	22.7	43.5
Drinks sugar-sweetened beverages daily	48	13.4	33.9	52.8
Drinks sugar-sweetened beverages less than daily	726	33.1	25.5	41.4
Does not meet water recommendations	498	32.0	24.8	43.1
Meets water recommendations	255	29.6	29.3	41.1
Risk behaviour indicators²				
Current smoker	14	33.4	14.0	52.6
Ex-smoker	191	31.7	20.9	47.5
Never smoked	298	30.5	27.8	41.7
Current vaper*	12	34.0	36.1	29.9
Ex-vaper	27	30.1	14.7	55.3
Never vaped	463	30.9	25.0	44.1
Had more than 4 standard drinks on a single occasion	279	30.9	26.7	42.4
Has not had more than 4 standard drinks	224	31.0	22.0	47.0
Gambled	125	29.0	27.2	43.8
Never gambled	377	31.9	23.5	44.6

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

5.4. Use of other public facilities or open spaces

All respondents were asked to indicate the other types of public facilities or open spaces they had used in the last 12 months from a list provided. As the prior question asked about frequency of use of public open spaces more broadly, footpaths and off-road walking or cycling tracks, these were excluded from the list of other facilities or open spaces provided. Overall, 7.8% of respondents indicated that they had not used any other types of public facilities or open spaces in the last 12 months. These respondents were subsequently excluded from the following analysis looking at types of public facilities or open spaces used and reasons for use of public facilities and open spaces.

5.4.1. Types of public facilities or open spaces used

Of the other types of public facilities and open spaces listed, parks were the most common with approximately of respondents (73.6%) having used them. The next most common were sports grounds, ovals and clubrooms (47.4%), swimming pools or splash parks (45.8%), indoor sports, leisure and fitness

centres (39.3%) and playgrounds (35.7%). This list remains similar to that reported in 2019, except that community gardens are less popular now (ranked 7th) compared to 2019 (ranked 4th).

Table 5.4.1.1 Types of public facilities or open spaces used by user types

	All respondents %
Unweighted base (n) ¹	N=726
Parks	73.6
Sports grounds, ovals and clubrooms	47.4
Swimming pools / splash parks	45.8
Indoor sports / leisure / fitness centres	39.3
Playgrounds	35.7
Halls / community centres	30.7
Community gardens	28.9
Hard courts (e.g., netball / tennis)	16.9
Skateparks / BMX	13.7
Other	5.6
After hours usage of education facilities (e.g., school, TAFE, university)	2.8

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

For the top nine, analyses were conducted regarding the demographic characteristics of users and their health and wellbeing, health behaviour and risk behaviour indicators. 'Other' and 'after hours usage of education facilities' were not explored further due to the small base sample size.

There was difference by age for all locations except for parks and halls/community centres. Children were more likely to use all locations commonly utilised for physical activity, whereas adults were more likely to use community gardens. There was no clear difference by sex alone. For all top facilities apart from halls/community centres, usage was highest among both males and females aged 3 to 11 and lowest among males and females aged 70 years and above. No difference by sex and age was seen in community garden usage.

Facility usage differed between subregions for swimming pools/splash parks, playgrounds, community gardens, halls/community centres, hard courts (e.g. netball/tennis), and skateparks/BMX demonstrating a need for tailored, localised action and engagement when it comes to facility additions, removals, or upgrades (refer to Table 5.4.1.2 for details).

Associations were seen between use of all top facilities and many demographic indicators, health and wellbeing, health behaviour and risky behaviour indicators.

Some notable differences include:

- Those from 4-5 person households were most likely to use sports grounds, ovals and clubrooms, swimming pools/splash parks, playgrounds, indoor sports/leisure/fitness centres, halls/community centres, hard courts and skateparks/BMX.

- Those who are not LGBTQIA+ were more likely to use swimming pools, playgrounds, indoor sports/leisure/fitness centres, hard courts and skateparks/BMX tracks, and less likely to use halls/community centres, and compared to LGBTQIA+ participants.
- Those who have a Bachelor degree or higher were more likely to use swimming pools/splash parks, playgrounds, indoor sports/leisure/fitness centres, and hard courts, compared to those with less than Bachelor level education.
- Those who are employed were more likely to use swimming pools/splash parks, playgrounds, hard courts, and skateparks, compared to those who are unemployed or retired.

When looking at health and wellbeing indicators, differences were seen in usage of six of the facilities, with those who have less favourable health and behaviour profiles using sport, exercise and physical recreation facilities less frequently. Specifically:

- Use of sports grounds, ovals and clubrooms, and indoor sports/leisure/fitness centres was less common among those with fair or poor self-rated health
- Use of indoor sports/leisure/fitness centre was less common among those with low to moderate life satisfaction
- Use of indoor sports/leisure/fitness centres was less common among those with poor mental wellbeing
- Use of sports grounds, ovals and clubrooms, swimming pools/splash parks, playgrounds and hard courts was less common among those who are overweight or obese
- Use of swimming pools/splash parks and playgrounds was less common among those who did not meet the fruit intake recommendations
- Use of hard courts was less common among those who consumed sugar-sweetened beverages daily
- Use of playgrounds and skateparks/BMX tracks was less common among those who did not meet the water recommendations

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

Table 5.4.1.2 Public facilities and open spaces by selected demographic characteristics

	Unweighted base ¹	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Playgrounds	Indoor sports / leisure / fitness centres	Community gardens	Halls / community centres	Hard courts (e.g., netball / tennis)	Skateparks / BMX
	n	%	%	%	%	%	%	%	%	%
Total sample	726	73.6	47.4	45.8	35.7	39.3	28.9	30.7	16.9	13.7
Children	244	73.1	63.2	70.3	63.5	54.4	19.9	27.3	33.7	29.3
Adults	480	73.5	42.3	38.8	26.8	34.3	31.0	31.3	11.9	9.1
Males	232	74.3	49.5	44.9	32.3	39.2	29.3	31.2	18.7	16.5
Females	483	72.8	45.8	47.2	38.1	39.7	28.7	30.4	15.6	11.4
Sex and age										
Males, 3 to 11	73	83.6	69.9	90.4	83.6	61.6	23.3	31.5	28.8	50.7
Males, 12 to 17	48	52.1	72.9	50.0	31.3	62.5	12.5	33.3	50.0	27.1
Males, 18 to 34	6	84.9	60.2	45.2	15.1	30.1	54.8	53.5	45.2	15.1
Males, 35 to 49	31	71.0	57.8	55.4	46.6	44.2	26.4	15.5	19.8	26.7
Males, 50 to 69	39	90.0	32.0	36.5	17.4	30.6	37.8	23.1	11.6	0.0
Males, 70+	33	54.4	34.4	12.8	1.6	17.9	21.1	45.4	0.0	0.0
Females, 3 to 11	57	80.7	57.9	82.5	80.7	50.9	22.8	26.3	35.1	21.1
Females, 12 to 17	61	62.3	54.1	44.3	32.8	42.6	19.7	16.4	27.9	9.8
Females, 18 to 34	33	75.5	34.4	33.0	31.3	18.2	44.1	37.6	3.3	9.8
Females, 35 to 49	159	75.3	53.3	63.1	51.9	49.5	25.6	29.9	21.8	18.9
Females, 50 to 69	129	71.3	40.6	29.1	12.9	36.7	30.9	28.0	5.1	2.4
Females, 70+	44	61.7	22.9	14.0	17.6	25.5	26.1	51.3	3.1	0.0
Subregion										
Gisborne District	155	80.1	47.6	44.4	38.4	34.8	34.4	28.3	15.6	9.4
Kyneton District	181	71.4	47.1	48.2	32.5	38.6	46.8	33.1	16.9	11.6
Lancefield District	42	76.8	45.1	22.5	27.7	27.9	22.0	11.2	9.1	15.5

Macedon-Woodend District	248	74.1	50.0	56.8	43.1	49.1	20.4	36.6	26.7	18.0
Riddells Creek District	44	67.0	40.9	44.2	22.4	28.4	18.9	25.7	10.5	5.3
Romsey District	53	67.4	50.2	33.6	31.4	43.1	13.2	27.7	5.7	22.4
Demographic indicators										
Household size²										
1 person	44	72.4	24.6	37.7	3.8	36.4	13.9	31.4	2.9	0.0
2 or 3 people	245	73.9	39.6	29.5	18.3	28.1	35.1	31.9	10.8	5.1
4 or 5 people	178	75.5	51.1	58.0	48.1	45.9	28.7	33.7	17.2	18.6
More than 5 people	13	56.1	44.9	14.1	18.5	21.6	27.5	2.2	4.3	6.5
Born overseas	91	75.7	41.2	41.6	22.9	44.5	29.5	22.2	17.6	14.2
Born in Australia	634	73.3	48.3	46.6	37.7	38.6	28.7	32.0	16.8	13.7
Speaks other main language*	2	100.0	49.4	100.0	50.6	100.0	0.0	100.0	49.4	50.6
Speaks English as main language	721	73.5	47.3	45.7	35.6	39.3	28.9	30.7	16.9	13.7
Aboriginal and/or Torres Strait Islander*	6	65.0	70.8	51.3	51.3	57.1	29.2	22.1	57.1	35.8
Not Aboriginal or Torres Strait Islander	716	73.6	47.3	46.0	35.7	39.2	28.8	30.8	16.8	13.7
LGBTQIA+	41	70.7	27.4	34.0	17.2	18.9	45.3	59.1	4.4	5.9
Non-LGBTQIA+	681	73.8	48.6	46.7	37.0	40.6	27.8	28.9	17.8	14.3
Neurodivergent	102	77.4	38.0	58.4	42.6	35.6	30.5	26.3	10.1	19.0
Not neurodivergent	499	73.1	50.7	42.3	35.4	42.1	29.0	32.0	20.1	11.9
Maybe	74	80.5	43.8	66.1	56.7	41.0	20.3	37.0	19.9	25.7
Not sure what neurodivergent means	33	64.3	46.5	35.2	8.9	25.3	32.9	22.9	2.2	10.5
Less than Bachelor level education ²	149	68.4	40.4	31.5	18.7	28.5	32.0	29.5	5.2	6.5
Holds a Bachelor degree or higher	330	80.6	44.8	49.0	38.0	42.5	29.3	33.8	21.4	12.7
Unemployed/Retired ²	135	66.8	31.6	21.7	11.3	29.3	21.2	36.7	3.9	0.3
Employed	344	76.7	47.3	47.0	34.2	36.7	35.5	28.8	15.8	13.3
Just getting along, poor or very poor ²	104	60.6	43.8	34.2	27.3	32.0	23.3	29.9	9.0	5.3

Reasonably comfortable, very comfortable or prosperous	375	77.7	41.7	40.4	26.7	35.1	33.3	31.8	12.9	10.3
Requires help with daily activities	40	67.2	28.3	65.6	58.7	41.9	13.8	20.9	13.2	23.3
Does not require help	685	73.9	48.3	45.0	34.7	39.2	29.6	31.2	17.1	13.3
Food security (last 12 months)²										
Low or very low food security	36	46.3	51.4	29.1	28.2	21.0	21.3	22.7	14.7	6.2
Marginal food security	46	81.4	46.6	57.5	39.3	42.5	30.5	23.5	20.3	20.0
High food security	397	75.6	40.7	37.7	25.1	34.9	32.0	33.2	10.7	8.1

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 5.4.1.3 Public facilities and open spaces by selected health and behaviour characteristics

	Unweighted base ¹	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Playgrounds	Indoor sports / leisure / fitness centres	Community gardens	Halls / community centres	Hard courts (e.g., netball / tennis)	Skateparks / BMX
	n	%	%	%	%	%	%	%	%	%
Total sample	726	73.6	47.4	45.8	35.7	39.3	28.9	30.7	16.9	13.7
Health and wellbeing indicators										
Self-reported health - Fair or poor	85	72.8	29.3	41.0	27.0	21.5	23.1	25.2	9.7	13.6
Self-reported health - Good, very good, or excellent	617	73.8	50.5	47.0	36.7	41.8	29.6	31.7	18.5	13.5
Life satisfaction - Low to moderate (0 to 6) ²	121	77.4	41.4	36.8	25.4	21.2	30.6	28.6	6.5	10.1
Life satisfaction - High/very high (7 to 10)	342	71.5	42.6	39.7	26.1	38.5	30.6	32.7	14.6	7.8
Does not feel valued by society ²	93	70.2	35.0	38.4	19.8	29.7	27.9	22.2	7.5	9.5
Sometimes feel valued by society	228	73.5	48.2	36.9	29.6	32.4	31.1	30.5	11.9	7.8
Definitely feel valued by society	143	75.5	37.2	42.1	23.8	38.1	31.5	40.5	16.6	8.8
Poor mental wellbeing ²	117	73.2	41.7	40.8	27.5	22.8	27.8	28.0	8.3	12.4

Good mental wellbeing	363	73.7	42.6	38.0	26.5	38.8	32.2	32.5	13.4	7.8
Overweight or obese (BMI ≥25.0)	219	69.3	36.1	36.1	23.6	33.2	29.7	30.6	8.8	8.7
Normal range or underweight (BMI <25.0)	234	76.4	52.8	52.8	36.9	39.6	28.8	33.6	23.4	13.3
Health behaviour indicators										
Does not meet fruit intake recommendations	307	72.5	46.2	40.4	27.9	35.3	28.1	30.9	14.6	13.6
Meets fruit intake recommendations	414	74.5	47.9	51.5	42.2	42.0	28.8	29.8	18.9	14.1
Does not meet vegetable intake recommendations	579	73.5	47.2	45.4	35.2	39.2	28.7	29.8	17.3	13.3
Meets vegetable intake recommendations	129	75.7	47.4	51.1	36.0	39.6	29.0	35.0	15.9	18.2
Does not meet aerobic physical activity recommendations	186	68.6	43.1	47.5	44.1	34.6	26.3	24.6	11.6	12.4
Meets aerobic physical activity recommendations	518	74.9	48.5	45.8	32.5	40.3	28.5	31.0	18.5	13.6
Does not meet muscle strengthening recommendations	317	70.7	47.6	43.5	39.0	32.2	23.8	28.4	18.8	15.3
Meets muscle strengthening recommendations	307	73.2	45.6	46.6	28.1	44.1	33.2	30.5	15.8	10.5
Does not meet screen time recommendations	325	68.9	43.3	45.0	33.1	38.0	33.2	32.2	16.5	13.0
Meets screen time recommendations	370	76.4	50.1	46.2	36.3	39.0	24.3	28.6	17.2	13.0
Does not meet sleep recommendations	168	70.5	43.1	40.4	32.7	31.5	24.2	29.8	12.1	16.9
Meets sleep recommendations	547	74.6	48.7	47.8	36.4	41.5	29.9	30.4	18.7	12.6
Drinks sugar-sweetened beverages daily	41	73.4	42.7	33.4	26.6	31.5	21.3	28.6	6.5	15.0
Drinks sugar-sweetened beverages less than daily	684	73.6	47.8	46.9	36.5	40.0	29.5	30.9	17.8	13.6
Does not meet water recommendations	458	72.7	43.3	42.8	34.6	35.4	27.7	32.7	16.0	10.6
Meets water recommendations	247	74.3	55.3	54.2	36.4	47.0	29.6	25.3	19.0	20.6
Risk behaviour indicators²										
Current smoker	12	70.1	33.6	27.1	33.6	23.5	16.3	30.0	3.6	0.0
Ex-smoker	177	67.1	43.6	44.3	25.5	40.4	32.7	35.1	11.1	6.4

Never smoked	273	78.2	41.1	35.6	25.9	28.7	29.9	29.2	13.3	10.3
Current vaper*	12	66.9	59.7	53.2	36.1	72.3	42.8	53.3	20.2	20.2
Ex-vaper	26	72.6	59.4	36.7	22.1	25.7	37.8	45.8	11.0	2.4
Never vaped	423	74.0	39.7	38.8	26.1	32.4	29.9	29.8	12.1	8.7
Had more than 4 standard drinks on a single occasion	252	71.9	48.0	40.2	25.0	39.1	29.6	29.3	14.5	9.7
Has not had more than 4 standard drinks	210	75.5	34.1	37.1	27.0	25.6	32.2	34.5	9.2	6.9
Gambled	112	75.8	47.7	37.3	24.2	35.8	30.8	23.8	11.7	4.2
Never gambled	349	72.6	39.5	39.5	26.7	32.0	30.7	34.9	12.3	10.3

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

5.4.2. Reasons for use of public facilities or open spaces

Regardless of how frequently they had used the areas, all respondents were asked to provide the reasons why they had used public facilities and open spaces in their area in the past 12 months.

The top three reasons for use of public facilities and open spaces were each selected by over half of all respondents: for exercise or health and fitness (70.3%); socialising with family or friends (60.9%) and for fun or enjoyment (69.5%). The next most frequently reported reasons were unstructured physical recreation activities (37.2%), for mental health and wellbeing (34.1%) and exercising the dog (33.5%).

The top three main reasons reported for using public facilities and open spaces were the same as those reported in the 2019 ALC, with a similar frequency reporting these reasons. However, a greater proportion of respondents to the 2019 ALC reported using public facilities or open spaces for unstructured physical recreation activities (56.6%) and commuting (25.2%) compared to 2025 respondents (37.2% and 12.5%, respectively). *'For my mental health and wellbeing'* and *'taking part in cultural activities or events on Country'* were added as response options in 2025 reflecting increased awareness of the importance of mental health, wellbeing and cultural participation. These findings suggest that reasons for using public facilities and open spaces shift over time, highlighting the importance of regularly checking in with residents to ensure their needs are being met and that any barriers to use are identified and addressed.

Table 5.4.2.1 Reasons for using public facilities or open spaces by user types

	All respondents
	%
Unweighted base (n)¹	719
Exercise / health and fitness	70.3
Socialising with family / friends	60.9
For fun / enjoyment	59.5
Unstructured physical recreation activities	37.2
For my mental health and wellbeing	34.1
Exercising the dog	33.5
Organised sport (e.g., cricket or netball for a club)	32.9
Entertaining kids / watching kids' activities	30.4
Getting back to nature	27.9
For time to myself	25.6
Community event / performance	18.5
Commuting (i.e., to get from a to b)	12.5
Taking part in cultural activities or events on Country	4.3
Some other reason	3.4

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

For the top ten reasons reported in the ALC, analysis was conducted regarding the demographic characteristics, health and wellbeing characteristics, health behaviours and risk behaviours of users, full subgroup comparisons are shown below in Tables 5.4.2.2 and 5.4.2.3.

Children were more likely to use public facilities and open spaces for socialising with family/friends, fun/enjoyment, unstructured physical recreation activities and organised sport. Adults were more likely to use public facilities and open spaces for mental health and wellbeing, entertaining kids/watching kids' activities, time to themselves and getting back to nature. No significant difference was observed between males and females in their reasons for using public facilities and open spaces.

Differences in use of public facilities and open spaces for various reasons were seen across subregions and additional demographic indicators (see Table 5.4.2.2 for more detail). Likewise, there were differences in reasons for usage for use across selected health and wellbeing indicators, health behaviours and risk behaviours (see Tables 5.4.2.3 for more detail).

Table 5.4.2.2 Top 10 reasons for using public facilities or open spaces by selected demographic characteristics

	Unweighted base ¹	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructure d physical recreation activities	For my mental health and wellbeing	Exercising the dog	Organised sport (e.g., cricket or netball for a club)	Entertainin g kids / watching kids' activities	Getting back to nature	For time to myself
	n	%	%	%	%	%	%	%	%	%	%
Total sample	719	70.3	60.9	59.5	37.2	34.1	33.5	32.9	30.4	27.9	25.6
Children	246	63.5	75.3	83.8	48.3	19.3	26.4	53.2	18.0	16.7	11.0
Adults	471	72.4	55.9	51.6	33.2	38.1	36.0	26.0	34.7	31.8	30.6
Males	230	71.9	57.6	59.2	32.8	30.8	31.5	36.7	26.0	24.4	20.1
Females	478	69.9	63.6	59.7	40.5	37.6	35.3	30.0	34.6	31.5	31.0
Sex and age											
Males, 3 to 11	73	63.0	72.6	90.4	58.9	20.5	24.7	60.3	31.5	16.4	5.5
Males, 12 to 17	49	63.3	71.4	75.5	46.9	16.3	28.6	61.2	2.0	14.3	16.3
Males, 18 to 34	6	76.6	68.5	61.6	30.1	61.6	45.2	45.2	15.1	31.5	53.5
Males, 35 to 49	31	66.6	44.2	59.8	22.0	30.9	33.3	44.4	64.6	30.9	17.5
Males, 50 to 69	38	81.8	54.8	36.4	25.8	34.8	40.7	19.8	15.2	28.7	30.4
Males, 70+	31	73.4	48.2	53.9	20.8	26.9	23.2	15.1	17.0	23.9	15.1
Females, 3 to 11	58	65.5	82.8	91.4	50.0	15.5	22.4	55.2	25.9	19.0	5.2
Females, 12 to 17	61	68.9	72.1	70.5	27.9	27.9	36.1	36.1	1.6	18.0	24.6
Females, 18 to 34	31	43.7	70.8	65.3	54.7	34.7	25.7	27.2	43.7	31.0	36.2
Females, 35 to 49	157	75.0	64.5	57.1	38.8	39.3	37.7	33.8	63.2	34.2	33.6
Females, 50 to 69	129	82.2	52.5	47.8	36.5	51.5	44.9	16.9	15.7	38.9	41.4
Females, 70+	42	55.5	44.2	37.2	37.2	33.8	27.3	15.7	18.9	30.9	23.7
Subregion											
Gisborne District	155	68.1	59.8	64.2	44.6	28.9	30.4	26.8	30.4	23.5	29.2
Kyneton District	178	71.5	69.7	68.3	35.1	37.0	41.7	29.3	30.3	30.1	22.1
Lancefield District	40	67.6	44.3	39.3	27.1	33.3	32.2	34.8	36.1	22.6	25.4

Macedon-Woodend District	249	77.2	62.7	67.8	44.3	37.5	30.7	40.5	31.2	33.9	25.0
Riddells Creek District	43	71.1	58.9	44.0	36.3	44.5	33.8	39.6	20.3	26.5	37.2
Romsey District	51	57.9	46.3	33.7	16.0	21.9	22.7	28.1	29.1	21.2	20.8
Demographic indicators											
Household size²											
1 person	43	78.9	24.5	31.5	22.7	40.0	30.7	17.4	8.4	23.2	24.6
2 or 3 people	239	72.9	57.3	47.5	35.4	38.4	36.6	21.1	23.1	35.4	33.1
4 or 5 people	177	70.8	61.8	61.0	32.4	40.4	38.7	34.1	59.6	28.8	27.8
More than 5 people	12	66.5	50.2	68.9	29.8	10.5	16.3	44.0	40.5	25.1	30.9
Born overseas	90	71.6	45.1	52.9	25.6	39.2	38.2	24.1	30.3	43.2	30.7
Born in Australia	628	70.2	63.4	60.6	39.0	33.2	32.6	34.3	30.5	25.7	24.9
Speaks other main language*	2	49.4	100.0	100.0	49.4	0.0	49.4	49.4	50.6	0.0	0.0
Speaks English as main language	714	70.4	60.8	59.5	37.2	34.1	33.3	33.0	30.4	28.1	25.7
Aboriginal and/or Torres Strait Islander*	6	84.5	100.0	100.0	66.7	86.3	50.4	57.1	22.1	51.3	29.2
Not Aboriginal or Torres Strait Islander	709	70.3	60.7	59.4	37.0	33.8	33.4	32.8	30.6	28.0	25.7
LGBTQIA+	41	67.5	59.2	64.5	37.9	54.5	36.3	17.8	18.6	40.9	48.2
Non-LGBTQIA+	674	70.5	61.2	59.3	37.1	32.8	33.0	33.9	31.3	27.2	24.3
Neurodivergent	103	59.0	65.0	68.1	50.0	40.2	33.9	31.1	27.9	31.8	29.8
Not neurodivergent	496	73.1	60.6	60.5	35.9	33.1	33.1	34.4	29.9	26.1	26.0
Maybe	73	64.4	71.7	62.9	38.3	29.8	35.2	30.5	48.5	30.3	16.9
Not sure what neurodivergent means	30	71.4	45.7	32.9	24.6	36.3	30.3	31.1	16.6	27.9	24.7
Less than Bachelor level education ²	142	70.9	53.3	45.0	27.4	30.4	32.8	21.8	29.7	27.3	28.4
Holds a Bachelor degree or higher	328	74.6	59.5	60.4	41.0	48.0	40.0	31.5	41.5	37.8	33.4
Unemployed/Retired ²	129	80.5	46.9	39.8	24.1	33.6	30.5	15.3	18.7	28.2	23.7
Employed	341	69.0	60.1	57.0	37.4	40.0	38.4	30.9	42.0	33.5	33.7

Just getting along, poor or very poor ²	101	57.7	43.8	36.9	25.2	33.0	39.6	26.0	46.9	25.9	26.2
Reasonably comfortable, very comfortable or prosperous	369	77.2	59.9	56.4	35.8	39.6	34.8	26.1	30.9	33.8	32.0
Requires help with daily activities	39	45.9	61.1	82.3	37.0	22.8	12.2	17.7	25.2	17.7	5.9
Does not require help	679	71.4	61.0	58.6	37.2	34.5	34.3	33.6	30.7	28.4	26.5
Food security (last 12 months)²											
Low or very low food security	36	54.7	30.8	32.0	21.5	38.3	20.7	37.8	53.7	21.5	29.2
Marginal food security	46	71.2	58.9	55.8	17.5	33.0	56.6	25.0	50.1	28.6	31.8
High food security	388	74.8	58.6	53.5	36.6	38.6	35.2	24.8	30.6	33.5	30.6

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 5.4.2.3 Top 10 reasons for using public facilities or open spaces by selected health and behaviour characteristics

	Unweighted base ¹	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	For my mental health and wellbeing	Exercising the dog	Organised sport (e.g., cricket or netball for a club)	Entertaining kids / watching kids' activities	Getting back to nature	For time to myself
	n	%	%	%	%	%	%	%	%	%	%
Total sample	719	70.3	60.9	59.5	37.2	34.1	33.5	32.9	30.4	27.9	25.6
Health and wellbeing indicators											
Self-reported health - Fair or poor	81	62.0	49.3	41.5	30.2	44.4	32.6	24.6	41.7	23.5	28.3
Self-reported health - Good, very good, or excellent	618	71.2	62.8	62.7	38.9	32.9	32.8	34.5	28.6	29.2	25.5
Life satisfaction - Low to moderate (0 to 6) ²	119	66.4	57.1	43.1	29.5	41.8	34.4	26.1	36.0	26.7	33.6
Life satisfaction - High/very high (7 to 10)	339	74.3	55.4	55.6	35.5	37.5	35.4	26.5	33.9	35.0	29.6
Does not feel valued by society ²	93	70.7	44.3	44.1	25.4	40.1	30.8	21.5	29.6	28.7	30.7
Sometimes feel valued by society	226	70.1	57.4	51.0	32.0	39.8	38.3	28.9	38.2	27.7	31.1
Definitely feel valued by society	140	75.9	62.3	59.9	43.6	35.4	33.7	25.6	31.6	44.3	30.8

Poor mental wellbeing ²	114	59.8	57.2	41.2	27.2	33.1	31.2	31.3	44.4	22.4	20.2
Good mental wellbeing	357	77.3	55.4	55.6	35.6	40.1	37.9	23.9	31.0	35.5	34.6
Overweight or obese (BMI ≥25.0)	216	65.5	52.4	51.3	30.5	31.5	27.0	23.3	30.7	28.8	26.5
Normal range or underweight (BMI <25.0)	234	77.6	63.2	57.8	42.5	30.8	40.9	38.2	35.2	32.0	25.7
Health behaviour indicators											
Does not meet fruit intake recommendations	302	70.5	56.3	55.4	35.8	36.9	35.1	31.1	34.4	27.0	28.2
Meets fruit intake recommendations	412	69.9	64.0	62.6	37.7	30.5	32.3	33.6	27.5	29.0	23.6
Does not meet vegetable intake recommendations	575	69.0	58.9	57.7	36.3	32.4	34.0	33.4	31.1	27.8	25.5
Meets vegetable intake recommendations	127	79.7	69.0	68.4	38.0	40.5	32.2	29.1	29.6	31.3	27.4
Does not meet aerobic physical activity recommendations	185	53.3	62.0	67.0	38.4	25.0	23.7	32.5	23.2	24.4	15.7
Meets aerobic physical activity recommendations	512	76.2	59.1	57.6	35.8	36.1	36.1	32.4	32.9	29.2	28.8
Does not meet muscle strengthening recommendations	313	57.9	58.7	59.2	39.6	25.6	31.5	35.4	29.3	20.3	19.6
Meets muscle strengthening recommendations	304	83.3	58.3	56.4	32.8	44.9	34.2	30.8	31.4	37.5	33.6
Does not meet screen time recommendations	320	69.6	61.8	59.8	37.4	32.9	31.1	32.7	26.2	26.2	26.3
Meets screen time recommendations	368	71.3	58.7	58.8	35.3	35.4	35.9	31.8	34.9	30.1	25.8
Does not meet sleep recommendations	167	61.2	59.8	55.7	31.0	28.5	32.0	29.0	33.5	18.6	20.0
Meets sleep recommendations	541	73.4	60.9	60.7	39.0	34.9	34.3	34.1	29.6	31.4	27.5
Drinks sugar-sweetened beverages daily	40	50.5	53.2	44.0	23.0	28.1	36.7	26.9	36.8	18.8	28.5
Drinks sugar-sweetened beverages less than daily	678	72.1	61.6	60.9	38.4	34.5	33.1	33.5	29.9	28.7	25.4
Does not meet water recommendations	454	70.9	59.0	58.0	32.4	29.6	34.6	31.8	29.7	26.1	24.3
Meets water recommendations	244	71.3	63.8	62.1	45.1	42.7	32.4	35.0	33.4	32.0	29.5
Risk behaviour indicators²											

Current smoker	12	73.7	23.4	29.9	20.9	42.6	47.4	19.9	42.6	33.6	46.3
Ex-smoker	175	72.3	52.4	52.8	32.4	41.1	38.4	30.1	36.8	34.9	27.5
Never smoked	270	71.2	59.8	51.9	35.3	37.1	32.1	23.4	32.8	31.0	32.9
Current vaper*	12	68.9	61.7	84.0	56.3	58.2	72.3	28.6	30.8	20.2	41.4
Ex-vaper	26	77.0	67.9	45.0	27.7	33.4	28.6	59.4	49.5	26.4	27.5
Never vaped	418	71.9	55.0	51.5	33.8	38.9	34.3	22.7	33.3	33.8	30.9
Had more than 4 standard drinks on a single occasion	249	77.8	55.2	53.2	29.9	39.8	34.7	34.8	34.1	30.6	30.3
Has not had more than 4 standard drinks	208	63.9	56.6	49.8	38.8	37.7	35.6	14.7	35.2	35.3	32.1
Gambled	109	76.4	58.2	45.8	32.1	28.2	37.9	26.4	25.9	26.2	26.8
Never gambled	347	69.7	55.1	54.2	34.6	43.4	33.9	25.7	38.3	35.3	32.7

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Respondents were only asked to provide their reasons for using any public facilities or open spaces generally, rather than provide reasons for using each specific facility type. Despite this, links have been drawn between facility types and reasons for use to provide an indication of why each location is being used. Table 5.4.2.4 below presents these findings.

Table 5.4.2.4. Reason for use of public facilities and open spaces by facility type

	Unweighted base ¹	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	For my mental health and wellbeing	Exercising the dog	Organised sport (e.g., cricket or netball for a club)	Entertaining kids / watching kids' activities	Getting back to nature	For time to myself
	n	%	%	%	%	%	%	%	%	%	%
Unweighted base (n)	719	506	461	465	300	257	246	257	223	211	185
Facility type											

Parks	534	75.2	67.6	65.5	43.8	36.7	38.8	30.2	34.0	32.4	30.2
Sports grounds, ovals and clubrooms	362	79.7	72.7	64.5	47.1	33.3	39.0	57.5	38.8	27.9	24.0
Playgrounds	310	65.5	77.8	77.9	48.1	32.2	32.8	40.2	58.6	27.2	23.4
Swimming pools / splash parks	376	76.6	75.5	74.9	48.8	37.5	39.5	42.0	45.1	32.4	27.6
Halls / community centres	228	72.4	76.4	67.3	50.1	38.9	34.8	35.1	34.1	33.6	31.0
Indoor sports / leisure / fitness centres	320	86.6	68.1	70.0	47.4	39.9	34.8	49.6	34.2	31.8	24.3
Community gardens	186	74.7	77.0	70.5	49.8	44.1	42.8	29.9	33.1	44.7	39.6
Skateparks / BMX	119	71.8	78.8	88.9	50.3	35.3	41.5	57.0	53.1	27.9	20.5
Hard courts (e.g., netball / tennis)	156	82.3	77.6	81.0	53.6	38.0	40.8	76.5	44.1	30.4	27.9
Other	36	74.8	56.8	65.8	46.8	53.6	38.6	18.7	18.0	49.8	30.8
After hours usage of education facilities	22	70.1	97.4	90.3	50.2	59.2	24.7	69.0	41.9	30.3	15.4

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

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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5.5. Perceived safety in local area

2025 ALC respondents were asked about their perceived safety and security in the local area. The question was slightly different depending on whether it was adult's self-report or proxy report on behalf of their child/adolescents. Adult respondents were asked to self-report how often they feel safe and secure in their local area. Response options included 'always', 'most of the time',

'sometimes' and 'rarely'. For analysis purposes due to small sample numbers, 'sometimes' and 'rarely' options were combined. Adults were then asked to proxy report on their child's behalf, the extent to which they agree that their child is safe in the local area. Response options were 'definitely agree', 'somewhat agree', 'somewhat disagree', 'definitely disagree'. Responses were collapsed to create the binary categories of 'agree' or 'disagree'.

5.5.1. Adult safety in local area

Overall, 47.0% of adults reported always feeling safe in their local area, and 5.8% reported sometimes or rarely feeling safe. A greater proportion of males (62.3%) reported feeling always safe than females (34.2%). No differences in perceptions of safety were seen between subregions.

Differences in perceived safety were seen for following demographic indicators, with a greater proportion of those in the following demographic characteristics reporting feeling safe only sometimes or rarely compared to their counterparts:

- Born in Australia (6.8%) compared to born overseas (1.2%)
- Neurodivergent (24.7%) and maybe neurodivergent (3.2%) compared to unsure what neurodivergent means (0%)
- Just getting along, poor or very poor (14.3%) compared to reasonably comfortable, very comfortable or prosperous (2.8%)
- Low or very food security (24.4%) compared to high food security (2.0%)

Table 5.5.1.1 Adult's perceived safety in local area by selected demographic characteristics

	Unweighted base ¹ n	Always %	Most of the time %	Sometimes or rarely %
Total sample	566	47.0	47.3	5.8
Males	134	62.3	34.5	3.2
Females	424	34.2	59.1	6.8
Sex and age				
Males, 18 to 34	6	100.0	0.0	0.0
Males, 35 to 49	36	51.8	34.7	13.5
Males, 50 to 69	52	56.3	43.7	0.0
Males, 70+	40	71.8	28.2	0.0
Females, 18 to 34	35	41.6	50.8	7.5
Females, 35 to 49	179	28.1	61.7	10.2
Females, 50 to 69	158	35.8	60.1	4.1
Females, 70+	52	40.1	58.7	1.2
Subregion				
Gisborne District	119	37.4	56.2	6.5
Kyneton District	148	46.7	43.3	10.0
Lancefield District	39	38.5	54.1	7.5
Macedon-Woodend District	172	54.9	42.3	2.7

Riddells Creek District	41	56.1	41.1	2.8
Romsey District	45	47.9	49.0	3.1
Demographic indicators				
Household size				
1 person	55	44.3	53.0	2.7
2 or 3 people	296	52.4	43.2	4.3
4 or 5 people	202	37.8	53.1	9.2
More than 5 people	13	47.5	45.0	7.5
Born overseas	96	52.7	46.1	1.2
Born in Australia	469	45.8	47.4	6.8
Speaks other main language*	3	0.0	100.0	0.0
Speaks English as main language	562	47.2	47.0	5.8
Aboriginal and/or Torres Strait Islander*	2	100.0	0.0	0.0
Not Aboriginal or Torres Strait Islander	560	46.9	47.3	5.8
LGBTQIA+	34	42.3	35.5	22.1
Non-LGBTQIA+	525	47.5	48.2	4.3
Neurodivergent	51	36.8	38.5	24.7
Not neurodivergent	417	49.9	46.9	3.2
Maybe	42	35.8	51.2	13.1
Not sure what neurodivergent means	30	47.7	52.3	0.0
Less than Bachelor level education	184	46.6	47.0	6.4
Holds a Bachelor degree or higher	380	47.8	47.3	4.9
Unemployed/Retired	162	52.1	44.4	3.6
Employed	403	44.5	48.6	6.9
Just getting along, poor or very poor	129	31.0	54.7	14.3
Reasonably comfortable, very comfortable or prosperous	436	52.6	44.6	2.8
Requires help with daily activities*	20	27.5	54.3	18.2
Does not require help	543	48.0	46.7	5.3
Food security (last 12 months)				
Low or very low food security	43	19.2	56.3	24.4
Marginal food security	58	47.3	36.5	16.2
High food security	464	50.3	47.6	2.0

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

* Significance testing not conducted due to small base size.

Self-reported health, life satisfaction and perceived value to society were found to be associated with perceived safety in the local area (see Table 5.5.1.2). Specifically, a lower proportion of those with fair or poor health (25.2% vs 54.7%), low to moderate life satisfaction (36.1% vs 54.1%) and who do not feel valued by society (29.7% vs sometimes [47.9%] and definitely [66.3%]) reported always feeling safe in their local area compared to their counterparts with more positive health and wellbeing.

No association was seen between perceived safety and any of the health behaviours. Smoking was the only risk behaviour associated with perceived safety. A greater proportion of those who had never smoked (8.9%) reported sometimes or rarely feeling safe in their local area, compared to those who were current smokers (0%).

Table 5.5.1.2 Adult's perceived safety in local area by selected health and behaviour characteristics

	Unweighted base ¹ n	Always %	Most of the time %	Sometimes or rarely %
Total sample	566	47.0	47.3	5.8
Health and wellbeing indicators				
Self-reported health - Fair or poor	95	25.2	63.1	11.6
Self-reported health - Good, very good, or excellent	416	54.7	40.6	4.7
Life satisfaction – Low to moderate (0 to 6)	146	36.1	50.5	13.4
Life satisfaction – High/very high (7 to 10)	366	54.1	43.1	2.8
Does not feel valued by society	113	29.7	56.6	13.7
Sometimes feel valued by society	246	47.9	48.0	4.1
Definitely feel valued by society	154	66.3	30.9	2.9
Poor mental wellbeing	138	40.1	48.1	11.8
Good mental wellbeing	428	49.7	46.9	3.4
Overweight or obese (BMI ≥25.0)	227	50.4	45.4	4.2
Normal range or underweight (BMI <25.0)	167	54.7	40.5	4.8
Health behaviour indicators				
Does not meet fruit intake recommendations	317	44.3	48.5	7.2
Meets fruit intake recommendations	248	50.5	45.7	3.7
Does not meet vegetable intake recommendations	464	45.6	49.6	4.7
Meets vegetable intake recommendations	91	57.6	36.7	5.7
Does not meet aerobic physical activity recommendations	103	40.4	57.4	2.3
Meets aerobic physical activity recommendations	450	48.7	44.5	6.8
Does not meet muscle strengthening recommendations	225	46.7	49.1	4.3
Meets muscle strengthening recommendations	301	46.3	46.2	7.5
Does not meet screen time recommendations	231	44.6	46.7	8.7
Meets screen time recommendations	323	48.7	48.1	3.2
Does not meet sleep recommendations	135	38.0	50.5	11.5
Meets sleep recommendations	423	50.4	46.2	3.4
Drinks sugar-sweetened beverages daily	44	28.8	54.9	16.4

Drinks sugar-sweetened beverages less than daily	521	49.0	46.3	4.6
Does not meet water recommendations	386	47.5	47.6	4.9
Meets water recommendations	167	46.5	47.6	5.8
Risk behaviour indicators				
Current smoker	14	62.4	37.6	0.0
Ex-smoker	192	44.1	53.3	2.6
Never smoked	305	50.4	40.7	8.9
Current vaper*	12	55.4	25.5	19.1
Ex-vaper	27	42.8	57.2	0.0
Never vaped	470	48.6	45.0	6.4
Had more than 4 standard drinks on a single occasion	280	45.8	48.8	5.3
Has not had more than 4 standard drinks	231	51.4	41.2	7.4
Gambled	126	50.3	46.8	2.8
Never gambled	383	47.5	44.8	7.7

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

* Significance testing not conducted due to small base size.

5.5.2. Children's safety in the local area

Overall, 91.3% of parents agreed that their child is safe in their local area (see Table 5.5.2.1). No differences in child safety were seen between males and females, or children and adolescents.

Differences in child safety were seen between subregions, with all parents from Lancefield (100%), Macedon-Woodend (100%) and Riddells Creek district (100%) agreeing that their child was safe in the local area, whereas a proportion of parents from Gisborne (12.0%), Kyneton (12.4%), and Macedon-Woodend District (8.7%) disagreeing that their child was safe. Additionally, parents of neurodivergent children (84.3%) were the least likely to agree that their child was safe in the local area.

Table 5.5.2.1 Children's perceived safety in local area by selected demographic characteristics

	Unweighted base ¹	Agree	Disagree
	n	%	%
Total sample	250	91.3	8.7
Males	126	94.5	5.5
Females	120	90.0	10.0
Sex and age			
Males, 3 to 11	75	94.7	5.3
Males, 12 to 17	51	94.1	5.9
Females, 3 to 11	61	90.2	9.8

Females, 12 to 17	59	89.8	10.2
Subregion			
Gisborne District	56	88.0	12.0
Kyneton District	54	87.6	12.4
Lancefield District	13	100.0	0.0
Macedon-Woodend District	97	91.3	8.7
Riddells Creek District	12	100.0	0.0
Romsey District	17	100.0	0.0
Demographic indicators			
Born overseas*	13	72.1	27.9
Born in Australia	237	92.2	7.8
Speaks other main language*	0	-	-
Speaks English as main language	248	91.5	8.5
Aboriginal and/or Torres Strait Islander*	4	100	0
Not Aboriginal or Torres Strait Islander	245	91.5	8.5
LGBTQIA+*	11	81.8	18.2
Non-LGBTQIA+ ²	239	91.6	8.4
Neurodivergent	60	84.3	15.7
Not neurodivergent	148	94.0	6.0
Maybe	36	89.5	10.5
Not sure what neurodivergent means	5	100.0	0.0
Requires help with daily activities	30	83.5	16.5
Does not require help	220	92.4	7.6

¹ Base sizes include respondents aged 3 to 17 years living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

* Significance testing not conducted due to small base size.

Table 5.5.2.2 presents associations between parent perceived child safety and selected health and wellbeing, and health behaviour indicators, with no statistically significant associations found.

Table 5.5.2.2 Children's perceived safety in local area by selected health and behaviour characteristics

	Unweighted base ¹	Agree	Disagree
	n	%	%
Total sample	250	91.3	8.7
Health and wellbeing indicators			
Self-reported health - Fair or poor*	11	73.2	26.8
Self-reported health - Good, very good, or excellent	222	92.3	7.7
Overweight or obese (BMI ≥25.0)*	16	100.0	0.0
Normal range or underweight (BMI <25.0)	79	94.4	5.6
Health behaviour indicators			

Does not meet fruit intake recommendations	48	85.1	14.9
Meets fruit intake recommendations	199	92.6	7.4
Does not meet vegetable intake recommendations	202	92.6	7.4
Meets vegetable intake recommendations	41	91.0	9.0
Does not meet aerobic physical activity recommendations	117	91.6	8.4
Meets aerobic physical activity recommendations	123	91.0	9.0
Does not meet muscle strengthening recommendations	138	87.9	12.1
Meets muscle strengthening recommendations	45	95.7	4.3
Does not meet screen time recommendations	143	88.5	11.5
Meets screen time recommendations	88	94.8	5.2
Does not meet sleep recommendations	63	90.2	9.8
Meets sleep recommendations	183	91.5	8.5
Drinks sugar-sweetened beverages daily*	10	89.7	10.3
Drinks sugar-sweetened beverages less than daily	239	91.3	8.7
Does not meet water recommendations	140	93.0	7.0
Meets water recommendations	100	92.1	7.9

¹ Base sizes include respondents aged 3 to 17 years living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

* Significance testing not conducted due to small base size.

6. Health and Wellbeing

Respondents were asked a range of questions relating to their health and wellbeing. This includes questions related to their self-reported health status, mental wellbeing, life satisfaction, perceived value to society and their body mass index. Most data presented in this section is based on responses of all residents aged 18 years and over (unless otherwise specified) and weighting has been applied. Questions in this section are standardised and frequently used health measures taken from the Victorian Population Health Survey and the World Health Organisation.

6.1. Self-reported health status

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

- 20.9% of those aged 18 years or over according to the 2023 VPHS
- 13.0% of those aged 15 years and over according to the 2022 NHS

Tables 6.1.1 and 6.1.2 show that the proportion of Macedon Ranges respondents overall (aged 3 years and above) who self-reported a lower level of health was 17.4%, and adults were comparable to the VPHS benchmark at 21.3%. There was no significant difference in self-reported levels of health between males and females, however, adults were more likely to report lower levels of health than children (21.3% vs 4.7%). Additionally, older males were more likely than younger males to report fair or poor health. No differences were seen between residents from different residential subregions.

In relation to key demographic indicators, people from the following groups were more likely to self-report lower levels of health:

- Neurodivergent (32.0%) compared to not neurodivergent (11.6%)
- Just getting along, poor or very poor (35.2%) compared to reasonably comfortable, very comfortable or prosperous (16.8%)
- Require help with daily activities (46.1%) compared to not (15.6%)

Table 6.1.1 Self-reported health status by selected demographic characteristics

	Unweighted base ¹ n	Fair / Poor %	Good %	Very good / Excellent %
Total sample	764	17.4	35.4	47.2
Children	250	4.7	21.1	74.3
Adults	511	21.3	39.9	38.7
Males	246	16.7	37.0	46.3
Females	505	17.7	34.3	48.0
Sex and age				
Males, 3 to 11	71	2.8	16.9	80.3

Males, 12 to 17	52	9.6	17.3	73.1
Males, 18 to 34	6	0.0	23.4	76.6
Males, 35 to 49	31	17.8	58.0	24.2
Males, 50 to 69	46	24.4	40.3	35.3
Males, 70+	38	21.7	41.7	36.6
Females, 3 to 11	58	0.0	20.7	79.3
Females, 12 to 17	65	9.2	27.7	63.1
Females, 18 to 34	31	28.8	20.5	50.7
Females, 35 to 49	158	16.5	47.7	35.8
Females, 50 to 69	145	20.8	36.3	42.9
Females, 70+	48	28.6	26.6	44.8
Subregion				
Gisborne District	159	15.0	30.4	54.6
Kyneton District	195	14.9	36.4	48.7
Lancefield District	46	22.0	43.0	35.0
Macedon-Woodend District	257	12.5	35.5	52.0
Riddells Creek District	50	36.2	23.0	40.8
Romsey District	54	18.3	51.1	30.6
Demographic indicators				
Household size²				
1 person	49	21.0	42.0	37.0
2 or 3 people	270	23.3	39.5	37.1
4 or 5 people	180	19.1	39.4	41.5
More than 5 people	12	8.2	45.6	46.3
Born overseas	101	14.4	36.8	48.8
Born in Australia	661	18.1	35.5	46.5
Speaks other main language*	1	0	100	0
Speaks English as main language	759	17.6	35.7	46.7
Aboriginal and/or Torres Strait Islander*	4	0.0	21.1	78.9
Not Aboriginal or Torres Strait Islander	753	17.5	35.6	46.8
LGBTQIA+	46	27.2	38.0	34.8
Non-LGBTQIA+	710	16.6	35.6	47.8
Neurodivergent	108	32.0	37.4	30.6
Not neurodivergent	519	11.6	33.6	54.8
Maybe	76	19.2	39.4	41.4
Not sure what neurodivergent means	34	31.3	48.6	20.1
Less than Bachelor level education ²	166	25.2	42.3	32.4
Holds a Bachelor degree or higher	343	15.3	36.6	48.0
Unemployed/Retired ²	148	23.4	40.5	36.0
Employed	362	20.4	39.7	39.9

Just getting along, poor or very poor ²	115	35.2	38.5	26.3
Reasonably comfortable, very comfortable or prosperous	395	16.8	40.5	42.8
Requires help with daily activities	47	46.1	12.2	41.7
Does not require help	713	15.6	37.2	47.2
Food security (last 12 months)²				
Low or very low food security	41	44.7	31.7	23.6
Marginal food security	50	24.4	50.8	24.8
High food security	419	18.1	39.6	42.3

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Self-reported health differed according to all health and wellbeing indicators (see Table 6.1.2). Specifically, a greater proportion of respondents who reported low to moderate life satisfaction (40.7% vs 12.2%), do not feel valued by society (37.4% vs sometimes [19.3%] and definitely [10.2%]), poor mental wellbeing (46.3% vs 9.9%) and were overweight or obese (27.1% vs 5.9%) self-reported their health to be fair or poor compared to their counterparts with more positive health and wellbeing indicators.

Respondents who failed to meet the following health behaviour recommendations were also more likely to self-report their health as fair or poor:

- Did not meet fruit intake recommendations (25.4%) compared to met them (10.4%)
- Did not meet vegetable intake recommendations (18.6%) compared to met them (7.7%)

No significant differences in self-reported health were observed according to any of the risk behaviour indicators.

Table 6.1.2 Self-reported health status by selected health and behaviour characteristics

	Unweighted base ¹	Fair / Poor	Good	Very good / Excellent
	n	%	%	%
Total sample	764	17.4	35.4	47.2
Health and wellbeing indicators				
Life satisfaction - Low to moderate (0 to 6) ²	145	40.7	41.9	17.4
Life satisfaction - High/very high (7 to 10)	364	12.2	39.1	48.7
Does not feel valued by society ²	113	37.4	35.9	26.8
Sometimes feel valued by society	243	19.3	43.7	37.0
Definitely feel valued by society	154	10.2	37.1	52.7
Poor mental wellbeing ²	137	46.3	44.2	9.5
Good mental wellbeing	374	9.9	38.0	52.1
Overweight or obese (BMI ≥25.0)	248	27.1	42.6	30.3
Normal range or underweight (BMI <25.0)	248	5.9	33.6	60.5
Health behaviour indicators				

Does not meet fruit intake recommendations	334	25.4	39.7	34.9
Meets fruit intake recommendations	425	10.4	32.1	57.5
Does not meet vegetable intake recommendations	616	18.6	35.7	45.7
Meets vegetable intake recommendations	129	7.7	37.8	54.5
Does not meet aerobic physical activity recommendations	207	23.5	41.8	34.7
Meets aerobic physical activity recommendations	532	15.6	34.2	50.3
Does not meet muscle strengthening recommendations	343	21.1	39.2	39.7
Meets muscle strengthening recommendations	312	16.7	35.1	48.2
Does not meet screen time recommendations	348	23.2	32.5	44.3
Meets screen time recommendations	383	13.6	39.1	47.3
Does not meet sleep recommendations	187	25.2	40.4	34.4
Meets sleep recommendations	563	15.0	34.3	50.7
Drinks sugar-sweetened beverages daily	49	32.4	39.8	27.7
Drinks sugar-sweetened beverages less than daily	712	16.2	35.3	48.5
Does not meet water recommendations	494	17.8	39.4	42.8
Meets water recommendations	246	16.1	28.6	55.3
Risk behaviour indicators²				
Current smoker	14	33.9	46.7	19.4
Ex-smoker	190	23.4	45.0	31.6
Never smoked	305	19.5	36.3	44.2
Current vaper*	12	22.3	29.9	47.9
Ex-vaper	27	8.4	60.6	31.0
Never vaped	468	22.4	39.0	38.6
Had more than 4 standard drinks on a single occasion	279	21.9	42.7	35.4
Has not had more than 4 standard drinks	230	20.8	36.4	42.7
Gambled	126	25.4	41.1	33.5
Never gambled	381	19.4	39.7	40.8

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

6.2. Life satisfaction

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

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

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

Overall, 14.6% of respondents aged 18 years and over recorded low life satisfaction. No differences were seen in the proportion of adults reporting low life satisfaction by sex, or by sex and age. However, a greater proportion of males aged 50 to 69 (25.8%) and 70+ years (29.8%) reported high life satisfaction compared to their counterparts aged 35 to 49 (4.4%). Among females, a greater proportion of those aged 50 to 69 (26.8%) and 70 years and over (37.5%) reported high life satisfaction compared to those aged 18 to 34 years (8.6%). Respondents from Gisborne (28.1%) and Macedon-Woodend District (24.3%) were also more likely to report high life satisfaction compared to respondents from Romsey District (7.3%).

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

- 2-3 person households (17.3%) compared to more than 5 person households (2.3%)
- Neurodivergent (46.8%) compared to who are not neurodivergent (9.6%) and maybe neurodivergent (9.6%)
- Just getting along, poor, or very poor (30.3%), compared to those who are reasonably comfortable, very comfortable, or prosperous (9.4%)
- Require help with daily activities (58.3%) compared to those who do not (12.9%)
- Low or very low food security (52.8%) compared to high (9.1%) food security

Table 6.2.1 Life satisfaction by selected demographic characteristics

	Unweighted base ¹ n	Low (0-4) %	Medium (5-6) %	High (7-8) %	Very high (9-10) %
Total sample	512	14.6	17.7	46.1	21.7
Males	120	16.2	21.0	40.4	22.5
Females	384	11.3	15.3	52.0	21.3
Sex and age					
Males, 18 to 34	6	15.1	23.4	31.5	30.1
Males, 35 to 49	31	20.4	26.5	48.7	4.4
Males, 50 to 69	45	18.5	19.8	35.8	25.8
Males, 70+	38	10.2	17.9	42.1	29.8
Females, 18 to 34	31	20.2	3.4	67.8	8.6
Females, 35 to 49	158	8.4	17.5	57.0	17.1
Females, 50 to 69	146	12.1	16.0	45.0	26.8
Females, 70+	49	5.5	23.4	33.6	37.5

Subregion					
Gisborne District	103	20.2	10.8	40.9	28.1
Kyneton District	139	14.8	15.9	47.7	21.5
Lancefield District	36	14.8	13.3	58.9	13.0
Macedon-Woodend District	155	10.1	19.6	46.0	24.3
Riddells Creek District	38	18.9	4.6	50.7	25.8
Romsey District	39	10.6	42.1	40.0	7.3
Demographic indicators					
Household size					
1 person	50	15.7	28.1	30.7	25.5
2 or 3 people	271	17.3	15.3	44.1	23.3
4 or 5 people	179	10.4	19.7	53.0	17.0
More than 5 people	12	2.3	10.7	61.8	25.1
Born overseas	87	15.0	11.1	50.4	23.5
Born in Australia	424	14.5	19.2	45.1	21.3
Speaks other main language*	2	0.0	0.0	50.6	49.4
Speaks English as main language	509	14.6	17.7	46.0	21.6
Aboriginal and/or Torres Strait Islander*	2	0.0	0.0	50.0	50.0
Not Aboriginal or Torres Strait Islander	506	14.6	17.6	46.0	21.7
LGBTQIA+	32	42.7	9.6	39.7	8.1
Non-LGBTQIA+	473	11.9	18.4	46.6	23.1
Neurodivergent	46	46.8	10.3	33.6	9.2
Not neurodivergent	376	9.6	17.2	47.0	26.2
Maybe	39	9.6	32.8	50.5	7.1
Not sure what neurodivergent means	26	18.7	11.9	56.2	13.2
Less than Bachelor level education	166	17.6	18.1	43.7	20.6
Holds a Bachelor degree or higher	344	10.1	16.8	49.7	23.4
Unemployed/Retired	149	15.7	16.7	41.8	25.9
Employed	362	14.0	18.2	48.1	19.6
Just getting along, poor or very poor	115	30.3	20.0	42.0	7.8
Reasonably comfortable, very comfortable or prosperous	396	9.4	16.9	47.4	26.3
Requires help with daily activities*	18	58.3	25.7	14.1	1.8
Does not require help	491	12.9	17.1	47.4	22.5
Food security (last 12 months)					
Low or very low food security	41	52.8	15.3	26.7	5.2
Marginal food security	49	20.9	23.3	33.3	22.6
High food security	421	9.1	17.3	50.0	23.6

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

* Significance testing not conducted due to small base size.

Life satisfaction differed according to all health and wellbeing indicators, except for BMI (see Table 6.2.2). Specifically, a greater proportion of respondents who reported fair or poor health (41.3% vs 7.3%), not valued by society (43.7% vs sometimes [6.6%] and definitely [1.5%]) and poor mental wellbeing (40.3% vs 2.7%) reported low life satisfaction compared to their counterparts with more positive health and wellbeing indicators.

Life satisfaction also differed according to some health behaviour indicators. Respondents who failed to meet the following health behaviour recommendations were more likely to report low life satisfaction:

- Did not meet fruit intake recommendations (19.2%) compared to met them (8.2%)
- Did not meet vegetable intake recommendations (15.1%) compared to met them (4.0%)
- Did not meet screen time recommendations (23.7%) compared to met them (7.7%)
- Did not meet sleep recommendations (29.6%) compared to met them (9.0%)

No significant differences in life satisfaction were observed according to risk behaviour indicators.

Table 6.2.2 Life satisfaction by selected health and behaviour characteristics

	Unweighted base ¹ n	Low (0-4) %	Medium (5-6) %	High (7-8) %	Very high (9-10) %
Total sample	512	14.6	17.7	46.1	21.7
Health and wellbeing indicators					
Self-reported health - Fair or poor	95	41.3	20.0	37.0	1.7
Self-reported health - Good, very good, or excellent	414	7.3	17.0	48.6	27.1
Does not feel valued by society	112	43.7	21.2	30.0	5.2
Sometimes feel valued by society	246	6.6	24.8	53.0	15.6
Definitely feel valued by society	154	1.5	2.7	49.2	46.7
Poor mental wellbeing	138	40.3	29.5	29.1	1.1
Good mental wellbeing	374	2.7	12.3	53.9	31.1
Overweight or obese (BMI ≥25.0)	226	15.4	16.4	45.5	22.7
Normal range or underweight (BMI <25.0)	167	8.3	18.9	49.2	23.6
Health behaviour indicators					
Does not meet fruit intake recommendations	286	19.2	17.8	44.1	18.8
Meets fruit intake recommendations	225	8.2	17.5	48.8	25.5
Does not meet vegetable intake recommendations	414	15.1	18.3	46.7	19.8
Meets vegetable intake recommendations	87	4.0	15.0	44.8	36.2
Does not meet aerobic physical activity recommendations	92	25.4	20.8	37.0	16.8
Meets aerobic physical activity recommendations	408	12.5	16.6	48.6	22.3
Does not meet muscle strengthening recommendations	204	17.1	20.4	44.4	18.1

Meets muscle strengthening recommendations	269	14.6	14.8	46.4	24.2
Does not meet screen time recommendations	202	23.7	14.4	42.8	19.2
Meets screen time recommendations	300	7.7	20.0	48.4	23.9
Does not meet sleep recommendations	123	29.6	17.4	41.5	11.4
Meets sleep recommendations	382	9.0	17.4	48.1	25.5
Drinks sugar-sweetened beverages daily	38	30.3	31.0	28.1	10.7
Drinks sugar-sweetened beverages less than daily	473	12.9	16.3	48.0	22.9
Does not meet water recommendations	351	13.6	21.0	43.5	22.0
Meets water recommendations	148	14.0	9.9	55.1	21.0
Risk behaviour indicators					
Current smoker	14	20.6	14.0	54.6	10.8
Ex-smoker	192	13.3	19.3	40.9	26.5
Never smoked	303	15.2	16.9	49.0	18.9
Current vaper*	12	11.5	38.3	33.1	17.1
Ex-vaper	27	24.3	19.1	51.2	5.4
Never vaped	469	14.0	16.9	46.2	22.9
Had more than 4 standard drinks on a single occasion	279	15.8	19.1	45.1	19.9
Has not had more than 4 standard drinks	230	13.0	16.0	47.2	23.8
Gambled	126	13.6	21.5	43.5	21.4
Never gambled	381	15.0	15.9	47.3	21.8

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

* Significance testing not conducted due to small base size.

6.3. Perceived value to society

Respondents were also asked whether they feel valued by society. They could select one of four responses 'No, not at all', 'Not often', 'Sometimes' or 'Yes, definitely'. For analysis purposes, the first two response options ('No, not at all' and 'Not often') have been combined to form one category representing people who do not feel valued by society.

Overall, 25.5% of residents aged 18 years and over indicated that they do not feel valued by society. There were no differences according to sex, sex and age, or subregion of residence. Demographic subgroups more likely to indicate they do not feel valued by society included:

- Single person households (40.9%), 2 or 3 people households (26.5%), and 4 or 5 people households (21.6%) compared to more than 5 people households (2.3%)
- Neurodivergent (58.0%) compared to maybe neurodivergent (23.0%), not neurodivergent (20.8%) and unsure what neurodivergent means (17.7%)
- Just getting along, poor, or very poor (41.0%) compared to those reasonably comfortable, very comfortable, or prosperous (20.2%)

- Low or very low food security (51.2%) compared to high food security (20.6%)

Table 6.3.1 Perceived value to society by selected demographic characteristics

	Unweighted base ¹ n	Does not feel valued %	Sometimes feels valued %	Definitely feels valued %
Total sample	513	25.5	46.5	28.0
Males	121	22.5	47.7	29.9
Females	384	26.5	46.8	26.7
Sex and age				
Males, 18 to 34	6	15.1	39.8	45.2
Males, 35 to 49	31	20.0	53.5	26.5
Males, 50 to 69	46	28.2	46.2	25.6
Males, 70+	38	18.1	47.1	34.8
Females, 18 to 34	31	32.0	35.6	32.3
Females, 35 to 49	158	23.5	55.2	21.3
Females, 50 to 69	146	27.5	43.4	29.0
Females, 70+	49	25.2	44.5	30.2
Subregion				
Gisborne District	103	27.3	38.1	34.6
Kyneton District	139	28.0	45.6	26.4
Lancefield District	36	19.9	43.8	36.2
Macedon-Woodend District	156	21.5	49.3	29.1
Riddells Creek District	38	30.3	43.6	26.1
Romsey District	39	26.6	58.7	14.7
Demographic indicators				
Household size				
1 person	50	40.9	46.2	12.9
2 or 3 people	271	26.5	42.4	31.1
4 or 5 people	180	21.6	54.3	24.1
More than 5 people	12	2.3	46.3	51.4
Born overseas	88	29.1	41.9	29.0
Born in Australia	424	24.6	47.6	27.8
Speaks other main language*	2	0.0	100.0	0.0
Speaks English as main language	510	25.5	46.5	28.1
Aboriginal and/or Torres Strait Islander*	2	0.0	50.0	50.0
Not Aboriginal or Torres Strait Islander	507	25.2	46.7	28.1
LGBTQIA+	32	52.3	31.5	16.2
Non-LGBTQIA+	474	22.6	48.2	29.2
Neurodivergent	46	58.0	24.3	17.7

Not neurodivergent	377	20.8	49.2	30.0
Maybe	39	23.0	57.3	19.7
Not sure what neurodivergent means	26	17.7	48.2	34.1
Less than Bachelor level education	166	29.3	46.0	24.8
Holds a Bachelor degree or higher	345	19.4	47.6	33.0
Unemployed/Retired	149	31.8	42.6	25.6
Employed	363	22.3	48.5	29.2
Just getting along, poor or very poor	116	41.0	47.8	11.2
Reasonably comfortable, very comfortable or prosperous	396	20.2	46.2	33.7
Requires help with daily activities*	18	55.5	33.1	11.3
Does not require help	492	24.0	47.2	28.8
Food security (last 12 months)				
Low or very low food security	41	51.2	42.8	6.0
Marginal food security	50	38.1	39.8	22.1
High food security	421	20.6	47.9	31.5

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

* Significance testing not conducted due to small base size.

Perceived value to society differed according to all other health and wellbeing indicators except for BMI (see Table 6.3.2). Specifically, a greater proportion of respondents who reported fair or poor health (44.7% vs 20.4%), low to moderate life satisfaction (51.0% vs 13.1%), and poor mental wellbeing (46.4% vs 15.9%) did not feel valued by society compared to their counterparts with more positive health and wellbeing indicators.

Feeling valued by society was also associated with vegetable intake, sleep duration and sugar-sweetened beverage consumption. Respondents who failed to meet the vegetable intake (26.4%) and sleep duration (40.9%) recommendations were more likely to report not feeling valued by society compared to those who met the vegetable intake (11.8%) and sleep duration (19.3%) recommendations. In addition, a greater proportion of respondents who reported consuming sugar-sweetened beverages daily (52.9%) did not feel valued by society compared to those who did not consume sugar-sweetened beverages daily (22.4%).

No significant differences in perceived value to society were observed according to any of the risk behaviour indicators.

Table 6.3.2 Perceived value to society by selected health and behaviour characteristics

	Unweighted base ¹	Does not feel valued	Sometimes feels valued	Definitely feels valued
	n	%	%	%
Total sample	513	25.5	46.5	28.0
Health and wellbeing indicators				
Self-reported health - Fair or poor	95	44.7	41.9	13.4
Self-reported health - Good, very good, or excellent	415	20.4	47.6	32.0
Life satisfaction - Low to moderate (0 to 6)	146	51.0	45.4	3.6

Life satisfaction - High/very high (7 to 10)	366	13.1	47.2	39.7
Poor mental wellbeing	138	46.4	50.9	2.7
Good mental wellbeing	375	15.9	44.5	39.6
Overweight or obese (BMI ≥25.0)	227	28.2	41.0	30.8
Normal range or underweight (BMI <25.0)	167	16.5	52.7	30.8
Health behaviour indicators				
Does not meet fruit intake recommendations	286	29.9	44.9	25.2
Meets fruit intake recommendations	226	19.7	48.6	31.7
Does not meet vegetable intake recommendations	415	26.4	46.3	27.3
Meets vegetable intake recommendations	87	11.8	52.3	35.9
Does not meet aerobic physical activity recommendations	92	32.9	44.9	22.2
Meets aerobic physical activity recommendations	409	24.4	47.1	28.5
Does not meet muscle strengthening recommendations	204	30.8	47.8	21.4
Meets muscle strengthening recommendations	269	21.9	47.3	30.9
Does not meet screen time recommendations	202	30.6	47.6	21.8
Meets screen time recommendations	300	21.6	46.5	31.9
Does not meet sleep recommendations	124	40.9	37.7	21.4
Meets sleep recommendations	382	19.3	50.3	30.4
Drinks sugar-sweetened beverages daily	38	52.9	41.4	5.7
Drinks sugar-sweetened beverages less than daily	474	22.4	47.1	30.4
Does not meet water recommendations	352	24.5	47.5	28.0
Meets water recommendations	148	25.0	46.6	28.4
Risk behaviour indicators				
Current smoker	14	23.9	53.7	22.5
Ex-smoker	192	27.2	44.1	28.7
Never smoked	304	24.7	47.9	27.5
Current vaper*	12	22.1	60.8	17.1
Ex-vaper	27	43.0	51.3	5.7
Never vaped	469	24.1	45.8	30.1
Had more than 4 standard drinks on a single occasion	280	28.9	45.8	25.3
Has not had more than 4 standard drinks	230	21.3	47.7	31.0
Gambled	126	21.1	48.4	30.4
Never gambled	382	27.3	45.9	26.8

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

* Significance testing not conducted due to small base size.

6.4. Mental wellbeing

Mental wellbeing was assessed using the globally recognised, valid WHO-5 mental wellbeing index¹³. Respondents were asked to indicate how they had been feeling over the last two weeks in response to five statements. Response options were 'all of the time' (5), 'most of the time' (4), 'more than half of the time' (3), 'less than half of the time' (2), 'some of the time' (1) and 'at no time' (0). The scores on each of the five questions are summed and then multiplied by four to get a final score out of 100, with lower scores indicating poorer mental wellbeing. A score below 50 is an indicator of poor mental wellbeing and suggests the possible presence of a mental health condition (e.g., depression).

Overall, 28.4% of respondents aged 18 years and over were classified as having poor mental wellbeing. There were no significant differences in the proportion classified as having poor mental wellbeing by sex, sex and age, or subregion. However, the average mental wellbeing score differed by subregion, with respondents from Macedon-Woodend District (62.3) reporting a significantly higher average score than respondents from Romsey District (52.7), suggesting higher average levels of mental wellbeing above Macedon-Woodend residents.

Respondents from the following demographic groups were more likely to indicate they have poor mental wellbeing:

- Neurodivergent (53.9%) or maybe neurodivergent (51.7%) compared to those who are not neurodivergent (20.4%)
- Less than a Bachelor level education (33.4%) compared to a Bachelor degree or higher (21.2%)
- Just getting along, poor, or very poor (44.2%) compared to those reasonably comfortable, very comfortable, or prosperous (23.0%)
- Require help with daily activities (73.9%) compared to those who do not (26.4%)
- Low or very low food security (56.7%) compared to high (23.2%) food security

Table 6.4.1 Mental wellbeing by selected demographic characteristics

	Unweighted base ¹ n	Poor mental wellbeing (≤50) %	Good mental wellbeing (51-100) %	Average score #
Total sample	566	28.4	71.6	58.7
Males	134	31.4	68.6	59.9
Females	424	24.2	75.8	58.8
Sex and age				
Males, 18 to 34	6	23.4	76.6	63.1
Males, 35 to 49	36	38.6	61.4	52.8
Males, 50 to 69	52	31.6	68.4	59.6
Males, 70+	40	26.9	73.1	64.8
Females, 18 to 34	35	23.8	76.2	55.8
Females, 35 to 49	179	30.8	69.2	56.3

¹³ **World Health Organization** (2024). The World Health Organization-Five Well-Being Index (WHO-5). Geneva: World Health Organization. <https://www.who.int/publications/m/item/WHO-UCN-MSD-MHE-2024.01>

Females, 50 to 69	158	18.8	81.2	61.8
Females, 70+	52	18.0	82.0	61.6
Subregion				
Gisborne District	119	23.3	76.7	61.9
Kyneton District	148	36.3	63.7	56.1
Lancefield District	39	19.7	80.3	58.9
Macedon-Woodend District	172	19.9	80.1	62.3
Riddells Creek District	41	31.8	68.2	58.8
Romsey District	45	37.0	63.0	52.7
Demographic indicators				
Household size				
1 person	55	35.3	64.7	55.4
2 or 3 people	296	26.3	73.7	60.2
4 or 5 people	202	31.8	68.2	56.6
More than 5 people	13	14.2	85.8	62.5
Born overseas	96	21.0	79.0	63.7
Born in Australia	469	30.1	69.9	57.6
Speaks other main language*	3	0.0	100.0	60.0
Speaks English as main language	562	28.6	71.4	58.7
Aboriginal and/or Torres Strait Islander*	2	0	100	90.0
Not Aboriginal or Torres Strait Islander	560	28.3	71.7	58.7
LGBTQIA+	34	49.7	50.3	47.8
Non-LGBTQIA+	525	26.3	73.7	59.9
Neurodivergent	51	53.9	46.1	43.6
Not neurodivergent	417	20.4	79.6	63.0
Maybe	42	51.7	48.3	46.6
Not sure what neurodivergent means	30	34.7	65.3	57.7
Less than Bachelor level education	184	33.4	66.6	56.4
Holds a Bachelor degree or higher	380	21.2	78.8	62.2
Unemployed/Retired	162	30.3	69.7	58.7
Employed	403	27.5	72.5	58.8
Just getting along, poor or very poor	129	44.2	55.8	47.8
Reasonably comfortable, very comfortable or prosperous	436	23.0	77.0	62.4
Requires help with daily activities*	20	73.9	26.1	23.5
Does not require help	543	26.4	73.6	60.1
Food security (last 12 months)				
Low or very low food security	43	56.7	43.3	42.2
Marginal food security	58	41.0	59.0	51.2
High food security	464	23.2	76.8	61.8

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

* Significance testing not conducted due to small base size.

Mental wellbeing was associated with all health and wellbeing indicators, except BMI. Specifically, a greater proportion of respondents who reported fair or poor health (68.1% vs 21.5%), low life satisfaction (68.2% vs 14.0%), and did not feel valued by society (57.2% vs sometimes [34.4%] and definitely [3.0%]) reported poor mental wellbeing compared to their counterparts with more positive health and wellbeing indicators.

Mental wellbeing was also associated with some of the health behaviour indicators. Respondents who failed to meet the following health behaviour recommendations were more likely to report poor mental wellbeing:

- Did not meet fruit intake recommendations (36.0%) compared to met them (18.1%)
- Did not meet aerobic physical activity recommendations (52.5%) compared to met them (22.8%)
- Did not meet muscle strengthening recommendations (39.2%) compared to met them (21.0%)
- Did not meet sleep recommendations (45.9%) compared to met them (22.0%)

No significant differences in poor mental wellbeing were observed according to any of the risk behaviour indicators.

Table 6.4.2 Mental wellbeing by selected health and behaviour characteristics

	Unweighted base ¹ n	Poor mental wellbeing (≤ 50) %	Good mental wellbeing (51-100) %	Average score #
Total sample	566	28.4	71.6	58.7
Health and wellbeing indicators				
Self-reported health - Fair or poor	95	68.1	31.9	41.1
Self-reported health - Good, very good, or excellent	416	21.5	78.5	63.7
Life satisfaction - Low to moderate (0 to 6)	146	68.2	31.8	40.6
Life satisfaction - High/very high (7 to 10)	366	14.0	86.0	67.4
Does not feel valued by society	113	57.2	42.8	46.1
Sometimes feel valued by society	246	34.4	65.6	56.9
Definitely feel valued by society	154	3.0	97.0	73.5
Overweight or obese (BMI ≥ 25.0)	227	35.2	64.8	58.5
Normal range or underweight (BMI < 25.0)	167	25.5	74.5	61.1
Health behaviour indicators				
Does not meet fruit intake recommendations	317	36.0	64.0	54.5
Meets fruit intake recommendations	248	18.1	81.9	64.2
Does not meet vegetable intake recommendations	464	28.9	71.1	58.0
Meets vegetable intake recommendations	91	15.9	84.1	68.2

Does not meet aerobic physical activity recommendations	103	52.5	47.5	47.5
Meets aerobic physical activity recommendations	450	22.8	77.2	61.3
Does not meet muscle strengthening recommendations	225	39.2	60.8	54.0
Meets muscle strengthening recommendations	301	21.0	79.0	61.7
Does not meet screen time recommendations	231	34.5	65.5	55.1
Meets screen time recommendations	323	23.7	76.3	61.3
Does not meet sleep recommendations	135	45.9	54.1	48.6
Meets sleep recommendations	423	22.0	78.0	62.5
Drinks sugar-sweetened beverages daily	44	51.1	48.9	44.1
Drinks sugar-sweetened beverages less than daily	521	25.9	74.1	60.4
Does not meet water recommendations	386	29.2	70.8	59.2
Meets water recommendations	167	23.0	77.0	59.6
Risk behaviour indicators				
Current smoker	14	35.5	64.5	55.9
Ex-smoker	192	33.0	67.0	58.5
Never smoked	305	30.4	69.6	59.0
Current vaper*	12	25.3	74.7	57.5
Ex-vaper	27	43.0	57.0	50.7
Never vaped	470	31.1	68.9	59.3
Had more than 4 standard drinks on a single occasion	280	31.7	68.3	58.3
Has not had more than 4 standard drinks	231	31.4	68.6	59.3
Gambled	126	39.0	61.0	56.1
Never gambled	383	28.3	71.7	59.9

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

* Significance testing not conducted due to small base size.

6.5. Body mass index (BMI)

The 2025 ALC asked respondents to report their height and weight as a means of calculating their Body Mass Index (BMI). It was made clear that providing a response to this question was optional, and as such, response numbers are lower than for other indicators. Overall, 4.1% were classified as underweight, 36.8% healthy weight, 32.6% overweight and 26.4% obese. The average BMI of Macedon Ranges Shire respondents was 26.5. To identify opportunities for supporting improved health amongst Macedon Ranges Shire residents, we have focused our analysis on the proportion of respondents whose BMI fell into the obese range (BMI of ≥ 30). However, health promotion activities should also address individuals across the full BMI spectrum, from healthy weight to overweight to obese, to encourage healthy behaviours at all stages and help prevent progression to higher BMI classifications.

The latest available benchmark, the 2022 NHS, indicated that 30.3% of Victorians aged 18 years and over were obese, compared to 22.8% in the 2023 VPHS. The 2025 ALC data suggests that 29.7% of adult respondents within the Macedon Ranges Shire have a BMI that puts them in the obese range. This is a slight increase compared to the 2019 ALC, whereby 24.5% of Macedon Ranges respondents were classified as obese according to their BMI.

Adults were more likely to be overweight (35.1%) or obese (29.7%) compared to children (15.6% and 3.5%, respectively). No difference was seen according to sex. When looking by sex and age, obesity was highest among males aged 50 years and over, and among adult females aged 35 years and over. Respondents from Riddells Creek District (50.9%) were more likely to be obese compared to respondents from Gisborne District (13.9%) and Lancefield District (9.5%). Obesity rates were also higher among those with less than Bachelor level education (36.6%) compared to Bachelor degree or higher (18.2%).

Table 6.5.1 Body Mass Index by selected demographic characteristics

	Unweighted base ¹ n	Under weight %	Healthy weight %	Overweight %	Obese %	Average BMI #
Total sample	496	4.1	36.8	32.6	26.4	26.5
Children	102	15.4	65.5	15.6	3.5	18.0
Adults	394	2.5	32.7	35.1	29.7	27.8
Males	150	4.3	31.3	36.4	28.0	27.2
Females	340	4.0	43.1	28.4	24.4	25.8
Sex and age						
Males, 3 to 11	25	20.0	64.0	12.0	4.0	16.0
Males, 12 to 17	22	9.1	72.7	13.6	4.5	20.2
Males, 18 to 34	5	0.0	54.8	17.7	27.5	27.1
Males, 35 to 49	24	8.0	34.1	47.6	10.4	26.4
Males, 50 to 69	40	0.0	18.7	39.2	42.2	29.6
Males, 70+	34	3.6	25.9	39.0	31.5	28.5
Females, 3 to 11	26	19.2	69.2	11.5	0.0	15.6
Females, 12 to 17	29	10.3	55.2	27.6	6.9	21.8
Females, 18 to 34	21	2.7	35.4	51.0	10.9	25.6
Females, 35 to 49	116	1.7	42.1	28.2	28.0	27.3
Females, 50 to 69	109	2.3	38.3	25.9	33.5	27.5
Females, 70+	39	3.2	43.5	24.1	29.2	26.5
Subregion						
Gisborne District	92	2.3	43.0	40.8	13.9	25.4
Kyneton District	135	6.2	40.7	26.0	27.1	26.8
Lancefield District	30	3.5	49.5	37.5	9.5	25.2
Macedon-Woodend District	171	5.4	42.6	28.6	23.4	25.2
Riddells Creek District	37	1.4	14.1	33.6	50.9	29.5
Romsey District	30	1.5	16.2	46.4	35.9	28.4
Demographic indicators						

Household size²

1 person	33	1.1	20.5	32.8	45.7	28.6
2 or 3 people	215	3.5	32.3	34.6	29.6	27.8
4 or 5 people	137	1.1	37.6	34.7	26.6	27.4
More than 5 people	9	0.0	26.3	52.3	21.4	28.2
Born overseas	72	3.5	30.1	49.2	17.2	26.1
Born in Australia	423	4.2	38.1	29.6	28.1	26.6
Speaks other main language*	0	-	-	-	-	-
Speaks English as main language	495	4.1	36.9	32.7	26.3	26.5
Aboriginal and/or Torres Strait Islander*	3	0.0	73.2	26.8	0.0	19.3
Not Aboriginal or Torres Strait Islander	489	4.2	36.9	32.3	26.7	26.6
LGBTQIA+*	28	0.0	25.3	52.1	22.6	28.6
Non-LGBTQIA+	462	4.4	37.8	31.0	26.8	26.4
Neurodivergent	60	2.5	37.9	27.8	31.8	26.2
Not neurodivergent	336	5.3	36.9	35.4	22.5	26.4
Maybe	50	1.5	42.8	30.0	25.7	25.8
Not sure what neurodivergent means	26	0.0	35.8	25.9	38.3	27.7
Less than Bachelor level education ²	135	2.8	25.3	35.3	36.6	28.7
Holds a Bachelor degree or higher	257	2.0	45.2	34.6	18.2	26.2
Unemployed/Retired ²	114	1.5	28.7	36.2	33.6	28.2
Employed	279	3.0	34.7	34.7	27.7	27.6
Just getting along, poor or very poor ²	82	6.6	37.2	31.1	25.1	27.1
Reasonably comfortable, very comfortable or prosperous	311	1.3	31.4	36.4	31.0	28.0
Requires help with daily activities*	25	13.6	44.1	19.5	22.9	23.7
Does not require help	469	3.7	36.6	33.4	26.3	26.7
Food security (last 12 months)²						
Low or very low food security	27	19.2	28.5	24.5	27.8	26.0
Marginal food security	38	3.0	37.5	35.8	23.7	27.6
High food security	328	0.8	32.5	36.1	30.5	28.0

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

Table 6.5.2 presents the findings between BMI and health and wellbeing, health behaviour and risk behaviour indicators. A greater proportion of those with fair or poor health (58.7% vs 19.1%), and poor mental wellbeing (43.0% vs 23.6%) were classified as obese compared to their counterparts with more positive health and wellbeing.

Obesity rates were not associated with any of the health behaviours; however, respondents who did not meet the fruit intake (27.9% vs 45.9%) and aerobic physical activity (40.7% vs 24.7%)

recommendations were less likely to be in the health weight range compared to those who did meet them.

The only risk behaviour that was associated with obesity was smoking, with ex-smokers (39.5%) more likely to be obese compared to never smokers (22.4%). Those who had gambled in the past 12 months (21.8%) were less likely to be in the healthy weight range compared to those who had not gambled (37.8%).

Table 6.5.2 Body Mass Index by selected health and behaviour characteristics

	Unweighted base ¹ n	Under weight %	Healthy weight %	Overweight %	Obese %	Average BMI #
Total sample	496	4.1	36.8	32.6	26.4	26.5
Health and wellbeing indicators						
Self-reported health - Fair or poor	73	4.3	8.9	28.1	58.7	31.3
Self-reported health - Good, very good, or excellent	423	4.1	43.1	33.7	19.1	25.5
Life satisfaction - Low to moderate (0 to 6) ²	105	7.1	24.7	28.6	39.6	28.6
Life satisfaction - High/very high (7 to 10)	288	0.5	36.2	37.6	25.6	27.4
Does not feel valued by society ²	85	0.8	23.3	33.7	42.2	28.9
Sometimes feel valued by society	180	4.1	37.0	33.0	26.0	27.1
Definitely feel valued by society	129	1.6	33.6	39.3	25.5	27.9
Poor mental wellbeing ²	105	5.1	23.1	28.8	43.0	29.2
Good mental wellbeing	289	1.3	37.1	38.1	23.6	27.1
Health behaviour indicators						
Does not meet fruit intake recommendations	234	2.8	27.9	38.6	30.7	27.8
Meets fruit intake recommendations	262	5.5	45.9	26.5	22.1	25.3
Does not meet vegetable intake recommendations	400	4.1	37.3	30.7	27.9	26.8
Meets vegetable intake recommendations	89	4.7	36.7	44.3	14.3	25.0
Does not meet aerobic physical activity recommendations	118	3.6	24.7	37.2	34.5	26.7
Meets aerobic physical activity recommendations	367	4.4	40.7	31.2	23.6	26.4
Does not meet muscle strengthening recommendations	206	3.9	32.0	33.8	30.4	27.0
Meets muscle strengthening recommendations	227	4.0	36.9	32.5	26.6	27.0
Does not meet screen time recommendations	219	5.4	33.8	27.8	33.0	27.1
Meets screen time recommendations	264	2.5	39.2	36.6	21.7	26.3
Does not meet sleep recommendations	119	3.6	36.5	32.1	27.8	26.8

Meets sleep recommendations	372	4.3	37.0	32.7	26.0	26.4
Drinks sugar-sweetened beverages daily	36	3.1	23.9	34.4	38.5	29.6
Drinks sugar-sweetened beverages less than daily	459	4.2	38.1	32.5	25.1	26.2
Does not meet water recommendations	331	4.8	35.6	33.6	26.0	26.8
Meets water recommendations	154	2.7	41.0	29.2	27.1	25.9
Risk behaviour indicators²						
Current smoker	12	0.0	30.7	46.5	22.7	26.8
Ex-smoker	153	0.5	22.3	37.7	39.5	29.4
Never smoked	228	4.2	40.6	32.9	22.4	26.6
Current vaper*	6	0.0	5.2	62.0	32.8	28.1
Ex-vaper	23	0.0	39.0	28.7	32.2	27.8
Never vaped	361	2.8	33.1	34.6	29.5	27.8
Had more than 4 standard drinks on a single occasion	215	1.6	32.5	36.2	29.7	28.1
Has not had more than 4 standard drinks	177	3.4	33.1	34.1	29.3	27.4
Gambled	99	0.0	21.8	40.4	37.8	29.4
Never gambled	292	3.7	37.8	32.7	25.8	27.0

¹ Base sizes include respondents living in Macedon Ranges Shire. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes.

² Reported only by respondents aged 18 years and over.

* Significance testing not conducted due to small base size.

7. Risk behaviours

The following section contains the findings related to engagement with risk behaviours, including smoking, vaping, excessive alcohol consumption and gambling. These questions were only asked of adults, aged 18 years and above due to government mandated age restrictions for these behaviours. Results in this section are therefore for 2025 ALC respondents aged 18 years and above, and weighting has been applied.

7.1. Smoking

Adult respondents were asked to indicate their current smoking status using the following response options: smoking 'daily', 'occasionally', 'not currently smoking but used to', 'tried a few times but never smoked regularly', or 'never smoked'. As per benchmarks used in the 2022 NHS and the 2023 VPHS, current smokers included those who reported that they smoke daily or occasionally, while ex-smokers include those who used to smoke but do not currently or have tried a few times, as distinct to those who have never smoked.

Compared to the 2023 VPHS which reported the proportion of current adult smokers as 13.9%, the proportion of current adult smokers in the Macedon Ranges Shire according to the 2025 ALC was lower at 2.6% (see Table 7.1.1). No differences in smoking rates were seen between sex, sex and age, or subregions. Current smoking participation rates were higher amongst respondents who lived in 2-3 people households (2.8%) compared to more than 5 people (0.0%).

Table 7.1.1 Smoking by selected demographic characteristics

	Unweighted base ¹ n	Current smoker %	Ex-smoker %	Never smoked %
Total sample	511	2.6	39.3	58.1
Males	121	1.4	45.6	53.0
Females	382	3.7	34.0	62.3
Sex and age				
Males, 18 to 34	6	0.0	15.1	84.9
Males, 35 to 49	31	0.0	42.2	57.8
Males, 50 to 69	46	3.5	46.6	49.9
Males, 70+	38	0.0	53.3	46.7
Females, 18 to 34	31	0.0	22.1	77.9
Females, 35 to 49	158	7.0	40.0	53.0
Females, 50 to 69	145	2.0	36.4	61.6
Females, 70+	48	2.9	22.1	75.0
Subregion				
Gisborne District	101	1.6	31.2	67.1
Kyneton District	139	1.9	40.3	57.7
Lancefield District	36	8.0	37.2	54.9
Macedon-Woodend District	156	3.3	42.4	54.3

Riddells Creek District	38	0.0	47.8	52.2
Romsey District	39	2.8	32.9	64.4
Demographic indicators				
Household size				
1 person	49	0.9	48.3	50.9
2 or 3 people	271	2.8	36.8	60.3
4 or 5 people	180	2.8	42.2	55.0
More than 5 people	11	0.0	31.1	68.9
Born overseas	87	1.7	49.0	49.3
Born in Australia	423	2.8	37.2	60.0
Speaks other main language*	1	0.0	100.0	0.0
Speaks English as main language	509	2.6	39.3	58.1
Aboriginal and/or Torres Strait Islander*	2	0.0	50	50
Not Aboriginal or Torres Strait Islander	505	2.6	39.4	58.1
LGBTQIA+	32	13.5	27.4	59.1
Non-LGBTQIA+	472	1.4	40.6	57.9
Neurodivergent	46	1.6	39.2	59.2
Not neurodivergent	375	2.8	38.9	58.4
Maybe	39	3.7	37.7	58.6
Not sure what neurodivergent means	26	0.9	47.8	51.3
Less than Bachelor level education	165	2.5	41.3	56.2
Holds a Bachelor degree or higher	344	2.6	36.3	61.0
Unemployed/Retired	148	2.0	44.3	53.6
Employed	362	2.8	36.9	60.2
Just getting along, poor or very poor	116	4.9	41.4	53.6
Reasonably comfortable, very comfortable or prosperous	394	1.8	38.7	59.5
Requires help with daily activities*	18	4.0	25.6	70.4
Does not require help	490	2.5	39.9	57.6
Food security (last 12 months)				
Low or very low food security	41	2.4	38.2	59.4
Marginal food security	50	8.3	43.4	48.3
High food security	419	1.8	39.0	59.2

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

* Significance testing not conducted due to small base size.

The proportion of current smokers did not differ across any of the health and wellbeing indicators (see Table 7.1.2). However, smoking status differed by BMI category. A greater proportion of those who were overweight or obese reported being ex-smokers (49.3% vs 26.7%), and a lower proportion reported having never smoked (47.8% vs 70.9%), compared to those who were normal weight or underweight.

A higher proportion of respondents who did not meet aerobic physical activity recommendations were ex-smokers compared with those who met the recommendations (55.3% vs 34.9%). Conversely, a lower proportion of those who did not meet aerobic physical activity recommendations had never smoked compared with those who met the recommendations (40.0% vs 63.1%). Current smoking was lower among respondents who consumed sugar-sweetened beverages daily (0%) compared with those who had sugar-sweetened beverages less than daily (2.9%).

No association was seen between current smoking rates and any of the other risk behaviours. However, a lower proportion of those who had more than 4 standard drinks on a single occasion in the past 12 months (28.7%) reported being ex-smokers compared with those who had not (47.4%). Conversely, a higher proportion of those who had more than 4 standard drinks (69.5%) had never smoked compared with those who had not (49.5%).

Table 7.1.2 Smoking by selected health and behaviour characteristics

	Unweighted base ¹ n	Current smoker %	Ex-smoker %	Never smoked %
Total sample	511	2.6	39.3	58.1
Health and wellbeing indicators				
Self-reported health - Fair or poor	95	4.1	42.8	53.1
Self-reported health - Good, very good, or excellent	414	2.2	38.2	59.6
Life satisfaction - Low to moderate (0 to 6)	146	2.8	39.7	57.5
Life satisfaction - High/very high (7 to 10)	363	2.5	39.3	58.2
Does not feel valued by society	113	2.4	41.7	55.9
Sometimes feel valued by society	244	3.0	37.3	59.7
Definitely feel valued by society	153	2.1	40.5	57.4
Poor mental wellbeing	138	2.9	41.2	55.9
Good mental wellbeing	373	2.4	38.5	59.1
Overweight or obese (BMI ≥ 25.0)	167	2.9	49.3	47.8
Normal range or underweight (BMI < 25.0)	226	2.4	26.7	70.9
Health behaviour indicators				
Does not meet fruit intake recommendations	285	2.7	40.2	57.1
Meets fruit intake recommendations	225	2.4	38.0	59.6
Does not meet vegetable intake recommendations	414	2.0	41.2	56.8
Meets vegetable intake recommendations	86	6.7	26.6	66.6
Does not meet aerobic physical activity recommendations	92	4.7	55.3	40.0
Meets aerobic physical activity recommendations	407	2.1	34.9	63.1
Does not meet muscle strengthening recommendations	203	5.0	40.1	54.9
Meets muscle strengthening recommendations	268	1.0	38.1	61.0
Does not meet screen time recommendations	202	3.3	37.9	58.8

Meets screen time recommendations	298	2.1	41.2	56.7
Does not meet sleep recommendations	124	1.9	36.9	61.2
Meets sleep recommendations	380	2.9	40.3	56.8
Drinks sugar-sweetened beverages daily	38	0.0	31.3	68.7
Drinks sugar-sweetened beverages less than daily	472	2.9	40.3	56.9
Does not meet water recommendations	349	3.1	41.4	55.5
Meets water recommendations	149	1.5	34.2	64.3
Risk behaviour indicators				
Current vaper*	12	10.6	84.0	5.4
Ex-vaper	27	9.8	70.3	20.0
Never vaped	469	1.5	35.7	62.8
Had more than 4 standard drinks on a single occasion	279	1.9	28.7	69.5
Has not had more than 4 standard drinks	231	3.1	47.4	49.5
Gambled	125	3.9	47.7	48.4
Never gambled	383	2.0	35.5	62.5

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

* Significance testing not conducted due to small base size.

7.2. Vaping

Using the same question word as for smoking, adult respondents were asked to indicate their current vaping status using the following response options: vaping 'daily', 'occasionally', 'not currently vaping but used to', 'tried a few times but never vaped regularly', or 'never vaped'. As per benchmarks used in the 2022 NHS and the 2023 VPHS for smoking, current vapers included those who reported that they vape daily or occasionally, while ex-vapers include those who used to vape but do not currently or have tried a few times, as distinct to those who have never vaped.

Compared to the 2023 VPHS, which reported the proportion of current adult vapers as 7.2%, the proportion of current adult vapers in the Macedon Ranges Shire according to the 2025 ALC was lower at 2.6% (see Table 7.2.1). No differences in vaping rates were seen by sex, sex and age or subregion. Respondents who were employed were more likely to be current vapers than those who were unemployed or retired (4.0% vs 0%).

Table 7.2.1 Vaping by selected demographic characteristics

	Unweighted base ¹	Current vaper	Ex-vaper	Never vaped
	n	%	%	%
Total sample	509	2.6	7.0	90.3
Males	120	2.0	7.6	90.5
Females	381	3.3	6.8	89.9
Sex and age				

Males, 18 to 34	6	15.1	23.4	61.6
Males, 35 to 49	31	4.4	13.5	82.2
Males, 50 to 69	45	0.0	4.9	95.1
Males, 70+	38	0.0	3.4	96.6
Females, 18 to 34	31	3.4	20.2	76.4
Females, 35 to 49	157	5.2	8.2	86.6
Females, 50 to 69	145	2.3	1.2	96.4
Females, 70+	48	0.0	0.0	100.0
Subregion				
Gisborne District	102	4.7	6.6	88.7
Kyneton District	139	1.6	3.1	95.3
Lancefield District	35	0.0	8.7	91.3
Macedon-Woodend District	155	1.8	7.9	90.3
Riddells Creek District	38	7.1	9.0	84.0
Romsey District	38	1.5	14.4	84.2
Demographic indicators				
Household size				
1 person	49	2.4	0.0	97.6
2 or 3 people	271	2.3	7.8	89.9
4 or 5 people	178	2.7	6.1	91.2
More than 5 people	11	8.9	22.3	68.9
Born overseas	85	0.0	3.6	96.4
Born in Australia	423	3.2	7.8	89.0
Speaks other main language*	1	0.0	0.0	100.0
Speaks English as main language	507	2.7	7.1	90.3
Aboriginal and/or Torres Strait Islander*	2	0.0	0.0	100.0
Not Aboriginal or Torres Strait Islander	504	2.7	7.1	90.3
LGBTQIA+	32	3.4	13.3	83.2
Non-LGBTQIA+	471	2.6	6.5	90.9
Neurodivergent	46	5.1	9.6	85.3
Not neurodivergent	374	2.2	7.2	90.5
Maybe	39	7.9	8.6	83.6
Not sure what neurodivergent means	26	0.0	5.1	94.9
Less than Bachelor level education	164	2.2	8.2	89.7
Holds a Bachelor degree or higher	344	3.4	5.4	91.2
Unemployed/Retired	148	0.0	3.7	96.3
Employed	360	4.0	8.7	87.4
Just getting along, poor or very poor	114	4.4	12.7	82.9
Reasonably comfortable, very comfortable or prosperous	394	2.1	5.2	92.7
Requires help with daily activities*	18	0.0	0.0	100.0

Does not require help	489	2.8	7.3	89.9
Food security (last 12 months)				
Low or very low food security	41	8.1	16.4	75.5
Marginal food security	47	1.5	13.8	84.8
High food security	420	2.1	5.1	92.8

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

* Significance testing not conducted due to small base size.

There were no associations found between vaping status and any of the health and wellbeing or health behaviour indicators examined (see Table 7.2.2). Vaping status was associated with smoking status and risky alcohol consumption. Specifically, ex-smokers were more likely than never smokers to be current vapers (5.6% vs 0.2%) or ex-vapers (12.6% vs 2.4%). Conversely, ex-smokers were less likely than never smokers to have never vaped (81.8% vs 97.3%). Similarly, a lower proportion of respondents who had more than 4 standard drinks on a single occasion in the past 12 months had never vaped (85.4%) compared to those who had not engaged in risky alcohol consumption (96.7%). Strategies to reduce vaping rates should therefore be implemented alongside approaches that address other related risk behaviours.

Table 7.2.2 Vaping by selected health and behaviour characteristics

	Unweighted base ¹ n	Current vaper %	Ex-vaper %	Never vaped %
Total sample	509	2.6	7.0	90.3
Health and wellbeing indicators				
Self-reported health - Fair or poor	94	2.8	2.8	94.5
Self-reported health - Good, very good, or excellent	413	2.6	8.2	89.2
Life satisfaction - Low to moderate (0 to 6)	145	4.1	9.5	86.5
Life satisfaction - High/very high (7 to 10)	363	2.0	5.9	92.1
Does not feel valued by society	111	2.3	11.9	85.8
Sometimes feel valued by society	244	3.5	7.7	88.8
Definitely feel valued by society	153	1.6	1.4	96.9
Poor mental wellbeing	138	2.1	9.5	88.4
Good mental wellbeing	371	2.9	5.9	91.2
Overweight or obese (BMI ≥25.0)	223	2.8	7.0	90.2
Normal range or underweight (BMI <25.0)	167	0.3	8.1	91.6
Health behaviour indicators				
Does not meet fruit intake recommendations	283	3.1	6.5	90.4
Meets fruit intake recommendations	225	1.8	7.8	90.4
Does not meet vegetable intake recommendations	412	2.6	7.8	89.6

Meets vegetable intake recommendations	86	2.7	3.5	93.7
Does not meet aerobic physical activity recommendations	90	3.7	7.9	88.4
Meets aerobic physical activity recommendations	407	1.9	7.0	91.1
Does not meet muscle strengthening recommendations	203	2.3	9.6	88.1
Meets muscle strengthening recommendations	268	2.0	5.6	92.4
Does not meet screen time recommendations	202	3.2	5.3	91.5
Meets screen time recommendations	297	2.2	8.6	89.1
Does not meet sleep recommendations	122	3.3	14.8	81.9
Meets sleep recommendations	380	2.4	4.2	93.4
Drinks sugar-sweetened beverages daily	38	3.8	17.6	78.6
Drinks sugar-sweetened beverages less than daily	470	2.5	5.9	91.6
Does not meet water recommendations	347	2.6	6.5	90.9
Meets water recommendations	149	3.1	9.0	87.9
Risk behaviour indicators				
Current smoker	13	12.2	29.8	58.0
Ex-smoker	191	5.6	12.6	81.8
Never smoker	304	0.2	2.4	97.3
Had more than 4 standard drinks on a single occasion	278	4.3	10.3	85.4
Has not had more than 4 standard drinks	230	0.5	2.8	96.7
Gambled	126	2.5	4.8	92.7
Never gambled	381	2.7	8.0	89.2

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

7.3. Alcohol consumption

The National Health and Medical Research Council (NHMRC) uses a measure of excessive alcohol consumption to identify individuals who are at risk of alcohol-related injury on a single occasion. The risk associated with excessive drinking includes risk of death or injury due to road transport accidents, falls, drowning, assault, suicide and acute alcohol toxicity. People are classified as being at risk due to the acute effects of excess alcohol consumption if they have consumed more than four standard drinks on a single occasion in the past 12 months. To assess risk of harm in the 2025 ALC, respondents aged over 18 years were asked how often they had consumed more than four standard drinks in a day. Respondents who reported having more than four standard drinks on a single occasion in the past 12 months were classified as being at risk according to NHMRC guidelines.

Overall, 56.7% of all respondents 18 years and over reported they had engaged in risky drinking behaviour in (at least) one sitting in the last 12 months, which is over the guideline for 'at risk' alcohol consumption. This compares to benchmarks of 17.9% for respondents to the 2022 NHS and 41.3% for respondents of the 2023 VPHS, respectively. Respondents from the Macedon Ranges Shire were

therefore more likely to engage in risky drinking behaviour than the benchmarks suggest for Victorian residents more broadly.

No significant differences in risky alcohol consumption in the past 12 months were seen by sex or subregion. However, among females, those aged 18 to 34 years (69.5%) and 35 to 49 years (61.2%) were more likely to report risky alcohol consumption than females aged 70 years and over (33.8%). No other demographic characteristics were associated with risky alcohol consumption.

Table 7.3.1 Risky alcohol consumption on single occasion by selected demographic characteristics

	Unweighted base ¹	Risky alcohol consumption in past year	No risky alcohol consumption in past year
	n	%	%
Total sample	511	56.7	43.3
Males	121	58.1	41.9
Females	382	55.9	44.1
Sex and age			
Males, 18 to 34	6	83.6	16.4
Males, 35 to 49	31	66.7	33.3
Males, 50 to 69	46	56.2	43.8
Males, 70+	38	48.7	51.3
Females, 18 to 34	31	69.5	30.5
Females, 35 to 49	158	61.2	38.8
Females, 50 to 69	145	50.5	49.5
Females, 70+	48	33.8	66.2
Subregion			
Gisborne District	102	58.0	42.0
Kyneton District	138	55.2	44.8
Lancefield District	36	62.4	37.6
Macedon-Woodend District	156	57.8	42.2
Riddells Creek District	38	49.8	50.2
Romsey District	39	62.6	37.4
Demographic indicators			
Household size			
1 person	49	54.1	45.9
2 or 3 people	271	55.2	44.8
4 or 5 people	180	60.9	39.1
More than 5 people	11	50.4	49.6
Born overseas	87	63.2	36.8
Born in Australia	423	55.3	44.7
Speaks other main language*	1	0.0	100.0
Speaks English as main language	509	56.8	43.2

Aboriginal and/or Torres Strait Islander*	2	50.0	50.0
Not Aboriginal or Torres Strait Islander	505	56.7	43.3
LGBTQIA+	32	58.9	41.1
Non-LGBTQIA+	472	56.7	43.3
Neurodivergent	46	42.6	57.4
Not neurodivergent	375	61.6	38.4
Maybe	39	39.7	60.3
Not sure what neurodivergent means	26	57.8	42.2
Less than Bachelor level education	165	55.2	44.8
Holds a Bachelor degree or higher	344	59.3	40.7
Unemployed/Retired	148	48.5	51.5
Employed	362	60.8	39.2
Just getting along, poor or very poor	116	61.6	38.4
Reasonably comfortable, very comfortable or prosperous	394	55.1	44.9
Requires help with daily activities*	18	40.7	59.3
Does not require help	490	57.6	42.4
Food security (last 12 months)			
Low or very low food security	41	62.0	38.0
Marginal food security	50	60.4	39.6
High food security	419	55.6	44.4

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

* Significance testing not conducted due to small base size.

Risky alcohol consumption was not found to be associated with any of the health and wellbeing indicators (see Table 7.3.2). Among health behaviour indicators, risky alcohol consumption in the past 12 months was only associated with fruit intake recommendations. Respondents who did not meet fruit intake recommendations (64.0%) were more likely to report risky alcohol consumption than those who did meet the fruit intake recommendations (47.1%).

Consistent with published literature, risky alcohol consumption was associated with other risk-taking behaviours. Ex-smokers (68.4%) and those who gambled in the past 12 months (70.2%) were more likely to consume risky amounts of alcohol compared to those who never smoked (48.2%) and never gambled (51.1%). As with the recommendation for vaping, strategies to reduce alcohol consumption should be paired with measures that address other related risk behaviours.

Table 7.3.2 Risky alcohol consumption by selected health and behaviour characteristics

	Unweighted base ¹	Risky alcohol consumption in past year	No risky alcohol consumption in past year
	n	%	%
Total sample	511	56.7	43.3
Health and wellbeing indicators			

Self-reported health - Fair or poor	95	57.9	42.1
Self-reported health - Good, very good, or excellent	414	56.4	43.6
Life satisfaction - Low to moderate (0 to 6)	146	61.1	38.9
Life satisfaction - High/very high (7 to 10)	363	54.5	45.5
Does not feel valued by society	113	64.0	36.0
Sometimes feel valued by society	245	55.7	44.3
Definitely feel valued by society	152	51.7	48.3
Poor mental wellbeing	138	56.9	43.1
Good mental wellbeing	373	56.6	43.4
Overweight or obese (BMI ≥ 25.0)	226	56.0	44.0
Normal range or underweight (BMI < 25.0)	166	53.3	46.7
Health behaviour indicators			
Does not meet fruit intake recommendations	285	64.0	36.0
Meets fruit intake recommendations	225	47.1	52.9
Does not meet vegetable intake recommendations	415	59.0	41.0
Meets vegetable intake recommendations	85	44.2	55.8
Does not meet aerobic physical activity recommendations	92	54.4	45.6
Meets aerobic physical activity recommendations	407	57.9	42.1
Does not meet muscle strengthening recommendations	204	61.2	38.8
Meets muscle strengthening recommendations	267	56.4	43.6
Does not meet screen time recommendations	202	58.2	41.8
Meets screen time recommendations	298	55.4	44.6
Does not meet sleep recommendations	124	58.9	41.1
Meets sleep recommendations	380	55.6	44.4
Drinks sugar-sweetened beverages daily	38	74.3	25.7
Drinks sugar-sweetened beverages less than daily	472	54.9	45.1
Does not meet water recommendations	349	57.5	42.5
Meets water recommendations	149	55.9	44.1
Risk behaviour indicators			
Current smoker	14	68.5	31.5
Ex-smoker	191	68.4	31.6
Never smoker	305	48.2	51.8
Current vaper*	12	91.4	8.6
Ex- vaper	27	82.6	17.4
Never vaper	469	53.5	46.5

Gambled	126	70.2	29.8
Never gambled	382	51.1	48.9

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

* Significance testing not conducted due to small base size.

7.4. Gambling

Two gambling related questions were asked in the 2025 ALC. The first gambling-related question asked respondents how often, if at all, they had gambled in the last 12 months. Overall, 30.2% of ALC respondents in Macedon Ranges reported having gambled at some time during the past 12 months. This figure is marginally higher than the 29.5% reported by 2019 ALC Macedon Ranges respondents, but lower than the 39.1% reported in the 2023 VPHS.

The second gambling-related question asked those who had gambled at some time in the past 12 months, which type/s of gambling that they had engaged in. A list of nine (9) different gambling types was provided, as well as an option to report an 'other' type of gambling if it wasn't included in the list.

7.4.1. Gambling frequency

Of the Macedon Ranges Shire residents who responded to the survey, 3% reported that they gambled every week over the past 12 months (see Table 7.4.1). No differences in weekly gambling rates were seen between sex, sex and age or subregions. For monthly gambling rates, no differences were seen between age groups among males. However, among females, monthly or less frequent gambling rates was higher among those aged 35 to 49 years (24.3%) and 50 to 69 years (22.3%) than among those aged 18 to 34 years (6.9%).

Gambling status was also associated with food security. Weekly gambling was more commonly reported by those with high food security (3.6%) compared to those with marginal food security (0%). Monthly or less frequent gambling was more common among respondents with high food security (29.7%) and marginal food security (32.1%) than among those with low or very low food security (2.4%). Conversely, respondents with low or very low food security were more likely to have not gambled at all in the past 12 months (96.1%) compared to those with marginal food security (67.9%) or high (66.7%) food security.

Table 7.4.1.1 Gambling frequency by selected demographic characteristics

	Unweighted base ¹ n	Weekly %	Monthly or less often %	Never gambled %
Total sample	509	3.0	27.2	69.8
Males	121	5.5	34.9	59.5
Females	380	0.9	20.7	78.5
Sex and age				
Males, 18 to 34	6	15.1	30.1	54.8
Males, 35 to 49	31	0.0	33.6	66.4
Males, 50 to 69	46	6.1	41.6	52.3
Males, 70+	38	6.8	28.0	65.2
Females, 18 to 34	31	0.0	6.9	93.1
Females, 35 to 49	157	0.4	24.3	75.3
Females, 50 to 69	145	0.4	22.4	77.2
Females, 70+	47	5.7	23.1	71.2
Subregion				

Gisborne District	101	0.4	20.4	79.1
Kyneton District	139	0.0	28.7	71.3
Lancefield District	35	3.8	32.8	63.4
Macedon-Woodend District	156	4.1	21.4	74.5
Riddells Creek District	38	9.0	32.3	58.7
Romsey District	38	7.0	34.3	58.7

Demographic indicators

Household size

1 person	49	8.4	30.6	61.0
2 or 3 people	270	3.3	29.7	67.0
4 or 5 people	179	1.1	22.0	77.0
More than 5 people	11	0.0	22.3	77.7
Born overseas	86	1.3	19.6	79.1
Born in Australia	422	3.4	28.9	67.7
Speaks other main language*	1	0	0	100.0
Speaks English as main language	501	3.0	27.3	69.7
Aboriginal and/or Torres Strait Islander*	2	0.0	0.0	100.0
Not Aboriginal or Torres Strait Islander	504	3.0	27.2	69.8
LGBTQIA+	32	2.7	18.0	79.3
Non-LGBTQIA+	471	3.1	28.1	68.9
Neurodivergent	46	0.0	19.4	80.6
Not neurodivergent	374	3.4	27.1	69.5
Maybe	39	0.0	27.3	72.7
Not sure what neurodivergent means	26	5.1	30.1	64.7
Less than Bachelor level education	165	3.0	31.5	65.5
Holds a Bachelor degree or higher	343	3.0	20.9	76.1
Unemployed/Retired	147	4.5	28.3	67.2
Employed	361	2.3	26.7	71.0
Just getting along, poor or very poor	116	0.6	24.6	74.8
Reasonably comfortable, very comfortable or prosperous	392	3.8	28.1	68.0
Requires help with daily activities*	18	1.8	30.7	67.5
Does not require help	489	3.1	27.0	70.0

Food security (last 12 months)

Low or very low food security	41	1.5	2.4	96.1
Marginal food security	49	0.0	32.1	67.9
High food security	418	3.6	29.7	66.7

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

* Significance testing not conducted due to small base size.

The only health and wellbeing indicators associated with gambling frequency is BMI (see Table 7.4.1.2). Specifically, those who reported being overweight or obese were more likely to report being weekly gamblers (5.6%) compared to those in the normal or underweight range (0%). Additionally, respondents who did not consume sugar-sweetened beverages daily (3.3%) were more likely to gamble weekly than those who consumed sugar-sweetened beverages daily (0%). Those who engaged in risky alcohol consumption (62.7%) in the past 12 months were less likely to report no gambling compared to those who did not engage in risky alcohol consumption (79.1%).

Table 7.4.1.2 Gambling frequency by selected health and behaviour characteristics

	Unweighted base ¹ n	Weekly %	Monthly or less often %	Never gambled %
Total sample	509	3.0	27.2	69.8
Health and wellbeing indicators				
Self-reported health - Fair or poor	93	0.4	35.7	63.9
Self-reported health - Good, very good, or excellent	414	3.7	24.9	71.3
Life satisfaction - Low to moderate (0 to 6)	144	2.9	30.2	66.9
Life satisfaction - High/very high (7 to 10)	363	3.1	25.9	71.0
Does not feel valued by society	111	3.0	22.1	74.9
Sometimes feel valued by society	244	1.8	29.5	68.6
Definitely feel valued by society	153	5.0	28.0	67.0
Poor mental wellbeing	137	4.2	33.2	62.6
Good mental wellbeing	372	2.5	24.4	73.1
Overweight or obese (BMI ≥ 25.0)	225	5.6	32.4	62.0
Normal range or underweight (BMI < 25.0)	166	0.0	19.5	80.5
Health behaviour indicators				
Does not meet fruit intake recommendations	284	4.2	29.3	66.4
Meets fruit intake recommendations	224	1.4	24.2	74.3
Does not meet vegetable intake recommendations	413	3.0	28.4	68.6
Meets vegetable intake recommendations	85	3.7	18.2	78.1
Does not meet aerobic physical activity recommendations	90	0.8	33.2	66.0
Meets aerobic physical activity recommendations	408	3.0	25.4	71.6
Does not meet muscle strengthening recommendations	203	1.1	25.8	73.1
Meets muscle strengthening recommendations	267	4.0	26.5	69.5
Does not meet screen time recommendations	202	3.4	35.0	61.7
Meets screen time recommendations	296	2.8	20.8	76.3
Does not meet sleep recommendations	123	2.8	29.7	67.5

Meets sleep recommendations	379	2.8	26.6	70.6
Drinks sugar-sweetened beverages daily	38	0.0	38.0	62.0
Drinks sugar-sweetened beverages less than daily	470	3.3	26.1	70.6
Does not meet water recommendations	348	4.0	28.4	67.5
Meets water recommendations	148	0.5	25.3	74.2
Risk behaviour indicators				
Current smoker	14	8.6	37.5	53.9
Ex-smoker	190	5.1	31.6	63.3
Never smoker	304	1.3	23.7	75.0
Current vaper*	12	17.1	11.7	71.2
Ex- vaper	27	0.0	20.6	79.4
Never vaper	468	2.9	28.3	68.8
Had more than 4 standard drinks on a single occasion	280	4.4	32.9	62.7
Has not had more than 4 standard drinks	228	1.2	19.7	79.1

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

* Significance testing not conducted due to small base size.

7.4.2. Types of gambling

Table 7.4.2.1 below provides a summary of the proportion of respondents who engaged in various types of gambling over the past 12 months, ranked in order from most to least popular. Respondents could report participating in as many different types of gambling as they engaged in. Therefore, the proportions do not add up to 100%. The most common form of gambling was lottery with 71.3% of respondents who engaged in gambling participating in the lottery. The next most common were race betting (30.4%), sports betting (19.4%) and electronic gaming machines (9.4%).

Table 7.4.2.2 provides an overview of participation in the top three most common types of gambling by age, sex and age, and subregions.

Table 7.4.2.1 Types of gambling

Types of gambling	%	¹ N=126
Lottery	71.3	88
Race betting	30.4	42
Sports betting	19.4	23
Electronic gaming machines	9.4	16
Instant scratch tickets	6.6	13
Keno or bingo	4.9	3
Casino table games	4.0	5
Online casino games	2.5	2
Private betting	1.6	2

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

Table 7.4.2.2 Types of gambling by selected demographic characteristics

	Unweighted base ¹	Lottery	Race betting	Sports betting
	n	%	%	%
Total sample	126	71.3	30.4	19.4
Males	43	72.0	29.4	22.1
Females	81	71.7	32.7	15.3
Males, 18 to 34	3	66.7	33.3	100.0
Males, 35 to 49	9	60.0	40.0	60.0
Males, 50 to 69	19	76.9	33.3	2.5
Males, 70+	12	72.9	13.6	9.7
Females, 18 to 34	4	50.0	75.0	50.0
Females, 35 to 49	35	66.8	32.8	22.0
Females, 50 to 69	29	75.5	31.5	5.1
Females, 70+	13	85.0	19.7	9.4
Subregion				
Gisborne District	21	83.2	25.2	8.0
Kyneton District	33	75.0	33.7	22.7
Lancefield District	11	79.2	28.4	38.4
Macedon-Woodend District	35	87.8	34.2	11.0
Riddells Creek District	12	45.2	41.3	25.1
Romsey District	12	43.9	19.0	20.9

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

* Significance testing not conducted due to small base size.

Appendix A: Detailed description of weighting

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

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

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

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

Each step will now be covered in turn.

Design weights

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

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

For the 2025 ALC, all households in the six LGAs, and all household members aged 3 years and over were in-scope for the survey, so all respondents get a design weight of 1.

Calibrating to population benchmarks

To ensure that estimates made from the dataset are representative of the target population, the design weights are adjusted so that they match external benchmarks of key demographic parameters likely to be correlated with the survey outcomes and propensity to participate. The benchmarks used for the adults in the 2025 ALC were age by education, sex and country of birth, while children (aged 3 to 17) were weighted by age and sex only. All benchmarks and weights were calculated separately for each LGA.

The method for calibrating the design weights was generalised regression weighting (GREG weighting) which uses non-linear optimisation to minimise the distance between the design and calibrated weights subject to the weights meeting the benchmarks. Following calibration to the population benchmarks, extremely large weights were capped to limit variance inflation, and the weights were subsequently recalibrated so that benchmark alignment was maintained.

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

Treatment of missing values

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

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

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

Questionnaire item	Not stated		Related weighting characteristic(s)
	n	%	
A1. What Shire or Council area do you live in?	Nil	0	All benchmarks
B1. Firstly, how old are you?	166	2.0	All benchmarks
B2. Which of the following best describes your current sex identity?	218	2.6	Sex
B6. In which country were you born?	162	1.97	Country of birth
B7. What is the highest level of education you have completed?	140	2.24	Age by education
Total number of respondents with one or more missing values for weighting items	336	4.08	

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

Benchmarks

The benchmarks used for weighting across Macedon Ranges Shire can be seen in Table A2. Benchmarks for education and country of birth have been adjusted so that age by region totals are consistent across benchmarks.

Table A2 Macedon Ranges – Population benchmarks used for calibration

Benchmark category		Population proportion ¹
Age group	Education	%
3 to 9	-	14.1
14 to 17	-	9.5
18 to 34	Has Bachelors	3.7
	No Bachelors	11.8
35 to 49	Has Bachelors	9.2
	No Bachelors	12.1
50 to 69	Has Bachelors	8.5
	No Bachelors	18.8
70+	Has Bachelors	2.6
	No Bachelors	9.5
Age	Sex	
3 to 17	Male	12.1
	Female	11.5
18+	Male	37.5
	Female	38.8
Age	Country of birth	
3 to 17	-	23.7
18+	Australia	63.4
	Other	12.9

¹Population benchmarks sourced from ABS Census 2021

References

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Appendix B: Questionnaire

2025
**Active
Living**
CENSUS



Census Booklet

Help shape a healthier
tomorrow!



Introduction

This survey asks you questions about your health and wellbeing, recreational activities, and use of public open spaces and facilities. This will help us to plan programs, services and infrastructure that meets the needs of the community.

You may find some of these questions to be personal or sensitive. Please be assured that your answers are confidential and anonymous – no individual will be identifiable from the data provided to us.

We strongly encourage you to complete all questions. However, if there are any questions you would prefer not to answer, please leave these blank.



Section A – Demographic Questions

This first set of questions asks you about your household and personal demographic situation.

You may find some of these questions to be personal or sensitive. Please be assured that your answers are confidential and anonymous – no individual will be identifiable from the data provided to us.

We strongly encourage you to complete all questions. However, if there are any questions you would prefer not to answer, please leave these blank.

A1	What Shire or Council area do you live in?	☐ Central Goldfields Shire ☐ Greater Bendigo ☐ Loddon Shire ☐ Macedon Ranges Shire ☐ Mount Alexander Shire ☐ Shire of Campaspe	
A2	What is the suburb or town of your residence?		
A3	What is the postcode of your residence?		
A4	Including yourself, how many people currently live in your household?	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6	☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12+
A5	What is your age?	years old	
A6	Which of the following best describes your current gender identity?	☐ Male ☐ Female ☐ Gender diverse / Non-binary / Self-described / Other ☐ Prefer not to say	
A7	What sex were you assigned at birth?	☐ Male ☐ Female ☐ Something else (<i>please specify</i>) ☐ Prefer not to say	
A8	Do you identify as Aboriginal and/or Torres Strait Islander? <i>We are asking how you identify so that we can better plan programs, services and public spaces to meet the needs of the Aboriginal and Torres Strait Islander community.</i>	☐ No Skip to A9 ☐ Yes, Aboriginal ☐ Yes, Torres Strait Islander ☐ Yes, both Aboriginal and Torres Strait Islander	

A8a	Do you use an Aboriginal Community Controlled Health Organisation for health and wellbeing care?	☐ Yes Skip to A9 ☐ No
A8b	Why not?	
A9	Is English your main language?	☐ Yes ☐ No (please specify)
A10	In which country were you born?	☐ Australia ☐ Other (please specify)
A11	Do you currently identify as LGBTQIA+?	☐ Yes ☐ No
A12	What is the highest level of education you have completed?	☐ Bachelor Degree or higher ☐ TAFE / trade school / diploma ☐ Completed Year 12 ☐ On the job training ☐ Have not finished year 12 and no longer in school ☐ Still in school
A13	In the last week, did you have a job of any kind?	☐ Yes, work for payment or profit ☐ Yes, but currently on holidays, on paid leave, on strike or temporarily stood down ☐ Yes, unpaid work in a family business ☐ Yes, other unpaid work (please specify) ☐ No, do not have a job
A14	Given your current needs and financial responsibilities, would you say that you and your family are...	☐ Prosperous (well off) ☐ Very comfortable ☐ Reasonably comfortable ☐ Just getting along ☐ Poor ☐ Very poor
A15	Which of these statements best describes the food eaten in your household in the last 12 months?	☐ Enough of the kinds of food we want to eat ☐ Enough but not always the kinds of food we want ☐ Sometimes not enough to eat ☐ Often not enough to eat

A16	<i>For these statements, please tell us whether the statement was often true, sometimes true, or never true for your household in the last 12 months:</i>	Often true	Sometimes true	Never true
A16a	We worried whether our food would run out before we got money to buy more.	☐	☐	☐
A16b	The food we bought just didn't last, and we didn't have money to get more.	☐	☐	☐
A16c	We couldn't afford to eat balanced meals.	☐	☐	☐
Skip to Question A21 if you selected "never true" for all statements in Question A16 AND "enough" foods in Question A15				
A17	In the last 12 months, did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?	☐ Yes ☐ No Skip to A18		
A17a	How often did this happen?	☐ Almost every month ☐ Some months but not every month ☐ Only 1 or 2 months		
A18	In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?	☐ Yes ☐ No		
A19	In the last 12 months, did you lose weight because there wasn't enough money for food?	☐ Yes ☐ No		
Skip to Question A21 if you responded "no" to Questions A17, A18 and A19				
A20	In the last 12 months, did you or other adults in your household ever not eat for a whole day because there wasn't enough money for food?	☐ Yes ☐ No Skip to A21		
A20a	How often did this happen?	☐ Almost every month ☐ Some months but not every month ☐ Only 1 or 2 months		
A21	Do you ever need someone to help you with, or be with you for, self-care activities, body movement activities and/or communication activities? (choose all that apply)	☐ No ☐ No, I do not need help with daily activities, however I have been diagnosed with a disability ☐ Yes, need help with self-care activities ☐ Yes, need help with body movement activities ☐ Yes, need help with communication activities		
A22	Are you covered by any of these concession cards? (choose all that apply)	☐ Health Care Card ☐ Pensioner Concession Card ☐ Commonwealth Seniors Health Card ☐ Veterans Affairs Treatment Entitled Card ☐ None of these		

Section B – Movement and nutrition behaviours

The next set of questions asks about your movement and nutrition behaviours.

B1	How many serves of vegetables, legumes or beans do you usually eat each day? <i>A 'serve' of vegetables is 1/2 cup of cooked vegetables or 1 cup of salad vegetables and a serve of legumes or beans is 1/2 cup of cooked, dried or canned beans, peas or lentils.</i> 	serves
B2	How many serves of fruit do you usually eat each day? <i>A 'serve' is 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces.</i> 	serves
B3	Health experts say that you should eat at least 5 serves of vegetables a day. If you don't do this, what is the main reason why not?	
B4	Health experts say you should eat at least 2 serves of fruit a day. If you don't do this, what is the main reason why not?	
B5	How many litres or cups of water do you usually drink in a day?	litres cups
B6	How often do you consume cordial, soft drinks, flavoured mineral water, energy or sports drinks?	☐ Every day ☐ Several times per week ☐ About once a week ☐ About once a fortnight ☐ About once a month ☐ Less often than once per month ☐ Never

B7	During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling?	☐ None Skip to B9 ☐ 1 day ☐ 2 days ☐ 3 days ☐ 4 days ☐ 5 days ☐ 6 days ☐ Every day				
B8	How much time did you usually spend doing vigorous physical activities on one of those days?	hours minutes				
B9	During the last 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, doubles tennis, or brisk walking?	☐ None Skip to B11 ☐ 1 day ☐ 2 days ☐ 3 days ☐ 4 days ☐ 5 days ☐ 6 days ☐ Every day				
B10	How much time did you usually spend doing moderate physical activities on one of those days?	hours minutes				
B11	How often do you do physical activities in your own time that strengthen your muscles (i.e. activities that are not carried out as part of your job)? <i>This includes resistance training such as free weights, using weight machines and exercises like push ups / sit ups along with other tasks you may do around the home such as lifting, carrying or digging. Include all such activities even if you have included them before.</i>	days per week days per month (if less than once a month, record 0)				
B12	During the last 7 days, what do you estimate was the average time per day you spent on screens (e.g., TV, computer, digital tablets) in your free time? Do not include time on screens for work or education.	hours minutes				
B13	During the last 7 days, on average, how much time did you sleep per night?	hours minutes				
B14	Please indicate whether you agree or disagree with the following statements:	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
B14a	I feel that accessing healthy food and drinks in my local area is easy for me.	☐	☐	☐	☐	☐
B14b	I feel that being physically active in my local area is easy for me.	☐	☐	☐	☐	☐

B15	How often do you feel safe and secure in your local area?			☐ Always ☐ Most of the time ☐ Sometimes ☐ Rarely				
B16	How often do you walk or cycle to get to and from places?	Daily	4-6 times a week	1-3 times a week	2-3 times a month	Once a month	Once or twice in last 3 months	Less often
B16a	Walk	☐	☐	☐	☐	☐	☐	☐
B16b	Cycle	☐	☐	☐	☐	☐	☐	☐
B17	During most weeks, how do you travel to your place of work or education? (choose all that apply)			☐ Public transport ☐ Car – as a driver ☐ Car – as a passenger ☐ Truck ☐ Taxi or ride-share service ☐ Motorbike or motor scooter ☐ Bicycle ☐ Walk only ☐ Work/school at home ☐ Other (please specify) ☐ I don't work/not studying				
B18	In the last 12 months, have you participated in physical activities as often as you would like?			☐ Yes Skip to C1 ☐ No				
B19	What are the reasons why you have not done physical activities as often as you would like? (choose all that apply)			☐ Too busy / not enough time ☐ Lack of social support (e.g., no encouragement, no one to go with) ☐ Personal or cultural reasons (please name) ☐ Safety (e.g., poor lighting, remote venue / facility) ☐ Unsure about what activities are available ☐ No cool or shaded areas to exercise locally during hot weather ☐ Poor health / medical condition ☐ Disability ☐ Lack of transport ☐ Cost ☐ Other reason (please specify) 				

Section C – Recreation behaviours, and use of public facilities and open spaces

Next we want to hear about your recreation and use of public facilities and open spaces. This will help us to plan for and improve facilities and spaces to suit you.

C1	In the last 12 months, did you take part in any physical activities for sport, exercise or for recreation?	☐ Yes ☐ No Skip to C45				
C2	In the last 12 months, how many physical activities did you take part in for sport, exercise, or for recreation?	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 or more				
C3	Please select the main physical activity you have taken part in over the last 12 months from the list of physical activities on page 10 and record the number.					
C4	If "other", please specify which is the main physical activity you have taken part in over the last 12 months.					
C5	Approximately, how many times in total have you done this activity during the last 12 months? (including practice or training)	☐ Daily ☐ 4-6 times a week ☐ 1-3 times a week ☐ 2-3 times a month ☐ Once a month ☐ Once or twice every 3 months ☐ Less often				
C6	What is the name of the facility, venue, or place where you took part in this activity most often?					
C7	What is the name of the suburb or town where the facility, venue or place is located?					
C8	How would you rate the quality and accessibility of the facility, venue or place where you took part in this activity?	Very poor	Poor	Average	Good	Excellent
C8a	Quality	☐	☐	☐	☐	☐
C8b	Accessibility	☐	☐	☐	☐	☐
C9	How did you get to this activity?	☐ Public transport ☐ Taxi / Uber ☐ Car ☐ Motorbike or motor scooter ☐ Bicycle ☐ Walked ☐ Other (please specify) 				

List of physical activities

No.	Physical activity	No.	Physical activity
1	Active play (at playgrounds / play centre)	30	Golf
2	Air sports / aviation / drone racing / hang-gliding	31	Gymnastics
3	Aqua aerobics	32	Hockey (indoor / outdoor)
4	Archery	33	Horse racing / harness racing
5	Athletics / track and field	34	Horse riding / equestrian activities / polo
6	Australian rules football (AFL)	35	Jogging / running
7	Badminton	36	Lawn bowls
8	Baseball	37	Martial arts / tai chi
9	Basketball (indoor / outdoor)	38	Minigolf
10	Billiards / snooker / pool	39	Motor sports (cars and bikes)
11	Bocce / boules / pétanque	40	Netball (indoor / outdoor)
12	Boxing	41	Orienteering
13	Bush walking / hiking	42	Rock climbing / abseiling / caving
14	Caneball	43	Rugby league / rugby union / touch football
15	Canoeing / kayaking / rowing / dragon boating / paddle boarding	44	Sailing
16	Carpet bowls	45	Shooting sports
17	Cheerleading	46	Roller sports / inline hockey / roller derby / roller skating
18	Cricket (all types)	47	Skateboarding / scooting
19	Croquet	48	Soccer (indoor / outdoor)
20	Cycling: Mountain bike riding	49	Squash / racquetball
21	Cycling: BMX	50	Swimming
22	Cycling: Road and sport cycling	51	Sword sports / fencing / kendo / swordcraft
23	Cycling: General cycling for recreation or transport	52	Table tennis
24	Dancing / ballet / calisthenics	53	Tennis (indoor / outdoor)
25	Fishing	54	Tenpin bowling
26	Fitness: Gym	55	Triathlons / ironmans
27	Fitness: Indoor group activities / aerobics / Zumba / yoga / pilates	56	Volleyball (all types)
28	Fitness: Outdoor fitness / personal training / group activities	57	Walking
29	Frisbee / boomerang throwing	58	Water-skiing / power boating
		59	Weight lifting / body building
		60	Other

C10	How many kilometres do / did you travel to get to this activity?	km				
Skip to C19 if you have not taken part in any more physical activities						
C11	Please select the physical activity you have taken part in second most often over the last 12 months from the list of physical activities on page 10 and record the number.					
C12	If "other", please specify which physical activity you have taken part in second most often over the last 12 months.					
C13	Approximately, how many times in total have you done this activity during the last 12 months? (including practice or training)	☐ Daily ☐ 4-6 times a week ☐ 1-3 times a week ☐ 2-3 times a month ☐ Once a month ☐ Once or twice every 3 months ☐ Less often				
C14	What is the name of the facility, venue, or place where you took part in this activity most often?					
C15	What is the name of the suburb or town where the facility, venue or place is located?					
C16	How would you rate the quality and accessibility of the facility, venue or place where you took part in this activity?	Very poor	Poor	Average	Good	Excellent
C16a	Quality	☐	☐	☐	☐	☐
C16b	Accessibility	☐	☐	☐	☐	☐
C17	How did you get to this activity?	☐ Public transport ☐ Taxi / Uber ☐ Car ☐ Motorbike or motor scooter ☐ Bicycle ☐ Walked ☐ Other (please specify) 				
C18	How many kilometres do / did you travel to get to this activity?	km				
C19	Thank you for providing those details regarding the physical activities that you took part in most often over the last 12 months. Is there anything else that you would like to let us know about your participation in these activities, or in regard to any additional physical activities that you also took part in? (for example, travel requirements, cost, facilities/venues/locations, availability and accessibility of options etc.)					

C20	If you mentioned that you took part in more than two physical activities over the past year, would you like to answer some more questions about those extra activities?	☐ Yes ☐ No Skip to C45				
C21	Please select the physical activity you have taken part in third most often over the last 12 months from the list of physical activities on page 10 and record the number.					
C22	If "other", please specify which physical activity you have taken part in third most often over the last 12 months.					
C23	Approximately, how many times in total have you done this activity during the last 12 months? (including practice or training)	☐ Daily ☐ 4-6 times a week ☐ 1-3 times a week ☐ 2-3 times a month ☐ Once a month ☐ Once or twice every 3 months ☐ Less often				
C24	What is the name of the facility, venue, or place where you took part in this activity most often?					
C25	What is the name of the suburb or town where the facility, venue or place is located?					
C26	<i>How would you rate the quality and accessibility of the facility, venue or place where you took part in this activity?</i>	Very poor	Poor	Average	Good	Excellent
C26a	Quality	☐	☐	☐	☐	☐
C26b	Accessibility	☐	☐	☐	☐	☐
C27	How did you get to this activity?	☐ Public transport ☐ Taxi / Uber ☐ Car ☐ Motorbike or motor scooter ☐ Bicycle ☐ Walked ☐ Other (please specify) 				
C28	How many kilometres do / did you travel to get to this activity?	km				
Skip to C45 if you have not taken part in any more physical activities						
C29	Please select the physical activity you have taken part in fourth most often over the last 12 months from the list of physical activities on page 10 and record the number.					
C30	If "other", please specify which physical activity you have taken part in fourth most often over the last 12 months.					

C31	Approximately, how many times in total have you done this activity during the last 12 months? (including practice or training)	☐ Daily ☐ 4-6 times a week ☐ 1-3 times a week ☐ 2-3 times a month ☐ Once a month ☐ Once or twice every 3 months ☐ Less often				
C32	What is the name of the facility, venue, or place where you took part in this activity most often?					
C33	What is the name of the suburb or town where the facility, venue or place is located?					
C34	How would you rate the quality and accessibility of the facility, venue or place where you took part in this activity?	Very poor	Poor	Average	Good	Excellent
C34a	Quality	☐	☐	☐	☐	☐
C34b	Accessibility	☐	☐	☐	☐	☐
C35	How did you get to this activity?	☐ Public transport ☐ Taxi / Uber ☐ Car ☐ Motorbike or motor scooter ☐ Bicycle ☐ Walked ☐ Other (please specify) 				
C36	How many kilometres do / did you travel to get to this activity?	km				
Skip to C45 if you have not taken part in any more physical activities						
C37	Please select the physical activity you have taken part in fifth most often over the last 12 months from the list of physical activities on page 10 and record the number.					
C38	If "other", please specify which physical activity you have taken part in fifth most often over the last 12 months.					
C39	Approximately, how many times in total have you done this activity during the last 12 months? (including practice or training)	☐ Daily ☐ 4-6 times a week ☐ 1-3 times a week ☐ 2-3 times a month ☐ Once a month ☐ Once or twice every 3 months ☐ Less often				

C40	What is the name of the facility, venue, or place where you took part in this activity most often?							
C41	What is the name of the suburb or town where the facility, venue or place is located?							
C42	How would you rate the quality and accessibility of the facility, venue or place where you took part in this activity?	Very poor	Poor	Average	Good	Excellent		
C42a	Quality	☐	☐	☐	☐	☐		
C42b	Accessibility	☐	☐	☐	☐	☐		
C43	How did you get to this activity?	☐ Public transport ☐ Taxi / Uber ☐ Car ☐ Motorbike or motor scooter ☐ Bicycle ☐ Walked ☐ Other (please specify) 						
C44	How many kilometres do / did you travel to get to this activity?	km						
C45	In the last 12 months, how often have you used the following in your area?	Daily	4-6 times a week	1-3 times a week	2-3 times a month	Once a month	Once or twice in last 3 months	Less often / never
C45a	Public open spaces	☐	☐	☐	☐	☐	☐	☐
C45b	Off-road walking and cycling tracks	☐	☐	☐	☐	☐	☐	☐
C45c	Footpaths	☐	☐	☐	☐	☐	☐	☐
C46	Which of the following types of public facilities or open spaces have you used in your area in the last 12 months? (choose all that apply)	☐ Swimming pools / splash parks ☐ Indoor sports / leisure / fitness centres ☐ Sports grounds, ovals and clubrooms ☐ Halls / community centres ☐ After hours usage of education facilities (e.g., school, TAFE, university) ☐ Parks ☐ Community gardens ☐ Hard courts (e.g., netball / tennis) ☐ Skateparks / BMX ☐ Playgrounds ☐ Other (please specify) ☐ Have not used public facilities and open spaces in my area in the last 12 months Skip to C48						

C47	What are the reasons why you have used public facilities and open spaces in your area in the last 12 months? (choose all that apply)	☐ Exercise / health and fitness ☐ Socialising with family / friends ☐ For fun / enjoyment ☐ Commuting (i.e., to get from a to b) ☐ Exercising the dog ☐ Organised sport (e.g., cricket or netball for a club) ☐ Unstructured physical recreation activities (e.g., going for a walk, playing ball games with friends) ☐ For time to myself ☐ For my mental health and wellbeing ☐ Getting back to nature ☐ Entertaining kids / watching kids' activities ☐ Community event / performance ☐ Taking part in cultural activities or events on Country ☐ Some other reason (please specify)
C48	What improvements would encourage you to use public facilities and open spaces more often?	
C49	Where would you like to see these improvements made? (e.g., name of facility, venue or place)	



Section D – General health and risk behaviours

This last set of questions asks about your general health and risk-taking behaviours.

You may find some of these questions to be personal or sensitive. Please be assured that your answers are confidential and anonymous - no individual will be identifiable from the data provided to us.

We strongly encourage you to complete all questions. However, if there are any questions you would prefer not to answer, please leave these blank.

D1	How tall are you without shoes? (height in centimetres) – <i>OPTIONAL</i>	cm					
D2	What is your weight without clothes or shoes? (weight in kilograms) – <i>OPTIONAL</i>	kg					
D3	In general, would you say your health is...	☐ Excellent ☐ Very good ☐ Good ☐ Fair ☐ Poor					
D4	<i>Please indicate for each of the five statements which is closest to how you have been feeling over the last two weeks.</i>						
		All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
D4a	I have felt cheerful and in good spirits	☐	☐	☐	☐	☐	☐
D4b	I have felt calm and relaxed	☐	☐	☐	☐	☐	☐
D4c	I have felt active and vigorous	☐	☐	☐	☐	☐	☐
D4d	I woke up feeling fresh and rested	☐	☐	☐	☐	☐	☐
D4e	My daily life has been filled with things that interest me	☐	☐	☐	☐	☐	☐
D5	Overall, how satisfied are you with life as a whole these days? <i>This question asks about how satisfied you feel about life in general on a scale from 0 to 10. 0 means you feel 'not at all satisfied' and 10 means 'completely satisfied'.</i>	☐ 0 - Not at all satisfied ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 - Completely satisfied					
D6	Do you feel valued by society?	☐ No, not at all ☐ Not often ☐ Sometimes ☐ Yes, definitely					
Complete D7 to D10 only if age 18 years or above							
D7	Which of the following best describes your smoking status?	☐ Smoke daily ☐ Smoke occasionally ☐ Don't smoke now, but used to ☐ Tried a few times but never smoked regularly ☐ Never smoked					

D8	Which of the following best describes your vaping status?	☐ Vape daily ☐ Vape occasionally ☐ Don't vape now, but used to ☐ Tried a few times but never vaped regularly ☐ Never vaped
D9	In the last 12 months, how often did you have more than four (for women) or five (for men) standard drinks in a day?	☐ Every day ☐ 3-6 days a week ☐ 1-2 days a week ☐ 1-3 days a month ☐ Less than once a month ☐ Never
D10	In the last 12 months, how often did you gamble?	☐ Every day ☐ 3-6 days a week ☐ 1-2 days a week ☐ 1-3 days a month ☐ Less than once a month ☐ Never Skip to D11
D10a	In the last 12 months, what type/s of gambling did you participate in? (choose all that apply)	☐ Casino table games ☐ Online casino games ☐ Sports betting ☐ Race betting ☐ Electronic gaming machines ☐ Keno or bingo ☐ Instant scratch tickets ☐ Lottery ☐ Private betting ☐ Other (please specify)
D11	Do you have any other comments or feedback about what would help you and/or your family be healthier and more active?	

Section E – Children

E1	Do you have any children aged 17 or younger living with you at least 50% of the time?	☐ Yes ☐ No Skip to end of survey
E2	How many children aged between 3-17 years live with you at least 50% of the time?	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ More than 5
Answer the following questions for up to five children between 3-17 years of age, starting with the oldest first		
Child number →		1
E3	What is your child's age?	years old
E4	Which of the following best describes your child's current gender identity?	☐ Male ☐ Female ☐ Gender diverse / Non-binary / Self-described / Other ☐ Prefer not to say
E5	What sex was your child assigned at birth?	☐ Male ☐ Female ☐ Something else (please specify) ☐ Prefer not to say
E6	Does your child identify as Aboriginal and/or Torres Strait Islander? <i>We are asking how you identify so that we can better plan programs, services and public spaces to meet the needs of the Aboriginal and Torres Strait Islander community.</i>	☐ No Skip to E7 ☐ Yes, Aboriginal ☐ Yes, Torres Strait Islander ☐ Yes, both Aboriginal and Torres Strait Islander
E6a	Does your child use an Aboriginal Community Controlled Health Organisation for health and wellbeing care?	☐ Yes Skip to E7 ☐ No
E6b	Why not?	
E7	Is English your child's main language?	☐ Yes ☐ No (please specify)
E8	In which country was your child born?	☐ Australia ☐ Other (please specify)

Child number →		1
E9	Does your child currently identify as LGBTQIA+?	☐ Yes ☐ No
E10	What is the highest level of education your child has completed?	☐ Bachelor Degree or higher ☐ TAFE / trade school / diploma ☐ Completed Year 12 ☐ On the job training ☐ Has not finished year 12 and no longer in school ☐ Still in school ☐ Has not started school
E11	Does your child ever need someone to help them with, or be with them for, self-care activities, body movement activities and/or communication activities? (choose all that apply)	☐ No ☐ No, my child does not need help with daily activities, however they have been diagnosed with a disability ☐ Yes, need help with self-care activities ☐ Yes, need help with body movement activities ☐ Yes, need help with communication activities
The next set of questions asks about your child's movement and nutrition behaviours.		
E12	How many serves of vegetables, legumes or beans does your child usually eat each day? A 'serve' of vegetables is 1/2 cup of cooked vegetables or 1 cup of salad vegetables and a serve of legumes or beans is 1/2 cup of cooked, dried or canned beans, peas or lentils. 	serves
E13	How many serves of fruit does your child usually eat each day? A 'serve' is 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces. 	serves
E14	Health experts say children should eat at least 5 serves of vegetables a day. If they don't do this, what is the main reason why not?	
E15	Health experts say children aged 4-8 years should eat at least 1.5 serves of fruit a day and children aged 9 years and over should eat at least 2 serves of fruit a day. If they don't do this, what is the main reason why not?	

	2	3	4	5
	☐	☐	☐	☐
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	☐	☐	☐	☐
	☐	☐	☐	☐

	serves	serves	serves	serves
	serves	serves	serves	serves

Child number →		1
E16	How many litres or cups of water does your child usually drink in a day?	litres cups
E17	How often does your child consume cordial, soft drinks, flavoured mineral water, energy or sports drinks?	☐ Every day ☐ Several times per week ☐ About once a week ☐ About once a fortnight ☐ About once a month ☐ Less often than once per month ☐ Never
E18	During the last 7 days, on how many days does your child do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling?	☐ None Skip to E20 ☐ 1 day ☐ 2 days ☐ 3 days ☐ 4 days ☐ 5 days ☐ 6 days ☐ Every day
E19	How much time did your child usually spend doing vigorous physical activities on one of those days?	hours minutes
E20	During the last 7 days, on how many days did your child do moderate physical activities like carrying light loads, bicycling at a regular pace, doubles tennis, or brisk walking?	☐ None Skip to E22 ☐ 1 day ☐ 2 days ☐ 3 days ☐ 4 days ☐ 5 days ☐ 6 days ☐ Every day
E21	How much time did your child usually spend doing moderate physical activities on one of those days?	hours minutes
E22	How often does your child do physical activities in their own time that strengthens their muscles (i.e. activities that are not carried out as part of their job)? <i>This includes resistance training such as free weights, using weight machines and exercises like push ups / sit ups along with other tasks they may do around the home such as lifting, carrying or digging. Include all such activities even if you have included them before.</i>	days per week days per month (if less than once a month, record 0)

	2	3	4	5
	litres	litres	litres	litres
	cups	cups	cups	cups
	hours minutes	hours minutes	hours minutes	hours minutes
	hours minutes	hours minutes	hours minutes	hours minutes
	days per week	days per week	days per week	days per week
	days per month	days per month	days per month	days per month

Child number →		1
E23	In the last 7 days, what do you estimate was the average time per day your child spent on screens (e.g., TV, computer, digital tablets) in their free time? Do not include time on screens for work or education.	hours minutes
E24	During the last 7 days, on average, how much time did your child sleep per night?	hours minutes
E25	<i>Please indicate whether you agree or disagree with the following statements:</i>	
E25a	I feel that accessing healthy food and drinks in my local area is easy for my child	☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree
E25b	I feel that being physically active in my local area is easy for my child	☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree
E26	To what extent do you agree that your child is safe in your local area?	☐ Definitely agree ☐ Somewhat agree ☐ Somewhat disagree ☐ Definitely disagree
E27	<i>How often does your child walk or cycle to get to and from places?</i>	
E27a	Walk	☐ Daily ☐ 4-6 times a week ☐ 1-3 times a week ☐ 2-3 times a month ☐ Once a month ☐ Once or twice in last 3 months ☐ Less often
E27b	Cycle	☐ Daily ☐ 4-6 times a week ☐ 1-3 times a week ☐ 2-3 times a month ☐ Once a month ☐ Once or twice in last 3 months ☐ Less often

	2	3	4	5
	hours minutes	hours minutes	hours minutes	hours minutes
	hours minutes	hours minutes	hours minutes	hours minutes
	☐	☐	☐	☐
	☐	☐	☐	☐
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	☐	☐	☐	☐

Child number →		1
E28	Thinking about most weeks during the school term, which of the following ways does your child go to and/or from school? (choose all that apply)	☐ They are driven to or from school in a car ☐ Public transport with an adult present (e.g., bus, train, tram, ferry) ☐ Public transport without an adult present (e.g., bus, train, tram, ferry) ☐ Walk or ride (e.g., bike, scooter, skateboard) with an adult present ☐ Walk or ride (e.g., bike, scooter, skateboard) without an adult present ☐ Other (please specify) ☐ My child does not attend school
E29	In the last 12 months, has your child taken part in physical activities as often as they would like?	☐ Yes Skip to E31 ☐ No
E30	What are the reasons why your child has not done physical activities as often as they would like? (choose all that apply)	☐ Too busy / not enough time ☐ Lack of social support (e.g., no encouragement, no one to go with) ☐ Personal or cultural reasons (please name) ☐ Safety (e.g., poor lighting, remote venue / facility) ☐ Unsure about what activities are available ☐ No cool or shaded areas to exercise locally during hot weather ☐ Poor health / medical condition ☐ Disability ☐ Lack of transport ☐ Cost ☐ Other reason (please specify)
Next we want to hear about your child's recreation and use of public facilities and open spaces. This will help us to plan for and improve facilities and spaces to suit them.		
E31	In the last 12 months, did your child take part in any physical activities for sport, exercise or for recreation?	☐ Yes ☐ No Skip to E75
E32	In the last 12 months, how many physical activities did your child take part in for sport, exercise, or for recreation?	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ More than 4

[illegible]

Child number →		1
E33	Please select the main physical activity your child has taken part in over the last 12 months from the list of physical activities on page 10 and record the number.	
E34	If "other", please specify which is the main physical activity your child has taken part in over the last 12 months.	
E35	Approximately, how many times in total has your child done this activity during the last 12 months? (including practice or training)	☐ Daily ☐ 4-6 times a week ☐ 1-3 times a week ☐ 2-3 times a month ☐ Once a month ☐ Once or twice every 3 months ☐ Less often
E36	What is the name of the facility, venue, or place where your child took part in this activity most often?	
E37	What is the name of the suburb or town where the facility, venue or place is located?	
E38	<i>How would you rate the quality and accessibility of the facility, venue or place where your child took part in this activity?</i>	
E38a	Quality	☐ Very poor ☐ Poor ☐ Average ☐ Good ☐ Excellent
E38b	Accessibility	☐ Very poor ☐ Poor ☐ Average ☐ Good ☐ Excellent
E39	How did your child get to this activity?	☐ Public transport ☐ Taxi / Uber ☐ Car ☐ Motorbike or motor scooter ☐ Bicycle ☐ Walked ☐ Other (please specify)

[illegible]

Child number →		1
E40	How many kilometres did your child travel to get to this activity?	km
Skip to Question E49 if your child has not taken part in any more physical activities		
E41	Please select the physical activity your child has taken part in second most often over the last 12 months from the list of physical activities on page 10 and record the number.	
E42	If "other", please specify which physical activity your child has taken part in second most often over the last 12 months.	
E43	Approximately, how many times in total has your child done this activity during the last 12 months? (including practice or training)	☐ Daily ☐ 4-6 times a week ☐ 1-3 times a week ☐ 2-3 times a month ☐ Once a month ☐ Once or twice every 3 months ☐ Less often
E44	What is the name of the facility, venue, or place where your child took part in this activity most often?	
E45	What is the name of the suburb or town where the facility, venue or place is located?	
E46	How would you rate the quality and accessibility of the facility, venue or place where your child took part in this activity?	
E46a	Quality	☐ Very poor ☐ Poor ☐ Average ☐ Good ☐ Excellent
E46b	Accessibility	☐ Very poor ☐ Poor ☐ Average ☐ Good ☐ Excellent
E47	How did your child get to this activity?	☐ Public transport ☐ Taxi / Uber ☐ Car ☐ Motorbike or motor scooter ☐ Bicycle ☐ Walked ☐ Other (please specify)

Child number →		1
E48	How many kilometres did your child travel to get to this activity?	km
E49	Thank you for providing those details regarding the main physical activities that your child took part in most often over the last 12 months. Is there anything else that you would like to let us know about their participation in these activities, or in regard to any additional physical activities that your child also took part in? (for example, travel requirements, cost, facilities/venues/locations, availability and accessibility of options etc.)	
Skip to Question E75 if your child has not taken part in any more physical activities		
E50	If you mentioned that your child took part in more than two physical activities over the past year, would you like to answer some more questions about those extra activities?	☐ Yes ☐ No Skip to E75
E51	Please select the physical activity your child has taken part in third most often over the last 12 months from the list of physical activities on page 10 and record the number.	
E52	If "other", please specify which physical activity your child has taken part in third most often over the last 12 months.	
E53	Approximately, how many times in total has your child done this activity during the last 12 months? (including practice or training)	☐ Daily ☐ 4-6 times a week ☐ 1-3 times a week ☐ 2-3 times a month ☐ Once a month ☐ Once or twice every 3 months ☐ Less often
E54	What is the name of the facility, venue, or place where your child took part in this activity most often?	
E55	What is the name of the suburb or town where the facility, venue or place is located?	
E56	How would you rate the quality and accessibility of the facility, venue or place where your child took part in this activity?	
E56a	Quality	☐ Very poor ☐ Poor ☐ Average ☐ Good ☐ Excellent
E56b	Accessibility	☐ Very poor ☐ Poor ☐ Average ☐ Good ☐ Excellent

[illegible]

Child number →		1
E57	How did your child get to this activity?	☐ Public transport ☐ Taxi / Uber ☐ Car ☐ Motorbike or motor scooter ☐ Bicycle ☐ Walked ☐ Other (please specify)
E58	How many kilometres did your child travel to get to this activity?	km
Skip to Question E75 if your child has not taken part in any more physical activities		
E59	Please select the physical activity your child has taken part in fourth most often over the last 12 months from the list of physical activities on page 10 and record the number.	
E60	If "other", please specify which physical activity your child has taken part in fourth most often over the last 12 months.	
E61	Approximately, how many times in total has your child done this activity during the last 12 months? (including practice or training)	☐ Daily ☐ 4-6 times a week ☐ 1-3 times a week ☐ 2-3 times a month ☐ Once a month ☐ Once or twice every 3 months ☐ Less often
E62	What is the name of the facility, venue, or place where your child took part in this activity most often?	
E63	What is the name of the suburb or town where the facility, venue or place is located?	
E64	How would you rate the quality and accessibility of the facility, venue or place where your child took part in this activity?	
E64a	Quality	☐ Very poor ☐ Poor ☐ Average ☐ Good ☐ Excellent
E64b	Accessibility	☐ Very poor ☐ Poor ☐ Average ☐ Good ☐ Excellent

[illegible]

Child number →		1
E65	How did your child get to this activity?	☐ Public transport ☐ Taxi / Uber ☐ Car ☐ Motorbike or motor scooter ☐ Bicycle ☐ Walked ☐ Other (please specify)
E66	How many kilometres did your child travel to get to this activity?	km
Skip to Question E75 if your child has not taken part in any more physical activities		
E67	Please select the physical activity your child has taken part in fifth most often over the last 12 months from the list of physical activities on page 10 and record the number.	
E68	If "other", please specify which physical activity your child has taken part in fifth most often over the last 12 months.	
E69	Approximately, how many times in total has your child done this activity during the last 12 months? (including practice or training)	☐ Daily ☐ 4-6 times a week ☐ 1-3 times a week ☐ 2-3 times a month ☐ Once a month ☐ Once or twice every 3 months ☐ Less often
E70	What is the name of the facility, venue, or place where your child took part in this activity most often?	
E71	What is the name of the suburb or town where the facility, venue or place is located?	
E72	How would you rate the quality and accessibility of the facility, venue or place where your child took part in this activity?	
E72a	Quality	☐ Very poor ☐ Poor ☐ Average ☐ Good ☐ Excellent
E72b	Accessibility	☐ Very poor ☐ Poor ☐ Average ☐ Good ☐ Excellent

[illegible]

Child number →		1
E73	How did your child get to this activity?	☐ Public transport ☐ Taxi / Uber ☐ Car ☐ Motorbike or motor scooter ☐ Bicycle ☐ Walked ☐ Other (please specify)
E74	How many kilometres did your child travel to get to this activity?	km
E75	In the last 12 months, how often has your child used the following in your area?	
E75a	Public open spaces	☐ Daily ☐ 4-6 times a week ☐ 1-3 times a week ☐ 2-3 times a month ☐ Once a month ☐ Once or twice in the last 3 months ☐ Less often / Never
E75b	Off-road walking and cycling tracks	☐ Daily ☐ 4-6 times a week ☐ 1-3 times a week ☐ 2-3 times a month ☐ Once a month ☐ Once or twice in the last 3 months ☐ Less often / Never
E75c	Footpaths	☐ Daily ☐ 4-6 times a week ☐ 1-3 times a week ☐ 2-3 times a month ☐ Once a month ☐ Once or twice in the last 3 months ☐ Less often / Never

[illegible]

Child number →		1
E76	Which of the following types of public facilities or open spaces has your child used in your area in the last 12 months? (choose all that apply)	☐ Swimming pools / splash parks ☐ Indoor sports / leisure / fitness centres ☐ Sports grounds, ovals and clubrooms ☐ Halls / community centres ☐ After hours usage of education facilities (e.g., school, TAFE, university) ☐ Parks ☐ Community gardens ☐ Hard courts (e.g., netball / tennis) ☐ Skateparks / BMX ☐ Playgrounds ☐ Other (please specify) ☐ Have not used public facilities and open spaces in my area in the last 12 months Skip to E78
E77	What are the reasons why your child has used public facilities and open spaces in your area in the last 12 months? (choose all that apply)	☐ Exercise / health and fitness ☐ Socialising with family / friends ☐ For fun / enjoyment ☐ Commuting (i.e., to get from a to b) ☐ Exercising the dog ☐ Organised sport (e.g., cricket or netball for a club) ☐ Unstructured physical recreation activities (e.g., going for a walk, playing ball games with friends) ☐ For time to myself ☐ For my mental health and wellbeing ☐ Getting back to nature ☐ Entertaining kids / watching kids' activities ☐ Community event / performance ☐ Taking part in cultural activities or events on Country ☐ Some other reason (please specify)
E78	What improvements would encourage your child to use public facilities and open spaces more often?	

Child number →		1
E79	Where would you like to see these improvements made? (e.g., name of facility, venue or place)	
<i>This last set of questions asks about your child's general health. You may find these questions to be personal or sensitive. Please be assured that your answers are confidential and anonymous – no individual will be identifiable from the data provided to us. We strongly encourage you to complete all questions. However, if you would prefer not to answer, please leave these blank.</i>		
E80	How tall is your child without shoes? (height in centimetres) – OPTIONAL	cm
E81	What is your child's weight without clothes or shoes? (weight in kilograms) – OPTIONAL	kg
E82	In general, would you say your child's health is...	☐ Excellent ☐ Very good ☐ Good ☐ Fair ☐ Poor



	2	3	4	5
	cm	cm	cm	cm
	kg	kg	kg	kg



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





Appendix C: Detailed tables

Table C1 Population by subregion

	Total	Gisborne District	Kyneton District	Lancefield District	Macedon-Wooden District	Riddells Creek District	Romsey District
	%	%	%	%	%	%	%
Unweighted base¹	890	187	223	58	297	58	64
Sex							
Males	47.9	39.3	46.4	37.7	47.0	69.2	58.7
Females	52.1	60.7	53.6	62.3	53.0	30.8	41.3
Age							
Males, 3 to 11	15.7	18.9	10.9	12.5	23.3	10.2	11.9
Males, 12 to 17	10.4	13.7	11.0	8.3	13.7	3.9	5.3
Males, 18 to 34	4.3	4.0	3.0	22.4	0.0	5.2	8.3
Males, 35 to 49	17.5	22.1	20.0	17.4	16.7	8.1	19.2
Males, 50 to 69	30.8	26.2	28.5	5.5	24.7	53.5	38.5
Males, 70+	21.3	15.1	26.6	34.0	21.5	19.1	16.9
Females, 3 to 11	13.4	10.1	12.4	10.2	18.9	10.5	11.3
Females, 12 to 17	9.2	8.7	8.6	9.3	12.7	4.6	1.5
Females, 18 to 34	12.5	18.8	12.3	14.8	5.7	7.4	21.3
Females, 35 to 49	30.0	32.8	28.0	32.5	29.4	27.3	31.0
Females, 50 to 69	27.4	24.6	32.3	24.2	22.3	50.2	26.0
Females, 70+	7.5	5.1	6.4	9.0	10.9	0.0	8.9

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

Table C2 Health behaviours by subregion

	Total	Gisborne District	Kyneton District	Lancefield District	Macedon-Wooden District	Riddells Creek District	Romsey District
	%	%	%	%	%	%	%
Unweighted base¹	890	187	223	58	297	58	64
Health and wellbeing							
General health - Fair / poor	17.4	19.7	17.6	25.2	16.4	39.1	20.4
Life satisfaction - Low to moderate (0 to 6 out of 10) ²	32.2	31.0	30.7	28.1	29.7	23.5	52.7
Does not feel valued by society ²	25.5	27.3	28.0	19.9	21.5	30.3	26.6
Poor mental wellbeing ²	28.4	23.3	36.3	19.7	19.9	31.8	37.0
Overweight or obese (BMI ≥25.0)	59.1	54.7	53.0	47.1	52.0	84.5	82.3
Health behaviours							
Does not meet fruit recommendations	48.9	45.7	51.4	53.4	41.8	45.7	70.9
Does not meet vegetable recommendations	86.4	86.1	87.7	97.3	79.9	86.7	92.9
Does not meet aerobic physical activity recommendations	25.3	23.2	26.1	29.0	25.4	23.2	25.9
Does not meet muscle strengthening recommendations	47.7	37.6	50.6	47.5	53.5	52.5	41.3
Does not meet screen recommendations	48.6	49.4	57.2	31.0	47.3	51.4	41.7
Does not meet sleep recommendations	27.3	26.7	28.1	48.7	23.3	19.9	30.8
Drinks sugar-sweetened beverages daily	8.6	10.1	7.3	13.1	5.7	3.5	13.2
Does not meet water recommendations	69.5	67.8	69.8	70.7	73.9	54.5	70.1
Other risk factors							
Current smoker ²	2.6	1.6	1.9	8.0	3.3	0.0	2.8
Current vaper ²	2.6	4.7	1.6	0.0	1.8	7.1	1.5
Consumed more than 4 standard drinks on at least one occasion in the last 12 months ²	56.7	58.0	55.2	62.4	57.8	49.8	62.6
Gambled in past 12 months ²	30.2	20.9	28.7	36.6	25.5	41.3	41.3
Food security							
Low or very low food security ²	9.6	8.2	10.5	16.0	8.4	2.1	15.2

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

² Reported only by respondents aged 18 years and over.

Table C3 Activities – Walking

	Total	Gisborne District	Kyneton District	Lancefield District	Macedon-Wooden District	Riddells Creek District	Romsey District
	%	%	%	%	%	%	%
Total activities							
% of respondents undertaking activity	14.9	14.1	16.1	20.8	14.1	11.4	14.2
# respondents undertaking activity	190	33	54	18	60	11	13
Frequency of participation							
Heavy - Once a week or more	88.8	89.1	81.0	92.5	91.8	86.4	100.0
Medium - One to three times a month	8.0	10.9	10.9	5.0	5.7	13.6	0.0
Light - Less often	3.2	0.0	8.1	2.5	2.4	0.0	0.0
Travel mode							
Car	25.0	30.7	13.8	14.6	31.2	34.2	30.7
Walking	73.9	69.3	83.8	85.4	67.8	65.8	66.7
Bike	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Public transport / taxi / Uber	0.3	0.0	0.0	0.0	1.0	0.0	0.0
Other	0.9	0.0	2.4	0.0	0.0	0.0	2.6
Distance to activity							
Average distance travelled to activity	4.2	2.7	5.7	8.3	2.9	7.1	1.6
Facility quality rating							
Good, excellent	76.2	79.8	76.9	76.8	76.1	96.3	51.0
Average	18.5	17.8	18.0	20.7	16.1	3.7	37.1
Very poor, poor	5.3	2.4	5.1	2.5	7.7	0.0	11.9
Mean score (out of 5)	4.0	4.2	4.0	4.1	4.0	4.1	3.4
Facility accessibility rating							
Good, excellent	78.9	88.6	82.6	83.4	76.8	74.0	51.0
Average	17.2	9.0	12.4	14.0	20.6	26.0	37.1
Very poor, poor	3.9	2.4	5.0	2.5	2.5	0.0	11.9
Mean score (out of 5)	4.1	4.2	4.2	4.2	4.0	3.9	3.5

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

Table C4 Activities – Swimming

	Total	Gisborne District	Kyneton District	Lancefield District	Macedon-Wooden District	Riddells Creek District	Romsey District
	%	%	%	%	%	%	%
Total activities							
% of respondents undertaking activity	9.4	6.3	12.4	6.3	8.7	11.2	10.5
# respondents undertaking activity	152	22	45	7	53	9	16
Frequency of participation							
Heavy - Once a week or more	72.2	94.1	61.6	77.0	76.4	84.2	53.5
Medium - One to three times a month	16.2	0.0	20.4	23.0	11.7	11.3	37.3
Light - Less often	11.6	5.9	17.9	0.0	11.8	4.4	9.2
Travel mode							
Car	92.0	95.6	86.0	71.0	97.4	100.0	96.4
Walking	2.4	4.4	5.2	0.0	0.0	0.0	0.0
Bike	2.6	0.0	6.2	0.0	1.4	0.0	0.0
Public transport / taxi / Uber	0.5	0.0	1.5	0.0	0.0	0.0	0.0
Other	2.5	0.0	1.1	29.0	1.3	0.0	3.6
Distance to activity							
Average distance travelled to activity	13.0	5.9	8.0	23.5	15.5	18.8	25.7
Facility quality rating							
Good, excellent	63.3	60.7	66.2	100.0	64.8	54.0	43.1
Average	31.9	20.8	33.8	0.0	33.8	27.8	50.9
Very poor, poor	4.7	18.6	0.0	0.0	1.4	18.2	6.0
Mean score (out of 5)	3.8	3.7	3.9	4.4	3.7	3.4	3.6
Facility accessibility rating							
Good, excellent	74.6	79.8	69.1	100.0	79.2	100.0	48.3
Average	22.3	15.8	30.9	0.0	13.7	0.0	48.1
Very poor, poor	3.1	4.4	0.0	0.0	7.1	0.0	3.6
Mean score (out of 5)	4.0	4.0	3.9	4.4	3.9	4.4	3.7

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

Table C5 Activities – Fitness: Gym

	Total	Gisborne District	Kyneton District	Lancefield District	Macedon-Wooden District	Riddells Creek District	Romsey District
	%	%	%	%	%	%	%
Total activities							
% of respondents undertaking activity	8.9	6.5	8.7	9.0	7.2	15.1	15.5
# respondents undertaking activity	102	17	24	7	32	11	11
Frequency of participation							
Heavy - Once a week or more	93.3	97.1	90.9	100.0	92.6	83.2	100.0
Medium - One to three times a month	4.1	2.9	1.6	0.0	4.4	16.8	0.0
Light - Less often	2.6	0.0	7.5	0.0	2.9	0.0	0.0
Travel mode							
Car	74.5	85.6	62.7	83.9	66.2	91.7	78.1
Walking	16.5	6.2	29.1	10.3	26.3	8.3	0.0
Bike	2.5	0.0	4.4	0.0	5.9	0.0	0.0
Public transport / taxi / Uber	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	6.5	8.2	3.9	5.8	1.6	0.0	21.9
Distance to activity							
Average distance travelled to activity	9.0	11.1	4.5	19.9	2.8	12.9	14.7
Facility quality rating							
Good, excellent	89.5	77.5	93.5	94.2	87.2	90.9	93.4
Average	10.5	22.5	6.5	5.8	12.8	9.1	6.6
Very poor, poor	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.3	4.0	4.4	4.2	4.5	4.1	4.5
Facility accessibility rating							
Good, excellent	90.5	94.5	94.3	74.0	87.0	100.0	86.7
Average	8.3	5.5	5.7	26.0	11.1	0.0	9.0
Very poor, poor	1.2	0.0	0.0	0.0	1.9	0.0	4.3
Mean score (out of 5)	4.4	4.1	4.6	4.1	4.5	4.2	4.3

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

Table C6 Activities – Fitness: Indoor group activities / aerobics

	Total	Gisborne District	Kyneton District	Lancefield District	Macedon-Wooden District	Riddells Creek District	Romsey District
	%	%	%	%	%	%	%
Total activities							
% of respondents undertaking activity	6.1	6.3	6.6	7.8	6.6	2.6	4.7
# respondents undertaking activity	95	18	23	6	37	4*	7
Frequency of participation							
Heavy - Once a week or more	83.0	90.4	68.3	100.0	82.4	83.7	100.0
Medium - One to three times a month	10.5	6.9	19.7	0.0	11.4	0.0	0.0
Light - Less often	6.4	2.7	12.0	0.0	6.2	16.3	0.0
Travel mode							
Car	70.9	92.5	60.0	100.0	66.4	62.1	37.8
Walking	21.5	0.0	29.2	0.0	25.9	37.9	54.5
Bike	3.3	7.5	2.2	0.0	3.5	0.0	0.0
Public transport / taxi / Uber	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	4.3	0.0	8.6	0.0	4.1	0.0	7.7
Distance to activity							
Average distance travelled to activity	8.7	12.4	4.2	12.1	10.6	5.2	5.8
Facility quality rating							
Good, excellent	84.1	48.0	95.9	100.0	93.9	83.0	86.0
Average	15.9	52.0	4.1	0.0	6.1	17.0	14.0
Very poor, poor	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.5	3.8	4.7	4.9	4.7	4.1	4.1
Facility accessibility rating							
Good, excellent	82.7	59.7	90.2	85.4	90.6	100.0	78.1
Average	6.5	16.7	4.1	14.6	1.9	0.0	0.0
Very poor, poor	10.8	23.6	5.7	0.0	7.5	0.0	21.9
Mean score (out of 5)	4.3	3.5	4.6	4.5	4.6	4.3	3.8

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

*Five or fewer respondents reported participating in this activity, so results cannot be generalised to the broader population.

Table C7 Activities – Soccer

	Total	Gisborne District	Kyneton District	Lancefield District	Macedon-Wooden District	Riddells Creek District	Romsey District
	%	%	%	%	%	%	%
Total activities							
% of respondents undertaking activity	5.7	3.8	5.6	17.2	6.1	1.8	4.4
# respondents undertaking activity	82	13	21	8	31	2*	7
Frequency of participation							
Heavy - Once a week or more	94.3	100.0	84.2	100.0	94.6	100.0	100.0
Medium - One to three times a month	4.0	0.0	8.8	0.0	5.4	0.0	0.0
Light - Less often	1.7	0.0	7.0	0.0	0.0	0.0	0.0
Travel mode							
Car	91.1	100.0	89.3	100.0	92.2	100.0	50.1
Walking	7.1	0.0	3.4	0.0	7.8	0.0	49.9
Bike	1.0	0.0	3.9	0.0	0.0	0.0	0.0
Public transport / taxi / Uber	0.9	0.0	3.4	0.0	0.0	0.0	0.0
Other	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Distance to activity							
Average distance travelled to activity	13.7	7.8	20.6	17.2	8.3	31.6	7.5
Facility quality rating							
Good, excellent	49.2	79.2	69.4	20.4	42.0	66.5	39.3
Average	29.1	13.3	16.9	76.3	9.8	0.0	60.7
Very poor, poor	21.7	7.4	13.7	3.3	48.1	33.5	0.0
Mean score (out of 5)	3.4	4.1	3.9	3.2	3.0	3.3	3.4
Facility accessibility rating							
Good, excellent	63.8	55.3	58.0	73.3	76.2	0.0	38.3
Average	30.6	44.7	30.8	26.7	15.5	100.0	61.7
Very poor, poor	5.6	0.0	11.3	0.0	8.3	0.0	0.0
Mean score (out of 5)	3.7	3.9	3.6	3.7	3.8	3.0	3.4

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

*Five or fewer respondents reported participating in this activity, so results cannot be generalised to the broader population.