



Active Living

CENSUS



2019

Campaspe Shire Council
Selected Findings



2019 Active Living Census

Acknowledgement

The Shire of Campaspe is the traditional lands of the Dja Dja Wurrung, Taungurung and Yorta Yorta peoples.

We respect and acknowledge their unique Aboriginal cultural heritage and pay our respect to their ancestors, descendants and emerging leaders as the Traditional Owners of this country.

We acknowledge their living culture and their unique role in the life of this region.

Foreword

Campaspe Shire Council would like to thank all residents who completed the Healthy Heart of Victoria 2019 Active Living Census (ALC).

The ALC was mailed to households in the Loddon Campaspe region, and was also available for residents to complete online. Within the Campaspe Shire, the Census was completed by 3,424 residents, which equated to 9.5% of our local government area population.

The ALC provides important information about the activity levels of residents across the Loddon Campaspe region, including participation in organised sport or informal activities like weekend bike rides or walking the dog.

It also highlights a range of health and wellbeing indicators, including for physical activity, smoking and consumption of fruit, vegetables, alcohol and sugary drinks. Further, it contains valuable information on what would help community members to meet national guidelines for healthy eating and active living, and how to enhance our open spaces and facilities to encourage more people to be more active, more often.

The findings provide evidence at a local level not previously available across our region and enable reliable comparisons between other data sets, including between townships and demographic groups.

As a result, Campaspe Shire Council will be able to better plan for, develop and enhance public and open spaces, recreation facilities and health promotion services, as well as help influence health and wellbeing outcomes both within the municipality and more broadly across the Loddon Campaspe region.

This Selected Findings Report, as well as the Active Living Census Topline Report are both publicly available on our website at (www.campaspe.vic.gov.au) and I encourage residents, organisations and interested community groups to download the report and make use of the data.

Declan Moore
Chief Executive Officer
Campaspe Shire Council



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Introduction

The Shire of Campaspe is located in the Loddon Campaspe region, in the centre of Victoria, about 180 kilometres north of Melbourne. We have a thriving population of more than 37,000 residents, and population growth projections estimate our population will reach 43,000 people by 2036.

The Healthy Heart of Victoria initiative works to improve health and wellbeing outcomes for the Loddon Campaspe region – the ‘heart’ of Victoria. The initiative aims to improve health and wellbeing by making Loddon Campaspe a more safe, inclusive accessible and active region to live.

A key component of this State-funded initiative was to conduct the 2019 Active Living Census as a region-wide evaluation and measurement tool to improve our understanding of people’s wellbeing, activity levels and preferences, and increase the effectiveness of investment in infrastructure and programs.

Through the Healthy Heart of Victoria initiative, Campaspe Shire Council will work with a range of organisations and agencies to build local prevention systems to respond to the prevalence of obesity, chronic disease and high-risk health behaviours in the community, and encourage more people to be more active, more often.

The process undertaken

The 2019 Active Living Census survey was designed and managed by Healthy Greater Bendigo in consultation with the Social Research Centre on behalf of Healthy Heart of Victoria. A copy of the survey document can be found as an appendix to the Active Living Census Topline Report on our website.

A hard copy version of the Census was sent to households across the municipality, and an online version was also made available.

Survey responses were received from 20 May to 16 June, 2019, and were accepted from residents aged three and over. Adults were required to complete the 2019 ALC on behalf of children aged three to thirteen years.

Completion of the 2019 ALC was promoted across the Loddon Campaspe region before and during the Census collection period via an integrated advertising and communications campaign including radio, television, print and social media. Incentives including supermarket, bike store and sports store vouchers were offered to maximise the response rate.

In total, 24,549 individual responses were received for the 2019 ALC, including 3,424 from Campaspe Shire.

In some cases, we have been unable to report on certain findings due to the small number of responses within our municipality. Additional information for groups from across the Loddon Campaspe region can be found in the Loddon Campaspe region report at <https://www.rdv.vic.gov.au/regional-partnerships/loddon-campaspe/projects>. These groups can include Aboriginal and Torres Strait Islander people, people who identify as LGBTQIA+ and people who speak a language other than English.

Suggested citation

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June 2020

Project management

Healthy Greater Bendigo

Healthy Greater Bendigo is a locally funded partnership working together to make it easier for our community to eat well and move more.

Project funding

The 2019 Active Living Census was funded by Healthy Heart of Victoria – a Victorian State Government-funded initiative aimed at improving health outcomes across the Loddon Campaspe region.

How the findings can be used

- Provide a snapshot of current data as a benchmark for evaluating the success of local initiatives
- Ascertain residents' current and future health and wellbeing needs to inform future planning and improve decision making and investments by local bodies
- Increase coordination between groups across the community, and a heightened focus on evidence-based priorities
- Increase opportunities to attract projects and initiatives to the region
- Allow for analysis to draw comparisons between different demographics
- Provide data for researchers for use in their own work, which often leads to new opportunities.

The purpose of this document and how to use it

This document supplements the Campaspe Shire 2019 Active Living Census Topline Report. It has been created to make the findings of the 2019 ALC easier to understand and use by a wide-ranging audience including individuals, groups and organisations in the Campaspe Shire region and beyond.

Information about group activities and locations of interest has been drawn from the 2019 ALC Topline Report and collated to enable fast location and easy understanding of the report highlights.

The following sections of this document highlight 2019 ALC findings relevant to:

Campaspe population overall

- Local Groups:
 - o Gender
 - o Children, 3 – 11
 - o Adolescents, 12 – 17
 - o Older adults, 70+
 - o People who require assistance with daily activities
- Each town/suburb in Campaspe
 - o Localities were summarised into 7 standard regions within Campaspe
- The 10 activities with the highest rate of yearly or more participation

Some specific findings in this report are based on responses from a small number of people. Where you see an asterisk (*), interpret findings with caution ($n \leq 30$). Please refer to the Campaspe Shire Topline Report if you are looking for results that are not reported here due to an insufficient sample size.

Care should also be applied when interpreting the activities results as respondents were asked about a maximum of four activities. Thus, participation in individual activities is likely to be underrepresented as activities participated in by those who engage in more than four activities were not counted and are therefore not reported.

For further information about any of the findings, activities, locations or groups of interest, please see the Topline Report.

Summary Findings



To assist ease of browsing, information from this point on is broken down according to:

- **Summary findings (page 4 - 15)**
- **Groups of interest (page 16 - 25)**
- **Towns / Suburbs (page 26 - 39)**
- **10 most popular physical activities (page 40 - 59)**

Further information on any of the findings can be found in the Topline Report.

Summary Findings



This section summarises the findings from the 2019 ALC for Campaspe Shire.

The health and wellbeing profile includes results for all adults (18+) in Campaspe Shire relating to general wellbeing (overall life satisfaction and feeling valued by society), general health status, overweight and obesity, consumption of fruit, vegetables, water, sugary drinks and alcohol, smoking rates and gambling habits.

The physical activity profile includes results from all Campaspe Shire residents (3+) relating to exercise, barriers to participation, use of public open spaces

and facilities, most popular types of physical activity, ratings of the facilities where these activities take place, how people get there and how far they travel.

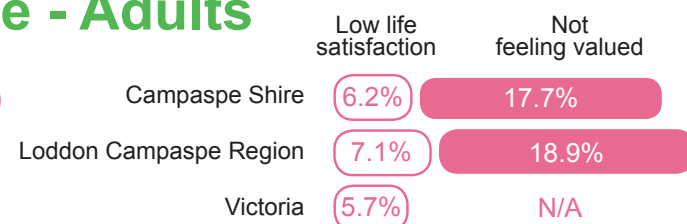
Where possible key findings are compared against recent data specific to Campaspe Shire and Victoria (Victorian Population Health Survey 2016) and the Loddon Campaspe Region (2019 ALC).

These summary results are followed by detailed 2019 ALC findings specific population groups, suburbs and towns in Campaspe Shire, and Campaspe Shire's most popular physical recreation activities.

Health and wellbeing profile - Adults

General wellbeing (all residents 3+)

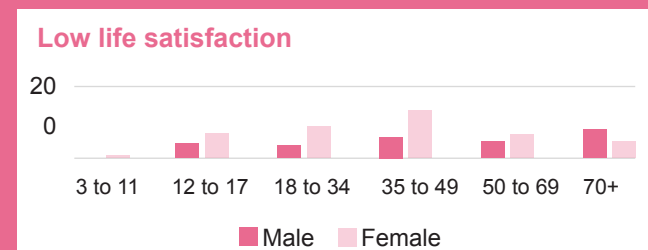
Feeling satisfied with life and valued by society are indicators of a person's general wellbeing.



Life satisfaction

People were asked how satisfied they feel about life in general.

Most people have high or very high life satisfaction. The graph below focusses on low life satisfaction.



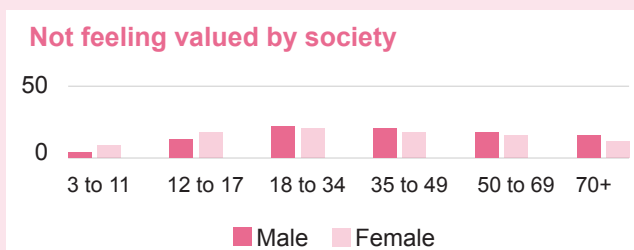
When people do not feel satisfied with life or valued by society, they are less likely to feel healthy, eat well or participate in physical activities and are more likely to engage in unhealthy behaviours like smoking. Low income and food insecure households are more likely to report lower wellbeing than those from more prosperous households.

Valued by society

People were asked whether they feel valued by society.

Most people "sometimes" or "definitely" feel valued by society.

The graph below focusses on those who do not feel valued by society.



General health

Self-rated health is a common, reliable and cost-effective predictor of future health, need for health care resources and early mortality.

People responded to the statement, "In general, would you say your health is..." by selecting one of the 5 response options: excellent, very good, good, fair, poor.

Active Living
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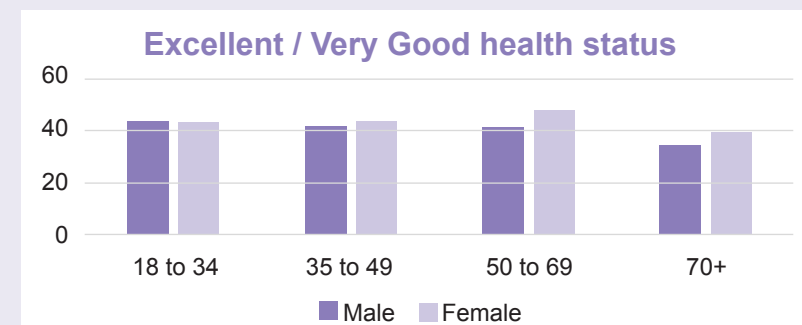
Very good or excellent health

42.6% Campaspe Shire

44.1% Loddon Campaspe Region

44.1% Victoria

Younger residents generally report better health status than older residents. Those with higher education and incomes are more likely to report excellent or very good health.

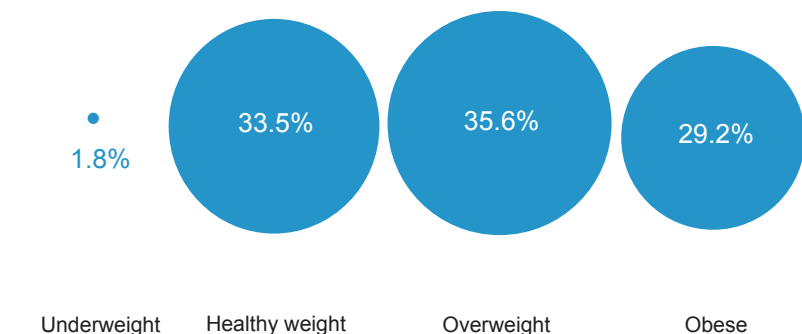


Overweight and obesity

Adults were asked their height and weight to calculate Body Mass Index; a common and cost-effective measurement of weight status that has some limitations.

Maintaining a healthy weight is important for health and wellbeing, reducing the risk of heart disease, stroke, diabetes, high blood pressure and some cancers.

2 in every 3 adults in Campaspe Shire are overweight or obese.



Overweight and obesity

69.1% Campaspe Shire

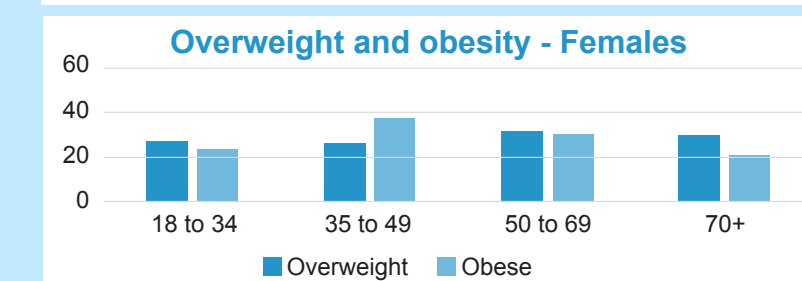
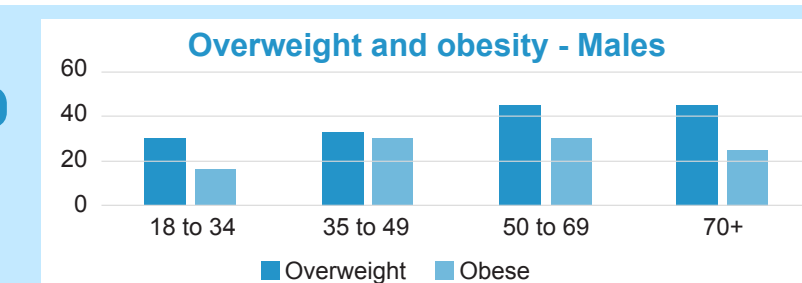
62.5% Loddon Campaspe Region

49.7% Victoria

People who are overweight or obese are more likely to report fair or poor general health and lower life satisfaction.

Groups to focus on:

- Adults 35 to 69 years old
- Low income households
- People with a disability



Food security

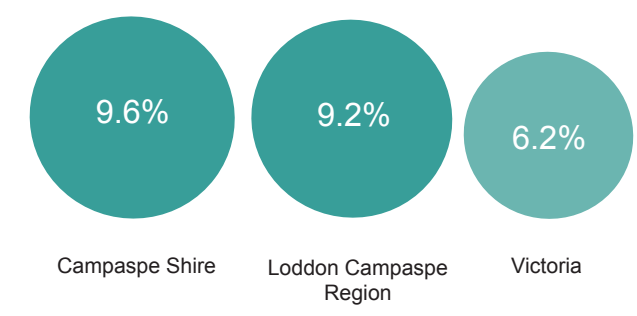
Food security exists when all people, at all times, have physical and economic access to sufficient, safe, nutritious and culturally appropriate food that meets their dietary needs and food preferences for an active and healthy life.

When people do not have enough food, it affects all aspects of daily life and can severely restrict economic, social and educational participation in the community.

1 in 10 households in Campaspe Shire are food insecure - they do not have enough to eat.

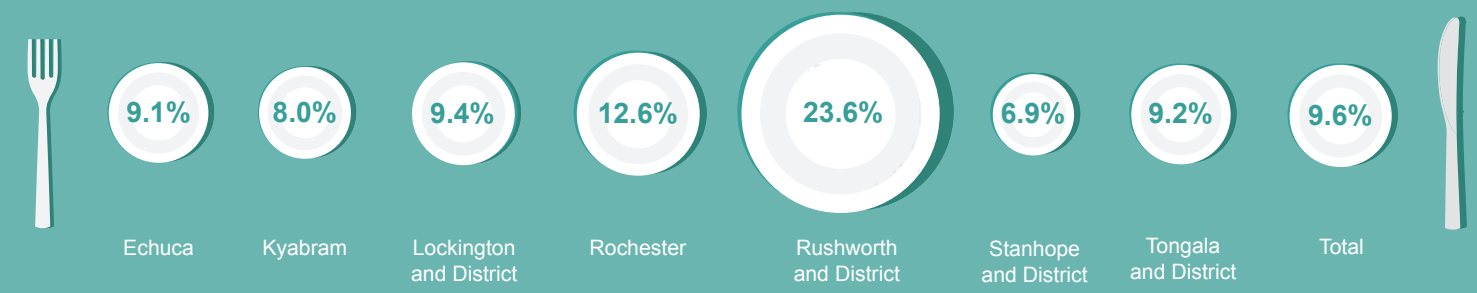
In some areas, this increases to 1 in 4 households.

Food insecurity rate



Food insecurity is particularly high among specific populations such as Aboriginal and/or Torres Strait Islander people, unemployed people, and those with very low household incomes.

Household has run out of food in the last 12 months



People who experience food insecurity are more likely to:

- Report poorer physical and mental health
- Be overweight
- Have an unhealthy diet with low levels of fruit, vegetable and water consumption and high rates of sugary drink consumption



Recommended daily consumption

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

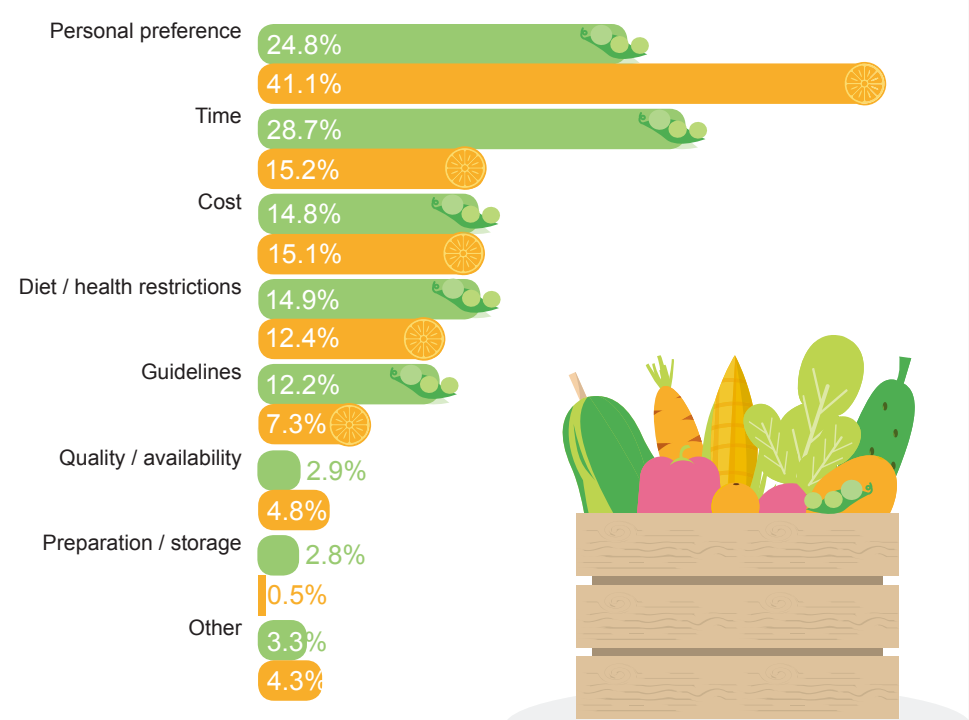
People who eat the recommended amount of fruit and veg were more likely to also report:

- Better general health
- Greater life satisfaction
- Healthier weight
- More physical activity
- Not smoking
- Drinking less alcohol and sugary drinks
- Drinking more water

Barriers to fruit and vegetable consumption

People provided reasons why they were unable to eat the recommended servings of fruit (2 per day) and vegetables (5 or more per day).

Some groups were particularly affected by certain barriers. Barriers were similar but were mentioned at different rates. For example, cost was identified at high rates by people identifying as LGBTQIA+, Aboriginal and Torres Strait Islander people, and by low income households.



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.

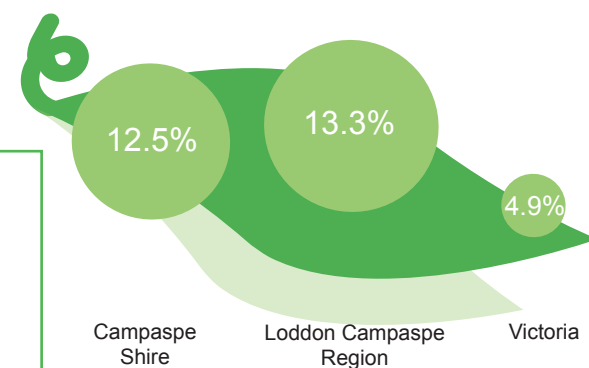
A 'serve' of fruit is 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces.

Vegetables

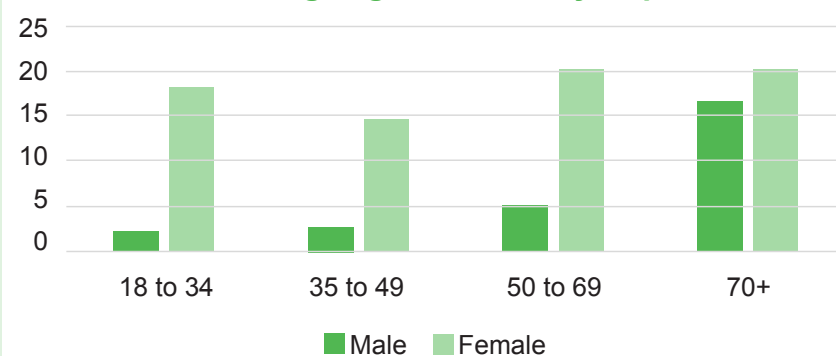
Health experts recommend eating 5 or more serves of vegetables per day.

Only 1 in 8 adults meet the daily vegetable consumption guidelines.

People tend to eat more vegetables as they get older.



Rates of meeting vegetable dietary requirements

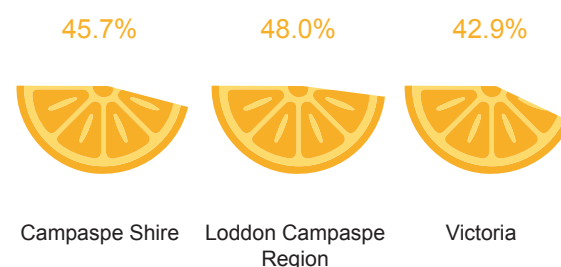


Fruit

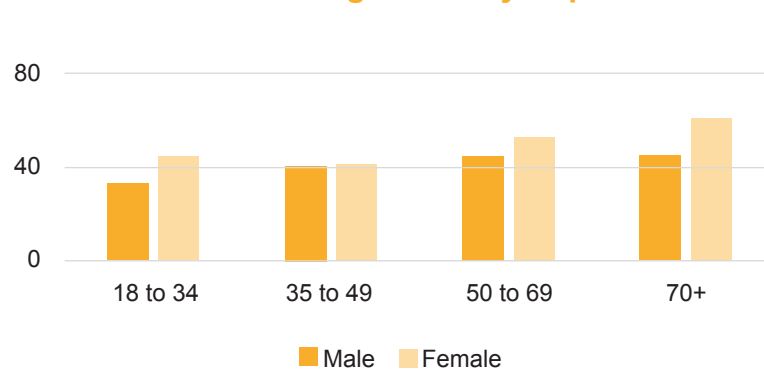
Health experts recommend eating two serves of fruit per day.

1 in every 2 Campaspe Shire adults meet the daily fruit consumption guidelines.

There are no significant gender differences, but adults aged over 70 are most likely to meet fruit consumption guidelines.



Rates of meeting fruit daily requirements



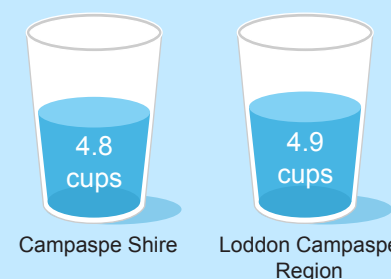
Standout finding!

People who speak English as a second language eat the most fruit in Campaspe Shire. 2.4 serves per day.

Water

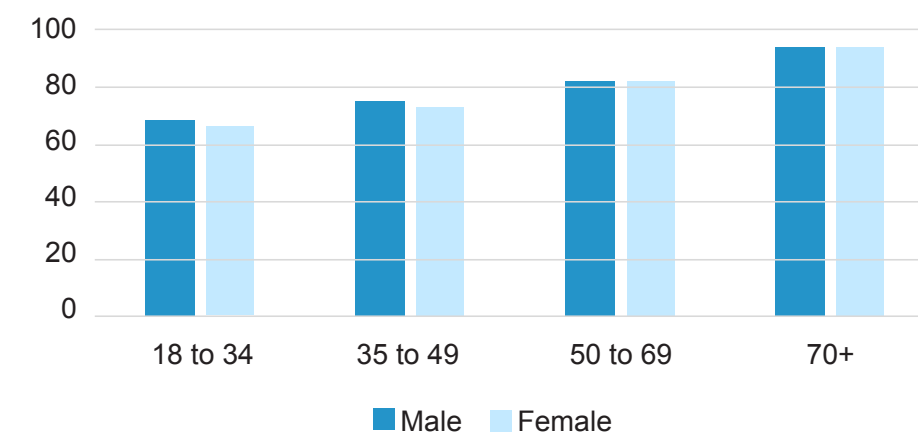
Campaspe Shire adults drink an average of 4.8 cups of water per day, with only 20.9% drinking 8 cups (2 litres) or more.

Average number of cups consumed per day



Levels of water consumption decline with age.

Does not meet water consumption requirements



Sugary drinks

People were asked "How often do you consume cordial, soft drinks, flavoured mineral water, energy or sports drinks...?"

Daily consumption of sugary drinks



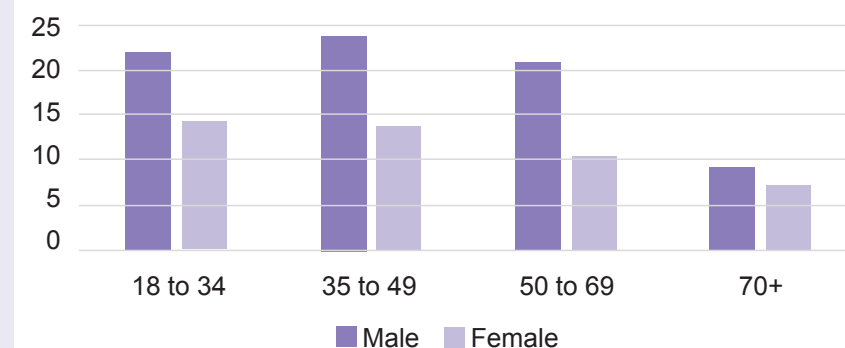
Daily consumers of sugary drinks were more likely to also report:

- Poorer general health
- Lower life satisfaction
- Overweight/obesity
- Less physical activity
- Lower fruit and veg consumption
- Smoking

Groups to focus on:

- Males 18-69
- Low income households
- People who identify as LGBTQIA+
- Food insecure households

Daily sugary drinks consumption



Sugary drink consumption is higher in males than females and declines with age.

Alcohol

Frequency of alcohol consumption

People were asked how often they consume an alcoholic drink.

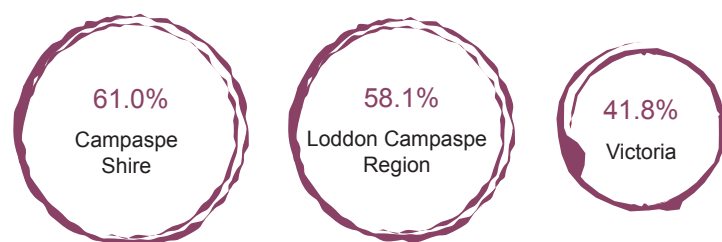


Alcohol is consumed more frequently and in higher amounts by males than females and declines with age.

Binge drinking

People who reported drinking any alcohol were then asked how often they consume 4 or more standard drinks in a day.

Binge drinking



61.0% drink at potentially dangerous levels at least once a year.

Binge drinkers were more likely to also report:

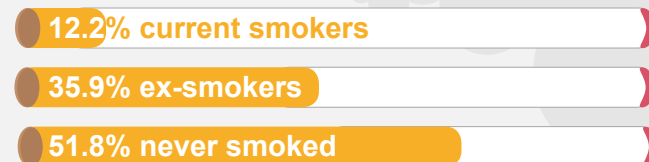
- Overweight/obesity
- Lower fruit and veg consumption
- Smoking

Groups abstaining from alcohol at high rates

- Adults 70+
- English as a second language
- Aboriginal and/or Torres Strait Islander people
- People who identify as LGBTQIA+
- People with a disability

Smoking

Current smokers include those who smoke daily or occasionally, while ex-smokers include those who used to smoke but do not currently or have tried a few times, as distinct to those who have never smoked.



Current smokers were more likely to also report:

- Poorer general health
- Lower life satisfaction
- Overweight/obesity
- Less physical activity
- Lower fruit and veg consumption
- Higher alcohol and sugary drink consumption

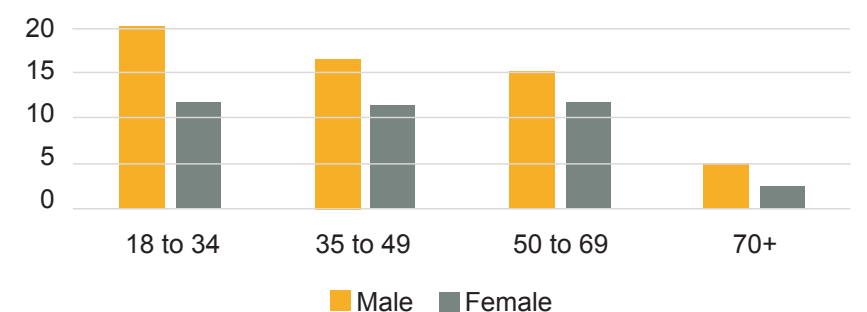
Groups to focus on:

- Males 18-50
- Aboriginal and/or Torres Strait Islander people
- People who identify as LGBTQIA+
- Low income and food insecure households

Smoking rate



Current smoking rates



Gambling

People were asked how often they gamble.

People who gamble weekly or more were also more likely to report:

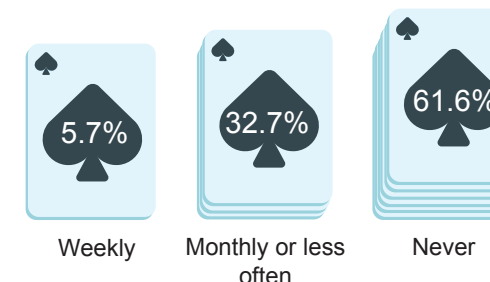
- Overweight/obesity
- Lower veg consumption
- High alcohol and sugary drink consumption
- Smoking

Groups to focus on

- Males
- Older people
- People with low education
- People who identify as LGBTQIA+

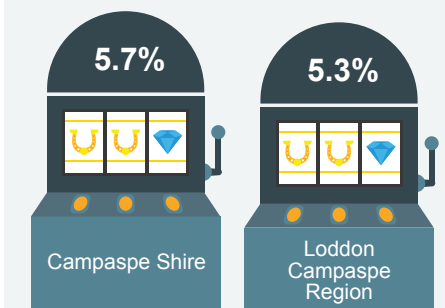
Weekly gambling is higher among males than females and generally increases with age.

People were then asked if gambling had caused them any health problems, including stress or anxiety.

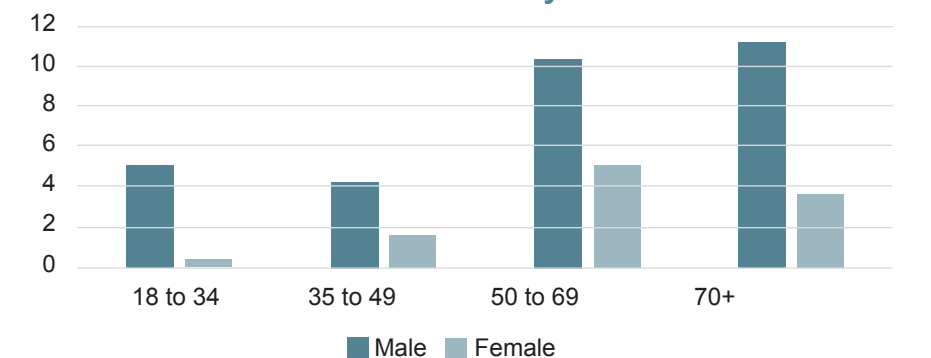


38.4% of Campaspe Shire adults reported gambling at some time during the past 12 months.

Weekly gambling



Gamble weekly



1.7% of all adults report experiencing harm from gambling.

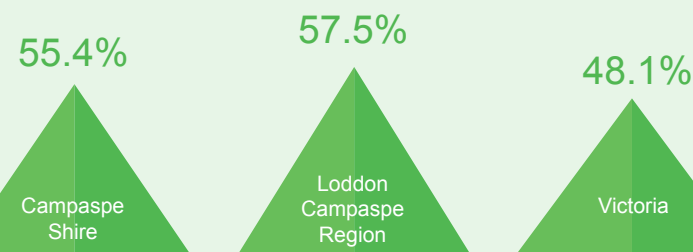
3.5% of adults who gamble report experiencing harm from gambling.

Physical activity profile – All residents

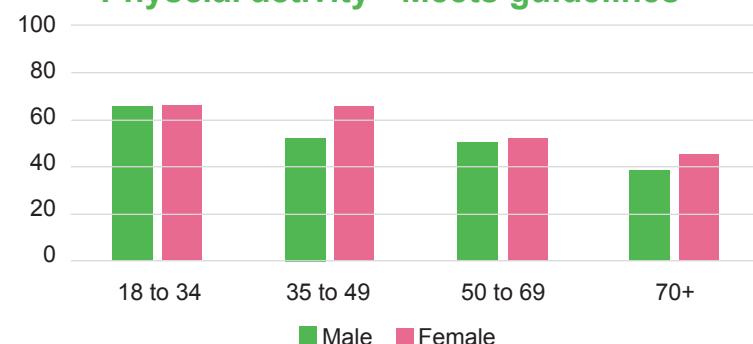


People are described as having met the physical activity guidelines if they engaged in moderate or vigorous intensity activity for sufficient time ranging from 75 minutes to 300 minutes per week depending upon the activity.

Adults physical activity – Meets guidelines



Physical activity - Meets guidelines



Groups to focus on:

- Adults 70+
- Low income households
- People with a low education
- People with a disability

55.4% of Campaspe Shire residents meet the physical activity guidelines.

For both males and females, physical activity levels decline with age.

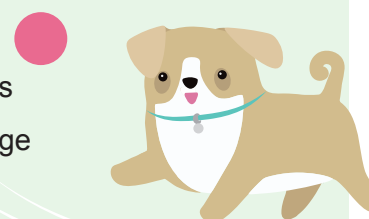
Two in every three people who meet physical activity guidelines report good to excellent general health and wellbeing.

People in Campaspe Shire want to be more active more often!

52.9% of people want to do more activity.

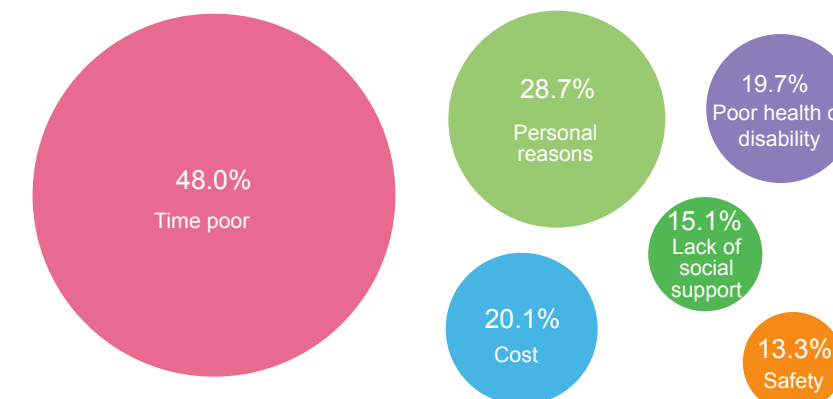
In particular:

- Adults 18 to 69
- People with a low education
- Low income or food insecure households
- People with English as a second language



Barriers to participation

Some groups were particularly affected by certain barriers to participation in physical activities. For example, cost was identified at high rates by people identifying as Aboriginal and Torres Strait Islander and by food insecure or low-income households.



Public facilities and open spaces

People were asked about their use of public spaces including open spaces, footpaths, off-road walking and cycling tracks, and recreation facilities.

Frequency of public open space use

84.7% of people reported using open spaces, with 54.0% using open spaces weekly or more often.



Use of public facilities

Footpaths rated as the highest used facility with 84.0% of people reporting using footpaths.

Footpaths	84.0%
Parks	72.4%
Off-road walking and cycling tracks	65.0%
Sports grounds, ovals and clubrooms	59.4%
Swimming pools / splash parks	45.3%
Halls / community centres	41.8%
Indoor sports / leisure / fitness centres	39.4%
Community gardens	36.8%
Hard courts (e.g. netball / tennis)	28.7%
Playgrounds	23.0%
Skateparks / BMX	16.1%
After hours usage of education facilities	13.3%

Females were more likely than males to use most types of public facilities, except sports grounds, ovals and clubrooms and skateparks or BMX facilities.

Main recreation facilities used

(Excludes unnamed facilities such as footpaths).

1.	Echuca War Memorial Aquatic Centre
2.	Campaspe Reserve (South West), Echuca
3.	Infinity Health Club, Kyabram
4.	Next Level Fitness Echuca
5.	Victoria Park - Oval, Echuca
6.	Campaspe River Frontage (East), Echuca
7.	Campaspe River Recreation Reserve, Rochester
8.	Kyabram Parkland Golf Club
9.	Echuca South Recreation Reserve
10.	Kyabram Pool

Reasons for using public facilities and open spaces

People reported using public facilities and open spaces for a range of reasons, with social and health-related reasons most important.



Socialising with family / friends	60.6%
Exercise / health and fitness	60.4%
For fun / enjoyment	57.2%
Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends)	46.7%
Organised sport (e.g. cricket or netball for a club)	35.9%
Exercising the dog	34.2%
For time to myself	30.9%
Getting back to nature	23.4%
Commuting (i.e. to get from a to b)	21.8%

Improvements that would encourage more regular use of public facilities and open spaces

Walking tracks / footpaths	26.6%
Exercise equipment / facilities	12.9%
Bicycle tracks / lanes and skate facilities	10.6%
Toilets / change rooms	10.5%
Lighting	9.9%
Playgrounds	8.5%
Safety measures / restrictions	7.3%
Bins / rubbish collection / clean environment	6.7%
Accessibility	6.1%
Cover / shade / shelter	5.4%
More / better facilities	4.5%
Seating	3.5%
Maintenance / management of spaces and facilities	3.4%
Dog friendly areas	3.3%
Drinking fountains	3.2%
More / better vegetation / trees / gardens	3.1%
Improve signage / maps / communication	1.1%

Some areas suggested certain improvements at high rates, including:

Walking tracks and footpath improvements were the top suggestions for Campaspe Shire. The other common mentions for each suburb were:

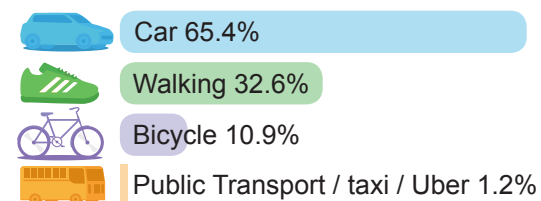
Bicycle tracks and lighting	Echuca
Playgrounds and exercise equipment	Kyabram
Exercise equipment and toilets/change rooms	Rochester
Exercise equipment and more/better facilities	Tongala
Exercise equipment and accessibility	Rushworth

Transport - Distance to activities

On Average, people in Campaspe Shire travel 13.5km to get to their activity.

Residents in the Tongala and district area travelled the furthest to get to their activities.

Mode of transport



Participation in activities

The table below shows the 20 activities with the highest rates of annual participation (participating at least once per year).





















It also displays the rates of weekly participation for those activities (participating at least once per week during the previous 12 months).

Facility quality and accessibility

The table below shows participants' ratings of the quality and accessibility of the facility where they did each activity.

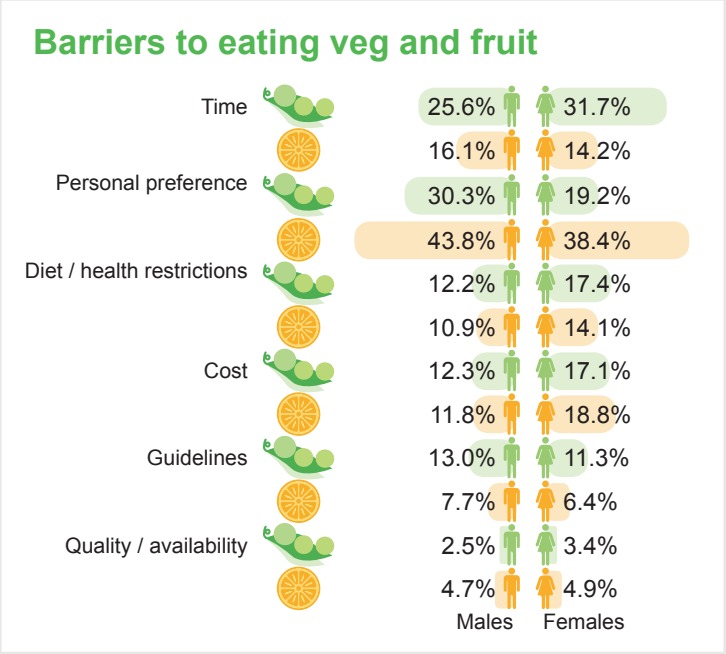
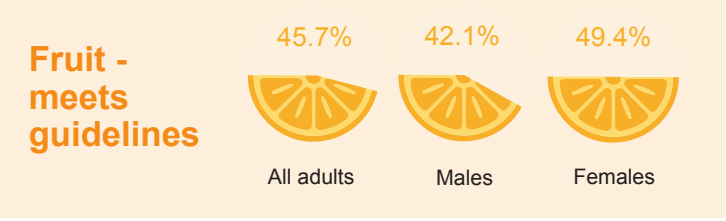
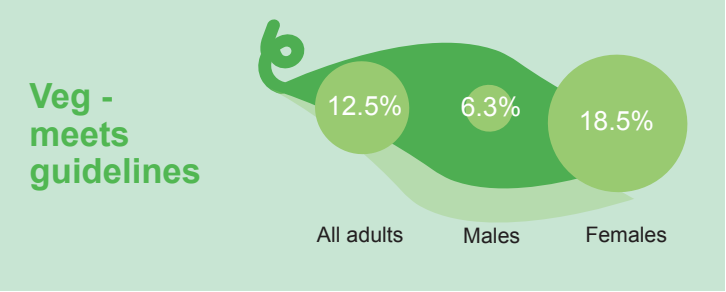
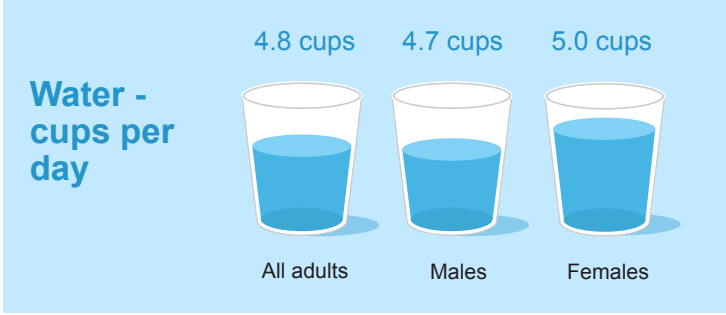
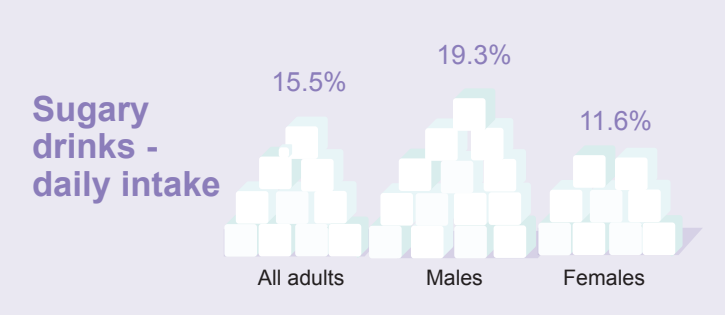
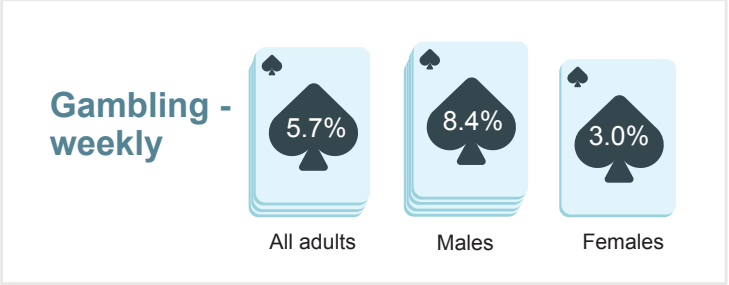
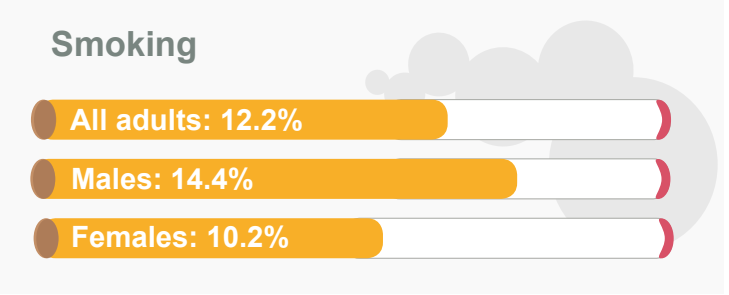
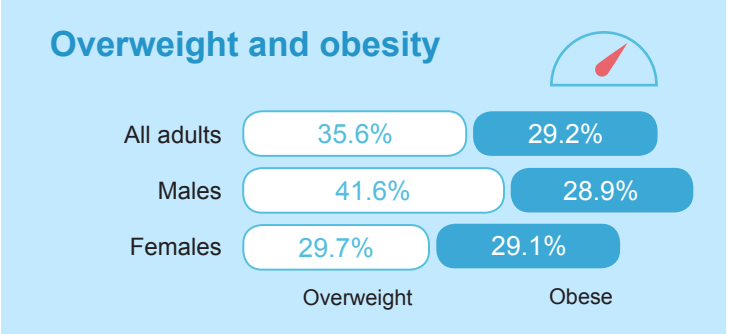
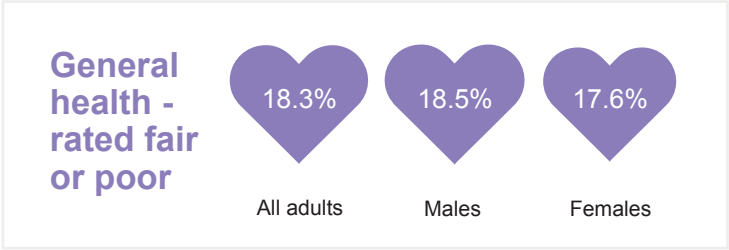
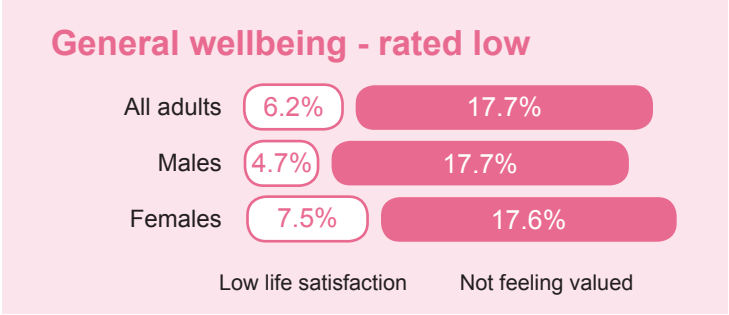
Facilities were rated on a 5-point scale where **1 = very poor, 2 = poor, 3 = average, 4 = good, 5 = excellent.**

These tables display responses from all Campaspe Shire residents who responded to the ALC 2019, including children.

Activity	Total	Weekly	Quality (out of 5)	Accessibility (out of 5)
 Walking	21.2%	76.9%	3.9	4.1
 Swimming	7.7%	51.1%	4.2	4.3
 Fitness: Gym	6.8%	83.2%	4.6	4.5
 Active play (at playgrounds / play centre)	6.0%	51.7%	3.8	4.1
 Cycling: General cycling for recreation or transport	5.0%	52.7%	3.8	4.1
 Australian rules football	4.1%	84.7%	4.1	4.3
 Fishing	4.0%	7.5%	3.8	3.7
 Bush walking / Hiking	3.8%	30.0%	4.0	4.0
 Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.3%	75.8%	4.5	4.5
 Netball (indoor / outdoor)	3.2%	85.7%	4.0	4.3
 Golf	2.9%	49.8%	4.4	4.4
 Jogging / running	2.7%	65.1%	3.8	4.2
 Dancing / Ballet / Calisthenics	2.1%	81.5%	4.3	4.3
 Tennis (indoor / outdoor)	2.1%	66.0%	3.9	4.2
 Lawn bowls	1.8%	63.7%	4.5	4.6
 Cycling: Mountain bike riding	1.7%	56.0%	3.8	4.0
 Basketball (indoor / outdoor)	1.5%	73.6%	3.8	4.1
 Water-skiing / power boating	1.5%	33.6%	4.0	3.9
 Cricket	1.5%	79.9%	3.9	4.1
 Fitness: Outdoor fitness / personal training / group activities	1.2%	73.1%	4.3	4.4

Health and wellbeing profile - Adults

Each member of the household was asked what gender best represented them. The section on gender summarises findings from 1,431 males and 1,894 females including 1,137 adult males and 1,504 adult females. A further 6 residents in the Campaspe Shire selected 'gender diverse / non-binary / self-described' (number too low to report).



Physical activity profile - All residents

Most popular activities
(Percentage of residents aged 3 and over participating once or more a year)

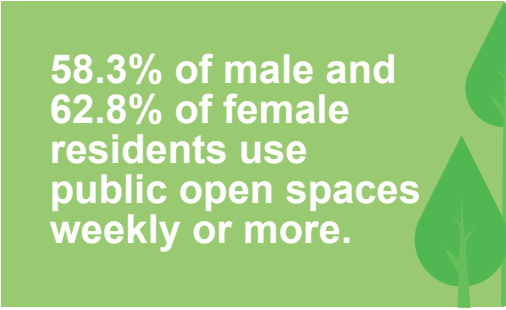
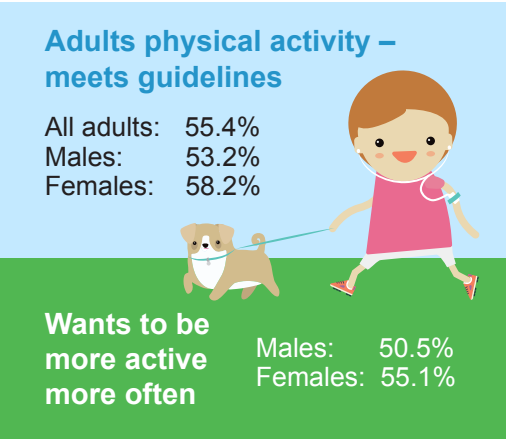
Male participation		Female participation	
Walking	17.4%	Walking	24.4%
Australian rules football	7.3%	Swimming	8.4%
Swimming	6.9%	Fitness / Gym	8.0%
Fishing	6.1%	Active Play	6.3%
Active play	5.7%	Netball	5.6%
Cycling for recreation or transport	5.6%	Indoor group fitness	5.2%
Fitness / Gym	5.5%	Cycling for recreation or transport	4.5%
Bushwalking/hiking	3.9%	Bushwalking/hiking	3.6%
Indoor group fitness	1.2%	Fishing	2.1%
Netball*	0.5%	Australian rules football	1.5%

Barriers to being more active

	Time poor	Personal reasons	Cost	Poor health / disability	Lack of social support	Safety
Male	48.9%	24.6%	15.4%	19.7%	11.1%	9.4%
Female	50.5%	34.3%	25.3%	20.7%	19.7%	17.9%

Public facilities and open spaces - rate of use

Facility	Male	Female
Footpaths	80.7%	87.1%
Parks	71.3%	74.2%
Sports grounds, ovals and clubrooms	63.9%	56.4%
Off-road walking and cycling tracks	62.8%	67.2%
Swimming pools / splash parks	39.4%	50.3%
Halls / community centres	37.8%	45.9%
Community gardens	34.2%	39.5%
Indoor sports / leisure / fitness centres	33.8%	44.7%
Hard courts (e.g. netball / tennis)	24.2%	33.4%
Playgrounds	18.1%	27.9%
Skateparks / BMX	16.7%	15.7%
After hours usage of education facilities	11.2%	15.3%

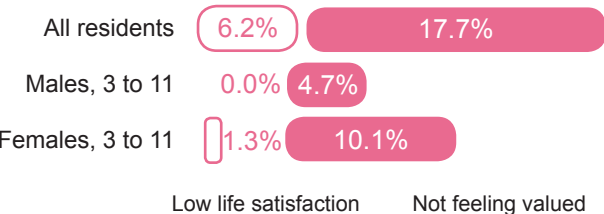


*Interpret findings with caution due to a small sample size.

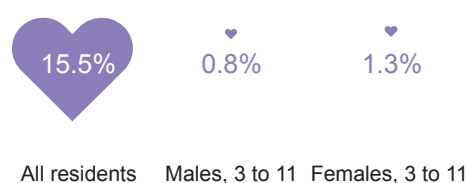
This section summarises findings from 300 children aged from 3 to 11 years old, who made up 8.9% of all participants (before weighting). Parents were able to fill in the survey for all children over the age of 3 years old. The extent to which children were involved in responding to the survey questions may have differed within and between households.

Health and wellbeing profile

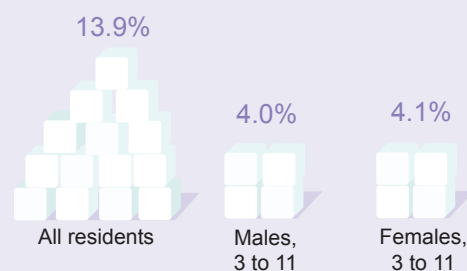
General wellbeing - rated low



General health - rated fair or poor



Sugary drinks - daily intake



Physical activity profile

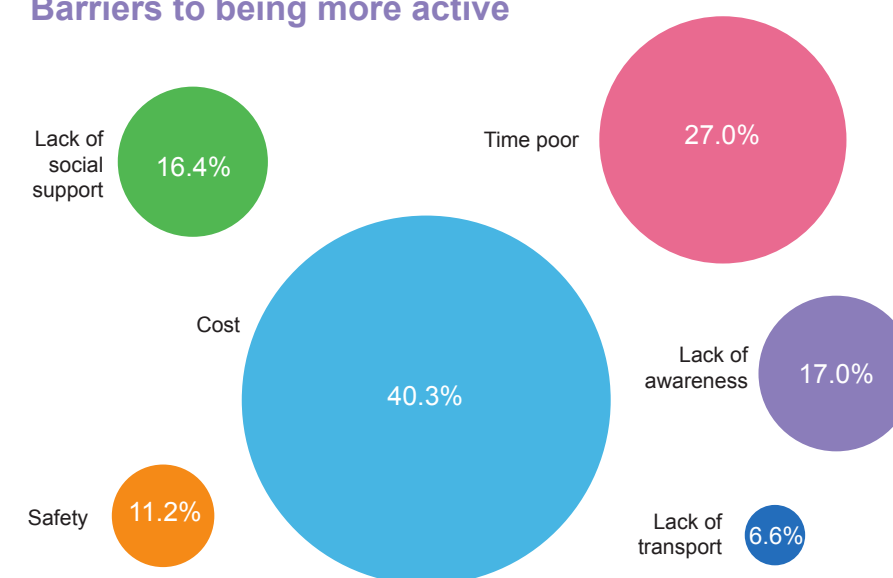
Most popular activities

(Percentage of residents aged 3 to 11 participating once or more a year)

Males, 3 to 11 participation		
Australian rules football	17.3%	
Active play	16.4%	
Swimming	15.0%	
Cycling for recreation or transport*	7.9%	
Walking*	6.5%	
Basketball*	5.3%	
Tennis*	3.5%	
Cricket*	3.5%	
Fishing*	2.4%	
Bushwalking / Hiking*	1.8%	

Females, 3 to 11 participation		
Swimming	15.3%	
Active Play	13.1%	
Dancing / Ballet / Calisthenics	12.4%	
Netball	11.9%	
Walking	9.5%	
Cycling for recreation or transport	8.5%	
Tennis*	3.9%	
Water Skiing / Power Boating*	2.2%	
Australian rules football*	1.9%	
Indoor group fitness*	1.0%	

Barriers to being more active



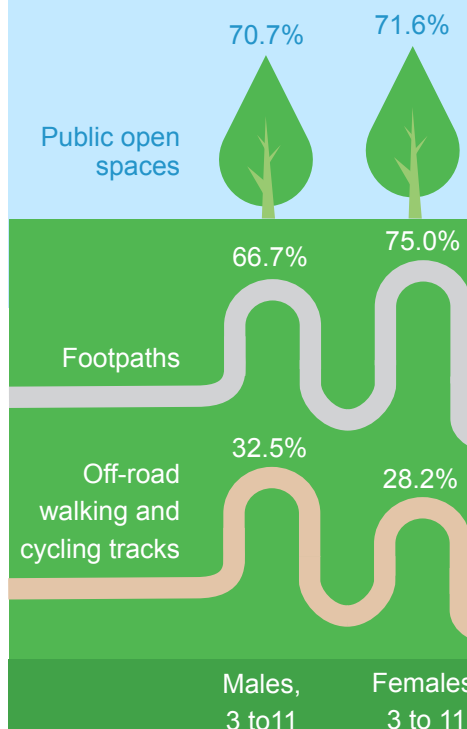
Physical activity – minutes per week



Public facilities and open spaces - rate of use

Facility	Children 3 to 11
Parks	89.0%
Swimming pools / splash parks	80.5%
Sports grounds, ovals and clubrooms	74.4%
Hard courts (e.g. netball / tennis)	51.3%
Community gardens	47.9%
Skateparks / BMX	47.5%
Halls / community centres	45.3%
Indoor sports / leisure / fitness centres	44.5%
Playgrounds	41.9%
After hours usage of education facilities	27.1%

Used weekly or more

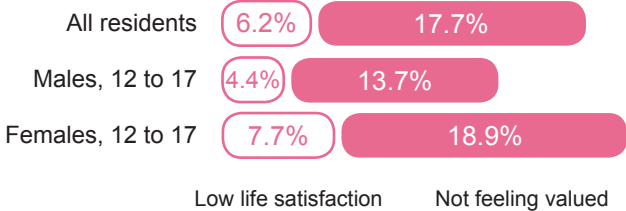


*Interpret findings with caution due to a small sample size.

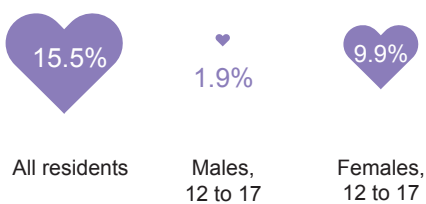
Health and wellbeing profile

This section summarises findings from 249 adolescents aged from 12 to 17 years old, who made up 7.4% of all participants (before weighting). Children over 14 years of age were able to fill the survey in themselves, if their parents agreed. Parents filled in the survey for all children under 14 years of age. The extent to which children were involved in responding to the survey questions may have differed within and between households.

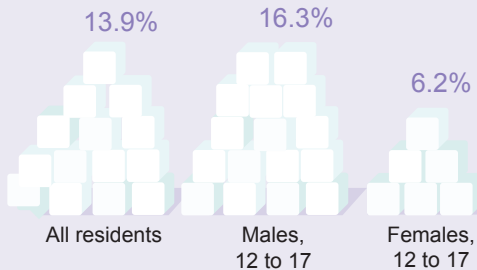
General wellbeing - rated low



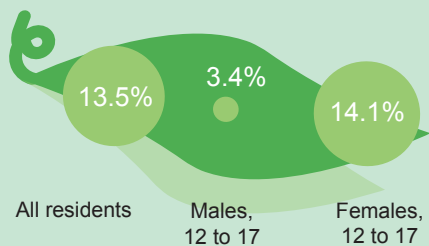
General health - rated fair or poor



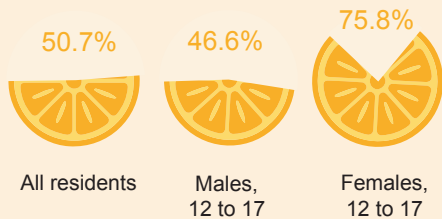
Sugary drinks - daily intake



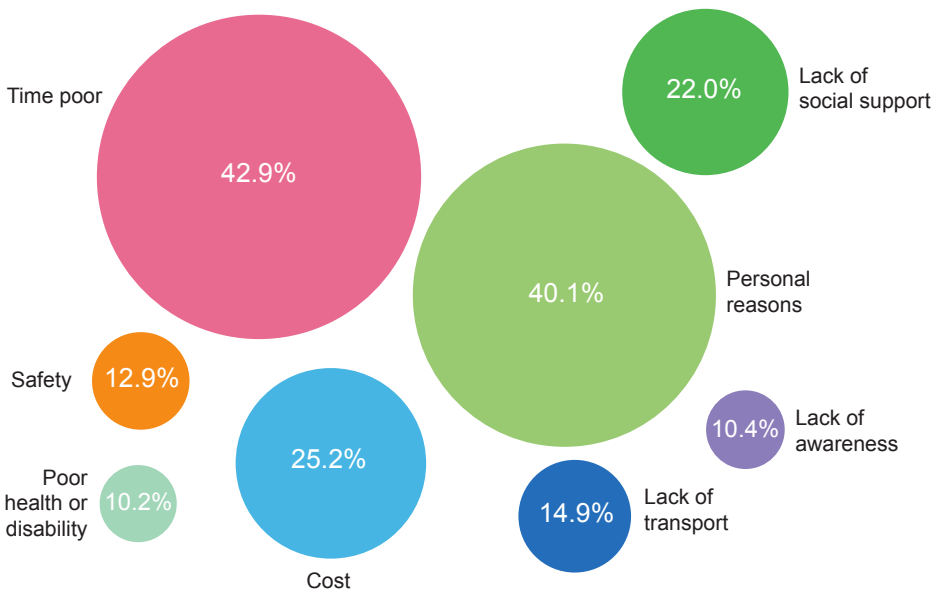
Veg - meets guidelines



Fruit - meets guidelines



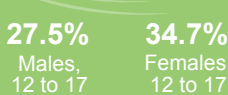
Barriers to being more active



Physical activity - minutes per week



Wants to be more active more often



Physical activity profile

Most popular activities

(Percentage of residents aged 12 to 17 participating once or more a year)



Males, 12 to 17 participation

Australian rules football	16.9%
Mountain bike riding*	6.2%
Walking*	5.8%
Tennis*	5.4%
Basketball*	5.3%
Swimming*	5.1%
Fitness / Gym*	4.2%
Cycling for recreation or transport*	3.9%
Bushwalking / Hiking*	2.6%
Jogging / Running*	2.5%



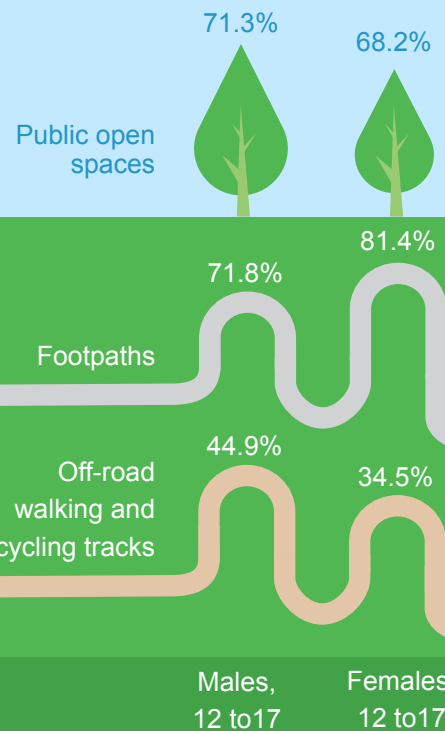
Females, 12 to 17 participation

Netball	15.5%
Walking	12.4%
Swimming	9.0%
Dancing / Ballet / Calisthenics*	7.5%
Fitness / Gym*	6.9%
Basketball*	4.7%
Jogging / Running*	4.4%
Active play*	3.9%
Cycling for recreation or transport*	3.3%
Tennis*	3.2%

Public facilities and open spaces - rate of use

Facility	Adolescents 12 to 17
Sports grounds, ovals and clubrooms	83.1%
Parks	74.0%
Swimming pools / splash parks	73.1%
Hard courts (e.g. netball / tennis)	64.3%
Indoor sports / leisure / fitness centres	60.8%
Halls / community centres	44.0%
Community gardens	35.2%
Playgrounds	34.8%
After hours usage of education facilities	30.8%
Skateparks / BMX	25.6%

Used weekly or more

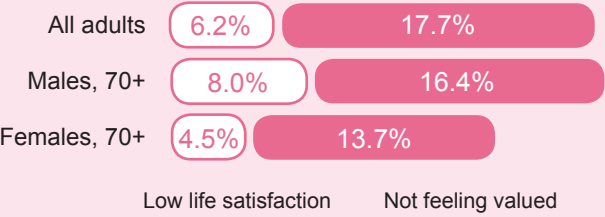


*Interpret findings with caution due to a small sample size.

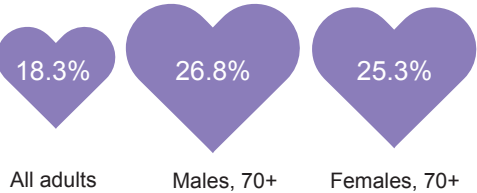
Health and wellbeing profile

This section summarises findings from 657 adults aged over 70 years old, who comprised 19.5% of all survey participants (adjusted during weighting). A total of 305 men and 332 women aged 70 years and older completed the survey. See the Topline report for results about adults aged 50 to 69 years.

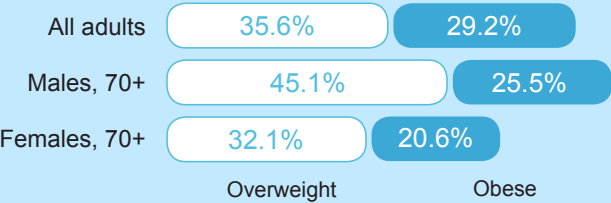
General wellbeing - rated low



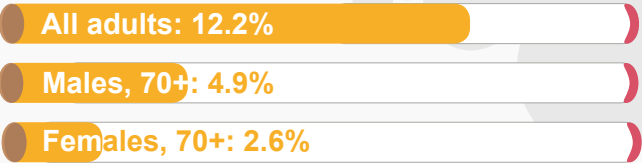
General health - rated fair or poor



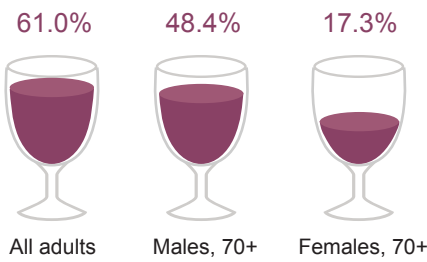
Overweight and obesity



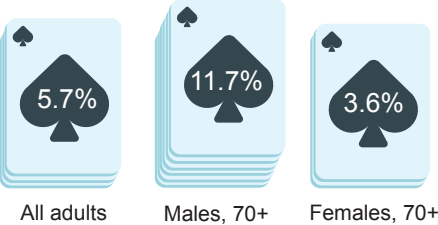
Smoking



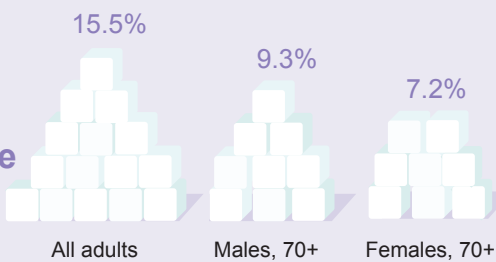
Alcohol - binge drinking



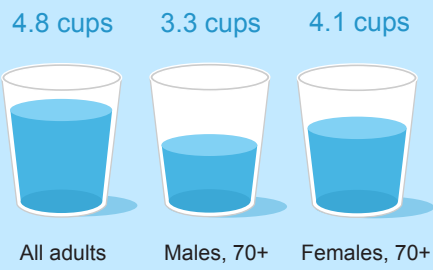
Gambling - weekly



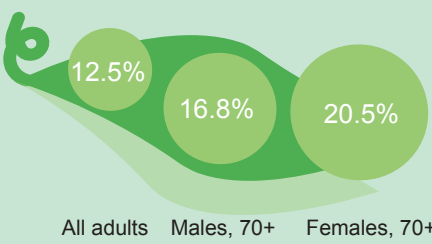
Sugary drinks - daily intake



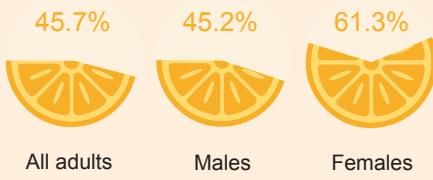
Water - cups per day



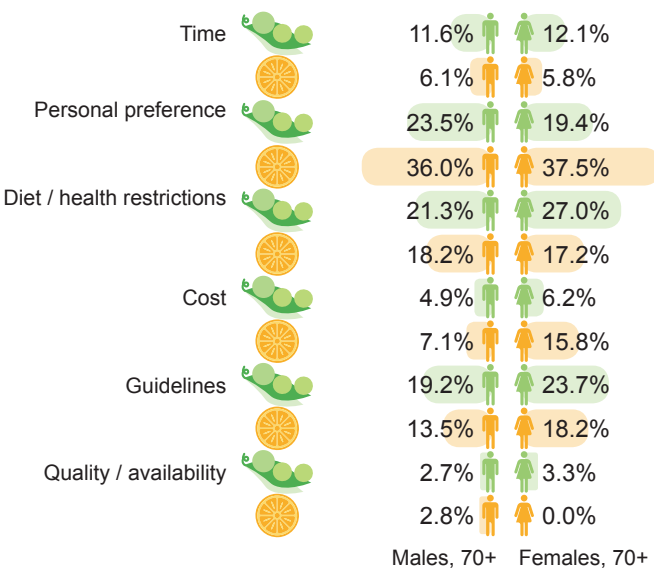
Veg - meets guidelines



Fruit - meets guidelines



Barriers to eating veg and fruit



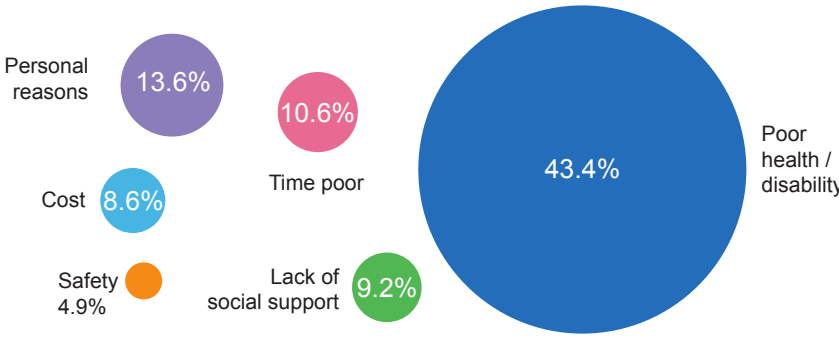
Physical activity profile

Most popular activities

(Percentage of residents aged 70 and over participating once or more a year)

	Male, 70+ participation	Female, 70+ participation
Walking	26.1%	32.9%
Lawn bowls	10.0%	10.4%
Golf	9.4%	6.3%
Cycling for recreation or transport*	5.9%*	5.5%
Fishing*	4.8%*	4.7%
Bushwalking / Hiking*	4.4%*	3.2%
Swimming*	3.8%*	3.0%
Fitness / Gym*	2.9%*	2.6%
Active play*	2.4%*	2.0%
Dancing / Ballet / Calisthenics*	2.1%*	2.0%

Barriers to being more active

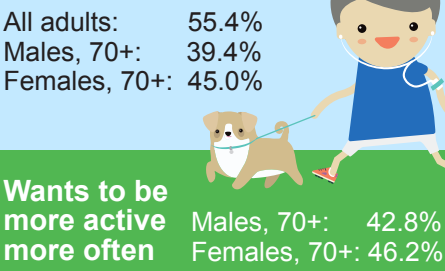


Public facilities and open spaces - rate of use

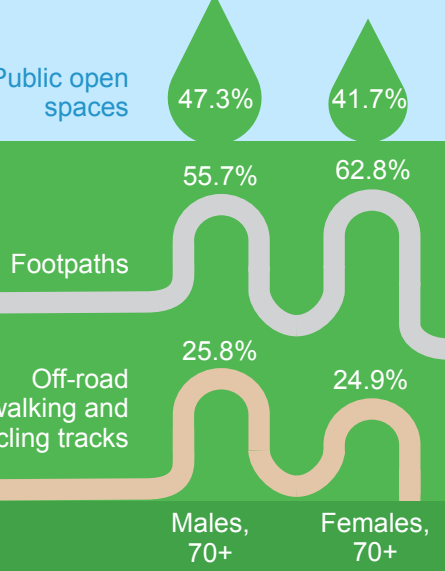
Facility	People, 70+ %
Halls / community centres	50.6%
Parks	47.7%
Sports grounds, ovals and clubrooms	39.9%
Community gardens	21.7%
Indoor sports / leisure / fitness centres	20.1%
Swimming pools / splash parks	13.0%
Hard courts (e.g. netball / tennis)	5.5%
After hours usage of education facilities	2.6%
Playgrounds	1.8%
Skateparks / BMX	0.8%

Physical activity – meets guidelines

150-300 minutes of moderate physical activity, or 75-150 minutes of vigorous physical activity each week.



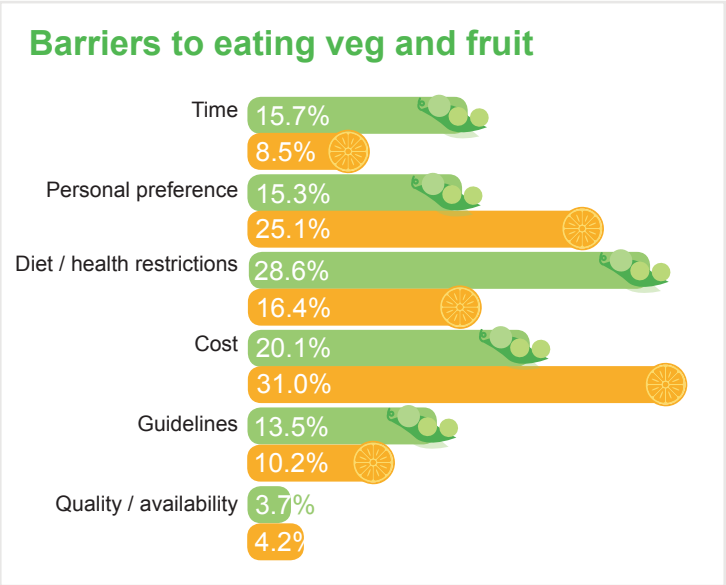
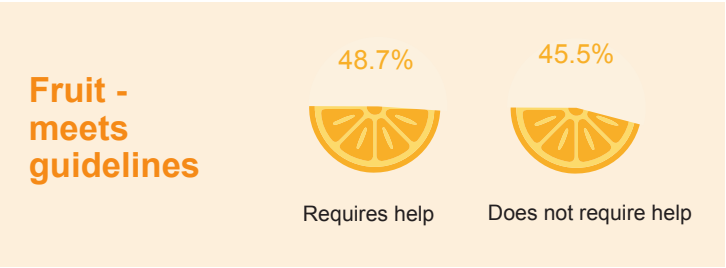
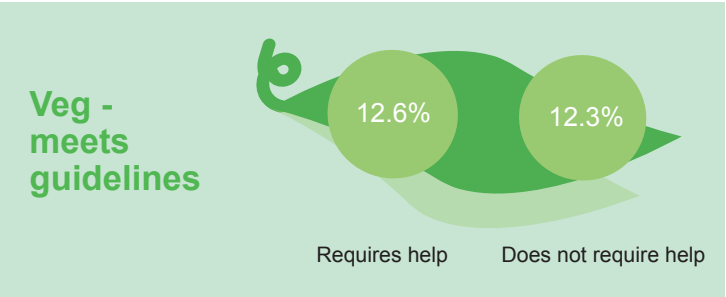
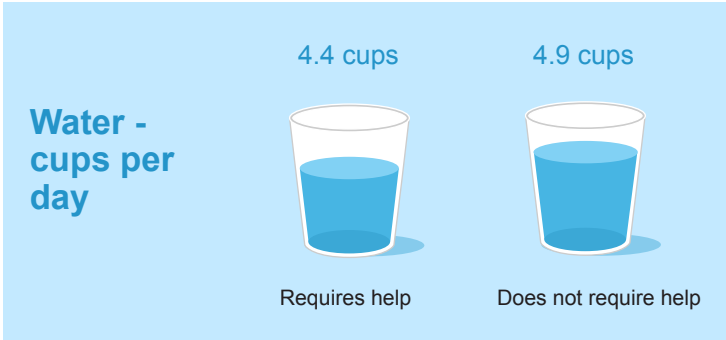
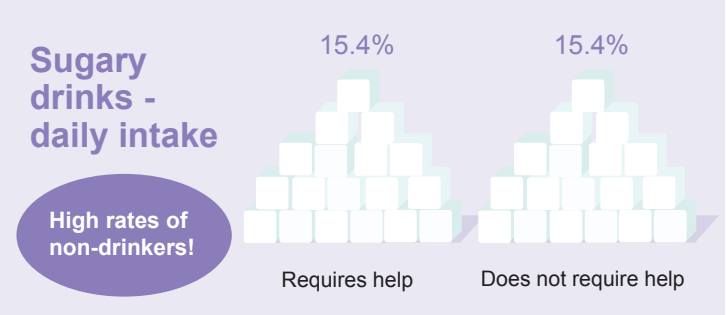
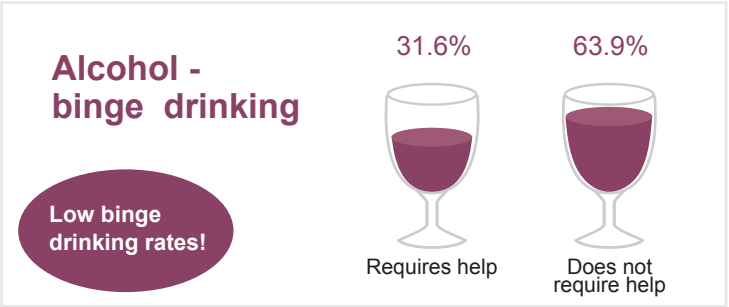
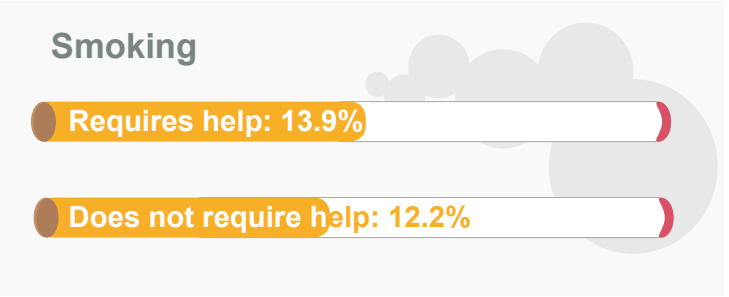
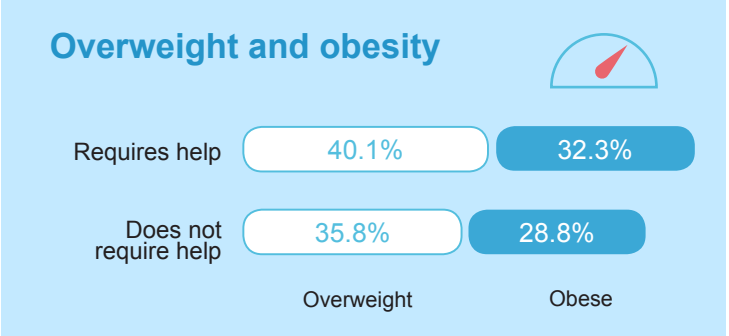
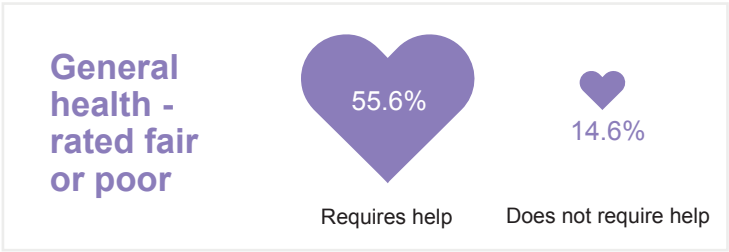
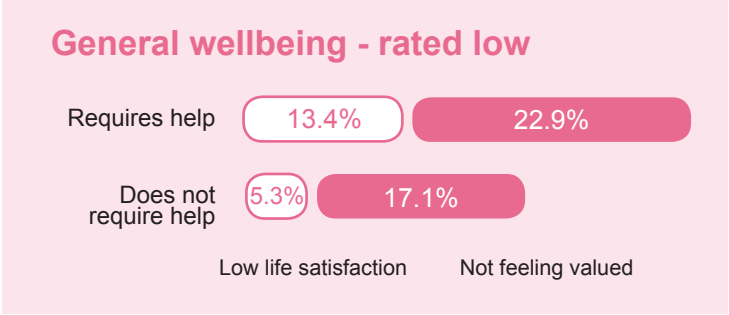
Used weekly or more



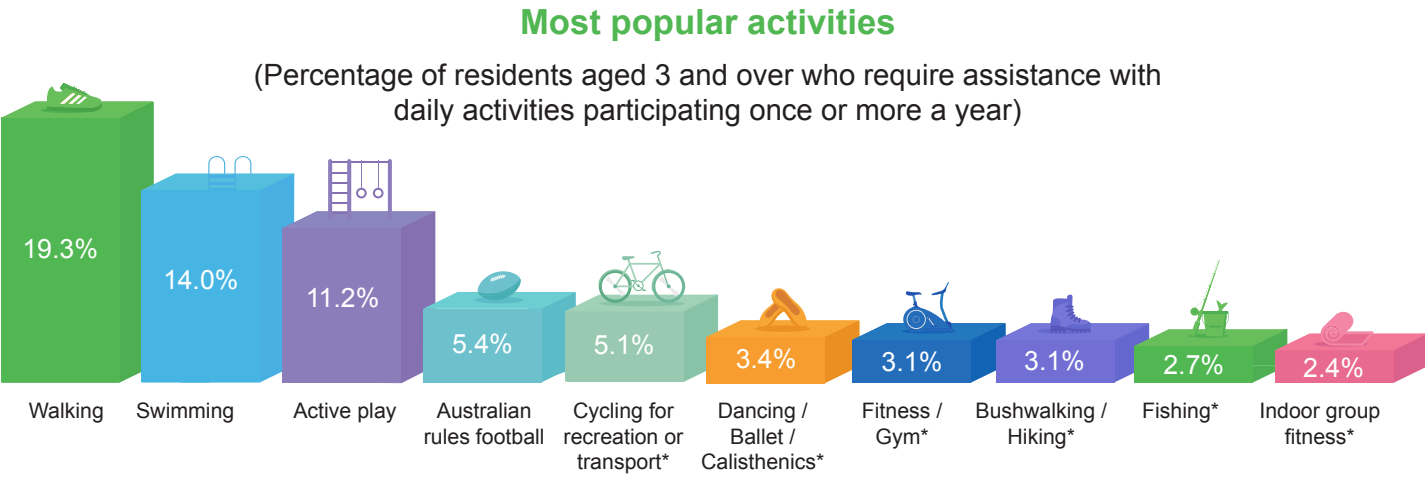
*Interpret findings with caution due to a small sample size.

This section summarises findings from 253 residents aged 3 years and over who need someone to help them with, or be with them, for daily activities. This includes self-care activities, body movement activities, and/or communication activities. Residents who require help with daily activities made up 9.4% of all participants.

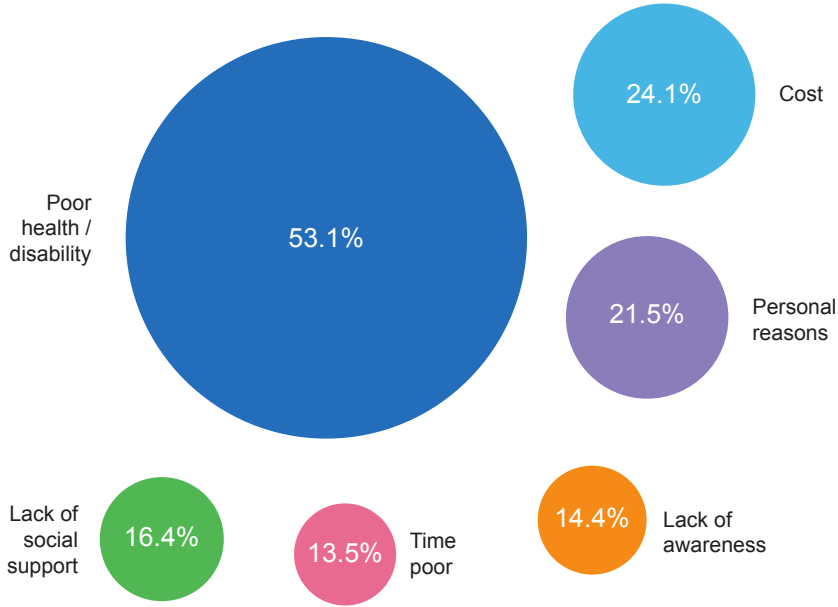
Health and wellbeing profile - Adults



Physical activity profile - All residents

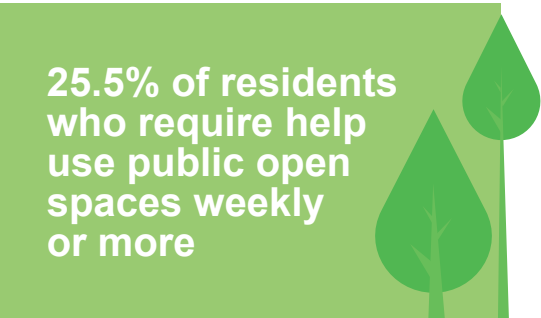


Barriers to being more active



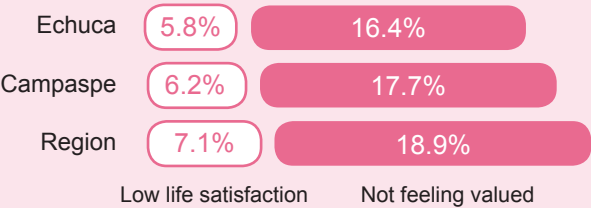
Public facilities and open spaces - rate of use

Facility	Requires help	Does not require help
Footpaths	78.5%	84.8%
Parks	70.4%	73.5%
Off-road walking and cycling tracks	58.7%	65.7%
Sports grounds, ovals and clubrooms	53.5%	60.3%
Swimming pools / splash parks	46.6%	45.1%
Community gardens	34.3%	37.1%
Indoor sports / leisure / fitness centres	32.5%	40.6%

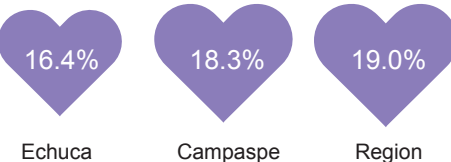


Health and wellbeing profile - Adults

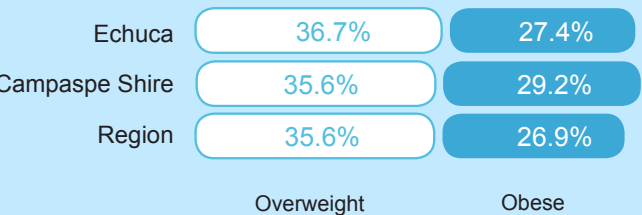
General wellbeing - rated low



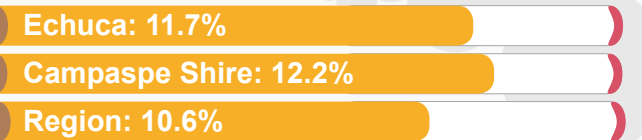
General health - rated fair or poor



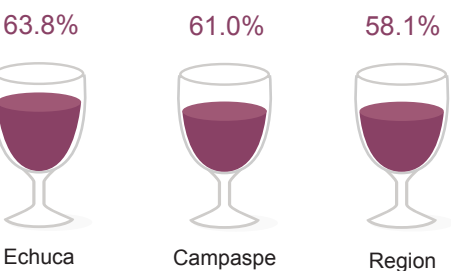
Overweight and obesity



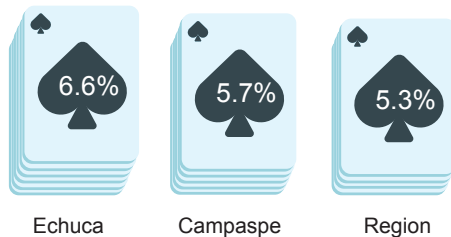
Smoking



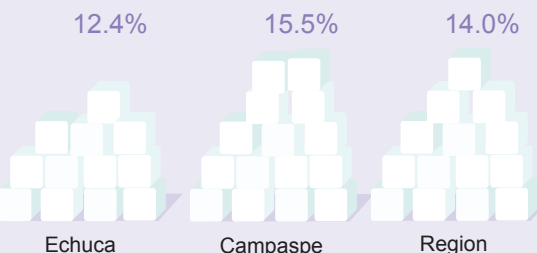
Alcohol - binge drinking



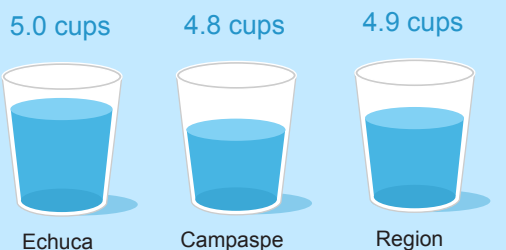
Gambling - weekly



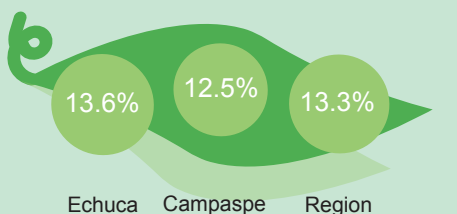
Sugary drinks - daily intake



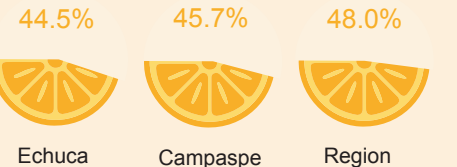
Water - cups per day



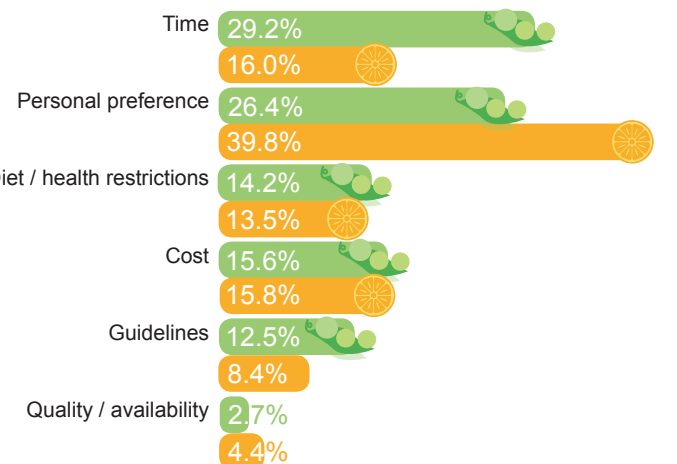
Veg - meets guidelines



Fruit - meets guidelines



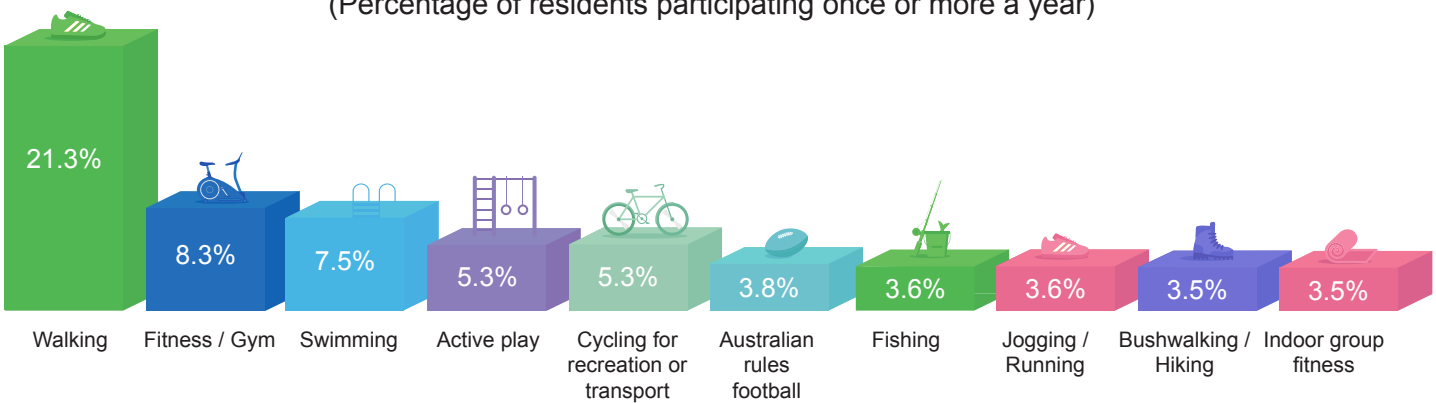
Barriers to eating veg and fruit



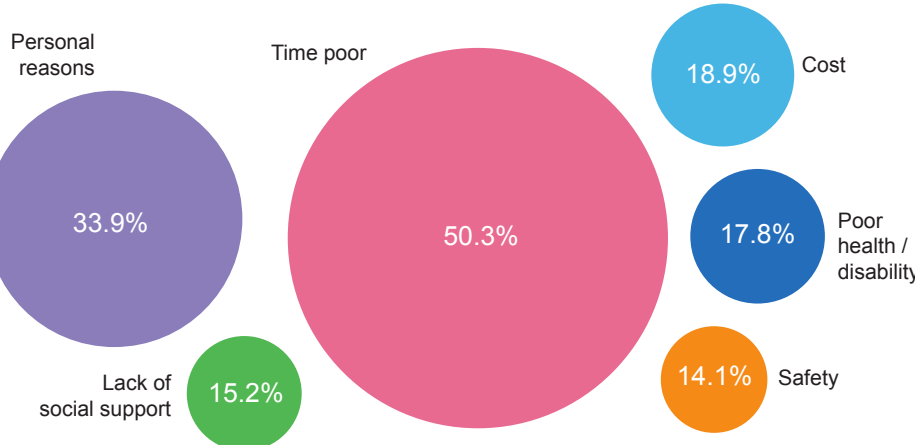
Physical activity profile - All residents

Most popular activities

(Percentage of residents participating once or more a year)



Barriers to being more active



Public facilities and open spaces - rate of use

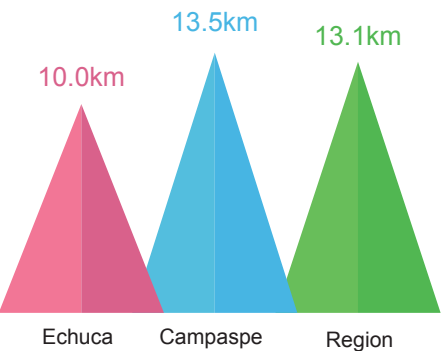
Footpaths	87.3%
Parks	76.2%
Off-road walking and cycling tracks	73.2%
Sports grounds, ovals and clubrooms	55.5%
Swimming pools / splash parks	47.4%
Indoor sports / leisure / fitness centres	46.5%
Community gardens	38.5%
Halls / community centres	30.5%
Hard courts (e.g. netball / tennis)	28.6%
Playgrounds	27.0%
Skateparks / BMX	14.1%
After hours usage of education facilities	13.5%

Adults physical activity - meets guidelines

Echuca: 57.9%
Campaspe: 55.4%
Region: 57.5%

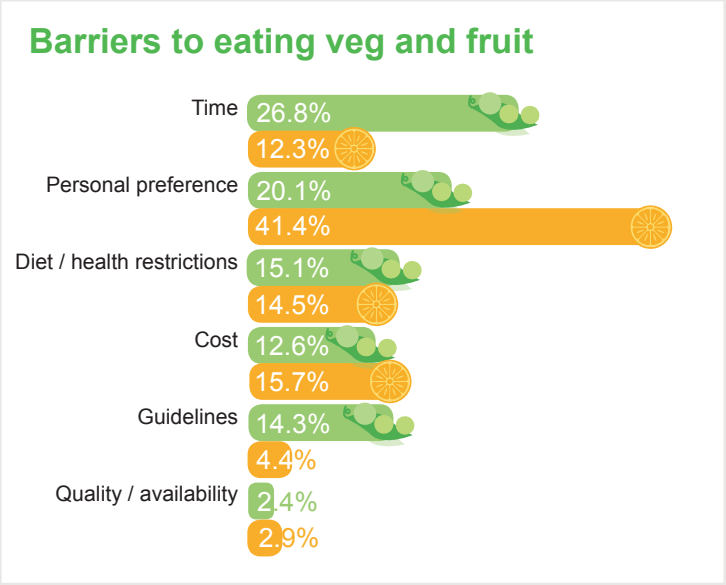
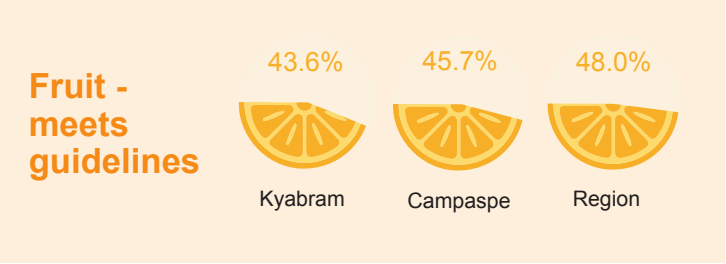
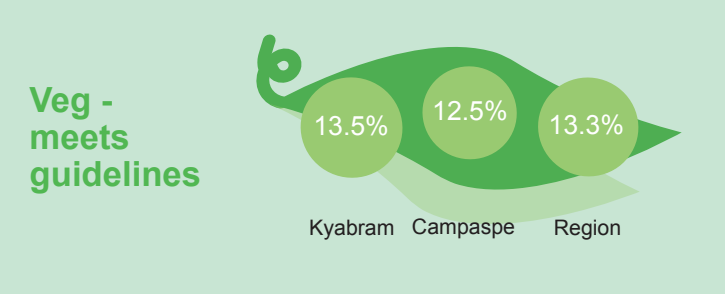
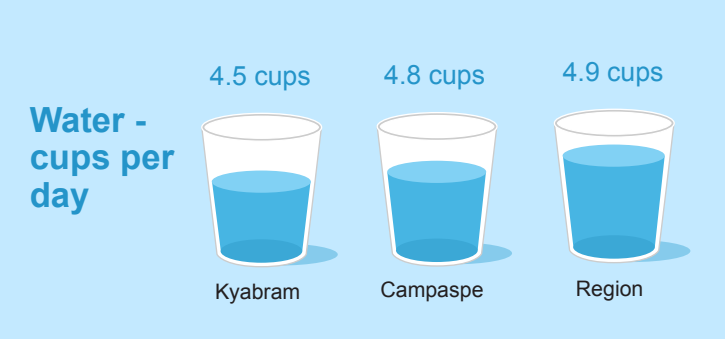
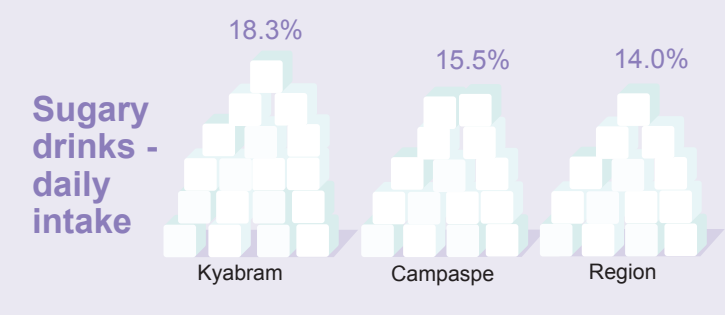
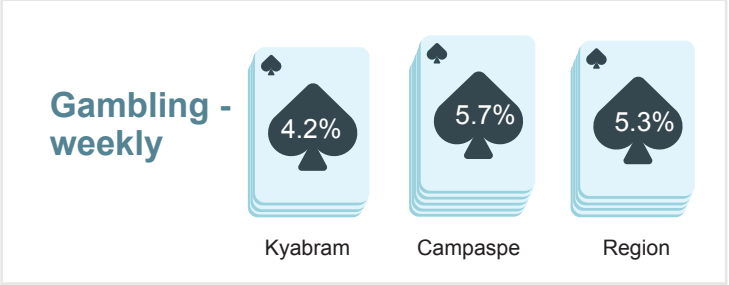
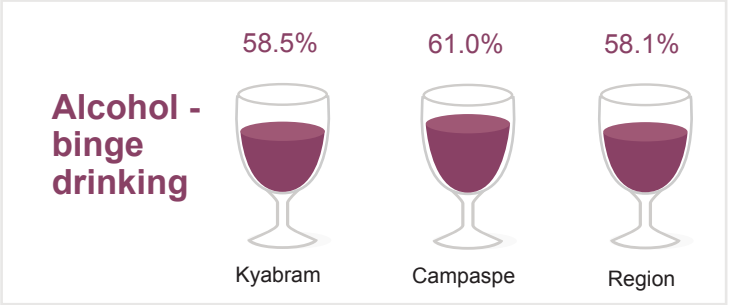
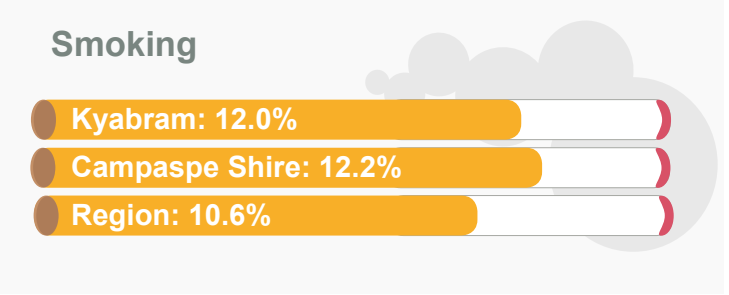
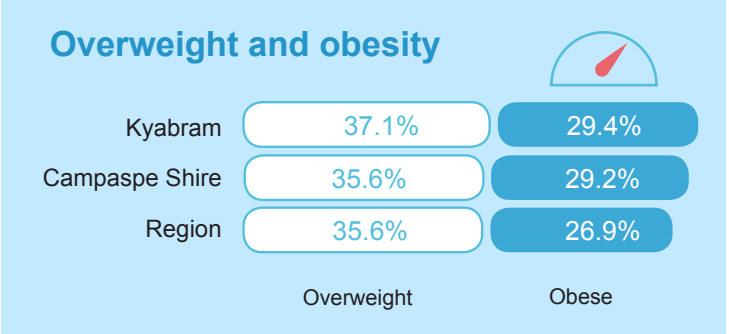
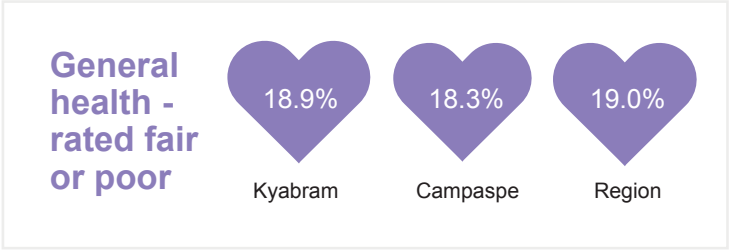
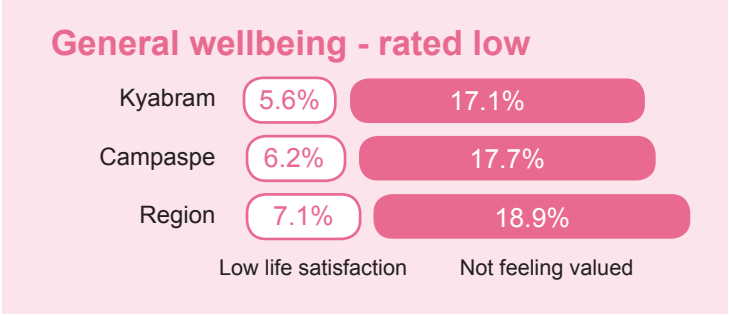
51.4% of residents want to be more active more often.

Travel to activities - average distance

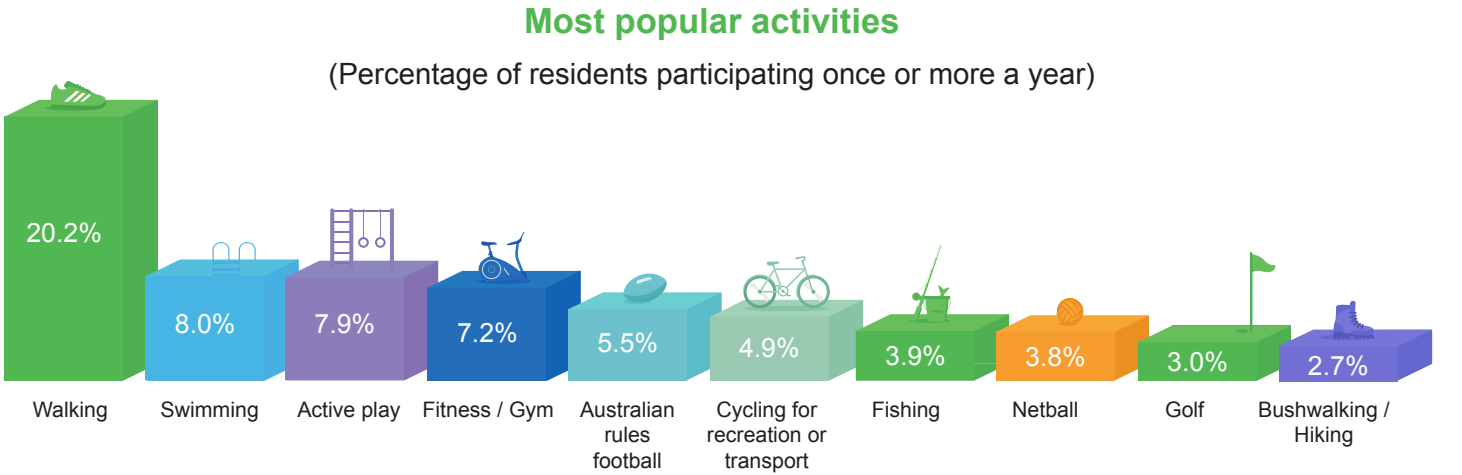


60.0% of residents use open spaces once a week or more.

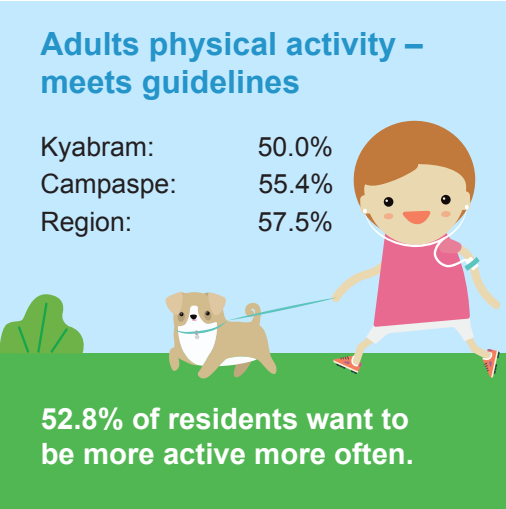
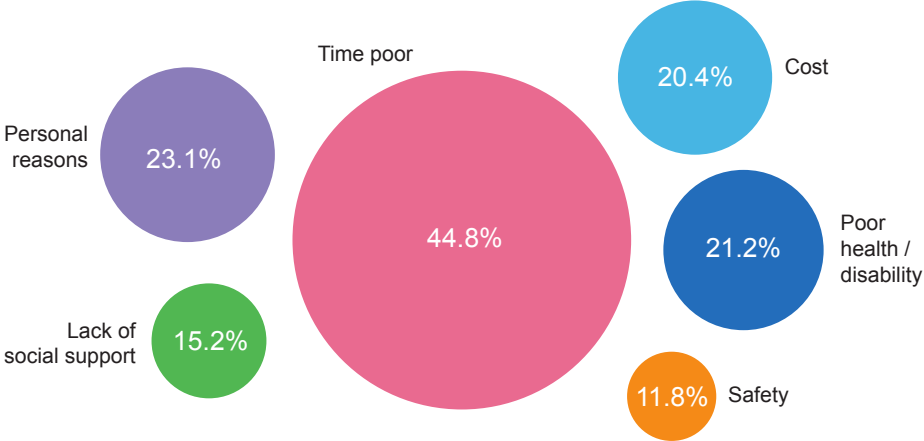
Health and wellbeing profile - Adults



Physical activity profile - All residents

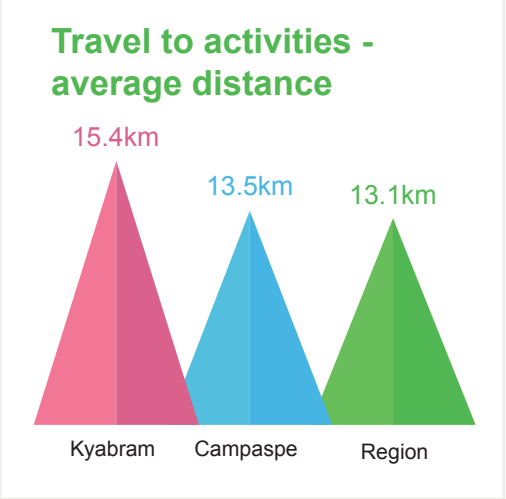


Barriers to being more active



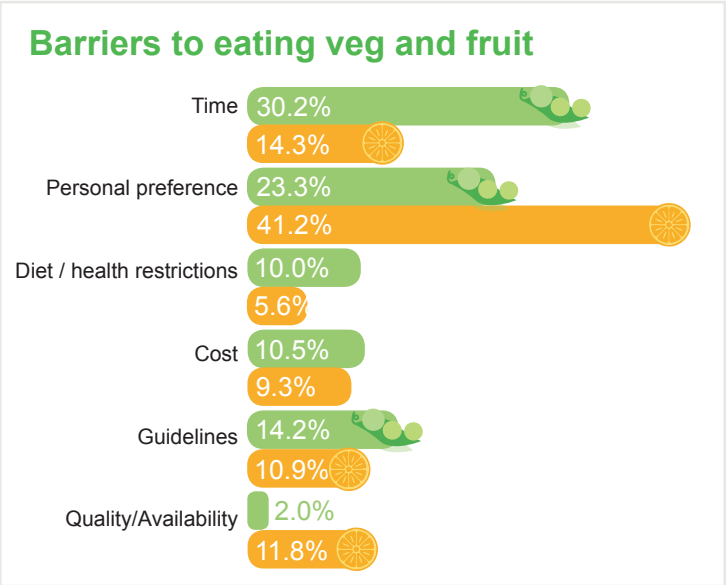
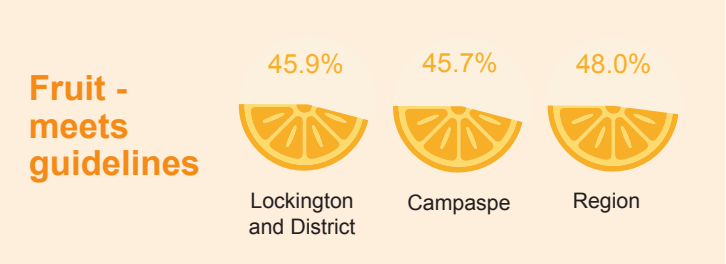
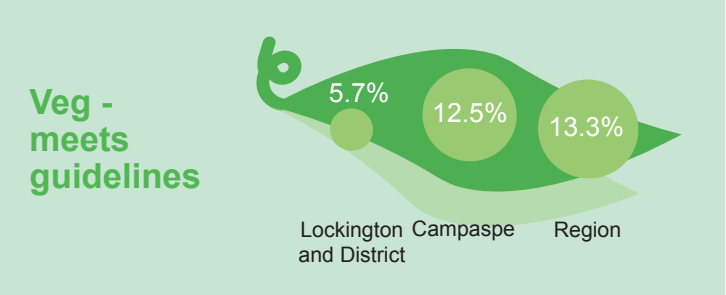
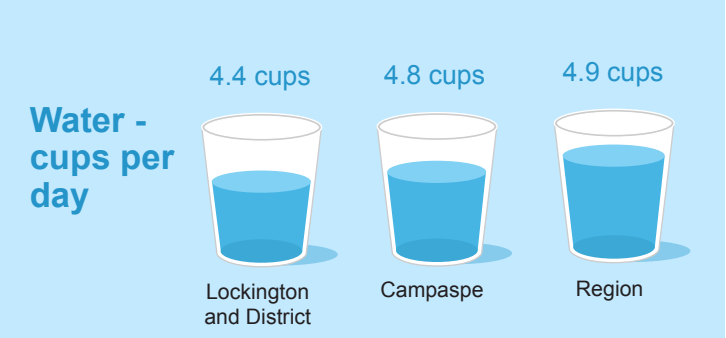
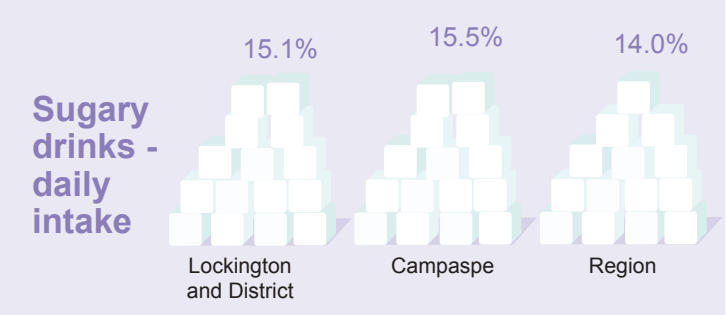
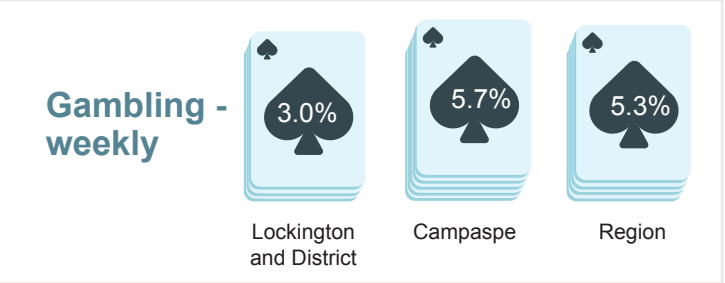
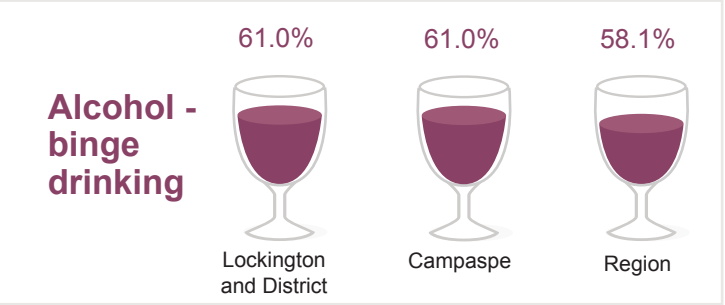
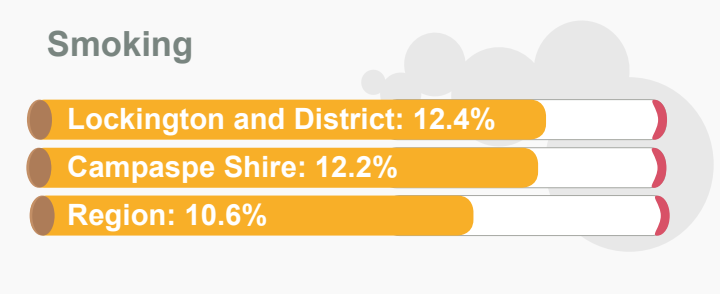
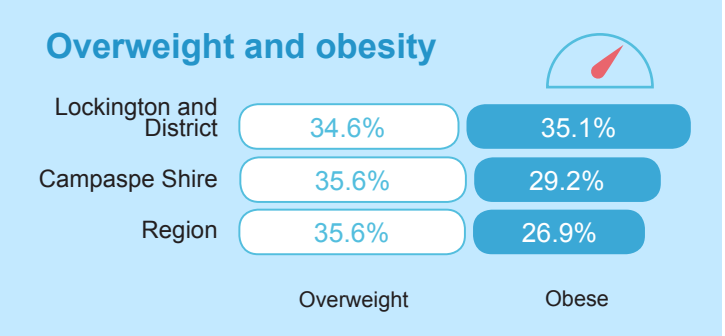
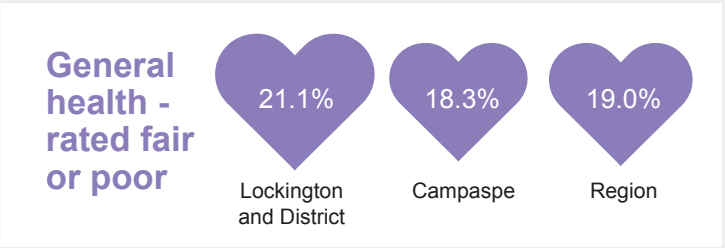
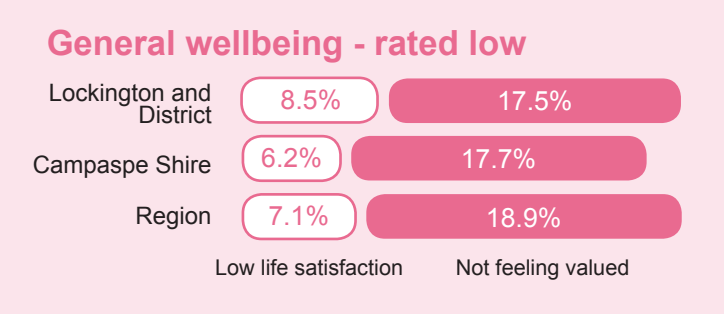
Public facilities and open spaces - rate of use

Footpaths	83.3%
Parks	69.3%
Sports grounds, ovals and clubrooms	65.1%
Off-road walking and cycling tracks	47.7%
Halls / community centres	43.1%
Swimming pools / splash parks	42.7%
Indoor sports / leisure / fitness centres	39.5%
Community gardens	38.0%
Hard courts (e.g. netball / tennis)	30.0%
Skateparks / BMX	21.1%
Playgrounds	18.5%
After hours usage of education facilities	15.5%

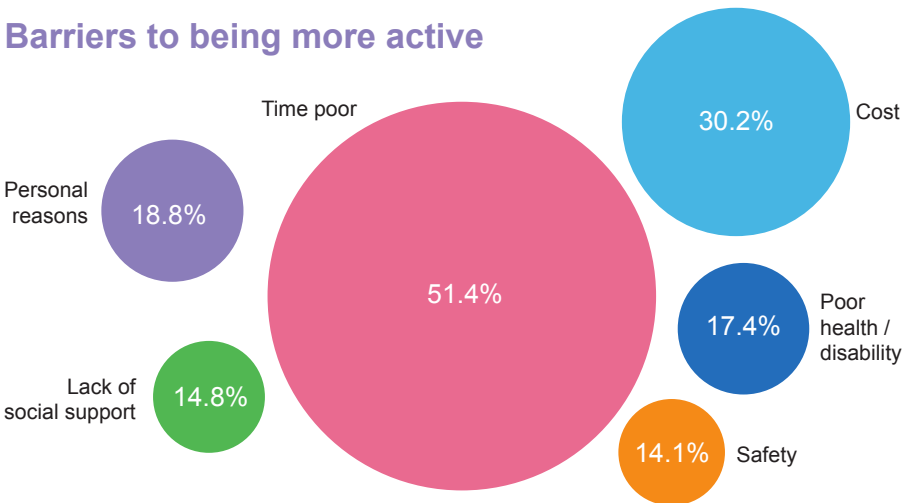
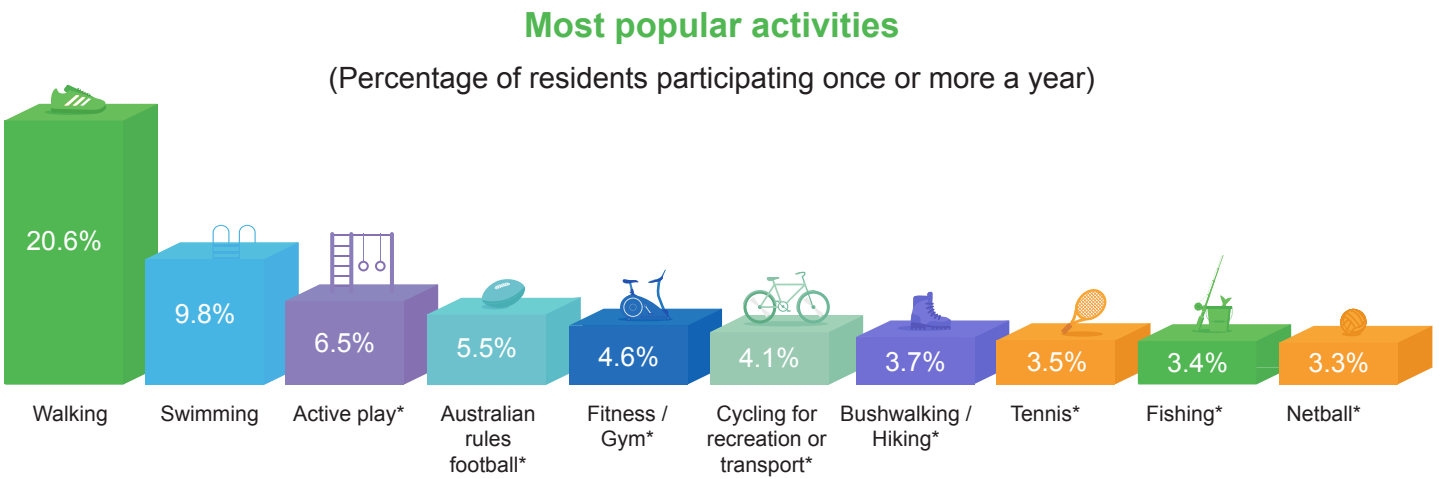


Lockington and District area includes Bamawm, Lockington, Gunbower, Kotta, Milloo, Tennyson, Patho & Torrumbarry. Findings for the Lockington and District area are based on 202 responses from people, or approximately 10.8% of the local population.

Health and wellbeing profile - Adults

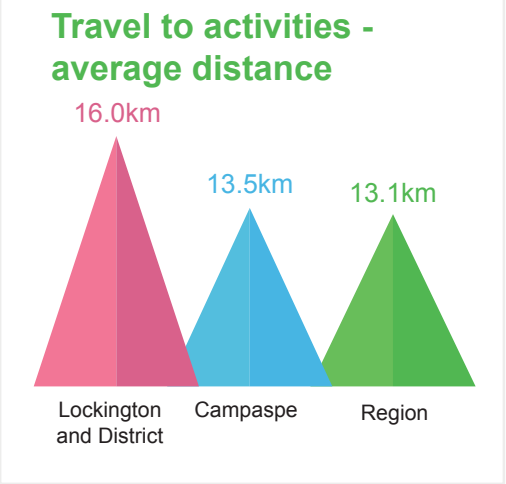
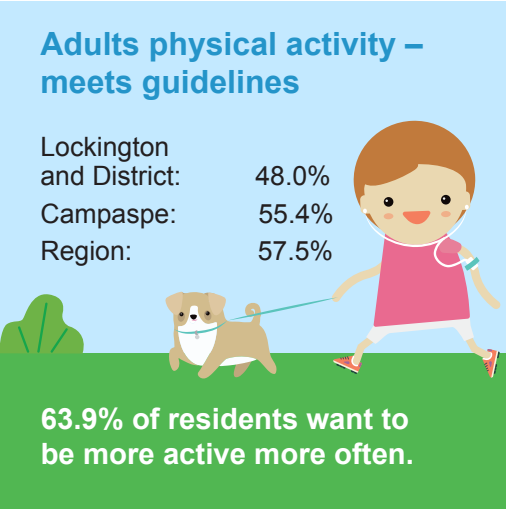


Physical activity profile - All residents



Public facilities and open spaces - rate of use

Footpaths	79.3%
Parks	70.9%
Sports grounds, ovals and clubrooms	70.3%
Off-road walking and cycling tracks	69.4%
Halls / community centres	66.2%
Swimming pools / splash parks	53.9%
Community gardens	42.4%
Hard courts (e.g. netball / tennis)	34.4%
Indoor sports / leisure / fitness centres	34.1%
Playgrounds	19.9%
Skateparks / BMX	17.9%
After hours usage of education facilities	17.6%

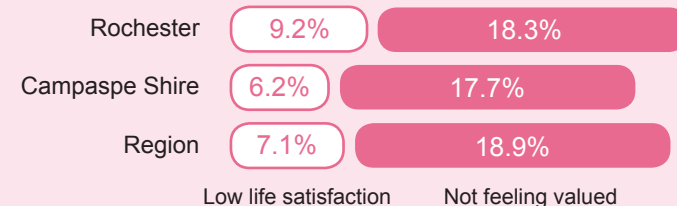


30 Note: Campaspe = Campaspe Shire; Region = Loddon Campaspe Region.

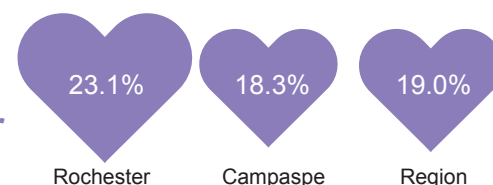
*Interpret findings with caution due to a small sample size.

Health and wellbeing profile - Adults

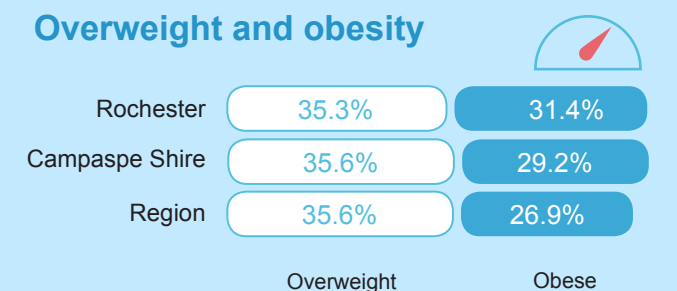
General wellbeing - rated low



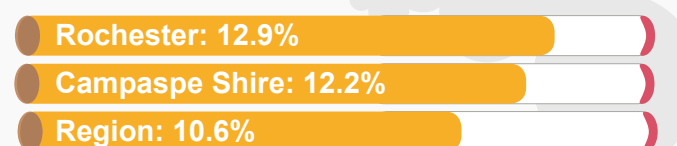
General health - rated fair or poor



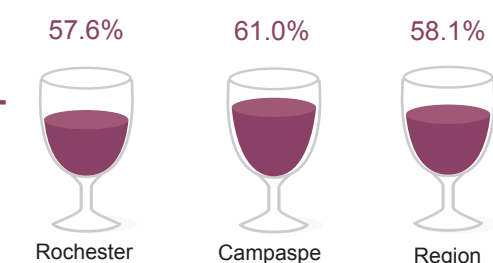
Overweight and obesity



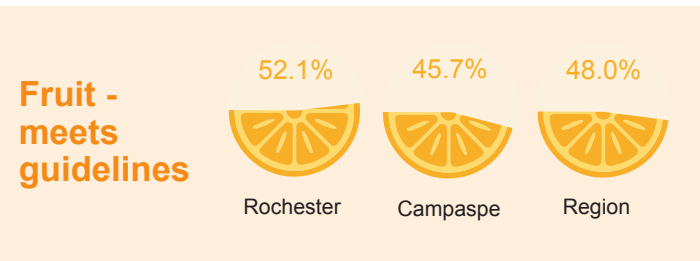
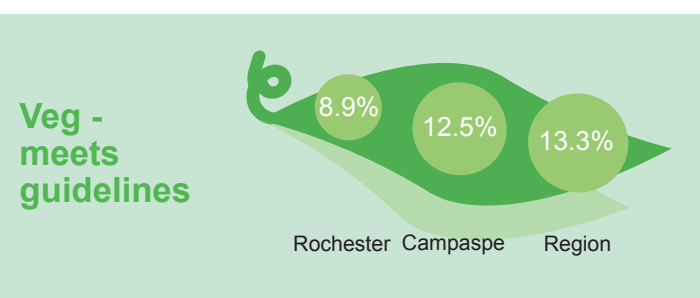
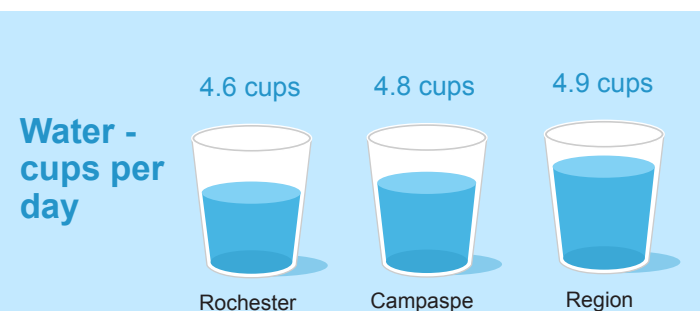
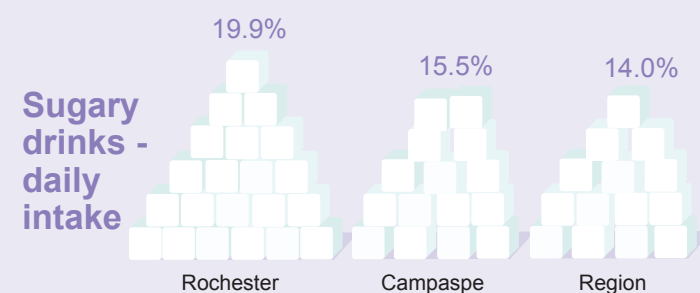
Smoking



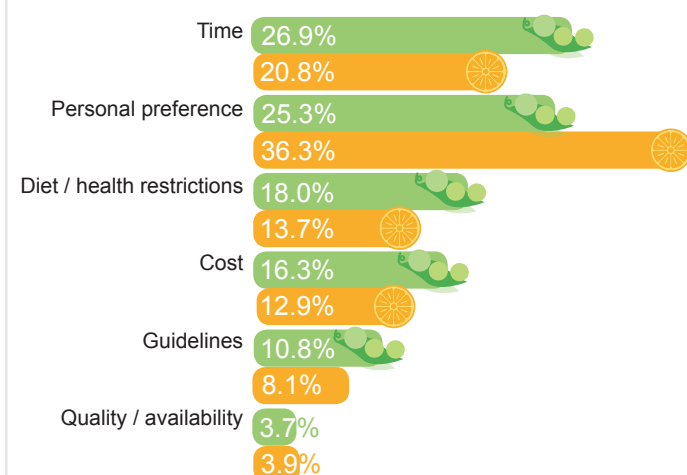
Alcohol - binge drinking



Gambling - weekly



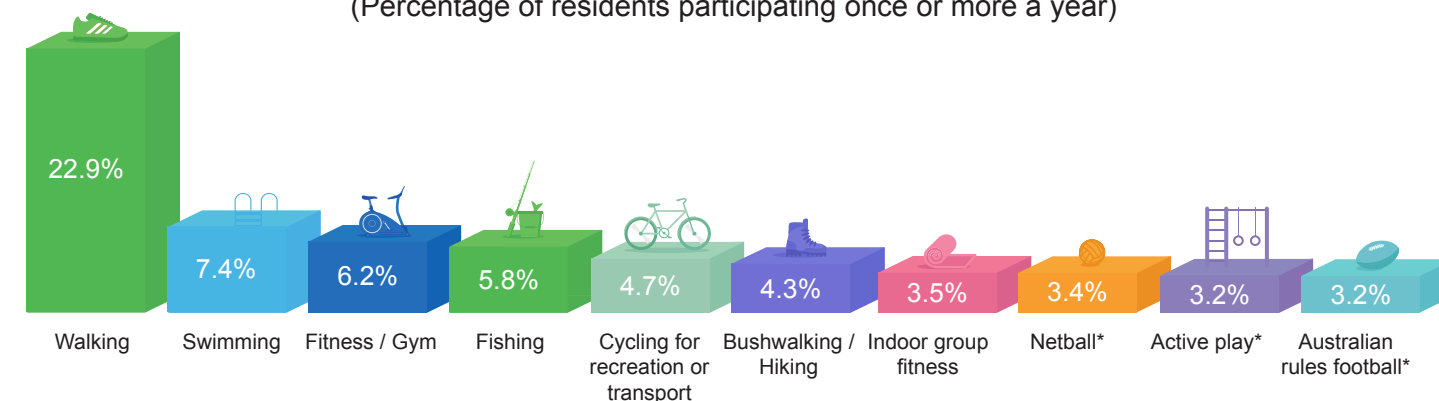
Barriers to eating veg and fruit



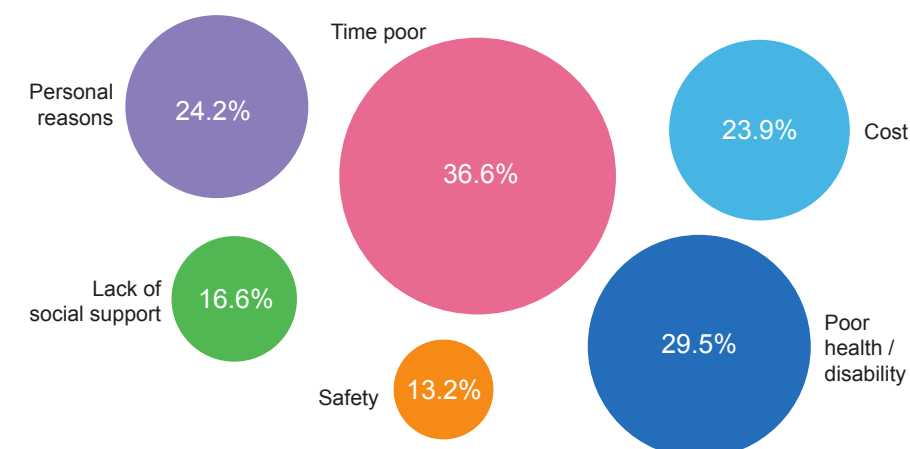
Physical activity profile - All residents

Most popular activities

(Percentage of residents participating once or more a year)



Barriers to being more active



Public facilities and open spaces - rate of use

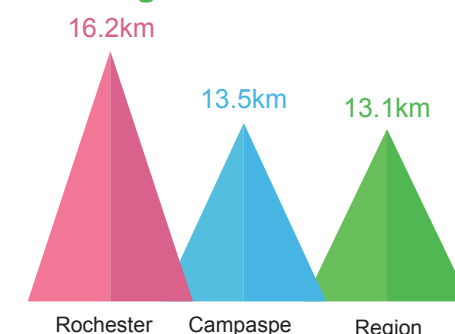
Footpaths	83.9%
Parks	66.7%
Off-road walking and cycling tracks	64.7%
Sports grounds, ovals and clubrooms	56.1%
Halls / community centres	54.8%
Swimming pools / splash parks	39.8%
Indoor sports / leisure / fitness centres	32.4%
Community gardens	30.2%
Hard courts (e.g. netball / tennis)	25.9%
Skateparks / BMX	20.3%
Playgrounds	20.3%
After hours usage of education facilities	9.7%

Adults physical activity - meets guidelines

Rochester: 55.9%
Campaspe: 55.4%
Region: 57.5%

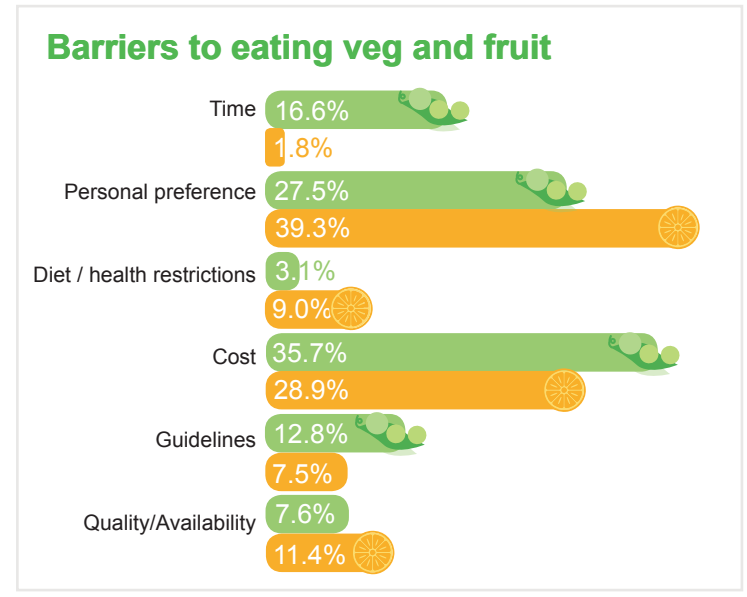
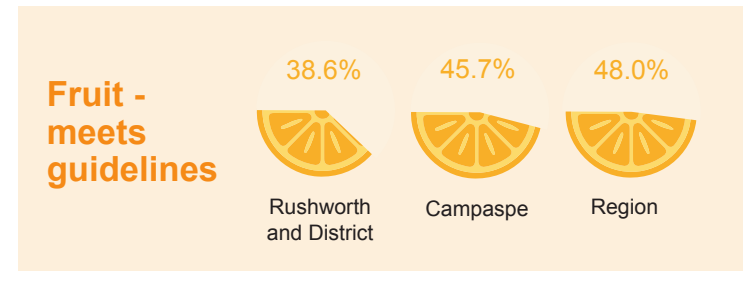
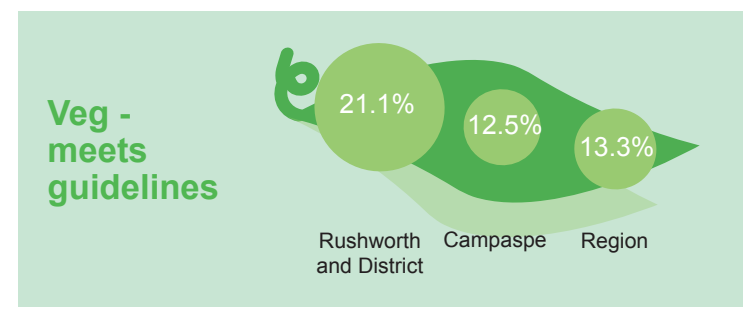
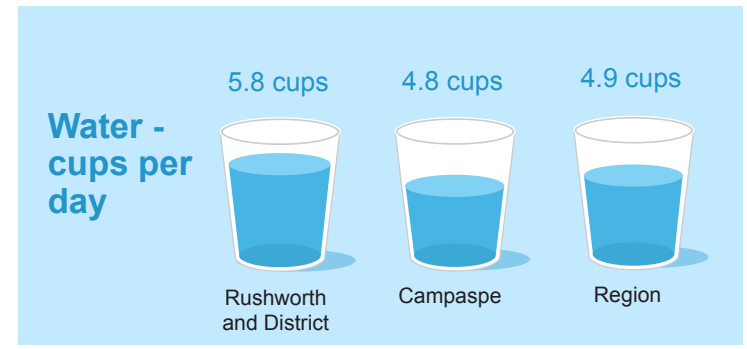
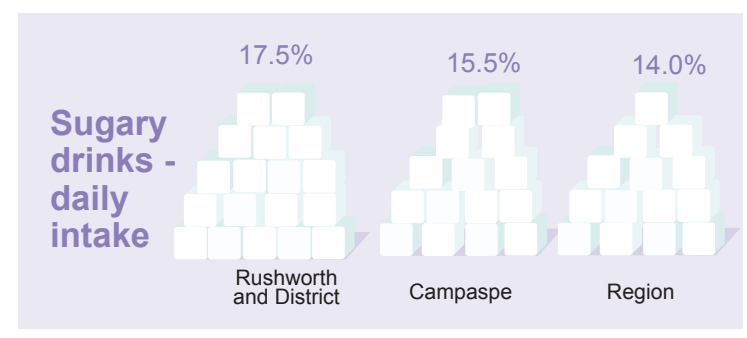
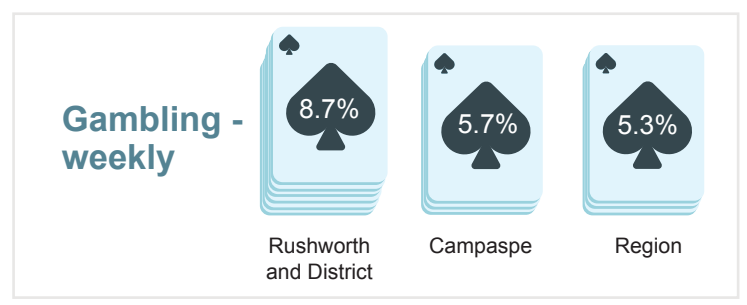
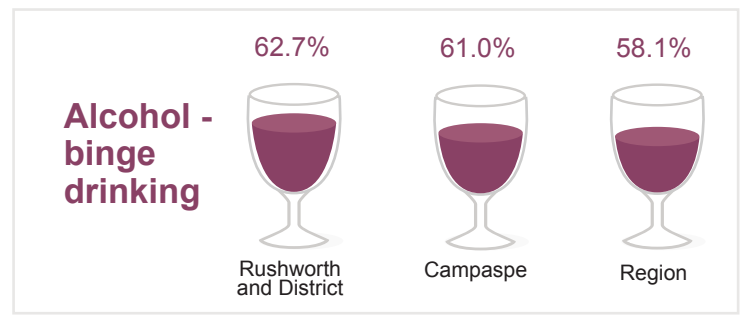
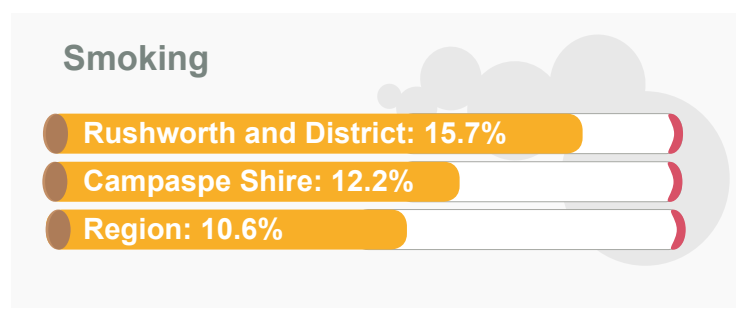
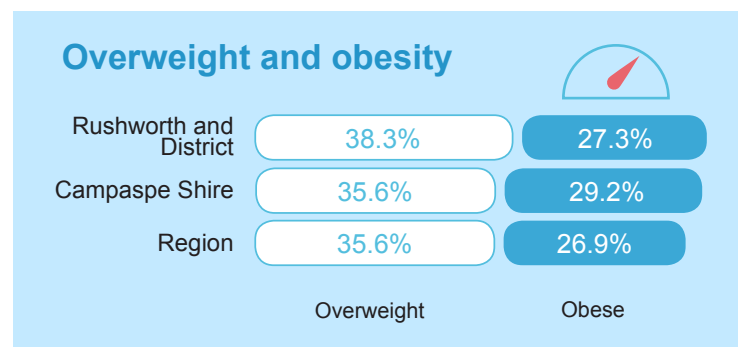
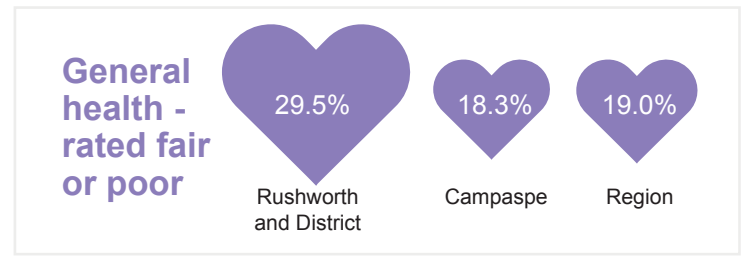
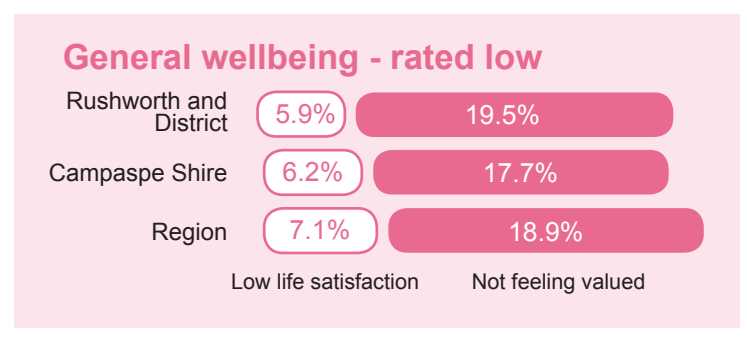
49.1% of residents want to be more active more often.

Travel to activities - average distance

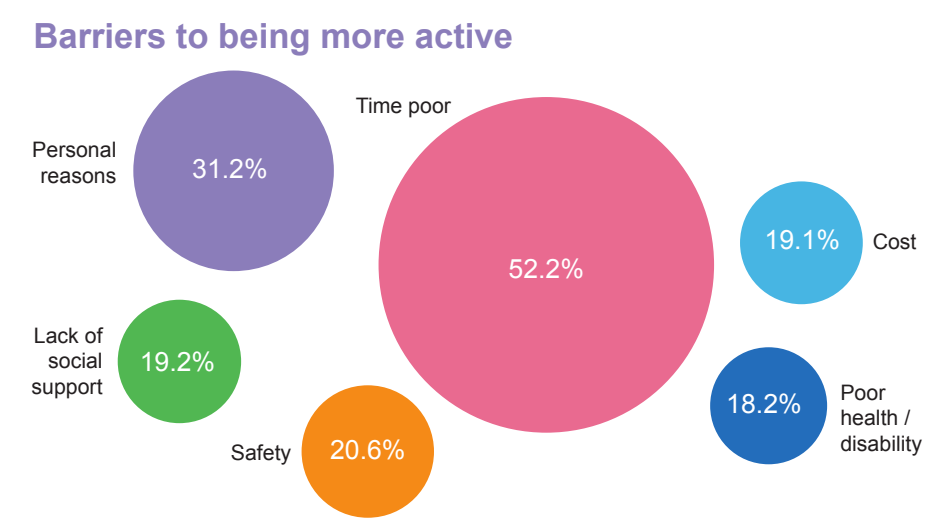
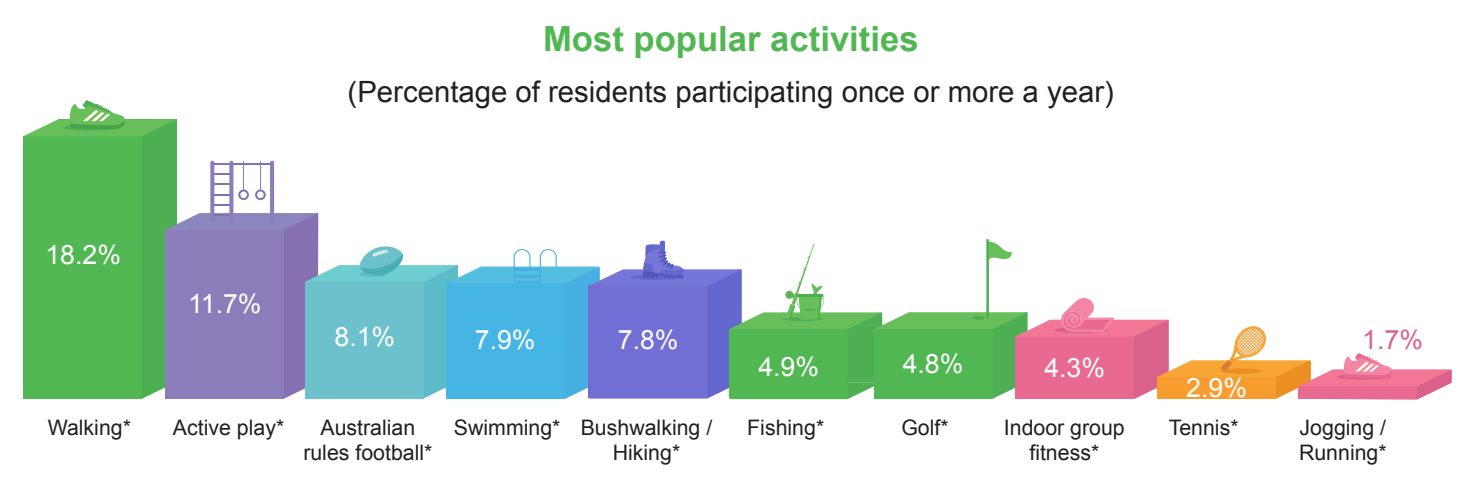


48.5% of residents use open spaces once a week or more.

Health and wellbeing profile - Adults

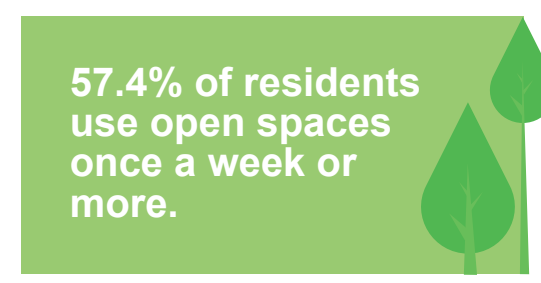
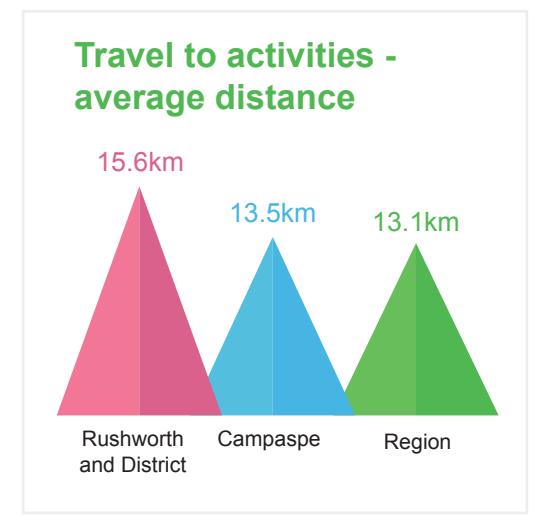
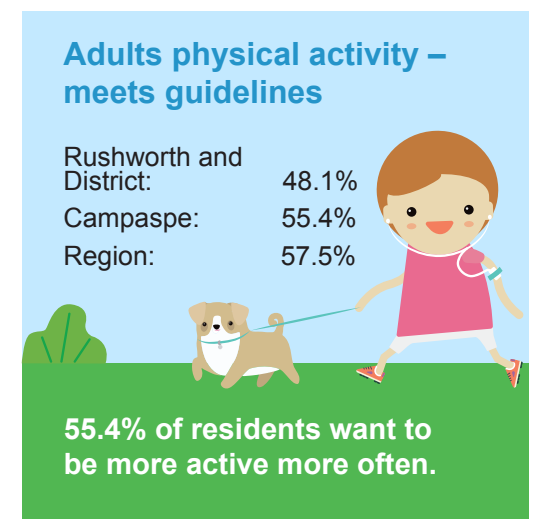


Physical activity profile - All residents



Public facilities and open spaces - rate of use

Facility	Rate of use
Footpaths	81.4%
Sports grounds, ovals and clubrooms	68.3%
Off-road walking and cycling tracks	64.6%
Parks	64.1%
Halls / community centres	51.8%
Swimming pools / splash parks	51.6%
Community gardens	34.4%
Playgrounds	23.1%
Hard courts (e.g. netball / tennis)	22.6%
Skateparks / BMX	17.5%
Indoor sports / leisure / fitness centres	13.4%
After hours usage of education facilities	6.8%

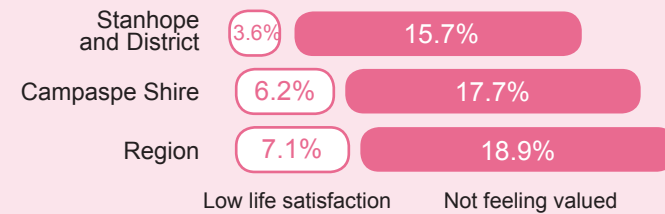


34 Note: Campaspe = Campaspe Shire; Region = Loddon Campaspe Region.

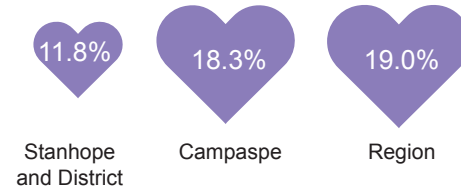
*Interpret findings with caution due to a small sample size.

Health and wellbeing profile - Adults

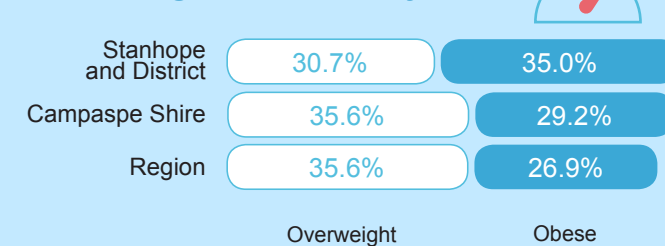
General wellbeing - rated low



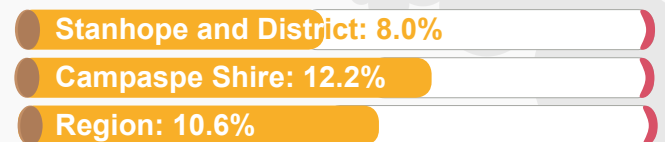
General health - rated fair or poor



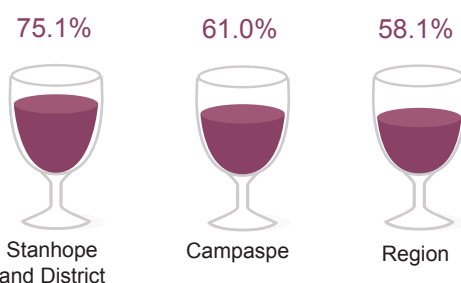
Overweight and obesity



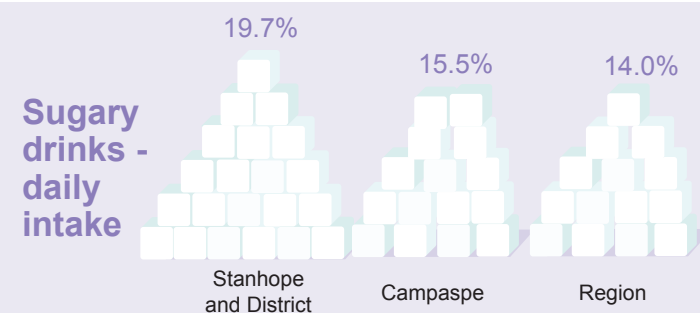
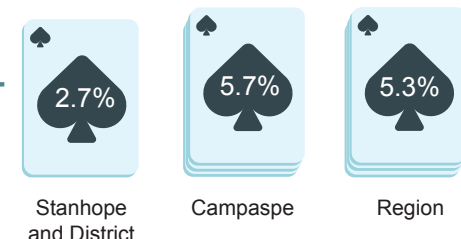
Smoking



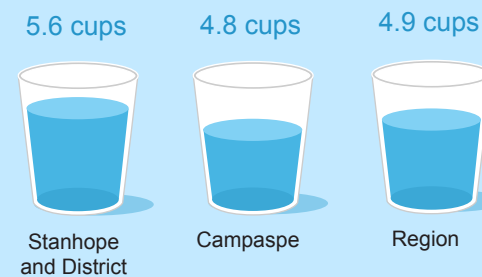
Alcohol - binge drinking



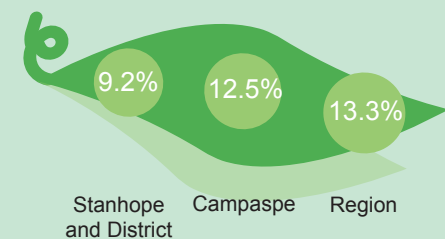
Gambling - weekly



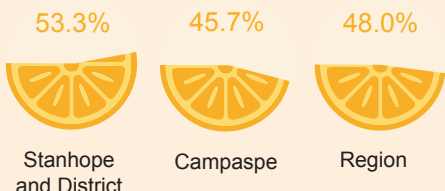
Water - cups per day



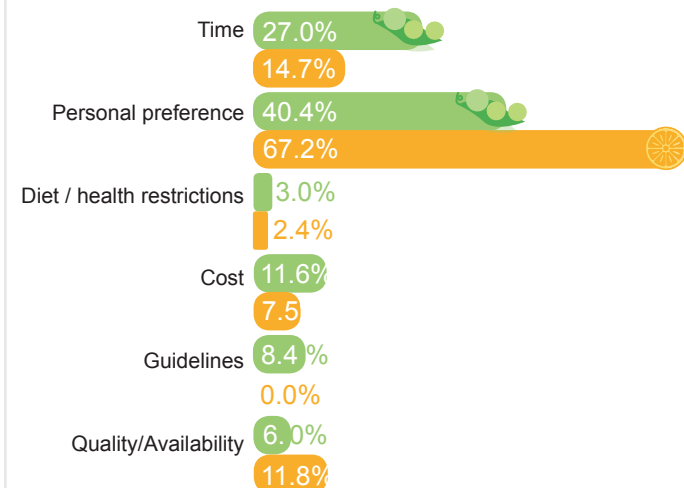
Veg - meets guidelines



Fruit - meets guidelines



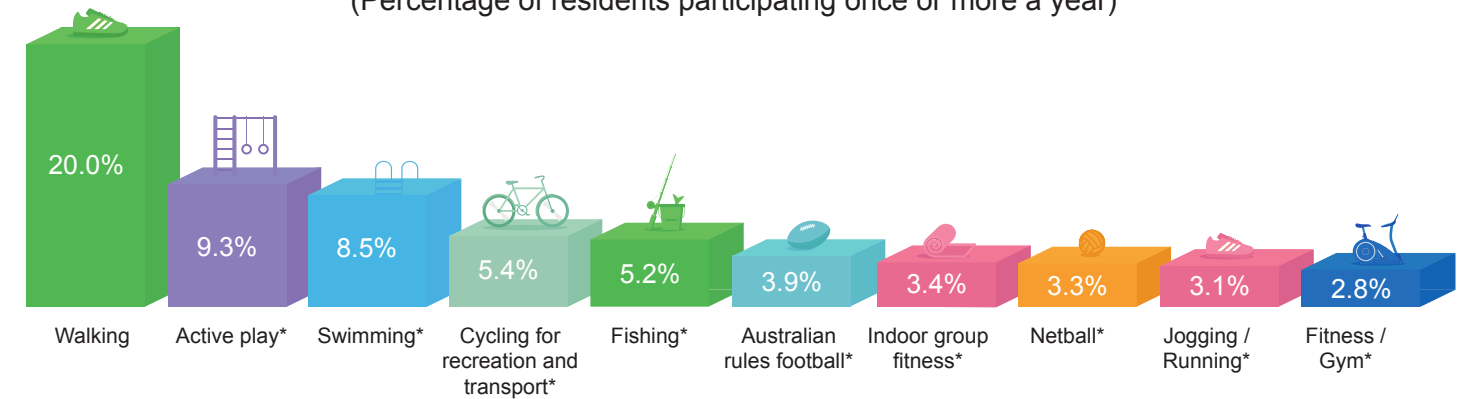
Barriers to eating veg and fruit



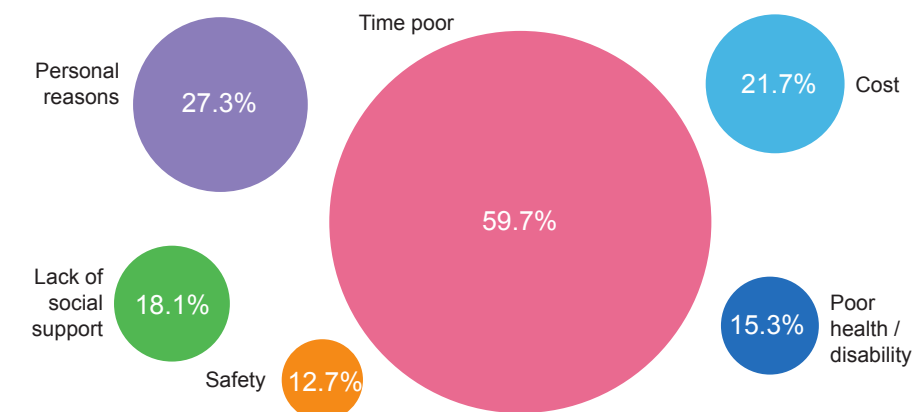
Physical activity profile - All residents

Most popular activities

(Percentage of residents participating once or more a year)



Barriers to being more active



Public facilities and open spaces - rate of use

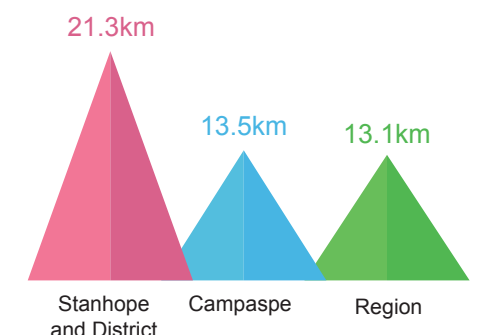
Footpaths	82.3%
Parks	73.4%
Sports grounds, ovals and clubrooms	72.0%
Halls / community centres	67.9%
Off-road walking and cycling tracks	57.4%
Swimming pools / splash parks	48.5%
Community gardens	37.4%
Hard courts (e.g. netball / tennis)	30.3%
Indoor sports / leisure / fitness centres	22.1%
Playgrounds	20.5%
Skateparks / BMX	13.2%
After hours usage of education facilities	9.0%

Adults physical activity - meets guidelines

Stanhope and District: 63.4%
Campaspe: 55.4%
Region: 57.5%

45.5% of residents want to be more active more often.

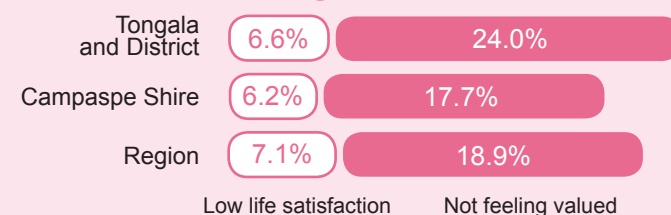
Travel to activities - average distance



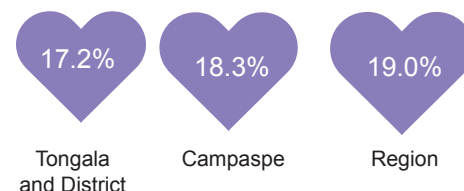
52.4% of residents use open spaces once a week or more.

Health and wellbeing profile - Adults

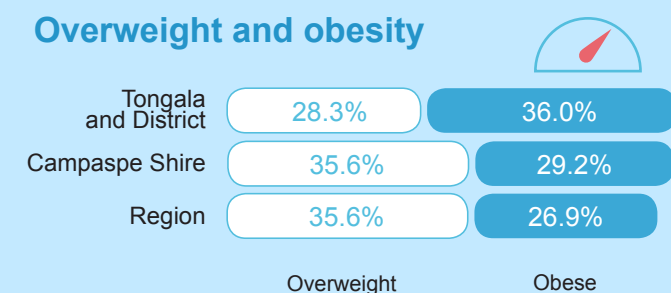
General wellbeing - rated low



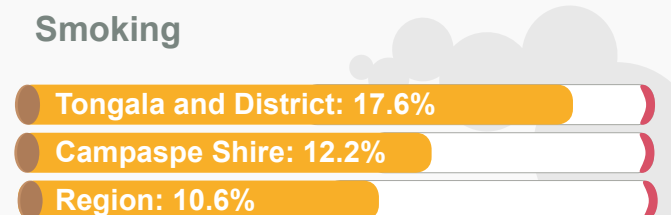
General health - rated fair or poor



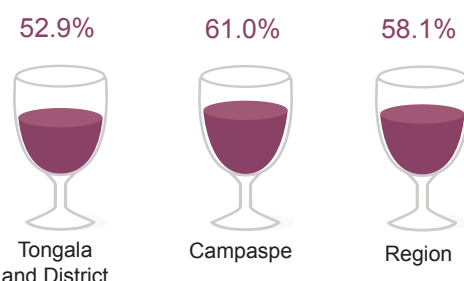
Overweight and obesity



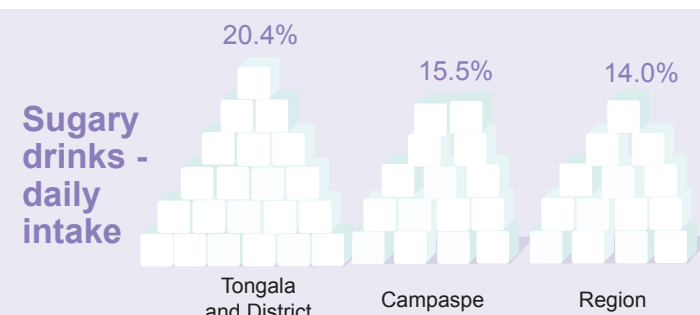
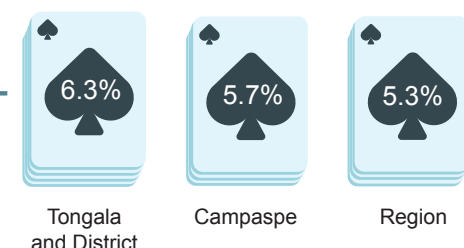
Smoking



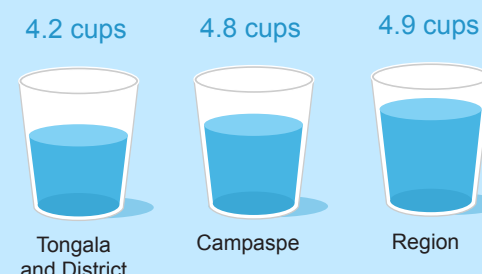
Alcohol - binge drinking



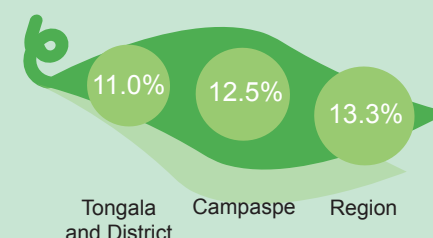
Gambling - weekly



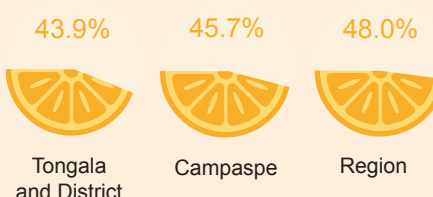
Water - cups per day



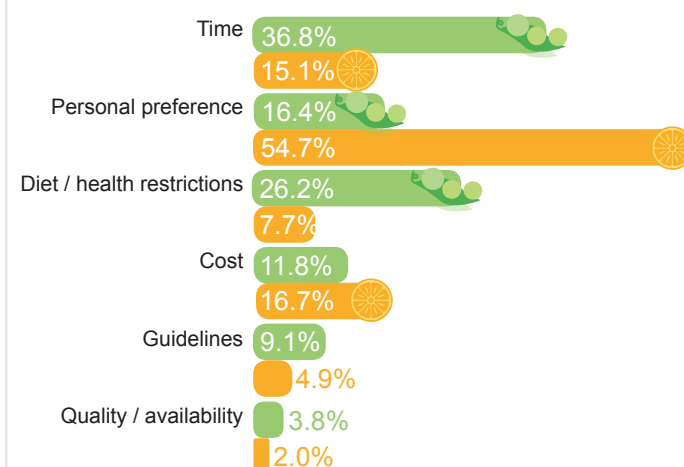
Veg - meets guidelines



Fruit - meets guidelines



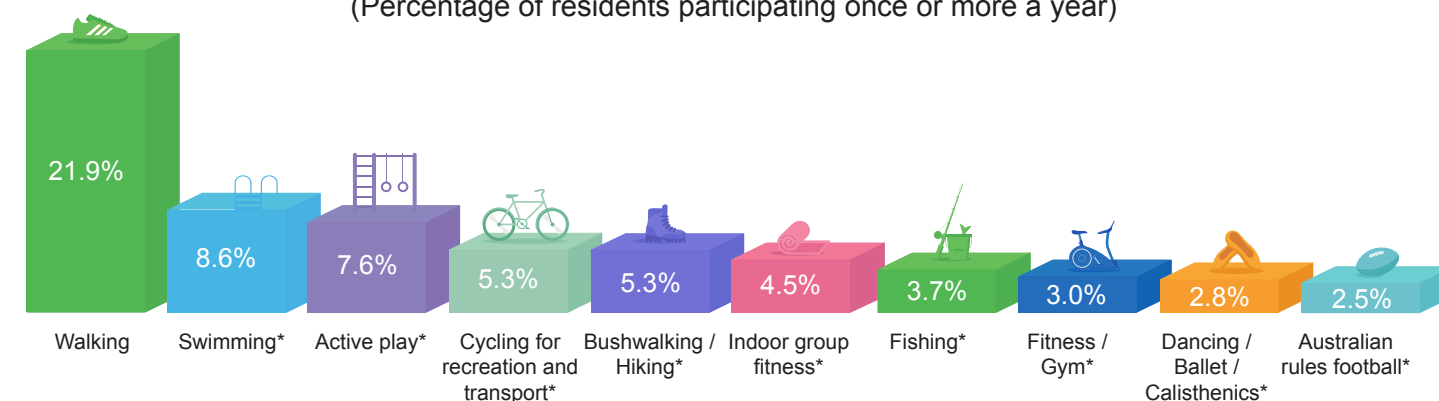
Barriers to eating veg and fruit



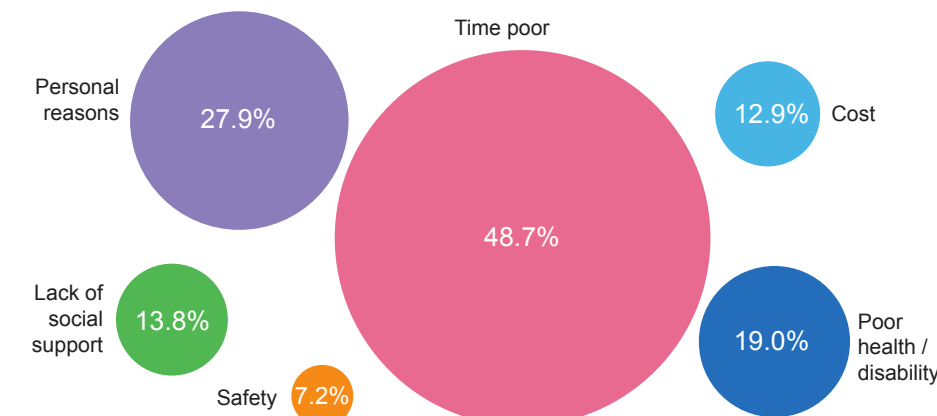
Physical activity profile - All residents

Most popular activities

(Percentage of residents participating once or more a year)



Barriers to being more active



Public facilities and open spaces - rate of use

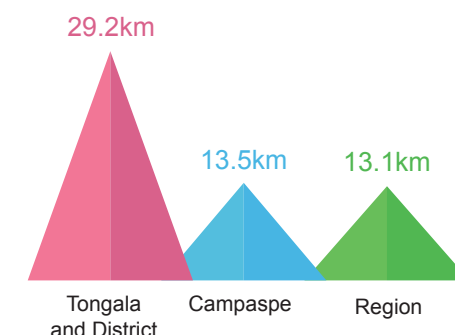
Footpaths	79.0%
Parks	73.3%
Off-road walking and cycling tracks	56.6%
Sports grounds, ovals and clubrooms	53.4%
Halls / community centres	48.4%
Swimming pools / splash parks	35.2%
Community gardens	34.7%
Indoor sports / leisure / fitness centres	30.3%
Hard courts (e.g. netball / tennis)	26.5%
Playgrounds	15.4%
Skateparks / BMX	10.3%
After hours usage of education facilities	7.4%

Adults physical activity - meets guidelines

Tongala and District: 57.3%
Campaspe: 55.4%
Region: 57.5%

59.3% of residents want to be more active more often.

Travel to activities - average distance

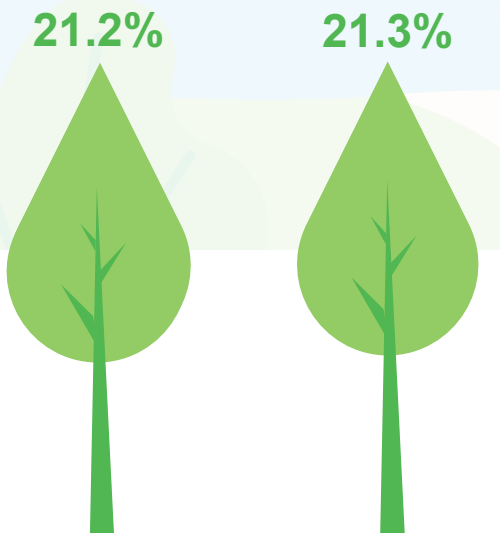


41.3% of residents use open spaces once a week or more.

Walking in Campaspe

Participation in walking

Walking is the most popular physical activity among Campaspe Shire residents with 21.2% of the population reporting that they went walking for exercise in the previous 12 months.



Walking is most popular among residents of:

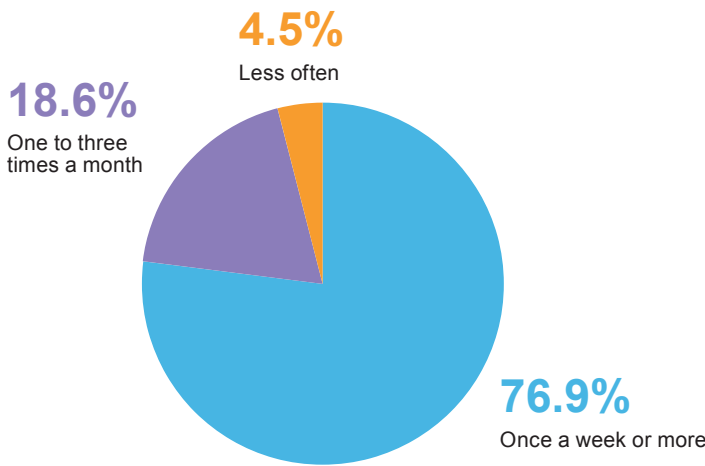


Walking is least popular among residents of:



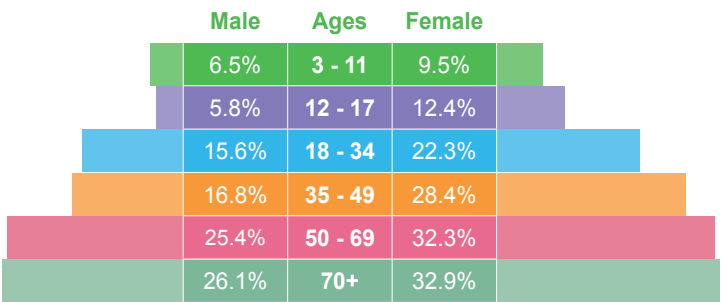
How often?

Most residents who reported walking for exercise in the past 12 months did so once a week or more.



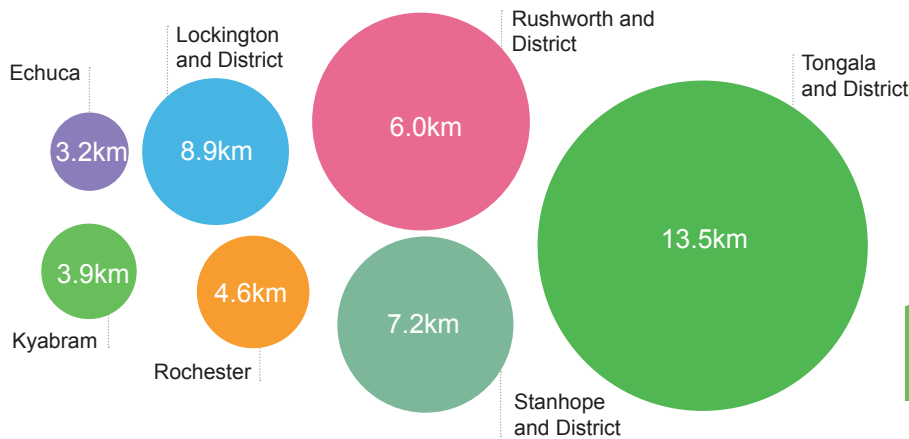
Who?

Walking is popular amongst all age groups and genders, although more females than males walk. Females aged 70 plus reported the highest rates of walking.



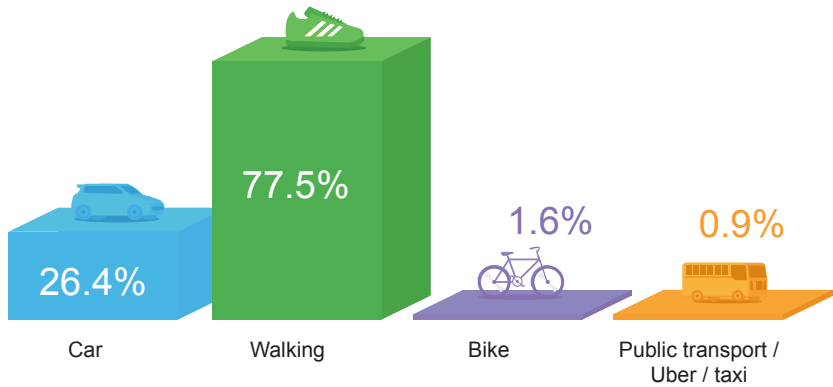
How far do people travel?

The average distance residents travel to a walking activity is 4.6km ranging from 3.2km in Echuca to 13.5km in Tongala and District.



How do people get there?

Most residents do not use any other form of transport when walking for exercise.



Note: Numbers total over 100% as some people use multiple forms of transport.

How do people rate walking facilities?

Over 69% of residents who walk for exercise rate the walking facilities they use as good or excellent, in terms of their quality and over 81% rate them as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

Facility quality rating

Highest quality

Tongala and District	78.4%
Stanhope and District	73.3%

Lowest quality

Kyabram	64.1%
Rushworth and District	64.4%

Facility accessibility rating

Highest accessibility

Tongala and District	89.5%
Kyabram	85.4%
Stanhope and District	85.0%

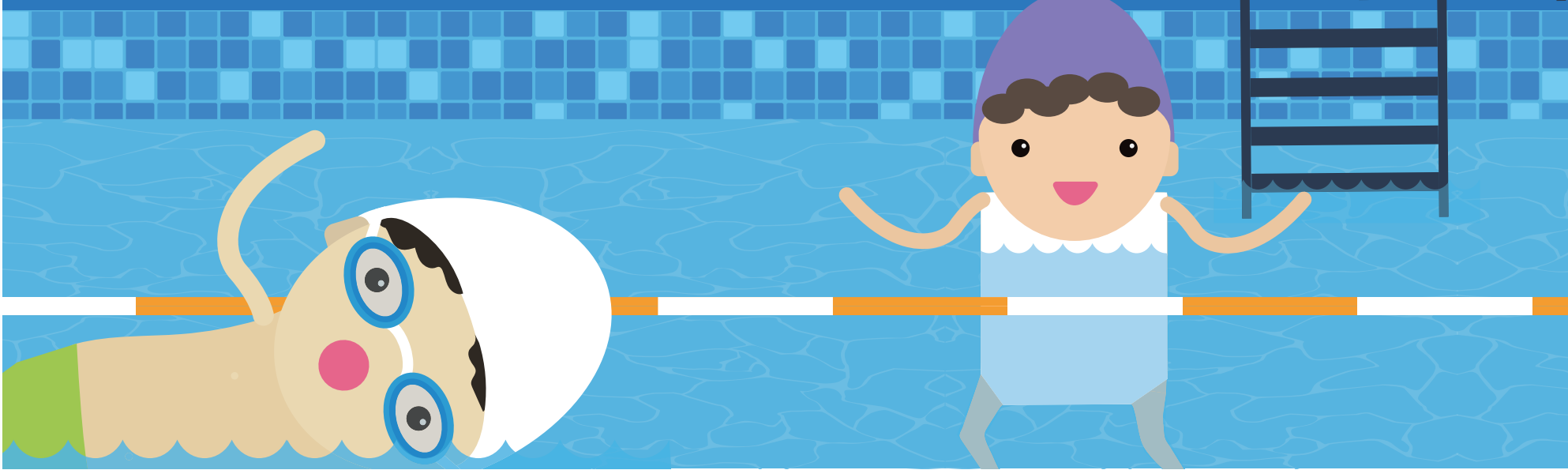
Lowest accessibility

Rushworth and District	73.6%
Lockington and District	74.2%

Swimming in Campaspe

Participation in swimming

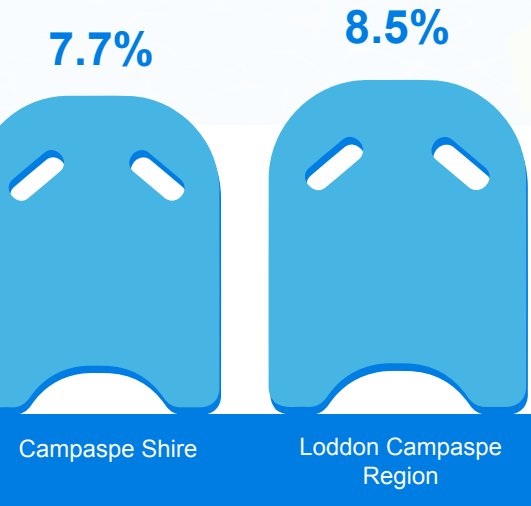
Swimming is the second most popular physical activity among Campaspe Shire residents with 7.7% of the population reporting that they went swimming in the previous 12 months.



How do people rate swimming facilities?

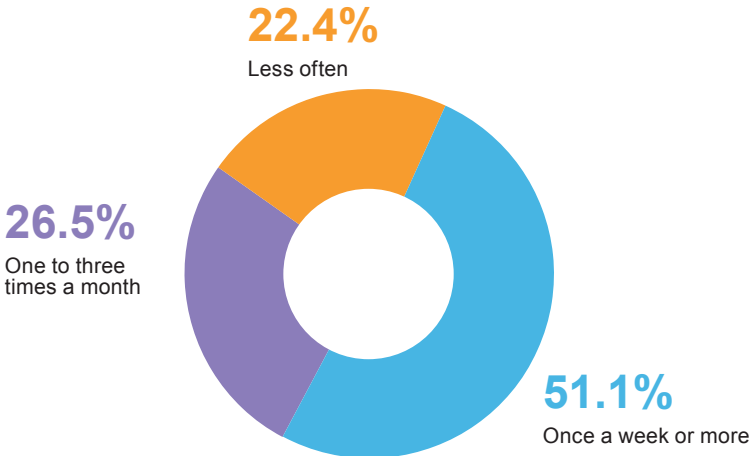
Nearly 80% of residents who reported swimming for exercise rate the swimming facilities they use as good or excellent in terms of their quality and over 85% rate them as good or excellent in terms of their accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.



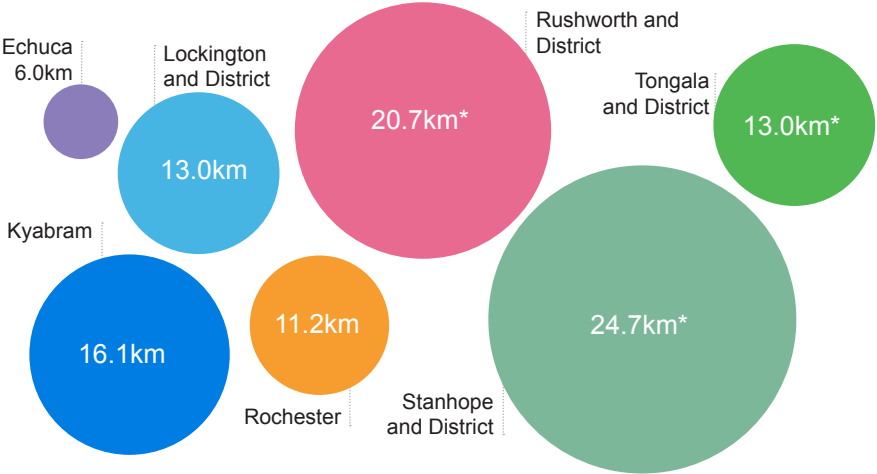
How often?

Over half of all residents who reported swimming for exercise in the past 12 months do so once a week or more.



How far do people travel?

The average distance residents travel to a swimming activity is 10.8km ranging from 6km in Echuca to 24.7km in Stanhope and District.



Facility quality rating

Highest quality

Echuca	87.1%
Stanhope and District	85.2%*

Lowest quality

Lockington and District	57.9%
Kyabram	66.5%

Facility accessibility rating

Highest accessibility

Kyabram	89.7%
Echuca	88.3%
Rochester	86.4%

Lowest accessibility

Stanhope and District	64.4%*
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Swimming is most popular among residents of:



Swimming is least popular among residents of:



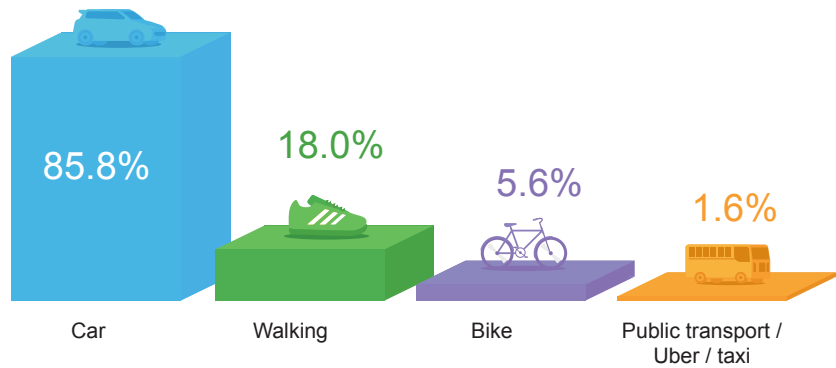
Who?

Swimming is popular amongst all ages and genders. Males and females aged 3 to 11 reported the highest rates of swimming.

	Male	Ages	Female	
	15%	3 - 11	15.3%	
	5.1%	12 - 17	9.0%	
	3.8%	18 - 34	7.5%	
	6.3%	35 - 49	7.5%	
	7.0%	50 - 69	7.8%	
	3.8%	70+	3.2%	

How do people get there?

Most residents use a car to get to their swimming activity.



Note: Numbers total over 100% as some people use multiple forms of transport.

*Interpret findings with caution due to a small sample size.

Fitness / gym in Campaspe

Participation in fitness / gym

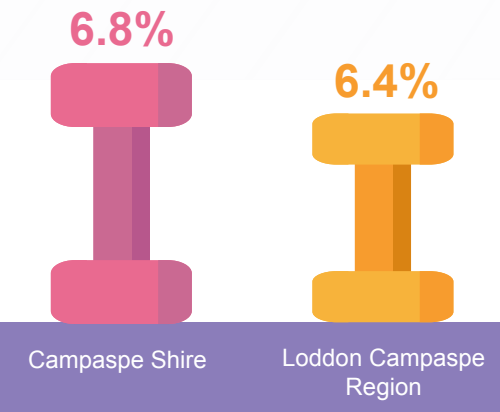
Fitness / gym is the third most popular physical activity among Campaspe Shire residents with 6.8% of the population reporting that they went to a fitness / gym facility in the previous 12 months.



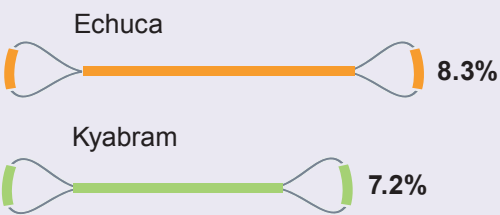
How do people rate fitness / gym facilities?

Over 96% of residents who reported fitness / gym activities for exercise rate the facilities they use as good or excellent in terms of their quality and over 92.5% rate them as good or excellent in terms of accessibility.

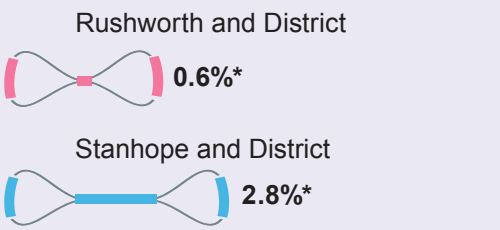
The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.



Fitness / gym is most popular among residents of:

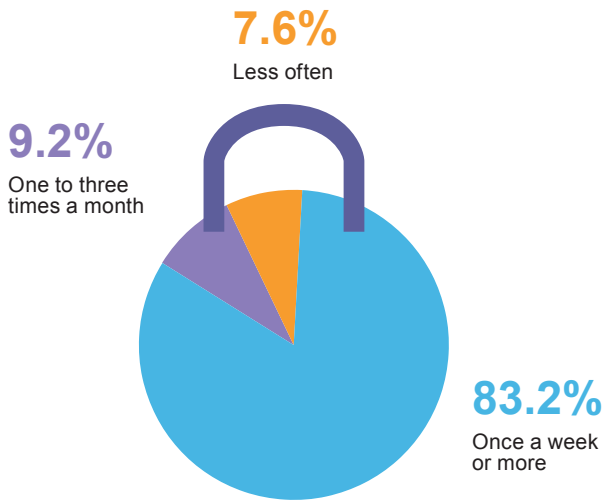


Fitness / gym is least popular among residents of:



How often?

Most residents who participated in fitness / gym in the past 12 months do so once a week or more.



Who?

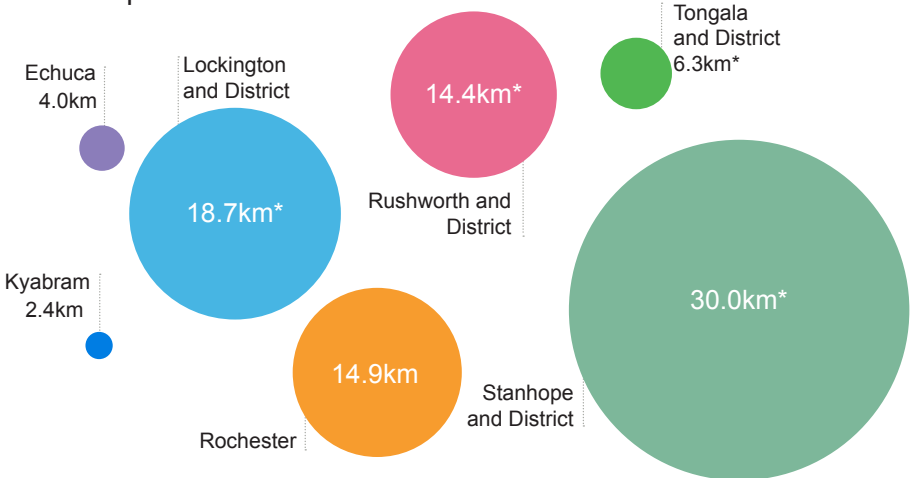
Males and females of all age groups participate in fitness / gym activities. Fitness / gym is most popular among males and females aged 18 to 34 with females participating at a higher rate than males.

	Male	Ages	Female
	0.3%	3 - 11	0.5%
	4.2%	12 - 17	6.9%
	12.1%	18 - 34	13.0%
	7.4%	35 - 49	9.0%
	4.3%	50 - 69	8.0%
	2.9%	70+	4.7%

*Interpret findings with caution due to a small sample size.

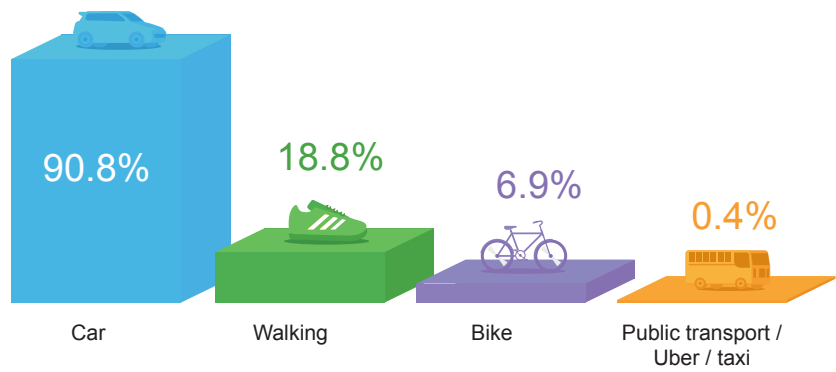
How far do people travel?

The average distance residents travel to a fitness / gym facility is 6.1km ranging from 2.4km in Kyabram to 30.0km in Stanhope and District.



How do people get there?

Most residents use a car to get to their fitness / gym activity.



Note: Numbers total over 100% as some people use multiple forms of transport.

Facility quality rating

Highest quality

Lockington and District	100%*
Stanhope and District	100%*
Kyabram	99.4%

Lowest quality

Rushworth and District	18.5%*
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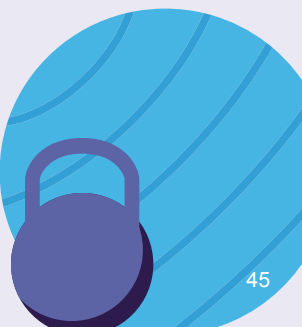
Facility accessibility rating

Highest accessibility

Stanhope and District	100%*
Kyabram	99.7%

Lowest accessibility

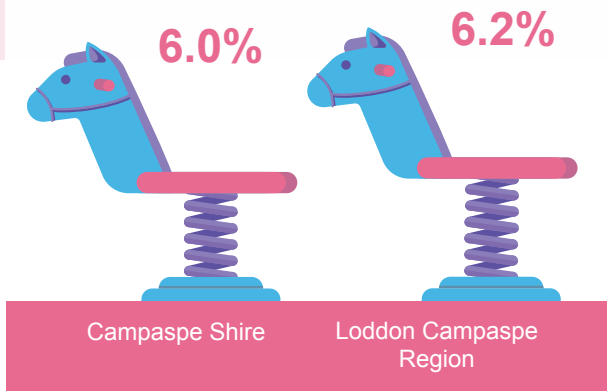
Rushworth and District	63.9%*
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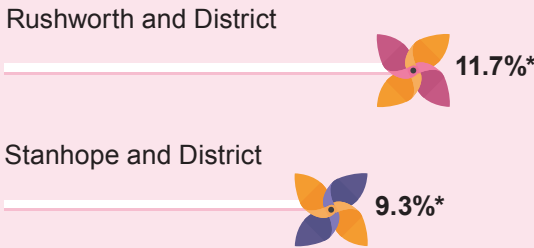
Active play in Campaspe

Participation in active play

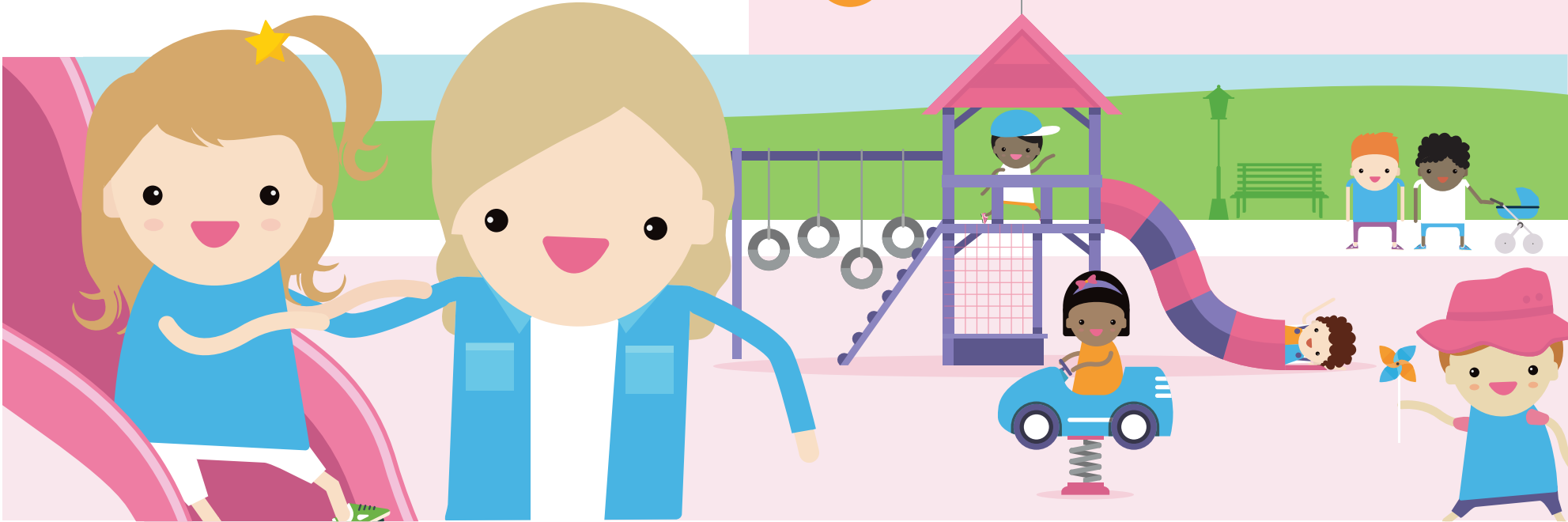
Active play is the fourth most popular physical activity among Campaspe Shire residents with 6% of the population reporting that they went to an active play facility in the previous 12 months.



Active play is most popular among residents of:



Active play is least popular among residents of:



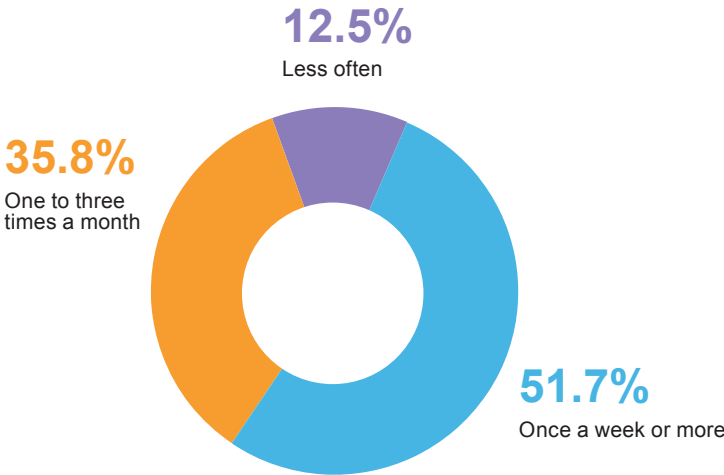
How do people rate active play facilities?

Nearly 70% of residents who reported active play for exercise rate the facilities they use as good or excellent in terms of their quality and almost 82% rate them as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

How often?

Over half of residents who reported active play for exercise in the past 12 months did so once a week or more.



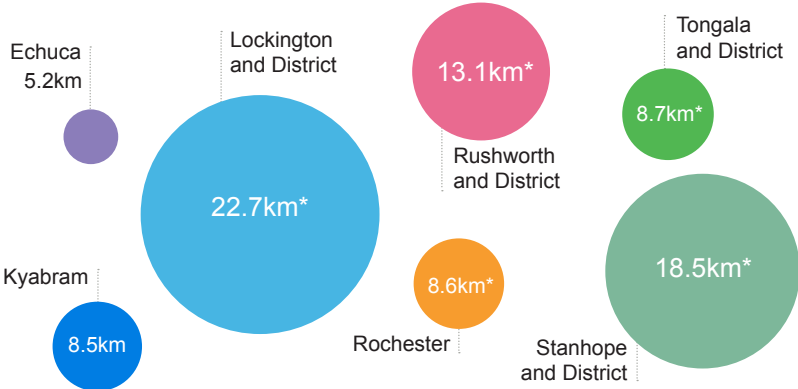
Who?

Males and females of all ages participate in active play, the highest rates of participation are amongst males aged 3 to 11 followed by females aged 3 to 11.

	Male	Ages	Female
	16.4%	3 - 11	13.1%
	2.1%	12 - 17	3.9%
	5.2%	18 - 34	7.9%
	5.2%	35 - 49	5.0%
	3.3%	50 - 69	4.5%
	2.4%	70+	2.6%

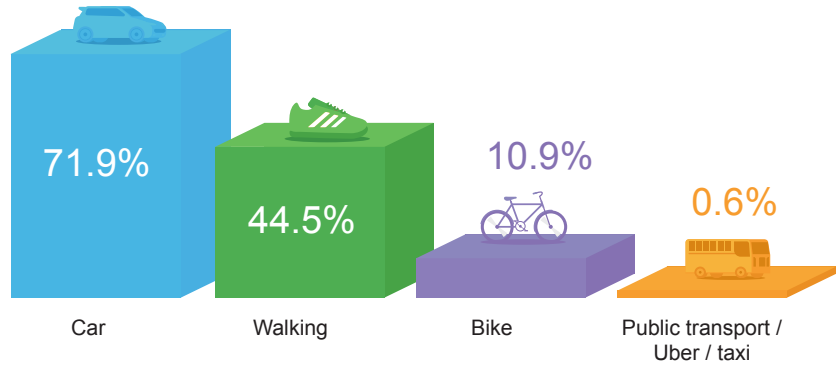
How far do people travel?

The average distance residents travel to an active play facility is 9km, ranging from 5.2km in Echuca to 22.7km in Lockington and District.



How do people get there?

Most residents use a car to get to an active play facility.



Note: Numbers total over 100% as some people use multiple forms of transport.

Facility quality rating

Highest quality

Lockington and District	89.9%*
Rochester	83.1%*
Echuca	82.7%

Lowest quality

Kyabram	48.2%
Tongala and District	51.9%*

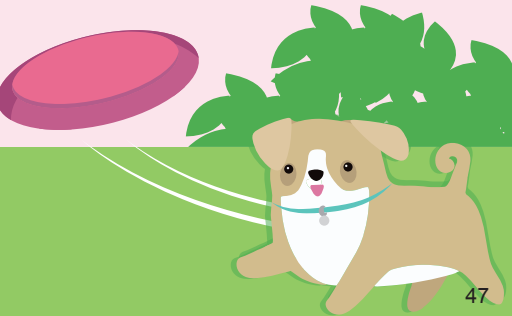
Facility accessibility rating

Highest accessibility

Lockington and District	94.9%*
Tongala and District	94.7%*

Lowest accessibility

Stanhope and District	63.2%*
Kyabram	73.1%

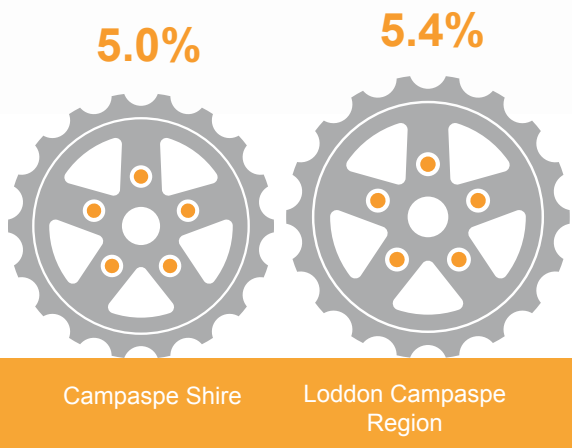


*Interpret findings with caution due to a small sample size.

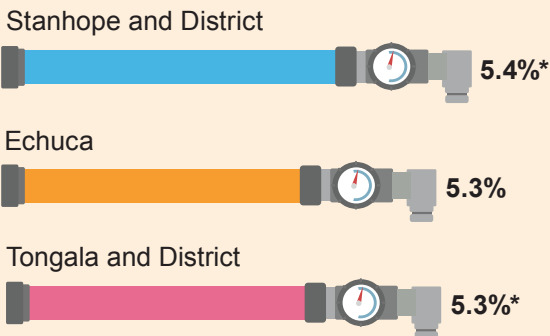
Cycling for recreation or transport in Campaspe

Participation in cycling for recreation or transport

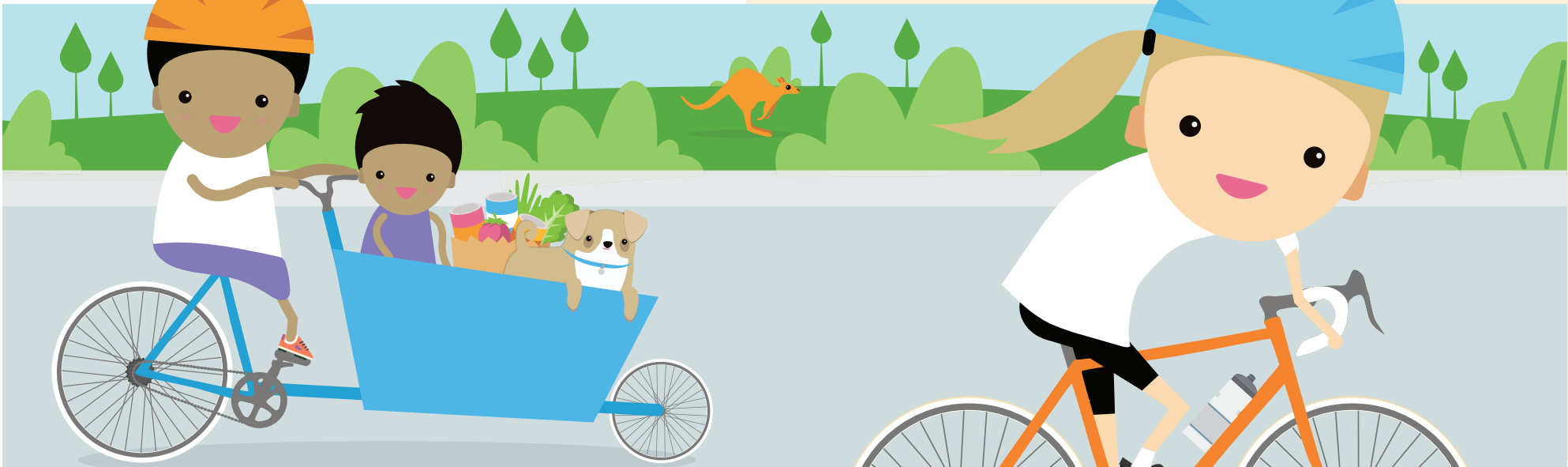
Cycling for recreation or transport is the fifth most popular physical activity among Campaspe Shire residents with 5% of the population reporting that they went cycling for recreation and transport in the previous 12 months.



Cycling is most popular among residents of:



Cycling is least popular among residents of:



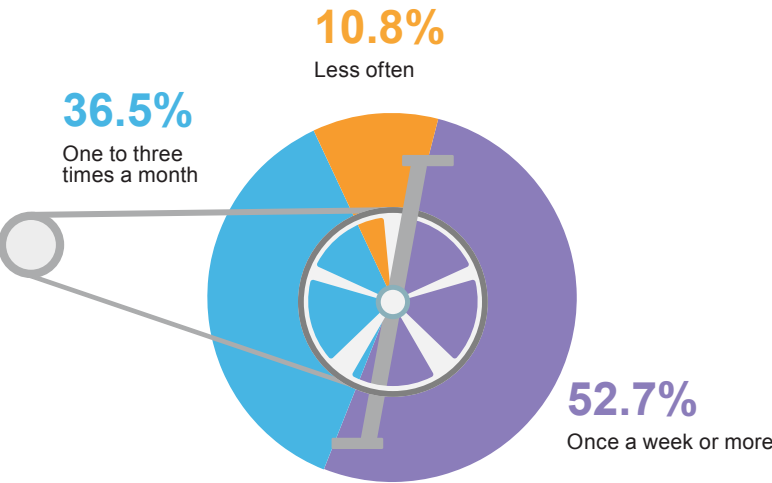
How do people rate cycling facilities?

74% of residents who cycle for recreation or transport rate the facilities they use as good or excellent in terms of their quality and almost 81% rate them as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

How often?

Over half of the residents who cycled for exercise in the past 12 months did so once a week or more.



Who?

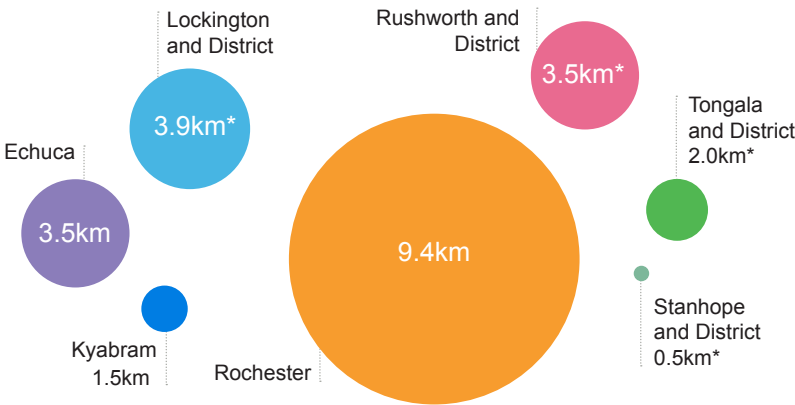
Cycling for recreation or transport is popular amongst all ages and genders, however, females aged 3 to 11 have the highest rates of participation, followed by males aged 3 to 11.

	Male	Ages	Female
	7.9%	3 - 11	8.5%
	3.9%	12 - 17	3.3%
	4.2%	18 - 34	2.5%
	5.3%	35 - 49	4.6%
	5.6%	50 - 69	4.9%
	5.9%	70+	3.0%

*Interpret findings with caution due to a small sample size.

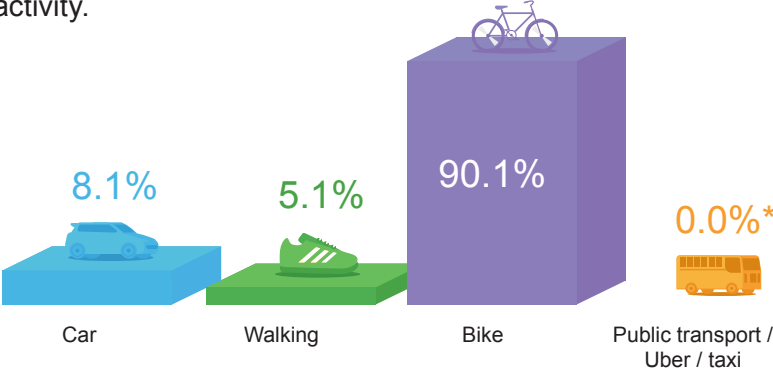
How far do people travel?

The average distance residents travel to a cycling for recreation or transport activity is 3.7km ranging from 0.5km in Stanhope and District to 9.4km in Rochester.



How do people get there?

Most residents who cycle for recreation or transport don't use any other type of transport to get to their cycling activity.



Note: Numbers total over 100% as some people use multiple forms of transport.

Facility quality rating

Highest quality

Stanhope and District	86.4%*
Kyabram	82.0%

Lowest quality

Rushworth and District	36.0%*
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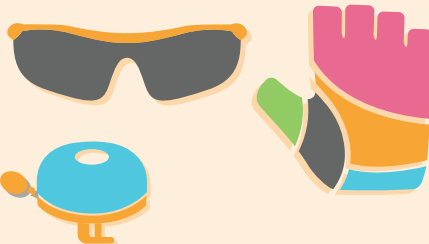
Facility accessibility rating

Highest accessibility

Stanhope and District	95.6%*
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Lowest accessibility

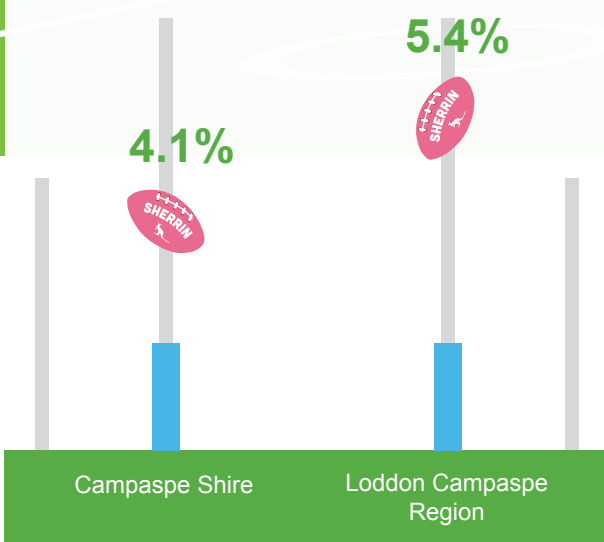
Rushworth and District	40.0%*
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Australian rules football in Campaspe

Participation in Australian rules football

Australian rules football is the sixth most popular physical activity among Campaspe Shire residents with 4.1% of the population reporting that they played Australian rules football in the previous 12 months.



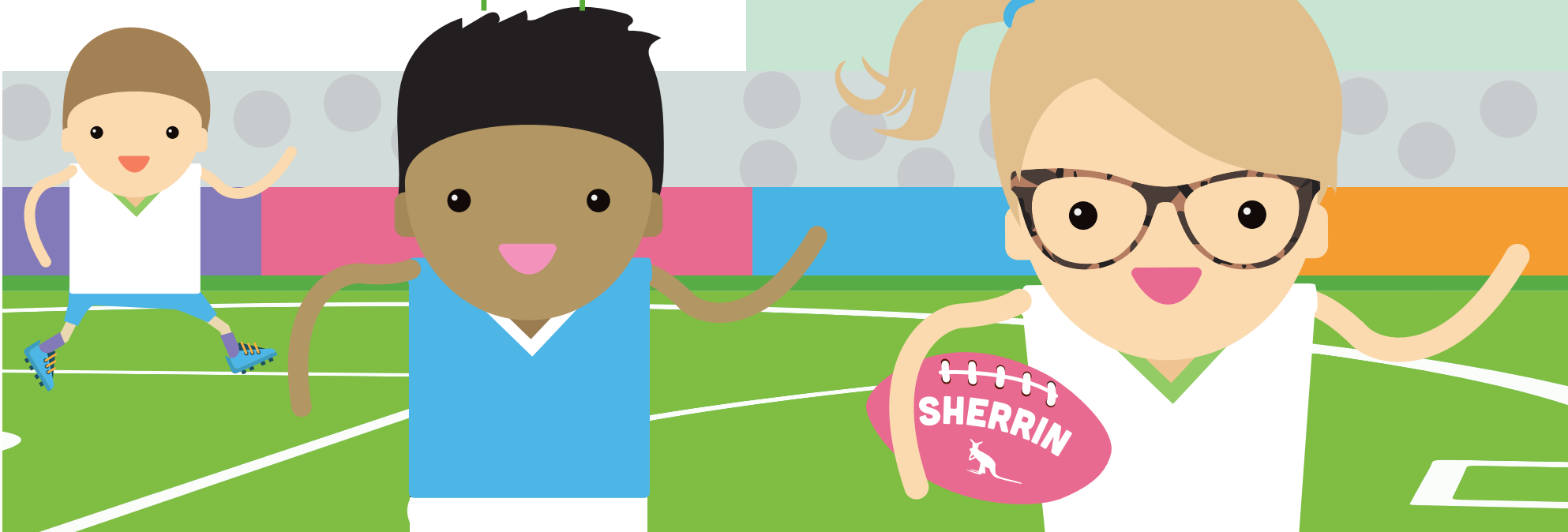
Australian rules football is most popular among residents of:

Rushworth and District
8.1%*

Australian rules football is least popular among residents of:

Tongala and District
2.5%*

Rochester
3.2%*



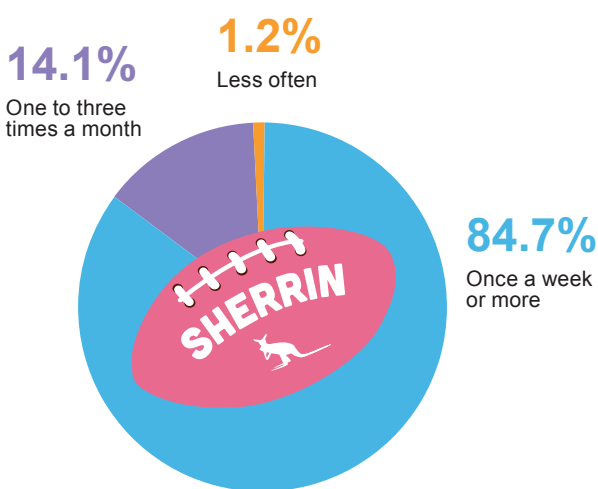
How do people rate Australian rules football facilities?

Over 80% of residents who play Australian rules football rate the facilities they use as good or excellent in terms of their quality and almost 90% rate the facilities as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

How often?

Most residents who played Australian rules football for exercise in the past 12 months did so once a week or more.



Who?

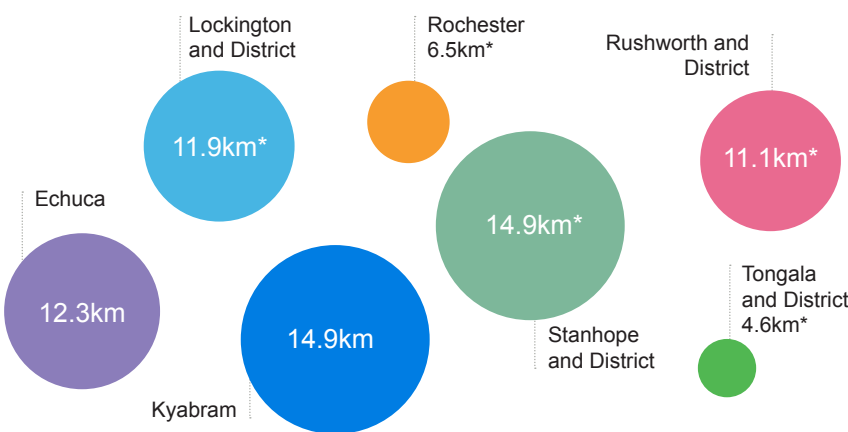
Australian rules football is played by males and females of all ages; however, males participate at a much higher rate than females. Males aged 3 to 11 followed by males aged 12 to 17 reported the highest participation rates.

	Male	Ages	Female
	17.3%	3 - 11	1.9%
	16.9%	12 - 17	2.6%
	9.3%	18 - 34	2.2%
	4.4%	35 - 49	1.1%
	1.7%	50 - 69	0.7%
	0.6%	70+	0.3%

*Interpret findings with caution due to a small sample size.

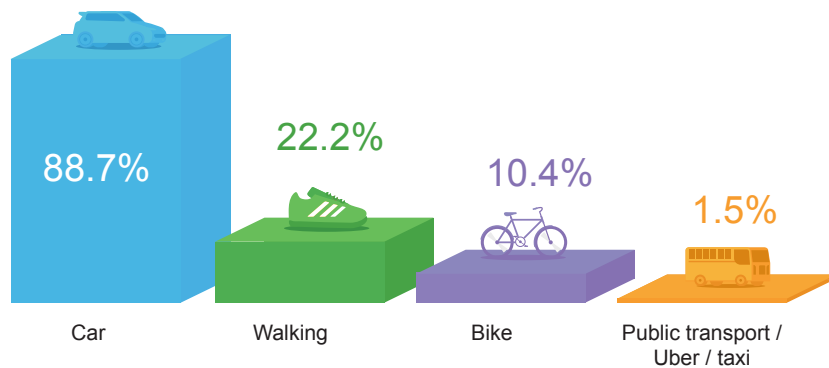
How far do people travel?

The average distance residents travel to play Australian rules football is 12.1km ranging from 4.6km in Tongala and District to 14.9km in Kyabram and Stanhope and District.



How do people get there?

Most residents use a car to get to their Australian rules football activity.



Note: Numbers total over 100% as some people use multiple forms of transport.

Facility quality rating

Highest quality

Stanhope and District	100%*
Tongala and District	100%*
Rochester	96.5%*

Lowest quality

Rushworth and District	66.1%*
Echuca	77.7%

Facility accessibility rating

Highest accessibility

Stanhope and District	100%*
Tongala and District	100%*
Lockington and District	100%*

Lowest accessibility

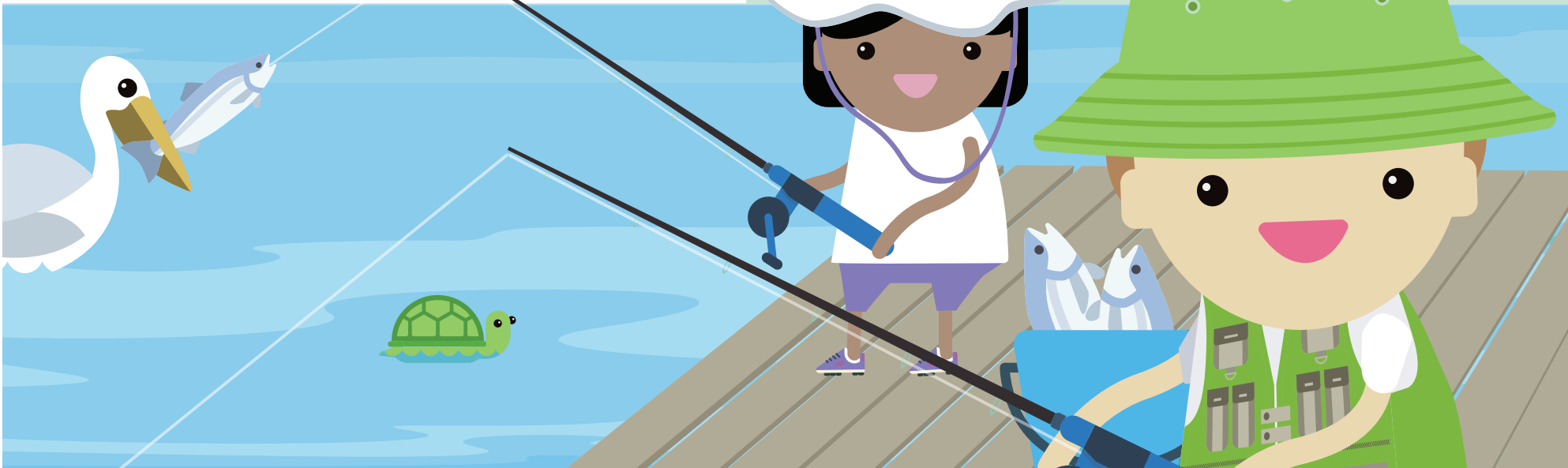
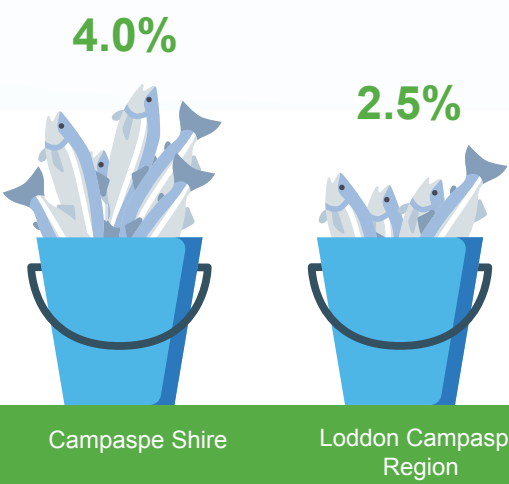
Kyabram	83.6%
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Fishing in Campaspe

Participation in fishing

Fishing is the seventh most popular physical activity among Campaspe Shire residents with 4% of the population reporting that they had fished in the previous 12 months.



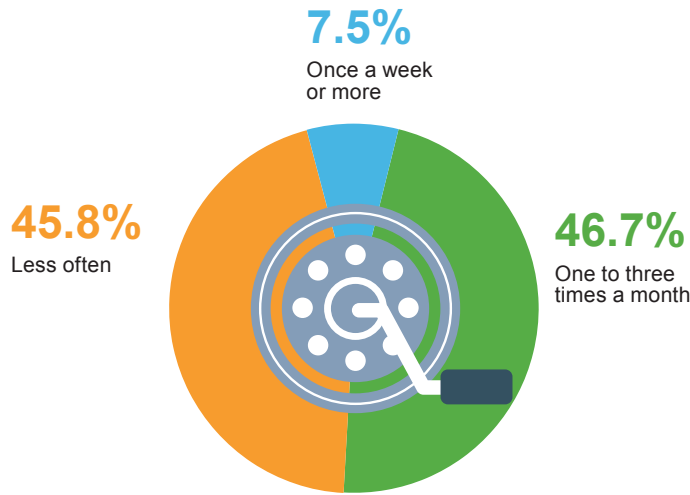
How do people rate fishing facilities?

Nearly 67% of residents who go fishing rate the facilities they use as good or excellent in terms of their quality and nearly 61% rate the facilities as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

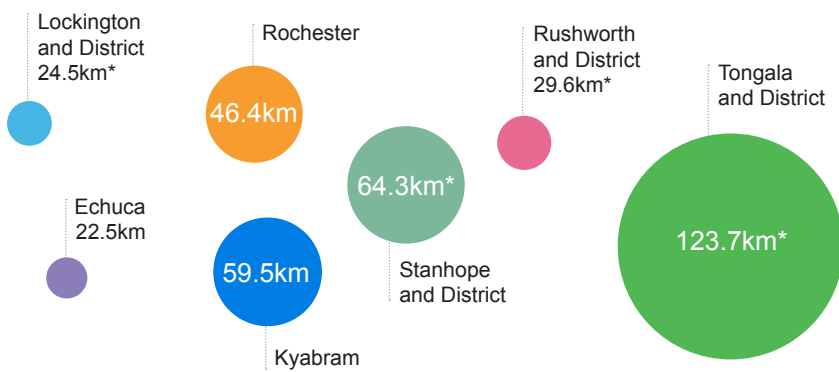
How often?

Most residents who went fishing in the past 12 months did so 1 to 3 times a month.



How far do people travel?

The average distance residents travel to their fishing spot is 39.6km ranging from 22.5km in Echuca to 123.7km in Tongala and District.



Facility quality rating

Highest quality

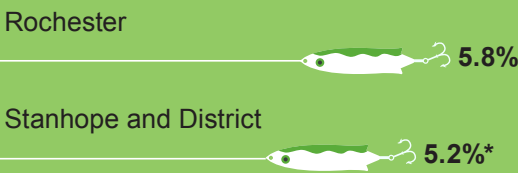
Stanhope and District 89.2%*

Lowest quality

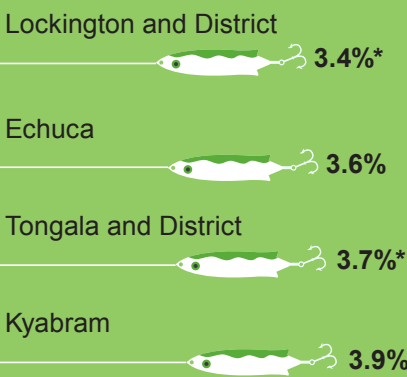
Kyabram 53.4%

Tongala and District 58.1%*

Fishing is most popular among residents of:

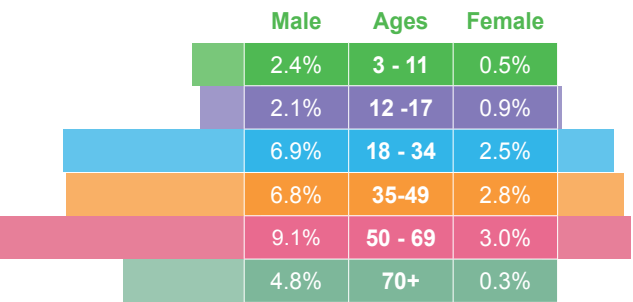


Fishing is least popular among residents of:



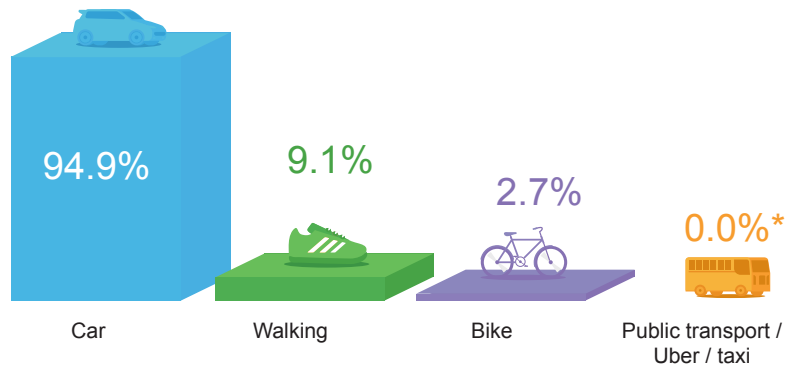
Who?

Males and females of all ages go fishing, however, males participate in fishing at a much higher rate than females. Males aged 50 to 59 reported the highest rates of fishing.



How do people get there?

Most residents use a car to get to their fishing activity.



Facility accessibility rating

Highest accessibility

Rushworth and District 91.4%*

Lowest accessibility

Kyabram 47.9%

Rochester 52.7%

Tongala and District 58.4%*

*Interpret findings with caution due to a small sample size.

Note: Numbers total over 100% as some people use multiple forms of transport.

Bushwalking / Hiking in Campaspe

Participation in bushwalking / hiking

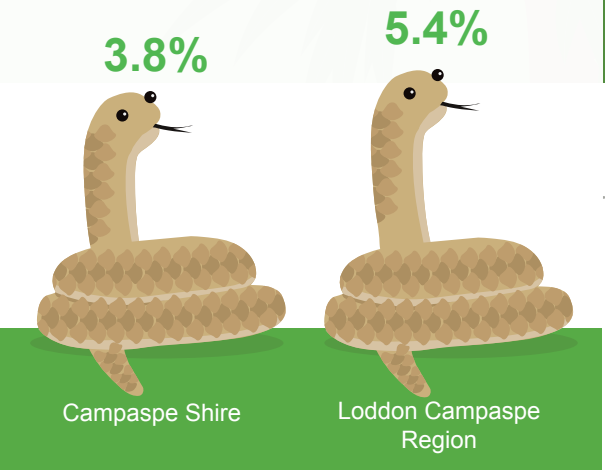
Bushwalking / hiking is the eighth most popular physical activity among Campaspe Shire residents with 3.8% of the population reporting that they had been bushwalking / hiking in the previous 12 months.



How do people rate bushwalking / hiking facilities?

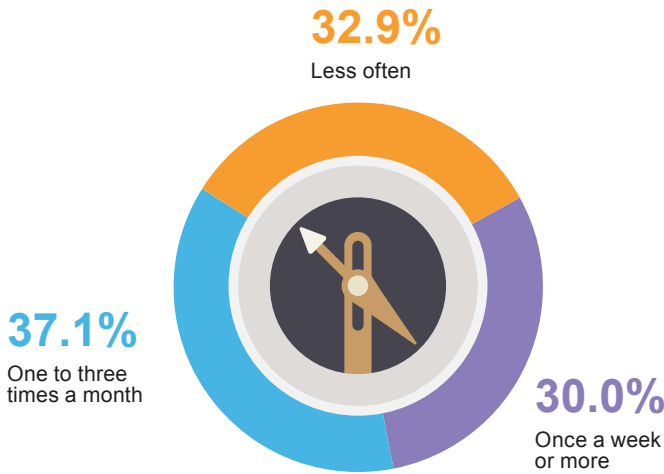
Over 78% of residents who go bushwalking / hiking for exercise rate the bushwalking / hiking facilities they use as good or excellent in terms of their quality and over 77% rate them as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.



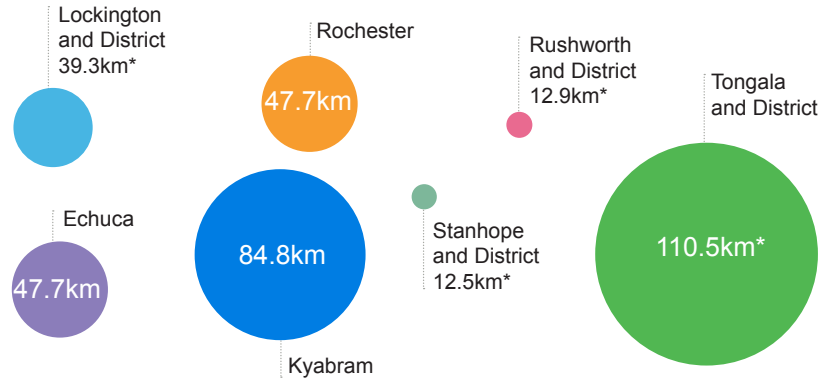
How often?

Only 30% of residents who bushwalk / hike for exercise do so once a week or more.



How far do people travel?

The average distance residents travel to their bushwalking / hiking activity is 52.1km ranging from 12.5km in Stanhope and District to 110.5km in Tongala and District.



Facility quality rating

Highest quality

Rushworth and District	100%*
Stanhope and District	100%*

Lowest quality

Kyabram	74.9%
Rochester	75.5%
Lockington and District	75.7%*

Facility accessibility rating

Highest accessibility

Rushworth and District	100%*
Stanhope and District	100%*

Lowest accessibility

Tongala and District	62.4%*
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Bushwalking / hiking is most popular among residents of:

Rushworth and District
7.8%*

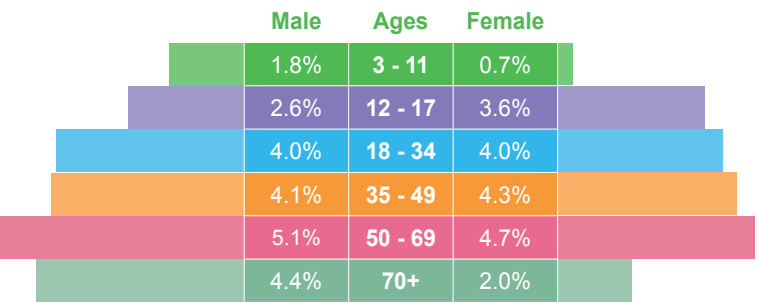
Bushwalking / hiking is least popular among residents of:

Stanhope and District
2.0%*

Kyabram
2.7%

Who?

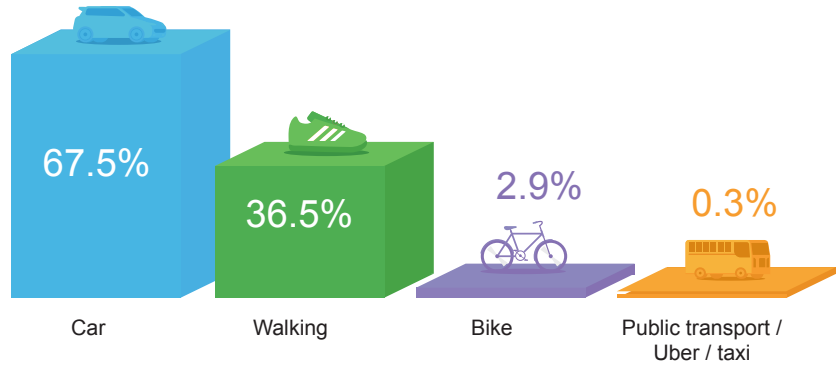
Residents of all ages and genders bushwalk / hike. Males and Females ages 50 to 69 reported the highest rate of bushwalking / hiking in Campaspe Shire.



*Interpret findings with caution due to a small sample size.

How do people get there?

Most residents use a car to get to their bushwalking / hiking activity.

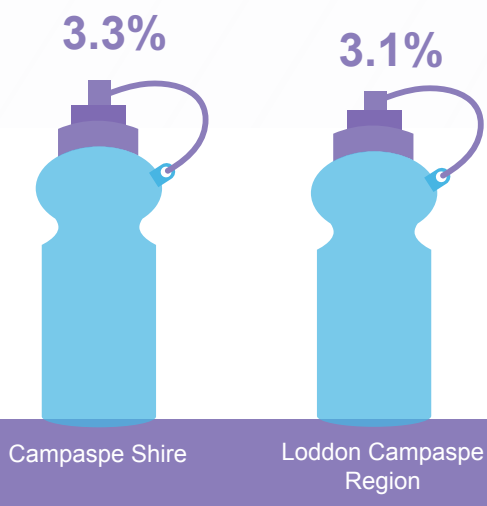


Note: Numbers total over 100% as some people use multiple forms of transport.

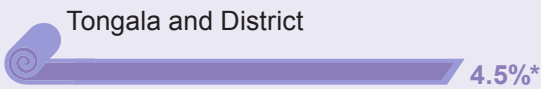
Indoor group fitness in Campaspe

Participation in indoor group fitness

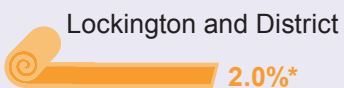
Indoor group fitness is the ninth most popular physical activity among Campaspe Shire residents with 3.3% of the population reporting that they had been to an indoor group fitness activity in the previous 12 months.



Indoor group fitness is most popular among residents of:



Indoor group fitness is least popular among residents of:



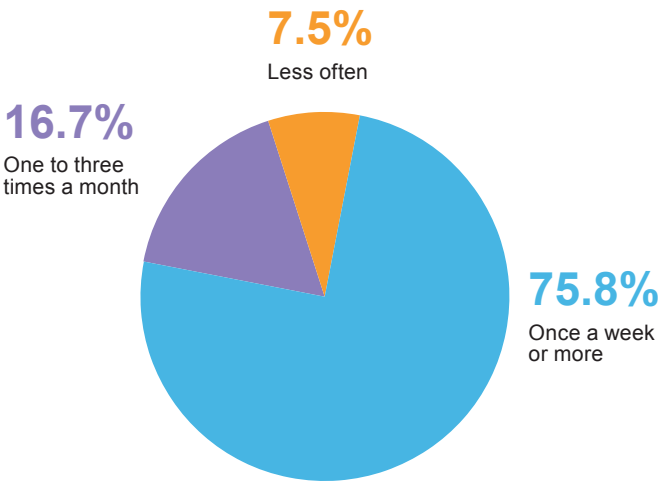
How do people rate indoor group fitness facilities?

Over 93% of residents who participated in indoor group fitness activities rate the facilities they use as good or excellent in terms of their quality and 93% rate the facilities as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

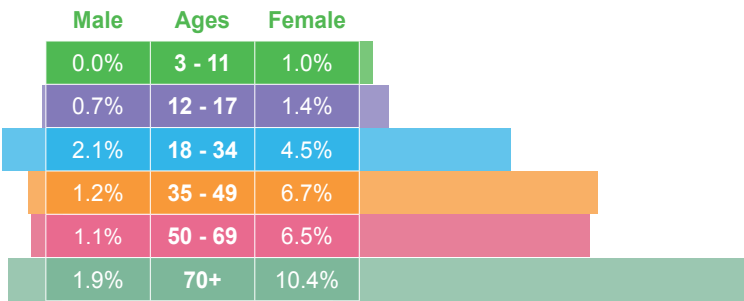
How often?

Most residents participated in indoor group fitness in the past 12 months did so once a week or more.



Who?

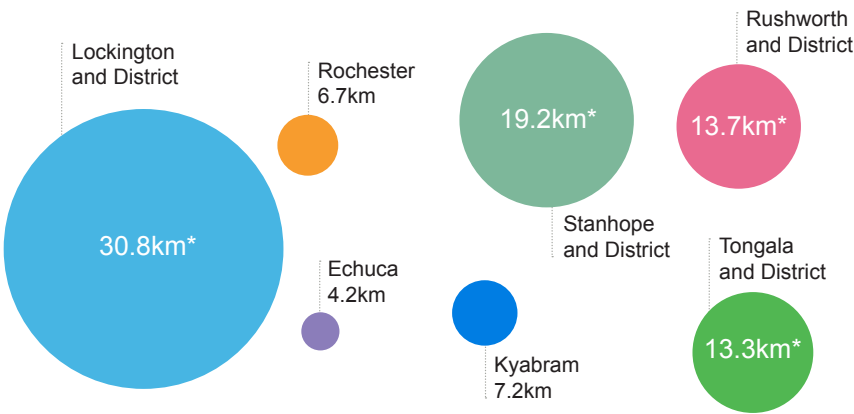
Most age groups and genders participate in indoor group fitness; however, females participate at a much higher rate than males. Females aged 70 plus have the highest participation rates.



*Interpret findings with caution due to a small sample size.

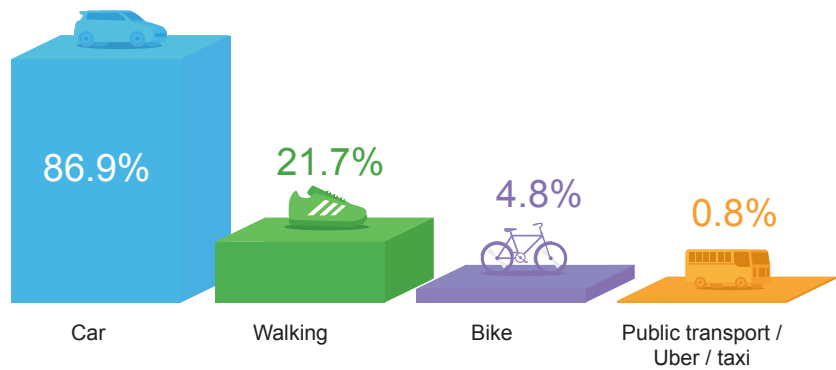
How far do people travel?

The average distance residents travel to their indoor group fitness activity is 7.8km ranging from 4.2km in Echuca to 30.8km in Lockington and District.



How do people get there?

Most residents use a car to get to their indoor group fitness activity.



Note: Numbers total over 100% as some people use multiple forms of transport.

Facility quality rating

Highest quality

Rushworth and District	100%*
Lockington and District	100%*

Lowest quality

Echuca	90.7%
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Facility accessibility rating

Highest accessibility

Lockington and District	100%*
Stanhope and District	100%*
Rochester	100%*

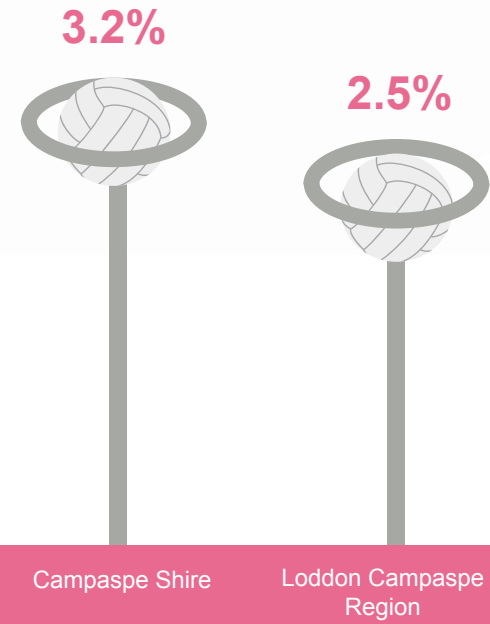
Lowest accessibility

Tongala and District	74.4%*
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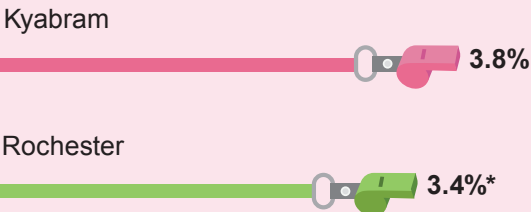
Netball in Campaspe

Participation in netball

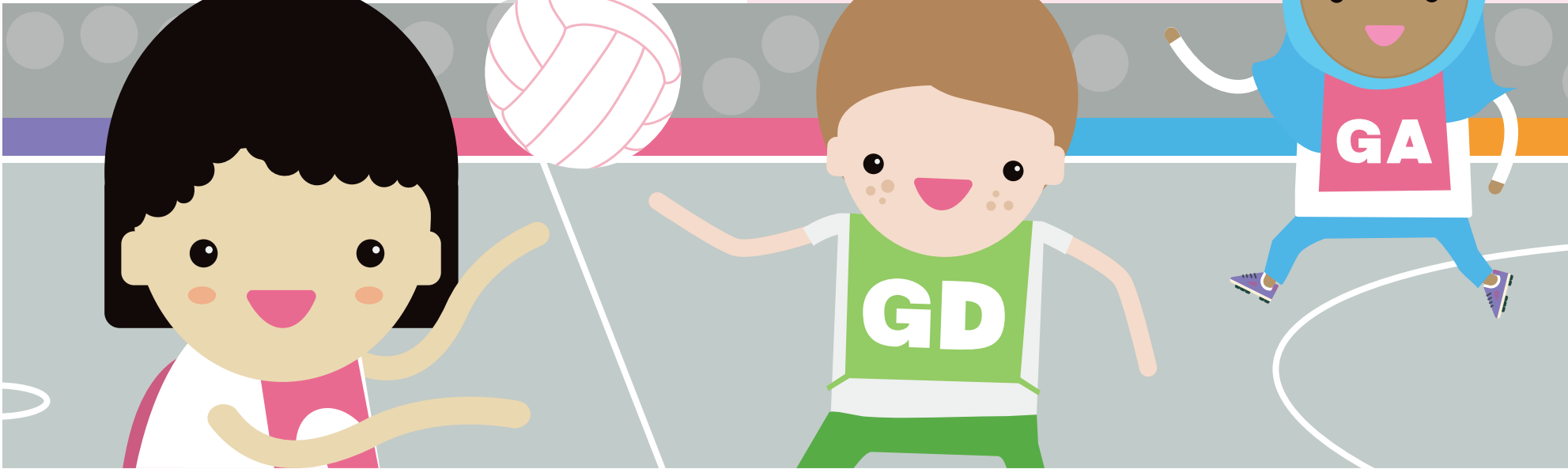
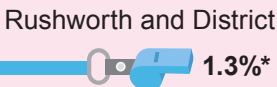
Netball is the tenth most popular physical activity among Campaspe Shire residents with 3.2% of the population reporting that they had played netball in the previous 12 months.



Netball is most popular among residents of:

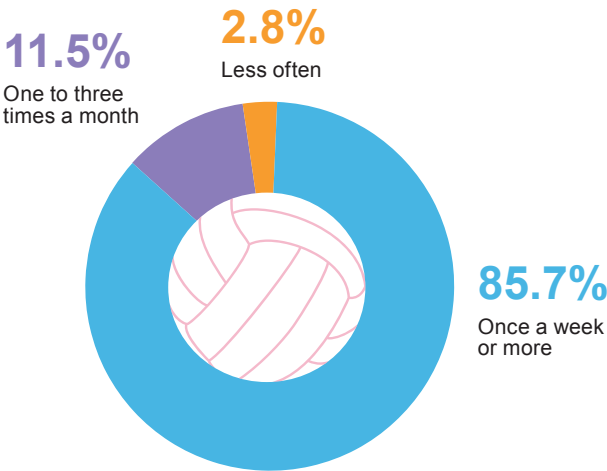


Netball is least popular among residents of:



How often?

Most residents who played netball in the last 12 months did so once a week or more.



Who?

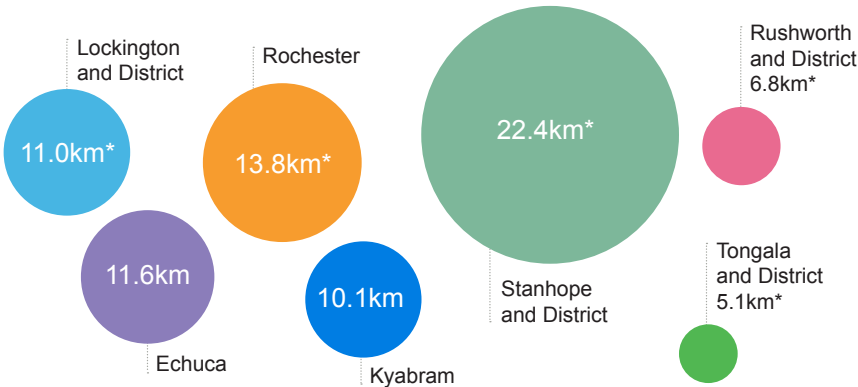
Both genders and most age groups participate in netball, however, females participate at a much higher rate than males. The group with the highest participation rate was females aged 12 to 17 followed by females aged 3 to 11.

Male	Ages	Female	
0.9%	3 - 11	11.9%	
0.4%	12 - 17	15.5%	
0.7%	18 - 34	6.6%	
0.7%	35 - 49	4.1%	
0.1%	50 - 69	0.9%	
0.0%	70+	0.6%	

*Interpret findings with caution due to a small sample size.

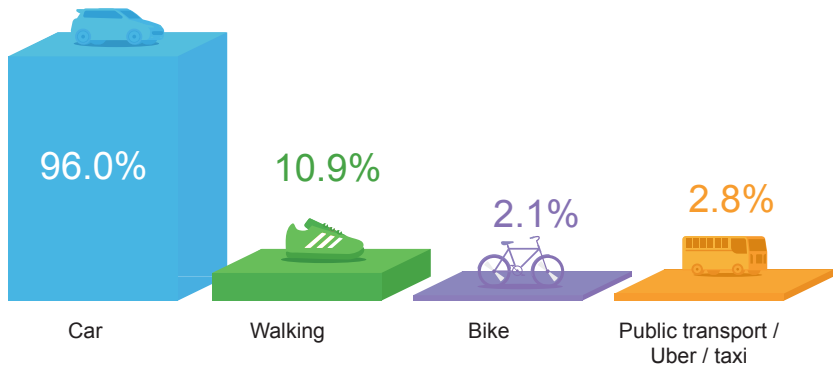
How far do people travel?

The average distance residents travel to a netball activity is 11.3km ranging from 5.1km in Tongala and District to 22.4km in Stanhope and District.



How do people get there?

Most residents use a car to get to their netball activity.



Note: Numbers total over 100% as some people use multiple forms of transport.

How do people rate netball facilities?

Nearly 76% of residents who participated in netball rate the netball facilities they use as good or excellent in terms of their quality and over 88% rate them as good or excellent in terms of accessibility.

The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

Facility quality rating

Highest quality

Tongala and District	100%*
Stanhope and District	100%*

Lowest quality

Rushworth and District	54.2%*
Echuca	68.7%

Facility accessibility rating

Highest accessibility

Tongala and District	100%*
Stanhope and District	100%*
Kyabram	100%*

Lowest accessibility

Rushworth and District	54.2%*
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Campaspe Shire Council is Relay Service Friendly. If you have a hearing or speech impairment:

1. Contact us through the National Relay Service website.
2. Give staff the number you want to call.