



LODDON  
SHIRE

# Active Living CENSUS

## Topline Report Loddon Shire Council

October 2019



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on behalf of Healthy Heart of Victoria.



Social  
Research  
Centre



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REGIONAL  
PARTNERSHIPS  
LODDON CAMPASPE



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# Executive Summary

## E1 Background and methodology

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

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

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

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

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

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

This report presents the results collected from the 812 respondents from the Loddon Shire. Compared to Loddon population benchmarks, females, older residents and those with a Bachelor level education or higher were over-represented. Weighting was applied at the LGA level so that results could be generalised to the Loddon population. The weighting benchmarks used for adults in the 2019 ALC were age by education, gender, and country of birth, while children (aged 3 to 17) were weighted by age and gender only.

## E2 Health indicator population benchmarks

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

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

In comparison to Victorian benchmarks, respondents from Loddon in the 2019 ALC aged 18 years and over reported similar levels of self-reported health. However, respondents displayed higher levels of participation in health risk behaviours including consumption of sugar-sweetened beverages (14.8% did so daily) and excessive alcohol consumption (53.9% had consumed four or more standard drinks on at least one occasion, with this proportion being higher amongst males). Comparatively fewer respondents to the 2019 ALC reported being current smokers (12.9%). Respondents were more likely to record lower levels of life satisfaction (9.4% rated their life satisfaction as 0 to 4 out of 10) than the Victorian average (5.7%). These findings reinforce the need to implement complementary strategies that address both the health and wellbeing of local residents.

### **E3 Health and wellbeing indicators**

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

The primary health measures used in the 2019 ALC, health and BMI, provided an indication of the general health status of the community. Approximately one in four Loddon adults (26.1%) rated their health as 'fair' or 'poor', while 72.0% have a BMI within the overweight or obese range. Few children and adolescents recorded poor levels of health with 'fair' or 'poor' health at 3.2%.

In relation to healthy eating in the Loddon Shire, the average consumption of fruit and vegetables amongst adult residents was below the daily guidelines across all subregions. Overall, approximately half of Loddon adult respondents (53.7%) were not meeting fruit consumption guidelines, while almost nine in ten (84.8%) were not eating enough vegetables. This is clearly an area where significant gains can be made by understanding barriers to healthy eating and creating environments where meeting the recommended daily serves is more achievable. Two of the reported main barriers to meeting daily serve requirements included personal preferences and routines and cost or affordability. The next step to increasing the proportion of residents meeting the guidelines is understanding how best to assist the community in overcoming these obstacles, which would require further investigation.

When reviewing the health risk behaviours observed amongst adults in the region, there were clear links between the following activities: daily consumption of sugar-sweetened beverages, drinking four or more alcoholic beverages on a single occasion in the past 12 months, being a current smoker, and gambling on a weekly basis. In each case, respondents were also less likely to meet the physical activity guidelines for people aged 18 years and over. Results provide evidence that strategies to address health risk behaviours need not be carried out in isolation. In fact, any efforts to address health risk behaviours should be holistic and address all sources of risk to have the greatest effect.

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

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

Residents were classified as 'heavy users' of public spaces and recreational areas if they use the areas once a week or more often while 'non-users' were those who use the spaces less than once every three months or not at all. Overall, approximately half of residents were heavy users of footpaths (47.3%) and public open spaces (51.9%), and around one-quarter (26.0%) were heavy users of off-road walking and cycling tracks. Heavy users of all three areas were more likely to be children and adolescents, to record higher levels of health and general wellbeing, to meet health guidelines, and not to engage in health risk behaviours. They were also from more financially secure households and were less likely to require assistance with daily activities.

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

- Providing more or improved footpaths and walking tracks, extensions to existing footpaths and tracks, or better-connected footpaths and tracks, thus improving access to public facilities and open spaces in the area (25.1%)
- Making available more or better exercise equipment or facilities such as outdoor exercise equipment, sports fields, and swimming pools (24.7%)
- Improving or increasing bicycle tracks and lanes, providing better connections between bicycle tracks and lanes, and increasing skate facilities (20.3%)
- Providing more accessible parks or facilities that are closer to home or more accessible to get to as well as allowing disability access (9.5%)
- Improving environmental cleanliness, provide new or more bins, improve existing bins, and provide dog poo bags (7.6%)

## **E5 Participation in physical recreation activities**

The 2019 ALC found that the majority of Loddon residents (81.1%) had participated in at least one physical recreational activity in the past 12 months. Overall, approximately one in four respondents (22.5%) had participated in four or more activities (the maximum of activities measured).

Of the activities mentioned, those most commonly participated in were walking (19.6%), swimming (9.0%), active play (6.6%), and tennis (5.8%). The activities recording the heaviest participation rates (weekly or more often) were the following team-based sports: hockey (94.8%), netball (93.7%); and Australian rules football (83.3%); along with jogging / running (83.4%), outdoor fitness (79.9%); indoor fitness (79.7%), and gym-based fitness (79.0%).

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

Overall, 54.6% of Loddon respondents indicated that they had not done physical activity as often as they would have liked in the past 12 months. Those who expressed an interest in increasing their participation in activities were more likely to be aged 18 to 69 years, less financially secure, and meeting fewer health guidelines. They were also more likely to be people who are not meeting health guidelines and who recorded poorer levels of health and wellbeing.

Assisting these subgroups of residents to increase their levels of activity has dual benefits: firstly, their interest in increasing their level of activity makes them more likely to adopt changes leading to

improved activity rates overall and, secondly, they represent the groups of residents who recorded the poorest levels of health and will experience the greatest gains from increased activity.

Understanding the main barriers preventing residents from participating in activities as often as they would like provides valuable context for the Loddon Shire to understand the support residents need to meet their physical activity goals. The main reasons provided by residents for not being more active included: 'being too busy or time poor' (48.3%); 'personal reasons such as not feeling motivated or feeling embarrassed' (22.4%); 'poor health or disability' (22.4%); the 'cost' (21.2%); and a 'lack of social support such as encouragement from others or having no one to go with' (16.9%).

## **E6     Quality and accessibility of facilities and spaces**

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

The main activities for which the facilities received the lowest quality ratings were fishing (3.6 out of 5), golf (3.8), and water-skiing / power boating (3.8). People who had participated in fishing also gave lower ratings for the accessibility (3.7) of the available locations compared to other facilities and spaces. However, residents tended to travel further on average (64.6 kilometres) to access fishing locations, so any improvements may fall outside of the control of the Loddon Shire.

# 1. Introduction

## 1.1. Background / context

The Loddon Campaspe region is located in the geographic centre of Victoria; about 60 to 120 minutes' drive from Melbourne. It has a population of over 228,400 people (3 years and over), approximately 93,000 occupied households, and covers 19,027 square kilometres.

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



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

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

finding ways to reduce the influence of environmental, socio-economic and cultural factors on health risk behaviours.

The 2019 Healthy Heart of Victoria Active Living Census (ALC) was undertaken across six Local Government Areas (LGAs): the City of Greater Bendigo and the Shires of Mount Alexander, Central Goldfields, Loddon, Macedon Ranges, and Campaspe. Healthy Heart of Victoria (HHV) appointed City of Greater Bendigo (CoGB) to manage the 2019 ALC on their behalf, with support from a project control group and working groups (questionnaire and communications) that included representatives from each partner LGA.

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

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

The first ALC was completed by the City of Greater Bendigo in 2014. Many of the measures used in the 2014 study were retained for comparative purposes in the 2019 study. The 2019 iteration of the survey expanded the scope, to look at the whole of the Loddon Campaspe region, consisting of the above-mentioned Local Government Areas (LGAs). This report presents the results of responses from the respondents of Loddon. Results of the region-wide study are available in a standalone Topline Report.

This report presents the results of the 2019 ALC exclusively for residents of the Loddon Shire area.

## 1.2. Research objectives

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

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



## 1.3. Methodology

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

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

### 1.3.1. Sample frame / distribution

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

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

### 1.3.2. Questionnaire

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

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

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

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

### 1.3.3. Enumeration period

Hardcopy forms, initial approach letters, and activity lists (used to complete Section D of the questionnaire) were sent to Loddon Campaspe residents from 27 May 2019. Due to the unaddressed mailing process used by Australia Post, there was a delay on the delivery to some areas and some households did not receive the questionnaire directly (were required to collect from their local Post Office). Extra booklets were provided to the six Council offices so residents could pick up a questionnaire if they did not receive it, it was damaged, or their household had more than five members aged 3 years of age or older. From 20 May, residents were able to access the online survey from promotional communications displayed in the region. Hardcopy forms were accepted until 19 July 2019 (i.e. the enumeration period).

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

### 1.3.4. Returns / response rate

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

The population of residents (aged 3 years and over) in the Loddon Campaspe region is 224,947, making the response rate for individuals 10.9%. For the Loddon region specifically, there were 812 individual responses received, from the population of 7,324 individuals aged 3 years and up, making the response rate for Loddon 11.1%.

### 1.3.5. Data file preparation

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

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

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

### 1.3.6. Sampling error / weighting

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

Furthermore, sampling error may have occurred due to the nature of the survey itself. The survey was focussed on 'active living' and contained questions on exercise and use of public facilities, open spaces, and walking and cycling tracks, and participation in physical activity. Thus, non-active residents may not have perceived the survey as being relevant to them and, as a result, may have been less likely to respond. Despite attempts being made in pre-survey communications to encourage participation regardless of activity



levels, the survey should be considered as a sample of residents who chose to participate rather than a 'census' per se. Results from the 2019 ALC may not accurately reflect the attitudes and behaviours of the population of all Loddon residents.

Sampling error was partially controlled for by weighting data to ABS population benchmarks – a process of inflating (for respondents who were under-represented in the achieved sample) or deflating (for respondents who were over-represented in the achieved sample) the 'weight' or strength of results (discussed in Section 1.4 below).

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

## 1.4. About this report

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

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

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

Due to the nature of hardcopy forms, some respondents did not answer, or did not provide a logical response (e.g. responded 'Yes' to the gender question), to all questions. Only 'valid' responses, unless otherwise stated, have been included in the base size when calculating results. That is, all 'not answered', 'not applicable' and 'skipped by design' responses were excluded from the analysis. A small number of questionnaires from residents living outside the Loddon Campaspe region were received and were therefore excluded from the dataset and analysis. A small proportion of respondents did not provide sufficient information to determine their LGA. While they have been included in the analysis at the total level, they have been excluded from LGA-level reporting.

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

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

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

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

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

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<sup>a</sup>[https://www.researchgate.net/publication/51438076\\_Challenges\\_of\\_Accurately\\_Measuring\\_and\\_Using\\_BMI\\_and\\_Other\\_Indicators\\_of\\_Obesity\\_in\\_Children](https://www.researchgate.net/publication/51438076_Challenges_of_Accurately_Measuring_and_Using_BMI_and_Other_Indicators_of_Obesity_in_Children)

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

In tables, cell colouring is used to indicate the presence of significant differences in proportions or mean scores between the subgroups of interest (at the 99% level of confidence). For the tables in this report, subgroups are on 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 in the same column which reflect a significantly *lower* result by comparison.

**Table Example**

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

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

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

## 2. Respondent Profile

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

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

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

For reporting at the subregion level, Council allocated responses to selected districts according to suburb of residence.

### 2.1. ABS population benchmarks

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

For the 2019 ALC, females were over-represented in the achieved sample when compared to their proportions in the population. Both male and female respondents in the age group 50 to 69 years and males in the 70 years and over age group were also over-represented in the survey. The under-representation of respondents was most notable for children aged 3 to 11 years and adolescents aged 12 to 17 years. Note that ABS benchmarks do not include any alternate gender categories so a comparison for respondents falling into the "Gender Diverse / Non-Binary / Self-described / Other gender" category in the ALC (0.4%) is not available. Throughout the report, only the two main gender classifications are used for subgroup comparisons due to the small base size for the other category.

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

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



**Table 2.1.1 Achieved sample composition**

Age group	ABS population <sup>1</sup> (Loddon Shire)		Active Living Census <sup>2</sup> (unweighted)		ALC % as a % of the population
	n	%	n	%	%
<b>Total sample</b>	7,324	100.0	812	100.0	-
<b>Gender</b>					
Males	3,760	51.3	345	43.4	84.5
Females	3,564	48.7	447	56.2	115.5
Other	-	-	3	0.4	-
<b>Age</b>					
3-11 years	717	9.8	66	8.2	83.9
12-17 years	564	7.7	55	6.8	88.8
18-34 years	881	12.0	101	12.6	104.4
35-49 years	1,218	16.7	139	17.3	104.0
50-69 years	2,596	35.5	306	38.1	107.4
70+ years	1,339	18.3	136	16.9	92.5
<b>Gender and age</b>					
Males, 3 to 11	355	9.5	28	8.1	85.8
Males, 12 to 17	276	7.4	27	7.8	106.4
Males, 18 to 34	449	12.0	34	9.9	82.4
Males, 35 to 49	617	16.5	54	15.7	95.2
Males, 50 to 69	1,365	36.5	136	39.5	108.4
Males, 70+	680	18.2	65	18.9	104.0
Females, 3 to 11	353	9.9	37	8.3	84.5
Females, 12 to 17	287	8.0	27	6.1	75.8
Females, 18 to 34	446	12.5	65	14.6	117.5
Females, 35 to 49	606	16.9	84	18.9	111.7
Females, 50 to 69	1,218	34.0	166	37.4	109.9
Females, 70+	669	18.7	65	14.6	78.3
<b>Subregion<sup>3</sup></b>					
Boort & Surrounds	1,096	14.5	140	18.2	125.6
East Loddon Area	1,039	13.7	81	10.5	76.6
Inglewood / Bridgewater & Surrounds	1,497	19.7	164	21.3	107.7
Pyramid Hill & Surrounds	691	9.1	117	15.2	166.5
South Loddon Area	1,957	25.8	80	10.4	40.2
Wedderburn & Surrounds	1,300	17.2	189	24.5	142.9

<sup>1</sup> Population benchmarks sourced from ABS Census 2016

<sup>2</sup> Base sizes include respondents aged 3 years and over living in the Loddon region

<sup>3</sup> Subregion counts calculated using ALC suburb to subregion definitions and do not include all suburbs mentioned in ABS Census localities

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

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

**Table 2.1.2 Achieved sample distribution for selected demographic characteristics**

Age group	ABS population <sup>1</sup> (Loddon Shire)		Active Living Census <sup>2</sup> (unweighted)		ALC % as a % of the population
	n	%	n	%	%
<b>Total sample</b>	6,050	100.0	671	100.0	-
<b>Country of birth</b>					
Born in Australia	4,706	89.6	604	90.0	100.5
Born overseas	547	10.4	67	10.0	95.9
<b>Main language</b>					
Speaks English as main language	5,204	96.5	649	98.2	101.7
Speaks other main language	187	3.5	12	1.8	52.3
<b>ATSI Status</b>					
Aboriginal or Torres Strait Islander (ATSI)	78	1.4	8	1.2	82.8
Non-ATSI	5,347	98.6	664	98.8	100.3
<b>LGBTQIA+ Status</b>					
Identifies as LGBTQIA+	-	-	11	1.8	-
Non-LGBTQIA+	-	-	587	98.2	-
<b>Requires help with self-care, body movement or communication activities</b>					
Requires help	537	10.0	64	9.7	97.2
Does not require help	4,847	90.0	596	90.3	100.3
<b>Level of education</b>					
Holds a Bachelor degree or higher	541	10.8	198	32.5	300.7
Less than Bachelor level education	4,470	89.2	412	67.5	75.7
<b>Holds a government concession card<sup>3</sup></b>					
Holds a concession card	1,094	32.8	359	55.0	167.6
Does not hold a concession card	2,241	67.2	294	45.0	67.0
<b>Food security (last 12 months)<sup>4</sup></b>					
Ran out of food and could not afford more	2,019	6.0	66	10.0	167.2
Have not run out of food	31,635	94.0	592	90.0	95.7

<sup>1</sup> Population benchmarks sourced from ABS Census 2016

<sup>2</sup> Base sizes include respondents aged 18 years and over living in the Loddon region

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

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

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

## 2.2. Health indicator population benchmarks

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

There were some results from the 2019 ALC that revealed greater variation in the health and wellbeing of residents when compared to the available Victorian benchmarks. In particular, Loddon residents who responded to the survey recorded lower life satisfaction (9.4% reported low life satisfaction) than those who participated in the VPHS (5.7%). They were more likely to have consumed four or more standard drinks on at least one occasion in the last 12 months and therefore are at greater risk of harm (53.9%) than those who responded to the VPHS (41.5%) or NHS (41.8%). They were also more likely to consume sugar-sweetened beverages daily (14.8%) than those who responded to the VPHS (11.2%) or NHS (9.1%).

Results also revealed areas where Loddon residents appeared to be performing better in terms of health indicators when compared to the Victorian population as a whole. In particular, smoking rates were lower (12.9% were current smokers) when compared to VPHS (16.7%) or NHS (15.2%) results. Given the passage of time between surveys, it is unclear the extent to which this difference reflects the general decline in smoking rates over recent years or is attributable to lower smoking rates amongst the Loddon region.

When comparing Body Mass Index (BMI), Loddon respondents were more likely to be overweight or obese (72.0%) than VPHS respondents (49.7%). As BMI is calculated post-survey using self-reported height and weight measurements, this combination of factors may make it more prone to variation than other indicators. This has the potential to impact the results from the 2019 ALC and comparable benchmarks.



**Table 2.2.1 Health indicator population benchmarks**

Health and wellbeing indicators	Population benchmark (VIC)		Active Living Census <sup>1</sup> (weighted)	ALC % as a % of the population <sup>4</sup>
	NHS <sup>2</sup>	VPHS <sup>3</sup>		
<b>Self-reported health status</b>			n≥274	
% rating health as fair or poor (persons)	-	19.0	26.1	137.3
% rating health as fair or poor (females)	-	19.1	22.9	120.1
% rating health as fair or poor (males)	-	18.9	27.9	147.6
<b>Body Mass Index (BMI)</b>			n≥257	
% overweight or obese range (BMI ≤25.0) (persons)	68.6	49.7	72.0	144.9
% overweight or obese range (BMI ≤25.0) (females)	60.8	41.0	67.4	164.4
% overweight or obese range (BMI ≤25.0) (males)	76.9	58.8	76.3	129.8
<b>Physical activity guidelines</b>			n≥261	
% not meeting guidelines / sedentary (persons)	-	48.1	49.2	102.3
% not meeting guidelines / sedentary (females)	-	48.2	45.3	94.0
% not meeting guidelines / sedentary (males)	-	47.8	53.2	111.3
<b>Fruit dietary guidelines</b>			n≥264	
% not meeting fruit guidelines (persons)	51.3	58.5	53.7	91.8
% not meeting fruit guidelines (females)	43.8	55.7	50.7	91.1
% not meeting fruit guidelines (males)	53.6	61.4	56.0	91.1
<b>Vegetable dietary guidelines</b>			n≥269	
% not meeting vegetable guidelines (persons)	92.1	95.1	84.8	89.1
% not meeting vegetable guidelines (females)	88.8	92.6	78.2	84.5
% not meeting vegetable guidelines (males)	95.3	97.7	90.4	92.5
<b>Smoking status</b>			n≥278	
% current smokers (persons)	15.2	16.7	12.9	77.4
% current smokers (females)	12.0	13.9	11.1	79.6
% current smokers (males)	18.5	19.6	14.1	71.8
<b>Alcohol consumption (single occasion)</b>			n≥267	
% had 4 or more standard drinks (persons)	41.8	41.5	53.9	129.8
% had 4 or more standard drinks (females)	29.8	29.7	43.0	144.8
% had 4 or more standard drinks (males)	54.1	53.9	63.3	117.4
<b>Sugar-sweetened beverage consumption</b>			n≥270	
% drinks SSB daily (persons)	9.1	11.2	14.8	132.1
% drinks SSB daily (females)	6.4	7.2	10.9	151.4
% drinks SSB daily (males)	11.8	15.3	17.8	116.3
<b>Life satisfaction</b>			n≥271	
% rating satisfaction as low (0 to 4) (persons)	-	5.7	9.4	165.6
% rating satisfaction as low (0 to 4) (females)	-	5.4	7.7	142.6
% rating satisfaction as low (0 to 4) (males)	-	6.1	10.5	171.5

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region

<sup>2</sup> Population benchmarks sourced from NHS 2017-18

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

<sup>4</sup> Comparison made to VPHS, unless data not available

### 3. General health

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

Results in this section are for respondents aged 18 years and over only. Data on children and adolescents aged 3 to 17 years is reported in Section 3.6.

#### 3.1. Self-reported health status

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

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

Table 3.1.1 shows that the proportion of respondents who self-reported a lower level of health (26.1%) was a higher than the VPHS benchmark of 19.0%.

In relation to the main demographic indicators:

- There were no significant differences in self-reported levels of health by gender, age group, or subregion of residence. However, this may be due to small base sizes

Full data from comparable demographic subgroups is available in Table 3.3.1.

In relation to other demographic or health differences, the subgroups more likely to report a lower level of health were:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor' or 'very poor' (40.9%), compared to those who are 'reasonably comfortable', 'very comfortable' or 'prosperous' (16.9%)
- Those who recorded a low level of life satisfaction (71.2%, compared to 21.3% who recorded medium to very high life satisfaction)
- Current smokers (43.3%) and ex-smokers (30.9%), compared to 18.6% of those who have never smoked
- Those who have experienced food insecurity in the last 12 months (57.7%, compared to 22.6% who have not run out of food and been unable to afford more)

Full data from comparable health subgroups is shown in Table 3.1.2.

**Table 3.1.1 Self-reported health status by selected demographic characteristics**

	Unweighted base <sup>1</sup> n	Fair / poor %	Good %	Very good / excellent %
<b>Total sample</b>	632	26.1	43.9	30.1
<b>Gender and age</b>				
Males	274	27.9	44.6	27.6
Females	349	22.9	43.7	33.4
Males, 18 to 34*	29	30.8	33.8	35.4
Males, 35 to 49	50	29.3	36.2	34.5
Males, 50 to 69	134	24.2	52.4	23.4
Males, 70+	61	32.2	42.3	25.5
Females, 18 to 34	57	19.1	42.2	38.8
Females, 35 to 49	74	12.4	44.8	42.8
Females, 50 to 69	155	26.1	44.9	29.0
Females, 70+	63	30.1	41.1	28.8
<b>Subregion</b>				
Boort & Surrounds	96	19.3	44.5	36.3
East Loddon Area	60	24.6	47.9	27.5
Inglewood / Bridgewater & Surrounds	139	30.0	45.2	24.8
Pyramid Hill & Surrounds	98	23.4	36.5	40.0
South Loddon Area	62	23.0	53.2	23.9
Wedderburn & Surrounds	146	30.2	40.1	29.8
<b>Demographic indicators</b>				
Born in Australia	561	24.2	45.3	30.5
Born overseas	65	38.3	36.5	25.2
Speaks English as main language	604	25.3	44.7	30.0
Speaks other main language*	11	14.0	17.7	68.3
Aboriginal and/or Torres Strait Islander*	7	38.8	13.9	47.3
Not Aboriginal or Torres Strait Islander	619	25.6	44.7	29.8
Identifies as LGBTQIA+*	10	45.9	35.4	18.8
Non-LGBTQIA+	545	23.1	47.1	29.9
Holds a Bachelor degree or higher	176	14.1	40.3	45.6
Less than Bachelor level education	393	26.7	44.4	28.9
Just getting along, poor or very poor	217	40.9	44.8	14.3
Reasonably comfortable, very comfortable or prosperous	408	16.9	43.3	39.8

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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

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

**Table 3.1.2 Self-reported health status by selected health characteristics**

	Unweighted base <sup>1</sup> n	Fair / poor %	Good %	Very good / excellent %
<b>Total sample</b>	632	26.1	43.9	30.1
<b>Health and wellbeing indicators</b>				
Life satisfaction - Low (0 to 4 out of 10)	56	71.2	14.6	14.2
Life satisfaction - Medium to very high (5+ out of 10)	563	21.3	46.6	32.1
Does not feel valued by society	129	52.6	33.0	14.4
Sometimes feel valued by society	259	20.5	55.7	23.9
Definitely feel valued by society	235	15.3	36.1	48.6
Overweight or obese (BMI ≥25.0)	404	28.0	46.2	25.9
Normal range or underweight (BMI <25.0)	168	18.0	37.5	44.6
Meets fruit intake guidelines	290	24.5	40.6	34.9
Does not meet fruit intake guidelines	311	26.8	47.0	26.2
Meets vegetable intake guidelines	95	22.4	32.4	45.2
Does not meet vegetable intake guidelines	509	26.5	46.5	27.0
Meets physical activity guidelines	325	16.3	46.3	37.4
Does not meet physical activity guidelines / sedentary	272	34.8	42.3	22.9
Current smoker	70	43.3	35.7	21.1
Ex-smoker	223	30.9	46.3	22.8
Never smoked	325	18.6	43.9	37.6
Drinks alcohol every day	67	23.8	35.7	40.5
Drinks alcohol less often than daily	402	24.8	45.3	30.0
Does not drink alcohol	147	30.7	44.2	25.1
Had more than 4 standard drinks on a single occasion	314	26.0	42.5	31.5
Has not had more than 4 standard drinks	284	26.1	45.1	28.9
Drinks sugar-sweetened beverages daily	81	35.1	44.0	21.0
Drinks sugar-sweetened beverages less than daily	538	25.0	43.6	31.4
Meets water consumption guidelines	122	26.2	45.2	28.7
Does not meet water guidelines	478	24.4	43.6	32.0
Ran out of food and could not afford more	58	57.7	29.5	12.8
Have not run out of food	552	22.6	45.7	31.7
Requires help with daily activities	61	62.3	30.0	7.7
Does not require help	555	20.7	45.6	33.7

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

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

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

## 3.2. Body mass index (BMI)

The 2019 ALC asked height and weight as a means of calculating the Body Mass Index (BMI) of respondents. For the purpose of identifying opportunities for supporting improved health amongst Loddon residents, we have focussed our analysis on the proportion of respondents whose BMI fell into the obese range (BMI of  $\geq 30$ ).

The latest available benchmark, the 2017-18 NHS, indicated that the proportion of Victorians aged 18 years and over who fall into the obese range was 31.5%. This compares to just 19.5% in the 2016 VPHS. The 2019 ALC data suggests that around a third (32.7%) of respondents within the Loddon region have a BMI that puts them in the obese range.

As shown in Table 3.2.1 below, amongst the main demographic indicators:

- There were no significant differences in BMI classification by gender, age group, or subregion of residence. However, this may be due to small base sizes

Full data from comparable demographic subgroups is available in Table 3.2.1.

In relation to other demographic or health differences, the subgroups more likely to be classified as obese were:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor' or 'very poor' (42.0%), compared to those who are 'reasonably comfortable', 'very comfortable' or 'prosperous' (27.0%)
- Those whose self-reported health was 'fair' or 'poor' (48.9%), compared to those with 'good', 'very good', or 'excellent' health (27.2%)
- Those who have experienced food insecurity in the last 12 months (50.5%, compared to 30.3% who have not run out of food and been unable to afford more)

Full data from comparable health subgroups is available in Table 3.2.2.

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

**Table 3.2.1 BMI by selected demographic characteristics**

	Unweighted base <sup>1</sup>	Underweight (BMI <18.5)	Normal range (BMI 18.5-24.9)	Overweight (BMI 25.0- 29.9)	Obese (BMI ≥30.0)
	n	%	%	%	%
<b>Total sample</b>	579	1.6	26.4	39.4	32.7
<b>Gender and age</b>					
Males	257	0.6	23.1	44.7	31.7
Females	314	2.9	29.8	33.2	34.1
Males, 18 to 34*	24	0.0	21.3	35.6	43.1
Males, 35 to 49	48	0.0	13.8	49.2	37.0
Males, 50 to 69	124	0.0	23.2	47.8	29.0
Males, 70+	61	2.3	31.2	39.2	27.3
Females, 18 to 34	53	5.0	34.6	21.5	38.9
Females, 35 to 49	69	1.9	31.4	32.3	34.3
Females, 50 to 69	137	2.1	28.6	35.1	34.2
Females, 70+	55	3.6	25.9	41.0	29.4
<b>Subregion</b>					
Boort & Surrounds	83	3.0	21.3	41.8	34.0
East Loddon Area	57	0.0	20.3	46.0	33.7
Inglewood / Bridgewater & Surrounds	122	0.2	25.2	41.0	33.6
Pyramid Hill & Surrounds	91	1.5	29.4	34.8	34.2
South Loddon Area	59	1.5	32.2	31.0	35.3
Wedderburn & Surrounds	138	2.4	27.0	41.8	28.8
<b>Demographic indicators</b>					
Born in Australia	512	1.8	25.8	40.3	32.1
Born overseas	62	0.4	30.5	32.2	37.0
Speaks English as main language	556	1.3	26.2	39.4	33.0
Speaks other main language*	9	0.0	48.8	35.3	15.9
Aboriginal and/or Torres Strait Islander*	6	0.0	19.3	39.3	41.5
Not Aboriginal or Torres Strait Islander	567	1.7	26.6	39.3	32.4
Identifies as LGBTQIA+*	8	0.0	34.2	35.2	30.6
Non-LGBTQIA+	505	1.4	27.1	38.7	32.9
Holds a Bachelor degree or higher	169	0.9	36.6	33.8	28.7
Less than Bachelor level education	352	1.7	24.4	39.8	34.1
Just getting along, poor or very poor	198	2.4	20.2	35.5	42.0
Reasonably comfortable, very comfortable or prosperous	373	1.2	29.4	42.4	27.0

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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

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

**Table 3.2.2 BMI by selected health characteristics**

	Unweighted base <sup>1</sup>	Underweight (BMI <18.5)	Normal range (BMI 18.5-24.9)	Overweight (BMI 25.0- 29.9)	Obese (BMI ≥30.0)
	n	%	%	%	%
<b>Total sample</b>	579	1.6	26.4	39.4	32.7
<b>Health and wellbeing indicators</b>					
Self-reported health - Fair or poor	131	2.7	17.2	31.2	48.9
Self-reported health - Good, very good, or excellent	441	1.3	29.2	42.2	27.2
Life satisfaction - Low (0 to 4 out of 10)	53	2.0	24.2	29.6	44.3
Life satisfaction - Medium to very high (5+ out of 10)	516	1.6	26.3	40.9	31.3
Does not feel valued by society	122	1.6	23.1	35.1	40.1
Sometimes feel valued by society	236	2.0	22.3	41.4	34.3
Definitely feel valued by society	216	1.1	33.5	39.9	25.5
Meets fruit intake guidelines	272	1.9	24.8	42.7	30.6
Does not meet fruit intake guidelines	288	1.5	28.4	35.1	35.1
Meets vegetable intake guidelines	87	2.5	31.6	29.4	36.6
Does not meet vegetable intake guidelines	473	1.5	25.0	41.2	32.3
Meets physical activity guidelines	311	0.3	28.1	43.2	28.4
Does not meet physical activity guidelines / sedentary	247	2.9	23.9	35.4	37.8
Current smoker	69	2.4	34.5	31.5	31.6
Ex-smoker	210	1.4	20.5	40.7	37.5
Never smoked	295	1.6	29.0	40.3	29.1
Drinks alcohol every day	63	4.2	18.1	44.4	33.3
Drinks alcohol less often than daily	372	1.2	27.5	41.6	29.7
Does not drink alcohol	134	1.7	27.5	32.0	38.8
Had more than 4 standard drinks on a single occasion	293	1.2	22.5	42.3	34.0
Has not had more than 4 standard drinks	263	2.2	31.3	35.8	30.7
Drinks sugar-sweetened beverages daily	74	1.1	17.1	39.6	42.2
Drinks sugar-sweetened beverages less than daily	499	1.7	28.0	38.9	31.4
Meets water consumption guidelines	115	1.8	25.4	37.8	35.0
Does not meet water guidelines	443	1.3	26.8	39.2	32.7
Ran out of food and could not afford more	57	3.1	19.4	27.0	50.5
Have not run out of food	503	1.5	26.8	41.4	30.3
Requires help with daily activities	56	0.4	29.3	38.8	31.5
Does not require help	507	1.7	26.4	39.0	33.0

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

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

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

### 3.3. Healthy eating

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

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

#### 3.3.1. Serves of vegetables consumed

Table 3.3.1.1 shows that the average daily serves of vegetables was 3.0 for residents of Loddon, well below the recommended serves per day. Overall, only 15.2% of respondents were meeting the recommended vegetable consumption guidelines.

In relation to the main demographic indicators:

- Females were more likely than males to be meeting the vegetable consumption guidelines (21.8%, compared to 9.7%)
- There were no significant differences in vegetable consumption by age group or subregion of residence. However, this may be due to small base sizes

Full data from comparable demographic subgroups is available in Table 3.3.1.1.

In relation to other demographic or health differences, the subgroups with higher average serves per day were:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'reasonably comfortable', 'very comfortable', or 'prosperous' (3.2) compared to those who are 'just getting along', 'poor', or 'very poor' (2.6)
- Those whose self-reported health was 'fair' or 'poor' (3.2), compared to those with 'good', 'very good', or 'excellent' health (2.5)
- Those respondents who meet the water consumption guidelines (3.6, compared to 2.9 for people that do not meet the water guidelines)



Full data from comparable health subgroups is available in Table 3.3.1.2.

**Table 3.3.1.1 Serves of vegetables by selected demographic characteristics**

	Unweighted base <sup>1</sup>	0 to less than 2 serves	2 to less than 5 serves	5 serves or more	Meets veg requirements	Average daily serves
	n	%	%	%	%	#
<b>Total sample</b>	612	27.0	51.9	21.0	15.2	3.0
<b>Gender and age</b>						
Males	269	31.2	48.1	20.7	9.7	2.8
Females	334	23.1	55.1	21.8	21.8	3.2
Males, 18 to 34*	29	28.8	54.3	16.9	11.8	2.9
Males, 35 to 49	51	37.2	40.2	22.6	5.7	2.6
Males, 50 to 69	132	25.6	53.9	20.6	6.1	2.9
Males, 70+	57	38.1	40.9	21.1	19.4	2.8
Females, 18 to 34	56	20.3	66.9	12.8	12.8	2.8
Females, 35 to 49	73	16.3	70.4	13.3	13.3	2.9
Females, 50 to 69	148	26.3	45.7	28.0	28.0	3.4
Females, 70+	57	25.9	48.6	25.5	25.5	3.3
<b>Subregion</b>						
Boort & Surrounds	96	25.8	58.5	15.7	10.7	2.8
East Loddon Area	60	15.3	61.1	23.6	15.4	3.3
Inglewood / Bridgewater & Surrounds	135	36.4	41.9	21.7	14.4	2.9
Pyramid Hill & Surrounds	91	26.6	55.6	17.8	17.4	3.3
South Loddon Area	61	26.9	38.6	34.5	25.1	3.1
Wedderburn & Surrounds	139	24.5	58.3	17.2	12.3	2.8
<b>Demographic indicators</b>						
Born in Australia	547	24.3	53.8	21.8	15.3	3.1
Born overseas	59	51.2	34.6	14.2	14.2	2.1
Speaks English as main language	589	26.4	53.0	20.7	15.2	3.0
Speaks other main language*	7	55.0	14.9	30.1	30.1	3.8
Aboriginal and/or Torres Strait Islander*	6	50.9	49.1	0.0	0.0	1.7
Not Aboriginal or Torres Strait Islander	600	26.8	51.9	21.3	15.4	3.0
Identifies as LGBTQIA+*	10	20.5	74.9	4.6	0.0	2.3
Non-LGBTQIA+	536	24.1	53.8	22.0	15.9	3.1
Holds a Bachelor degree or higher	170	13.7	66.8	19.5	16.2	3.3
Less than Bachelor level education	377	27.8	49.4	22.8	16.2	3.0
Just getting along, poor or very poor	210	37.1	48.5	14.4	11.8	2.6
Reasonably comfortable, very comfortable or prosperous	392	21.6	52.8	25.6	17.5	3.2

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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

**Table 3.3.1.2 Serves of vegetables by selected health characteristics**

	Unweight ed base <sup>1</sup> n	0 to less than 2 serves %	2 to less than 5 serves %	5 serves or more %	Meets veg requireme nts %	Average daily serves #
<b>Total sample</b>	612	27.0	51.9	21.0	15.2	3.0
<b>Health and wellbeing indicators</b>						
Self-reported health - Fair or poor	143	41.0	41.3	17.7	13.2	2.5
Self-reported health - Good, very good, or excellent	461	21.6	56.1	22.3	16.0	3.2
Life satisfaction - Low (0 to 4 out of 10)	55	39.3	48.1	12.6	6.9	2.3
Life satisfaction - Medium to very high (5+ out of 10)	547	25.3	52.6	22.1	16.2	3.1
Does not feel valued by society	128	37.1	45.6	17.3	12.6	2.5
Sometimes feel valued by society	255	25.4	55.9	18.8	12.4	2.9
Definitely feel valued by society	223	22.1	52.1	25.8	20.4	3.5
Overweight or obese (BMI ≥25.0)	397	27.1	51.2	21.7	13.8	3.0
Normal range or underweight (BMI <25.0)	163	22.8	57.0	20.2	18.7	3.0
Meets fruit intake guidelines	286	13.3	55.5	31.2	23.1	3.7
Does not meet fruit intake guidelines	312	38.2	49.4	12.3	8.4	2.4
Meets physical activity guidelines	320	19.3	56.1	24.6	18.5	3.3
Does not meet physical activity guidelines / sedentary	266	33.5	47.7	18.9	12.7	2.8
Current smoker	68	31.3	50.8	17.9	10.7	2.8
Ex-smoker	220	28.3	54.2	17.5	11.8	2.8
Never smoked	316	25.4	50.1	24.5	18.9	3.1
Drinks alcohol every day	65	25.3	39.6	35.1	28.0	3.6
Drinks alcohol less often than daily	397	24.7	56.0	19.3	12.0	2.9
Does not drink alcohol	137	35.1	45.0	20.0	18.6	3.0
Had more than 4 standard drinks on a single occasion	311	24.1	56.6	19.3	13.2	3.0
Has not had more than 4 standard drinks	274	29.7	46.2	24.1	18.7	3.0
Drinks sugar-sweetened beverages daily	81	42.0	44.9	13.0	8.6	2.3
Drinks sugar-sweetened beverages less than daily	523	23.6	53.9	22.5	16.7	3.1
Meets water consumption guidelines	123	10.7	57.5	31.8	21.2	3.6
Does not meet water guidelines	465	30.1	50.9	19.0	14.3	2.9
Ran out of food and could not afford more	59	45.9	50.3	3.8	3.1	2.0
Have not run out of food	532	24.3	52.5	23.2	17.0	3.1
Requires help with daily activities	58	52.4	28.4	19.3	11.9	2.4
Does not require help	538	23.3	55.8	20.9	15.5	3.1

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

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

### 3.3.2. Serves of fruit consumed

As shown in Table 3.3.2.1, the average serves of fruit per day for residents of Loddon was 1.6, lower than the recommended serves per day for adults. However, a larger proportion of respondents (46.3%) were meeting the fruit consumption guidelines than the vegetable consumption guidelines (15.2%).

In relation to the main demographic indicators:

- There were no significant differences in fruit consumption by gender or subregion of residence. However, this may be due to small base sizes
- Amongst females, respondents aged 70 years and over consumed an average of 2.0 serves per day, which was higher than those aged 35 to 49 years (1.3)

Full data from comparable demographic subgroups is available in Table 3.3.2.1.

In relation to other key demographic or health differences, the subgroups more likely to be meeting the fruit consumption guidelines were:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'reasonably comfortable', 'very comfortable', or 'prosperous' (54.1%), compared to those who are 'just getting along', 'poor', or 'very poor' (35.0%)
- Those who drink sugar-sweetened beverages less than daily (48.9%, compared to 31.5% who drink them daily)
- Those respondents who meet the water consumption guidelines (61.0%, compared to 42.5% of people who do not meet the water guidelines)
- Those who have not experienced food insecurity in the last 12 months (48.8%, compared to 28.6% who have run out of food and been unable to afford more)

Full data from comparable health subgroups is available in Table 3.3.2.2.

**Table 3.3.2.1 Serves of fruit by selected demographic characteristics**

	Unweighted base <sup>1</sup>  n	0 to less than 1 serves %	1 to less than 2 serves %	2 serves or more %	Meets fruit requirements %	Average daily serves #
<b>Total sample</b>	609	19.2	34.5	46.3	46.3	1.6
<b>Gender and age</b>						
Males	264	20.5	35.5	44.0	44.0	1.5
Females	336	18.4	32.3	49.3	49.3	1.7
Males, 18 to 34*	29	25.0	32.4	42.7	42.7	1.6
Males, 35 to 49	49	21.2	37.4	41.4	41.4	1.3
Males, 50 to 69	128	19.0	35.1	45.9	45.9	1.5
Males, 70+	58	20.2	36.1	43.7	43.7	1.7
Females, 18 to 34	57	17.7	32.1	50.3	50.3	1.6
Females, 35 to 49	74	21.2	43.3	35.5	35.5	1.3
Females, 50 to 69	144	18.3	31.1	50.6	50.6	1.7
Females, 70+	61	16.6	23.4	60.1	60.1	2.1
<b>Subregion</b>						
Boort & Surrounds	96	15.5	29.8	54.8	54.8	1.6
East Loddon Area	59	10.4	30.8	58.8	58.8	1.7
Inglewood / Bridgewater & Surrounds	132	21.4	34.7	43.9	43.9	1.7
Pyramid Hill & Surrounds	94	17.8	35.0	47.3	47.3	1.5
South Loddon Area	61	14.8	51.9	33.4	33.4	1.5
Wedderburn & Surrounds	138	27.1	30.9	42.0	42.0	1.4
<b>Demographic indicators</b>						
Born in Australia	542	17.6	35.2	47.2	47.2	1.6
Born overseas	62	31.1	29.6	39.3	39.3	1.7
Speaks English as main language	582	18.7	35.0	46.4	46.4	1.6
Speaks other main language*	10	28.0	10.7	61.2	61.2	3.2
Aboriginal and/or Torres Strait Islander*	6	50.9	16.4	32.7	32.7	0.8
Not Aboriginal or Torres Strait Islander	597	18.8	34.6	46.6	46.6	1.6
Identifies as LGBTQIA+*	9	29.9	36.5	33.6	33.6	1.1
Non-LGBTQIA+	533	17.5	35.8	46.7	46.7	1.6
Holds a Bachelor degree or higher	171	17.6	30.4	52.0	52.0	1.6
Less than Bachelor level education	375	18.0	35.6	46.4	46.4	1.6
Just getting along, poor or very poor	208	28.9	36.1	35.0	35.0	1.3
Reasonably comfortable, very comfortable or prosperous	391	13.8	32.1	54.1	54.1	1.7

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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

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

**Table 3.3.2.2 Serves of fruit by selected health characteristics**

	Unweighted base <sup>1</sup> n	0 to less than 1 serves %	1 to less than 2 serves %	2 serves or more %	Meets fruit requirements %	Average daily serves #
<b>Total sample</b>	609	19.2	34.5	46.3	46.3	1.6
<b>Health and wellbeing indicators</b>						
Self-reported health - Fair or poor	140	23.4	32.2	44.4	44.4	1.4
Self-reported health - Good, very good, or excellent	461	18.2	34.5	47.4	47.4	1.6
Life satisfaction - Low (0 to 4 out of 10)	56	29.5	37.6	32.9	32.9	1.2
Life satisfaction - Medium to very high (5+ out of 10)	544	18.2	34.0	47.8	47.8	1.6
Does not feel valued by society	129	20.2	38.4	41.5	41.5	1.5
Sometimes feel valued by society	252	20.3	40.1	39.6	39.6	1.4
Definitely feel valued by society	223	17.7	24.9	57.4	57.4	1.8
Overweight or obese (BMI ≥25.0)	394	17.8	33.9	48.3	48.3	1.6
Normal range or underweight (BMI <25.0)	166	19.0	36.6	44.5	44.5	1.6
Meets vegetable intake guidelines	94	8.3	21.4	70.3	70.3	2.4
Does not meet vegetable intake guidelines	504	20.5	37.6	41.9	41.9	1.4
Meets physical activity guidelines	316	15.4	36.1	48.5	48.5	1.7
Does not meet physical activity guidelines / sedentary	265	23.6	33.0	43.5	43.5	1.5
Current smoker	69	26.6	41.2	32.3	32.3	1.2
Ex-smoker	214	22.5	33.6	43.9	43.9	1.5
Never smoked	317	15.0	32.3	52.7	52.7	1.8
Drinks alcohol every day	65	31.2	32.7	36.1	36.1	1.6
Drinks alcohol less often than daily	389	17.2	34.9	47.9	47.9	1.5
Does not drink alcohol	142	18.6	31.3	50.1	50.1	1.6
Had more than 4 standard drinks on a single occasion	307	21.4	38.2	40.4	40.4	1.5
Has not had more than 4 standard drinks	277	16.5	29.9	53.6	53.6	1.7
Drinks sugar-sweetened beverages daily	81	30.3	38.2	31.5	31.5	1.2
Drinks sugar-sweetened beverages less than daily	521	17.6	33.5	48.9	48.9	1.6
Meets water consumption guidelines	124	9.4	29.6	61.0	61.0	1.9
Does not meet water guidelines	463	21.8	35.8	42.5	42.5	1.5
Ran out of food and could not afford more	59	30.9	40.5	28.6	28.6	1.1
Have not run out of food	528	17.5	33.7	48.8	48.8	1.7
Requires help with daily activities	58	20.3	38.4	41.4	41.4	1.7
Does not require help	536	18.6	33.9	47.5	47.5	1.6

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

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

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

### 3.3.3. Barriers to vegetable consumption

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

While a range of reasons were provided for not having met either requirement, the two main themes that emerged were 'personal preference or habit' (28.6%) and 'cost or affordability' (18.2%). Other relatively common barriers to increasing serves of vegetables were a 'lack of time' (15.9%), 'diet or health restrictions' (13.8%), and a 'lack of awareness of, or agreement with, the guidelines' (12.6%).

In relation to the main demographic indicators:

- Females were more likely to identify 'a lack of time' as a reason for not consuming the recommended amount of vegetables when compared to males (23.7% compared to 8.9%)
- There were no significant differences in barriers to vegetable consumption by age group. However, this may be due to small base sizes
- Across the subregions, respondents from Pyramid Hill and Surrounds District were more likely (25.4%) to identify 'quality or availability of vegetables' as a barrier to meeting the guidelines when compared to respondents from Boort and Surrounds (4.5%)

Full data from comparable demographic subgroups is available in Tables 3.3.3.1.

In relation to other demographic or health differences, the subgroups more likely to select 'cost' as a barrier were:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (29.5%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (8.0%)
- Those who have experienced food insecurity (49.5%), compared to those who have not run out of food and been unable to afford more in the last 12 months (11.1%)

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

**Table 3.3.3.1 Barriers to meeting vegetable guidelines by selected demographic characteristics**

	Unweighted base <sup>1</sup>	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	315	28.6	15.9	18.2	13.8	12.6	11.0	2.8	4.3	1.0
<b>Gender and age</b>										
Males	130	34.4	8.9	17.1	15.0	12.1	9.0	3.3	4.4	1.7
Females	182	22.4	23.7	18.1	13.0	13.4	12.3	2.3	4.4	0.2
Males, 18 to 34*	16	45.1	9.8	30.1	7.5	7.5	7.5	0.0	0.0	0.0
Males, 35 to 49*	27	28.2	12.9	19.6	27.3	7.1	12.5	9.6	5.6	0.0
Males, 50 to 69	57	36.6	9.8	18.8	10.6	11.5	5.6	0.0	2.9	4.2
Males, 70+*	30	30.9	3.2	5.1	15.4	20.1	12.5	4.9	8.0	0.0
Females, 18 to 34*	33	19.8	36.5	23.5	8.3	10.0	20.4	0.0	0.0	0.0
Females, 35 to 49	40	28.7	27.6	13.2	16.8	7.3	16.6	0.0	0.0	0.0
Females, 50 to 69	82	23.1	22.3	21.6	7.0	12.4	9.1	5.5	6.2	0.5
Females, 70+*	27	15.5	8.2	9.1	28.3	27.2	5.9	0.0	10.4	0.0
<b>Subregion</b>										
Boort & Surrounds	48	35.5	18.5	20.0	10.7	14.7	4.5	0.0	0.7	0.0
East Loddon Area*	26	19.7	23.9	0.0	42.7	8.5	6.2	3.8	14.6	1.2
Inglewood / Bridgewater & Surrounds	62	32.8	14.6	25.5	6.7	11.1	14.6	4.5	3.7	2.3
Pyramid Hill & Surrounds	46	33.3	2.3	18.2	3.8	14.5	25.4	3.2	0.0	3.1
South Loddon Area*	27	19.9	28.0	13.8	17.4	2.0	8.9	0.0	14.0	0.0
Wedderburn & Surrounds	88	25.9	15.4	16.6	12.9	18.2	9.0	4.1	3.5	0.0

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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


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

**Table 3.3.3.2 Barriers to meeting vegetable guidelines by further demographic indicators**

	Unweighted base <sup>1</sup>	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	315	28.6	15.9	18.2	13.8	12.6	11.0	2.8	4.3	1.0
<b>Demographic indicators</b>										
Born in Australia	271	29.6	15.9	19.1	14.8	12.5	10.3	2.2	4.6	0.6
Born overseas	42	21.4	15.8	13.9	9.1	13.5	14.8	6.0	3.1	3.1
Speaks English as main language	302	29.1	16.4	18.3	14.2	12.5	9.6	2.9	4.5	1.0
Speaks other main language*	7	0.0	0.0	11.3	0.0	0.0	88.7	0.0	0.0	0.0
Aboriginal and/or Torres Strait Islander*	4	20.2	28.6	51.2	0.0	0.0	0.0	0.0	0.0	0.0
Not Aboriginal or Torres Strait Islander	310	28.9	15.7	17.7	13.7	12.8	11.2	2.9	4.4	1.0
Identifies as LGBTQIA+*	4	0.0	53.2	38.5	0.0	0.0	38.5	8.4	0.0	0.0
Non-LGBTQIA+	280	29.8	15.9	17.2	14.6	12.5	11.5	3.1	3.3	1.1
Holds a Bachelor degree or higher	97	26.4	19.2	10.6	14.1	15.7	20.7	1.6	2.7	0.8
Less than Bachelor level education	192	30.3	15.3	21.7	12.5	10.2	10.8	3.4	4.1	0.5
Just getting along, poor or very poor	131	23.2	17.0	29.5	14.2	9.9	10.8	3.7	3.7	1.0
Reasonably comfortable, very comfortable or prosperous	184	33.6	15.0	8.0	13.5	15.0	11.1	2.0	4.9	0.9

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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



**Table 3.3.3.3 Barriers to meeting vegetable guidelines by selected health indicators**

	Unweighted base <sup>1</sup>	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	315	28.6	15.9	18.2	13.8	12.6	11.0	2.8	4.3	1.0
<b>Health and wellbeing indicators</b>										
Self-reported health - Fair or poor	87	20.9	16.3	31.0	10.7	14.3	9.4	4.1	3.3	0.0
Self-reported health - Good, very good, or excellent	227	32.3	15.9	12.7	14.5	11.9	11.7	2.3	4.8	1.4
Life satisfaction - Low (0 to 4 out of 10)*	36	24.2	20.4	37.1	10.3	5.3	16.2	13.2	0.0	0.0
Life satisfaction - Medium to very high (5+ out of 10)	275	29.6	15.4	15.5	13.7	13.6	10.2	1.3	5.0	1.1
Does not feel valued by society	82	20.6	13.2	31.8	16.0	10.6	14.0	4.8	4.3	0.0
Sometimes feel valued by society	129	31.2	18.2	21.0	11.3	9.3	10.8	2.0	1.7	2.3
Definitely feel valued by society	104	32.9	15.3	1.0	15.3	19.1	8.3	2.1	8.1	0.0
Overweight or obese (BMI ≥25.0)	199	29.6	16.9	20.8	8.9	12.3	11.6	2.7	4.5	1.4
Normal range or underweight (BMI <25.0)	93	25.8	10.4	12.8	24.7	13.9	12.1	2.8	3.5	0.3
Meets fruit intake guidelines	118	26.1	17.6	18.3	7.9	17.9	9.6	3.8	4.3	1.4
Does not meet fruit intake guidelines	191	30.1	15.0	18.0	17.6	10.0	12.1	1.9	3.7	0.8
Meets physical activity guidelines	160	29.5	15.5	12.5	15.9	11.9	12.6	1.5	6.8	0.2
Does not meet physical activity guidelines / sedentary	149	27.4	17.0	23.5	12.4	12.9	9.0	4.1	2.3	1.7

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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

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

**Table 3.3.3.4 Barriers to vegetable guidelines by further health indicators**

	Unweighted base <sup>1</sup>	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	315	28.6	15.9	18.2	13.8	12.6	11.0	2.8	4.3	1.0
<b>Health and wellbeing indicators</b>										
Current smoker	45	26.6	13.4	32.4	12.5	5.2	16.9	4.3	2.9	2.9
Ex-smoker	121	25.2	15.0	17.3	15.1	18.8	7.8	4.2	1.2	1.0
Never smoked	147	31.0	18.1	13.8	13.5	10.0	11.7	1.0	7.9	0.2
Drinks alcohol every day*	31	41.4	7.0	17.4	9.7	13.7	15.2	4.6	1.2	0.0
Drinks alcohol less often than daily	207	27.6	18.5	16.3	14.1	14.2	10.0	2.2	4.5	0.7
Does not drink alcohol	74	24.4	13.7	24.3	13.6	8.6	12.4	3.9	5.4	1.9
Had more than 4 standard drinks on a single occasion	160	30.9	15.7	19.6	14.2	12.3	12.6	1.0	3.3	0.7
Has not had more than 4 standard drinks	141	25.5	16.7	16.1	13.9	13.1	8.8	5.2	6.0	1.3
Drinks sugar-sweetened beverages daily	49	31.9	25.0	18.9	17.0	9.5	8.8	0.0	0.7	0.0
Drinks sugar-sweetened beverages less than daily	263	27.9	14.3	18.4	13.4	13.4	10.3	3.5	5.2	1.2
Meets water consumption guidelines	52	23.3	14.4	21.0	25.6	10.2	10.6	0.6	10.2	0.0
Does not meet water guidelines	255	29.8	16.6	17.8	10.8	13.6	11.0	3.4	2.8	1.2
Ran out of food and could not afford more	45	9.4	25.6	49.5	6.3	2.8	14.2	6.1	3.4	0.0
Have not run out of food	256	33.7	14.3	11.1	16.2	15.1	8.1	2.2	4.7	1.2
Requires help with daily activities	34	21.8	18.3	27.5	10.1	10.7	10.6	9.0	6.3	0.0
Does not require help	275	29.4	16.0	16.6	14.4	13.2	11.3	1.9	4.1	0.6

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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

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

### 3.3.4. Barriers to fruit consumption

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

While a range of reasons were provided for not having met the guidelines, the two main themes that emerged were 'personal preference or habit' (35.8%) and the 'cost or affordability' (19.1%). Other relatively common barriers to increasing serves of fruit were the 'quality or availability of produce' (14.5%), 'diet or health restrictions' (14.4%), and a 'lack of awareness of, or agreement with, the guidelines' (8.9%).

In relation to the main demographic indicators:

- There were no significant differences in barriers to fruit consumption by gender, age group, or subregion of residence. However, this may be due to the small base sizes

Full data from comparable demographic subgroups is available in Tables 3.3.4.1.

In relation to other demographic or health differences the subgroups more likely to select 'cost' as a barrier were:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (32.3%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (5.0%)


Identifying 'personal preference' as a barrier to fruit consumption was higher among those in better financial and health situations. Full data from comparable demographic and health subgroups is available in Tables 3.3.4.2, 3.3.4.3, and 3.3.4.4.

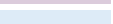
**Table 3.3.4.1 Barriers to meeting fruit guidelines by selected demographic characteristics**

	Unweighted base <sup>1</sup>	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	221	35.8	8.9	19.1	14.4	8.9	14.5	0.2	2.5	2.3
<b>Gender and age</b>										
Males	94	36.2	3.8	19.0	14.1	10.2	14.1	0.0	3.0	2.4
Females	124	35.0	14.2	18.4	15.2	7.9	15.4	0.3	2.0	2.2
Males, 18 to 34*	10	42.4	11.6	34.5	11.5	0.0	0.0	0.0	0.0	0.0
Males, 35 to 49*	19	38.8	5.3	17.9	11.8	14.7	20.8	0.0	1.3	0.0
Males, 50 to 69	43	42.5	0.0	19.7	14.6	9.9	11.6	0.0	0.0	2.5
Males, 70+*	22	19.7	5.3	11.6	16.7	11.1	19.0	0.0	11.1	5.6
Females, 18 to 34*	21	31.4	23.6	14.7	10.3	0.0	28.3	2.0	2.0	0.0
Females, 35 to 49*	32	47.3	11.7	19.8	14.6	1.1	12.3	0.0	1.1	1.1
Females, 50 to 69	54	33.8	14.9	23.1	11.0	7.3	17.5	0.0	0.0	2.1
Females, 70+*	17	22.0	5.8	7.2	33.2	29.9	0.0	0.0	9.3	7.2
<b>Subregion</b>										
Boort & Surrounds*	26	50.1	15.9	15.3	3.9	9.3	20.2	0.0	0.0	5.0
East Loddon Area*	17	65.9	5.6	9.2	13.8	0.0	7.3	0.0	0.0	0.0
Inglewood / Bridgewater & Surrounds	50	37.9	13.5	26.7	12.5	3.9	12.5	0.7	0.0	0.0
Pyramid Hill & Surrounds*	28	21.2	5.9	11.8	5.6	18.9	26.3	0.0	5.6	9.1
South Loddon Area*	29	27.7	14.0	18.5	8.1	12.9	15.0	0.0	6.6	0.9
Wedderburn & Surrounds	60	30.5	2.2	20.8	21.1	10.0	12.8	0.0	3.0	1.9

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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


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

**Table 3.3.4.2 Barriers to meeting fruit guidelines by further demographic indicators**

	Unweighted base <sup>1</sup>	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	221	35.8	8.9	19.1	14.4	8.9	14.5	0.2	2.5	2.3
<b>Demographic indicators</b>										
Born in Australia	191	37.2	7.4	20.6	15.7	9.2	13.7	0.2	1.3	1.9
Born overseas	29	25.5	17.2	12.0	7.8	8.1	19.4	0.0	8.7	4.3
Speaks English as main language	215	36.6	8.9	17.7	14.8	9.2	14.4	0.2	2.5	2.3
Speaks other main language*	1	0.0	100.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Aboriginal and/or Torres Strait Islander*	2	47.2	0.0	52.8	0.0	0.0	0.0	0.0	0.0	0.0
Not Aboriginal or Torres Strait Islander	218	35.8	9.0	18.9	14.1	9.1	14.7	0.2	2.5	2.3
Identifies as LGBTQIA+*	5	0.0	0.0	25.8	48.5	20.2	5.6	0.0	0.0	0.0
Non-LGBTQIA+	195	39.1	9.8	18.5	13.1	7.8	14.6	0.2	1.9	2.0
Holds a Bachelor degree or higher	63	38.1	15.1	11.2	16.7	8.3	20.6	1.5	5.3	1.2
Less than Bachelor level education	138	36.4	9.2	22.8	11.9	8.0	12.4	0.0	2.4	2.1
Just getting along, poor or very poor	101	24.0	9.3	32.3	17.7	8.0	13.0	0.0	1.3	2.0
Reasonably comfortable, very comfortable or prosperous	120	48.3	8.4	5.0	10.9	9.9	16.1	0.3	3.7	2.5

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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**Table 3.3.4.3 Barriers to meeting fruit guidelines by selected health indicators**

	Unweighted base <sup>1</sup>	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	221	35.8	8.9	19.1	14.4	8.9	14.5	0.2	2.5	2.3
<b>Health and wellbeing indicators</b>										
Self-reported health - Fair or poor	63	20.2	8.3	30.9	18.4	7.4	18.7	0.0	0.0	2.7
Self-reported health - Good, very good, or excellent	157	42.9	9.2	14.2	12.8	8.5	12.9	0.2	3.6	2.1
Life satisfaction - Low (0 to 4 out of 10)*	26	28.2	6.4	36.0	22.7	1.0	20.7	0.0	0.0	0.0
Life satisfaction - Medium to very high (5+ out of 10)	191	37.0	9.3	17.0	13.4	9.1	13.9	0.2	2.9	2.6
Does not feel valued by society	58	21.2	5.6	32.2	21.2	10.3	14.2	0.0	1.7	0.0
Sometimes feel valued by society	101	39.5	11.4	19.0	12.1	5.7	15.5	0.3	4.2	0.0
Definitely feel valued by society	62	46.8	8.0	2.9	10.2	13.6	13.0	0.0	0.0	9.6
Overweight or obese (BMI ≥25.0)	140	35.7	8.1	21.7	8.9	8.5	19.5	0.3	3.5	1.0
Normal range or underweight (BMI <25.0)	61	39.5	5.9	13.3	22.9	13.4	5.7	0.0	0.5	6.1
Meets vegetable intake guidelines*	20	45.1	5.4	10.5	19.4	17.1	18.1	0.0	1.6	0.0
Does not meet vegetable intake guidelines	196	35.2	9.4	19.7	14.4	7.9	14.7	0.2	1.7	2.5
Meets physical activity guidelines	110	40.3	6.4	17.5	15.2	8.0	15.6	0.0	3.5	2.0
Does not meet physical activity guidelines / sedentary	107	31.5	11.6	21.5	13.9	9.0	12.8	0.3	1.6	2.6

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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**Table 3.3.4.4 Barriers to fruit guidelines by further health indicators**

	Unweighted base <sup>1</sup>	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	221	35.8	8.9	19.1	14.4	8.9	14.5	0.2	2.5	2.3
<b>Health and wellbeing indicators</b>										
Current smoker	38	32.3	2.9	32.4	11.4	2.2	14.4	0.0	3.6	3.6
Ex-smoker	85	38.2	8.7	20.3	12.6	10.5	13.8	0.0	1.3	1.6
Never smoked	94	32.0	12.2	12.7	17.9	9.7	16.0	0.4	3.2	2.4
Drinks alcohol every day*	32	46.2	7.0	17.2	3.8	15.1	14.9	0.0	0.0	7.4
Drinks alcohol less often than daily	133	33.3	10.8	18.6	12.4	7.6	16.8	0.0	3.7	2.1
Does not drink alcohol	51	32.4	6.3	23.4	23.3	7.4	10.3	0.7	1.3	0.0
Had more than 4 standard drinks on a single occasion	125	33.8	10.5	21.6	12.0	7.2	16.6	0.0	1.2	4.0
Has not had more than 4 standard drinks	86	36.1	7.6	15.6	17.6	10.1	13.3	0.4	4.6	0.0
Drinks sugar-sweetened beverages daily	40	23.4	13.0	29.1	13.4	8.4	10.4	0.8	2.5	0.6
Drinks sugar-sweetened beverages less than daily	179	38.1	7.9	16.8	14.9	9.2	15.8	0.0	2.5	2.8
Meets water consumption guidelines*	34	40.4	7.8	18.5	23.5	0.0	8.2	0.0	5.3	0.0
Does not meet water guidelines	181	34.3	9.4	20.1	11.7	11.0	15.7	0.2	2.0	2.8
Ran out of food and could not afford more*	34	18.2	10.4	42.2	9.2	5.5	13.7	0.0	7.5	0.0
Have not run out of food	180	39.6	8.8	13.9	16.1	10.0	13.7	0.2	1.4	2.9
Requires help with daily activities*	23	20.3	4.0	30.4	13.3	10.0	21.2	0.0	3.8	0.0
Does not require help	192	37.3	10.0	17.2	14.5	9.1	14.0	0.2	2.3	2.7

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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

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

### 3.3.5. Water consumption

According to the 2013 Australian Dietary Guidelines prepared by the National Health and Medical Research Council (NHMRC), the recommended daily intake of water varies dependent upon a range of individual factors such as diet and physical activity.<sup>2</sup> For the purpose of reporting, we have assumed that water consumption requirements have been met if individuals drink at least two litres (8 cups) of water daily.

Overall, respondents of Loddon reported drinking an average of 4.9 cups of water per day, below the recommended amount.

In relation to the main demographic indicators:

- There were no significant differences in water consumption by gender. However, this may be due to small base sizes
- For females, those aged 18 to 34 years (32.9%) and 35 to 49 years (31.8%) were more likely to be meeting the guidelines than those aged 70 years and over (7.3%)
- Across the subregions, respondents from the East Loddon area had higher average cups per day (6.0) when compared to respondents from Inglewood or Bridgewater and Surrounds (4.4) and Pyramid Hill and Surrounds (4.5)

Full data from comparable demographic subgroups is available in Table 3.3.5.1.

In relation to other demographic or health differences, the subgroups least likely to meet water consumption guidelines were:

- Those respondents who were also not meeting the fruit consumption guidelines (15.9%), compared to respondents who were meeting them (28.7%)

Full data from comparable health subgroups is available in Table 3.3.5.2.

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<sup>2</sup> [www.eatforhealth.gov.au/sites/default/files/files/the\\_guidelines/n55a\\_australian\\_dietary\\_guidelines\\_summary\\_book.pdf](http://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55a_australian_dietary_guidelines_summary_book.pdf)



**Table 3.3.5.1 Water consumption by selected demographic characteristics**

	Unweighted base <sup>1</sup>	Meets water requirements	Does not meet requirements	Average daily cups*
	n	%	%	#
<b>Total sample</b>	606	21.4	78.6	4.9
<b>Gender and age</b>				
Males	258	21.5	78.5	4.7
Females	341	21.7	78.3	5.3
Males, 18 to 34*	29	30.9	69.1	6.0
Males, 35 to 49	50	24.0	76.0	4.9
Males, 50 to 69	123	21.5	78.5	4.5
Males, 70+	56	14.0	86.1	4.1
Females, 18 to 34	57	32.9	67.1	6.2
Females, 35 to 49	74	31.8	68.2	6.2
Females, 50 to 69	149	18.9	81.1	5.0
Females, 70+	61	7.3	92.7	4.1
<b>Subregion</b>				
Boort & Surrounds	95	19.9	80.1	4.9
East Loddon Area	58	34.6	65.4	6.0
Inglewood / Bridgewater & Surrounds	133	17.4	82.6	4.4
Pyramid Hill & Surrounds	89	16.7	83.4	4.5
South Loddon Area	60	22.7	77.3	4.9
Wedderburn & Surrounds	142	19.2	80.8	5.0
<b>Demographic indicators</b>				
Born in Australia	541	22.9	77.1	5.1
Born overseas	61	10.7	89.3	3.6
Speaks English as main language	581	21.8	78.2	5.0
Speaks other main language*	10	10.7	89.3	4.3
Aboriginal and/or Torres Strait Islander*	6	19.6	80.4	5.2
Not Aboriginal or Torres Strait Islander	595	21.4	78.6	4.9
Identifies as LGBTQIA+*	8	12.4	87.6	3.5
Non-LGBTQIA+	534	22.1	77.9	5.0
Holds a Bachelor degree or higher	175	22.9	77.1	5.3
Less than Bachelor level education	374	20.2	79.8	4.9
Just getting along, poor or very poor	204	17.6	82.4	4.6
Reasonably comfortable, very comfortable or prosperous	394	22.6	77.4	5.1

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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

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

**Table 3.3.5.2 Water consumption by selected health characteristics**

	Unweighted base <sup>1</sup>	Meets water requirements	Does not meet requirements	Average daily cups
	n	%	%	%
<b>Total sample</b>	606	21.4	78.6	4.9
<b>Health and wellbeing indicators</b>				
Self-reported health - Fair or poor	136	22.3	77.7	4.7
Self-reported health - Good, very good, or excellent	464	20.7	79.3	5.0
Life satisfaction - Low (0 to 4 out of 10)	53	25.6	74.4	4.7
Life satisfaction - Medium to very high (5+ out of 10)	543	21.2	78.8	5.0
Does not feel valued by society	126	26.4	73.6	5.1
Sometimes feel valued by society	247	21.7	78.3	4.9
Definitely feel valued by society	228	18.1	81.9	4.8
Overweight or obese (BMI ≥25.0)	394	21.4	78.6	4.9
Normal range or underweight (BMI <25.0)	164	20.7	79.3	5.2
Meets fruit intake guidelines	282	28.7	71.3	5.7
Does not meet fruit intake guidelines	305	15.9	84.1	4.3
Meets vegetable intake guidelines	95	29.0	71.0	6.2
Does not meet vegetable intake guidelines	493	20.1	79.9	4.6
Meets physical activity guidelines	323	24.7	75.3	5.4
Does not meet physical activity guidelines / sedentary	265	17.9	82.1	4.5
Current smoker	68	24.1	75.9	5.3
Ex-smoker	214	15.9	84.2	4.3
Never smoked	316	24.7	75.3	5.3
Drinks alcohol every day	64	16.6	83.4	4.5
Drinks alcohol less often than daily	394	22.6	77.4	5.0
Does not drink alcohol	137	18.7	81.4	4.8
Had more than 4 standard drinks on a single occasion	308	25.4	74.6	5.3
Has not had more than 4 standard drinks	274	17.3	82.7	4.6
Drinks sugar-sweetened beverages daily	80	24.4	75.6	4.2
Drinks sugar-sweetened beverages less than daily	522	21.1	78.9	5.1
Ran out of food and could not afford more	60	35.3	64.8	5.7
Have not run out of food	525	20.1	79.9	4.9
Requires help with daily activities	53	17.6	82.4	4.6
Does not require help	539	22.3	77.7	5.0

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

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

## 3.4. Health risk behaviours

### 3.4.1. Sugar-sweetened beverage consumption

According to the 2016 Victorian Population Health Survey (VPHS), 11.2% of Victorian adults consume sugar-sweetened drinks (soft drink, cordials, sports drinks or energy drinks) at least once per day. This proportion was higher amongst Victorian males (15.3%) than females (7.2%). The 2017-18 National Health Survey (NHS) also reported that a higher proportion of adults living in Outer Regional and Remote Australia consume sugar sweetened drinks on a daily basis.<sup>3</sup>

In the 2019 ALC, all respondents were asked how often they consume sugar-sweetened beverages, specifically, cordial, soft drinks, flavoured mineral water, energy or sports drinks. Overall, 14.8% of respondents from the Loddon region reported that they drink sugar-sweetened beverages at least daily.

In relation to the main demographic indicators:

- Consistent with the VPHS, males were more likely to consume sugar-sweetened beverages, however the difference in gender was not statistically significant
- For females, there were no age differences for daily consumption, however those aged 70 years and over (37.4%) were more likely to never consume sugar-sweetened beverages when compared to those aged 18 to 34 years (10.6%)
- Across the subregions, those more likely to consume sugar-sweetened beverages daily were residents of Wedderburn and Surrounds (20.4%), when compared to respondents from Pyramid Hill and Surrounds (6.2%)

Full data from comparable demographic subgroups is available in Table 3.4.1.1.

In relation to other demographic or health differences, the subgroups more likely to consume sugar-sweetened beverages daily were:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (20.6%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (10.5%)
- Households that have experienced food insecurity (33.9%, compared to 12.4% of people who have not run out of food and been unable to afford more in the past 12 months)

Full data from comparable health subgroups is available in Table 3.4.1.2.

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<sup>3</sup> <https://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.001~2017-18~Main%20Features~Sugar%20sweetened%20and%20diet%20drink%20consumption~110>

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

	Unweighted base <sup>1</sup> n	Daily %	Weekly %	Monthly or less often %	Never %
<b>Total sample</b>	626	14.8	33.7	31.1	20.4
<b>Gender and age</b>					
Males	270	17.8	36.1	28.8	17.4
Females	347	11.0	31.2	33.9	24.0
Males, 18 to 34*	29	30.0	49.2	20.8	0.0
Males, 35 to 49	50	22.8	45.4	15.7	16.1
Males, 50 to 69	130	16.4	33.1	33.1	17.4
Males, 70+	61	9.9	27.0	36.0	27.1
Females, 18 to 34	58	11.5	41.0	36.9	10.6
Females, 35 to 49	74	12.3	40.4	30.8	16.6
Females, 50 to 69	152	10.2	28.8	34.3	26.7
Females, 70+	63	10.7	18.2	33.6	37.4
<b>Subregion</b>					
Boort & Surrounds	96	11.3	37.0	35.1	16.7
East Loddon Area	60	8.8	41.4	30.4	19.4
Inglewood / Bridgewater & Surrounds	137	18.0	34.0	28.1	20.0
Pyramid Hill & Surrounds	95	6.2	37.9	31.2	24.7
South Loddon Area	60	14.9	28.5	30.7	26.0
Wedderburn & Surrounds	148	20.4	27.7	32.2	19.8
<b>Demographic indicators</b>					
Born in Australia	558	15.1	33.9	32.2	18.8
Born overseas	63	13.7	31.1	22.6	32.6
Speaks English as main language	599	14.3	33.7	31.2	20.8
Speaks other main language*	10	0.0	46.1	40.7	13.1
Aboriginal and/or Torres Strait Islander*	7	19.7	31.3	29.4	19.7
Not Aboriginal or Torres Strait Islander	613	14.7	33.9	31.0	20.4
Identifies as LGBTQIA+*	9	37.4	0.0	33.0	29.6
Non-LGBTQIA+	543	13.5	35.0	31.2	20.3
Holds a Bachelor degree or higher	176	8.1	32.0	39.0	21.0
Less than Bachelor level education	386	15.9	34.4	29.7	20.1
Just getting along, poor or very poor	216	20.6	36.7	25.2	17.6
Reasonably comfortable, very comfortable or prosperous	400	10.5	31.8	35.1	22.6

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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

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

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

	Unweighted base <sup>1</sup> n	Daily %	Weekly %	Monthly or less often %	Never %
<b>Total sample</b>	626	14.8	33.7	31.1	20.4
<b>Health and wellbeing indicators</b>					
Self-reported health - Fair or poor	149	19.2	35.5	25.7	19.6
Self-reported health - Good, very good, or excellent	470	12.8	33.5	33.3	20.4
Life satisfaction - Low (0 to 4 out of 10)	57	17.6	44.6	23.0	14.7
Life satisfaction - Medium to very high (5+ out of 10)	559	14.3	32.6	32.4	20.8
Does not feel valued by society	133	24.8	31.9	21.4	21.9
Sometimes feel valued by society	258	14.6	36.2	32.1	17.1
Definitely feel valued by society	229	7.0	31.7	38.1	23.3
Overweight or obese (BMI ≥25.0)	404	16.2	33.4	31.7	18.8
Normal range or underweight (BMI <25.0)	169	9.2	35.5	31.5	23.8
Meets fruit intake guidelines	289	10.1	30.1	34.6	25.3
Does not meet fruit intake guidelines	313	18.9	36.4	28.8	15.9
Meets vegetable intake guidelines	96	8.2	21.1	37.0	33.7
Does not meet vegetable intake guidelines	508	16.0	36.1	29.6	18.3
Meets physical activity guidelines	324	10.1	35.1	32.6	22.3
Does not meet physical activity guidelines / sedentary	274	19.5	32.9	29.0	18.6
Current smoker	72	21.6	46.6	21.6	10.2
Ex-smoker	222	15.2	31.9	27.6	25.2
Never smoked	323	12.6	32.2	35.4	19.8
Drinks alcohol every day	66	13.9	18.9	35.5	31.7
Drinks alcohol less often than daily	402	13.2	40.3	29.2	17.4
Does not drink alcohol	145	16.8	24.6	33.8	24.8
Had more than 4 standard drinks on a single occasion	316	16.9	39.1	29.2	14.8
Has not had more than 4 standard drinks	282	11.7	28.1	33.3	26.9
Meets water consumption guidelines	125	16.7	29.5	36.9	16.9
Does not meet water guidelines	477	14.3	34.5	29.5	21.8
Ran out of food and could not afford more	61	33.9	39.1	12.4	14.6
Have not run out of food	545	12.4	32.9	34.0	20.7
Requires help with daily activities	61	19.4	33.7	26.9	20.1
Does not require help	550	13.9	33.8	32.2	20.1

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

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

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

### 3.4.2. Smoking

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

Compared to the benchmark data, from the 2016 VPHS, which gave the proportion of current smokers as 16.7% (19.6% of males and 13.9% of females), the proportion of current smokers in the Loddon region was lower at 12.9%.

In relation to the main demographic indicators:

- Consistent with the VPHS, the proportion of males currently smoking was higher than females, however this difference was not statistically significant
- For males, those aged 50 to 69 years (19.5%) were more likely to be current smokers than those aged 70 years and over (3.7%)
- There were no significant age differences recorded for females
- Across the subregions, there were no differences recorded regarding current smoking status. However, respondents from Inglewood or Bridgewater and Surrounds (43.4%) and Wedderburn and Surrounds (41.8%) were more likely to be ex-smokers than respondents from Pyramid Hill and Surrounds (20.1%)

Full data from comparable demographic subgroups is available in Table 3.4.2.1.

In relation to other demographic or health differences, the subgroups more likely to be current smokers were:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (18.2%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (8.8%)
- People who do not meet the physical activity guidelines (19.3%, compared to 7.7% of those who do meet the guidelines)
- Households that have experienced food insecurity in the past 12 months (28.6%, compared to 11.0% of people who have not run out of food and been unable to afford more)

Full data from comparable health subgroups is available in Table 3.4.2.2.

**Table 3.4.2.1 Smoking status by selected demographic characteristics**

	Unweighted base <sup>1</sup> n	Current smoker %	Ex-smoker %	Never smoked %
<b>Total sample</b>	628	12.9	36.3	50.8
<b>Gender and age</b>				
Males	278	14.1	38.2	47.7
Females	341	11.1	34.2	54.8
Males, 18 to 34*	29	15.7	12.9	71.5
Males, 35 to 49	51	14.0	27.3	58.7
Males, 50 to 69	134	19.5	42.4	38.1
Males, 70+	64	3.7	51.7	44.5
Females, 18 to 34	58	6.1	27.9	66.1
Females, 35 to 49	70	12.0	32.8	55.1
Females, 50 to 69	153	14.1	37.7	48.2
Females, 70+	60	8.1	33.5	58.5
<b>Subregion</b>				
Boort & Surrounds	96	9.6	38.8	51.6
East Loddon Area	60	12.2	29.1	58.7
Inglewood / Bridgewater & Surrounds	139	14.3	43.4	42.3
Pyramid Hill & Surrounds	97	16.6	20.1	63.3
South Loddon Area	62	13.0	34.6	52.4
Wedderburn & Surrounds	144	13.0	41.8	45.2
<b>Demographic indicators</b>				
Born in Australia	557	13.3	34.6	52.1
Born overseas	64	11.2	48.5	40.3
Speaks English as main language	601	12.7	36.7	50.7
Speaks other main language*	10	15.4	4.8	79.8
Aboriginal and/or Torres Strait Islander*	7	38.8	29.7	31.5
Not Aboriginal or Torres Strait Islander	615	12.7	36.6	50.7
Identifies as LGBTQIA+*	10	22.1	4.6	73.3
Non-LGBTQIA+	542	11.9	37.5	50.6
Holds a Bachelor degree or higher	174	5.2	29.4	65.4
Less than Bachelor level education	388	14.3	38.0	47.7
Just getting along, poor or very poor	216	18.2	44.4	37.4
Reasonably comfortable, very comfortable or prosperous	403	8.8	31.9	59.3

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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

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

**Table 3.4.2.2 Smoking status by selected health characteristics**

	Unweighted base n	Current smoker %	Ex-smoker %	Never smoked %
<b>Total sample</b>	628	12.9	36.3	50.8
<b>Health and wellbeing indicators</b>				
Self-reported health - Fair or poor	148	21.2	43.2	35.6
Self-reported health - Good, very good, or excellent	470	9.9	34.4	55.7
Life satisfaction - Low (0 to 4 out of 10)	56	24.0	48.6	27.4
Life satisfaction - Medium to very high (5+ out of 10)	559	12.0	34.6	53.4
Does not feel valued by society	132	20.2	38.7	41.1
Sometimes feel valued by society	257	10.3	36.5	53.3
Definitely feel valued by society	231	11.6	33.5	55.0
Overweight or obese (BMI ≥25.0)	405	12.0	40.3	47.7
Normal range or underweight (BMI <25.0)	169	17.9	28.6	53.5
Meets fruit intake guidelines	290	9.0	33.9	57.0
Does not meet fruit intake guidelines	310	16.7	38.2	45.1
Meets vegetable intake guidelines	94	8.9	28.5	62.6
Does not meet vegetable intake guidelines	510	13.4	38.4	48.3
Meets physical activity guidelines	326	7.7	36.8	55.5
Does not meet physical activity guidelines / sedentary	271	19.3	37.6	43.1
Drinks alcohol every day	68	13.9	58.6	27.5
Drinks alcohol less often than daily	406	12.9	36.8	50.4
Does not drink alcohol	147	11.9	25.4	62.7
Had more than 4 standard drinks on a single occasion	321	15.9	40.7	43.4
Has not had more than 4 standard drinks	285	9.2	31.1	59.7
Drinks sugar-sweetened beverages daily	82	19.4	37.8	42.8
Drinks sugar-sweetened beverages less than daily	535	12.2	36.4	51.4
Meets water consumption guidelines	123	14.6	26.9	58.5
Does not meet water guidelines	475	12.5	38.9	48.6
Ran out of food and could not afford more	61	28.6	39.0	32.4
Have not run out of food	545	11.0	36.7	52.3
Requires help with daily activities	62	20.7	51.6	27.7
Does not require help	550	11.7	34.1	54.3

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

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



### 3.4.3. Alcohol consumption

There are two available benchmarks related to alcohol consumption that were considered for inclusion in the 2019 ALC: potential for lifetime harm from drinking and potential for harm on a single occasion. Unfortunately, restrictions associated with survey length meant that there was only space for two questions related to alcohol consumption, allowing for collection of information for one of the benchmarks. As such, comparative data regarding potential for lifetime harm was not collected on this occasion. Section 3.4.4 presents a comparison to the benchmark question measuring the risk of harm associated with drinking more than four standard drinks on a single occasion in the past 12 months.

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

Overall, 11.4% of respondents reported that they drank alcohol every day in the past year.

In relation to the main demographic indicators:

- Males were more likely to drink alcohol daily than females (16.6%, compared to 5.6%)
- Across age groups and subregions, there were no statistically significant differences in the frequency of alcohol consumption

Full data from comparable demographic subgroups is available in Table 3.4.3.1.

In relation to other demographic or health differences, the subgroups more likely to consume alcohol daily were:

- People who do not meet the vegetable consumption guidelines (20.8%, compared to 9.7% of those who do meet the guidelines)
- Ex-smokers (18.3%), when compared to those who have never smoked (6.2%)

Full data from comparable health subgroups is available in Table 3.4.3.2.

Alcohol consumption was also correlated with rates of gambling. Respondents who gamble weekly were more likely to drink alcohol every day (24.5%) when compared to respondents who gamble monthly or less often (7.9%), or never (11.7%), however this difference was not statistically significant due to small base sizes.

**Table 3.4.3.1 Frequency of alcohol consumption by selected demographic characteristics**

	Unweighted base <sup>1</sup>	Every day	Weekly	Monthly or less often	No longer drinks / Do not drink
	n	%	%	%	%
<b>Total sample</b>	623	11.4	29.1	35.1	24.5
<b>Gender and age</b>					
Males	274	16.6	33.6	30.4	19.4
Females	340	5.6	24.5	40.0	29.9
Males, 18 to 34*	28	4.1	32.4	40.7	22.8
Males, 35 to 49	50	8.0	33.4	42.4	16.2
Males, 50 to 69	133	21.3	34.6	28.4	15.7
Males, 70+	63	21.2	32.4	19.4	27.0
Females, 18 to 34	56	0.0	22.5	55.8	21.8
Females, 35 to 49	70	0.0	32.8	45.7	21.5
Females, 50 to 69	153	10.1	24.7	34.8	30.4
Females, 70+	61	6.2	17.5	32.0	44.3
<b>Subregion</b>					
Boort & Surrounds	95	15.4	30.9	38.3	15.4
East Loddon Area	60	10.9	42.7	30.3	16.1
Inglewood / Bridgewater & Surrounds	140	13.9	27.5	30.8	27.9
Pyramid Hill & Surrounds	97	13.2	21.2	37.9	27.8
South Loddon Area	62	8.0	40.3	27.1	24.7
Wedderburn & Surrounds	140	7.7	23.6	40.7	28.1
<b>Demographic indicators</b>					
Born in Australia	553	10.5	29.9	35.9	23.7
Born overseas	64	17.4	22.6	31.8	28.1
Speaks English as main language	596	11.2	29.2	35.7	23.9
Speaks other main language*	10	21.7	0.0	12.5	65.9
Aboriginal and/or Torres Strait Islander*	7	15.8	11.9	52.7	19.7
Not Aboriginal or Torres Strait Islander	610	11.4	29.5	35.0	24.1
Identifies as LGBTQIA+*	9	0.0	13.3	75.7	11.0
Non-LGBTQIA+	538	11.0	30.3	34.8	24.0
Holds a Bachelor degree or higher	175	6.9	36.7	41.6	14.9
Less than Bachelor level education	387	12.9	27.5	35.7	23.9
Just getting along, poor or very poor	216	10.2	23.0	38.5	28.3
Reasonably comfortable, very comfortable or prosperous	401	12.3	32.7	32.6	22.3

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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

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

**Table 3.4.3.2 Frequency of alcohol consumption by selected health characteristics**

	Unweighted base <sup>1</sup>	Every day	Weekly	Monthly or less often	No longer drinks / Do not drink
	n	%	%	%	%
<b>Total sample</b>	623	11.4	29.1	35.1	24.5
<b>Health and wellbeing indicators</b>					
Self-reported health - Fair or poor	146	10.3	24.7	36.0	29.1
Self-reported health - Good, very good, or excellent	470	11.7	30.4	34.7	23.2
Life satisfaction - Low (0 to 4 out of 10)	55	8.7	18.8	45.4	27.1
Life satisfaction - Medium to very high (5+ out of 10)	555	11.4	30.4	33.9	24.4
Does not feel valued by society	127	8.8	20.8	38.8	31.7
Sometimes feel valued by society	258	8.2	31.9	36.9	23.1
Definitely feel valued by society	230	15.9	32.0	30.2	21.9
Overweight or obese (BMI ≥25.0)	401	12.3	26.6	36.8	24.3
Normal range or underweight (BMI <25.0)	168	9.0	35.1	30.2	25.7
Meets fruit intake guidelines	290	8.7	29.2	36.0	26.1
Does not meet fruit intake guidelines	306	13.7	28.1	35.0	23.2
Meets vegetable intake guidelines	94	20.8	25.0	25.6	28.7
Does not meet vegetable intake guidelines	505	9.7	30.9	36.7	22.7
Meets physical activity guidelines	325	11.1	32.1	32.9	24.0
Does not meet physical activity guidelines / sedentary	268	12.5	26.7	38.0	22.8
Current smoker	70	12.4	25.7	39.1	22.8
Ex-smoker	223	18.3	30.3	34.3	17.1
Never smoked	328	6.2	29.2	34.3	30.3
Had more than 4 standard drinks on a single occasion	318	18.1	39.8	41.9	0.3
Has not had more than 4 standard drinks	286	4.3	17.8	28.7	49.2
Drinks sugar-sweetened beverages daily	78	11.0	21.8	38.2	29.0
Drinks sugar-sweetened beverages less than daily	535	11.2	30.4	34.8	23.6
Meets water consumption guidelines	120	8.8	25.2	44.8	21.2
Does not meet water guidelines	475	11.7	31.1	32.5	24.6
Ran out of food and could not afford more	58	8.8	17.5	38.5	35.2
Have not run out of food	543	12.1	30.5	34.7	22.8
Requires help with daily activities	60	11.2	21.8	33.2	33.8
Does not require help	548	11.8	30.2	36.2	21.9

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

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

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

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

The National Health and Medical Research Centre (NHMRC) uses a measure of excessive alcohol consumption to identify individuals who are at risk of alcohol-related injury on a single occasion. The risk associated with excessive drinking includes risk of death or injury due to road transport accidents, falls, drowning, assault, suicide and acute alcohol toxicity. People are classified as being at risk due to the acute effects of excess alcohol consumption if they have consumed more than four standard drinks on a single occasion in the past 12 months.<sup>4</sup> To assess risk of harm in the 2019 ALC, respondents aged over 18 years who reported having an alcoholic drink in the last 12 months, were asked how often they have 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, 53.9% of all Loddon respondents aged 18 years and over reported they had engaged in risky drinking behaviour in (at least) one sitting in the last 12 months. This compares to benchmarks of 41.8% for respondents to the 2017-18 National Health Survey and 41.5% for respondents of the 2016 Victorian Population Health Survey. Respondents from the Loddon region therefore were more likely to engage in risky drinking behaviour than the benchmarks suggest for Victorian residents more broadly.

In relation to the main demographic indicators:

- Males were more likely to be at risk of alcohol-related injury on a single occasion than females (63.3%, compared to 43.0%)
- Males aged 50 to 69 years (70.3%) were more likely to be at risk of alcohol-related injury on a single occasion than those aged 70 years and over (45.0%). While males in the younger age groups were also more likely to be at risk than those aged 70 years and over, these differences were not significant due to small sample sizes
- For females, 61.9% of those aged 18 to 34 years and 58.0% of those aged 35 to 49 years, higher compared to 22.6% of those aged 70 years and over
- Across the subregions, there were no significant differences, possibly due to small base sizes

Full data from comparable demographic subgroups is available in Table 3.4.4.1.

In relation to other key demographic or health differences, the subgroups more likely to be at risk of alcohol-related injury on a single occasion were:

- People who do not meet the fruit consumption guidelines (59.6%, compared to 46.4% of those who do meet the guidelines)
- Current smokers (66.8%) and ex-smokers (60.4%), compared to those who have never smoked (45.8%)

Full data from comparable health subgroups is available in Table 3.4.4.2.

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<sup>4</sup> <https://www.nhmrc.gov.au/health-advice/alcohol>

**Table 3.4.4.1 Single occasion risk drinking by selected demographic characteristics**

	Unweighted base <sup>1</sup>	Has had 4 or more drinks on a single occasion in last 12 months	Has not had 4 or more drinks in one sitting in last 12 months
	n	%	%
<b>Total sample</b>	608	53.9	46.1
<b>Gender and age</b>			
Males	267	63.3	36.7
Females	332	43.0	57.0
Males, 18 to 34*	28	79.0	21.0
Males, 35 to 49	48	61.6	38.4
Males, 50 to 69	129	70.3	29.7
Males, 70+	62	45.0	55.1
Females, 18 to 34	54	61.9	38.1
Females, 35 to 49	70	58.0	42.0
Females, 50 to 69	149	37.8	62.2
Females, 70+	59	22.6	77.5
<b>Subregion</b>			
Boort & Surrounds	94	56.6	43.4
East Loddon Area	60	46.9	53.1
Inglewood / Bridgewater & Surrounds	135	54.9	45.1
Pyramid Hill & Surrounds	94	46.5	53.5
South Loddon Area	60	58.2	41.8
Wedderburn & Surrounds	136	57.0	43.1
<b>Demographic indicators</b>			
Born in Australia	541	54.9	45.1
Born overseas	62	47.5	52.5
Speaks English as main language	583	54.3	45.7
Speaks other main language*	8	39.0	61.0
Aboriginal and/or Torres Strait Islander*	7	66.5	33.5
Not Aboriginal or Torres Strait Islander	595	54.1	45.9
Identifies as LGBTQIA+*	8	61.4	38.6
Non-LGBTQIA+	527	53.4	46.6
Holds a Bachelor degree or higher	168	62.2	37.8
Less than Bachelor level education	378	53.4	46.6
Just getting along, poor or very poor	206	53.3	46.7
Reasonably comfortable, very comfortable or prosperous	393	53.2	46.8

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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


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


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

**Table 3.4.4.2 Single occasion risk drinking by selected health characteristics**

	Unweighted base	Has had 4 or more drinks on a single occasion in last 12 months	Has not had 4 or more drinks in one sitting in last 12 months
	n	%	%
<b>Total sample</b>	608	53.9	46.1
<b>Health and wellbeing indicators</b>			
Self-reported health - Fair or poor	141	53.4	46.6
Self-reported health - Good, very good, or excellent	457	53.4	46.6
Life satisfaction - Low (0 to 4 out of 10)	55	64.8	35.2
Life satisfaction - Medium to very high (5+ out of 10)	541	52.8	47.2
Does not feel valued by society	127	51.1	48.9
Sometimes feel valued by society	248	55.9	44.1
Definitely feel valued by society	226	53.6	46.4
Overweight or obese (BMI ≥25.0)	391	56.5	43.5
Normal range or underweight (BMI <25.0)	165	44.4	55.7
Meets fruit intake guidelines	281	46.4	53.6
Does not meet fruit intake guidelines	303	59.6	40.4
Meets vegetable intake guidelines	94	45.3	54.7
Does not meet vegetable intake guidelines	491	55.6	44.4
Meets physical activity guidelines	318	55.8	44.2
Does not meet physical activity guidelines / sedentary	260	53.5	46.5
Current smoker	69	66.8	33.2
Ex-smoker	216	60.4	39.6
Never smoked	321	45.8	54.2
Drinks alcohol every day	68	82.8	17.2
Drinks alcohol less often than daily	403	66.9	33.1
Does not drink alcohol	133	0.7	99.3
Drinks sugar-sweetened beverages daily	78	62.6	37.4
Drinks sugar-sweetened beverages less than daily	520	52.3	47.8
Meets water consumption guidelines	121	63.0	37.0
Does not meet water guidelines	461	51.2	48.8
Ran out of food and could not afford more	57	62.7	37.3
Have not run out of food	530	53.0	47.0
Requires help with daily activities	57	49.5	50.5
Does not require help	536	55.6	44.4

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

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

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

### 3.4.5. Gambling

Questions related to gambling were introduced for respondents aged 18 years and over in the 2019 ALC as a first attempt to comprehensively measure the incidence and impact of gambling in the region. At the time of reporting, there were few publicly available benchmarks for gambling incidence in Victoria. To provide some context, the 2014 Victorian Prevalence Study by the Victorian Responsible Gambling Foundation (VRGF) found that 70.1% of Victorian adults gamble, most of whom (82.2%) show no signs of harm from their gambling.<sup>5</sup>

The first gambling-related question in the 2019 ALC asked respondents how often, if at all, they had gambled in the last 12 months. Overall, 31.8% of Loddon respondents reported having gambled at some time during the past 12 months. While this proportion is considerably lower than the VRGF benchmark, results are based on a general question about gambling, while the VRGF combines the responses of any participants who had engaged in a broad range of activities including (but not limited to) electronic gaming, Keno, scratchies, and having purchased raffle tickets. For ALC participants, it is possible that activities such as purchasing raffle tickets were not included in their definition of 'gambling' when asking the question, therefore underrepresenting gambling rates when compared to the VRGF study.

Of the Loddon residents who responded to the survey, 3.9% reported that they gamble every week.

In relation to the main demographic indicators:

- There were no significant differences in the proportion who reported gambling weekly by gender or age group. However, this may be due to small base sizes as both males and females aged 70 years and over appear to be more likely to gamble weekly than those in younger age groups despite the differences not being significant
- Across the subregions, there were no significant differences in weekly gambling rates. However, respondents from Wedderburn and Surrounds were more likely to have gambled in the last 12 months (43.7%) than residents of Inglewood or Bridgewater and Surrounds (22.6%)

Full data from comparable demographic subgroups is available in Table 3.4.5.1.

In relation to other demographic or health differences, the subgroups more likely to report gambling daily were:

- People who do not meet the physical activity guidelines (6.6%, compared to 1.5% of those who do meet the guidelines)
- People who require help with daily activities (13.9%, compared to 2.6% of those who do not require assistance)

Full data from comparable health subgroups is available in Table 3.4.5.2.

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<sup>5</sup> <https://responsiblegambling.vic.gov.au/resources/publications/study-of-gambling-and-health-in-victoria-findings-from-the-victorian-prevalence-study-2014-72/>

**Table 3.4.5.1 Gambling frequency by selected demographic characteristics**

	Unweighted base <sup>1</sup> n	Weekly %	Monthly or less often %	Never %
<b>Total sample</b>	613	3.9	27.9	68.3
<b>Gender and age</b>				
Males	271	5.7	28.4	66.0
Females	335	1.9	26.8	71.3
Males, 18 to 34*	29	0.0	37.9	62.1
Males, 35 to 49	50	3.0	26.1	71.0
Males, 50 to 69	128	4.2	31.4	64.4
Males, 70+	64	13.0	20.7	66.3
Females, 18 to 34	57	0.0	22.4	77.6
Females, 35 to 49	71	0.0	23.2	76.8
Females, 50 to 69	148	2.6	30.0	67.5
Females, 70+	59	4.3	27.3	68.4
<b>Subregion</b>				
Boort & Surrounds	95	2.6	27.5	69.9
East Loddon Area	58	3.3	20.2	76.5
Inglewood / Bridgewater & Surrounds	138	3.8	18.7	77.5
Pyramid Hill & Surrounds	89	3.4	28.6	68.1
South Loddon Area	62	8.7	29.7	61.6
Wedderburn & Surrounds	141	2.7	41.0	56.3
<b>Demographic indicators</b>				
Born in Australia	546	3.3	28.7	68.0
Born overseas	62	9.1	19.1	71.8
Speaks English as main language	587	4.1	27.5	68.4
Speaks other main language*	10	0.0	7.7	92.3
Aboriginal and/or Torres Strait Islander*	7	0.0	15.5	84.5
Not Aboriginal or Torres Strait Islander	601	4.0	28.0	68.1
Identifies as LGBTQIA+*	9	0.0	23.2	76.8
Non-LGBTQIA+	534	3.8	28.9	67.3
Holds a Bachelor degree or higher	174	1.9	29.3	68.9
Less than Bachelor level education	378	4.1	27.6	68.3
Just getting along, poor or very poor	214	3.7	31.7	64.6
Reasonably comfortable, very comfortable or prosperous	392	4.1	25.9	70.0

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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

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



**Table 3.4.5.2 Gambling frequency by selected health characteristics**

	Unweighted base <sup>1</sup> n	Weekly %	Monthly or less often %	Never %
<b>Total sample</b>	613	3.9	27.9	68.3
<b>Health and wellbeing indicators</b>				
Self-reported health - Fair or poor	137	2.9	24.2	72.9
Self-reported health - Good, very good, or excellent	466	4.4	29.1	66.5
Life satisfaction - Low (0 to 4 out of 10)	54	2.8	37.5	59.8
Life satisfaction - Medium to very high (5+ out of 10)	547	4.1	26.9	69.0
Does not feel valued by society	126	2.0	26.7	71.4
Sometimes feel valued by society	250	4.8	30.8	64.4
Definitely feel valued by society	229	4.3	25.1	70.6
Overweight or obese (BMI ≥25.0)	394	4.4	26.7	68.9
Normal range or underweight (BMI <25.0)	166	4.1	31.3	64.7
Meets fruit intake guidelines	282	2.0	25.5	72.5
Does not meet fruit intake guidelines	304	5.9	30.2	63.9
Meets vegetable intake guidelines	89	4.2	27.8	68.1
Does not meet vegetable intake guidelines	500	4.1	28.0	67.9
Meets physical activity guidelines	322	6.6	25.5	67.9
Does not meet physical activity guidelines / sedentary	263	1.5	31.3	67.2
Current smoker	69	3.1	45.7	51.2
Ex-smoker	217	5.1	30.7	64.3
Never smoked	325	3.3	21.6	75.1
Drinks alcohol every day	66	8.7	19.7	71.6
Drinks alcohol less often than daily	401	3.2	32.3	64.5
Does not drink alcohol	140	3.8	19.6	76.6
Had more than 4 standard drinks on a single occasion	315	3.8	33.9	62.3
Has not had more than 4 standard drinks	278	4.3	20.7	75.1
Drinks sugar-sweetened beverages daily	80	3.1	33.7	63.2
Drinks sugar-sweetened beverages less than daily	523	4.2	27.3	68.6
Meets water consumption guidelines	121	3.1	21.5	75.4
Does not meet water guidelines	466	4.1	29.4	66.5
Ran out of food and could not afford more	60	4.4	25.0	70.6
Have not run out of food	531	3.7	28.8	67.6
Requires help with daily activities	58	13.9	29.4	56.6
Does not require help	542	2.6	27.5	69.9

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

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A follow-up question asked all respondents (not just those who have gambled in the last 12 months) if gambling had caused them any health problems, including stress or anxiety. The rationale behind asking the question of all respondents was that people can experience personal harm from their own gambling as well as from someone else's gambling. The 2014 Victorian Responsible Gambling Authority study found that 2.8% of Victorians reported having experienced harm from someone else's gambling. The same study gave the proportion of 'problem gamblers' (who by definition have experienced harm) in the population as 0.8%.<sup>6</sup>

The proportion of Loddon respondents who reported having experienced gambling-related problems in the 2019 ALC was 0.4%, increasing to 1.2% of those respondents who gamble.

There were no significant differences in the proportions of respondents experiencing gambling-related problems across key demographic subgroups, although that may be due to small base sizes.

Full data from comparable demographic subgroups is available in Table 3.4.5.3.

In relation to other key demographic or health differences, the subgroups more likely to have experienced gambling-related health problems were:

- Those who recorded a low level of life satisfaction (4.0%, compared to 0.0% who recorded medium to very high life satisfaction)
- Those who have experienced food insecurity in the last 12 months (3.4%, compared to 0.0% who have not run out of food and been unable to afford more)

Full data from comparable health subgroups is available in Table 3.4.5.4.

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

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<sup>6</sup> <https://responsiblegambling.vic.gov.au/resources/gambling-victoria/gambling-harm-victoria/>

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

	Unweighted base <sup>1</sup>	Experienced gambling-related health problems	Not experienced gambling-related health problems
	n	%	%
<b>Total sample</b>	585	0.4	99.6
<b>Gender and age</b>			
Males	256	0.1	99.9
Females	320	0.7	99.3
Males, 18 to 34*	28	0.0	100.0
Males, 35 to 49	47	0.0	100.0
Males, 50 to 69	123	0.3	99.7
Males, 70+	58	0.0	100.0
Females, 18 to 34	56	0.0	100.0
Females, 35 to 49	67	0.0	100.0
Females, 50 to 69	143	1.6	98.4
Females, 70+	54	0.0	100.0
<b>Subregion</b>			
Boort & Surrounds	87	0.0	100.0
East Loddon Area	60	0.0	100.0
Inglewood / Bridgewater & Surrounds	131	0.7	99.3
Pyramid Hill & Surrounds	90	0.0	100.0
South Loddon Area	58	0.0	100.0
Wedderburn & Surrounds	129	1.0	99.0
<b>Demographic indicators</b>			
Born in Australia	521	0.4	99.6
Born overseas	58	0.0	100.0
Speaks English as main language	562	0.4	99.6
Speaks other main language*	8	0.0	100.0
Aboriginal and/or Torres Strait Islander*	7	0.0	100.0
Not Aboriginal or Torres Strait Islander	573	0.4	99.6
Identifies as LGBTQIA+*	9	0.0	100.0
Non-LGBTQIA+	511	0.4	99.6
Holds a Bachelor degree or higher	169	0.0	100.0
Less than Bachelor level education	358	0.2	99.8
Just getting along, poor or very poor	207	1.0	99.0
Reasonably comfortable, very comfortable or prosperous	376	0.0	100.0

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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

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

	Unweighted base <sup>1</sup>	Experienced gambling-related health problems	Not experienced gambling-related health problems
	n	%	%
<b>Total sample</b>	585	0.4	99.6
<b>Health and wellbeing indicators</b>			
Self-reported health - Fair or poor	137	1.5	98.5
Self-reported health - Good, very good, or excellent	441	0.0	100.0
Life satisfaction - Low (0 to 4 out of 10)	53	4.0	96.0
Life satisfaction - Medium to very high (5+ out of 10)	520	0.0	100.0
Does not feel valued by society	121	1.6	98.4
Sometimes feel valued by society	240	0.0	100.0
Definitely feel valued by society	216	0.0	100.0
Overweight or obese (BMI ≥25.0)	378	0.3	99.7
Normal range or underweight (BMI <25.0)	156	0.6	99.4
Meets fruit intake guidelines	274	0.1	99.9
Does not meet fruit intake guidelines	286	0.6	99.4
Meets vegetable intake guidelines	86	1.1	98.9
Does not meet vegetable intake guidelines	482	0.3	99.7
Meets physical activity guidelines	305	0.3	99.7
Does not meet physical activity guidelines / sedentary	255	0.5	99.5
Current smoker	62	1.8	98.2
Ex-smoker	207	0.4	99.6
Never smoked	314	0.0	100.0
Drinks alcohol every day	63	0.0	100.0
Drinks alcohol less often than daily	386	0.1	99.9
Does not drink alcohol	133	1.4	98.7
Had more than 4 standard drinks on a single occasion	298	0.1	99.9
Has not had more than 4 standard drinks	267	0.7	99.3
Drinks sugar-sweetened beverages daily	72	1.6	98.4
Drinks sugar-sweetened beverages less than daily	504	0.2	99.8
Meets water consumption guidelines	115	0.3	99.7
Does not meet water guidelines	444	0.4	99.6
Ran out of food and could not afford more	54	3.4	96.7
Have not run out of food	520	0.0	100.0
Requires help with daily activities	115	1.4	98.6
Does not require help	444	0.3	99.8

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

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

### 3.5. Physical activity

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

The National Health Survey 2014-15 indicated that 55.5% of Australians aged 18 to 64 years had engaged in sufficient physical activity. The equivalent proportion of Loddon respondents in the same age group who had met the guidelines was 49.5% and overall, 50.8% of Loddon respondents had met the above-mentioned physical activity guidelines. Respondents were categorised as sedentary if they had done 0 minutes of physical activity, which included 3.8% of the Loddon residents that completed the survey.

In relation to the main demographic indicators:

- There were no significant differences in participation in physical activity by gender, age group, or subregion of residence. However, this may be due to small base sizes

Full data from comparable demographic subgroups is available in Table 3.5.1.

In relation to other demographic or health differences, the subgroups more likely to report sedentary behaviour were:

- Those whose self-reported health was 'fair' or 'poor' (10.1%), compared to those with 'good', 'very good', or 'excellent' health (1.8%)
- Those who recorded a low level of life satisfaction (13.4%, compared to 2.9% who recorded medium to very high life satisfaction)
- Those who have experienced food insecurity in the past 12 months (14.8%, compared to 2.5% of people who have not run out of food and been unable to afford more)

Full data from comparable health subgroups is available in Table 3.5.2.

**Table 3.5.1 Meeting physical activity guidelines by selected demographic groups**

	Unweighted base <sup>1</sup>	Does not meet guidelines		Meets physical activity guidelines
		Sedentary	Insufficient	
	n	%	%	%
<b>Total sample</b>	604	3.8	45.4	50.8
<b>Gender and age</b>				
Males	261	3.9	49.3	46.8
Females	335	3.8	41.5	54.7
Males, 18 to 34*	28	16.2	30.0	53.8
Males, 35 to 49	49	4.0	50.2	45.8
Males, 50 to 69	129	0.9	55.0	44.2
Males, 70+	55	3.4	47.4	49.2
Females, 18 to 34	58	3.2	41.4	55.4
Females, 35 to 49	70	1.8	37.2	61.1
Females, 50 to 69	149	3.1	42.2	54.7
Females, 70+	58	8.2	44.6	47.2
<b>Subregion</b>				
Boort & Surrounds	94	1.5	54.2	44.4
East Loddon Area	56	0.0	38.1	61.9
Inglewood / Bridgewater & Surrounds	135	8.0	39.7	52.3
Pyramid Hill & Surrounds	88	4.8	53.5	41.7
South Loddon Area	61	0.0	44.4	55.6
Wedderburn & Surrounds	141	3.7	48.4	47.9
<b>Demographic indicators</b>				
Born in Australia	537	3.7	46.1	50.3
Born overseas	61	5.5	44.3	50.2
Speaks English as main language	578	3.1	45.9	51.0
Speaks other main language	10	7.7	21.4	71.0
Aboriginal and/or Torres Strait Islander	5	0.0	43.8	56.3
Not Aboriginal or Torres Strait Islander	593	3.9	45.9	50.2
Identifies as LGBTQIA+	8	0.0	70.5	29.5
Non-LGBTQIA+	527	4.4	43.3	52.3
Holds a Bachelor degree or higher	172	4.3	26.5	69.3
Less than Bachelor level education	374	3.6	48.1	48.3
Just getting along, poor or very poor	209	6.4	49.3	44.3
Reasonably comfortable, very comfortable or prosperous	387	2.3	43.3	54.4

<sup>1</sup> Base sizes include respondents aged 18 years and over living in the Loddon region. 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

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

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

**Table 3.5.2 Meeting physical activity guidelines by selected health groups**

	Unweighted base <sup>1</sup>	Does not meet guidelines		Meets physical activity guidelines
		Sedentary	Insufficient	
	n	%	%	%
<b>Total sample</b>	604	3.8	45.4	50.8
<b>Health and wellbeing indicators</b>				
Self-reported health - Fair or poor	137	10.1	57.2	32.7
Self-reported health - Good, very good, or excellent	460	1.8	41.0	57.2
Life satisfaction - Low (0 to 4 out of 10)	50	13.4	63.1	23.5
Life satisfaction - Medium to very high (5+ out of 10)	544	2.9	43.0	54.1
Does not feel valued by society	127	10.4	48.1	41.6
Sometimes feel valued by society	250	2.0	49.1	48.9
Definitely feel valued by society	221	1.5	37.9	60.6
Overweight or obese (BMI ≥25.0)	396	3.9	44.8	51.3
Normal range or underweight (BMI <25.0)	162	1.5	45.2	53.4
Meets fruit intake guidelines	277	3.6	42.9	53.5
Does not meet fruit intake guidelines	304	4.3	47.3	48.4
Meets vegetable intake guidelines	94	2.7	37.0	60.4
Does not meet vegetable intake guidelines	492	4.2	46.5	49.3
Current smoker	69	1.5	69.1	29.4
Ex-smoker	218	6.1	43.2	50.7
Never smoked	310	2.8	39.6	57.5
Drinks alcohol every day	66	3.5	48.1	48.4
Drinks alcohol less often than daily	393	3.5	44.9	51.6
Does not drink alcohol	134	5.2	42.1	52.7
Had more than 4 standard drinks on a single occasion	310	3.0	44.1	52.9
Has not had more than 4 standard drinks	268	4.5	44.8	50.7
Drinks sugar-sweetened beverages daily	79	6.1	59.4	34.5
Drink sugar-sweetened beverages less than weekly	519	3.5	43.2	53.3
Meets water consumption guidelines	121	3.6	36.8	59.5
Does not meet water guidelines	467	4.0	46.6	49.4
Ran out of food and could not afford more	58	14.8	45.3	39.9
Have not run out of food	525	2.5	46.0	51.5
Requires help with daily activities	53	13.6	42.3	44.2
Does not require help	535	2.7	46.5	50.8

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

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

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

## 3.6. Children and adolescents' health behaviours

Children (aged 3 to 11 years) and adolescents (aged 12 to 17 years) comprised 14.9% of the achieved unweighted total Loddon Campaspe sample in the 2019 ALC. For the Loddon region, respondents aged 3-17 make up 15.1% of the unweighted sample. This compares to 13.6% in the 2014 ALC (City of Greater Bendigo only).

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

Throughout this section, results are presented in two ways:

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

Where comparisons are made between subgroups of young residents (children and adolescents), significant differences may not be observed in apparent variations due to small sample sizes. Due to small sample sizes, LGBTQIA+ status and main language spoken are excluded from the tables, as was the case for the third gender category all throughout this report.

### 3.6.1. Reported health status

Overall, children and adolescents in Loddon were less likely to report a low-level of health than those in older age groups, however no significant differences were observed due to small base sizes. For females, no children aged 3 to 11 years (0.0%) reported lower health when compared to those aged 18 to 34 years (19.1%), 50 to 69 years (26.1%), and 70 years and over (30.1%).

There were no statistically significant differences in self-reported levels of health amongst the main demographic and health indicators for respondents aged 3 to 17 years. This is likely due to the small base sizes and results should be interpreted with caution.

Full data from comparable subgroups are available in Table 3.6.1.1 and 3.6.1.2.



**Table 3.6.1.1 Reported health status by selected demographic characteristics**

	Unweighted base <sup>1</sup> n	Fair / poor %	Good %	Very good / excellent %
<b>Total sample</b>	751	22.1	37.8	40.1
<b>Gender and age</b>				
Males, 3 to 11*	26	0.0	11.5	88.5
Males, 12 to 17*	27	3.9	11.1	85.0
Males, 18 to 34*	29	30.8	33.8	35.4
Males, 35 to 49	50	29.3	36.2	34.5
Males, 50 to 69	134	24.2	52.4	23.4
Males, 70+	61	32.2	42.3	25.5
Females, 3 to 11	36	0.0	8.3	91.7
Females, 12 to 17*	24	11.9	4.4	83.7
Females, 18 to 34	57	19.1	42.2	38.8
Females, 35 to 49	74	12.4	44.8	42.8
Females, 50 to 69	155	26.1	44.9	29.0
Females, 70+	63	30.1	41.1	28.8

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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

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

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

	Unweighted base <sup>1</sup> n	Fair / poor %	Good %	Very good / excellent %
<b>Total sample</b>	114	3.2	9.8	86.9
<b>Subregion</b>				
Boort & Surrounds*	28	4.0	18.3	77.8
East Loddon Area*	18	9.4	5.6	85.0
Inglewood / Bridgewater & Surrounds*	15	5.8	14.0	80.3
Pyramid Hill & Surrounds*	12	0.0	26.0	74.0
South Loddon Area*	13	0.0	0.0	100.0
Wedderburn & Surrounds*	22	0.0	0.0	100.0
<b>Demographic indicators</b>				
Born in Australia	111	3.3	10.1	86.6
Born overseas*	2	0.0	0.0	100.0
Aboriginal and/or Torres Strait Islander*	5	0.0	18.1	81.9
Not Aboriginal or Torres Strait Islander	108	3.4	9.5	87.1
Just getting along, poor or very poor	44	4.4	13.6	82.0
Reasonably comfortable, very comfortable or prosperous	68	2.6	7.7	89.8
<b>Health and wellbeing indicators</b>				
Life satisfaction - Low (0 to 4 out of 10)*	2	43.4	56.6	0.0
Life satisfaction - Medium to very high (5+ out of 10)	110	2.6	9.2	88.2
Does not feel valued by society*	10	8.4	40.4	51.2
Sometimes feel valued by society	44	6.4	6.9	86.7
Definitely feel valued by society	58	0.0	7.0	93.0
Meets fruit intake guidelines	86	2.0	4.6	93.4
Does not meet fruit intake guidelines*	25	7.8	28.8	63.4
Meets vegetable intake guidelines*	26	3.4	3.7	92.9
Does not meet vegetable intake guidelines	84	3.4	12.2	84.4
Drinks sugar-sweetened beverages daily*	4	26.7	24.2	49.1
Drinks sugar-sweetened beverages less than daily	107	2.4	9.6	88.0
Meets water consumption guidelines*	24	0.0	13.2	86.8
Does not meet water guidelines	88	4.2	9.2	86.6
Ran out of food and could not afford more*	12	0.0	9.0	91.0
Have not run out of food	99	3.8	10.3	86.0
Requires help with daily activities*	17	0.0	11.8	88.2
Does not require help	95	3.9	9.7	86.4

<sup>1</sup> Base sizes include respondents aged 3 to 17 years living in the Loddon region. 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

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

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

### 3.6.2. Healthy eating

#### Serves of vegetables consumed

Overall, 23.6% of those aged 3 to 17 years had met the vegetable consumption guidelines, with the average serves per day being 3.3 for children and adolescents. This compares to 16.8% of all Loddon residents and an average serves per day of 3.0 for all respondents from the area.

There were no statistically significant differences recorded for respondents aged 3 to 17 years, amongst the main demographic and health indicators due to small base sizes.

Full data from comparable subgroups are available in Table 3.6.2.1 and 3.6.2.2.

**Table 3.6.2.1 Serves of vegetables by selected demographic characteristics**

	Unweighted base <sup>1</sup>	0 to less than 2 serves	2 to less than 5 serves	5 serves or more	Meets veg requirements	Average daily serves
	n	%	%	%	%	#
<b>Total sample</b>	729	25.0	52.9	22.1	16.8	3.0
<b>Gender and age</b>						
Males, 3 to 11*	26	23.1	50.0	26.9	34.6	3.0
Males, 12 to 17*	24	12.6	54.7	32.8	0.0	3.3
Males, 18 to 34*	29	28.8	54.3	16.9	11.8	2.9
Males, 35 to 49	51	37.2	40.2	22.6	5.7	2.6
Males, 50 to 69	132	25.6	53.9	20.6	6.1	2.9
Males, 70+	57	38.1	40.9	21.1	19.4	2.8
Females, 3 to 11	36	16.7	66.7	16.7	22.2	3.2
Females, 12 to 17*	25	8.0	52.3	39.7	39.7	4.0
Females, 18 to 34	56	20.3	66.9	12.8	12.8	2.8
Females, 35 to 49	73	16.3	70.4	13.3	13.3	2.9
Females, 50 to 69	148	26.3	45.7	28.0	28.0	3.4
Females, 70+	57	25.9	48.6	25.5	25.5	3.3

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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

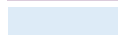
**Table 3.6.2.2 Serves of vegetables by selected health characteristics – ages 3 to 17**

	Unweighted base <sup>1</sup> n	0 to less than 2 serves %	2 to less than 5 serves %	5 serves or more %	Meets veg requirements %	Average daily serves #
<b>Total sample</b>	113	15.4	57.4	27.2	23.6	3.3
<b>Subregion</b>						
Boort & Surrounds*	28	25.6	67.1	7.3	18.0	2.6
East Loddon Area*	17	6.0	60.9	33.1	27.2	3.8
Inglewood / Bridgewater & Surrounds*	15	27.9	38.2	33.9	6.4	3.1
Pyramid Hill & Surrounds*	11	19.7	45.8	34.5	34.5	4.1
South Loddon Area*	13	0.0	53.4	46.6	30.0	3.9
Wedderburn & Surrounds*	25	11.6	59.2	29.2	29.6	3.3
<b>Demographic indicators</b>						
Born in Australia	111	14.8	57.5	27.7	24.0	3.3
Born overseas*	1	100.0	0.0	0.0	0.0	1.0
Aboriginal and/or Torres Strait Islander*	5	41.0	59.1	0.0	0.0	1.8
Not Aboriginal or Torres Strait Islander	107	14.3	56.9	28.8	24.9	3.4
Just getting along, poor or very poor	44	20.5	48.0	31.5	24.9	3.4
Reasonably comfortable, very comfortable or prosperous	66	12.7	61.8	25.6	23.8	3.3
<b>Health and wellbeing indicators</b>						
Self-reported health - Fair or poor*	4	0.0	76.8	23.2	23.2	3.2
Self-reported health - Good, very good, or excellent	106	16.4	55.5	28.1	23.2	3.3
Life satisfaction - Low (0 to 4 out of 10)*	2	56.6	43.4	0.0	0.0	0.9
Life satisfaction - Medium to very high (5+ out of 10)	110	14.8	57.3	28.0	24.2	3.3
Does not feel valued by society*	11	28.3	16.7	55.0	45.9	3.3
Sometimes feel valued by society	43	14.5	63.6	21.9	19.8	3.2
Definitely feel valued by society	58	13.8	59.9	26.3	22.5	3.4
Meets fruit intake guidelines	88	12.7	54.4	32.9	28.3	3.6
Does not meet fruit intake guidelines	25	24.9	67.7	7.5	7.2	2.4
Drinks sugar-sweetened beverages daily*	5	21.5	60.5	18.1	18.1	2.7
Drinks sugar-sweetened beverages less than daily	107	15.3	56.8	28.0	24.1	3.3
Meets water consumption guidelines*	25	16.4	39.4	44.2	35.9	3.5
Does not meet water guidelines	88	15.1	62.6	22.3	20.0	3.2
Ran out of food and could not afford more *	11	36.0	45.6	18.4	18.4	2.3
Have not run out of food	98	13.7	57.0	29.4	23.0	3.4
Requires help with daily activities*	18	39.7	34.1	26.1	43.4	2.9
Does not require help	93	10.9	63.3	25.8	20.1	3.3

<sup>1</sup> Base sizes include respondents aged 3 to 17 years living in the Loddon region. 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

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

## Serves of fruit consumed

On average, Loddon residents had consumed 1.7 serves of fruit per day, with 51.8% meeting the fruit consumption guidelines. Amongst females, the proportion meeting the guidelines was higher amongst those aged 3 to 11 years (83.3%), compared to those aged 18 to 34 years (50.3%), 35 to 49 years (35.5%), and 50 to 69 years (50.6%).

Overall, 76.9% of Loddon residents aged 3 to 17 years had met the fruit consumption guidelines, with the average serves per day being 2.3 for children and adolescents.

There were no statistically significant differences for respondents aged 3 to 17 years amongst the main demographic and health indicators due to small base sizes.

Full data from comparable subgroups are available in Tables 3.6.2.3 and 3.6.2.4.

**Table 3.6.2.3 Serves of fruit by selected demographic characteristics**

	Unweighted base <sup>1</sup>	0 to less than 1 serves	1 to less than 2 serves	2 serves or more	Meets fruit requirements	Average daily serves
	n	%	%	%	%	#
<b>Total sample</b>	727	16.4	31.8	51.8	51.8	1.7
<b>Gender and age</b>						
Males, 3 to 11*	26	3.9	11.5	84.6	84.6	2.3
Males, 12 to 17*	25	0.0	40.7	59.3	59.3	1.8
Males, 18 to 34*	29	25.0	32.4	42.7	42.7	1.6
Males, 35 to 49	49	21.2	37.4	41.4	41.4	1.3
Males, 50 to 69	128	19.0	35.1	45.9	45.9	1.5
Males, 70+	58	20.2	36.1	43.7	43.7	1.7
Females, 3 to 11	36	8.3	8.3	83.3	83.3	2.6
Females, 12 to 17*	25	3.8	16.0	80.2	80.2	2.5
Females, 18 to 34	57	17.7	32.1	50.3	50.3	1.6
Females, 35 to 49	74	21.2	43.3	35.5	35.5	1.3
Females, 50 to 69	144	18.3	31.1	50.6	50.6	1.7
Females, 70+	61	16.6	23.4	60.1	60.1	2.1

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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


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

	Unweighted base <sup>1</sup>	0 to less than 1 serves	1 to less than 2 serves	2 serves or more	Meets fruit requirements	Average daily serves
	n	%	%	%	%	#
<b>Total sample</b>	114	4.2	18.9	76.9	76.9	2.3
<b>Subregion</b>						
Boort & Surrounds*	28	3.4	22.2	74.4	74.4	2.6
East Loddon Area*	17	5.5	25.0	69.5	69.5	2.3
Inglewood / Bridgewater & Surrounds*	15	5.8	6.4	87.8	87.8	2.2
Pyramid Hill & Surrounds*	12	17.8	17.1	65.1	65.1	2.1
South Loddon Area*	13	0.0	14.0	86.0	86.0	2.5
Wedderburn & Surrounds*	25	0.0	24.7	75.3	75.3	2.1
<b>Demographic indicators</b>						
Born in Australia	111	4.3	17.5	78.2	78.2	2.3
Born overseas*	2	0.0	54.2	45.8	45.8	1.5
Aboriginal and/or Torres Strait Islander*	5	0.0	19.5	80.5	80.5	1.8
Not Aboriginal or Torres Strait Islander	108	4.5	19.0	76.5	76.5	2.3
Just getting along, poor or very poor	44	4.6	16.5	78.9	78.9	2.2
Reasonably comfortable, very comfortable or prosperous	67	4.2	19.8	76.0	76.0	2.4
<b>Health and wellbeing indicators</b>						
Self-reported health - Fair or poor*	4	23.2	30.3	46.5	46.5	1.2
Self-reported health - Good, very good, or excellent	107	3.7	18.1	78.2	78.2	2.4
Life satisfaction - Low (0 to 4 out of 10)*	2	43.4	0.0	56.6	56.6	2.8
Life satisfaction - Medium to very high (5+ out of 10)	111	3.6	19.4	77.0	77.0	2.3
Does not feel valued by society*	11	7.6	19.0	73.3	73.3	2.5
Sometimes feel valued by society	43	0.0	19.7	80.3	80.3	2.4
Definitely feel valued by society	59	6.8	18.6	74.6	74.6	2.2
Meets vegetable intake guidelines*	27	3.6	3.2	93.2	93.2	2.7
Does not meet vegetable intake guidelines	86	4.5	22.7	72.9	72.9	2.2
Drinks sugar-sweetened beverages daily*	5	0.0	60.5	39.5	39.5	1.8
Drinks sugar-sweetened beverages less than daily	107	4.5	15.1	80.3	80.3	2.4
Meets water consumption guidelines*	25	3.8	24.8	71.5	71.5	2.5
Does not meet water guidelines	89	4.4	17.2	78.4	78.4	2.3
Ran out of food and could not afford more *	11	0.0	27.2	72.8	72.8	2.5
Have not run out of food	98	4.9	17.8	77.3	77.3	2.3
Requires help with daily activities*	18	5.1	11.2	83.7	83.7	2.4
Does not require help	94	4.1	20.8	75.0	75.0	2.3

<sup>1</sup> Base sizes include respondents aged 3 to 17 years living in the Loddon region. 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

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

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

## Sugar-sweetened beverage consumption

Children and adolescents were also asked how often they consume sugar-sweetened beverages including cordial, soft drinks, flavoured mineral water, energy, or sports drinks.

Overall, 4.6% of Loddon residents aged 3 to 17 years were consuming sugar-sweetened beverages daily. There were no statistically significant differences for respondents aged 3 to 17 years amongst the main demographic and health indicators due to small base sizes.

Full data from comparable subgroups are available in Table 3.6.2.5 and 3.6.2.6.

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

	Unweighted base <sup>1</sup> n	Daily %	Weekly %	Monthly or less often %	Never %
<b>Total sample</b>	744	12.9	34.0	33.1	20.0
<b>Gender and age</b>					
Males, 3 to 11*	25	4.0	40.0	40.0	16.0
Males, 12 to 17*	26	7.8	42.0	34.2	16.0
Males, 18 to 34*	29	30.0	49.2	20.8	0.0
Males, 35 to 49	50	22.8	45.4	15.7	16.1
Males, 50 to 69	130	16.4	33.1	33.1	17.4
Males, 70+	61	9.9	27.0	36.0	27.1
Females, 3 to 11	36	2.8	22.2	50.0	25.0
Females, 12 to 17*	25	0.0	43.5	44.3	12.2
Females, 18 to 34	58	11.5	41.0	36.9	10.6
Females, 35 to 49	74	12.3	40.4	30.8	16.6
Females, 50 to 69	152	10.2	28.8	34.3	26.7
Females, 70+	63	10.7	18.2	33.6	37.4

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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

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

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

	Unweighted base <sup>1</sup> n	Daily %	Weekly %	Monthly or less often %	Never %
<b>Total sample</b>	114	4.6	36.0	41.8	17.7
<b>Subregion</b>					
Boort & Surrounds*	28	7.6	21.7	34.7	36.0
East Loddon Area*	18	0.0	46.3	30.1	23.6
Inglewood / Bridgewater & Surrounds*	15	7.6	67.5	25.0	0.0
Pyramid Hill & Surrounds*	11	0.0	54.9	36.1	9.0
South Loddon Area*	13	0.0	22.7	48.7	28.7
Wedderburn & Surrounds*	24	4.2	19.1	76.7	0.0
<b>Demographic indicators</b>					
Born in Australia	112	4.7	36.6	40.7	18.0
Born overseas*	1	0.0	0.0	100.0	0.0
Aboriginal and/or Torres Strait Islander*	5	0.0	18.1	81.9	0.0
Not Aboriginal or Torres Strait Islander	108	4.9	37.2	39.3	18.7
Just getting along, poor or very poor	45	9.2	41.4	38.7	10.7
Reasonably comfortable, very comfortable or prosperous	66	0.0	30.7	45.9	23.4
<b>Health and wellbeing indicators</b>					
Self-reported health - Fair or poor*	4	30.3	23.2	46.5	0.0
Self-reported health - Good, very good, or excellent	107	2.9	36.7	41.7	18.8
Life satisfaction - Low (0 to 4 out of 10)*	2	0.0	56.6	43.4	0.0
Life satisfaction - Medium to very high (5+ out of 10)	111	4.7	36.0	42.1	17.2
Does not feel valued by society*	11	9.1	27.4	45.2	18.4
Sometimes feel valued by society	45	9.3	30.8	37.4	22.6
Definitely feel valued by society	57	0.0	40.7	45.4	13.9
Meets fruit intake guidelines	88	2.4	38.7	44.2	14.7
Does not meet fruit intake guidelines*	24	13.1	24.9	36.6	25.4
Meets vegetable intake guidelines*	27	3.6	27.8	49.5	19.1
Does not meet vegetable intake guidelines	85	5.0	38.2	40.4	16.4
Meets water consumption guidelines*	25	4.0	27.1	44.9	23.9
Does not meet water guidelines	88	4.8	37.7	41.4	16.1
Ran out of food and could not afford more*	12	25.0	32.7	42.3	0.0
Have not run out of food	98	2.2	37.0	42.3	18.5
Requires help with daily activities*	18	11.2	27.1	44.4	17.3
Does not require help	94	3.4	36.4	42.1	18.1

<sup>1</sup> Base sizes include respondents aged 3 to 17 years living in the Loddon region. 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

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

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



### 3.6.3. Physical activity

For children and adolescents aged 5 to 17 years, the Department of Health's physical activity guidelines recommend 60 minutes of vigorous physical activity per day along with a combination of light physical activities.<sup>7</sup> The required benchmark questions were not incorporated in the 2019 ALC questionnaire due to space limitations. As a substitute, we have reported the average weekly minutes of vigorous physical activity for all age groups (as shown in Table 3.6.1).

Overall, Loddon respondents averaged 224.8 minutes of vigorous physical activity, while the average for children and adolescents was 319.8 minutes. There were no statistically significant differences in levels of activity for respondents aged 3 to 17 years across the main demographic and health indicators due to small base sizes.

Full data from comparable subgroups are available in Tables 3.6.3.1 and 3.6.3.2.

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

	Unweighted base n	Average minutes of vigorous physical activity per week #
<b>Total sample</b>	662	224.8
<b>Gender and age</b>		
Males, 3 to 11*	23	261.1
Males, 12 to 17*	27	365.1
Males, 18 to 34*	28	205.0
Males, 35 to 49	47	218.5
Males, 50 to 69	112	186.3
Males, 70+	46	251.3
Females, 3 to 11	32	280.3
Females, 12 to 17*	24	347.6
Females, 18 to 34	57	228.7
Females, 35 to 49	69	159.2
Females, 50 to 69	141	191.8
Females, 70+	45	207.8

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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

<sup>7</sup> <https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines#npa517>

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

	Unweighted base <sup>1</sup>	Average minutes of vigorous physical activity per week
	n	#
<b>Total sample</b>	108	319.8
<b>Subregion</b>		
Boort & Surrounds*	26	204.9
East Loddon Area*	18	228.2
Inglewood / Bridgewater & Surrounds*	15	323.5
Pyramid Hill & Surrounds*	11	387.6
South Loddon Area*	13	312.2
Wedderburn & Surrounds*	20	543.7
<b>Demographic indicators</b>		
Born in Australia	105	311.2
Born overseas*	2	171.4
Aboriginal and/or Torres Strait Islander*	5	647.8
Not Aboriginal or Torres Strait Islander	102	303.1
Just getting along, poor or very poor	42	332.4
Reasonably comfortable, very comfortable or prosperous	63	310.1
<b>Health and wellbeing indicators</b>		
Self-reported health - Fair or poor*	4	146.4
Self-reported health - Good, very good, or excellent	101	298.7
Life satisfaction - Low (0 to 4 out of 10)*	2	352.1
Life satisfaction - Medium to very high (5+ out of 10)	105	315.3
Does not feel valued by society*	11	190.7
Sometimes feel valued by society	44	296.1
Definitely feel valued by society	52	371.5
Meets fruit intake guidelines	80	321.6
Does not meet fruit intake guidelines*	26	331.1
Meets vegetable intake guidelines*	23	293.2
Does not meet vegetable intake guidelines	82	333.6
Drinks sugar-sweetened beverages daily*	5	58.5
Drinks sugar-sweetened beverages less than daily	101	331.1
Meets water consumption guidelines*	23	432.5
Does not meet water guidelines	84	292.9
Ran out of food and could not afford more*	9	355.7
Have not run out of food	96	288.1
Requires help with daily activities*	17	313.8
Does not require help	89	300.7

<sup>1</sup> Base sizes include respondents aged 3 to 17 years living in the Loddon region. 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

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## 4. Wellbeing

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

### 4.1. Life satisfaction

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

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

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

Overall, 8.0% of Loddon respondents aged 3 years and over recorded low life satisfaction. The proportion for children aged 3 to 17 years was 1.7%. In relation to the main demographic indicators:

- There were no significant differences in the proportions recording low levels of life satisfaction by gender and age group. However, this may be due to small base sizes
- Across the subregions, respondents from Inglewood or Bridgewater and Surrounds were more likely (14.2%) to report low life satisfaction than respondents from the East Loddon area (0.5%)

Full data from comparable demographic subgroups is available in Table 4.1.1.

In relation to other demographic or health differences, the subgroups more likely to report low life satisfaction were:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (14.0%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (3.8%)
- Those who self-reported their general health was 'fair' or 'poor' (25.6%, compared to 3.1% who recorded their health as 'good', 'very good', or 'excellent')
- Those respondents who have experienced food insecurity (29.2%, compared to 5.5% of people that have not)

Full data from comparable health subgroups is available in Table 4.1.2.

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

	Unweighted base <sup>1</sup> n	Low, 0 to 4 %	Medium, 5 to 6 %	High, 7 to 8 %	Very high, 9 to 10 %
<b>Total sample</b>	745	8.0	19.6	43.4	29.0
<b>Gender and age</b>					
Males	324	9.0	17.7	46.2	27.1
Females	409	6.5	21.6	40.4	31.5
Males, 3 to 11*	26	3.9	3.9	38.5	53.9
Males, 12 to 17*	26	0.0	3.7	54.8	41.5
Males, 18 to 34*	29	14.0	16.8	45.6	23.5
Males, 35 to 49	50	14.8	25.9	43.2	16.1
Males, 50 to 69	131	9.4	20.3	50.5	19.8
Males, 70+	61	7.0	18.6	39.9	34.6
Females, 3 to 11	36	0.0	2.8	25.0	72.2
Females, 12 to 17*	25	3.8	7.6	40.5	48.1
Females, 18 to 34	58	3.0	27.4	46.5	23.1
Females, 35 to 49	74	16.6	26.6	37.3	19.5
Females, 50 to 69	151	7.7	22.6	45.2	24.6
Females, 70+	63	2.7	27.4	38.0	31.9
<b>Subregion</b>					
Boort & Surrounds	125	5.7	19.6	43.8	30.9
East Loddon Area	77	0.5	23.5	46.9	29.1
Inglewood / Bridgewater & Surrounds	153	14.2	15.6	42.7	27.5
Pyramid Hill & Surrounds	109	6.8	18.3	38.2	36.7
South Loddon Area	75	4.5	26.6	43.3	25.7
Wedderburn & Surrounds	174	9.6	19.3	43.5	27.5
<b>Demographic indicators</b>					
Born in Australia	670	7.8	19.7	44.3	28.2
Born overseas	67	10.8	19.1	35.4	34.7
Speaks English as main language	714	8.3	19.8	43.0	28.8
Speaks other main language*	12	0.0	4.7	21.8	73.5
Aboriginal and/or Torres Strait Islander*	12	2.1	19.6	17.2	61.1
Not Aboriginal or Torres Strait Islander	725	8.2	19.3	44.0	28.5
Identifies as LGBTQIA+*	10	23.5	31.8	25.9	18.8
Non-LGBTQIA+	539	7.8	22.7	46.2	23.3
Holds a Bachelor degree or higher	174	6.8	15.7	53.9	23.6
Less than Bachelor level education	504	8.4	19.4	42.4	29.8
Just getting along, poor or very poor	265	14.0	27.9	40.0	18.1
Reasonably comfortable, very comfortable or prosperous	467	3.8	13.5	46.8	35.9

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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

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

	Unweighted base <sup>1</sup> n	Low, 0 to 4 %	Medium, 5 to 6 %	High, 7 to 8 %	Very high, 9 to 10 %
<b>Total sample</b>	745	8.0	19.6	43.4	29.0
<b>Health and wellbeing indicators</b>					
Self-reported health - Fair or poor	153	25.6	36.5	27.8	10.0
Self-reported health - Good, very good, or excellent	582	3.1	14.1	48.3	34.5
Does not feel valued by society	142	26.5	33.2	38.4	1.9
Sometimes feel valued by society	305	4.8	25.2	49.6	20.3
Definitely feel valued by society	294	1.1	5.7	39.0	54.2
Meets fruit intake guidelines	377	5.4	12.5	46.6	35.6
Does not meet fruit intake guidelines	340	11.5	26.7	38.6	23.2
Meets vegetable intake guidelines	123	3.2	10.4	44.0	42.4
Does not meet vegetable intake guidelines	595	9.3	21.1	43.7	25.9
Drinks sugar-sweetened beverages daily	87	10.9	38.6	32.4	18.1
Drinks sugar-sweetened beverages less than daily	645	7.8	16.7	44.9	30.5
Meets water consumption guidelines	149	9.8	20.7	44.8	24.7
Does not meet water guidelines	564	7.4	18.8	42.6	31.2
Ran out of food and could not afford more	74	29.2	34.4	22.9	13.6
Have not run out of food	644	5.5	17.7	46.4	30.4
Requires help with daily activities	79	19.6	30.1	30.1	20.2
Does not require help	647	6.3	18.1	45.4	30.1

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

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

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

Amongst those aged over 18 years, the proportion of Loddon respondents who provided low ratings for life satisfaction was 9.4%. The main characteristics associated with lower life satisfaction were:

- Being a current smoker (17.2%) or ex-smoker (12.7%), compared to those who have never smoked (5.1%)
- Not meeting the physical activity guidelines (14.1%), compared to those do meet the guidelines (4.1%)

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

	Unweighted base <sup>1</sup> n	Low, 0 to 4 %	Medium, 5 to 6 %	High, 7 to 8 %	Very high, 9 to 10 %
<b>Total sample</b>	626	9.4	22.9	44.2	23.5
<b>Health and wellbeing indicators</b>					
Overweight or obese (BMI ≥25.0)	404	9.8	23.6	43.3	23.3
Normal range or underweight (BMI <25.0)	165	9.1	18.6	46.3	26.0
Meets physical activity guidelines	325	4.1	20.3	48.8	26.7
Does not meet physical activity guidelines / sedentary	269	14.1	25.7	40.7	19.5
Current smoker	71	17.2	25.6	40.1	17.1
Ex-smoker	218	12.7	22.0	46.2	19.2
Never smoked	326	5.1	23.3	43.3	28.4
Drinks alcohol every day	65	7.4	21.4	41.6	29.6
Drinks alcohol less often than daily	400	9.4	23.9	44.4	22.3
Does not drink alcohol	145	10.4	19.2	45.2	25.3
Had more than 4 standard drinks on a single occasion	316	11.2	24.4	41.1	23.4
Has not had more than 4 standard drinks	280	7.1	20.6	48.0	24.4

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

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

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

## 4.2. Valued by society

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

Overall, 21.4% of Loddon respondents aged 3 years and over do not feel valued by society. Amongst children aged 3 to 17 years, this proportion was 9.8%.

In relation to the main demographic indicators:

- There were no significant differences in life satisfaction by gender and for male age groups. However, this may be due to small base sizes
- Female respondents aged 18 to 34 years (24.9%), 35 to 49 years (27.1%) and 50 to 69 years (23.4%) were more likely to indicate they do not feel valued, compared to female children aged 3 to 11 years (2.8%)
- Across the subregions, respondents from Inglewood or Bridgewater and Surrounds (27.4%) and Wedderburn and Surrounds (27.4%) were more likely to not feel valued, compared to respondents from Pyramid Hill and Surrounds (12.3%)

Full data from comparable demographic subgroups is available in Table 4.2.1.

In relation to other demographic or health differences, the subgroups more likely to not feel valued by society were:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (36.4%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (11.2%)
- Those who self-reported their general health was 'fair' or 'poor' (46.0%, compared to 13.6% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (69.9%, compared to 17.0% who recorded medium to very high life satisfaction)
- Those who drink sugar-sweetened beverages daily (40.3%, compared to 19.1% who drink them less than daily)
- Those who have experienced food insecurity in the past 12 months (50.7%, compared to 18.2% of people that have not gone without food and been unable to afford more)

Full data from comparable health subgroups is available in Table 4.2.2.

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

	Unweighted base <sup>1</sup>  n	Does not feel valued  %	Sometimes feels valued  %	Definitely feels valued  %
<b>Total sample</b>	750	21.4	41.7	36.9
<b>Gender and age</b>				
Males	326	22.5	44.0	33.6
Females	412	20.0	38.5	41.6
Males, 3 to 11*	26	19.2	34.6	46.2
Males, 12 to 17*	26	3.7	54.3	42.0
Males, 18 to 34*	29	45.3	36.4	18.3
Males, 35 to 49	51	25.9	49.3	24.8
Males, 50 to 69	132	23.0	43.8	33.2
Males, 70+	61	16.7	44.2	39.1
Females, 3 to 11	36	2.8	27.8	69.4
Females, 12 to 17*	25	11.8	44.3	43.9
Females, 18 to 34	58	24.9	41.1	34.0
Females, 35 to 49	74	27.1	46.3	26.7
Females, 50 to 69	154	23.4	36.1	40.5
Females, 70+	63	17.2	37.4	45.4
<b>Subregion</b>				
Boort & Surrounds	124	16.4	48.1	35.5
East Loddon Area	76	16.3	45.5	38.2
Inglewood / Bridgewater & Surrounds	154	27.4	37.9	34.7
Pyramid Hill & Surrounds	110	12.3	31.1	56.7
South Loddon Area	75	18.4	54.6	27.0
Wedderburn & Surrounds	176	27.4	37.7	34.9
<b>Demographic indicators</b>				
Born in Australia	675	21.1	42.1	36.9
Born overseas	67	25.7	37.9	36.4
Speaks English as main language	718	21.4	42.1	36.5
Speaks other main language*	12	8.5	13.3	78.2
Aboriginal and/or Torres Strait Islander*	12	0.0	73.6	26.4
Not Aboriginal or Torres Strait Islander	730	21.8	40.9	37.4
Identifies as LGBTQIA+*	10	34.6	41.8	23.7
Non-LGBTQIA+	545	22.7	43.2	34.1
Holds a Bachelor degree or higher	177	11.9	39.7	48.4
Less than Bachelor level education	504	22.2	42.5	35.3
Just getting along, poor or very poor	265	36.4	46.4	17.2
Reasonably comfortable, very comfortable or prosperous	472	11.2	39.2	49.6

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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

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



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

	Unweighted base <sup>1</sup> n	Does not feel valued %	Sometimes feels valued %	Definitely feels valued %
<b>Total sample</b>	750	21.4	41.7	36.9
<b>Health and wellbeing indicators</b>				
Self-reported health - Fair or poor	155	46.0	33.9	20.1
Self-reported health - Good, very good, or excellent	584	13.6	44.1	42.4
Life satisfaction - Low (0 to 4 out of 10)	59	69.9	25.0	5.1
Life satisfaction - Medium to very high (5+ out of 10)	682	17.0	43.2	39.8
Meets fruit intake guidelines	377	18.5	37.7	43.8
Does not meet fruit intake guidelines	344	24.8	46.1	29.1
Meets vegetable intake guidelines	122	19.8	35.2	45.0
Does not meet vegetable intake guidelines	600	21.8	43.6	34.6
Drinks sugar-sweetened beverages daily	87	40.3	44.9	14.9
Drinks sugar-sweetened beverages less than daily	649	19.1	41.5	39.4
Meets water consumption guidelines	150	29.4	39.3	31.3
Does not meet water guidelines	568	19.0	41.8	39.2
Ran out of food and could not afford more	74	50.7	39.8	9.5
Have not run out of food	649	18.2	41.9	39.8
Requires help with daily activities	79	33.6	36.6	29.8
Does not require help	652	19.4	42.4	38.2

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

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

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

Amongst those aged over 18 years, the proportion of Loddon respondents who did not feel valued by society was 24.1%. The main characteristics associated with not feeling valued by society were:

- Being a current smoker (37.2%), compared to those who have never smoked (19.5%)

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

	Unweighted base <sup>1</sup> n	Does not feel valued %	Sometimes feels valued %	Definitely feels valued %
<b>Total sample</b>	631	24.1	42.3	33.6
<b>Health and wellbeing indicators</b>				
Overweight or obese (BMI ≥25.0)	406	25.2	44.2	30.6
Normal range or underweight (BMI <25.0)	168	21.5	36.6	41.9
Meets physical activity guidelines	326	19.9	40.6	39.4
Does not meet physical activity guidelines / sedentary	272	29.2	44.2	26.7
Current smoker	72	37.2	33.1	29.7
Ex-smoker	222	25.8	42.5	31.7
Never smoked	327	19.5	44.2	36.3
Drinks alcohol every day	65	18.8	32.1	49.1
Drinks alcohol less often than daily	404	21.6	45.4	33.0
Does not drink alcohol	147	30.1	39.9	30.0
Had more than 4 standard drinks on a single occasion	320	22.7	43.0	34.3
Has not had more than 4 standard drinks	282	25.6	40.0	34.4

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

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

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

## 5. Public space and facility use

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

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

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

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

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

### 5.1. Public open space user profile

Overall, 51.9% of Loddon respondents aged 3 years and over reported being heavy (weekly or more often) users of public open spaces. This proportion was highest for younger respondents and respondents who definitely feel valued by society.

Overall, 20.4% of Loddon respondents reported being non-users of public open spaces, meaning they use them less than once every three months or never. The proportion was 8.4% amongst children and adolescents aged 3 to 17 years. In relation to the main demographic indicators:

- There were no significant differences in the frequency of use of public open spaces by gender, age group, or subregion of residence. However, this may be due to small base sizes

Full data from comparable demographic subgroups is available in Table 5.1.1.

In relation to other demographic or health differences, the subgroups more likely to be non-users of public open spaces were:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (25.6%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (16.1%)

- Those who self-reported their general health as 'fair' or 'poor' (32.9%, compared to 16.4% who recorded their health as 'good', 'very good', or 'excellent')
- Those who drink sugar-sweetened beverages daily (33.1%, compared to 18.5% who drink them less than daily)

Full data from comparable health subgroups is available in Table 5.1.2.

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

	Unweighted base <sup>1</sup> n	Heavy Once a week or more %	Medium 1-3 times a month %	Light 1-2 times in the last 3 months %	Non-user Less often / never %
<b>Total sample</b>	787	51.9	20.4	7.3	20.4
<b>Gender and age</b>					
Males	337	48.2	19.3	7.3	25.3
Females	441	56.4	21.1	7.4	15.2
Males, 3 to 11*	28	78.6	10.7	3.6	7.1
Males, 12 to 17*	27	78.2	10.7	3.9	7.1
Males, 18 to 34*	32	46.0	23.0	3.9	27.2
Males, 35 to 49	54	48.0	18.9	9.3	23.8
Males, 50 to 69	132	37.6	22.5	9.9	30.0
Males, 70+	63	42.7	19.9	5.8	31.5
Females, 3 to 11	36	66.7	22.2	0.0	11.1
Females, 12 to 17*	27	81.6	7.1	7.4	3.9
Females, 18 to 34	64	60.5	20.3	4.8	14.5
Females, 35 to 49	84	67.8	23.1	2.1	7.0
Females, 50 to 69	164	43.6	25.2	13.2	17.9
Females, 70+	63	49.9	17.5	8.3	24.3
<b>Subregion</b>					
Boort & Surrounds	138	59.8	11.5	7.2	21.5
East Loddon Area	81	53.1	27.4	4.3	15.2
Inglewood / Bridgewater & Surrounds	156	44.9	26.5	7.3	21.3
Pyramid Hill & Surrounds	113	57.4	15.2	4.5	22.9
South Loddon Area	80	44.7	23.0	5.9	26.4
Wedderburn & Surrounds	180	51.8	18.2	11.7	18.3
<b>Demographic indicators</b>					
Born in Australia	712	51.6	20.2	7.3	20.9
Born overseas	69	55.8	22.4	7.2	14.6
Speaks English as main language	760	51.7	20.3	7.4	20.6
Speaks other main language*	13	79.0	12.9	0.0	8.1
Aboriginal and/or Torres Strait Islander*	12	86.6	11.3	2.1	0.0
Not Aboriginal or Torres Strait Islander	770	51.6	20.4	7.4	20.6
Identifies as LGBTQIA+*	10	58.3	15.3	16.2	10.1
Non-LGBTQIA+	580	47.1	23.6	8.2	21.1
Holds a Bachelor degree or higher	199	60.8	25.2	6.2	7.8
Less than Bachelor level education	522	53.5	20.0	7.5	19.0
Just getting along, poor or very poor	273	43.9	21.5	9.0	25.6
Reasonably comfortable, very comfortable or prosperous	502	58.0	19.4	6.4	16.1

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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

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

	Unweighted base <sup>1</sup>	Heavy Once a week or more	Medium 1-3 times a month	Light 1-2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
<b>Total sample</b>	787	51.9	20.4	7.3	20.4
<b>Health and wellbeing indicators</b>					
Self-reported health - Fair or poor	148	32.2	25.0	9.9	32.9
Self-reported health - Good, very good, or excellent	586	56.9	19.6	7.1	16.4
Life satisfaction - Low (0 to 4 out of 10)	58	33.0	32.7	10.7	23.6
Life satisfaction - Medium to very high (5+ out of 10)	671	53.1	19.5	7.5	19.9
Does not feel valued by society	141	30.8	21.7	8.1	39.5
Sometimes feel valued by society	300	51.3	22.4	8.8	17.5
Definitely feel valued by society	292	64.3	18.1	6.3	11.3
Meets fruit intake guidelines	376	54.0	20.2	7.4	18.5
Does not meet fruit intake guidelines	336	47.7	22.5	7.5	22.3
Meets vegetable intake guidelines	122	50.4	24.2	6.3	19.1
Does not meet vegetable intake guidelines	590	50.6	20.7	7.8	20.9
Drinks sugar-sweetened beverages daily	86	38.2	17.5	11.2	33.1
Drink sugar-sweetened beverages less than daily	642	53.0	21.4	7.1	18.5
Meets water consumption guidelines	149	56.3	20.2	5.8	17.6
Does not meet water guidelines	564	51.7	20.2	7.9	20.3
Ran out of food and could not afford more	76	42.9	19.0	9.1	29.1
Have not run out of food	684	52.6	21.0	6.9	19.4
Requires help with daily activities	79	43.0	25.5	8.9	22.7
Does not require help	691	53.2	19.7	7.1	20.0

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

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

Further analysis looked at use of public open spaces amongst those aged 18 years and over who were asked about their participation in a range of health risk behaviours. Overall, 22.6% of those aged 18 years and over reported being non-users of open spaces.

This proportion was higher amongst:

- Respondents who do not meet physical activity guidelines (30.7%), compared to those who do engage in sufficient physical activity (15.0%)

Given the health benefits associated with use of open space, strategies to encourage use of open spaces should consider people who engage in health risk behaviours as a target audience.

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

	Unweighted base <sup>1</sup>	Heavy Once a week or more	Medium 1-3 times a month	Light 1-2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
<b>Total sample</b>	663	47.1	22.2	8.2	22.6
<b>Health and wellbeing indicators</b>					
Overweight or obese (BMI ≥25.0)	403	45.6	23.9	6.1	24.4
Normal range or underweight (BMI <25.0)	165	49.7	18.6	11.9	19.9
Meets physical activity guidelines	323	56.7	21.1	7.2	15.0
Does not meet physical activity guidelines / sedentary	270	37.3	23.2	8.8	30.7
Current smoker	69	35.1	30.8	3.2	31.0
Ex-smoker	217	43.7	26.2	7.9	22.1
Never smoked	327	50.8	17.2	9.8	22.2
Drinks alcohol every day	66	35.4	26.1	3.1	35.4
Drinks alcohol less often than daily	399	53.3	23.7	6.3	16.7
Does not drink alcohol	144	34.8	16.3	16.1	32.7
Had more than 4 standard drinks on a single occasion	314	52.2	23.0	4.8	20.0
Has not had more than 4 standard drinks	280	40.9	20.9	12.0	26.3

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

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

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

## 5.2. Footpath user profile

Overall, 47.3% of Loddon respondents aged 3 years and over reported being heavy users (weekly or more often) of footpaths. Heavy use was most common amongst younger respondents and those who were meeting health and activity guidelines.

Overall, 30.0% of Loddon respondents reported being non-users of footpaths, meaning they use them less than once every three months or never. In relation to the main demographic indicators, the main subgroup differences were:

- Males were more likely to be non-users than females (35.3%, compared to 23.9%)
- There were no significant differences by age
- Across the subregions, respondents from the East Loddon Area (46.3%) and the South Loddon Area (55.4%) were more likely to be non-users of footpaths when compared to respondents from Inglewood or Bridgewater and Surrounds (24.4%) and Wedderburn and Surrounds (23.0%)

Full data from comparable demographic subgroups is available in Table 5.2.1.

In relation to other demographic or health differences, the subgroups more likely to be non-users of footpaths were:

- People who hold less than a Bachelor degree (30.8%), compared to those who have a Bachelor degree or higher level of education (15.9%)
- Those who self-reported their general health as 'fair' or 'poor' (48.8%, compared to 25.6% who recorded their health as 'good', 'very good', or 'excellent')
- Those who drink sugar-sweetened beverages daily (44.5%, compared to 29.0% of those who drink them less than daily)

Full data from comparable health subgroups is available in Table 5.2.2.



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

	Unweighted base <sup>1</sup> n	Heavy Once a week or more often %	Medium 1 to 3 times a month %	Light 1 or 2 times in the last 3 months %	Non-user Less often / never %
<b>Total sample</b>	755	47.3	16.3	6.5	30.0
<b>Gender and age</b>					
Males	317	42.9	16.3	5.5	35.3
Females	425	52.3	16.0	7.8	23.9
Males, 3 to 11*	28	64.3	17.9	0.0	17.9
Males, 12 to 17*	24	66.3	12.9	0.0	20.9
Males, 18 to 34*	31	40.9	22.7	4.0	32.4
Males, 35 to 49	51	36.0	14.9	5.8	43.4
Males, 50 to 69	124	41.3	13.9	6.9	37.9
Males, 70+	58	33.9	19.6	8.4	38.1
Females, 3 to 11	36	47.2	27.8	8.3	16.7
Females, 12 to 17*	27	48.8	22.3	11.0	18.0
Females, 18 to 34	62	67.9	14.4	2.8	14.9
Females, 35 to 49	84	59.8	18.5	2.3	19.4
Females, 50 to 69	155	44.2	14.9	11.2	29.8
Females, 70+	58	52.6	5.9	10.3	31.3
<b>Subregion</b>					
Boort & Surrounds	127	49.7	16.3	6.7	27.3
East Loddon Area	79	23.7	21.1	8.9	46.3
Inglewood / Bridgewater & Surrounds	154	54.7	16.1	4.9	24.4
Pyramid Hill & Surrounds	106	54.5	11.2	7.1	27.2
South Loddon Area	76	29.0	11.5	4.1	55.4
Wedderburn & Surrounds	174	50.9	19.3	6.9	23.0
<b>Demographic indicators</b>					
Born in Australia	680	47.1	15.8	6.2	30.9
Born overseas	64	48.6	21.2	10.0	20.3
Speaks English as main language	724	47.7	16.0	6.3	30.1
Speaks other main language*	13	50.0	9.3	21.0	19.8
Aboriginal and/or Torres Strait Islander*	11	91.0	0.0	0.0	9.0
Not Aboriginal or Torres Strait Islander	734	46.5	16.4	6.7	30.4
Identifies as LGBTQIA+*	11	66.1	24.3	0.0	9.7
Non-LGBTQIA+	552	45.1	16.4	7.4	31.2
Holds a Bachelor degree or higher	192	64.7	11.2	8.2	15.9
Less than Bachelor level education	497	45.4	17.0	6.8	30.8
Just getting along, poor or very poor	259	47.3	12.6	7.2	32.9
Reasonably comfortable, very comfortable or prosperous	483	48.5	17.7	6.3	27.5

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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

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

	Unweighted base <sup>1</sup>	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
<b>Total sample</b>	755	47.3	16.3	6.5	30.0
<b>Health and wellbeing indicators</b>					
Self-reported health - Fair or poor	143	28.0	17.1	6.1	48.8
Self-reported health - Good, very good, or excellent	560	50.7	16.6	7.1	25.6
Life satisfaction - Low (0 to 4 out of 10)	54	31.6	26.7	12.2	29.5
Life satisfaction - Medium to very high (5+ out of 10)	643	47.2	15.5	6.5	30.9
Does not feel valued by society	131	37.1	12.6	5.9	44.5
Sometimes feel valued by society	294	45.7	18.7	6.0	29.6
Definitely feel valued by society	276	52.7	15.2	8.4	23.6
Meets fruit intake guidelines	358	45.6	15.7	5.5	33.2
Does not meet fruit intake guidelines	323	47.8	16.7	7.5	28.1
Meets vegetable intake guidelines	117	47.8	11.0	2.9	38.3
Does not meet vegetable intake guidelines	569	45.9	17.5	7.3	29.3
Drinks sugar-sweetened beverages daily	79	38.5	11.5	5.6	44.5
Drink sugar-sweetened beverages less than daily	618	47.4	17.0	6.6	29.0
Meets water consumption guidelines	147	52.9	10.3	4.1	32.7
Does not meet water guidelines	535	45.5	17.6	7.4	29.5
Ran out of food and could not afford more	70	35.8	13.8	10.1	40.3
Have not run out of food	658	48.8	16.4	6.0	28.8
Requires help with daily activities	78	42.4	24.6	8.0	25.0
Does not require help	657	47.1	15.1	6.3	31.5

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

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

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

Amongst respondents aged 18 years and over, 32.0% were non-users of footpaths in their area. This proportion was higher amongst:

- Respondents who do not meet physical activity guidelines (39.9%), compared to those who do engage in sufficient physical activity (25.0%)
- Those who do not drink alcohol (42.2%), compared to those who drink alcohol less than daily (28.8%)

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

	Unweighted base <sup>1</sup>	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
<b>Total sample</b>	633	45.5	15.6	6.9	32.0
<b>Health and wellbeing indicators</b>					
Overweight or obese (BMI ≥25.0)	387	44.5	14.2	6.1	35.2
Normal range or underweight (BMI <25.0)	159	43.7	18.3	8.9	29.1
Meets physical activity guidelines	313	51.6	15.3	8.2	25.0
Does not meet physical activity guidelines / sedentary	254	38.8	16.5	4.8	39.9
Current smoker	70	35.7	16.9	8.6	38.8
Ex-smoker	206	47.4	16.9	5.4	30.3
Never smoked	308	43.8	14.3	8.0	33.9
Drinks alcohol every day	63	44.6	12.8	4.1	38.5
Drinks alcohol less often than daily	382	48.5	16.7	6.0	28.8
Does not drink alcohol	134	32.0	13.7	12.0	42.2
Had more than 4 standard drinks on a single occasion	304	51.2	14.5	4.9	29.4
Has not had more than 4 standard drinks	261	36.8	15.8	7.6	39.8

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

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

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

### 5.3. Off-road walking and cycling tracks user profile

Overall, 26.0% of Loddon respondents aged 3 years and over reported being heavy (weekly or more often) users of off-road walking and cycling tracks, while 42.7% of Loddon respondents reported being non-users of off-road walking and cycling tracks, meaning they use them less than once every three months or never.

In relation to the main demographic indicators:

- There were no significant differences in the frequency of use of off-road walking and cycling tracks by gender and age group. However, this may be due to small base sizes
- Respondents from the East Loddon Area (53.8%) and the South Loddon Area (52.3%) were more likely to be non-users than respondents from Boort and Surrounds (29.8%)

Full data from comparable demographic subgroups is available in Table 5.3.1.

In relation to other demographic or health differences, the subgroups more likely to be non-users of public open spaces were:

- People who hold less than a Bachelor degree (43.3%), compared to those who have a Bachelor degree or higher level of education (30.3%)
- Those who definitely feel valued by society (53.6%), compared to 37.0% of those who do not feel valued by society

Full data from comparable health subgroups is available in Table 5.3.2.

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

	Unweighted base <sup>1</sup> n	Heavy Once a week or more often %	Medium 1 to 3 times a month %	Light 1 or 2 times in the last 3 months %	Non-user Less often / never %
<b>Total sample</b>	695	26.0	19.2	12.1	42.7
<b>Gender and age</b>					
Males	299	22.4	18.5	11.9	47.1
Females	386	29.6	20.2	12.7	37.6
Males, 3 to 11*	28	25.0	50.0	7.1	17.9
Males, 12 to 17*	26	34.4	30.4	7.8	27.4
Males, 18 to 34*	30	23.7	13.1	24.9	38.3
Males, 35 to 49	53	18.5	14.9	13.4	53.2
Males, 50 to 69	116	21.3	15.0	10.3	53.4
Males, 70+	45	21.1	7.9	10.5	60.6
Females, 3 to 11	34	26.5	29.4	14.7	29.4
Females, 12 to 17*	27	25.4	30.4	25.8	18.4
Females, 18 to 34	63	33.6	21.1	12.9	32.4
Females, 35 to 49	82	31.3	21.1	13.5	34.1
Females, 50 to 69	136	25.5	17.3	10.5	46.7
Females, 70+	41	38.0	9.9	6.6	45.6
<b>Subregion</b>					
Boort & Surrounds	129	24.3	30.4	15.5	29.8
East Loddon Area	78	17.3	9.5	19.4	53.8
Inglewood / Bridgewater & Surrounds	133	28.4	18.4	8.5	44.8
Pyramid Hill & Surrounds	102	30.8	12.6	10.7	45.9
South Loddon Area	71	20.3	17.3	10.1	52.3
Wedderburn & Surrounds	145	26.2	21.8	11.3	40.6
<b>Demographic indicators</b>					
Born in Australia	627	24.9	20.1	12.3	42.8
Born overseas	59	34.1	12.7	12.4	40.7
Speaks English as main language	667	25.9	19.9	12.4	41.8
Speaks other main language*	13	29.0	0.0	10.3	60.7
Aboriginal and/or Torres Strait Islander*	11	28.4	60.6	0.0	11.0
Not Aboriginal or Torres Strait Islander	678	25.8	18.6	12.5	43.2
Identifies as LGBTQIA+*	8	23.2	24.5	23.8	28.5
Non-LGBTQIA+	511	25.7	15.8	12.7	45.9
Holds a Bachelor degree or higher	179	36.9	20.1	12.7	30.3
Less than Bachelor level education	462	24.3	20.0	12.4	43.3
Just getting along, poor or very poor	242	24.3	20.0	12.4	43.3
Reasonably comfortable, very comfortable or prosperous	439	27.2	18.6	12.4	41.8

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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

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

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

	Unweighted base <sup>1</sup>	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
<b>Total sample</b>	695	26.0	19.2	12.1	42.7
<b>Health and wellbeing indicators</b>					
Self-reported health - Fair or poor	124	16.3	13.4	20.3	50.0
Self-reported health - Good, very good, or excellent	518	27.0	20.7	11.0	41.4
Life satisfaction - Low (0 to 4 out of 10)	54	9.8	20.0	16.6	53.6
Life satisfaction - Medium to very high (5+ out of 10)	584	27.0	18.8	12.4	41.8
Does not feel valued by society	128	19.1	16.3	10.9	53.6
Sometimes feel valued by society	263	23.4	19.9	14.5	42.2
Definitely feel valued by society	249	32.0	19.1	11.9	37.0
Meets fruit intake guidelines	331	27.4	22.0	13.5	37.1
Does not meet fruit intake guidelines	299	24.0	15.6	12.4	48.0
Meets vegetable intake guidelines	105	30.6	18.8	6.0	44.6
Does not meet vegetable intake guidelines	525	24.4	18.9	14.5	42.2
Drinks sugar-sweetened beverages daily	73	19.2	14.9	11.6	54.3
Drink sugar-sweetened beverages less than daily	565	26.4	19.1	13.3	41.3
Meets water consumption guidelines	137	27.6	19.8	11.3	41.3
Does not meet water guidelines	489	24.7	18.8	13.9	42.6
Ran out of food and could not afford more	67	21.7	15.3	20.7	42.4
Have not run out of food	604	26.6	19.3	11.4	42.7
Requires help with daily activities	69	29.4	19.9	14.9	35.9
Does not require help	614	25.0	19.2	11.6	44.2

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

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

Overall, 46.8% of respondents aged 18 years and over were non-users of off-road walking and cycling tracks. Adults were more likely to be non-users if they do not meet physical activity guidelines (53.7%, compared to 39.2% of those who meet the guidelines).

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

	Unweighted base <sup>1</sup>	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
<b>Total sample</b>	572	25.6	15.6	12.0	46.8
<b>Health and wellbeing indicators</b>					
Overweight or obese (BMI ≥25.0)	344	21.8	15.9	12.9	49.4
Normal range or underweight (BMI <25.0)	147	35.9	12.8	11.0	40.3
Meets physical activity guidelines	273	33.1	14.8	12.9	39.2
Does not meet physical activity guidelines / sedentary	236	17.0	16.2	13.1	53.7
Current smoker	63	14.4	21.8	11.8	52.0
Ex-smoker	181	28.4	12.4	12.6	46.6
Never smoked	284	25.5	14.7	13.2	46.7
Drinks alcohol every day	58	26.5	18.9	3.4	51.2
Drinks alcohol less often than daily	354	25.9	17.2	15.6	41.3
Does not drink alcohol	112	21.6	6.3	10.0	62.1
Had more than 4 standard drinks on a single occasion	277	26.2	16.6	14.1	43.1
Has not had more than 4 standard drinks	235	23.3	12.9	11.5	52.2

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

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

## 5.4. Other public facility and open space use

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

Of the other types of public facilities and open spaces listed, parks were the most commonly used with approximately three-quarters of respondents (72.0%) having used these facilities. Approximately two-thirds of all respondents had used sports grounds, ovals and clubrooms (68.2%) and hall or community centres (68.7%), while swimming pools or splash parks (48.6%) and community gardens (34.4%) were the next most commonly used spaces.

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

	All respondents	Heavy Once a week or more often	Medium / Light < once a week, > once in the last 3 months	Non-user Less often / never
	%	%	%	%
<b>Unweighted base (n)</b>	<b>682</b>	<b>400</b>	<b>215</b>	<b>67</b>
Parks	72.0	78.2	73.5	35.5
Sports grounds, ovals and clubrooms	68.2	81.1	56.7	32.7
Swimming pools / splash parks	48.6	59.1	38.2	23.1
Community gardens	34.4	40.6	31.6	9.5
Indoor sports / leisure / fitness centres	30.2	41.6	13.9	16.9
Halls / community centres	68.7	76.3	61.1	50.2
Hard courts (e.g. netball / tennis)	36.8	49.2	22.8	10.8
After hours usage of education facilities	12.8	17.2	7.7	4.5
Skateparks / BMX	8.5	13.0	2.4	1.6
Playgrounds*	27.6	36.2	18.0	9.6
Other	15.1	17.0	14.7	6.4

\* Category not included in the paper version meaning base is all online respondents to this question (n=347).

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

In relation to the main demographic indicators, the main subgroup differences were:

- Females were more likely than males to use indoor sports, leisure or fitness centres, hard courts, and playgrounds
- Adolescents (under 18 years of age) were more likely to use most of the facilities, except halls or community centres where there were no age differences


Full data from comparable demographic subgroups is available in Tables 5.4.2 and 5.4.3.

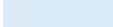


**Table 5.4.2 Facility type used by demographic indicators – 3 years and over**

	Un-weighted base <sup>1</sup>	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres	Halls / community centres	Hard courts (e.g. netball / tennis)	After hours usage of education facilities	Skate-parks / BMX	Play-grounds *
	n	%	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	691	71.6	67.4	48.5	34.1	30.1	68.4	36.2	12.7	8.3	27.2
<b>Gender and age</b>											
Males	284	70.5	65.0	41.3	33.6	23.2	66.2	30.6	10.4	9.8	21.3
Females	399	73.1	70.5	55.6	34.9	37.1	71.3	42.8	15.2	6.7	33.7
3 to 11	65	86.4	84.4	95.2	42.4	53.3	63.4	62.9	17.0	27.1	61.7
12 to 17	52	84.9	85.8	78.8	38.5	51.6	68.8	77.6	21.1	18.1	40.5
18 to 34	91	73.6	80.6	54.2	34.8	40.0	66.2	48.3	19.0	5.4	39.4
35 to 49	128	83.9	81.0	63.5	46.7	38.8	76.8	50.4	21.8	14.1	43.6
50 to 69	254	63.0	51.9	29.3	25.3	12.6	69.0	18.6	7.0	1.5	10.2
70+	100	57.4	52.3	18.0	30.1	21.0	63.7	6.0	1.3	0.0	2.5
<b>Subregion</b>											
Boort & Surrounds	130	84.7	63.3	57.3	39.8	36.7	69.7	31.3	17.6	7.0	36.5
East Loddon Area	77	64.0	85.9	57.8	22.2	22.6	79.2	62.3	12.0	5.6	49.8
Inglewood / Bridgewater & Surrounds	135	69.5	67.3	36.6	25.3	26.5	57.6	26.2	9.4	4.7	20.8
Pyramid Hill & Surrounds	90	74.5	71.9	58.4	29.5	30.8	75.9	51.1	26.2	3.4	23.4
South Loddon Area	70	63.9	55.5	30.9	33.9	31.5	64.8	23.6	10.9	9.1	7.1
Wedderburn & Surrounds	153	66.4	65.6	48.7	40.3	28.0	70.6	34.7	5.1	13.7	21.9

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

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

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

**Table 5.4.3 Facility type used by further demographic indicators – 3 years and over**

	Un-weighted base <sup>1</sup>	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres	Halls / community centres	Hard courts (e.g. netball / tennis)	After hours usage of education facilities	Skate-parks / BMX	Play-grounds*
	n	%	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	691	71.6	67.4	48.5	34.1	30.1	68.4	36.2	12.7	8.3	27.2
<b>Demographic indicators</b>											
Born in Australia	627	72.2	69.5	49.3	34.4	29.7	70.2	38.0	12.6	8.8	29.2
Born overseas	58	71.2	47.6	36.0	34.8	37.0	55.7	20.0	14.2	5.1	10.4
Speaks English as main language	670	71.5	68.3	48.0	33.7	30.0	68.9	36.2	12.5	8.6	27.6
Speaks other main language*	9	100.0	16.2	68.8	86.2	78.6	68.8	61.1	43.1	0.0	7.6
Aboriginal and/or Torres Strait Islander*	12	86.6	68.7	79.7	34.2	50.2	53.3	26.4	18.4	0.0	42.0
Not Aboriginal or Torres Strait Islander	675	71.7	67.5	47.7	34.2	29.8	68.9	36.7	12.6	8.6	27.1
Identifies as LGBTQIA+*	10	72.0	73.1	24.1	32.1	24.5	76.6	18.6	17.5	22.9	0.0
Non-LGBTQIA+	509	71.6	66.3	39.5	34.9	26.1	71.0	30.8	12.2	4.8	24.0
Holds a Bachelor degree or higher	185	81.8	76.2	55.3	40.2	40.8	80.4	42.7	17.8	7.4	33.4
Less than Bachelor level education	459	71.8	66.9	49.5	34.2	29.8	68.1	37.5	12.5	8.9	28.7
Just getting along, poor or very poor	234	70.0	57.5	48.7	34.6	24.0	66.4	30.7	11.6	13.8	25.5
Reasonably comfortable, very comfortable or prosperous	449	72.2	73.2	48.7	34.4	33.5	69.1	39.8	13.6	4.8	28.8

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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

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

For the top five facilities used across the whole Loddon Campaspe region (parks; sports grounds, ovals and clubrooms; swimming pools and splash parks; community gardens; indoor sports, leisure, and fitness centres), analysis was conducted regarding the health and wellbeing characteristics of users. While these were the top five facilities in the full Loddon Campaspe region, halls or community centres (68.4%) were in the top five for Loddon specifically, showing they are used in this area more than across the wider region.

In relation to key health and wellbeing subgroup differences, full data is shown in Table 5.4.4.

**Table 5.4.4 Top five facilities used by health indicators – 3 years and over**

	Un-weighted base <sup>1</sup>	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres
	n	%	%	%	%	%
<b>Total sample</b>	691	71.6	67.4	48.5	34.1	30.1
<b>Health and wellbeing indicators</b>						
Self-reported health - Fair or poor	117	68.7	49.8	36.9	24.7	16.0
Self-reported health - Good, very good, or excellent	529	71.8	71.4	49.8	36.7	32.1
Life satisfaction - Low (0 to 4 out of 10)	46	71.5	60.0	47.1	35.0	12.0
Life satisfaction - Medium to very high (5+ out of 10)	593	71.5	68.0	47.5	34.1	30.6
Does not feel valued by society	104	72.6	47.4	39.7	26.3	17.1
Sometimes feel valued by society	272	72.9	64.1	43.9	38.9	30.1
Definitely feel valued by society	269	69.8	80.6	54.1	33.1	34.0
Meets fruit intake guidelines	338	74.1	68.9	52.7	35.9	35.4
Does not meet fruit intake guidelines	291	70.7	65.8	40.3	33.8	23.5
Meets vegetable intake guidelines	108	70.6	64.9	49.3	41.8	32.7
Does not meet vegetable intake guidelines	521	72.8	68.7	46.3	33.4	29.0
Drinks sugar-sweetened beverages daily	64	58.9	51.3	30.2	25.7	21.6
Drink sugar-sweetened beverages less than daily	573	73.6	70.1	48.8	35.4	30.5
Meets water consumption guidelines	134	80.1	72.4	53.1	35.8	31.2
Drink sugar-sweetened beverages less than daily	493	70.3	67.3	46.1	35.0	30.0
Ran out of food and could not afford more	62	75.5	57.6	49.6	39.3	26.5
Have not run out of food	606	71.0	69.2	47.4	32.6	29.5
Requires help with daily activities	68	81.8	45.3	54.8	40.6	18.2
Does not require help	609	70.4	71.1	47.8	32.5	31.9

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

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

Amongst respondents aged 18 years and over, respondents who meet physical activity guidelines were more likely to use swimming pools or splash parks (43.1%, compared to 29.2%) and indoor sports, leisure or fitness centres (30.8%, compared to 17.7%), when compared to those who do not engage in sufficient physical activity. Full differences are shown below in Table 5.4.5.

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

	Unweighted base <sup>1</sup>	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres
	n	%	%	%	%	%
<b>Total sample</b>	573	68.3	63.2	38.9	32.6	24.6
<b>Health and wellbeing indicators</b>						
Overweight or obese (BMI ≥25.0)	350	67.7	61.2	37.3	31.4	24.7
Normal range or underweight (BMI <25.0)	147	73.4	70.0	35.4	34.9	22.9
Meets physical activity guidelines	294	69.3	67.4	43.1	37.1	30.8
Does not meet physical activity guidelines / sedentary	220	68.8	58.5	29.2	29.9	17.7
Current smoker	57	75.4	48.2	40.8	20.6	12.1
Ex-smoker	187	65.2	57.1	32.6	32.9	23.1
Never smoked	282	69.1	70.2	39.4	35.4	27.0
Drinks alcohol every day	50	57.0	49.7	22.3	30.6	19.9
Drinks alcohol less often than daily	369	70.1	69.8	43.2	31.5	25.2
Does not drink alcohol	106	68.3	45.5	24.2	37.1	21.3
Had more than 4 standard drinks on a single occasion	282	66.6	67.7	39.0	30.2	23.4
Has not had more than 4 standard drinks	229	70.4	57.4	35.4	35.4	25.0

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

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

## 5.5. Reasons for using public facilities or opens spaces

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

The top three reasons for use of public facilities and open spaces were each selected by over half of all respondents: 'socialising with family or friends' (62.5%), 'for fun or enjoyment' (60.5%), and 'for exercise or health and fitness' (56.9%). Other main reasons were to participate in 'unstructured physical recreation activities' (e.g. going for a walk, playing ball games with friends) (44.9%), 'organised sport' (e.g. cricket or netball for a club) (44.8%), and 'for time to myself' (29.1%).

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

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

	All respondents	Heavy	Medium / Light	Non-user
	%	Once a week or more often	< once a week, > once in the last 3 months	Less often / never
	%	%	%	%
<b>Unweighted base (n)</b>	<b>692</b>	<b>412</b>	<b>215</b>	<b>65</b>
Exercise / health and fitness	56.9	69.2	43.0	28.5
Socialising with family / friends	62.5	65.7	62.3	44.8
For fun / enjoyment	60.5	68.5	51.3	42.4
Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends)	44.9	52.8	37.7	21.1
Exercising the dog	22.3	25.1	22.9	4.7
For time to myself	29.1	35.1	23.6	11.4
Organised sport (e.g. cricket or netball for a club)	44.8	57.4	27.4	25.3
Getting back to nature	21.3	21.4	25.4	9.1
Commuting (i.e. to get from a to b)	16.9	20.8	12.5	8.3
Some other reason	11.2	8.6	13.9	17.8

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

**Table 5.5.2 Reason for use of public facilities and open spaces by demographic characteristics**

	Unweighted base <sup>1</sup>	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog	For time to myself	Organised sport (e.g. cricket or netball for a club)	Getting back to nature	Commuting (i.e. to get from a to b)
	n	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	701	57.2	62.4	60.1	44.7	22.2	28.9	44.5	21.2	17.2
<b>Gender and age</b>										
Males	287	50.7	61.0	58.6	37.9	19.5	24.9	44.7	19.4	15.5
Females	407	64.1	64.3	61.7	51.9	24.8	32.9	45.3	22.7	19.1
3 to 11	66	43.6	85.2	89.7	69.3	15.6	16.8	57.3	9.5	21.8
12 to 17	53	69.9	73.8	78.3	62.2	11.2	25.4	80.1	12.6	22.8
18 to 34	89	66.3	68.4	63.1	45.8	30.1	26.6	50.8	20.1	22.0
35 to 49	129	64.7	75.0	65.0	54.2	23.6	40.0	60.1	26.1	19.8
50 to 69	255	50.1	51.8	50.1	36.4	23.0	28.9	33.4	22.2	13.9
70+	106	57.4	44.7	43.6	23.7	22.9	28.7	17.8	27.3	10.8
<b>Subregion</b>										
Boort & Surrounds	130	53.5	77.2	68.3	53.5	21.2	28.0	42.2	16.0	16.2
East Loddon Area	77	47.8	61.5	64.0	43.5	21.6	26.0	77.5	21.6	12.8
Inglewood / Bridgewater & Surrounds	141	57.2	53.6	55.8	35.8	30.2	19.6	36.0	16.1	12.7
Pyramid Hill & Surrounds	94	66.2	61.9	62.4	52.2	7.4	42.9	47.1	29.4	20.2
South Loddon Area	69	56.9	60.0	59.9	32.8	26.2	28.9	23.6	24.2	2.0
Wedderburn & Surrounds	153	59.4	61.7	53.6	43.6	22.9	31.5	48.3	25.4	29.4

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

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

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

**Table 5.5.3 Reason for use of public facilities and open spaces by further demographic characteristics**

	Unweighted base <sup>1</sup>	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog	For time to myself	Organised sport (e.g. cricket or netball for a club)	Getting back to nature	Commuting (i.e. to get from a to b)
	n	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	701	57.2	62.4	60.1	44.7	22.2	28.9	44.5	21.2	17.2
<b>Demographic indicators</b>										
Born in Australia	639	57.3	64.0	61.4	44.7	21.2	28.0	46.9	19.8	17.6
Born overseas	58	56.9	48.2	47.7	48.0	30.8	38.4	19.7	34.0	11.9
Speaks English as main language	677	56.7	61.9	59.8	44.3	22.5	28.7	44.8	20.8	17.2
Speaks other main language*	10	89.2	100.0	89.2	92.3	0.0	64.6	12.7	64.6	12.7
Aboriginal and/or Torres Strait Islander*	10	30.6	42.7	78.5	41.9	41.9	29.5	52.6	30.6	22.2
Not Aboriginal or Torres Strait Islander	687	57.7	62.8	60.0	45.0	21.8	28.9	44.7	21.0	17.2
Identifies as LGBTQIA+*	9	89.3	68.8	75.3	26.5	48.7	38.7	33.2	38.7	8.4
Non-LGBTQIA+	513	56.4	61.1	55.8	42.1	23.0	31.0	42.0	24.5	17.3
Holds a Bachelor degree or higher	190	75.0	69.0	63.3	62.7	21.0	42.7	50.0	34.3	24.9
Less than Bachelor level education	462	54.9	63.0	60.2	43.8	21.6	27.4	45.5	19.1	16.6
Just getting along, poor or very poor	239	49.5	59.2	61.7	46.6	20.8	31.2	40.5	24.9	17.5
Reasonably comfortable, very comfortable or prosperous	454	60.7	63.7	59.1	43.5	22.3	27.8	47.6	19.6	17.0

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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

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

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

**Table 5.5.4 Reason for use of public facilities and open spaces by facility type**

	Unweighted base <sup>1</sup>	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog	For time to myself	Organised sport (e.g. cricket or netball for a club)	Getting back to nature	Commuting (i.e. to get from a to b)
	n	%	%	%	%	%	%	%	%	%
<b>Unweighted base</b>	701	57.2	62.4	60.1	44.7	22.2	28.9	44.5	21.2	17.2
<b>Facility type</b>										
Parks	502	61.8	72.0	72.5	56.8	24.4	34.6	47.7	28.3	20.6
Sports grounds, ovals and clubrooms	467	61.2	72.7	67.1	49.2	22.1	30.6	64.9	20.5	20.2
Swimming pools / splash parks	335	66.3	77.4	76.1	59.2	23.8	35.7	60.8	25.8	22.5
Community gardens	240	67.9	80.2	78.0	65.6	24.9	43.6	50.4	35.4	29.9
Indoor sports / leisure / fitness centres	215	80.1	77.9	78.0	64.2	19.9	40.7	64.5	24.6	25.6
Halls / community centres	472	62.4	72.8	66.4	50.1	23.7	33.0	53.9	24.0	20.4
Hard courts (e.g. netball / tennis)	89	71.9	80.9	78.8	65.9	18.8	37.0	79.8	23.4	22.2
After hours usage of education facilities	252	71.3	90.4	79.4	68.1	27.5	50.0	73.8	29.7	25.6
Skateparks / BMX	55	74.3	92.7	93.6	79.7	30.9	54.9	80.2	33.5	28.3
Playgrounds*	190	56.8	82.8	79.8	63.6	23.3	32.9	65.0	23.4	24.0
Other	104	69.9	71.9	74.5	57.1	28.2	53.9	46.8	42.8	21.7

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

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

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



For the top five reasons for using facilities reported in the 2019 ALC (exercise; socialising, fun or enjoyment; unstructured physical recreation; and exercising the dog), analysis was conducted regarding the health and wellbeing characteristics of users. Full subgroup comparisons are shown below in Table 5.5.5.

**Table 5.5.5 Top five reasons for use by health indicators – 3 years and over**

	Unweighted base <sup>1</sup>	Exercise / health	Socialising	For fun / enjoyment	Unstructured physical recreation	Exercising the dog
	n	%	%	%	%	%
<b>Total sample</b>	701	57.2	62.4	60.1	44.7	22.2
<b>Health and wellbeing indicators</b>						
Self-reported health - Fair or poor	113	43.7	48.5	44.0	33.5	22.0
Self-reported health - Good, very good, or excellent	546	59.6	65.6	63.4	46.6	20.9
Life satisfaction - Low (0 to 4 out of 10)	46	36.0	49.7	38.2	37.0	31.2
Life satisfaction - Medium to very high (5+ out of 10)	606	58.5	63.6	61.7	45.2	20.1
Does not feel valued by society	105	40.0	41.7	46.2	37.4	25.7
Sometimes feel valued by society	277	54.0	62.5	59.7	41.7	21.3
Definitely feel valued by society	276	67.2	71.2	66.8	50.0	18.7
Meets fruit intake guidelines	342	56.3	67.3	62.8	51.1	18.5
Does not meet fruit intake guidelines	296	56.0	58.2	57.8	38.0	23.6
Meets vegetable intake guidelines	112	57.6	66.0	60.8	48.6	16.7
Does not meet vegetable intake guidelines	529	56.0	62.8	60.7	44.1	21.9
Drinks sugar- sweetened beverages daily	66	48.4	58.6	44.4	33.7	29.3
Drinks sugar- sweetened beverages less than daily	583	57.7	63.7	62.6	46.0	20.0
Meets water consumption guidelines	136	50.0	65.9	63.5	47.5	22.5
Drink sugar- sweetened beverages less than daily	503	60.1	63.4	60.8	44.9	21.1
Ran out of food and could not afford more	61	36.2	48.1	65.6	34.7	20.4
Have not run out of food	617	58.3	64.0	59.3	45.0	22.7
Requires help with daily activities	69	43.0	56.3	55.2	42.4	23.0
Does not require help	617	58.6	63.3	60.3	45.0	21.9

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

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

Amongst respondents aged 18 years and over, respondents who were in the normal or underweight BMI range were more likely to mention 'exercise or health and fitness' as a reason for using public facilities (67.3%, compared to 52.2% of those classified as overweight or obese). Those who meet the physical activity guidelines were also more likely to mention 'exercise or health and fitness' (66.4%), compared to those who do not engage in sufficient physical activity (46.9%). Details are provided below in Table 5.5.6.

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

	Unweighted base <sup>1</sup>	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog
	n	%	%	%	%	%
<b>Total sample</b>	579	57.4	58.2	54.2	39.3	24.2
<b>Health and wellbeing indicators</b>						
Overweight or obese (BMI ≥25.0)	351	52.2	59.2	53.0	39.8	26.2
Normal range or underweight (BMI <25.0)	146	67.3	56.9	57.8	39.2	20.5
Meets physical activity guidelines	304	66.4	57.2	56.7	44.8	24.6
Does not meet physical activity guidelines / sedentary	217	46.9	63.3	55.4	34.3	20.9
Current smoker	54	46.5	56.1	69.3	29.5	36.8
Ex-smoker	190	53.7	53.4	45.7	40.9	24.4
Never smoked	291	61.5	61.4	56.2	39.1	19.5
Drinks alcohol every day	54	39.9	51.6	34.8	29.1	20.0
Drinks alcohol less often than daily	369	61.2	61.5	57.2	39.3	23.8
Does not drink alcohol	112	54.0	50.4	52.3	39.7	23.1
Had more than 4 standard drinks on a single occasion	285	57.6	58.7	52.2	35.9	26.6
Has not had more than 4 standard drinks	236	57.5	57.6	56.3	41.3	18.4

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

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

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

## 5.6. Improvements overview

All respondents were asked to answer a fully open-ended question about what improvements would encourage them to use public facilities and open spaces more often. In total, 41.0% of respondents from Loddon were able to provide suggestions for improvement that would increase their use of local facilities and spaces.

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

Of all the themes that emerged, suggestions most commonly related to **walking tracks and footpaths**. Approximately one-quarter of all respondents who provided suggestions (25.1%) indicated they would be more likely to use public facilities and open spaces if more or better footpaths were available, if existing footpaths were improved or extended, or if footpaths were better connected with open spaces or tracks and paths in the area.

Other key themes that were mentioned by those providing suggestions included:

- **Exercise equipment and facilities** – 24.7% would like to see more or better exercise equipment and facilities in the area including outdoor exercise equipment, sports fields and facilities, swimming pools, etc.
- **Bicycle tracks / lanes and skate facilities** – 20.3% would like to see more or better bicycle tracks, more or extended bike lanes, better connected bicycle tracks and lanes, and more or improved skate facilities and skate ramps
- **Accessibility** – 9.5% would like more accessible parks or facilities that are closer to home or more accessible to get to as well as disability access
- **Bins / rubbish collection / clean environment** – 7.6% would like improvements to environmental cleanliness, provide new / more bins, improve existing bins, and provide dog poo bags

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

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

Theme	%	Detailed suggestion	%
<b>Unweighted base (n)<sup>1</sup></b>	<b>333</b>		<b>333</b>
Walking tracks / footpaths	25.1	Provide / extend footpaths / connect to open spaces	4.9
		Provide new / more / connected walking tracks / paths	4.7
		Improve existing walking tracks / paths	8.6
		Improve footpaths	4.7
		Other footpaths NFI	2.1
Exercise equipment (including sporting fields / facilities)	24.7	Exercise equipment (including sporting fields / facilities)	24.7
Bicycle tracks / lanes and skate facilities	20.3	Provide new / more / connected bicycle tracks	4.1
		Other bicycle tracks NFI	3.7
		Improve existing bicycle tracks	0.6
		Provide / improve skate facilities, including ramps	11.8
		Provide / extend / connect bike lanes	0.1
Accessibility	9.5	Parks / facilities closer to my home / more accessible	7.8
		Disability access	1.7
Toilets / change rooms	7.4	Provide more / new toilets	1.7
		Improve existing toilets	2.6
		Other toilets NFI	2.6
		Provide / improve changerooms showers	0.5
		Disabled access to toilets	0.0
Bins / rubbish collection / clean environment	7.6	Environmental cleanup / cleanliness	4.3
		Provide new / more bins	0.5
		Improve existing bins	0.3
		Other bins / rubbish NFI	2.1
		Provide dog poo bags / ensure cleaning of dog faeces	0.4
Lighting	6.6	Lighting	6.6
Playgrounds	6.1	Improve existing playgrounds	4.8
		Provide more / new playgrounds	0.5
		Other playgrounds NFI	0.9
More / better facilities NFI	5.2	More / better facilities NFI	5.2
Events programming / activities	4.7	Events programming / activities	4.7
Cover / shade / shelter	4.6	Cover / shade / shelter	4.6
Safety measures / restrictions (including dogs on leashes)	3.9	Safety measures / restrictions (including dogs on leashes)	3.9
More / better vegetation / trees / gardens	3.3	More / better vegetation / trees / gardens	3.3
Maintenance / management of spaces and facilities	2.9	Maintenance / management of spaces and facilities	2.9
Seating	2.7	Seating	2.7
BBQs / picnic areas	1.6	BBQs / picnic areas	1.6
Fencing	1.4	Fencing	1.4
Drinking fountains	1.3	Drinking fountains	1.3
Improve signage / maps / communication	1.1	Signage / maps / more communication / awareness	1.1
Free activities / no charges	1.1	Free activities / no charges for use	1.1
Café / coffee / tea / food shop	1.0	Café / coffee / tea / food shop	1.0
Parking	0.9	Parking	0.9
Dog friendly areas	0.9	Dog friendly areas	0.9
Camping	0.9	Camping	0.9
Other	5.7	Other	5.7

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

\* NFI = No further information provided

## 5.7. Improvements by suburb

The proportion of respondents from Loddon who offered improvement suggestions was highest amongst respondents from the following suburbs (reflecting population and response sizes): Wedderburn, Boort, Pyramid Hill, Inglewood, and Serpentine.

The top mentions for each suburb were:

- Exercise equipment – 27.1% of those who suggested improvements among respondents from Wedderburn, 50.4% among respondents from Boort, and 19.0% among respondents from Pyramid Hill
- Walking tracks / footpaths – 22.8% of those who suggested improvements among respondents from Inglewood and 49.2% of those who suggested improvements among respondents from Serpentine

The other common mentions for each suburb were:

- Walking tracks or footpaths (24.9%) and bicycle tracks or lanes and skate facilities (20.9%) among respondents from Wedderburn
- Bicycle tracks or lanes and skate facilities (26.9%) and playgrounds (14.3%) among respondents from Boort
- Walking tracks or footpaths (16.7%) and more or better facilities (15.7%) among respondents from Pyramid Hill
- Bins or rubbish collection or clean environment (22.1%) and lighting (10.3%) among respondents from Inglewood
- Exercise equipment (35.9%) and bins or rubbish collection or clean environment (17.4%) among respondents from Serpentine

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

**Table 5.7.1 Improvements specific to identified locations**

Theme	All answering %	Wedderburn %	Boort %	Pyramid Hill %	Inglewood %	Serpentine %
<b>Unweighted base (n)<sup>1</sup></b>	<b>276</b>	<b>44</b>	<b>35</b>	<b>34</b>	<b>25</b>	<b>18</b>
Exercise equipment (including sporting fields / facilities)	25.7	27.1	50.4	19.0	6.4	35.9
Walking tracks / footpaths	24.1	24.9	9.4	16.7	22.8	49.2
Bicycle tracks / lanes and skate facilities	15.8	20.9	26.9	5.0	10.3	0.0
Bins / rubbish collection / clean environment	9.1	9.1	2.9	1.4	22.1	17.4
Accessibility	8.1	6.5	7.4	0.0	6.9	0.0
Lighting	7.9	11.1	9.5	4.1	10.3	12.5
Toilets / change rooms	6.6	15.2	4.0	6.1	6.6	2.8
Playgrounds	5.9	6.1	14.3	0.0	1.5	0.0
More / better facilities NFI	5.4	6.0	0.0	15.7	0.0	1.8
Events programming / activities	5.1	6.4	7.6	3.1	4.5	4.7
Cover / shade / shelter	4.6	0.0	7.7	9.5	1.5	0.0
Safety measures / restrictions (including dogs on leashes)	3.6	0.0	0.0	0.0	5.0	16.3
More / better vegetation / trees / gardens	3.5	6.5	6.6	0.0	1.5	0.0
Seating	2.9	0.0	9.5	7.0	0.0	5.8
Maintenance / management of spaces and facilities	2.0	1.2	0.0	5.2	0.0	5.8
BBQs / picnic areas	1.5	0.0	0.0	5.0	1.5	0.0
Fencing	1.5	0.0	0.0	1.0	0.0	0.0
Dog friendly areas	1.0	0.0	0.0	0.0	5.8	0.0
Drinking fountains	0.9	0.0	0.0	4.3	0.0	0.0
Improve signage / maps / communication	0.6	0.0	0.0	0.0	0.0	0.0
Parking	0.5	0.0	0.0	0.0	0.0	0.0
Camping	0.4	0.0	0.0	0.0	0.0	0.0
Other	6.0	5.2	17.1	15.3	8.3	1.8

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

\* NFI = No further information provided

Green shaded cells indicate response was among the top 5 mentions of improvements for facility

## 6. Participation in physical recreation activities

To reduce burden, respondents were only asked about their participation in up to four activities. They were asked to select their main four activities from a list of 60 activity categories. Each category could be selected once only to avoid double-counting. They were not asked the total number of activities they have participated in, thus the total number of activities participated in by respondents is likely to be under-counted. Readers should consider those who selected four activities as having participated in four or more activities. When interpreting the proportion of the population who had participated in each of the 60 activities, rates of participation should be considered as the proportion of the population who consider the activity to be among their main activities.

While the discussion of facilities used focuses on identifiable facilities or areas, some facility types, i.e. footpaths, which are used very frequently, will not appear amongst the list of facilities because they are not named and could therefore not be identified in the same way as those in this list.

### 6.1. Use of recreational facilities

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

The two most often used facilities for respondents' main activities were Little Lake Boort Trail and Boort Park. People who used facilities most frequently were using: Bridgewater Recreation Reserve (97.7% were heavy users) and Mitchell Park, Pyramid Hill (92.7% were heavy users).

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

- Mitiamo Swimming Pool (75.1% used less than once a month)
- Pyramid Hill Swimming Pool (38.1% used less than once a month)
- Calivil Recreation Reserve (30.0% used less than once a month)

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

**Table 6.1.1 Main recreational facilities used by frequency of activity**

	Unweighted base <sup>1</sup>	Heavy Once a week or more often	Medium 1 to 3 times a month	Light Less than once a month
	n	%	%	%
<b>All activities</b>	<b>1,553</b>	<b>58.5</b>	<b>25.2</b>	<b>16.3</b>
Little Lake Boort Trail, Boort	32	49.3	47.7	3.0
Boort Park, Boort	28	75.3	19.7	5.0
Donaldson Park Wedderburn, Wedderburn	27	85.8	5.0	9.3
Bridgewater River Walk/Bridgewater foreshore, Bridgewater On Loddon	23	63.8	9.0	27.2
Serpentine Recreation Reserve, Serpentine	23	77.7	22.3	0.0
Boort Swimming Pool, Boort	21	55.9	32.8	11.4
Gurri Wanyarra Wellbeing Centre, Kangaroo Flat	18	74.6	1.7	23.7
Wedderburn Pool, Wedderburn	19	81.9	0.0	18.1
Bridgewater Recreation Reserve, Bridgewater On Loddon	18	97.7	2.3	0.0
Boort Bowls, Croquet and Tennis Facility, Boort	16	76.7	17.1	6.2
Pyramid Hill Swimming Pool, Pyramid Hill	16	59.9	2.0	38.1
Mitchell Park, Pyramid Hill	15	92.7	7.3	0.0
Inglewood Community Sports Centre, Inglewood	14	73.5	10.5	16.0
Nolens Park, Boort	14	72.3	25.6	2.1
Pyramid Hill Tennis Court, Pyramid Hill	13	90.3	9.7	0.0
Serpentine Bowls And Tennis Complex, Serpentine	13	70.2	18.1	11.8
Calivil Recreation Reserve, Calivil	12	52.5	17.5	30.0
Mitiamo Swimming Pool, Mitiamo	11	0.0	25.0	75.1
Eaglehawk YMCA (Peter Krenz), Eaglehawk	10	38.3	61.7	0.0
Wedderburn Golf Course, Wedderburn	10	53.0	23.8	23.3

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

\* Caution: small base size



## 6.2. Participation in physical recreational activity

All respondents were asked to list up to four activities they had participated in over the past 12 months. Overall, 81.0% reported participating in at least one activity (19.0% responded that they had not participated in any activities). Just under one-quarter of respondents (22.5%) had participated in four or more activities.

This section focusses on the demographic, health, and wellbeing characteristics of less active respondents. While this analysis reports on the proportions of respondents from subgroups of residents who did not participate in any activities, it will focus the discussion on subgroups that also showed significantly higher proportions of respondents who had participated in one activity only, thus representing the least active groups of residents. Understanding the characteristics of residents who belong to the least active groups in the community provides a solid foundation for effectively addressing the needs of these groups.

In relation to the main demographic indicators, subgroups more likely to *not* participate in any activities were:

- Males, compared to females (22.4%, compared to 13.7%)
- Older female respondents aged 70 years and over (27.3%) were more likely to be non-users than children aged 3 to 11 years (2.8%)
- Across the subregions, there were no significant differences in those undertaking no activities

Full data from comparable demographic subgroups is available in Table 6.2.1.

In relation to other demographic or health differences, the subgroups more likely to be doing no activities were:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (26.9%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (13.1%)
- Those who self-reported their general health was 'fair' or 'poor' (41.3%, compared to 12.0% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (40.2%, compared to 17.0% who recorded medium to very high life satisfaction)
- Those respondents who drink sugar-sweetened beverages daily (40.4% compared to those who drink them less than daily (15.8%))
- Those who have experienced food insecurity in the last 12 months (43.9%, compared to 15.8% who have not run out of food and been unable to afford more)

Full data from comparable health subgroups is available in Table 6.2.2.

**Table 6.2.1 Number of physical recreational activities by demographic indicators**

	Unweighted base <sup>1</sup> n	None %	One %	Two %	Three %	Four or more %
<b>Total sample</b>	763	19.0	23.3	20.6	14.7	22.5
<b>Gender and age</b>						
Males	331	22.4	26.4	20.4	11.9	19.0
Females	422	13.7	19.7	21.5	18.2	27.0
Males, 3 to 11*	28	3.6	3.6	32.1	14.3	46.4
Males, 12 to 17*	26	0.0	15.6	15.6	23.3	45.6
Males, 18 to 34*	29	35.2	9.0	8.9	13.2	33.7
Males, 35 to 49	52	23.1	15.0	23.2	9.7	28.9
Males, 50 to 69	133	25.9	35.0	22.5	9.8	6.9
Males, 70+	62	27.2	42.7	16.9	11.4	1.8
Females, 3 to 11	36	2.8	16.7	16.7	19.4	44.4
Females, 12 to 17*	25	3.8	7.6	28.3	7.6	52.7
Females, 18 to 34	59	9.1	3.8	36.3	14.8	36.0
Females, 35 to 49	80	9.3	10.1	15.9	29.7	35.0
Females, 50 to 69	158	16.6	30.8	18.4	19.1	15.1
Females, 70+	61	27.3	27.3	20.8	11.2	13.5
<b>Subregion</b>						
Boort & Surrounds	130	16.0	20.5	21.6	17.2	24.8
East Loddon Area	79	13.6	10.0	19.7	18.6	38.1
Inglewood / Bridgewater & Surrounds	154	21.5	24.7	23.0	14.2	16.6
Pyramid Hill & Surrounds	110	21.5	25.7	21.5	14.6	16.6
South Loddon Area	78	17.7	40.8	30.3	3.0	8.3
Wedderburn & Surrounds	173	23.1	22.6	14.9	14.0	25.5
<b>Demographic indicators</b>						
Born in Australia	689	18.5	20.8	21.8	15.3	23.6
Born overseas	68	23.2	42.8	11.7	10.3	12.1
Speaks English as main language	732	18.1	22.7	21.4	15.1	22.8
Speaks other main language*	12	29.3	45.1	10.8	0.0	14.8
Aboriginal and/or Torres Strait Islander*	12	21.0	19.6	17.5	8.6	33.3
Not Aboriginal or Torres Strait Islander	745	18.8	23.1	20.9	14.8	22.5
Identifies as LGBTQIA+*	9	26.1	18.6	40.9	14.5	0.0
Non-LGBTQIA+	559	20.3	24.6	20.2	14.6	20.3
Holds a Bachelor degree or higher	188	9.3	11.0	15.9	22.6	41.2
Less than Bachelor level education	512	18.5	23.2	21.8	14.3	22.3
Just getting along, poor or very poor	269	26.9	23.8	17.7	11.1	20.6
Reasonably comfortable, very comfortable or prosperous	480	13.1	22.9	22.1	17.4	24.4

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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

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

	Unweighted base <sup>1</sup> n	None %	One %	Two %	Three %	Four or more %
<b>Total sample</b>	763	19.0	23.3	20.6	14.7	22.5
<b>Health and wellbeing indicators</b>						
Self-reported health - Fair or poor	151	41.3	26.9	17.0	5.9	8.9
Self-reported health - Good, very good, or excellent	585	12.0	22.8	22.1	17.2	25.9
Life satisfaction - Low (0 to 4 out of 10)	57	40.2	21.7	16.4	7.0	14.7
Life satisfaction - Medium to very high (5+ out of 10)	674	17.0	23.6	21.6	15.1	22.7
Does not feel valued by society	144	38.6	22.3	15.9	6.6	16.6
Sometimes feel valued by society	301	18.6	22.2	18.9	16.2	24.1
Definitely feel valued by society	290	7.6	26.2	26.2	17.3	22.7
Meets fruit intake guidelines	374	13.9	24.1	18.4	15.5	28.1
Does not meet fruit intake guidelines	340	22.1	23.9	24.3	13.9	15.8
Meets vegetable intake guidelines	123	16.4	28.8	17.2	15.0	22.5
Does not meet vegetable intake guidelines	592	18.8	22.6	22.2	14.5	22.0
Drinks sugar-sweetened beverages daily	88	40.4	20.6	14.3	12.5	12.2
Drink sugar-sweetened beverages less than daily	642	15.8	23.8	21.7	14.8	23.9
Meets water consumption guidelines	150	20.5	19.3	15.1	9.8	35.4
Does not meet water guidelines	563	17.1	24.3	23.0	16.3	19.4
Ran out of food and could not afford more	76	43.9	12.4	14.7	2.5	26.6
Have not run out of food	660	15.8	24.7	20.8	16.3	22.4
Requires help with daily activities	77	23.7	30.1	21.2	7.6	17.4
Does not require help	669	17.9	21.6	21.2	15.9	23.5

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

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

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

For Loddon respondents aged 18 years and over in the 2019 ALC, 22.2% had not participated in any activities. This proportion was higher amongst:

- Respondents who do not meet physical activity guidelines (30.1%), compared to those who do engage in sufficient physical activity (11.8%)

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

	Unweighted base <sup>1</sup> n	None %	One %	Two %	Three %	Four or more %
<b>Total sample</b>	641	22.2	25.6	20.3	14.4	17.6
<b>Health and wellbeing indicators</b>						
Overweight or obese (BMI ≥25.0)	402	21.0	25.8	20.1	14.9	18.3
Normal range or underweight (BMI <25.0)	166	21.2	24.1	23.5	13.7	17.7
Meets physical activity guidelines	320	11.8	23.8	23.5	15.8	25.1
Does not meet physical activity guidelines / sedentary	271	30.1	29.0	18.3	11.9	10.7
Current smoker	71	34.1	30.2	14.4	9.0	12.3
Ex-smoker	220	20.7	29.6	19.9	15.1	14.7
Never smoked	322	20.1	22.3	23.4	14.9	19.3
Drinks alcohol every day	66	24.8	30.5	24.7	13.1	6.9
Drinks alcohol less often than daily	404	17.3	24.3	21.4	15.2	21.7
Does not drink alcohol	139	31.5	29.5	18.1	12.5	8.4
Had more than 4 standard drinks on a single occasion	319	20.1	23.1	23.3	13.5	20.0
Has not had more than 4 standard drinks	276	24.2	28.8	18.1	15.3	13.6

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

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

## 6.3. Activity overview

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

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

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

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

- Walking – 19.6%
- Swimming – 9.0%
- Active play (at playgrounds / playcentre) – 6.6%
- Tennis (indoor / outdoor) – 5.8%
- Bushwalking / Hiking – 5.3%

Frequency of participation was classified as 'heavy' if respondents participated in the activity at least weekly, 'medium' if participation was once or twice per month and 'light' if the frequency of participation was less than once a month. Activities recording the heaviest participation often included team-based sports with the heaviest users having participated in: hockey (94.8%), netball (93.7%); and Australian rules football (83.3%); along with jogging or running (83.4%), outdoor fitness (79.9%); indoor fitness (79.7%), and gym-based fitness (79.0%).

Activities with high proportions of 'light' participation were fishing (62.3%), canoeing, kayaking, rowing, dragon boating or paddle boarding (47.3%), and water-skiing or power boating (42.7%).

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

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

**Table 6.3.1 Activities by frequency of participation**

	Unweighted base <sup>1</sup>	Heavy Once a week or more often	Medium 1 to 3 times a month	Light Less than once a month
	n	%	%	%
<b>All activities</b>	<b>1,553</b>	<b>58.5</b>	<b>25.2</b>	<b>16.3</b>
Walking	321	72.1	21.9	6.0
Swimming	140	46.9	19.2	33.9
Active play (at playgrounds / play centre)	89	54.1	32.0	13.9
Tennis (indoor / outdoor)	89	68.6	14.5	16.9
Bush walking / Hiking	89	28.5	46.9	24.6
Australian Rules football	52	83.3	14.9	1.8
Netball (indoor/ outdoor)	59	93.7	4.3	2.1
Lawn bowls	49	62.1	16.8	21.1
Fishing	49	8.8	28.9	62.3
Golf	49	42.9	37.4	19.7
Fitness: Gym	47	79.0	13.9	7.1
Cycling: General cycling for recreation or transport	52	54.3	35.2	10.6
Horse riding / Equestrian activities / Polo*&	26	35.2	51.0	13.8
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	41	79.7	20.3	0.0
Fitness: Outdoor fitness / Personal training / Group activities	32	79.9	12.0	8.1
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding*	26	15.8	36.9	47.3
Water-skiing / Power boating*	22	8.9	48.5	42.7
Jogging / Running	30	83.4	16.6	0.0
Hockey (indoor / outdoor)*	21	94.8	5.2	0.0
Martial Arts / Tai Chi*	15	75.3	24.7	0.0
Other activities	255	51.8	30.7	17.5

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

\* Caution: small base size

**Table 6.3.2 Activities by demographic indicators – 3 years and over**

	Unweighted base <sup>1</sup>	Walking	Swimming	Active play (at playgrounds / play centre)	Tennis (indoor / outdoor)	Bush walking / Hiking	Australian Rules football	Netball (indoor/ outdoor)	Lawn bowls	Fishing	Golf
	n	%	%	%	%	%	%	%	%	%	%
<b>All activities</b>	1,608	19.6	9.0	6.6	5.8	5.3	4.3	3.8	3.6	3.5	3.3
<b>Gender and age</b>											
Males	616	16.5	8.1	6.4	6.1	5.1	8.0	0.5	4.9	4.9	4.8
Females	989	22.2	9.7	6.7	5.5	5.6	1.0	6.6	2.5	2.3	2.0
Males, 3 to 11	83	7.2	18.1	19.3	9.6	2.4	15.7	1.2	0.0	2.4	3.6
Males, 12 to 17	78	5.3	7.6	2.7	12.8	1.2	12.9	0.0	1.2	3.7	3.8
Males, 18 to 34	61	9.7	9.7	0.6	6.5	0.0	10.9	0.6	0.0	4.5	1.9
Males, 35 to 49	112	10.9	5.5	7.6	7.6	7.7	9.4	1.1	4.7	7.5	4.4
Males, 50 to 69	204	26.4	6.7	2.8	2.7	7.8	3.2	0.0	7.0	4.4	7.0
Males, 70+	77	30.6	2.9	6.2	0.0	6.6	0.0	0.0	14.5	6.4	5.8
Females, 3 to 11	103	10.7	17.5	14.6	4.9	3.9	0.0	13.6	0.0	0.0	0.0
Females, 12 to 17	74	8.0	8.2	2.7	13.6	6.4	1.4	23.0	0.0	1.3	0.0
Females, 18 to 34	165	22.2	9.8	10.5	5.9	3.4	2.8	7.1	1.4	2.2	0.3
Females, 35 to 49	224	23.4	10.0	4.2	6.9	9.2	0.9	5.6	0.0	3.8	0.6
Females, 50 to 69	321	29.7	8.0	5.6	3.1	5.7	0.4	0.9	3.2	2.5	3.5
Females, 70+	99	27.3	5.2	1.1	1.1	3.1	1.3	0.0	12.7	2.7	7.5

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

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

**Table 6.3.3 Further activities by demographic indicators – 3 years and over**

	Unweighted base <sup>1</sup>	Fitness: Gym	Cycling: General cycling for recreation or transport	Horse riding / Equestrian activities / Polo	Indoor fitness: Aerobics / Zumba / Yoga / Pilates	Fitness: Outdoor fitness / Personal training / Group activities	Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	Water- skiing / Power boating	Jogging / Running	Hockey (indoor / outdoor)	Martial Arts / Tai Chi	Other activities
	n	%	%	%	%	%	%	%	%	%	%	
<b>All activities</b>	1,608	3.1	3.1	1.9	1.7	1.7	1.6	1.5	1.4	1.3	1.3	16.7
<b>Gender and age</b>												
Males	616	2.5	3.7	1.2	0.3	1.1	1.6	1.8	1.1	0.9	1.4	19.1
Females	989	3.7	2.6	2.4	3.0	2.2	1.7	1.3	1.7	1.7	1.1	14.5
Males, 3 to 11	83	0.0	3.6	1.2	0.0	0.0	1.2	1.2	0.0	1.2	0.0	12.1
Males, 12 to 17	78	1.4	7.8	1.2	0.0	0.0	1.4	0.0	1.2	3.7	2.7	29.2
Males, 18 to 34	61	8.4	0.6	2.5	0.0	3.9	1.9	3.9	3.9	2.0	2.0	26.7
Males, 35 to 49	112	2.7	0.8	1.4	0.0	2.0	1.6	4.2	1.5	0.0	3.3	16.4
Males, 50 to 69	204	1.4	6.1	0.6	1.0	1.0	1.8	1.2	1.0	0.0	0.6	17.4
Males, 70+	77	3.9	1.3	1.3	0.2	0.0	1.3	0.0	0.0	0.0	0.0	18.9
Females, 3 to 11	103	0.0	4.9	1.9	0.0	0.0	1.9	1.0	0.0	5.8	0.0	19.4
Females, 12 to 17	74	0.0	0.0	5.4	0.0	1.4	1.4	2.7	1.3	2.7	1.4	19.2
Females, 18 to 34	165	5.8	0.8	2.0	2.2	1.7	0.3	2.2	3.4	1.1	0.0	15.1
Females, 35 to 49	224	4.0	2.8	3.9	2.2	4.0	0.9	2.2	4.2	2.3	1.5	7.6
Females, 50 to 69	321	4.2	3.5	1.7	5.6	3.3	3.1	0.4	0.5	0.0	2.0	13.3
Females, 70+	99	6.5	2.4	0.0	5.2	0.6	1.3	0.0	0.0	0.0	1.1	20.9

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

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

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



## 6.4. Barriers to participation in physical recreational activity

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

### 6.4.1. Preference to increase frequency of participation

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

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

Overall, 54.6% of Loddon respondents aged 3 years and over indicated they had not been involved in physical activity as often as they would have liked.

Amongst the main demographic indicators:

- There were no differences between males and females
- Males aged 50 to 69 years (62.7%) were more likely to not have been involved in physical activity as often as they would have liked, compared to those aged 70 years and over (38.5%)
- Female respondents aged 18 to 34 years (68.3%), 35 to 49 years (61.9%), 50 to 69 years (68.4%), and 70 years and over (50.1%) were all more likely than those aged 3 to 11 years (16.7%) to not have been involved in physical activity as often as they would have liked
- Across the subregions, there were no significant differences

Full data from comparable demographic subgroups is available in Table 6.4.1.1.

In relation to other demographic or health differences, the subgroups more likely to have not been involved in physical activity as much as they would have liked were:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (70.6%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (43.9%)
- Those who self-reported their general health was 'fair' or 'poor' (80.2%, compared to 47.9% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (91.6%, compared to 51.8% who recorded medium to very high life satisfaction)

Full data from comparable health subgroups is available in Table 6.4.1.2.

**Table 6.4.1.1 Preference to increase frequency of participation by demographic indicators**

	Unweighted base <sup>1</sup>	Done physical activity as often as would like	Not done physical activity as often as would like
	n	%	%
<b>Total sample</b>	752	45.4	54.6
<b>Gender and age</b>			
Males	324	46.7	53.3
Females	419	44.3	55.7
Males, 3 to 11*	28	60.7	39.3
Males, 12 to 17*	25	76.2	23.9
Males, 18 to 34*	30	28.3	71.7
Males, 35 to 49	52	38.9	61.1
Males, 50 to 69	130	37.3	62.7
Males, 70+	58	61.5	38.5
Females, 3 to 11	36	83.3	16.7
Females, 12 to 17*	24	75.5	24.5
Females, 18 to 34	61	31.7	68.3
Females, 35 to 49	81	38.2	61.9
Females, 50 to 69	155	31.6	68.4
Females, 70+	59	49.9	50.1
<b>Subregion</b>			
Boort & Surrounds	132	50.8	49.3
East Loddon Area	75	51.3	48.7
Inglewood / Bridgewater & Surrounds	151	40.1	59.9
Pyramid Hill & Surrounds	108	42.2	57.8
South Loddon Area	74	54.3	45.7
Wedderburn & Surrounds	171	41.2	58.8
<b>Demographic indicators</b>			
Born in Australia	685	45.2	54.9
Born overseas	63	44.9	55.1
Speaks English as main language	725	45.7	54.3
Speaks other main language*	11	45.8	54.2
Aboriginal and/or Torres Strait Islander*	12	43.8	56.2
Not Aboriginal or Torres Strait Islander	735	45.3	54.7
Identifies as LGBTQIA+*	9	8.4	91.6
Non-LGBTQIA+	558	40.1	59.9
Holds a Bachelor degree or higher	191	36.5	63.5
Less than Bachelor level education	502	45.8	54.2
Just getting along, poor or very poor	262	29.4	70.6
Reasonably comfortable, very comfortable or prosperous	476	56.1	43.9

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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

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

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

	Unweighted base <sup>1</sup>	Done physical activity as often as would like	Not done physical activity as often as would like
	n	%	%
<b>Total sample</b>	752	45.4	54.6
<b>Health and wellbeing indicators</b>			
Self-reported health - Fair or poor	140	19.8	80.2
Self-reported health - Good, very good, or excellent	577	52.1	47.9
Life satisfaction - Low (0 to 4 out of 10)	53	8.4	91.6
Life satisfaction - Medium to very high (5+ out of 10)	658	48.2	51.8
Does not feel valued by society	132	24.6	75.4
Sometimes feel valued by society	295	42.7	57.3
Definitely feel valued by society	289	58.9	41.1
Meets fruit intake guidelines	367	51.7	48.3
Does not meet fruit intake guidelines	329	40.2	59.8
Meets vegetable intake guidelines	119	56.5	43.5
Does not meet vegetable intake guidelines	580	43.8	56.2
Drinks sugar-sweetened beverages daily	80	29.3	70.7
Drink sugar-sweetened beverages less than daily	633	47.5	52.5
Meets water consumption guidelines	147	37.3	62.7
Does not meet water guidelines	552	48.4	51.6
Ran out of food and could not afford more	71	13.4	86.6
Have not run out of food	652	49.2	50.8
Requires help with daily activities	75	44.1	56.0
Does not require help	662	45.5	54.5

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

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

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

For Loddon respondents aged 18 years and over in the 2019 ALC, 60.9% had not participated in physical activity as often as they would have liked. This proportion was higher amongst:

- Respondents who do not meet physical activity guidelines (69.6%), compared to those who do engage in sufficient physical activity (51.9%)

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

	Unweighted base <sup>1</sup>	Done physical activity as often as would like	Not done physical activity as often as would like
	n	%	%
<b>Total sample</b>	630	39.1	60.9
<b>Health and wellbeing indicators</b>			
Overweight or obese (BMI ≥25.0)	395	37.4	62.6
Normal range or underweight (BMI <25.0)	162	48.5	51.5
Meets physical activity guidelines	318	48.1	51.9
Does not meet physical activity guidelines / sedentary	262	30.4	69.6
Current smoker	68	30.7	69.3
Ex-smoker	214	40.8	59.2
Never smoked	315	40.1	59.9
Drinks alcohol every day	66	46.3	53.7
Drinks alcohol less often than daily	394	37.4	62.6
Does not drink alcohol	133	42.2	57.8
Had more than 4 standard drinks on a single occasion	313	36.0	64.0
Has not had more than 4 standard drinks	266	43.7	56.4

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

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

### 6.4.2. Reasons for not participating as frequently as would like

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

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

- That they were too busy or did not have enough time (48.3%)
- Personal reasons such as not feeling motivated or feeling embarrassed (22.4%)
- Poor health or disability (22.4%)
- The cost (21.2%)
- A lack of social support such as encouragement from others or having no one to go with (16.9%)

Being too busy or not having enough time was the main reason for not doing as much activity as desired regardless of how many activities people had participated in. For people who had not participated in any activities, poor health or disability was the most often mentioned reason for not having participated in physical activity as often as they would like (32.7%), along with a lack of time (also 32.7%).

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

	All answering %	None %	One %	Two %	Three or more %
<b>Unweighted base (n)<sup>1</sup></b>	<b>438</b>	<b>105</b>	<b>97</b>	<b>77</b>	<b>68</b>
Too busy / not enough time	48.3	32.7	53.2	47.1	59.6
Personal reasons (e.g. don't feel motivated, feel embarrassed)	22.4	20.4	16.7	34.6	13.2
Cost	21.2	18.4	14.6	14.6	23.3
Poor health or disability	22.4	32.7	18.3	19.0	20.1
Lack of social support (e.g. no encouragement, no one to go with)	16.9	9.7	18.7	25.0	16.7
Safety (e.g. poor lighting, remote venue / facility)	11.9	3.7	11.8	16.4	21.5
Lack of awareness about what activities are available	10.8	3.7	7.1	10.6	24.5
Lack of transport	7.4	6.0	1.1	1.5	6.9
Other reason	15.2	10.2	17.6	10.6	16.2

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

In relation the main demographic indicators, the main subgroup differences were:

- Females were more likely to report personal reasons as a barrier to more physical activity when compared to males (27.5% compared to 14.8%)
- For each age group, the most recorded barrier to participation was:
  - 'Cost' for those aged 3 to 11 (48.1%)
  - 'Too busy or not enough time' for those aged 12 to 17 (23.8%), 18 to 34 (49.3%), 35 to 49 (64.9%), and 50 to 69 (48.4%)
  - 'Poor health or disability' for those aged 70 years and over (30.7%)
- Across the subregions, residents of Pyramid Hill and Surrounds were more likely to indicate that safety was a barrier (27.8%) when compared to residents of Boort and Surrounds (4.9%), Inglewood or Bridgewater and Surrounds (10.8%), and Wedderburn and Surrounds (5.3%)
- Respondents from Wedderburn and Surrounds (12.7%) were more likely to indicate a 'lack of transport' as a barrier compared to respondents from Inglewood or Bridgewater and Surrounds (1.9%)

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

In relation to other demographic or health differences:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' were more likely to suggest 'cost' was a barrier, compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (34.1%, compared to 6.2%)
- Those who do not feel valued by society were more likely to indicate that 'personal reasons' were a reason for not doing as much physical activity as they would like (32.2%, compared to 13.7% of those who definitely feel valued by society)
- Those who recorded a low level of life satisfaction were more likely to indicate 'poor health or disability' was a barrier, compared to those who recorded medium to very high life satisfaction (54.0%, compared to 17.4%)

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

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

- Respondents who do not meet physical activity guidelines were more likely to suggest 'poor health or disability' was a reason for not doing more activity compared to those who do engage in sufficient physical activity (29.6%, compared to 16.8%)
- Current smokers were more likely to suggest 'safety' as a barrier to activity compared to those respondents who are ex-smokers (20.4%, compared to 6.1%)

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

**Table 6.4.2.2 Reasons for not participating as frequently as would like by selected demographics indicators**

	Unweighted base <sup>1</sup>	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	479	45.1	20.8	19.6	21.0	15.7	11.1	10.0	6.9	15.0
<b>Gender and age</b>										
Males	191	50.1	14.8	16.8	23.2	14.1	8.4	8.5	6.9	15.2
Females	271	42.2	27.5	21.6	19.9	17.4	14.6	12.4	7.5	15.2
3 to 11*	19	42.4	5.6	48.1	0.0	11.3	21.7	16.9	27.3	26.4
12 to 17*	18	23.8	9.9	22.7	9.9	11.5	5.9	12.4	23.2	17.4
18 to 34	76	49.3	26.5	20.6	20.5	23.1	17.2	17.6	9.2	11.8
35 to 49	88	64.9	25.1	24.2	21.4	20.7	16.1	12.1	7.0	16.2
50 to 69	205	48.4	21.3	15.5	21.3	14.5	9.1	7.8	3.5	15.2
70+	69	19.2	17.8	15.3	30.7	9.0	3.1	4.0	3.0	12.9
<b>Subregion</b>										
Boort & Surrounds	77	47.4	21.6	12.4	17.2	13.2	4.9	5.8	7.7	15.1
East Loddon Area	43	58.5	13.2	16.4	19.3	21.0	10.4	15.6	4.3	12.1
Inglewood / Bridgewater & Surrounds	102	44.7	21.9	19.5	23.1	16.1	10.8	9.6	1.9	11.1
Pyramid Hill & Surrounds	74	36.5	13.0	18.8	18.6	12.7	27.8	6.9	9.2	18.4
South Loddon Area	40	45.8	17.8	13.0	23.8	18.1	6.0	12.1	4.7	12.8
Wedderburn & Surrounds	119	44.7	23.0	27.4	20.8	13.5	5.3	10.2	12.7	19.9

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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

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

**Table 6.4.2.3 Reasons for not participating as frequently as would like by selected further demographics indicators**

	Unweighted base <sup>1</sup>	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	479	45.1	20.8	19.6	21.0	15.7	11.1	10.0	6.9	15.0
<b>Demographic indicators</b>										
Born in Australia	422	47.0	21.3	20.6	20.8	16.1	10.9	9.8	6.7	15.6
Born overseas	44	40.2	22.3	13.6	26.1	15.8	15.6	14.7	10.7	13.7
Speaks English as main language	448	47.2	21.5	20.4	20.8	16.5	11.5	10.4	7.1	15.6
Speaks other main language*	9	47.1	16.1	0.0	0.0	16.1	0.0	0.0	0.0	7.1
Aboriginal and/or Torres Strait Islander*	9	37.9	18.0	48.9	12.2	0.0	0.0	0.0	0.0	9.2
Not Aboriginal or Torres Strait Islander	458	45.9	21.4	19.5	21.5	16.4	11.6	10.5	7.2	15.5
Identifies as LGBTQIA+*	10	39.9	13.1	13.1	19.5	42.8	0.0	0.0	0.0	43.0
Non-LGBTQIA+	370	51.7	25.9	17.7	22.1	16.6	13.2	10.9	5.9	13.4
Holds a Bachelor degree or higher	130	61.2	31.5	13.0	15.8	22.3	20.1	13.6	4.5	14.7
Less than Bachelor level education	298	43.7	21.0	21.8	21.6	16.6	11.3	10.2	8.2	16.5
Just getting along, poor or very poor	205	38.6	21.4	34.1	27.5	18.7	15.5	12.9	11.4	14.8
Reasonably comfortable, very comfortable or prosperous	263	50.8	21.5	6.2	15.0	13.2	7.4	7.9	3.0	15.4

<sup>1</sup> Base sizes include respondents aged 3 years and over living in the Loddon region. 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

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**Table 6.4.2.4 Reasons for not participating as frequently as would like by selected health indicators**

	Unweighted base <sup>1</sup>	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	479	45.1	20.8	19.6	21.0	15.7	11.1	10.0	6.9	15.0
<b>Health and wellbeing indicators</b>										
Self-reported health - Fair or poor	130	26.5	27.9	23.4	49.5	17.1	10.2	8.3	7.9	8.3
Self-reported health - Good, very good, or excellent	305	57.4	18.7	19.5	10.1	17.1	12.5	11.6	6.6	18.0
Life satisfaction - Low (0 to 4 out of 10)	55	26.2	29.3	36.5	54.0	15.5	6.3	5.3	6.7	13.7
Life satisfaction - Medium to very high (5+ out of 10)	377	51.6	20.4	18.7	17.4	17.0	12.5	11.5	7.1	15.3
Does not feel valued by society	112	32.5	32.2	31.5	37.8	23.6	14.6	10.4	5.1	14.6
Sometimes feel valued by society	188	51.6	19.2	21.0	18.9	16.3	8.2	11.6	9.2	17.6
Definitely feel valued by society	137	58.9	13.7	9.8	11.3	10.1	14.2	9.3	5.5	12.5
Meets fruit intake guidelines	197	49.3	17.7	18.9	21.2	14.6	9.2	9.3	10.5	18.3
Does not meet fruit intake guidelines	219	47.2	25.6	24.1	24.8	19.1	14.6	12.9	3.5	12.8
Meets water consumption guidelines	93	64.6	23.6	28.3	23.8	18.5	12.3	13.8	12.9	16.1
Does not meet water guidelines	322	44.8	21.9	19.6	21.7	16.9	12.2	9.3	5.3	14.5
Ran out of food and could not afford more	70	36.1	22.4	39.1	27.7	18.4	11.7	15.6	15.1	9.4
Have not run out of food	393	47.8	20.5	15.3	19.9	14.7	10.5	8.5	5.1	16.5
Requires help with daily activities	50	10.7	19.2	22.1	54.1	22.6	12.5	19.3	10.6	16.0
Does not require help	407	51.3	21.8	19.7	16.3	15.0	11.0	9.0	6.7	15.0

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

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

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

	Unweighted base <sup>1</sup>	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
<b>Total sample</b>	438	46.7	22.4	18.1	22.9	16.3	10.8	9.7	5.1	14.4
<b>Health and wellbeing indicators</b>										
Overweight or obese (BMI ≥25.0)	264	50.9	21.6	20.1	27.0	17.9	10.4	11.1	5.7	12.7
Normal range or underweight (BMI <25.0)	94	45.9	26.7	16.2	17.7	15.3	17.4	14.2	6.8	20.2
Meets physical activity guidelines	176	58.8	20.0	16.5	16.8	17.0	13.5	10.1	5.9	14.4
Does not meet physical activity guidelines / sedentary	203	44.3	25.0	22.8	29.6	19.5	10.3	10.6	5.4	13.9
Current smoker	52	37.5	23.1	29.3	34.8	21.6	20.4	12.8	6.6	19.2
Ex-smoker	139	43.2	24.2	18.0	30.6	14.6	6.1	10.5	4.7	9.1
Never smoked	208	55.6	21.9	16.6	17.5	18.6	13.4	9.9	5.4	17.1
Drinks alcohol every day	40	45.6	15.4	14.3	22.3	7.7	4.6	10.0	0.0	6.7
Drinks alcohol less often than daily	260	55.3	22.8	20.6	22.4	18.2	14.1	9.8	4.9	14.7
Does not drink alcohol	93	31.9	26.5	16.3	30.3	21.5	9.5	12.3	9.0	18.4
Had more than 4 standard drinks on a single occasion	210	54.7	21.1	19.4	24.2	15.9	11.4	10.7	4.0	14.7
Has not had more than 4 standard drinks	175	43.1	25.3	17.6	25.9	18.8	13.0	8.9	7.5	12.8

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

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

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

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

Approximately two-thirds of activities (67.4%) had been accessed via car while around one-third of activities (33.0%) were accessed on foot. Approximately one in twenty (5.3%) activities were accessed via bicycle. Few (1.4%) used public transport, taxis, or Uber to get to or from their main activities.

Some activities (e.g. martial arts / tai chi, water-skiing / power boating, golf) were almost always accessed via car (100.0%, 98.8% and 97.6% respectively). As might be expected, where the activity is also a mode of transport (walking or cycling), respondents often mentioned accessing their activity via this same mode.

#### Average distance travelled by activity

Of the main activities that respondents from Loddon had participated in, residents had travelled the furthest to go fishing (64.6 kilometres on average) and water-skiing or power boating (61.3 kilometres). Of the most popular activities, people had to travel the least distance for jogging or running (2.7 kilometres) and outdoor fitness activities (7.6 kilometres), making these more easily accessible activity options.

Across the activities, car was by far the most common mode of transport, unless the activity was also a form of transport (e.g. cycling or walking).

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

	Unweighted base <sup>1</sup>	Car	Walking	Bicycle	Public transport / taxi / uber	Average kms travelled
	n	%	%	%	%	#
<b>All activities</b>	<b>1,525</b>	<b>67.4</b>	<b>33.0</b>	<b>5.3</b>	<b>1.4</b>	<b>20.6</b>
Walking	307	24.3	78.7	1.3	0.6	12.4
Swimming	140	87.9	19.8	6.4	1.4	17.7
Active play (at playgrounds / play centre)	89	70.6	38.4	0.0	0.0	14.8
Tennis (indoor / outdoor)	89	95.9	10.6	3.0	0.0	10.5
Bush walking / Hiking	87	65.8	37.1	3.8	0.4	22.0
Australian Rules football	51	87.8	20.1	0.0	4.5	18.9
Netball (indoor/ outdoor)	58	81.7	30.8	0.7	0.0	29.4
Lawn bowls	53	84.2	25.2	2.2	0.0	9.2
Fishing	50	92.1	10.6	0.0	0.0	64.6
Golf	49	97.6	6.9	0.0	0.0	21.4
Fitness: Gym	44	76.0	38.8	2.7	7.1	9.1
Cycling: General cycling for recreation or transport	52	7.1	7.9	82.1	0.0	12.0
Horse riding / Equestrian activities / Polo*	25	66.7	29.9	0.0	0.0	27.1
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	39	94.2	17.5	2.7	0.0	22.7
Fitness: Outdoor fitness / Personal training / Group activities	31	73.1	37.4	0.0	0.0	7.6
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding*	26	70.2	23.8	0.0	5.0	19.1
Water-skiing / Power boating*	22	98.8	1.2	0.0	0.0	61.3
Jogging / Running*	28	31.5	61.1	0.0	0.0	2.7
Hockey (indoor / outdoor)*	21	94.2	16.0	0.0	0.0	24.8
Martial Arts / Tai Chi*	15	100.0	10.0	0.0	0.0	34.3
Other activities	249	71.6	18.8	7.9	3.6	28.6

<sup>1</sup> Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses from base sizes. \*Caution: Small sample size

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

#### 6.4.4. Average travel distance to activities

Table 6.4.4.1 shows the average travel distance to get to main activities was 20.6 kilometres.

Across the subregions, residents of the East Loddon Area and South Loddon Area had travelled further on average to access their activities (26.1 kilometres and 25.2 kilometres respectively) than residents of Inglewood or Bridgewater and Surrounds (13.4 kilometres). Of the main facilities used, respondents were travelling furthest to get to Mitchell Park, Pyramid Hill (65.2 kilometres) and Gurri Wanyarra Wellbeing Centre, Kangaroo Flat (38.0 kilometres). This shows some residents are having to travel outside the Loddon area to reach their main physical activities, possibly due to the quality or availability of facilities locally.

**Table 6.4.4.1 Average distance travelled to participate in activities**

	Unweighted base <sup>1</sup>	Average kms travelled
	n	#
Total sample	1,489	20.6
<b>Subregion</b>		
Boort & Surrounds	275	19.3
East Loddon Area	197	26.1
Inglewood / Bridgewater & Surrounds	278	13.4
Pyramid Hill & Surrounds	198	31.6
South Loddon Area	112	25.2
Wedderburn & Surrounds	330	19.6
<b>Top 20 facilities</b>		
Little Lake Boort Trail, Boort*	30	6.0
Boort Park, Boort*	27	8.4
Donaldson Park Wedderburn, Wedderburn*	27	10.1
Bridgewater River Walk / Bridgewater foreshore, Bridgewater On Loddon*	23	0.7
Serpentine Recreation Reserve, Serpentine*	23	6.6
Boort Swimming Pool, Boort*	21	4.3
Gurri Wanyarra Wellbeing Centre, Kangaroo Flat*	19	38.0
Wedderburn Pool, Wedderburn*	18	4.2
Bridgewater Recreation Reserve, Bridgewater On Loddon*	18	4.4
Boort Bowls, Croquet and Tennis Facility, Boort*	16	11.6
Pyramid Hill Swimming Pool, Pyramid Hill*	16	9.6
Mitchell Park, Pyramid Hill*	15	65.2
Inglewood Community Sports Centre, Inglewood*	14	6.3
Nolen's Park, Boort*	13	5.1
Pyramid Hill Tennis Court, Pyramid Hill*	13	8.0
Serpentine Bowls and Tennis Complex, Serpentine*	13	4.3
Calivil Recreation Reserve, Calivil*	12	19.0
Mitiamo Swimming Pool, Mitiamo*	11	22.8
Eaglehawk YMCA (Peter Krenz), Eaglehawk*	10	33.8
Wedderburn Golf Course, Wedderburn*	10	9.6

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

\* Significance testing not conducted due to small base sizes

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## 7. Quality and accessibility

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

### 7.1. Quality and accessibility of facilities available for main activities

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

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

- Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates (4.5)
- Lawn bowls (4.3)
- Fitness: Gym (4.3)
- Horse riding / Equestrian activities / Polo (4.3)
- Fitness: Outdoor fitness / Personal training / Group activities (4.3)

The lowest rating for quality was received for fishing facilities / locations (3.6).

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

- Fitness: Outdoor fitness / Personal training / Group activities (4.6)
- Fitness: Gym (4.5)
- Cycling: General cycling for recreation or transport (4.4)
- Netball (4.3)
- Horse riding / Equestrian activities / Polo (4.3)

The lowest ratings for accessibility were received for fishing facilities (3.7), canoeing / kayaking / rowing / dragon boating / paddle boarding (3.9), and water-skiing / power boating (3.9). The full ratings and differences between activities are shown in Table 7.1.1.

**Table 7.1.1 Quality and accessibility ratings for facility by activity**

	Unweighted base <sup>1</sup>	Quality rating (out of 5)	Accessibility rating (out of 5)
	n	#	#
<b>Average - all activities</b>	<b>1,463</b>	<b>4.1</b>	<b>4.2</b>
Walking	296	4.0	4.2
Swimming	138	4.1	4.1
Active play (at playgrounds / play centre)	87	4.2	4.2
Tennis (indoor / outdoor)	88	4.0	4.2
Bush walking / Hiking	82	4.1	4.0
Australian Rules football	52	4.1	4.1
Netball (indoor/ outdoor)	58	4.2	4.3
Lawn bowls	52	4.3	4.2
Fishing	47	3.6	3.7
Golf	48	3.8	4.2
Fitness: Gym	44	4.3	4.5
Cycling: General cycling for recreation or transport	52	4.0	4.4
Horse riding / Equestrian activities / Polo*	24	4.3	4.3
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates*	39	4.5	4.3
Fitness: Outdoor fitness / Personal training / Group activities*	30	4.3	4.6
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding*	26	3.9	3.9
Water-skiing / Power boating*	22	3.8	3.9
Jogging / Running*	28	3.9	4.3
Hockey (indoor / outdoor)*	21	4.2	4.1
Martial Arts / Tai Chi*	15	4.1	4.4
Other activities	245	4.0	4.1

<sup>1</sup> Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon region. 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

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## 7.2. Quality and accessibility of specific facilities

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

The highest **quality** ratings were received for:

- Gurri Wanyarra Wellbeing Centre, Kangaroo Flat (4.8)
- Serpentine Recreation Reserve (4.7)
- Boort Swimming Pool (4.5)

The highest **accessibility** ratings were received for:

- Serpentine Recreation Reserve (4.7)
- Mitchell Park, Pyramid Hill (4.6)
- Bridgewater River Walk / Bridgewater foreshore (4.5)

The lowest rating for quality was received for Wedderburn Pool (3.3), which also received the lowest ratings for accessibility Wedderburn Pool (3.8). The full ratings and differences between facilities are shown in Table 7.2.1.

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

	Unweighted base <sup>1</sup>	Quality rating (out of 5)	Accessibility rating (out of 5)
	n	#	#
<b>Average - all activities</b>	<b>1,463</b>	<b>4.1</b>	<b>4.2</b>
Little Lake Boort Trail, Boort*	32	4.0	4.2
Boort Park, Boort*	28	3.9	4.2
Donaldson Park Wedderburn, Wedderburn*	27	3.8	4.0
Bridgewater River Walk / Bridgewater foreshore, Bridgewater On Loddon*	23	4.3	4.5
Serpentine Recreation Reserve, Serpentine*	23	4.7	4.7
Boort Swimming Pool, Boort*	21	4.5	4.2
Gurri Wanyarra Wellbeing Centre, Kangaroo Flat*	18	4.8	4.3
Wedderburn Pool, Wedderburn*	19	3.3	3.8
Bridgewater Recreation Reserve, Bridgewater On Loddon*	18	4.0	4.5
Boort Bowls, Croquet and Tennis Facility, Boort*	16	4.3	4.2
Pyramid Hill Swimming Pool, Pyramid Hill*	16	4.1	4.2
Mitchell Park, Pyramid Hill*	14	4.3	4.6
Inglewood Community Sports Centre, Inglewood*	14	4.2	4.5
Nolen's Park, Boort*	14	4.2	4.4
Pyramid Hill Tennis Court, Pyramid Hill*	12	4.2	4.2
Serpentine Bowls and Tennis Complex, Serpentine*	13	3.8	4.5
Calivil Recreation Reserve, Calivil*	12	3.8	3.8
Mitiamo Swimming Pool, Mitiamo*	11	3.8	3.9
Eaglehawk YMCA (Peter Krenz), Eaglehawk*	10	3.8	3.8
Wedderburn Golf Course, Wedderburn*	10	4.4	4.4

<sup>1</sup> Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon region. 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

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

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



# Appendices

## Appendix A: Detailed description of weighting

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

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

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

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

Each step will now be covered in turn.

### Design weights

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

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

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

### Calibrating to population benchmarks

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

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

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

## Treatment of missing values

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

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

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

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

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

## Benchmarks

The benchmarks used for weighting for this LGA 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** Loddon – Population benchmarks used for calibration

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

<sup>1</sup> Population benchmarks sourced from ABS Census 2016

## References

- Deville, J., C. Särndal and O. Sautory (1993). Generalized raking procedures in survey sampling. *Journal of the American Statistical Association*, 88(423), 1013-1020.
- Lumley, T. (2017) survey: analysis of complex survey samples. R package version 3.32. <https://CRAN.R-project.org/package=survey>.
- R Core Team (2018). R: A language and environment for statistical computing. R Foundation for Statistical Computing, Vienna, Austria. <https://www.R-project.org/>.
- Valliant, R., J. Dever, and F. Kreuter (2013). *Practical Tools for Designing and Weighting Survey Samples*. New York: Springer.

# Appendix B: The Questionnaire Booklet



# Active Living

## CENSUS



## Census Booklet - 2019

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

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

### SECTION A – Household Questions

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

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

### SECTION B – About You

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

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

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		Person number →	1																						
<b>SECTION C – Use of Public Facilities, Open Spaces and Walking and Cycling Tracks</b>																									
Public open spaces include all land which is freely accessible that people can visit for recreation, relaxation and socialising, including organised sporting activities and informal play (e.g. your local park, oval or playground). Public open spaces also include 'green spaces', which include areas of natural or cultural heritage value, habitat corridors, some easements, and open water / wetlands (e.g. lakes, state forests, national parks).																									
C1	In the last 12 months, how often have you used public open spaces in your area?	Daily 4 to 6 times a week 1 to 3 times a week 2 to 3 times a month Once a month Once or twice in the last 3 months Less often / Never	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>																						
Off-road walking and cycling tracks are signed paths / tracks that are not accessible to cars and provide connections between townships, major suburban areas and surrounding open space networks. Footpaths are paved sidewalks, generally found in urban areas. This question is not referring to informal tracks, such as animal tracks or unpaved road reserves.																									
C2	In the last 12 months, how often have you used off-road walking and cycling tracks or footpaths in your area? <i>Please answer separately for footpaths and for off-road walking and cycling tracks</i>	Daily 4 to 6 times a week 1 to 3 times a week 2 to 3 times a month Once a month Once or twice in the last 3 months Less often / Never	<table border="1"> <thead> <tr> <th>Footpaths</th> <th>Off-road tracks</th> </tr> </thead> <tbody> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </tbody> </table>	Footpaths	Off-road tracks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
Footpaths	Off-road tracks																								
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<input type="checkbox"/>	<input type="checkbox"/>																								
C3	Which of the following types of public facilities or open spaces have you used in your area in the last 12 months? <i>Please select 'Yes' or 'No' for each category</i>	Swimming pools / splash parks Indoor sports / leisure / fitness centres Sports grounds, ovals and clubrooms Halls / community centres After hours usage of education facilities (e.g. school, TAFE, university) Parks Community gardens Hard courts (e.g. netball / tennis) Skateparks / BMX Other	<table border="1"> <thead> <tr> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </tbody> </table>	Yes	No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>																								
C4	What are the reasons why you have used public facilities and open spaces in your area in the last 12 months? <i>Please select all that apply</i>	Exercise / health and fitness Socialising with family / friends For fun / enjoyment Commuting (i.e. to get from a to b) Exercising the dog Organised sport (e.g. cricket or netball for a club) Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends) For time to myself Getting back to nature Some other reason Have not used public facilities and open spaces	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>																						
C5	What improvements would encourage you to use public facilities and open spaces more often? <i>Please record suggested improvements</i>	<input type="text"/> <input type="text"/>																							
C6	Where would you like to see these improvements made? <i>Please record specific location(s) in detail</i>	<input type="text"/> <input type="text"/>																							

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

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

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Person number →		1		
<b>Activity 3 (continued)</b>				
D21	<b>How would you rate the <u>quality</u> and <u>accessibility</u> of the facility, venue or place where you participated in this activity?</b> <i>By accessibility, we mean how easy is it for you to get to and use</i> <i>Please provide a response in each column</i>			
		Excellent	<input type="checkbox"/>	<input type="checkbox"/>
		Good	<input type="checkbox"/>	<input type="checkbox"/>
		Average	<input type="checkbox"/>	<input type="checkbox"/>
		Poor	<input type="checkbox"/>	<input type="checkbox"/>
		Very Poor	<input type="checkbox"/>	<input type="checkbox"/>
D22	<b>How do / did you get to this activity?</b> <i>Please select all that apply</i>	Public transport	<input type="checkbox"/>	
		Taxi / Uber	<input type="checkbox"/>	
		Car	<input type="checkbox"/>	
		Motorbike or motor scooter	<input type="checkbox"/>	
		Bicycle	<input type="checkbox"/>	
		Walked	<input type="checkbox"/>	
		Other	<input type="checkbox"/>	
D23	<b>How many kilometres do / did you travel to get to this activity?</b> <i>If you did not travel, record 0</i> <i>If you normally travel less than 1km, please record 1</i>	Record distance in kilometres:	<div style="border: 1px solid black; width: 60px; height: 20px; display: flex; align-items: center;"> <div style="flex: 1; border-right: 1px solid black;"></div> <div style="flex: 1; border-right: 1px solid black;"></div> <div style="flex: 1;"></div> </div> kms	
<b>Participation in Physical Activity 4</b>				
D24	<b>Please list another of the main physical activities you have participated in outside the home over the last 12 months?</b> <i>Refer to Activity List</i>	Record number from Activity List:	<div style="border: 1px solid black; width: 40px; height: 20px; display: flex; align-items: center;"> <div style="flex: 1; border-right: 1px solid black;"></div> <div style="flex: 1;"></div> </div>	
		No other activities	<input type="checkbox"/> → <b>Go to E1 page 12</b>	
D25	<b>In the last 12 months, how often have you participated in this activity outside the home?</b>	Daily	<input type="checkbox"/>	
		4 to 6 times a week	<input type="checkbox"/>	
		1 to 3 times a week	<input type="checkbox"/>	
		2 to 3 times a month	<input type="checkbox"/>	
		Once a month	<input type="checkbox"/>	
		Once or twice in last 3 months	<input type="checkbox"/>	
		Less often	<input type="checkbox"/>	
D26	<b>What is the name of the facility, venue, or place where you participated in this activity most often?</b> <i>Please clearly describe the specific location, venue or place</i>	<div style="border: 1px solid black; height: 30px;"></div>		
D27	<b>What is the name of the suburb or town where the facility, venue, or place is located?</b> <i>Please record the specific suburb or town</i>	<div style="border: 1px solid black; height: 30px;"></div>		
D28	<b>How would you rate the <u>quality</u> and <u>accessibility</u> of the facility, venue or place where you participated in this activity?</b> <i>By accessibility, we mean how easy is it for you to get to and use</i> <i>Please provide a response in each column</i>			
		Excellent	<input type="checkbox"/>	<input type="checkbox"/>
		Good	<input type="checkbox"/>	<input type="checkbox"/>
		Average	<input type="checkbox"/>	<input type="checkbox"/>
		Poor	<input type="checkbox"/>	<input type="checkbox"/>
		Very Poor	<input type="checkbox"/>	<input type="checkbox"/>
D29	<b>How do / did you get to this activity?</b> <i>Please select all that apply</i>	Public transport	<input type="checkbox"/>	
		Taxi / Uber	<input type="checkbox"/>	
		Car	<input type="checkbox"/>	
		Motorbike or motor scooter	<input type="checkbox"/>	
		Bicycle	<input type="checkbox"/>	
		Walked	<input type="checkbox"/>	
		Other	<input type="checkbox"/>	
D30	<b>How many kilometres do / did you travel to get to this activity?</b> <i>If you did not travel, record 0</i> <i>If you normally travel less than 1km, please record 1</i>	Record distance in kilometres:	<div style="border: 1px solid black; width: 60px; height: 20px; display: flex; align-items: center;"> <div style="flex: 1; border-right: 1px solid black;"></div> <div style="flex: 1; border-right: 1px solid black;"></div> <div style="flex: 1;"></div> </div> kms	

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Page 11



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Person number →

1

**SECTION E – Health, Wellbeing and Life Satisfaction**

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

E1	In general, would you say your health is...?	Excellent <input type="checkbox"/> Very good <input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor <input type="checkbox"/>
E2	This question asks how satisfied you feel about life in general, on a scale from 0 to 10. Zero means you feel 'not at all satisfied' and 10 means 'completely satisfied'. Overall, how satisfied are you with life as a whole these days?	Record number (0 to 10): <input type="text"/>
E3	Do you feel valued by society?	No, not at all <input type="checkbox"/> Not often <input type="checkbox"/> Sometimes <input type="checkbox"/> Yes, definitely <input type="checkbox"/>
E4	How many serves of vegetables, legumes or beans do you usually eat each day? <i>A 'serve' of vegetables is ½ cup of cooked vegetables or 1 cup of salad vegetables and a serve of legumes or beans is ½ cup of cooked, dried or canned beans, peas or lentils</i>	Record number of serves per day (please write in to the decimal point): <input type="text"/> . <input type="text"/>
E5	How many serves of fruit do you usually eat each day? <i>A 'serve' is 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces</i>	Record number of serves per day (please write in to the decimal point): <input type="text"/> . <input type="text"/>
E6	Health experts say that you should eat at least 5 serves of vegetables a day. If you don't do this, what is the main reason why not?	<input type="text"/>
E7	Health experts say that you should eat at least 2 serves of fruit a day. If you don't do this, what is the main reason why not?	<input type="text"/>
E8	How many cups of water do you usually drink in a day? <i>1 cup = 250ml or a household cup 1 average 600ml bottle of water = 2.5 cups</i>	Record number of cups per day (please write in to the decimal point): <input type="text"/> . <input type="text"/>
E9	How often do you consume cordial, soft drinks, flavoured mineral water, energy or sports drinks...?	Every day <input type="checkbox"/> Several times per week <input type="checkbox"/> About once a week <input type="checkbox"/> About once a fortnight <input type="checkbox"/> About once a month <input type="checkbox"/> Less often than once per month <input type="checkbox"/> Never <input type="checkbox"/>
E10	How tall are you without shoes? <i>If unsure, please give your best guess</i>	Record in centimetres (cm) or feet (ft) and inches (inch): <input type="text"/> cm <input type="text"/> ft <input type="text"/> inch
E11	What is your weight without clothes or shoes? <i>If unsure, please give your best guess</i>	Record in kilograms (kg) or stones (st) / pounds (lb): <input type="text"/> kg <input type="text"/> st <input type="text"/> lb
E12	In the last week, what do you estimate was the total time that you spent doing vigorous household chores, gardening or heavy work around the yard that made you breathe harder or puff and pant?	Record hours and / or minutes: <input type="text"/> hrs <input type="text"/> mins

2	3	4	5
SECTION E – Health, Wellbeing and Life Satisfaction			
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**READ THIS CAREFULLY**

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

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### General comments about improving health and activity levels

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### Entry into the prize draw

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

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

Person 1		
P1a	First name:	<input type="text"/>
P1b	Contact number:	<input type="text"/>
P1c	Email address:	<input type="text"/>

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

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

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

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

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



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

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

*\*For prize draw Terms and Conditions please go to: [www.srcentre.com.au/alcinfo](http://www.srcentre.com.au/alcinfo)*

# Appendix C: Invitation letter and activity list



27th May 2019

Dear Local Resident,

### **Healthy Heart of Victoria – 2019 Active Living Census**

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

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

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

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

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

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

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

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

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

Sincerely,

**Healthy Heart of Victoria**

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



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*\*For prize draw Terms and Conditions please go to: [www.srcentre.com.au/alcinfo](http://www.srcentre.com.au/alcinfo)*

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

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



## Appendix D: Detailed tables

**Table D.1** Population by subregions

	Total	Boort & Surrounds	East Loddon Area	Inglewood / Bridgewater & Surrounds	Pyramid Hill & Surrounds	South Loddon Area	Wedderburn & Surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
<b>Unweighted base<sup>1</sup></b>	<b>812</b>	<b>140</b>	<b>81</b>	<b>164</b>	<b>117</b>	<b>80</b>	<b>189</b>	<b>41</b>
<b>Gender</b>								
Males	51.5	49.2	57.1	54.4	47.8	55.4	48.0	52.3
Females	48.1	50.8	42.9	44.7	52.2	44.6	51.4	45.1
Other	0.5	-	-	0.9	-	-	0.6	2.6
<b>Age</b>								
Males, 3 to 11	8.9	15.4	13.2	2.9	5.3	8.0	10.4	7.0
Males, 12 to 17	8.0	7.4	12.7	6.6	5.0	5.1	8.2	20.3
Males, 18 to 34	10.2	10.2	10.1	13.5	3.0	7.1	8.0	32.1
Males, 35 to 49	17.3	22.3	28.2	20.7	8.0	18.8	8.2	17.9
Males, 50 to 69	35.6	30.9	25.4	39.6	57.1	31.4	35.4	14.6
Males, 70+	20.0	13.9	10.4	16.8	21.6	29.6	29.8	8.1
Females, 3 to 11	10.6	21.9	8.9	6.0	10.1	11.2	5.9	13.7
Females, 12 to 17	7.4	5.8	13.8	5.9	5.7	10.7	8.0	-
Females, 18 to 34	15.0	15.1	14.4	19.7	14.5	9.7	11.6	28.7
Females, 35 to 49	17.1	22.4	24.2	12.6	19.2	12.1	15.3	14.8
Females, 50 to 69	34.5	23.6	32.8	40.4	32.8	42.8	34.9	42.8
Females, 70+	15.4	11.2	5.9	15.4	17.7	13.6	24.3	-

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

**Table D.2 Health behaviours by subregions**

	Total	Boort & Surrounds	East Loddon Area	Inglewood / Bridgewater & Surrounds	Pyramid Hill & Surrounds	South Loddon Area	Wedderburn & Surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
<b>Unweighted base<sup>1</sup></b>	<b>812</b>	<b>140</b>	<b>81</b>	<b>164</b>	<b>117</b>	<b>80</b>	<b>189</b>	<b>41</b>
<b>Health</b>								
General health - Fair / poor	22.1	16.2	20.8	27.2	20.4	18.8	25.2	21.3
Life satisfaction - Low (0 to 4 out of 10)	8.0	5.7	0.5	14.2	6.8	4.5	9.6	10.4
Overweight or obese (BMI ≥25.0) (18+ only)	72.0	75.8	79.7	74.6	69.0	66.3	70.6	60.2
<b>Meets guidelines</b>								
Exercise (18+ only)	50.8	44.4	61.9	52.3	41.7	55.6	47.9	73.4
Fruit	51.8	60.6	61.4	48.9	49.7	43.1	47.3	59.1
Vegetables	16.8	13.2	18.3	13.5	19.6	26.0	15.2	19.9
Water (18+ only)	21.4	19.9	34.6	17.4	16.7	22.7	19.2	42.7
<b>Other risk factors</b>								
Drinks sugar-sweetened beverages daily	12.9	10.1	6.6	16.7	5.4	12.1	17.7	21.1
Current smoker (18+ only)	12.9	9.4	12.2	14.3	16.6	13.0	13.0	5.6
Drinks alcohol daily (18+ only)	11.3	15.2	10.9	13.9	13.2	8.0	7.7	5.0
Consumed more than 4 standard drinks on at least one occasion in the last 12 months (18+ only)	54.0	57.3	46.9	54.9	46.5	58.2	57.0	52.5
Weekly gambler (18+ only)	3.9	2.6	3.3	3.8	3.4	8.7	2.7	6.1
<b>Food security</b>								
Household has run out of food in the last 12 months	11.5	7.4	3.0	16.0	1.5	17.4	15.3	24.3

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

**Table D.3 Facility usage by subregions**

	Total	Boort & Surrounds	East Loddon Area	Inglewood / Bridgewater & Surrounds	Pyramid Hill & Surrounds	South Loddon Area	Wedderburn & Surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
<b>Unweighted base<sup>1</sup></b>	<b>812</b>	<b>140</b>	<b>81</b>	<b>164</b>	<b>117</b>	<b>80</b>	<b>189</b>	<b>41</b>
<b>Facilities usage in last 12 months</b>								
Open spaces - total users	79.6	78.5	84.8	78.7	77.1	73.7	81.7	87.4
<i>Heavy</i>	51.9	59.8	53.1	44.9	57.4	44.7	51.8	52.2
<i>Medium</i>	20.4	11.5	27.4	26.5	15.2	23.0	18.2	32.5
<i>Light</i>	7.3	7.2	4.3	7.3	4.5	5.9	11.7	2.7
<i>Non-user</i>	20.4	21.5	15.2	21.3	22.9	26.4	18.3	12.6
Footpaths - total users	70.0	72.7	53.8	75.7	72.8	44.6	77.0	91.9
<i>Heavy</i>	47.3	49.7	23.7	54.7	54.5	29.0	50.9	66.5
<i>Medium</i>	16.3	16.3	21.1	16.1	11.2	11.5	19.3	16.4
<i>Light</i>	6.5	6.7	8.9	4.9	7.1	4.1	6.9	9.0
<i>Non-user</i>	30.0	27.3	46.3	24.4	27.2	55.4	23.0	8.1
Off-road walking / cycling tracks - total users	57.3	70.2	46.2	55.2	54.1	47.7	59.4	65.1
<i>Heavy</i>	26.0	24.3	17.3	28.4	30.8	20.3	26.2	44.1
<i>Medium</i>	19.2	30.4	9.5	18.4	12.6	17.3	21.8	13.5
<i>Light</i>	12.1	15.5	19.4	8.5	10.7	10.1	11.3	7.6
<i>Non-user</i>	42.7	29.8	53.8	44.8	45.9	52.3	40.6	34.9
Parks	60.0	78.2	59.9	54.9	55.5	53.6	54.2	72.4
Sports grounds, ovals and clubrooms	56.4	58.4	80.5	53.1	53.6	46.6	53.6	54.8
Swimming pools / splash parks	40.6	52.8	54.1	28.9	43.6	25.9	39.8	48.0
Community gardens	28.6	36.7	20.7	20.0	22.0	28.4	32.9	54.4
Indoor sports / leisure / fitness centres	25.2	33.8	21.2	20.9	22.9	26.4	22.9	38.3

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

**Table D.4 Activities – Walking**

	Total	Boort & Surrounds	East Loddon Area	Inglewood / Bridgewater & Surrounds	Pyramid Hill & Surrounds	South Loddon Area	Wedderburn & Surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
<b>Total activities</b>	<b>1,608</b>	<b>296</b>	<b>214</b>	<b>305</b>	<b>212</b>	<b>120</b>	<b>353</b>	<b>108</b>
% of respondents undertaking activity	19.6	21.6	13.9	21.0	22.2	20.2	17.9	22.6
# respondents undertaking activity	332	65	30	68	48	26	70	25
<b>Frequency of participation</b>								
Heavy - Once a week or more	72.1	68.2	63.0	73.6	81.3	87.4	59.6	91.7
Medium - One to three times a month	21.9	27.3	20.2	12.8	17.4	12.6	38.3	8.3
Light - Less often	6.0	4.5	16.8	13.7	1.3	0.0	2.0	0.0
<b>Travel mode</b>								
Car	22.3	26.0	25.5	10.5	31.2	38.9	16.7	19.6
Walking	72.3	59.6	79.1	84.0	60.9	60.0	80.0	80.4
Bike	1.2	0.0	0.0	2.0	0.0	5.2	1.9	0.0
Public transport / taxi / Uber	0.5	0.0	0.0	0.0	0.0	0.0	0.0	7.0
Other	0.8	0.0	0.0	2.2	0.0	0.0	1.9	0.0
<b>Distance to activity</b>								
Average distance travelled to activity	12.4	15.9	8.8	1.2	39.2	26.2	3.4	1.1
<b>Facility quality rating</b>								
Good, excellent	73.8	81.9	73.9	77.3	81.4	77.5	55.0	80.9
Average	19.6	18.1	16.8	18.5	14.2	17.3	30.0	12.2
Very poor, poor	3.5	0.0	5.3	2.1	4.4	0.0	6.6	6.9
Mean score (out of 5)	4.0	4.1	4.0	4.0	4.0	4.2	3.6	4.3
<b>Facility accessibility rating</b>								
Good, excellent	81.4	90.2	79.3	80.6	91.0	82.9	65.2	89.3
Average	12.0	9.1	13.8	10.4	4.9	11.9	21.2	9.5
Very poor, poor	2.9	0.7	1.4	2.2	4.1	0.0	7.5	1.3
Mean score (out of 5)	4.2	4.3	4.3	4.2	4.3	4.3	3.8	4.7

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

**Table D.5 Activities – Swimming**

	Total	Boort & Surrounds	East Loddon Area	Inglewood / Bridgewater & Surrounds	Pyramid Hill & Surrounds	South Loddon Area	Wedderburn & Surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
<b>Total activities</b>	<b>1,608</b>	<b>296</b>	<b>214</b>	<b>305</b>	<b>212</b>	<b>120</b>	<b>353</b>	<b>108</b>
% of respondents undertaking activity	9.0	9.4	9.8	7.5	11.3	6.1	9.9	5.7
# respondents undertaking activity	146	25	23	22	25	10	37	4
<b>Frequency of participation</b>								
Heavy - Once a week or more	46.9	58.9	16.9	38.4	51.5	50.4	57.0	55.3
Medium - One to three times a month	19.2	31.5	35.1	18.2	9.2	0.0	12.8	0.0
Light - Less often	33.9	9.6	48.0	43.5	39.3	49.6	30.3	44.8
<b>Travel mode</b>								
Car	84.3	85.1	96.6	81.6	79.2	73.2	85.1	72.3
Walking	19.0	16.4	3.5	17.5	5.1	25.6	41.5	0.0
Bike	6.1	0.0	0.0	0.0	0.0	0.0	24.6	0.0
Public transport / taxi / Uber	1.3	0.0	0.0	0.0	0.0	0.0	0.8	27.7
Other	1.2	0.0	0.0	0.0	1.4	13.1	1.2	0.0
<b>Distance to activity</b>								
Average distance travelled to activity	17.7	10.5	29.0	20.0	20.7	41.4	10.2	6.4
<b>Facility quality rating</b>								
Good, excellent	79.8	100.0	92.7	64.2	98.2	84.3	49.1	100.0
Average	17.8	0.0	5.4	27.2	1.8	0.0	50.9	0.0
Very poor, poor	1.0	0.0	2.0	0.0	0.0	12.0	0.0	0.0
<i>Mean score (out of 5)</i>	4.1	4.5	4.1	4.2	4.4	3.9	3.6	5.0
<b>Facility accessibility rating</b>								
Good, excellent	75.4	69.9	72.5	70.9	82.4	55.2	80.9	100.0
Average	11.8	21.9	0.0	1.4	16.1	29.1	13.1	0.0
Very poor, poor	8.1	8.2	10.9	15.2	1.5	12.0	5.9	0.0
<i>Mean score (out of 5)</i>	4.1	4.1	4.1	4.3	4.2	3.5	3.9	4.4

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

**Table D.6 Activities – Active Play**

	Total	Boort & Surrounds	East Loddon Area	Inglewood / Bridgewater & Surrounds	Pyramid Hill & Surrounds	South Loddon Area	Wedderburn & Surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
<b>Total activities</b>	<b>1,608</b>	<b>296</b>	<b>214</b>	<b>305</b>	<b>212</b>	<b>120</b>	<b>353</b>	<b>108</b>
% of respondents undertaking activity	6.6	8.3	5.8	6.6	5.9	4.4	6.4	7.4
# respondents undertaking activity	93	23	12	17	10	5	19	7
<b>Frequency of participation</b>								
Heavy - Once a week or more	54.1	47.2	49.8	32.4	84.4	100.0	46.3	74.3
Medium - One to three times a month	32.0	51.6	23.4	29.1	15.6	0.0	40.1	12.8
Light - Less often	13.9	1.2	26.8	38.5	0.0	0.0	13.6	12.8
<b>Travel mode</b>								
Car	67.4	81.5	82.1	27.0	62.1	50.8	74.1	100.0
Walking	36.6	33.5	7.8	48.1	62.9	49.2	36.9	18.3
Bike	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Public transport / taxi / Uber	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	2.4	0.0	8.6	7.0	0.0	0.0	0.0	0.0
<b>Distance to activity</b>								
Average distance travelled to activity	14.8	13.8	10.3	11.3	18.4	9.2	24.0	1.8
<b>Facility quality rating</b>								
Good, excellent	78.5	94.3	72.3	73.7	100.0	29.7	68.9	87.2
Average	21.5	5.7	27.7	26.3	0.0	70.3	31.1	12.8
Very poor, poor	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.2	4.3	4.4	4.1	4.4	3.3	4.0	4.4
<b>Facility accessibility rating</b>								
Good, excellent	85.4	95.9	92.7	68.8	100.0	50.8	78.2	100.0
Average	9.9	4.1	7.3	0.0	0.0	49.2	21.8	0.0
Very poor, poor	4.7	0.0	0.0	31.2	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.2	4.4	4.6	3.7	4.5	3.5	4.1	4.7

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

**Table D.7 Activities – Tennis**

	Total	Boort & Surrounds	East Loddon Area	Inglewood / Bridgewater & Surrounds	Pyramid Hill & Surrounds	South Loddon Area	Wedderburn & Surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
<b>Total activities</b>	<b>1,608</b>	<b>296</b>	<b>214</b>	<b>305</b>	<b>212</b>	<b>120</b>	<b>353</b>	<b>108</b>
% of respondents undertaking activity	5.8	4.8	11.9	2.1	5.4	2.1	8.1	2.9
# respondents undertaking activity	90	16	23	7	11	3	26	4
<b>Frequency of participation</b>								
Heavy - Once a week or more	68.6	79.9	50.2	94.0	100.0	89.3	59.2	100.0
Medium - One to three times a month	14.5	20.2	21.7	6.0	0.0	10.7	14.0	0.0
Light - Less often	16.9	0.0	28.1	0.0	0.0	0.0	26.8	0.0
<b>Travel mode</b>								
Car	94.6	80.8	98.9	94.1	100.0	100.0	94.4	100.0
Walking	10.5	9.9	1.1	11.8	11.2	0.0	21.0	0.0
Bike	2.9	8.1	0.0	6.0	0.0	0.0	4.2	0.0
Public transport / taxi / Uber	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	1.2	0.0	0.0	0.0	0.0	0.0	3.8	0.0
<b>Distance to activity</b>								
Average distance travelled to activity	10.5	12.8	8.2	17.8	6.9	10.0	10.3	19.0
<b>Facility quality rating</b>								
Good, excellent	82.0	80.0	62.6	94.0	96.4	100.0	89.7	100.0
Average	8.3	8.8	15.2	6.0	3.6	0.0	5.5	0.0
Very poor, poor	9.4	11.2	22.2	0.0	0.0	0.0	3.8	0.0
Mean score (out of 5)	4.0	3.8	3.5	4.8	4.6	4.0	4.0	4.2
<b>Facility accessibility rating</b>								
Good, excellent	90.7	86.1	88.4	100.0	100.0	100.0	87.7	100.0
Average	3.5	2.8	0.0	0.0	0.0	0.0	9.9	0.0
Very poor, poor	2.3	11.2	0.0	0.0	0.0	0.0	2.4	0.0
Mean score (out of 5)	4.2	3.9	4.3	4.5	4.6	4.0	4.1	4.3

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

**Table D.8 Activities – Bushwalking / Hiking**

	Total	Boort & Surrounds	East Loddon Area	Inglewood / Bridgewater & Surrounds	Pyramid Hill & Surrounds	South Loddon Area	Wedderburn & Surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
<b>Total activities</b>	<b>1,608</b>	<b>296</b>	<b>214</b>	<b>305</b>	<b>212</b>	<b>120</b>	<b>353</b>	<b>108</b>
% of respondents undertaking activity	<b>5.3</b>	<b>3.6</b>	<b>6.8</b>	<b>5.2</b>	<b>3.5</b>	<b>6.5</b>	<b>7.2</b>	<b>2.0</b>
# respondents undertaking activity	<b>91</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>10</b>	<b>9</b>	<b>27</b>	<b>3</b>
<b>Frequency of participation</b>								
Heavy - Once a week or more	28.5	53.2	7.2	48.4	4.7	41.9	16.5	71.3
Medium - One to three times a month	46.9	20.6	58.6	28.5	33.7	45.9	68.4	28.7
Light - Less often	24.6	26.3	34.3	23.2	61.6	12.3	15.1	0.0
<b>Travel mode</b>								
Car	63.6	69.0	92.8	47.4	79.3	50.9	56.3	28.7
Walking	35.8	20.9	16.5	52.7	22.0	30.7	46.2	71.3
Bike	3.7	0.0	0.0	0.0	0.0	0.0	12.1	0.0
Public transport / taxi / Uber	0.4	0.0	0.0	0.0	0.0	0.0	1.1	0.0
Other	1.2	0.0	0.0	0.0	0.0	12.3	0.0	0.0
<b>Distance to activity</b>								
Average distance travelled to activity	22.0	17.7	37.6	15.2	26.1	10.5	22.5	4.4
<b>Facility quality rating</b>								
Good, excellent	82.6	72.5	91.2	98.1	78.2	48.4	81.9	100.0
Average	15.3	27.5	6.4	0.0	21.8	51.7	13.6	0.0
Very poor, poor	1.8	0.0	2.3	0.0	0.0	0.0	4.6	0.0
Mean score (out of 5)	4.1	3.9	4.0	4.4	4.1	3.7	4.1	4.7
<b>Facility accessibility rating</b>								
Good, excellent	82.4	96.3	70.0	98.1	63.3	100.0	71.7	100.0
Average	13.6	3.7	30.0	0.0	36.8	0.0	15.5	0.0
Very poor, poor	3.7	0.0	0.0	0.0	0.0	0.0	12.8	0.0
Mean score (out of 5)	4.0	4.2	3.7	4.4	4.0	4.2	3.9	4.0

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



**Table D.9 Activities – Australian Rules football**

	Total	Boort & Surrounds	East Loddon Area	Inglewood / Bridgewater & Surrounds	Pyramid Hill & Surrounds	South Loddon Area	Wedderburn & Surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
<b>Total activities</b>	<b>1,608</b>	<b>296</b>	<b>214</b>	<b>305</b>	<b>212</b>	<b>120</b>	<b>353</b>	<b>108</b>
% of respondents undertaking activity	4.3	4.2	8.4	2.3	2.9	4.6	4.1	4.7
# respondents undertaking activity	54	10	15	5	4	4	11	5
<b>Frequency of participation</b>								
Heavy - Once a week or more	83.3	100.0	70.0	100.0	82.7	37.8	91.8	74.1
Medium - One to three times a month	14.9	0.0	30.1	0.0	17.3	62.2	8.2	0.0
Light - Less often	1.8	0.0	0.0	0.0	0.0	0.0	0.0	25.9
<b>Travel mode</b>								
Car	82.7	69.4	92.9	100.0	75.7	54.6	81.0	100.0
Walking	18.9	41.5	0.0	0.0	0.0	0.0	42.4	35.7
Bike	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Public transport / taxi / Uber	4.2	0.0	7.1	0.0	0.0	0.0	10.7	0.0
Other	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Distance to activity</b>								
Average distance travelled to activity	18.9	12.6	28.5	16.2	9.5	12.0	19.4	19.1
<b>Facility quality rating</b>								
Good, excellent	85.6	88.4	93.5	78.7	100.0	100.0	62.8	100.0
Average	10.1	0.0	6.5	0.0	0.0	0.0	37.2	0.0
Very poor, poor	4.3	11.6	0.0	21.3	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.1	4.0	4.3	4.2	4.7	4.5	3.6	4.1
<b>Facility accessibility rating</b>								
Good, excellent	81.6	88.4	52.4	100.0	100.0	100.0	89.3	100.0
Average	6.5	11.6	6.5	0.0	0.0	0.0	10.7	0.0
Very poor, poor	7.0	0.0	24.1	0.0	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.1	4.2	3.7	4.6	5.0	4.5	4.0	4.6

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

**Table D.10 Activities – Netball**

	Total	Boort & Surrounds	East Loddon Area	Inglewood / Bridgewater & Surrounds	Pyramid Hill & Surrounds	South Loddon Area	Wedderburn & Surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
<b>Total activities</b>	<b>1,608</b>	<b>296</b>	<b>214</b>	<b>305</b>	<b>212</b>	<b>120</b>	<b>353</b>	<b>108</b>
% of respondents undertaking activity	3.8	3.9	4.3	3.4	5.9	5.5	2.7	0.9
# respondents undertaking activity	59	13	11	9	10	6	8	2
<b>Frequency of participation</b>								
Heavy - Once a week or more	93.7	87.7	85.4	90.5	100.0	100.0	100.0	100.0
Medium - One to three times a month	4.3	9.8	14.6	0.0	0.0	0.0	0.0	0.0
Light - Less often	2.1	2.5	0.0	9.5	0.0	0.0	0.0	0.0
<b>Travel mode</b>								
Car	80.0	79.1	84.0	65.8	58.5	100.0	100.0	100.0
Walking	30.2	19.3	16.0	45.7	41.5	0.0	48.9	51.4
Bike	0.7	0.0	4.5	0.0	0.0	0.0	0.0	0.0
Public transport / taxi / Uber	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Distance to activity</b>								
Average distance travelled to activity	29.4	10.5	9.9	3.0	99.3	28.3	10.0	2.0
<b>Facility quality rating</b>								
Good, excellent	92.5	100.0	95.6	87.8	89.3	83.9	100.0	48.6
Average	7.6	0.0	4.5	12.2	10.7	16.2	0.0	51.4
Very poor, poor	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.2	4.2	4.3	4.0	4.3	4.4	4.1	4.0
<b>Facility accessibility rating</b>								
Good, excellent	95.6	100.0	95.6	100.0	100.0	69.2	100.0	100.0
Average	2.7	0.0	4.5	0.0	0.0	16.2	0.0	0.0
Very poor, poor	1.8	0.0	0.0	0.0	0.0	14.7	0.0	0.0
Mean score (out of 5)	4.3	4.2	4.3	4.6	4.5	4.1	4.1	4.5

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

**Table D.11 Activities – Lawn Bowls**

	Total	Boort & Surrounds	East Loddon Area	Inglewood / Bridgewater & Surrounds	Pyramid Hill & Surrounds	South Loddon Area	Wedderburn & Surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
<b>Total activities</b>	<b>1,608</b>	<b>296</b>	<b>214</b>	<b>305</b>	<b>212</b>	<b>120</b>	<b>353</b>	<b>108</b>
% of respondents undertaking activity	3.6	1.3	7.6	4.3	4.0	2.2	3.8	0.0
# respondents undertaking activity	54	4	14	14	9	2	11	0
<b>Frequency of participation</b>								
Heavy - Once a week or more	62.1	100.0	55.6	61.9	54.7	100.0	57.6	0.0
Medium - One to three times a month	16.8	0.0	25.4	10.2	4.6	0.0	29.6	0.0
Light - Less often	21.1	0.0	19.0	27.9	40.7	0.0	12.7	0.0
<b>Travel mode</b>								
Car	83.9	90.5	85.6	70.9	83.9	100.0	88.5	0.0
Walking	25.1	9.5	14.5	40.6	36.1	0.0	27.8	0.0
Bike	2.2	0.0	0.0	10.0	0.0	0.0	0.0	0.0
Public transport / taxi / Uber	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Distance to activity</b>								
Average distance travelled to activity	9.2	12.0	11.5	3.0	12.9	12.0	7.8	0.0
<b>Facility quality rating</b>								
Good, excellent	87.7	67.6	92.8	100.0	91.5	0.0	92.1	0.0
Average	12.3	32.4	7.2	0.0	8.5	100.0	7.9	0.0
Very poor, poor	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.3	3.8	4.4	4.4	4.4	3.0	4.3	0.0
<b>Facility accessibility rating</b>								
Good, excellent	86.8	67.6	92.8	100.0	100.0	0.0	85.8	0.0
Average	10.3	32.4	7.2	0.0	0.0	100.0	2.5	0.0
Very poor, poor	2.9	0.0	0.0	0.0	0.0	0.0	11.7	0.0
Mean score (out of 5)	4.2	3.8	4.4	4.4	4.5	3.0	4.0	0.0

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

**Table D.12 Activities – Fishing**

	Total	Boort & Surrounds	East Loddon Area	Inglewood / Bridgewater & Surrounds	Pyramid Hill & Surrounds	South Loddon Area	Wedderburn & Surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
<b>Total activities</b>	<b>1,608</b>	<b>296</b>	<b>214</b>	<b>305</b>	<b>212</b>	<b>120</b>	<b>353</b>	<b>108</b>
% of respondents undertaking activity	3.5	3.8	3.7	3.2	0.7	6.8	4.4	0.0
# respondents undertaking activity	52	10	8	9	2	8	15	0
<b>Frequency of participation</b>								
Heavy - Once a week or more	8.8	9.4	17.9	0.0	0.0	13.7	7.7	0.0
Medium - One to three times a month	28.9	31.4	23.4	48.8	0.0	31.7	19.0	0.0
Light - Less often	62.3	59.2	58.7	51.2	100.0	54.6	73.3	0.0
<b>Travel mode</b>								
Car	88.9	86.1	81.4	68.2	100.0	100.0	100.0	0.0
Walking	10.2	16.5	17.1	24.5	0.0	0.0	0.0	0.0
Bike	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Public transport / taxi / Uber	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	2.6	0.0	0.0	15.1	0.0	0.0	0.0	0.0
<b>Distance to activity</b>								
Average distance travelled to activity	64.6	118.1	106.7	18.5	52.9	35.5	53.5	0.0
<b>Facility quality rating</b>								
Good, excellent	69.6	83.9	79.8	57.9	100.0	86.3	49.3	0.0
Average	14.4	16.1	20.2	0.0	0.0	0.0	25.4	0.0
Very poor, poor	16.0	0.0	0.0	42.1	0.0	13.7	25.3	0.0
Mean score (out of 5)	3.6	3.8	4.2	3.2	4.8	3.7	3.2	0.0
<b>Facility accessibility rating</b>								
Good, excellent	69.8	87.1	61.9	72.2	82.6	76.4	57.0	0.0
Average	16.4	12.9	17.9	15.7	0.0	20.5	17.7	0.0
Very poor, poor	13.8	0.0	20.2	12.1	17.4	3.1	25.3	0.0
Mean score (out of 5)	3.7	3.9	3.6	4.1	4.5	3.8	3.3	0.0

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

**Table D.13 Activities – Golf**

	Total	Boort & Surrounds	East Loddon Area	Inglewood / Bridgewater & Surrounds	Pyramid Hill & Surrounds	South Loddon Area	Wedderburn & Surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
<b>Total activities</b>	<b>1,608</b>	<b>296</b>	<b>214</b>	<b>305</b>	<b>212</b>	<b>120</b>	<b>353</b>	<b>108</b>
% of respondents undertaking activity	3.3	1.7	3.8	3.3	3.5	4.4	4.3	1.6
# respondents undertaking activity	50	5	9	9	7	5	14	1
<b>Frequency of participation</b>								
Heavy - Once a week or more	42.9	40.4	40.5	49.6	33.7	38.2	50.7	0.0
Medium - One to three times a month	37.4	50.4	32.9	36.0	14.6	57.7	33.4	100.0
Light - Less often	19.7	9.2	26.7	14.4	51.7	4.1	15.9	0.0
<b>Travel mode</b>								
Car	95.6	78.4	100.0	100.0	100.0	100.0	92.0	100.0
Walking	6.7	0.0	0.0	9.8	0.0	0.0	16.9	0.0
Bike	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Public transport / taxi / Uber	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Distance to activity</b>								
Average distance travelled to activity	21.4	12.5	34.5	25.0	19.3	29.9	13.4	8.0
<b>Facility quality rating</b>								
Good, excellent	70.9	68.7	69.6	80.2	71.4	39.1	75.0	100.0
Average	21.5	31.4	19.6	9.8	18.8	60.9	16.2	0.0
Very poor, poor	5.7	0.0	10.9	0.0	9.8	0.0	8.8	0.0
Mean score (out of 5)	3.8	4.2	3.6	3.9	3.8	3.4	4.0	4.0
<b>Facility accessibility rating</b>								
Good, excellent	77.1	100.0	67.1	69.0	90.2	49.6	82.5	100.0
Average	15.1	0.0	0.0	21.0	9.8	50.4	17.5	0.0
Very poor, poor	1.9	0.0	10.9	0.0	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.2	4.7	3.9	4.3	4.2	3.7	4.5	4.0

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

**Table D.14 Top activities by subregions**

	Total	Boort & Surrounds	East Loddon Area	Inglewood / Bridgewater & Surrounds	Pyramid Hill & Surrounds	South Loddon Area	Wedderburn & Surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
<b>Unweighted base<sup>1</sup></b>	<b>1,608</b>	<b>296</b>	<b>214</b>	<b>305</b>	<b>212</b>	<b>120</b>	<b>353</b>	<b>108</b>
Walking	19.6	21.6	13.9	21.0	22.2	20.2	17.9	22.6
Swimming	9.0	9.4	9.8	7.5	11.3	6.1	9.9	5.7
Active play (at playgrounds / play centre)	6.6	8.3	5.8	6.6	5.9	4.4	6.4	7.4
Tennis (indoor / outdoor)	5.8	4.8	11.9	2.1	5.4	2.1	8.1	2.9
Bush walking / Hiking	5.3	3.6	6.8	5.2	3.5	6.5	7.2	2.0
Australian Rules football	4.3	4.2	8.4	2.3	2.9	4.6	4.1	4.7
Netball (indoor/ outdoor)	3.8	3.9	4.3	3.4	5.9	5.5	2.7	0.9
Lawn bowls	3.6	1.3	7.6	4.3	4.0	2.2	3.8	0.0
Fishing	3.5	3.8	3.7	3.2	0.7	6.8	4.4	0.0
Golf	3.3	1.7	3.8	3.3	3.5	4.4	4.3	1.6
Fitness: Gym	3.1	2.5	1.2	5.4	1.7	2.2	2.6	8.4
Cycling: General cycling for recreation or transport	3.1	3.4	2.9	2.9	3.9	3.4	2.2	4.7
Horse riding / Equestrian activities / Polo	1.9	1.0	0.6	3.9	1.1	1.1	2.2	2.5
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	1.7	1.9	2.0	2.0	1.3	2.5	1.4	0.7
Fitness: Outdoor fitness / Personal training / Group activities	1.7	1.4	1.0	3.1	2.9	2.3	0.7	0.6
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	1.6	3.0	2.5	1.4	1.7	2.4	0.2	0.0
Water-skiing / Power boating	1.5	4.1	0.0	0.0	1.2	1.1	2.4	0.0
Jogging / Running	1.4	0.4	3.0	1.4	1.0	0.3	2.3	0.3
Hockey (indoor / outdoor)	1.3	2.8	0.0	0.9	0.0	0.0	2.1	2.8
Martial Arts / Tai Chi	1.3	0.9	0.6	1.7	0.0	3.8	0.9	3.0
Other activities	16.7	16.2	10.2	18.5	19.8	18.1	14.3	29.3

<sup>1</sup> Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

**Table D.15 Top activities for males by age**

	Total	Males	Males, 3 to 11	Males, 12 to 17	Males, 18 to 34	Males, 35 to 49	Males, 50 to 69	Males, 70+
	%	%	%	%	%	%	%	%
<b>Unweighted base<sup>1</sup></b>	<b>1,608</b>	<b>616</b>	<b>83</b>	<b>78</b>	<b>61</b>	<b>112</b>	<b>204</b>	<b>77</b>
Walking	19.6	16.5	7.2	5.3	9.7	10.9	26.4	30.6
Swimming	9.0	8.1	18.1	7.6	9.7	5.5	6.7	2.9
Active play (at playgrounds / play centre)	6.6	6.4	19.3	2.7	0.6	7.6	2.8	6.2
Tennis (indoor / outdoor)	5.8	6.1	9.6	12.8	6.5	7.6	2.7	0.0
Bush walking / Hiking	5.3	5.1	2.4	1.2	0.0	7.7	7.8	6.6
Australian Rules football	4.3	8.0	15.7	12.9	10.9	9.4	3.2	0.0
Netball (indoor/ outdoor)	3.8	0.5	1.2	0.0	0.6	1.1	0.0	0.0
Lawn bowls	3.6	4.9	0.0	1.2	0.0	4.7	7.0	14.5
Fishing	3.5	4.9	2.4	3.7	4.5	7.5	4.4	6.4
Golf	3.3	4.8	3.6	3.8	1.9	4.4	7.0	5.8
Fitness: Gym	3.1	2.5	0.0	1.4	8.4	2.7	1.4	3.9
Cycling: General cycling for recreation or transport	3.1	3.7	3.6	7.8	0.6	0.8	6.1	1.3
Horse riding / Equestrian activities / Polo	1.9	1.2	1.2	1.2	2.5	1.4	0.6	1.3
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	1.7	0.3	0.0	0.0	0.0	0.0	1.0	0.2
Fitness: Outdoor fitness / Personal training / Group activities	1.7	1.1	0.0	0.0	3.9	2.0	1.0	0.0
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	1.6	1.6	1.2	1.4	1.9	1.6	1.8	1.3
Water-skiing / Power boating	1.5	1.8	1.2	0.0	3.9	4.2	1.2	0.0
Jogging / Running	1.4	1.1	0.0	1.2	3.9	1.5	1.0	0.0
Hockey (indoor / outdoor)	1.3	0.9	1.2	3.7	2.0	0.0	0.0	0.0
Martial Arts / Tai Chi	1.3	1.4	0.0	2.7	2.0	3.3	0.6	0.0
Other activities	16.7	19.1	12.1	29.2	26.7	16.4	17.4	18.9

<sup>1</sup> Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

**Table D.16 Top activities for females by age**

	Total	Females	Females, 3 to 11	Females, 12 to 17	Females, 18 to 34	Females, 35 to 49	Females, 50 to 69	Females, 70+
	%	%	%	%	%	%	%	%
<b>Unweighted base<sup>1</sup></b>	<b>1,608</b>	<b>989</b>	<b>103</b>	<b>74</b>	<b>165</b>	<b>224</b>	<b>321</b>	<b>99</b>
Walking	19.6	22.2	10.7	8.0	22.2	23.4	29.7	27.3
Swimming	9.0	9.7	17.5	8.2	9.8	10.0	8.0	5.2
Active play (at playgrounds / play centre)	6.6	6.7	14.6	2.7	10.5	4.2	5.6	1.1
Tennis (indoor / outdoor)	5.8	5.5	4.9	13.6	5.9	6.9	3.1	1.1
Bush walking / Hiking	5.3	5.6	3.9	6.4	3.4	9.2	5.7	3.1
Australian Rules football	4.3	1.0	0.0	1.4	2.8	0.9	0.4	1.3
Netball (indoor/ outdoor)	3.8	6.6	13.6	23.0	7.1	5.6	0.9	0.0
Lawn bowls	3.6	2.5	0.0	0.0	1.4	0.0	3.2	12.7
Fishing	3.5	2.3	0.0	1.3	2.2	3.8	2.5	2.7
Golf	3.3	2.0	0.0	0.0	0.3	0.6	3.5	7.5
Fitness: Gym	3.1	3.7	0.0	0.0	5.8	4.0	4.2	6.5
Cycling: General cycling for recreation or transport	3.1	2.6	4.9	0.0	0.8	2.8	3.5	2.4
Horse riding / Equestrian activities / Polo	1.9	2.4	1.9	5.4	2.0	3.9	1.7	0.0
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	1.7	3.0	0.0	0.0	2.2	2.2	5.6	5.2
Fitness: Outdoor fitness / Personal training / Group activities	1.7	2.2	0.0	1.4	1.7	4.0	3.3	0.6
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	1.6	1.7	1.9	1.4	0.3	0.9	3.1	1.3
Water-skiing / Power boating	1.5	1.3	1.0	2.7	2.2	2.2	0.4	0.0
Jogging / Running	1.4	1.7	0.0	1.3	3.4	4.2	0.5	0.0
Hockey (indoor / outdoor)	1.3	1.7	5.8	2.7	1.1	2.3	0.0	0.0
Martial Arts / Tai Chi	1.3	1.1	0.0	1.4	0.0	1.5	2.0	1.1
Other activities	16.7	14.5	19.4	19.2	15.1	7.6	13.3	20.9

<sup>1</sup> Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.



**Table D.17 Top activities by demographic indicators**

	Total	Born in Australia	Born overseas	Speaks English as main language	Speaks other main language	Aboriginal and/or Torres Strait Islander	Not Aboriginal or Torres Strait Islander	Identifies as LGBTQIA+	Non-LGBTQIA+
	%	%	%	%	%	%	%	%	%
<b>Unweighted base<sup>1</sup></b>	<b>1,608</b>	<b>1,492</b>	<b>108</b>	<b>1,564</b>	<b>19</b>	<b>25</b>	<b>1,577</b>	<b>15</b>	<b>1,161</b>
Walking	19.6	19.0	28.1	19.6	34.0	20.4	19.5	2.2	23.2
Swimming	9.0	9.3	4.9	8.9	0.0	12.1	8.9	14.7	7.6
Active play (at playgrounds / play centre)	6.6	6.8	4.6	6.6	6.9	7.5	6.5	0.0	5.1
Tennis (indoor / outdoor)	5.8	6.1	0.3	5.7	0.0	12.1	5.7	0.0	4.6
Bush walking / Hiking	5.3	5.2	6.9	5.4	0.0	4.1	5.3	20.6	6.2
Australian Rules football	4.3	4.6	0.0	4.4	0.0	8.5	4.3	0.0	3.4
Netball (indoor/ outdoor)	3.8	4.0	1.4	3.8	0.0	0.0	3.9	0.0	2.3
Lawn bowls	3.6	3.4	5.9	3.5	0.0	0.0	3.7	8.2	4.5
Fishing	3.5	3.6	1.7	3.6	0.0	4.4	3.5	7.1	4.0
Golf	3.3	3.4	2.7	3.4	0.0	3.1	3.3	7.9	3.7
Fitness: Gym	3.1	2.7	9.3	2.9	30.8	3.1	3.1	0.0	4.2
Cycling: General cycling for recreation or transport	3.1	3.2	2.5	3.2	0.0	4.4	3.1	7.9	2.7
Horse riding / Equestrian activities / Polo	1.9	1.8	2.8	1.9	0.0	4.1	1.8	7.7	1.7
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	1.7	1.6	3.9	1.8	0.0	0.0	1.7	0.0	2.5
Fitness: Outdoor fitness / Personal training / Group activities	1.7	1.6	3.0	1.7	0.0	0.0	1.7	0.0	2.2
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	1.6	1.6	2.1	1.6	0.0	0.0	1.6	0.0	1.7
Water-skiing / Power boating	1.5	1.6	0.0	1.6	0.0	0.0	1.6	0.0	1.9
Jogging / Running	1.4	1.4	1.5	1.4	11.7	0.0	1.5	0.0	1.9
Hockey (indoor / outdoor)	1.3	1.5	0.0	1.4	0.0	7.7	1.2	7.7	0.6
Martial Arts / Tai Chi	1.3	1.2	2.7	1.2	0.0	0.0	1.3	0.0	1.3
Other activities	16.7	16.6	15.9	16.6	16.6	8.5	16.9	16.1	14.9

<sup>1</sup> Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

**Table D.18 Top activities by further demographic indicators**

	Total	Holds a Bachelor degree or higher	Less than Bachelor level education	Just getting along, poor or very poor	Reasonably comfortable, very comfortable or prosperous	Requires help with daily activities	Does not require help
	%	%	%	%	%	%	%
<b>Unweighted base<sup>1</sup></b>	<b>1,608</b>	<b>502</b>	<b>1,038</b>	<b>503</b>	<b>1,094</b>	<b>131</b>	<b>1,459</b>
Walking	19.6	21.6	18.5	19.7	19.4	29.2	18.4
Swimming	9.0	9.1	9.1	11.4	7.8	13.4	8.4
Active play (at playgrounds / play centre)	6.6	3.9	7.3	9.3	5.3	15.3	5.6
Tennis (indoor / outdoor)	5.8	6.6	5.6	4.8	6.4	2.5	6.1
Bush walking / Hiking	5.3	5.8	5.1	6.0	4.7	3.0	5.6
Australian Rules football	4.3	2.7	4.8	3.3	4.9	0.0	4.9
Netball (indoor/ outdoor)	3.8	2.6	4.2	3.0	4.2	0.0	4.3
Lawn bowls	3.6	2.4	3.5	3.1	3.9	5.9	3.4
Fishing	3.5	2.1	3.4	4.2	3.0	4.4	3.4
Golf	3.3	1.8	3.7	3.6	3.2	3.6	3.3
Fitness: Gym	3.1	5.0	3.0	1.9	3.8	1.0	3.3
Cycling: General cycling for recreation or transport	3.1	3.8	3.1	3.2	3.1	6.1	2.8
Horse riding / Equestrian activities / Polo	1.9	1.5	1.9	1.9	1.7	1.7	1.8
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	1.7	4.5	1.2	1.5	1.8	0.8	1.8
Fitness: Outdoor fitness / Personal training / Group activities	1.7	2.5	1.7	0.7	2.3	0.8	1.8
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	1.6	1.7	1.6	1.9	1.5	1.5	1.7
Water-skiing / Power boating	1.5	1.4	1.4	0.7	1.8	0.0	1.7
Jogging / Running	1.4	4.3	0.9	0.9	1.8	0.0	1.6
Hockey (indoor / outdoor)	1.3	0.9	1.5	0.6	1.7	0.0	1.5
Martial Arts / Tai Chi	1.3	0.0	1.5	1.3	1.3	0.6	1.4
Other activities	16.7	16.0	16.9	17.1	16.5	10.5	17.3

<sup>1</sup> Base sizes include all activities mentioned by respondents aged 3 years and over living in the Loddon region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.