

Active Living CENSUS

Topline Report Campaspe Shire

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Social
Research
Centre



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Executive Summary

E1 Background and methodology

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

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

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

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

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

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

This report presents the results collected from the 3,424 respondents from the Campaspe Shire. Compared to Campaspe population benchmarks, females, older residents and those with a Bachelor level education or higher were over-represented. Weighting was applied at the LGA level so that results could be generalised to the Campaspe population. The weighting benchmarks used for adults in the 2019 ALC were age by education, gender and country of birth, while children (aged 3 to 17) were weighted by age and gender only.

E2 Health indicator population benchmarks

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

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

In comparison to Victorian benchmarks, respondents from Campaspe in the 2019 ALC aged 18 years and over reported similar levels of self-reported health. However, respondents displayed higher levels of participation in health risk behaviours including consumption of sugar-sweetened beverages (15.5% did so daily) and excessive alcohol consumption (61.0% had consumed four or more standard drinks on at least one occasion, with this proportion being higher amongst males). Comparatively fewer respondents to the 2019 ALC reported being current smokers (12.2%). Respondents were more likely to record lower levels of life satisfaction (7.0% rated their life satisfaction as 0 to 4 out of 10) than the Victorian average (5.7%). These findings reinforce the need to implement complementary strategies that address both the health and wellbeing of local residents.

E3 Health and wellbeing indicators

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

The primary health measures used in the 2019 ALC (health and BMI) provided an indication of the general health status of the community. Approximately one in six Campaspe adults (18.3%) rated their health as 'fair' or 'poor', while 64.8% have a BMI within the overweight or obese range. While self-reported health was poorer amongst respondents aged 70 years and over, rates of obesity were highest amongst those aged 35 to 69 years. Few children and adolescents recorded poor levels of health with 'fair' or 'poor' health at 2.9%.

In relation to healthy eating in the Shire of Campaspe, the average consumption of fruit and vegetables amongst adult residents was below the daily guidelines across all subregions. Overall, approximately half of the adult respondents from Campaspe (54.3%) were not meeting fruit consumption guidelines, while almost nine in ten (87.5%) were not eating enough vegetables. This is clearly an area where significant gains can be made by understanding barriers to healthy eating and creating environments where meeting the recommended daily serves is more achievable. Two of the reported main barriers to meeting daily serve requirements included personal preferences and routines and a lack of time or convenience. The next step to increasing the proportion of residents meeting the guidelines is understanding how best to assist the community in overcoming these obstacles which would require further investigation.

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

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

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

Residents were classified as 'heavy users' of public spaces and recreational areas if they use the areas once a week or more often while 'non-users' were those who use the spaces less than once every three months or not at all. Overall, approximately two-thirds of residents were heavy users of footpaths (63.4%), over half (54.0%) were heavy users of public open spaces, and around one-third (31.1%) were heavy users of off-road walking and cycling tracks. Heavy users of all three areas were more likely to be children and adolescents, to record higher levels of health and general wellbeing, to meet health guidelines, and not to engage in health risk behaviours. They were also from more financially secure households and were less likely to require assistance with daily activities.

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

- Providing more or improved footpaths and walking tracks, extensions to existing footpaths and tracks, or better-connected footpaths and tracks, thus improving access to public facilities and open spaces in the area (26.6%)
- Making available more or better exercise equipment or facilities such as outdoor exercise equipment, sports fields, and swimming pools (12.9%)
- Improving or increasing bicycle tracks and lanes, providing better connections between bicycle tracks and lanes, and increasing skate facilities (10.6%)
- Providing new or improved toilet facilities, change rooms and showers, and improved disability access to these (10.5%)
- Improving lighting on streets, tracks and trails, and at recreational facilities (9.9%).

E5 Participation in physical recreation activities

The 2019 ALC found that the majority of Campaspe residents (88.3%) had participated in at least one physical recreational activity in the past 12 months. Overall, approximately one in four respondents (23.9%) had participated in four or more activities (the maximum number of activities measured).

Of the activities mentioned, those most commonly participated in were walking (21.2%), swimming (7.7%), gym-based fitness (6.8%), and active play (6.0%). The activities recording the heaviest participation rates (weekly or more often) were the following team-based sports: netball (85.7%); Australian rules football (84.7%); soccer (82.8%); along with gym-based fitness (83.2%); and dancing, ballet, or calisthenics (81.5%).

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

Overall, 52.9% of respondents from Campaspe indicated that they had not done physical activity as often as they would have liked in the past 12 months. Those who expressed an interest in increasing their participation in activities were more likely to be aged 18 to 69 years, be residents of Lockington

and District, and be less financially secure. They were also more likely to be people who are not meeting health guidelines and who recorded poorer levels of health and wellbeing.

Assisting these subgroups of residents to increase their levels of activity has dual benefits: firstly, their interest in increasing their level of activity makes them more likely to adopt changes leading to improved activity rates overall and, secondly, they represent the groups of residents who recorded the poorest levels of health and will experience the greatest gains from increased activity.

Understanding the main barriers preventing residents from participating in activities as often as they would like will assist the Shire of Campaspe to understand the support residents need to meet their physical activity goals. The main reasons provided by residents for not being more active included: being too busy or time poor (48.0%); personal reasons such as not feeling motivated or feeling embarrassed (21.6%); the cost (20.1%); poor health or disability (19.7%); and a lack of social support such as encouragement from others or having no one to go with (15.1%).

E6 Quality and accessibility of facilities and spaces

For all activities they had participated in, residents were asked to rate the quality and accessibility of the facilities they had used most often. The average ratings across all facilities (where 5 was 'excellent' and 1 was 'very poor') were quite high at 4.0 for quality and 4.2 for accessibility. For the purpose of identifying improvement opportunities, we focus on those activities and facilities recording the lowest average quality and accessibility ratings.

The main activities for which the facilities received the lowest quality ratings were all cycling-based: road and sport cycling (3.6 out of 5), general cycling for recreation or transport (3.8), and mountain bike riding (3.8). Accessibility ratings for facilities associated with these activities was also amongst the lowest recorded across the main activities (4.0 and 4.1 respectively). People who had participated in fishing also gave lower ratings for the quality (3.8) and accessibility (3.7) of the available locations compared to other facilities and spaces. However, residents tended to travel further on average (39.6 kilometres) to access fishing locations, so any improvements may fall outside of the control of the Shire of Campaspe.

1. Introduction

1.1. Background / context

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

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



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

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

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

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

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

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

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

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

1.2. Research objectives

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

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

1.3. Methodology

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

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

1.3.1. Sample frame / distribution

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

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

1.3.2. Questionnaire

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

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

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

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

1.3.3. Enumeration period

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

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

1.3.4. Returns / response rate

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

The population of residents (aged 3 years and over) in the Loddon Campaspe region is 224,947, making the response rate for individuals 10.9%. For the Campaspe region specifically, there were 3,424 individual responses received, from the population of 35,872 individuals aged 3 years and over making the response rate for Campaspe 9.5%.

1.3.5. Data file preparation

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

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

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

1.3.6. Sampling error / weighting

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

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

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

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

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

1.4. About this report

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

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

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

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

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

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

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

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


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

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

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

Table Example

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


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

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

^ahttps://www.researchgate.net/publication/51438076_Challenges_of_Accurately_Measuring_and_Using_BMI_and_Other_Indicators_of_Obesity_in_Children

2. Respondent Profile

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

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

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

For reporting at the subregion level, responses were allocated to districts according to suburb of residence allocations available on *profile.id*.^b

2.1. ABS population benchmarks

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

For the 2019 ALC, females were over-represented in the achieved sample when compared to their proportions in the population. Both male and female respondents in the older age cohorts (50 to 69 years and 70 years and over) were also over-represented in the survey. The under-representation of respondents was most notable for respondents aged 18 to 34 years and adolescents aged 12 to 17 years. Note that ABS benchmarks do include any alternate gender categories so a comparison for respondents falling into the "Gender Diverse / Non-Binary / Self-described / Other gender" category in the ALC (0.2%) is not available. Throughout the report, only the two main gender classifications are used for subgroup comparisons due to the small base size for the other category.

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

To correct for the under- and over-representation of particular subgroups of respondents, results have been weighted by location, age, gender and (for respondents aged 18 years and over) education. Survey results

^b <https://profile.id.com.au/campaspe>

provided in Section 3 of this report onwards are based on weighted results ensuring they most closely reflect the views of the Campaspe population. Further information regarding weighting is provided in Appendix A.

Table 2.1.1 Achieved sample composition

Age group	ABS population ¹ (Campaspe Shire)		Active Living Census ² (unweighted)		ALC % as a % of the population
	n	%	n	%	%
Total sample	35,872	100.0	3,424	100.0	-
Gender					
Males	17,705	49.4	1,431	43.0	87.0
Females	18,166	50.6	1,894	56.9	112.3
Other	-	-	6	0.2	-
Age					
3 to 11 years	4,060	11.3	300	8.9	78.8
12 to 17 years	2,809	8.3	249	7.4	89.0
18 to 34 years	6,181	18.3	450	13.4	73.1
35 to 49 years	6,346	18.8	511	15.2	80.9
50 to 69 years	10,463	31.0	1,197	35.6	114.9
70+ years	5,997	17.7	657	19.5	110.1
Gender and age					
Males, 3 to 11	2,060	11.7	138	9.7	83.0
Males, 12 to 17	1,459	8.3	116	8.1	98.5
Males, 18 to 34	3,089	17.5	165	11.6	66.2
Males, 35 to 49	3,054	17.3	189	13.3	76.7
Males, 50 to 69	5,194	29.4	513	36.0	122.4
Males, 70+	2,818	15.9	305	21.4	134.1
Females, 3 to 11	1,997	11.0	162	8.6	78.0
Females, 12 to 17	1,345	7.4	132	7.0	94.4
Females, 18 to 34	3,091	17.0	284	15.0	88.3
Females, 35 to 49	3,280	18.1	319	16.9	93.5
Females, 50 to 69	5,282	29.1	660	34.9	120.1
Females, 70+	3,166	17.4	332	17.6	100.8
Subregion³					
Echuca	10,974	40.9	1,586	48.3	118.2
Kyabram	6,053	22.6	624	19.0	84.3
Lockington and District	1,869	7.0	202	6.2	88.4
Rochester	2,510	9.4	430	13.1	140.1
Rushworth and District	1,505	5.6	129	3.9	70.1
Stanhope and District	1,607	6.0	115	3.5	58.5
Tongala and District	2,323	8.7	196	6.0	69.0

¹ Population benchmarks sourced from ABS Census 2016

² Base sizes include respondents aged 3 years and over living in the Campaspe region

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

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

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

Table 2.1.2 Achieved sample distribution for selected demographic characteristics

Age group	ABS population ¹ (Campaspe Region)		Active Living Census ² (unweighted)		ALC % as a % of the population ¹
	n	%	n	%	%
Total sample	28,992	100.0	2,757	100.0	-
Country of birth					
Born in Australia	23,806	91.1	2,551	92.5	101.6
Born overseas	2,326	8.9	206	7.5	83.9
Main language					
Speaks English as main language	25,824	96.7	2,732	99.2	102.5
Speaks other main language	875	3.3	23	0.8	25.5
Aboriginal and/or Torres Strait Islander status					
Aboriginal and/or Torres Strait Islander	506	1.9	34	1.2	65.4
Not Aboriginal or Torres Strait Islander	26,349	98.1	2,726	98.8	100.7
LGBTQIA+ Status					
Identifies as LGBTQIA+	-	-	55	2.3	-
Non-LGBTQIA+	-	-	2,388	97.7	-
Requires help with self-care, body movement or communication activities					
Requires help	2,130	8.0	253	9.4	116.9
Does not require help	24,419	92.0	2,444	90.6	98.5
Level of education					
Holds a Bachelor degree or higher	2,967	11.9	760	30.1	253.9
Less than Bachelor level education	22,048	88.1	1,764	69.9	79.3
Holds a government concession card³					
Holds a concession card	1,094	32.8	1,564	57.0	173.7
Does not hold a concession card	2,241	67.2	1,181	43.0	64.0
Food security (last 12 months)⁴					
Ran out of food and could not afford more	2,019	6.0	200	7.6	126.9
Have not run out of food	31,635	94.0	2,426	92.4	98.3

¹ Population benchmarks sourced from ABS Census 2016

² Base sizes include respondents aged 18 years and over living in the Campaspe region

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

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

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

2.2. Health indicator population benchmarks

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

There were some results from the ALC that revealed greater variation in the health and wellbeing of residents when compared to the available Victorian benchmarks. In particular, Campaspe residents who responded to the survey, recorded lower life satisfaction (7.0% reported low life satisfaction) than those who participated in the VPHS (5.7%). They were more likely to have consumed four or more standard drinks on at least one occasion in the last 12 months and therefore are at greater risk of harm (61.0%) than those who responded to the VPHS (41.8%) or NHS (41.5%). They were also more likely to consume sugar-sweetened beverages daily (15.5%) than those who responded to the VPHS (11.2%) or NHS (9.1%).

Results also revealed areas where Campaspe residents appeared to be performing better in terms of health indicators when compared to the Victorian population as a whole. In particular, smoking rates were lower (12.2% were current smokers) when compared to VPHS (16.7%) or NHS (15.2%) results. Given the passage of time between surveys, it is unclear the extent to which this difference reflects the general decline in smoking rates over recent years or is attributable to lower smoking rates amongst the Campaspe region.

When comparing Body Mass Index (BMI), Campaspe respondents were more likely to be overweight or obese (64.8%) than VPHS respondents (49.7%). As BMI is calculated post-survey using self-reported height and weight measurements, this combination of factors may make it more prone to variation than other indicators. This has the potential to impact the results from the 2019 ALC and comparable benchmarks.

Table 2.2.1 Health indicator population benchmarks

Health and wellbeing indicators	Population benchmark (VIC)		Active Living Census ¹ (weighted)	ALC % as a % of the population ⁴
	NHS ²	VPHS ³		
Self-reported health status			n≥1,137	
% rating health as fair or poor (persons)	-	19.0	18.3	96.1
% rating health as fair or poor (females)	-	19.1	17.6	92.0
% rating health as fair or poor (males)	-	18.9	18.5	97.9
Body Mass Index (BMI)			n≥1,067	
% overweight or obese range (BMI ≥25.0) (persons)	68.6	49.7	64.8	130.3
% overweight or obese range (BMI ≥25.0) (females)	60.8	41.0	58.8	143.4
% overweight or obese range (BMI ≥25.0) (males)	76.9	58.8	70.6	120.1
Physical activity guidelines			n≥1,089	
% not meeting guidelines / sedentary (persons)	-	48.1	44.6	92.7
% not meeting guidelines / sedentary (females)	-	48.2	41.8	86.6
% not meeting guidelines / sedentary (males)	-	47.8	46.8	97.9
Fruit dietary guidelines			n≥1,104	
% not meeting fruit guidelines (persons)	51.3	58.5	54.3	92.8
% not meeting fruit guidelines (females)	43.8	55.7	50.6	90.9
% not meeting fruit guidelines (males)	53.6	61.4	57.9	94.3
Vegetable dietary guidelines			n≥1,108	
% not meeting vegetable guidelines (persons)	92.1	95.1	87.5	92.0
% not meeting vegetable guidelines (females)	88.8	92.6	81.5	88.0
% not meeting vegetable guidelines (males)	95.3	97.7	93.8	96.0
Smoking status			n≥1,128	
% current smokers (persons)	15.2	16.7	12.2	73.3
% current smokers (females)	12.0	13.9	10.2	73.5
% current smokers (males)	18.5	19.6	14.4	73.7
Alcohol consumption (single occasion)				
% had 4 or more standard drinks (persons)	41.8	41.5	61.0	147.1
% had 4 or more standard drinks (females)	29.8	29.7	51.0	171.8
% had 4 or more standard drinks (males)	54.1	53.9	71.8	133.2
Sugar-sweetened beverage consumption			n≥1,122	
% drinks SSB daily (persons)	9.1	11.2	15.5	138.1
% drinks SSB daily (females)	6.4	7.2	11.6	161.1
% drinks SSB daily (males)	11.8	15.3	19.3	126.1
Life satisfaction			n≥1,117	
% rating satisfaction as low (0 to 4) (persons)	-	5.7	7.0	122.3
% rating satisfaction as low (0 to 4) (females)	-	5.4	8.4	154.6
% rating satisfaction as low (0 to 4) (males)	-	6.1	5.4	88.5

¹ Base sizes include respondents aged 18 years and over living in the Campaspe region

² Population benchmarks sourced from NHS 2017-18

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

⁴ Comparison made to VPHS, unless data not available

3. General health

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

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

3.1. Self-reported health status

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

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

Table 3.1.1 shows that the proportion of respondents who self-reported a lower level of health (18.3%) closely reflected the VPHS benchmark of 19.0%.

Amongst the main demographic indicators:

- There were no significant differences in self-reported levels of health between males and females
- However, those aged over 70 years were more likely to report lower levels of health than those in younger age groups (26.8% of males and 25.3% of females aged 70 years and over)
- Across the subregions, those more likely to record the lowest levels of self-reported health were residents of Rushworth and District (29.5%), when compared to residents of Stanhope and District (11.8%) and Echuca (16.4%)

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (27.5%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (13.1%)
- Those who recorded a low level of life satisfaction (62.0%, compared to 14.9% who recorded medium to very high life satisfaction)
- Those respondents that have a BMI in the overweight or obese range (22.0%, compared to 10.4% of people in the normal or underweight ranges)
- Those who have experienced food insecurity in the last 12 months (30.6%, compared to 17.0% who have not run out of food and been unable to afford more)

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

Table 3.1.1 Self-reported health status by selected demographic characteristics

	Unweighted base ¹ n	Fair / poor %	Good %	Very good / excellent %
Total sample	2,669	18.3	39.1	42.6
Gender and age				
Males	1,137	18.5	40.7	40.8
Females	1,504	17.6	37.7	44.8
Males, 18 to 34	154	16.3	39.3	44.4
Males, 35 to 49	182	15.9	41.9	42.2
Males, 50 to 69	499	16.7	41.5	41.8
Males, 70+	302	26.8	39.4	33.8
Females, 18 to 34	260	17.0	39.0	44.1
Females, 35 to 49	298	14.6	41.6	43.8
Females, 50 to 69	631	16.4	35.5	48.1
Females, 70+	315	25.3	35.0	39.7
Subregion				
Echuca	1,254	16.4	38.4	45.2
Kyabram	483	18.9	39.9	41.2
Lockington and District	152	21.1	41.2	37.7
Rochester	339	23.1	42.2	34.8
Rushworth and District	105	29.5	24.9	45.6
Stanhope and District	84	11.8	41.2	47.1
Tongala and District	155	17.2	37.5	45.3
Demographic indicators				
Born in Australia	2,434	18.4	39.3	42.4
Born overseas	196	15.9	38.9	45.2
Speaks English as main language	2,608	18.2	38.9	42.9
Speaks other main language*	21	11.5	45.0	43.6
Aboriginal and/or Torres Strait Islander*	34	36.6	32.4	31.0
Not Aboriginal or Torres Strait Islander	2,600	17.9	39.3	42.8
Identifies as LGBTQIA+	52	20.7	43.7	35.6
Non-LGBTQIA+	2,275	16.9	39.4	43.7
Holds a Bachelor degree or higher	720	11.3	36.0	52.7
Less than Bachelor level education	1,692	18.4	39.4	42.2
Just getting along, poor or very poor	857	27.5	42.3	30.3
Reasonably comfortable, very comfortable or prosperous	1,787	13.1	37.3	49.6

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

* Significance testing not conducted due to small base size

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

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

Table 3.1.2 Self-reported health status by selected health characteristics

	Unweighted base ¹ n	Fair / poor %	Good %	Very good / excellent %
Total sample	2,669	18.3	39.1	42.6
Health and wellbeing indicators				
Life satisfaction - Low (0 to 4 out of 10)	171	62.0	28.4	9.7
Life satisfaction - Medium to very high (5+ out of 10)	2,447	14.9	39.7	45.3
Does not feel valued by society	450	36.0	39.7	24.3
Sometimes feel valued by society	1,233	16.8	42.6	40.6
Definitely feel valued by society	928	10.0	31.9	58.1
Overweight or obese (BMI ≥25.0)	1,577	22.0	42.6	35.4
Normal range or underweight (BMI <25.0)	889	10.4	30.7	58.9
Meets fruit intake guidelines	1,257	15.3	35.3	49.4
Does not meet fruit intake guidelines	1,326	20.7	41.5	37.8
Meets vegetable intake guidelines	403	14.5	29.5	56.0
Does not meet vegetable intake guidelines	2,189	18.3	40.0	41.6
Meets physical activity guidelines	1,415	11.1	35.3	53.6
Does not meet physical activity guidelines / sedentary	1,111	25.8	43.0	31.1
Current smoker	257	28.5	43.3	28.2
Ex-smoker	955	18.6	40.2	41.2
Never smoked	1,398	15.4	37.2	47.4
Drinks alcohol every day	283	18.2	44.0	37.8
Drinks alcohol less often than daily	1,818	15.1	39.5	45.3
Does not drink alcohol	496	28.9	34.7	36.3
Had more than 4 standard drinks on a single occasion	1,423	15.1	40.7	44.3
Has not had more than 4 standard drinks	1,096	22.2	36.9	41.0
Drinks sugar-sweetened beverages daily	343	25.8	42.9	31.4
Drinks sugar-sweetened beverages less than daily	2,271	16.6	38.4	45.0
Meets water consumption guidelines	510	13.7	33.4	52.8
Does not meet water guidelines	2,070	19.3	40.6	40.2
Ran out of food and could not afford more	184	30.6	37.7	31.7
Have not run out of food	2,301	17.0	38.9	44.1
Requires help with daily activities	244	55.6	31.7	12.7
Does not require help	2,333	14.6	39.9	45.5

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

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

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

3.2. Body mass index (BMI)

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

The latest available benchmark, the 2017-18 NHS, indicated that the proportion of Victorians aged 18 years and over who fall into the obese range was 31.5%. This compares to just 19.5% in the 2016 VPHS. The 2019 ALC data suggests that 26.9% of respondents within the Loddon Campaspe region have a BMI that puts them in the obese range.

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

- Males were more likely than females to be classified as overweight (41.6% compared to 29.7%). However, there were no gender differences for the obese category
- Amongst both males and females, the middle age groups (35 to 49 years and 50 to 69 years) were the most likely to be classified as obese
- Across the subregions, there were no differences across any of the BMI classifications

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (35.6%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (25.8%)
- Those who recorded a low level of life satisfaction (41.0%, compared to 28.2% who recorded medium to very high life satisfaction)
- Those respondents that do not meet the physical activity guidelines (32.5%, compared to 26.5% of people that do meet the guidelines)
- Those who drink sugar-sweetened beverages daily (42.3%, compared to 26.8% who drink them less than daily)

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

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

Table 3.2.1 BMI by selected demographic characteristics

	Unweighted base ¹	Underweight (BMI <18.5)	Normal range (BMI 18.5-24.9)	Overweight (BMI 25.0- 29.9)	Obese (BMI ≥30.0)
	n	%	%	%	%
Total sample	2,479	1.8	33.5	35.6	29.2
Gender and age					
Males	1,066	0.9	28.6	41.6	28.9
Females	1,389	2.7	38.6	29.7	29.1
Males, 18 to 34	142	1.9	46.1	33.5	18.5
Males, 35 to 49	167	0.5	28.8	35.7	35.0
Males, 50 to 69	466	0.2	20.5	46.5	32.8
Males, 70+	291	1.6	27.9	45.1	25.5
Females, 18 to 34	238	4.8	44.3	27.9	23.1
Females, 35 to 49	270	1.4	36.1	24.1	38.4
Females, 50 to 69	587	1.6	34.4	33.1	30.9
Females, 70+	294	3.9	43.4	32.1	20.6
Subregion					
Echuca	1,162	2.0	34.0	36.7	27.4
Kyabram	442	1.4	32.2	37.1	29.4
Lockington and District	139	0.7	29.5	34.6	35.1
Rochester	321	1.1	32.2	35.3	31.4
Rushworth and District	98	1.0	33.4	38.3	27.3
Stanhope and District	80	3.9	30.4	30.7	35.0
Tongala and District	148	2.8	32.8	28.3	36.0
Demographic indicators					
Born in Australia	2,263	1.6	33.1	36.2	29.1
Born overseas	184	3.4	37.4	30.4	28.8
Speaks English as main language	2,425	1.7	33.7	35.7	28.9
Speaks other main language*	20	2.5	28.3	39.0	30.3
Aboriginal and/or Torres Strait Islander*	24	-	25.9	48.4	25.8
Not Aboriginal or Torres Strait Islander	2,425	1.8	33.7	35.4	29.1
Identifies as LGBTQIA+	49	11.2	42.1	26.1	20.6
Non-LGBTQIA+	2,131	1.5	34.0	35.8	28.7
Holds a Bachelor degree or higher	691	3.4	40.9	31.5	24.2
Less than Bachelor level education	1,558	1.5	32.5	36.4	29.7
Just getting along, poor or very poor	787	1.9	28.1	34.4	35.6
Reasonably comfortable, very comfortable or prosperous	1,673	1.6	36.2	36.4	25.8

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

* Significance testing not conducted due to small base size

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

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

Table 3.2.2 BMI by selected health characteristics

	Unweighted base ¹	Underweight (BMI <18.5)	Normal range (BMI 18.5-24.9)	Overweight (BMI 25.0- 29.9)	Obese (BMI ≥30.0)
	n	%	%	%	%
Total sample	2,479	1.8	33.5	35.6	29.2
Health and wellbeing indicators					
Self-reported health - Fair or poor	429	1.3	19.1	30.0	49.6
Self-reported health - Good, very good, or excellent	2,037	1.8	36.6	36.9	24.7
Life satisfaction - Low (0 to 4 out of 10)	161	1.4	24.2	33.4	41.0
Life satisfaction - Medium to very high (5+ out of 10)	2,287	1.8	34.3	35.7	28.2
Does not feel valued by society	418	2.3	30.1	33.7	34.0
Sometimes feel valued by society	1,139	1.9	32.1	35.2	30.9
Definitely feel valued by society	877	1.3	37.5	37.8	23.4
Meets fruit intake guidelines	1,181	2.1	37.0	35.2	25.6
Does not meet fruit intake guidelines	1,247	1.5	30.7	35.8	31.9
Meets vegetable intake guidelines	390	2.6	41.7	35.4	20.2
Does not meet vegetable intake guidelines	2,045	1.7	32.2	35.7	30.4
Meets physical activity guidelines	1,359	1.9	36.3	35.3	26.5
Does not meet physical activity guidelines / sedentary	1,034	1.5	29.5	36.6	32.5
Current smoker	248	4.1	35.2	34.3	26.4
Ex-smoker	900	1.2	27.1	40.2	31.5
Never smoked	1,301	1.6	37.6	32.7	28.1
Drinks alcohol every day	268	2.1	28.4	45.5	24.0
Drinks alcohol less often than daily	1,721	1.5	33.8	34.9	29.8
Does not drink alcohol	450	2.7	35.4	31.5	30.4
Had more than 4 standard drinks on a single occasion	1,361	1.5	32.0	37.4	29.1
Has not had more than 4 standard drinks	1,014	2.1	35.8	32.4	29.6
Drinks sugar-sweetened beverages daily	312	0.6	25.5	31.6	42.3
Drinks sugar-sweetened beverages less than daily	2,146	2.0	35.0	36.2	26.8
Meets water consumption guidelines	483	2.3	38.3	33.2	26.2
Does not meet water guidelines	1,948	1.6	32.4	35.8	30.1
Ran out of food and could not afford more	172	3.6	26.4	33.3	36.8
Have not run out of food	2,150	1.6	33.7	36.4	28.4
Requires help with daily activities	221	2.0	25.6	40.1	32.3
Does not require help	2,178	1.8	33.6	35.8	28.8

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

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

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

3.3. Healthy eating

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

Recommended daily consumption	Vegetables	Fruit
Toddlers and children		
Boys and girls 3 years	2.5	1.0
Boys and girls aged 4 to 8 years	4.5	1.5
Boys and girls aged 9 to 11 years	5.0	2.0
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

3.3.1. Serves of vegetables consumed

Table 3.3.1.1 shows that the average daily serves of vegetables was 2.8 for residents of Campaspe, well below the recommended serves per day for all adults. Overall, only 12.5% of respondents were meeting the recommended vegetable consumption guidelines for their gender and age group.

In relation to the main demographic indicators:

- Females were more likely than males to be meeting the vegetable consumption guidelines (18.5% compared to 6.3%)
- Amongst men, respondents aged 70 and over were more likely to be meeting the guidelines than all of the younger age groups (16.8% compared to 1.9% for 18 to 34 years, 2.6% for 35 to 49 years, and 4.9% for 50 to 69 years)
- Across the subregions, Rushworth and District (21.1%) and EchUCA (13.6%) respondents were more likely to be meeting the vegetable consumption guidelines than respondents from Lockington and District (5.7%)

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

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

- Those respondents who meet the fruit consumption guidelines (18.9%, compared to 7.4 of people who do not meet the fruit consumption guidelines)
- Those respondents who meet the physical activity guidelines (14.5%, compared to 9.9% of people who do not meet the physical activity guidelines)

- Those respondents who meet the water consumption guidelines (19.3%, compared to 10.8% of people who do not meet the water guidelines)

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

Table 3.3.1.1 Serves of vegetables by selected demographic characteristics

	Unweighted base ¹ n	0 to less than 2 serves %	2 to less than 5 serves %	5 serves or more %	Meets veg requirements %	Average daily serves* #
Total sample	2,607	28.5	53.7	17.8	12.5	2.8
Gender and age						
Males	1,108	30.4	52.4	17.2	6.3	2.7
Females	1,476	26.5	55.0	18.5	18.5	2.9
Males, 18 to 34	148	32.1	51.8	16.1	1.9	2.6
Males, 35 to 49	178	25.9	59.1	14.9	2.6	2.7
Males, 50 to 69	490	30.2	52.0	17.8	4.9	2.8
Males, 70+	292	33.5	47.1	19.4	16.8	2.7
Females, 18 to 34	255	23.0	58.7	18.3	18.3	2.9
Females, 35 to 49	292	31.5	53.9	14.6	14.6	2.6
Females, 50 to 69	617	27.2	52.7	20.1	20.1	2.9
Females, 70+	312	22.9	56.6	20.5	20.5	3.2
Subregion						
Echuca	1,224	29.2	51.6	19.2	13.6	2.8
Kyabram	472	30.8	50.5	18.8	13.5	2.7
Lockington and District	151	27.2	63.6	9.2	5.7	2.6
Rochester	332	25.2	59.5	15.4	8.9	2.8
Rushworth and District	104	32.3	40.7	27.1	21.1	3.4
Stanhope and District	80	20.3	70.5	9.2	9.2	2.8
Tongala and District	151	27.2	56.0	16.8	11.0	2.8
Demographic indicators						
Born in Australia	2,381	28.0	54.2	17.9	12.6	2.8
Born overseas	191	33.7	49.4	17.0	11.9	2.6
Speaks English as main language	2,549	28.3	53.9	17.8	12.5	2.8
Speaks other main language*	21	47.7	22.9	29.4	20.0	2.9
Aboriginal and/or Torres Strait Islander*	30	18.8	52.1	29.2	17.1	3.3
Not Aboriginal or Torres Strait Islander	2,545	28.7	53.7	17.6	12.4	2.8
Identifies as LGBTQIA+	48	38.1	42.8	19.1	16.7	2.6
Non-LGBTQIA+	2,236	27.3	54.5	18.2	12.7	2.8
Holds a Bachelor degree or higher	714	21.6	53.3	25.1	20.8	3.2
Less than Bachelor level education	1,657	28.8	54.7	16.6	10.7	2.7
Just getting along, poor or very poor	825	36.8	48.9	14.2	10.6	2.5
Reasonably comfortable, very comfortable or prosperous	1,758	23.8	56.2	19.9	13.5	3.0

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

* Significance testing not conducted due to small base size

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

Table 3.3.1.2 Serves of vegetables by selected health characteristics

	Unweighted base ¹ n	0 to less than 2 serves %	2 to less than 5 serves %	5 serves or more %	Meets veg requirements %	Average daily serves* #
Total sample	2,607	28.5	53.7	17.8	12.5	2.8
Health and wellbeing indicators						
Self-reported health - Fair or poor	451	36.8	51.0	12.2	10.2	2.5
Self-reported health - Good, very good, or excellent	2,141	26.7	54.2	19.1	13.0	2.9
Life satisfaction - Low (0 to 4 out of 10)	168	42.8	47.8	9.4	7.7	2.1
Life satisfaction - Medium to very high (5+ out of 10)	2,399	27.2	54.2	18.6	12.9	2.9
Does not feel valued by society	444	39.4	51.3	9.3	7.1	2.3
Sometimes feel valued by society	1,201	28.5	53.9	17.6	11.6	2.8
Definitely feel valued by society	914	21.9	54.8	23.3	17.1	3.2
Overweight or obese (BMI ≥25.0)	1,558	31.5	52.6	15.9	11.1	2.7
Normal range or underweight (BMI <25.0)	877	23.1	54.0	22.9	16.2	3.0
Meets fruit intake guidelines	1,246	12.2	61.5	26.3	18.9	3.5
Does not meet fruit intake guidelines	1,320	41.8	47.0	11.2	7.4	2.2
Meets physical activity guidelines	1,407	22.3	57.0	20.7	14.5	3.0
Does not meet physical activity guidelines / sedentary	1,083	36.4	49.1	14.5	9.9	2.5
Current smoker	252	35.2	50.2	14.6	7.9	2.3
Ex-smoker	937	26.3	56.2	17.6	12.4	2.8
Never smoked	1,379	28.7	52.6	18.7	13.6	2.9
Drinks alcohol every day	284	32.8	51.9	15.3	7.7	2.6
Drinks alcohol less often than daily	1,796	26.8	55.4	17.8	12.1	2.8
Does not drink alcohol	473	33.2	47.3	19.5	16.8	2.7
Had more than 4 standard drinks on a single occasion	1,405	27.7	55.9	16.5	9.5	2.7
Has not had more than 4 standard drinks	1,075	30.3	49.3	20.5	17.1	2.9
Drinks sugar-sweetened beverages daily	328	40.7	48.2	11.1	8.2	2.3
Drinks sugar-sweetened beverages less than daily	2,247	26.4	54.5	19.2	13.3	2.9
Meets water consumption guidelines	505	16.4	54.7	28.9	19.3	3.3
Does not meet water guidelines	2,051	31.9	52.9	15.2	10.8	2.7
Ran out of food and could not afford more	171	41.5	40.0	18.5	12.7	2.5
Have not run out of food	2,258	27.8	54.7	17.6	12.2	2.8
Requires help with daily activities	234	32.5	50.0	17.6	12.6	2.7
Does not require help	2,287	28.6	53.7	17.7	12.3	2.8

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

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3.3.2. Serves of fruit consumed

As shown in Table 3.3.2.1, the average serves of fruit per day for residents of Campaspe was 1.5, lower than the recommended serves per day for adults. However, a larger proportion of respondents (45.7%) were meeting the fruit consumption guidelines than the vegetable guidelines (12.5%).

In relation to the main demographic indicators:

- As with vegetables, females were more likely than males to be meeting the fruit consumption guidelines (49.4%, compared to 42.1%)
- Amongst females, respondents aged 50 to 69 years (52.45) and 70 years and over (61.3%) were more likely to be meeting the fruit consumption than those aged 35 to 49 years (41.8%)
- Across the subregions, there were no differences in those meeting the guidelines

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'reasonably comfortable', 'very comfortable', or 'prosperous' (49.5%), compared to those who are 'just getting along', 'poor', or 'very poor' (39.0%)
- Those who recorded a medium to very high level of life satisfaction (46.9%, compared to 31.7% who recorded low life satisfaction)
- Those respondents that had a BMI classification of underweight or normal (50.4%, compared to 42.9% of people classified as overweight or obese)
- Those who drink sugar-sweetened beverages less than daily (47.2%, compared to 37.7% who drink them daily)

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

Table 3.3.2.1 Serves of fruit by selected demographic characteristics

	Unweighted base ¹ n	0 to less than 1 serves %	1 to less than 2 serves %	2 serves or more %	Meets fruit requirements %	Average daily serves* #
Total sample	2,597	20.2	34.1	45.7	45.7	1.5
Gender and age						
Males	1,104	24.3	33.7	42.1	42.1	1.5
Females	1,467	16.0	34.6	49.4	49.4	1.6
Males, 18 to 34	150	25.4	41.9	32.8	32.8	1.4
Males, 35 to 49	178	27.5	31.0	41.5	41.5	1.4
Males, 50 to 69	484	22.8	31.9	45.4	45.4	1.5
Males, 70+	292	22.9	31.9	45.2	45.2	1.6
Females, 18 to 34	256	14.5	41.9	43.7	43.7	1.5
Females, 35 to 49	291	20.0	38.2	41.8	41.8	1.4
Females, 50 to 69	612	17.2	30.4	52.4	52.4	1.6
Females, 70+	308	10.0	28.7	61.3	61.3	2.0
Subregion						
Echuca	1,214	19.4	36.1	44.5	44.5	1.5
Kyabram	471	22.9	33.5	43.6	43.6	1.5
Lockington and District	149	20.7	33.4	45.9	45.9	1.5
Rochester	332	19.8	28.0	52.1	52.1	1.6
Rushworth and District	103	14.0	47.4	38.6	38.6	1.5
Stanhope and District	80	17.3	29.4	53.3	53.3	1.7
Tongala and District	154	28.2	27.9	43.9	43.9	1.5
Demographic indicators						
Born in Australia	2,372	19.9	34.6	45.5	45.5	1.5
Born overseas	191	20.6	30.6	48.8	48.8	1.7
Speaks English as main language	2,539	20.2	34.2	45.5	45.5	1.5
Speaks other main language*	21	11.7	35.6	52.7	52.7	2.4
Aboriginal and/or Torres Strait Islander*	30	3.0	36.0	61.1	61.1	1.9
Not Aboriginal or Torres Strait Islander	2,535	20.4	34.1	45.5	45.5	1.5
Identifies as LGBTQIA+	50	18.2	31.7	50.2	50.2	2.1
Non-LGBTQIA+	2,225	19.5	34.5	46.1	46.1	1.5
Holds a Bachelor degree or higher	712	13.1	38.4	48.5	48.5	1.7
Less than Bachelor level education	1,650	20.7	34.5	44.8	44.8	1.5
Just getting along, poor or very poor	829	26.2	34.8	39.0	39.0	1.4
Reasonably comfortable, very comfortable or prosperous	1,745	16.8	33.7	49.5	49.5	1.6

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

* Significance testing not conducted due to small base size

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Table 3.3.2.2 Serves of fruit by selected health characteristics

	Unweighted base ¹ n	0 to less than 1 serves %	1 to less than 2 serves %	2 serves or more %	Meets fruit requirements %	Average daily serves #
Total sample	2,597	20.2	34.1	45.7	45.7	1.5
Health and wellbeing indicators						
Self-reported health - Fair or poor	458	24.0	37.6	38.4	38.4	1.4
Self-reported health - Good, very good, or excellent	2,125	19.3	33.4	47.3	47.3	1.6
Life satisfaction - Low (0 to 4 out of 10)	170	28.7	39.6	31.7	31.7	1.3
Life satisfaction - Medium to very high (5+ out of 10)	2,388	19.4	33.7	46.9	46.9	1.6
Does not feel valued by society	436	28.4	38.8	32.8	32.8	1.2
Sometimes feel valued by society	1,202	20.0	34.0	46.1	46.1	1.5
Definitely feel valued by society	911	15.7	31.2	53.1	53.1	1.7
Overweight or obese (BMI ≥25.0)	1,548	21.7	35.4	42.9	42.9	1.5
Normal range or underweight (BMI <25.0)	880	16.5	33.1	50.4	50.4	1.7
Meets vegetable intake guidelines	401	4.4	27.4	68.3	68.3	2.2
Does not meet vegetable intake guidelines	2,165	22.2	35.5	42.3	42.3	1.4
Meets physical activity guidelines	1,400	15.8	32.2	52.0	52.0	1.7
Does not meet physical activity guidelines / sedentary	1,085	25.7	36.5	37.8	37.8	1.4
Current smoker	249	33.8	36.3	30.0	30.0	1.2
Ex-smoker	933	19.3	35.5	45.2	45.2	1.5
Never smoked	1,376	18.0	32.5	49.6	49.6	1.6
Drinks alcohol every day	280	33.9	34.4	31.8	31.8	1.2
Drinks alcohol less often than daily	1,785	19.2	33.9	46.9	46.9	1.5
Does not drink alcohol	479	16.8	33.5	49.7	49.7	1.7
Had more than 4 standard drinks on a single occasion	1,398	23.4	34.7	41.8	41.8	1.4
Has not had more than 4 standard drinks	1,074	15.8	33.2	50.9	50.9	1.7
Drinks sugar-sweetened beverages daily	330	28.7	33.6	37.7	37.7	1.3
Drinks sugar-sweetened beverages less than daily	2,237	18.9	33.9	47.2	47.2	1.6
Meets water consumption guidelines	505	13.3	34.3	52.4	52.4	1.8
Does not meet water guidelines	2,044	22.3	34.0	43.7	43.7	1.5
Ran out of food and could not afford more	175	26.6	43.1	30.3	30.3	1.2
Have not run out of food	2,244	20.1	33.5	46.5	46.5	1.6
Requires help with daily activities	236	18.5	32.8	48.7	48.7	1.7
Does not require help	2,275	20.5	34.0	45.5	45.5	1.5

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

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

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

3.3.3. Barriers to vegetable consumption

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

While a range of reasons were provided for not having met the vegetable consumption requirement, the two main themes that emerged were a 'lack of time' (28.7%) and 'personal preference or habit' (24.8%). Other relatively common barriers to increasing serves of vegetables were 'diet or health restrictions' (14.9%), 'cost' (14.8%), and a 'lack of awareness of, or agreement with, the guidelines' (12.2%).

In relation to the main demographic indicators:

- Males were more likely to identify 'personal preference or habit' as a reason for not consuming the recommended amount of vegetables when compared to females (30.3%, compared to 19.7%)
- Amongst males, respondents aged 35 to 49 were more likely (45.7%) than all other age groups to give the reason of 'being time poor' for not meeting the vegetable guidelines
- Amongst females, respondents aged 18 to 34 and 35 to 49 were more likely to suggest they were 'time poor' or that 'cost' was a barrier, when compared to females aged 70 years and over
- Across the subregions, respondents in Rushworth and District were more likely to identify 'cost' as a barrier (36.1%), when compared to residents of Echuca (15.1%), Kyabram (12.6%), Lockington and District (11.4%), and Tongala and District (12.3%)

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (25.3%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (8.0%)
- Those who have experienced food insecurity (54.5%), compared to those who have not run out of food in the last 12 months (8.9%)
- Those who recorded a low level of life satisfaction (32.2%, compared to 13.3% who recorded medium to very high life satisfaction)

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

Table 3.3.3.1 Barriers to meeting vegetable guidelines by selected demographic characteristics

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,302	24.8	28.7	14.8	14.9	12.2	2.9	2.8	3.3	3.0
Gender and age										
Males	547	30.3	25.6	12.3	12.2	13.0	2.5	2.7	3.9	3.7
Females	741	19.7	31.7	17.1	17.4	11.3	3.4	3.0	2.7	2.3
Males, 18 to 34	78	39.3	22.0	14.9	10.4	6.3	3.3	1.9	4.1	4.9
Males, 35 to 49	87	33.6	45.7	15.2	6.2	5.9	4.5	0.0	1.4	0.5
Males, 50 to 69	241	27.9	24.9	13.2	11.4	16.4	1.2	3.0	4.3	3.0
Males, 70+	141	23.5	11.6	4.9	21.3	19.2	2.7	5.5	5.1	7.2
Females, 18 to 34	138	24.8	39.2	23.4	9.0	9.7	5.0	3.2	0.3	2.6
Females, 35 to 49	158	15.3	42.1	21.5	17.2	6.6	2.1	0.0	1.4	1.8
Females, 50 to 69	303	19.3	27.6	14.2	19.5	10.6	3.1	5.8	3.5	1.7
Females, 70+	142	19.4	12.1	6.2	27.0	23.7	3.3	1.0	6.9	4.1
Subregion										
Echuca	590	26.4	29.2	15.6	14.2	12.5	2.7	2.9	2.1	2.7
Kyabram	232	20.1	26.8	12.6	15.1	14.3	2.4	3.4	5.7	5.5
Lockington and District	89	23.3	30.2	10.5	10.0	14.2	2.0	6.3	5.3	3.2
Rochester	179	25.3	26.9	16.3	18.0	10.8	3.7	0.0	2.3	2.8
Rushworth and District	45	27.5	16.6	35.7	3.1	12.8	7.6	2.2	3.2	2.3
Stanhope and District	42	40.4	27.0	11.6	3.0	8.4	6.0	5.7	0.0	3.3
Tongala and District	75	16.4	36.8	11.8	26.2	9.1	3.8	1.5	4.0	0.0

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

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

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

Table 3.3.3.2 Barriers to meeting vegetable guidelines by further demographic indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,302	24.8	28.7	14.8	14.9	12.2	2.9	2.8	3.3	3.0
Demographic indicators										
Born in Australia	1,181	24.7	28.6	14.8	14.7	12.5	3.1	3.1	3.4	3.1
Born overseas	105	22.3	28.9	16.8	17.0	10.1	1.7	1.1	2.6	2.2
Speaks English as main language	1,272	24.8	29.0	14.8	14.9	12.0	3.0	2.9	3.4	3.0
Speaks other main language*	7	51.4	7.2	0.0	25.8	0.0	0.0	0.0	0.0	15.6
Aboriginal and/or Torres Strait Islander*	16	29.3	18.9	28.0	2.7	13.0	2.8	0.0	8.0	8.0
Not Aboriginal or Torres Strait Islander	1,271	24.9	29.0	14.7	15.1	12.0	2.9	2.9	3.2	2.9
Identifies as LGBTQIA+*	26	11.4	26.4	33.3	6.2	5.0	6.4	3.4	3.4	8.0
Non-LGBTQIA+	1,119	25.4	30.8	14.0	14.7	11.6	3.0	2.6	2.7	2.8
Holds a Bachelor degree or higher	342	29.9	35.8	11.2	13.3	9.4	5.1	3.1	2.0	2.8
Less than Bachelor level education	851	24.4	28.5	15.5	14.7	12.2	2.6	2.8	3.5	2.8
Just getting along, poor or very poor	474	17.7	29.7	25.3	13.1	10.9	2.8	4.3	3.9	3.0
Reasonably comfortable, very comfortable or prosperous	820	29.4	28.2	8.0	16.2	12.7	3.0	1.9	3.0	3.0

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

* Significance testing not conducted due to small base size

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

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

Table 3.3.3.3 Barriers to meeting vegetable guidelines by selected health indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,302	24.8	28.7	14.8	14.9	12.2	2.9	2.8	3.3	3.0
Health and wellbeing indicators										
Self-reported health - Fair or poor	271	26.3	24.5	18.6	17.9	7.2	3.8	1.2	3.7	3.7
Self-reported health - Good, very good, or excellent	1,022	24.3	29.8	13.7	14.2	13.5	2.7	3.3	3.2	2.8
Life satisfaction - Low (0 to 4 out of 10)	107	17.5	30.6	32.2	13.7	5.0	1.7	1.1	2.6	5.0
Life satisfaction - Medium to very high (5+ out of 10)	1,181	25.5	28.4	13.3	15.0	12.9	3.1	3.1	3.3	2.8
Does not feel valued by society	281	20.1	23.7	27.9	17.3	8.2	3.1	2.2	4.1	3.4
Sometimes feel valued by society	625	26.1	33.2	13.1	13.4	11.6	4.0	2.3	2.1	2.7
Definitely feel valued by society	383	26.8	24.8	6.6	15.9	16.5	1.0	4.0	4.4	3.2
Overweight or obese (BMI ≥25.0)	839	26.3	30.5	14.8	13.9	10.7	3.0	2.6	2.8	3.2
Normal range or underweight (BMI <25.0)	398	21.4	26.9	12.0	18.5	15.9	2.5	3.8	3.9	1.5
Meets fruit intake guidelines	518	23.1	29.7	11.2	16.4	15.0	3.3	1.9	2.8	2.4
Does not meet fruit intake guidelines	750	25.3	27.7	16.4	14.7	10.7	2.9	3.4	3.5	3.4
Meets physical activity guidelines	669	23.6	29.9	13.7	16.8	14.1	3.4	2.4	2.6	2.5
Does not meet physical activity guidelines / sedentary	591	25.2	28.2	16.0	13.5	10.0	2.6	3.0	3.7	3.6

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

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

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

Table 3.3.3.4 Barriers to vegetable guidelines by further health indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,302	24.8	28.7	14.8	14.9	12.2	2.9	2.8	3.3	3.0
Health and wellbeing indicators										
Current smoker	145	22.1	33.4	17.2	13.2	6.3	2.2	7.2	2.1	2.8
Ex-smoker	472	24.8	30.9	13.2	15.7	12.1	2.3	2.4	1.9	3.8
Never smoked	670	25.4	26.2	15.7	14.6	13.4	3.6	2.1	4.7	2.5
Drinks alcohol every day	139	31.3	32.7	3.7	13.1	14.4	1.7	2.6	4.4	1.5
Drinks alcohol less often than daily	886	24.9	29.9	15.7	14.9	11.5	3.0	3.0	2.7	2.7
Does not drink alcohol	257	19.0	22.5	19.3	16.1	12.5	3.4	2.5	5.2	5.2
Had more than 4 standard drinks on a single occasion	713	27.3	32.3	13.5	11.9	12.0	2.7	2.0	2.6	2.7
Has not had more than 4 standard drinks	527	21.6	23.0	17.6	19.8	11.4	3.2	4.5	4.8	2.7
Drinks sugar-sweetened beverages daily	184	30.1	32.6	16.6	8.7	7.7	2.9	2.6	2.7	5.1
Drinks sugar-sweetened beverages less than daily	1,109	23.8	28.0	14.6	16.0	13.0	2.9	2.9	3.5	2.4
Meets water consumption guidelines	225	22.5	30.1	14.6	13.2	14.3	2.2	0.6	4.3	3.6
Does not meet water guidelines	1,051	25.5	28.5	15.1	15.2	11.6	3.1	3.5	2.9	2.6
Ran out of food and could not afford more	114	8.5	27.0	54.5	8.5	5.3	1.2	1.8	2.6	1.6
Have not run out of food	1,112	28.0	29.1	8.9	15.6	12.9	2.9	2.9	3.2	3.3
Requires help with daily activities	125	15.3	15.7	20.1	28.6	13.5	3.7	2.0	3.9	2.5
Does not require help	1,140	25.8	30.2	13.9	13.3	12.1	2.7	3.0	3.3	3.1

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

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

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

3.3.4. Barriers to fruit consumption

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

While a range of reasons were provided for not having met the guidelines, the two main themes that emerged were 'personal preference or habit' (41.1%) and a 'lack of time' (15.2%). Other relatively common barriers to increasing serves of fruit were 'cost' (15.1%), 'diet or health restrictions' (12.4%), and a 'lack of awareness of, or agreement with, the guidelines' (7.3%).

In relation to the main demographic indicators:

- There were no differences in the barriers to meeting the fruit consumption guidelines between males and females
- However, males aged 35 to 49 were more likely (30.5%) than those age 70 years and over (6.1%) to give the reason of 'being time poor' for not meeting the fruit guidelines
- Across the subregions, there were no significant differences in the barriers to meeting the fruit consumption guidelines. However, this may be due to the small base sizes for this question

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (26.9%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (6.7%)
- Those who have experienced food insecurity (52.0%) compared to those who have not run out of food in the last 12 months (8.7%)
- Those who recorded a low level of life satisfaction (50.6%, compared to 11.7% who recorded medium to very high life satisfaction)

Full data from comparable demographic and health subgroups is available in Tables 3.3.4.2, 3.3.4.3, and 3.3.4.4.

Table 3.3.4.1 Barriers to meeting fruit guidelines by selected demographic characteristics

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	827	41.1	15.2	15.1	12.4	7.3	4.8	0.5	4.3	3.8
Gender and age										
Males	360	43.8	16.1	11.8	10.9	7.7	4.7	0.7	3.6	5.2
Females	457	38.4	14.2	18.8	14.1	6.4	4.9	0.3	5.1	2.5
Males, 18 to 34	60	48.9	11.3	14.8	12.2	3.7	4.9	0.0	5.3	1.6
Males, 35 to 49	58	49.4	30.5	9.5	6.8	0.7	6.0	0.0	2.0	1.4
Males, 50 to 69	166	41.2	15.9	12.9	9.3	11.0	4.8	1.2	3.1	6.5
Males, 70+	76	36.0	6.1	7.1	18.2	13.5	2.8	1.4	4.4	11.9
Females, 18 to 34	92	40.0	20.1	21.4	7.1	4.8	9.3	0.5	5.5	1.8
Females, 35 to 49	107	36.9	17.9	20.7	15.7	2.6	2.6	0.0	5.2	2.2
Females, 50 to 69	192	38.6	10.2	16.5	16.9	6.8	4.8	0.3	4.2	3.8
Females, 70+	66	37.5	5.8	15.8	17.2	18.2	0.0	0.0	7.4	0.0
Subregion										
Echuca	386	39.8	16.0	15.8	13.5	8.4	4.4	0.5	3.7	3.2
Kyabram	154	41.4	12.3	15.7	14.5	4.4	2.9	0.0	6.4	4.1
Lockington and District	52	41.2	14.3	9.3	5.6	10.9	11.8	0.0	0.0	6.9
Rochester	90	36.3	20.8	12.9	13.7	8.1	3.9	0.0	3.8	4.6
Rushworth and District	39	39.3	1.8	28.9	9.0	7.5	11.4	2.6	0.5	5.3
Stanhope and District*	25	67.2	14.7	7.5	2.4	0.0	11.8	3.8	4.1	5.1
Tongala and District	45	54.7	15.1	16.7	7.7	4.9	2.0	0.0	1.1	3.7

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

* Significance testing not conducted due to small base size

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

Table 3.3.4.2 Barriers to meeting fruit guidelines by further demographic indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	827	41.1	15.2	15.1	12.4	7.3	4.8	0.5	4.3	3.8
Demographic indicators										
Born in Australia	763	41.5	15.2	14.6	12.8	7.7	4.9	0.5	4.2	3.4
Born overseas	57	38.0	12.9	23.1	8.5	4.2	2.3	0.0	4.4	8.9
Speaks English as main language	812	40.9	15.4	14.9	12.5	7.4	4.8	0.5	4.4	3.8
Speaks other main language*	5	45.9	0.0	16.8	16.8	0.0	0.0	0.0	0.0	20.4
Aboriginal and/or Torres Strait Islander*	9	39.3	4.6	35.8	0.0	11.2	0.0	0.0	13.7	0.0
Not Aboriginal or Torres Strait Islander	811	41.3	15.5	14.6	12.6	7.1	4.9	0.5	4.2	3.9
Identifies as LGBTQIA+*	14	19.6	1.7	42.8	29.3	6.3	2.1	0.0	0.0	0.0
Non-LGBTQIA+	731	41.3	16.7	14.6	12.5	6.3	5.1	0.5	4.0	3.9
Holds a Bachelor degree or higher	213	38.8	18.0	9.7	15.2	7.3	6.9	1.0	6.1	6.1
Less than Bachelor level education	557	42.3	15.8	15.1	11.6	7.0	4.7	0.4	4.2	3.2
Just getting along, poor or very poor	318	33.5	14.0	26.9	9.9	6.1	4.0	0.3	5.0	4.1
Reasonably comfortable, very comfortable or prosperous	506	46.7	16.2	6.7	13.9	8.2	5.2	0.6	3.9	3.7

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

* Significance testing not conducted due to small base size

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

Table 3.3.4.3 Barriers to meeting fruit guidelines by selected health indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	827	41.1	15.2	15.1	12.4	7.3	4.8	0.5	4.3	3.8
Health and wellbeing indicators										
Self-reported health - Fair or poor	183	30.5	15.5	23.3	16.3	4.6	4.1	0.0	5.8	4.4
Self-reported health - Good, very good, or excellent	640	44.2	15.2	12.8	11.2	8.2	5.0	0.6	3.6	3.7
Life satisfaction - Low (0 to 4 out of 10)	75	19.4	10.9	50.6	9.7	2.3	7.2	0.0	8.5	0.6
Life satisfaction - Medium to very high (5+ out of 10)	741	43.2	15.6	11.7	12.8	8.0	4.5	0.5	3.7	4.2
Does not feel valued by society	212	32.6	11.3	27.8	10.6	5.5	5.1	0.0	7.2	3.6
Sometimes feel valued by society	376	42.9	17.9	13.2	11.6	7.2	4.1	0.9	3.3	4.0
Definitely feel valued by society	233	46.5	14.3	5.8	15.7	9.8	5.7	0.2	2.5	3.9
Overweight or obese (BMI ≥25.0)	543	41.0	16.0	15.4	11.0	7.0	4.3	0.6	4.2	4.1
Normal range or underweight (BMI <25.0)	244	43.2	14.7	10.7	17.2	8.9	5.2	0.2	3.4	1.8
Meets fruit intake guidelines	76	35.5	12.0	14.4	20.6	10.7	12.1	0.5	1.9	3.0
Does not meet fruit intake guidelines	738	41.7	15.1	15.2	12.0	7.2	4.3	0.5	4.3	3.9
Meets physical activity guidelines	406	43.6	14.6	12.3	14.5	6.6	5.2	0.6	3.8	3.8
Does not meet physical activity guidelines / sedentary	393	38.0	15.9	17.7	10.5	8.2	4.6	0.4	4.7	3.9

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

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

Table 3.3.4.4 Barriers to fruit guidelines by further health indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	827	41.1	15.2	15.1	12.4	7.3	4.8	0.5	4.3	3.8
Health and wellbeing indicators										
Current smoker	117	48.1	9.0	22.5	9.3	3.7	1.8	0.0	5.5	3.4
Ex-smoker	293	37.0	19.6	14.6	11.3	7.7	7.6	1.1	3.6	3.8
Never smoked	407	41.7	13.9	13.4	14.4	7.8	3.8	0.2	4.5	4.1
Drinks alcohol every day	98	46.5	19.3	10.6	8.5	9.3	7.0	0.0	3.2	1.1
Drinks alcohol less often than daily	566	41.8	16.1	14.0	12.8	7.2	4.9	0.7	3.8	4.0
Does not drink alcohol	149	34.7	7.7	24.0	13.4	5.5	3.0	0.0	7.6	5.4
Had more than 4 standard drinks on a single occasion	493	45.6	16.7	12.7	10.2	6.7	5.6	0.5	3.9	3.5
Has not had more than 4 standard drinks	302	33.8	12.1	19.4	16.5	8.4	3.2	0.4	5.6	4.2
Drinks sugar-sweetened beverages daily	130	41.8	14.1	19.3	7.4	5.6	2.6	1.4	5.8	4.0
Drinks sugar-sweetened beverages less than daily	693	40.9	15.6	14.3	13.4	7.8	5.3	0.3	4.0	3.6
Meets water consumption guidelines	156	42.4	15.3	10.9	16.9	7.5	4.3	0.7	5.2	2.7
Does not meet water guidelines	655	41.0	15.0	16.6	11.5	7.5	4.9	0.4	3.6	3.7
Ran out of food and could not afford more	90	14.6	15.8	52.0	7.8	2.9	2.3	0.0	8.4	1.1
Have not run out of food	692	46.2	15.1	8.7	13.3	7.7	4.7	0.6	3.3	4.5
Requires help with daily activities	78	25.1	8.5	31.0	16.4	10.2	4.2	0.0	3.8	2.1
Does not require help	733	43.3	15.9	13.3	11.7	7.1	4.5	0.5	4.5	4.0

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

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

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

3.3.5. Water consumption

According to the 2013 Australian Dietary Guidelines prepared by the National Health and Medical Research Council (NHMRC), the recommended daily intake of water varies dependent upon a range of individual factors such as diet and physical activity.³ For the purpose of reporting, we have assumed that water consumption requirements have been met if individuals drink at least two litres (8 cups) of water daily.

Overall, respondents of Campaspe reported drinking an average of 4.8 cups of water per day, below the recommended amount.

In relation to the main demographic indicators:

- Females consumed a higher average number of cups per day (5.0 compared to 4.7 for males), however, there were no differences in terms of meeting the guidelines
- For both males and females, water consumption was considerably lower amongst older residents, with 93.0% and 91.9% respectively not meeting water requirements if aged over 70 years. Younger respondents were comparatively more likely to meet requirements with the proportion not meeting requirements being lowest for males aged 18 to 34 years (69.1%) and females aged 18 to 34 years (66.7%)
- Across the subregions, those not meeting the recommended water consumption guidelines were residents of Tongala and District (11.3%) and Kyabram (17.2%), when compared to Rushworth and District (32.3%) and Stanhope and District (32.8%) residents

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

In relation to other key demographic or health differences, the subgroups with the higher proportion not meeting the water consumption guidelines were:

- People whose education is less than a Bachelor level (20.7%), compared to respondents with a Bachelor or higher (28.3%)
- Those whose self-reported health was 'fair' or 'poor' (15.8%), compared to those with 'good', 'very good', or 'excellent' health (22.0%)
- Those respondents that do not meet the physical activity guidelines (16.2%), compared to those that do (25.0%)

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

³ www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55a_australian_dietary_guidelines_summary_book.pdf

Table 3.5.1 Water consumption by selected demographic characteristics

	Unweighted base ¹	Meets water requirements	Does not meet requirements	Average daily cups*
	n	%	%	#
Total sample	2,596	20.9	79.1	4.8
Gender and age				
Males	1,108	19.4	80.6	4.7
Females	1,462	22.6	77.4	5.0
Males, 18 to 34	147	30.9	69.1	5.9
Males, 35 to 49	179	25.7	74.3	5.3
Males, 50 to 69	486	17.1	82.9	4.4
Males, 70+	296	7.0	93.0	3.3
Females, 18 to 34	250	33.3	66.7	5.9
Females, 35 to 49	290	29.4	70.6	5.5
Females, 50 to 69	615	18.0	82.1	4.6
Females, 70+	307	8.1	91.9	4.1
Subregion				
Echuca	1,211	22.4	77.7	5.0
Kyabram	473	17.2	82.8	4.5
Lockington and District	149	16.6	83.4	4.4
Rochester	333	21.2	78.8	4.6
Rushworth and District	105	32.3	67.7	5.8
Stanhope and District	78	32.8	67.2	5.6
Tongala and District	153	11.3	88.7	4.2
Demographic indicators				
Born in Australia	2,372	21.3	78.7	4.9
Born overseas	188	18.6	81.5	4.1
Speaks English as main language	2,540	21.2	78.8	4.9
Speaks other main language*	20	7.5	92.5	3.9
Aboriginal and/or Torres Strait Islander*	30	15.5	84.5	5.2
Not Aboriginal or Torres Strait Islander	2,533	21.1	78.9	4.8
Identifies as LGBTQIA+	48	30.6	69.4	5.8
Non-LGBTQIA+	2,213	21.9	78.1	4.9
Holds a Bachelor degree or higher	708	28.3	71.7	5.6
Less than Bachelor level education	1,645	20.7	79.3	4.8
Just getting along, poor or very poor	833	19.4	80.6	4.6
Reasonably comfortable, very comfortable or prosperous	1,742	22.0	78.0	5.0

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

* Significance testing not conducted due to small base size

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

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

Table 3.5.2 Water consumption by selected health characteristics

	Unweighted base ¹	Meets water requirements	Does not meet requirements	Average daily cups
	n	%	%	%
Total sample	2,596	20.9	79.1	4.8
Health and wellbeing indicators				
Self-reported health - Fair or poor	456	15.8	84.2	4.3
Self-reported health - Good, very good, or excellent	2,124	22.0	78.0	5.0
Life satisfaction - Low (0 to 4 out of 10)	168	18.8	81.2	4.4
Life satisfaction - Medium to very high (5+ out of 10)	2,386	21.0	79.0	4.9
Does not feel valued by society	440	19.1	80.9	4.6
Sometimes feel valued by society	1,197	19.3	80.7	4.8
Definitely feel valued by society	909	24.1	75.9	5.1
Overweight or obese (BMI ≥25.0)	1,552	19.3	80.7	4.7
Normal range or underweight (BMI <25.0)	879	24.0	76.0	5.1
Meets fruit intake guidelines	1,241	24.1	75.9	5.4
Does not meet fruit intake guidelines	1,308	18.3	81.7	4.4
Meets vegetable intake guidelines	398	32.1	67.9	5.8
Does not meet vegetable intake guidelines	2,158	19.4	80.6	4.7
Meets physical activity guidelines	1,399	25.0	75.0	5.4
Does not meet physical activity guidelines / sedentary	1,094	16.2	83.8	4.2
Current smoker	256	21.8	78.2	4.6
Ex-smoker	936	19.3	80.7	4.7
Never smoked	1,373	21.6	78.4	4.9
Drinks alcohol every day	279	12.8	87.2	4.0
Drinks alcohol less often than daily	1,791	23.1	76.9	5.1
Does not drink alcohol	480	16.9	83.1	4.4
Had more than 4 standard drinks on a single occasion	1,407	22.7	77.4	5.0
Has not had more than 4 standard drinks	1,069	18.6	81.4	4.6
Drinks sugar-sweetened beverages daily	331	14.9	85.2	4.1
Drinks sugar-sweetened beverages less than daily	2,245	22.1	77.9	5.0
Ran out of food and could not afford more	178	21.0	79.0	4.7
Have not run out of food	2,238	20.8	79.2	4.8
Requires help with daily activities	232	16.3	83.8	4.4
Does not require help	2,276	21.4	78.6	4.9

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

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

3.4. Health risk behaviours

3.4.1. Sugar-sweetened beverage consumption

According to the 2016 Victorian Population Health Survey (VPHS), 11.2% of Victorian adults consume sugar-sweetened drinks (soft drink, cordials, sports drinks or energy drinks) at least once per day. This proportion was higher amongst Victorian males (15.3%) than females (7.2%). The 2017-18 National Health Survey (NHS) also reported that a higher proportion of adults living in Outer Regional and Remote Australia consume sugar sweetened drinks on a daily basis.⁴

In the 2019 ALC, all respondents were asked how often they consume sugar-sweetened beverages, specifically, cordial, soft drinks, flavoured mineral water, energy or sports drinks. Overall, 15.5% of respondents from the Campaspe region reported that they drink sugar-sweetened beverages at least daily.

In relation to the main demographic indicators:

- Consistent with the VPHS, males were more likely to consume sugar-sweetened beverages daily than females (19.3%, compared to 11.6%)
- For males, sugar-sweetened beverage consumption was considerably lower amongst older residents, with 9.3% of those 70 years and over consuming daily, compared to 22.1% of those aged 18 to 34 years, 23.8% aged 35 to 49 years, and 20.8% aged 50 to 69 years
- Across the subregions, those more likely to consume sugar-sweetened beverages were residents of Rochester (19.9%) and Kyabram (18.3%), when compared to residents of Echuca (12.4%)

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (19.9%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (13.1%)
- Current smokers (27.2%, compared to 14.5% of those who have never smoked and 13.3% of ex-smokers)
- Households that have experienced food insecurity (32.9%, compared to 14.0% of people who have not run out of food and been unable to buy more in the past 12 months)
- People whose BMI puts them in the overweight or obese range (17.2%, compared to 11.1% who are in the normal range or underweight)

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

⁴ <https://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.001~2017-18~Main%20Features~Sugar%20sweetened%20and%20diet%20drink%20consumption~110>

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

	Unweighted base ¹ n	Daily %	Weekly %	Monthly or less often %	Never %
Total sample	2,630	15.5	31.4	33.3	19.8
Gender and age					
Males	1,122	19.3	34.3	30.6	15.9
Females	1,481	11.6	28.3	36.5	23.5
Males, 18 to 34	152	22.1	51.7	21.1	5.2
Males, 35 to 49	181	23.8	37.8	32.2	6.2
Males, 50 to 69	492	20.8	30.8	31.4	17.1
Males, 70+	297	9.3	20.9	36.5	33.3
Females, 18 to 34	253	14.4	41.7	33.4	10.5
Females, 35 to 49	292	13.9	33.4	39.7	13.1
Females, 50 to 69	623	10.5	23.2	36.2	30.1
Females, 70+	313	7.2	14.0	37.3	41.6
Subregion					
Echuca	1,229	12.4	34.4	33.3	20.0
Kyabram	476	18.3	30.5	30.5	20.7
Lockington and District	151	15.1	33.1	33.2	18.6
Rochester	339	19.9	26.4	33.4	20.3
Rushworth and District	105	17.5	22.7	33.8	26.0
Stanhope and District	82	19.7	35.7	30.5	14.1
Tongala and District	153	20.4	24.4	40.9	14.4
Demographic indicators					
Born in Australia	2,401	15.9	31.7	33.3	19.1
Born overseas	192	11.5	27.5	34.0	27.1
Speaks English as main language	2,573	15.5	31.3	33.3	20.0
Speaks other main language*	20	8.1	23.7	58.1	10.1
Aboriginal and/or Torres Strait Islander*	31	9.2	44.1	23.2	23.5
Not Aboriginal or Torres Strait Islander	2,567	15.4	31.4	33.6	19.6
Identifies as LGBTQIA+	51	32.5	38.6	13.4	15.5
Non-LGBTQIA+	2,240	15.0	32.0	34.2	18.9
Holds a Bachelor degree or higher	709	10.5	28.7	41.2	19.6
Less than Bachelor level education	1,670	16.2	32.3	31.7	19.7
Just getting along, poor or very poor	842	19.9	32.1	31.5	16.5
Reasonably comfortable, very comfortable or prosperous	1,764	13.1	30.7	34.3	21.9

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

* Significance testing not conducted due to small base size

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

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

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

	Unweighted base ¹	Daily	Weekly	Monthly or less often	Never
	n	%	%	%	%
Total sample	2,630	15.5	31.4	33.3	19.8
Health and wellbeing indicators					
Self-reported health - Fair or poor	458	22.3	27.8	29.6	20.4
Self-reported health - Good, very good, or excellent	2,156	14.1	32.2	34.0	19.7
Life satisfaction - Low (0 to 4 out of 10)	169	22.6	29.9	30.1	17.4
Life satisfaction - Medium to very high (5+ out of 10)	2,417	14.9	31.6	33.7	19.8
Does not feel valued by society	449	20.2	28.2	32.0	19.6
Sometimes feel valued by society	1,215	17.5	32.7	32.1	17.8
Definitely feel valued by society	914	10.1	30.2	36.6	23.1
Overweight or obese (BMI ≥25.0)	1,571	17.2	31.7	34.1	17.0
Normal range or underweight (BMI <25.0)	887	11.1	31.1	32.6	25.2
Meets fruit intake guidelines	1,253	12.5	26.8	37.6	23.1
Does not meet fruit intake guidelines	1,314	17.5	35.5	30.2	16.8
Meets vegetable intake guidelines	401	9.8	22.1	35.5	32.7
Does not meet vegetable intake guidelines	2,174	15.8	33.0	33.2	18.0
Meets physical activity guidelines	1,413	13.2	31.5	36.4	19.0
Does not meet physical activity guidelines / sedentary	1,104	18.2	31.4	30.9	19.5
Current smoker	257	27.2	35.3	21.6	15.9
Ex-smoker	946	13.3	29.5	38.3	18.9
Never smoked	1,394	14.5	32.1	33.3	20.2
Drinks alcohol every day	281	16.6	30.9	29.4	23.1
Drinks alcohol less often than daily	1,808	15.1	33.6	35.2	16.1
Does not drink alcohol	493	17.3	23.3	30.1	29.4
Had more than 4 standard drinks on a single occasion	1,419	16.4	35.8	33.7	14.2
Has not had more than 4 standard drinks	1,089	14.4	25.4	33.6	26.7
Meets water consumption guidelines	510	10.8	32.0	34.3	22.9
Does not meet water guidelines	2,066	16.4	31.5	33.4	18.8
Ran out of food and could not afford more	184	32.9	29.6	23.3	14.1
Have not run out of food	2,265	14.0	31.4	34.9	19.8
Requires help with daily activities	239	15.4	25.2	34.6	24.8
Does not require help	2,302	15.4	32.0	33.5	19.1

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

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

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

3.4.2. Smoking

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

Compared to the benchmark data, from the 2016 VPHS, which gave the proportion of current smokers as 16.7% (19.6% of males and 13.9% of females), the proportion of current smokers in the Campaspe region was lower at 12.2%.

In relation to the main demographic indicators:

- Consistent with the VPHS, males were more likely to be current smokers than females (14.4% compared to 10.2%)
- Young males were more likely to be current smokers; 20.4% of males aged 18 to 34, 16.6% of those aged 35 to 49, and 15.2% of those aged 50 to 69, when compared to those 70 years and over (4.9%)
- A similar pattern was observed for females, with 11.9% of those aged 18 to 34 being current smokers, 11.4% of those aged 35 to 49, and 11.9% of those aged 50 to 69, compared to 2.6% of those 70 years and over
- Across the subregions, there were no differences regarding smoking status, at least in part due to small base sizes

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (18.8%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (8.6%)
- Households that have experienced food insecurity (28.9%, compared to 10.9% of people who have not run out of food and been unable to buy more in the past 12 months)
- People who drink alcohol every day (19.6%, compared to 11.9% who drink less than daily and 9.5% of those that don't drink alcohol)

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

Table 3.4.2.1 Smoking status by selected demographic characteristics

	Unweighted base ¹ n	Current smoker %	Ex-smoker %	Never smoked %
Total sample	2,636	12.2	35.9	51.8
Gender and age				
Males	1,128	14.4	37.8	47.8
Females	1,480	10.2	34.2	55.6
Males, 18 to 34	156	20.4	20.9	58.7
Males, 35 to 49	181	16.6	29.2	54.2
Males, 50 to 69	492	15.2	45.0	39.7
Males, 70+	299	4.9	48.8	46.3
Females, 18 to 34	250	11.9	27.0	61.1
Females, 35 to 49	293	11.4	37.9	50.7
Females, 50 to 69	620	11.9	39.4	48.8
Females, 70+	317	2.6	27.5	69.9
Subregion				
Echuca	1,230	11.7	36.5	51.7
Kyabram	482	12.0	32.5	55.5
Lockington and District	150	12.4	38.0	49.6
Rochester	341	12.9	36.4	50.7
Rushworth and District	102	15.7	43.1	41.2
Stanhope and District	81	8.0	43.4	48.7
Tongala and District	155	17.6	33.8	48.6
Demographic indicators				
Born in Australia	2,408	12.0	35.6	52.3
Born overseas	192	14.5	38.2	47.3
Speaks English as main language	2,575	12.3	36.2	51.4
Speaks other main language*	21	4.1	21.0	74.9
Aboriginal and/or Torres Strait Islander*	31	16.1	31.7	52.2
Not Aboriginal or Torres Strait Islander	2,575	12.2	36.0	51.8
Identifies as LGBTQIA+	51	21.2	22.3	56.6
Non-LGBTQIA+	2,244	12.2	36.1	51.7
Holds a Bachelor degree or higher	714	6.6	29.5	64.0
Less than Bachelor level education	1,665	13.4	36.9	49.8
Just getting along, poor or very poor	848	18.8	34.8	46.4
Reasonably comfortable, very comfortable or prosperous	1,763	8.6	36.6	54.9

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

* Significance testing not conducted due to small base size

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

Table 3.4.2.2 Smoking status by selected health characteristics

	Unweighted base n	Current smoker %	Ex-smoker %	Never smoked %
Total sample	2,636	12.2	35.9	51.8
Health and wellbeing indicators				
Self-reported health - Fair or poor	461	19.0	36.9	44.1
Self-reported health - Good, very good, or excellent	2,149	10.5	35.8	53.7
Life satisfaction - Low (0 to 4 out of 10)	170	21.4	40.4	38.2
Life satisfaction - Medium to very high (5+ out of 10)	2,411	11.4	35.8	52.8
Does not feel valued by society	442	17.5	37.3	45.1
Sometimes feel valued by society	1,214	11.5	35.2	53.4
Definitely feel valued by society	917	9.3	36.5	54.2
Overweight or obese (BMI ≥25.0)	1,567	11.8	40.0	48.2
Normal range or underweight (BMI <25.0)	882	14.1	29.0	57.0
Meets fruit intake guidelines	1,246	8.0	35.5	56.6
Does not meet fruit intake guidelines	1,312	15.6	36.1	48.3
Meets vegetable intake guidelines	397	7.8	35.7	56.6
Does not meet vegetable intake guidelines	2,171	12.8	36.0	51.3
Meets physical activity guidelines	1,418	10.5	35.6	53.9
Does not meet physical activity guidelines / sedentary	1,107	14.3	36.4	49.3
Drinks alcohol every day	287	19.6	52.8	27.6
Drinks alcohol less often than daily	1,827	11.9	37.2	50.9
Does not drink alcohol	503	9.5	21.0	69.5
Had more than 4 standard drinks on a single occasion	1,433	15.6	41.8	42.7
Has not had more than 4 standard drinks	1,105	7.6	25.7	66.7
Drinks sugar-sweetened beverages daily	341	21.2	30.7	48.1
Drinks sugar-sweetened beverages less than daily	2,256	10.5	36.9	52.6
Meets water consumption guidelines	505	12.9	33.3	53.8
Does not meet water guidelines	2,060	12.2	36.6	51.2
Ran out of food and could not afford more	185	28.9	28.4	42.8
Have not run out of food	2,270	10.9	35.9	53.2
Requires help with daily activities	241	13.9	34.8	51.3
Does not require help	2,303	12.2	36.0	51.9

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

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3.4.3. Alcohol consumption

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

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

Overall, 10.7% of respondents reported that they drank alcohol every day in the past year.

In relation to the main demographic indicators:

- Males were more likely to drink alcohol daily than females (15.8% compared to 5.3%)
- Males aged 50 to 69 years were more likely to consume alcohol daily (20.9%) than those aged 18 to 34 years (8.6%)
- For females, the proportion of respondents drinking daily increased with age, with no respondents aged 18 to 34 drinking daily, compared to 5.5% of those aged 35 to 49, 6.9% of those aged 50 to 69, and 9.1% of those 70 years and over
- Across the subregions, there were no statistically significant differences in the frequency of alcohol consumption

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

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

- People whose education is less than a Bachelor degree level (11.1%), compared to respondents with a Bachelor degree or higher level of education (6.4%)
- Current smokers (17.1%) and ex-smokers (15.7%), when compared to those that have never smoked (5.7%)
- People who do not meet the physical activity guidelines (13.2%, compared to 8.2% of those who do meet the guidelines)

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

Alcohol consumption was also correlated with rates of gambling. Respondents who gamble weekly were more likely to drink alcohol every day (22.6%) when compared to respondents who gamble monthly or less often (9.0%), or never (10.7%).

Table 3.4.3.1 Frequency of alcohol consumption by selected demographic characteristics

	Unweighted base ¹	Every day	Weekly	Monthly or less often	No longer drinks / Do not drink
	n	%	%	%	%
Total sample	2,620	10.7	38.7	32.0	18.6
Gender and age					
Males	1,124	15.8	46.7	25.1	12.4
Females	1,468	5.3	31.2	39.2	24.2
Males, 18 to 34	156	8.6	42.4	38.6	10.4
Males, 35 to 49	179	12.3	57.2	21.5	9.0
Males, 50 to 69	491	20.9	47.0	23.8	8.3
Males, 70+	298	16.3	40.1	17.7	25.9
Females, 18 to 34	250	0.0	28.6	52.1	19.4
Females, 35 to 49	291	5.5	34.5	40.8	19.3
Females, 50 to 69	614	6.9	35.6	36.8	20.8
Females, 70+	313	9.1	20.8	24.5	45.6
Subregion					
Echuca	1,219	11.0	40.7	30.8	17.4
Kyabram	478	11.0	34.6	32.8	21.7
Lockington and District	150	13.4	32.3	40.6	13.7
Rochester	341	11.4	36.6	30.1	22.0
Rushworth and District	102	6.4	38.5	35.0	20.1
Stanhope and District	81	3.6	51.4	34.3	10.8
Tongala and District	155	10.8	39.4	29.0	20.8
Demographic indicators					
Born in Australia	2,391	10.6	39.0	32.2	18.2
Born overseas	193	11.0	37.7	29.2	22.2
Speaks English as main language	2,559	10.8	39.2	32.1	18.0
Speaks other main language*	21	3.7	11.2	22.1	63.0
Aboriginal and/or Torres Strait Islander*	30	7.6	31.1	21.7	39.6
Not Aboriginal or Torres Strait Islander	2,559	10.7	39.0	32.2	18.1
Identifies as LGBTQIA+	51	5.9	47.7	24.4	21.9
Non-LGBTQIA+	2,233	10.0	39.7	32.9	17.4
Holds a Bachelor degree or higher	708	6.4	43.9	37.3	12.4
Less than Bachelor level education	1,658	11.1	39.3	32.0	17.6
Just getting along, poor or very poor	841	9.5	33.4	32.4	24.8
Reasonably comfortable, very comfortable or prosperous	1,755	11.2	41.8	32.0	15.1

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

* Significance testing not conducted due to small base size

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

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

Table 3.4.3.2 Frequency of alcohol consumption by selected health characteristics

	Unweighted base ¹	Every day	Weekly	Monthly or less often	No longer drinks / Do not drink
	n	%	%	%	%
Total sample	2,620	10.7	38.7	32.0	18.6
Health and wellbeing indicators					
Self-reported health - Fair or poor	457	10.7	28.7	30.8	29.8
Self-reported health - Good, very good, or excellent	2,140	10.6	41.1	32.3	16.1
Life satisfaction - Low (0 to 4 out of 10)	169	9.9	27.6	36.8	25.8
Life satisfaction - Medium to very high (5+ out of 10)	2,401	10.7	39.7	31.6	17.9
Does not feel valued by society	442	12.2	29.2	35.0	23.6
Sometimes feel valued by society	1,212	10.4	38.2	33.9	17.4
Definitely feel valued by society	908	9.9	45.3	27.6	17.1
Overweight or obese (BMI ≥25.0)	1,559	11.4	39.5	32.0	17.1
Normal range or underweight (BMI <25.0)	880	9.2	40.1	31.5	19.3
Meets fruit intake guidelines	1,241	7.5	39.4	33.3	19.8
Does not meet fruit intake guidelines	1,303	13.6	38.5	31.0	16.9
Meets vegetable intake guidelines	395	6.7	33.4	35.9	24.0
Does not meet vegetable intake guidelines	2,158	11.4	39.9	31.8	17.0
Meets physical activity guidelines	1,412	8.2	41.0	35.4	15.4
Does not meet physical activity guidelines / sedentary	1,101	13.2	37.2	27.8	21.8
Current smoker	261	17.1	41.0	27.5	14.5
Ex-smoker	953	15.7	44.7	28.7	10.9
Never smoked	1,403	5.7	34.0	35.4	24.9
Had more than 4 standard drinks on a single occasion	1,429	15.0	54.6	29.9	0.5
Has not had more than 4 standard drinks	1,105	4.4	16.5	35.9	43.2
Drinks sugar-sweetened beverages daily	341	11.2	32.3	36.1	20.4
Drinks sugar-sweetened beverages less than daily	2,241	10.5	40.2	31.3	18.0
Meets water consumption guidelines	505	6.6	39.6	39.2	14.6
Does not meet water guidelines	2,045	11.7	39.0	30.3	19.0
Ran out of food and could not afford more	184	5.5	22.9	39.1	32.5
Have not run out of food	2,257	10.9	40.6	31.3	17.3
Requires help with daily activities	240	8.0	21.9	29.7	40.4
Does not require help	2,289	11.0	40.1	32.3	16.6

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

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

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

The National Health and Medical Research Centre (NHMRC) uses a measure of excessive alcohol consumption to identify individuals who are at risk of alcohol-related injury on a single occasion. The risk associated with excessive drinking includes risk of death or injury due to road transport accidents, falls, drowning, assault, suicide and acute alcohol toxicity. People are classified as being at risk due to the acute effects of excess alcohol consumption if they have consumed more than four standard drinks on a single occasion in the past 12 months.⁵ To assess risk of harm in the 2019 ALC, respondents aged over 18 years who reported having an alcoholic drink in the last 12 months, were asked how often they have consumed more than four standard drinks in a day. Respondents who reported having more than four standard drinks on a single occasion in the past 12 months were classified as being at risk according to NHMRC guidelines.

Overall, 61.0% of all Campaspe respondents 18 years and over reported they had engaged in risky drinking behaviour in (at least) one sitting in the last 12 months. This compares to benchmarks of 41.8% for respondents to the 2017-18 National Health Survey and 41.5% for respondents of the 2016 Victorian Population Health Survey. Respondents from the Campaspe region therefore were more likely to engage in risky drinking behaviour than the benchmarks suggest for Victorian residents more broadly.

In relation to the main demographic indicators:

- Males were more likely to be at risk of alcohol-related injury on a single occasion than females (71.8% compared to 51.0%)
- For males, drinking risk was correlated with age, with the younger age groups more likely to be at risk of alcohol-related injury on a single occasion than those aged 70 years and over (79.7% for those aged 18 to 34, 85.4% for those aged 35 to 49, and 72.3% for those aged 50 to 69, compared to 48.4% of those 70 or over)
- It was similar with females, with 68.9% for those aged 18 to 34 and 61.2% for those aged 35 to 49, higher when compared to 48.0% for those aged 50 to 69 and 17.3% of those 70 and over
- Across the subregions, respondents from Stanhope and District were more likely to be at risk of alcohol-related injury on a single occasion than residents from Tongala and District (75.1% compared to 52.9%)

Throughout the report, respondents who engage in risky drinking behaviour behave differently to those who reported other health risks (they are more likely to participate in physical activity and use public facilities and open spaces). The fact that respondents who reported having four or more drinks on a single occasion tend to be younger should therefore be considered when analysing results as this may have more bearing on results than the drinking behaviour itself.

Full data from comparable demographic subgroups is available in Table 3.4.4.3.

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

- People who self-reported their health as 'fair' or 'poor' (63.1%) compared to those who reported as 'good', 'very good', or 'excellent' (51.6%)

⁵ <https://www.nhmrc.gov.au/health-advice/alcohol>

- Current smokers (76.2%) and ex-smokers (71.8%), when compared to those that have never smoked (50.1%)

Full data from comparable health subgroups is available in Table 3.4.4.4.

Table 3.4.4.1 Single occasion risk drinking by selected demographic characteristics

	Unweighted base ¹	Has had 4 or more drinks on a single occasion in last 12 months	Has not had 4 or more drinks in one sitting in last 12 months
	n	%	%
Total sample	2,541	61.0	39.0
Gender and age			
Males	1,086	71.8	28.2
Females	1,430	51.0	49.0
Males, 18 to 34	153	79.7	20.3
Males, 35 to 49	176	85.4	14.6
Males, 50 to 69	480	72.3	27.7
Males, 70+	277	48.4	51.6
Females, 18 to 34	249	68.9	31.1
Females, 35 to 49	284	61.2	38.8
Females, 50 to 69	601	48.0	52.0
Females, 70+	296	17.3	82.7
Subregion			
Echuca	1,191	63.8	36.2
Kyabram	451	58.5	41.5
Lockington and District	148	61.0	39.1
Rochester	331	57.6	42.4
Rushworth and District	99	62.7	37.3
Stanhope and District	79	75.1	24.9
Tongala and District	148	52.9	47.1
Demographic indicators			
Born in Australia	2,324	62.0	38.0
Born overseas	186	53.8	46.2
Speaks English as main language	2,489	61.8	38.3
Speaks other main language*	20	11.7	88.3
Aboriginal and/or Torres Strait Islander*	28	49.5	50.5
Not Aboriginal or Torres Strait Islander	2,486	61.5	38.5
Identifies as LGBTQIA+	48	57.3	42.7
Non-LGBTQIA+	2,178	63.2	36.8
Holds a Bachelor degree or higher	698	66.2	33.8
Less than Bachelor level education	1,604	62.5	37.5
Just getting along, poor or very poor	810	56.9	43.1
Reasonably comfortable, very comfortable or prosperous	1,710	63.7	36.3

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

* Significance testing not conducted due to small base size


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

Table 3.4.4.2 Single occasion risk drinking by selected health characteristics

	Unweighted base	Has had 4 or more drinks on a single occasion in last 12 months	Has not had 4 or more drinks in one sitting in last 12 months
	n	%	%
Total sample	2,541	61.0	39.0
Health and wellbeing indicators			
Self-reported health - Fair or poor	441	51.6	48.4
Self-reported health - Good, very good, or excellent	2,078	63.1	36.9
Life satisfaction - Low (0 to 4 out of 10)	163	52.9	47.1
Life satisfaction - Medium to very high (5+ out of 10)	2,334	61.8	38.2
Does not feel valued by society	429	55.9	44.1
Sometimes feel valued by society	1,171	62.5	37.5
Definitely feel valued by society	886	62.9	37.1
Overweight or obese (BMI ≥ 25.0)	1,520	63.6	36.4
Normal range or underweight (BMI < 25.0)	855	59.0	41.0
Meets fruit intake guidelines	1,198	56.4	43.6
Does not meet fruit intake guidelines	1,274	65.2	34.9
Meets vegetable intake guidelines	383	46.8	53.2
Does not meet vegetable intake guidelines	2,097	63.3	36.7
Meets physical activity guidelines	1,382	63.0	37.0
Does not meet physical activity guidelines / sedentary	1,061	60.0	40.0
Current smoker	257	76.2	23.8
Ex-smoker	915	71.8	28.2
Never smoked	1,366	50.1	49.9
Drinks alcohol every day	282	84.4	15.6
Drinks alcohol less often than daily	1,806	71.6	28.4
Does not drink alcohol	446	1.7	98.3
Drinks sugar-sweetened beverages daily	329	64.3	35.7
Drinks sugar-sweetened beverages less than daily	2,179	60.7	39.3
Meets water consumption guidelines	495	66.0	34.0
Does not meet water guidelines	1,981	60.3	39.7
Ran out of food and could not afford more	176	54.2	45.8
Have not run out of food	2,201	62.1	37.9
Requires help with daily activities	227	31.6	68.4
Does not require help	2,227	63.9	36.1

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

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3.4.5. Gambling

Questions related to gambling were introduced for respondents aged 18 years and over in the 2019 ALC as a first attempt to comprehensively measure the incidence and impact of gambling in the region. At the time of reporting, there were few publicly available benchmarks for gambling incidence in Victoria. However, results can be compared to 2014 Victorian Prevalence Study by the Victorian Responsible Gambling Foundation (VRGF), which found that 70.1% of Victorian adults gamble, most of whom (82.2%) show no signs of harm from their gambling.⁶

The first question asked respondents how often, if at all, they had gambled in the last 12 months. Overall, 38.4% of Campaspe respondents reported having gambled at some time during the past 12 months. While this proportion is considerably lower than the VRGF benchmark, results are based on a general question about gambling, while the VRGF combines the responses of any participants who had engaged in a broad range of activities including (but not limited to) electronic gaming, Keno, scratchies, and having purchased raffle tickets. For ALC participants, it is possible that activities such as purchasing raffle tickets were not included in their definition of 'gambling' when asking the question, therefore underrepresenting gambling rates when compared to the VRGF study.

Of the Campaspe residents who responded to the survey, 5.7% reported that they gamble every week.

In relation to the main demographic indicators:

- Males were more likely to report gambling weekly than females (8.4% compared to 3.0%)
- Males aged 70 years or more were more likely (11.7%) to report gambling weekly than those aged 35 to 49 years (4.2%)
- Females aged 70 years or more (3.6%) and 50 to 69 years (5.0%) were both more likely to report gambling weekly than those aged 18 to 34 years (0.4%)
- Across the subregions, there were no differences in weekly gambling rates but Echuca had more residents who have reported gambling in the last 12 months (44.1%), when compared to residents of Kyabram (35.5%), Lockington and District (25.9%), and Rushworth and District (25.4%)

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

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

- People who drink alcohol everyday (11.9%), compared to respondents that drink less than daily (5.4%) and those who don't drink at all (3.1%)
- Ex-smokers (8.4%), compared to those that have never smoked (3.7%)

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

⁶ <https://responsiblegambling.vic.gov.au/resources/publications/study-of-gambling-and-health-in-victoria-findings-from-the-victorian-prevalence-study-2014-72/>

Table 3.4.5.1 Gambling frequency by selected demographic characteristics

	Unweighted base ¹ n	Weekly %	Monthly or less often %	Never %
Total sample	2,582	5.7	32.7	61.6
Gender and age				
Males	1,108	8.4	34.0	57.6
Females	1,453	3.0	31.5	65.6
Males, 18 to 34	154	5.3	40.4	54.3
Males, 35 to 49	180	4.2	33.8	62.0
Males, 50 to 69	488	10.5	33.7	55.8
Males, 70+	286	11.7	28.5	59.8
Females, 18 to 34	247	0.4	29.5	70.2
Females, 35 to 49	292	1.9	30.3	67.8
Females, 50 to 69	612	5.0	34.3	60.8
Females, 70+	302	3.6	29.5	66.9
Subregion				
Echuca	1,209	6.6	37.5	55.9
Kyabram	470	4.2	31.4	64.5
Lockington and District	150	3.0	22.9	74.1
Rochester	330	6.4	30.2	63.4
Rushworth and District	99	8.7	16.7	74.6
Stanhope and District	80	2.7	35.4	62.0
Tongala and District	149	6.3	29.1	64.7
Demographic indicators				
Born in Australia	2,363	5.5	33.4	61.2
Born overseas	191	7.8	26.5	65.7
Speaks English as main language	2,526	5.8	33.3	60.9
Speaks other main language*	21	0.0	4.8	95.2
Aboriginal and/or Torres Strait Islander*	30	7.6	18.9	73.6
Not Aboriginal or Torres Strait Islander	2,528	5.7	33.0	61.3
Identifies as LGBTQIA+	49	8.3	39.1	52.6
Non-LGBTQIA+	2,219	5.6	32.3	62.2
Holds a Bachelor degree or higher	708	4.1	31.0	65.0
Less than Bachelor level education	1,636	5.9	33.3	60.8
Just getting along, poor or very poor	826	5.6	33.4	61.0
Reasonably comfortable, very comfortable or prosperous	1,732	5.9	32.5	61.6

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

* Significance testing not conducted due to small base size

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

Table 3.4.5.2 Gambling frequency by selected health characteristics

	Unweighted base ¹ n	Weekly %	Monthly or less often %	Never %
Total sample	2,582	5.7	32.7	61.6
Health and wellbeing indicators				
Self-reported health - Fair or poor	441	5.6	33.5	60.9
Self-reported health - Good, very good, or excellent	2,117	5.8	32.6	61.6
Life satisfaction - Low (0 to 4 out of 10)	166	2.8	30.0	67.2
Life satisfaction - Medium to very high (5+ out of 10)	2,368	6.0	32.8	61.2
Does not feel valued by society	439	6.3	29.2	64.5
Sometimes feel valued by society	1,186	5.1	35.3	59.6
Definitely feel valued by society	901	6.1	30.7	63.2
Overweight or obese (BMI ≥25.0)	1,539	6.6	34.8	58.7
Normal range or underweight (BMI <25.0)	873	4.8	30.0	65.3
Meets fruit intake guidelines	1,231	4.9	29.2	66.0
Does not meet fruit intake guidelines	1,280	6.5	35.8	57.7
Meets vegetable intake guidelines	393	2.5	30.2	67.3
Does not meet vegetable intake guidelines	2,131	6.2	33.3	60.5
Meets physical activity guidelines	1,404	4.7	33.8	61.5
Does not meet physical activity guidelines / sedentary	1,077	7.1	31.9	61.0
Current smoker	259	6.7	40.3	53.0
Ex-smoker	941	8.4	35.9	55.7
Never smoked	1,377	3.7	28.9	67.5
Drinks alcohol every day	286	11.9	27.4	60.8
Drinks alcohol less often than daily	1,811	5.4	37.0	57.6
Does not drink alcohol	470	3.1	19.5	77.5
Had more than 4 standard drinks on a single occasion	1,424	7.2	39.1	53.8
Has not had more than 4 standard drinks	1,073	3.6	23.6	72.8
Drinks sugar-sweetened beverages daily	334	8.4	38.3	53.3
Drinks sugar-sweetened beverages less than daily	2,212	5.3	31.9	62.8
Meets water consumption guidelines	496	5.4	32.3	62.3
Does not meet water guidelines	2,020	6.0	33.2	60.8
Ran out of food and could not afford more	178	4.7	25.6	69.7
Have not run out of food	2,228	5.7	33.4	60.9
Requires help with daily activities	231	5.2	26.2	68.6
Does not require help	2,265	6.0	33.0	61.0

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

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A follow-up question asked all respondents (not just those who have gambled in the last 12 months) if gambling had caused them any health problems, including stress or anxiety. The rationale behind asking the question of all respondents was that people can experience personal harm from their own gambling as well as from someone else's gambling. The 2014 Victorian Responsible Gambling Authority study found that 2.8% of Victorians reported having experienced harm from someone else's gambling. The same study gave the proportion of 'problem gamblers' (who by definition have experienced harm) in the population as 0.8%.⁷

The proportion of Campaspe respondents who reported having experienced gambling-related problems in the ALC was 1.7% of all respondents and 3.5% of those respondents that gamble.

Gambling-related problems showed no differences between key demographic subgroup differences, although that may be due to small base sizes.

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (3.2%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (0.9%)
- Those who recorded a low level of life satisfaction (4.8%, compared to 1.4% who recorded medium to very high life satisfaction)
- Current smokers (4.1%) compared to those that have never smoked (0.8%)

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

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

⁷ <https://responsiblegambling.vic.gov.au/resources/gambling-victoria/gambling-harm-victoria/>

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

	Unweighted base ¹	Experienced gambling-related health problems	Not experienced gambling-related health problems
	n	%	%
Total sample	2,409	1.7	98.3
Gender and age			
Males	1,034	1.8	98.2
Females	1,354	1.5	98.5
Males, 18 to 34	149	1.2	98.8
Males, 35 to 49	176	1.9	98.1
Males, 50 to 69	447	2.6	97.4
Males, 70+	262	0.9	99.1
Females, 18 to 34	244	0.6	99.4
Females, 35 to 49	281	2.6	97.4
Females, 50 to 69	560	1.9	98.1
Females, 70+	269	0.4	99.6
Subregion			
Echuca	1,131	2.0	98.0
Kyabram	435	0.5	99.5
Lockington and District	141	3.6	96.4
Rochester	311	3.1	96.9
Rushworth and District	88	1.4	98.6
Stanhope and District	74	0.2	99.8
Tongala and District	140	0.0	100.0
Demographic indicators			
Born in Australia	2,212	1.6	98.4
Born overseas	171	2.6	97.4
Speaks English as main language	2,359	1.6	98.4
Speaks other main language*	19	9.7	90.4
Aboriginal and/or Torres Strait Islander*	30	3.8	96.3
Not Aboriginal or Torres Strait Islander	2,361	1.7	98.3
Identifies as LGBTQIA+	49	0.3	99.7
Non-LGBTQIA+	2,082	1.8	98.2
Holds a Bachelor degree or higher	666	1.3	98.7
Less than Bachelor level education	1,530	1.9	98.1
Just getting along, poor or very poor	772	3.2	96.8
Reasonably comfortable, very comfortable or prosperous	1,616	0.9	99.1

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

* Significance testing not conducted due to small base size

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

	Unweighted base ¹	Experienced gambling-related health problems	Not experienced gambling-related health problems
	n	%	%
Total sample	2,409	1.7	98.3
Health and wellbeing indicators			
Self-reported health - Fair or poor	412	4.6	95.4
Self-reported health - Good, very good, or excellent	1,978	1.1	98.9
Life satisfaction - Low (0 to 4 out of 10)	161	4.8	95.2
Life satisfaction - Medium to very high (5+ out of 10)	2,207	1.4	98.6
Does not feel valued by society	424	2.6	97.4
Sometimes feel valued by society	1,102	1.7	98.3
Definitely feel valued by society	835	1.2	98.8
Overweight or obese (BMI ≥25.0)	1,432	2.1	97.9
Normal range or underweight (BMI <25.0)	820	1.2	98.9
Meets fruit intake guidelines	1,146	1.9	98.2
Does not meet fruit intake guidelines	1,196	1.5	98.5
Meets vegetable intake guidelines	369	0.5	99.5
Does not meet vegetable intake guidelines	1,987	1.9	98.1
Meets physical activity guidelines	1,321	1.2	98.8
Does not meet physical activity guidelines / sedentary	1,001	2.1	97.9
Current smoker	239	4.1	95.9
Ex-smoker	887	2.1	98.0
Never smoked	1,281	0.8	99.2
Drinks alcohol every day	257	1.0	99.0
Drinks alcohol less often than daily	1,718	1.6	98.4
Does not drink alcohol	424	2.2	97.8
Had more than 4 standard drinks on a single occasion	1,343	1.5	98.5
Has not had more than 4 standard drinks	993	2.1	97.9
Drinks sugar-sweetened beverages daily	310	3.0	97.0
Drinks sugar-sweetened beverages less than daily	2,073	1.4	98.6
Meets water consumption guidelines	471	1.3	98.8
Does not meet water guidelines	1,881	1.8	98.2
Ran out of food and could not afford more	206	1.6	98.4
Have not run out of food	2,125	1.7	98.3
Requires help with daily activities	471	3.2	96.8
Does not require help	1,881	1.6	98.4

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

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

3.5. Physical activity

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

The National Health Survey 2014-15 indicated that 55.5% of Australians aged 18 to 64 years had engaged in sufficient physical activity. The equivalent proportion of Campaspe respondents in the same age group who had met the guidelines was 59.1% and, overall, 55.4% of Campaspe respondents had met the above-mentioned physical activity guidelines. Respondents were categorised as sedentary if they had done 0 minutes of physical activity, which was 4.7% of the Campaspe residents that completed the survey.

In relation to the main demographic indicators:

- Males were more likely to report no physical activity than females (6.0% compared to 3.4%)
- Younger males were more likely to meet the activity guidelines than those aged 70 years and over (65.5% of those aged 18 to 34, 54.4% of those aged 35 to 49, 53.2% of those aged 50 to 69, compared to 39.4% of those 70 years and over)
- It was the same for females, where meeting the guidelines reduces with age (65.7% of those aged 18 to 34, 64.1% of those aged 35 to 49, 55.5% of those aged 50 to 69 meeting the guidelines, compared to 45.0% of those 70 years and over)
- Across the subregions, residents of Kyabram were less likely to meet the activity guidelines when compared to residents of Echuca (46.1% compared to 36.9%)

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

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

- People born outside of Australia (10.1%) compared to those who were born in Australia (4.1%)
- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (6.8%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (3.7%)
- Those who recorded a low level of life satisfaction (11.8%, compared to 4.1% who recorded medium to very high life satisfaction)
- Current smokers (8.6%), when compared to those that have never smoked (3.9%)

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

Table 3.5.1 Meeting physical activity guidelines by selected demographic groups

	Unweighted base ¹	Does not meet guidelines		Meets physical activity guidelines
		Sedentary	Insufficient	
	n	%	%	%
Total sample	2,547	4.7	39.9	55.4
Gender and age				
Males	1,089	6.0	40.8	53.2
Females	1,432	3.4	38.3	58.2
Males, 18 to 34	151	4.7	29.8	65.5
Males, 35 to 49	178	7.6	38.0	54.4
Males, 50 to 69	484	5.5	41.3	53.2
Males, 70+	276	6.7	53.9	39.4
Females, 18 to 34	247	2.6	31.7	65.7
Females, 35 to 49	287	2.2	33.7	64.1
Females, 50 to 69	608	4.3	40.2	55.5
Females, 70+	290	4.6	50.4	45.0
Subregion				
Echuca	1,193	5.2	36.9	57.9
Kyabram	458	3.8	46.1	50.0
Lockington and District	147	5.5	46.5	48.0
Rochester	321	5.5	38.6	55.9
Rushworth and District	101	3.8	48.1	48.1
Stanhope and District	81	0.0	36.6	63.4
Tongala and District	152	6.1	36.6	57.3
Demographic indicators				
Born in Australia	2,323	4.1	40.4	55.5
Born overseas	188	10.1	34.3	55.6
Speaks English as main language	2,491	4.5	39.9	55.5
Speaks other main language*	20	17.7	35.5	46.8
Aboriginal and/or Torres Strait Islander*	30	2.7	42.1	55.2
Not Aboriginal or Torres Strait Islander	2,486	4.8	39.7	55.5
Identifies as LGBTQIA+	50	1.0	42.2	56.9
Non-LGBTQIA+	2,194	5.0	37.8	57.1
Holds a Bachelor degree or higher	707	1.8	29.9	68.4
Less than Bachelor level education	1,608	4.9	40.6	54.5
Just getting along, poor or very poor	814	6.8	42.5	50.7
Reasonably comfortable, very comfortable or prosperous	1,712	3.7	38.6	57.8

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

* Significance testing not conducted due to small base size

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

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

Table 3.5.2 Meeting physical activity guidelines by selected health groups

	Unweighted base ¹	Does not meet guidelines		Meets physical activity guidelines
		Sedentary	Insufficient	
	n	%	%	%
Total sample	2,547	4.7	39.9	55.4
Health and wellbeing indicators				
Self-reported health - Fair or poor	432	10.1	54.8	35.1
Self-reported health - Good, very good, or excellent	2,094	3.5	36.5	60.0
Life satisfaction - Low (0 to 4 out of 10)	164	11.8	56.5	31.8
Life satisfaction - Medium to very high (5+ out of 10)	2,342	4.1	38.5	57.4
Does not feel valued by society	421	9.5	42.9	47.6
Sometimes feel valued by society	1,176	4.3	40.2	55.5
Definitely feel valued by society	899	2.0	36.9	61.0
Overweight or obese (BMI ≥25.0)	1,531	5.3	41.0	53.8
Normal range or underweight (BMI <25.0)	862	4.1	34.4	61.6
Meets fruit intake guidelines	1,212	3.2	33.3	63.5
Does not meet fruit intake guidelines	1,273	5.8	44.8	49.4
Meets vegetable intake guidelines	387	5.2	29.5	65.4
Does not meet vegetable intake guidelines	2,103	4.5	40.6	54.9
Current smoker	249	8.6	43.5	48.0
Ex-smoker	921	4.7	40.2	55.1
Never smoked	1,355	3.9	38.2	57.9
Drinks alcohol every day	268	5.5	50.5	44.1
Drinks alcohol less often than daily	1,770	3.9	36.4	59.7
Does not drink alcohol	475	7.7	45.2	47.1
Had more than 4 standard drinks on a single occasion	1,397	4.9	38.0	57.1
Has not had more than 4 standard drinks	1,046	4.3	41.7	54.0
Drinks sugar-sweetened beverages daily	325	4.7	47.5	47.8
Drink sugar-sweetened beverages less than weekly	2,192	4.6	38.1	57.2
Meets water consumption guidelines	498	4.0	30.0	66.0
Does not meet water guidelines	1,995	4.9	42.1	53.0
Ran out of food and could not afford more	183	8.7	42.4	48.9
Have not run out of food	2,188	4.4	39.2	56.4
Requires help with daily activities	224	11.2	47.4	41.5
Does not require help	2,234	4.2	39.1	56.7

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

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

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

3.6. Children and adolescents' health behaviours

Children (aged 3 to 11 years) and adolescents (aged 12 to 17 years) comprised 14.9% of the achieved unweighted total Loddon Campaspe sample in the 2019 ALC. This compares to 13.6% in the 2014 ALC (City of Greater Bendigo only). For the Campaspe region, respondents aged 3-17 make up 16.1% of the unweighted sample.

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

Throughout this section, results are presented in two ways:

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

Where comparisons are made between subgroups of young residents (children and adolescents), significant differences may not be observed in apparent variations due to small sample sizes. Due to small sample sizes, LGBTQIA+ status and main language spoken are excluded from the 3-17 years tables, as was the case for the third gender category all throughout this report.

3.6.1. Reported health status

Overall, children and adolescents in Campaspe were less likely to report a low-level of health than those in older age groups, with only 0.8% of males aged 3 to 11 years and 1.9% of males aged 12 to 17 years, when compared to males aged 18 years and over (average 19.2%). It was similar for females, with 1.3% of those aged 3 to 11 years lower, when compared to females aged 12 years and over (average 16.5%). However, contrary to males, the proportion with a low health status seemed to increase much faster for females, with 9.9% of those aged 12-17 reporting a low-level of health.

For children and adolescents aged 3-17 years, amongst the main demographic and health indicators:

- Those respondents that do not feel valued by society were more likely to report their health is 'fair' or 'poor' (10.7% compared to 0.0% of those that definitely feel valued by society)
- Those that meet the fruit consumption guidelines were more likely to report their health is 'very good' or 'excellent' (84.5% compared to 63.3% of those that don't meet the fruit consumption guidelines)
- Those that drink sugar-sweetened beverages less than daily were more likely to report their health is 'very good' or 'excellent' (80.4% compared to 60.3% of those that drink them daily)

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

Table 3.6.1.1 Reported health status by selected demographic characteristics

	Unweighted base ¹ n	Fair / poor %	Good %	Very good / excellent %
Total sample	3,171	15.5	35.3	49.1
Gender and age				
Males, 3 to 11	131	0.8	16.0	83.2
Males, 12 to 17	97	1.9	22.2	75.8
Males, 18 to 34	154	16.3	39.3	44.4
Males, 35 to 49	182	15.9	41.9	42.2
Males, 50 to 69	499	16.7	41.5	41.8
Males, 70+	302	26.8	39.4	33.8
Females, 3 to 11	151	1.3	15.2	83.4
Females, 12 to 17	107	9.9	22.8	67.3
Females, 18 to 34	260	17.0	39.0	44.1
Females, 35 to 49	298	14.6	41.6	43.8
Females, 50 to 69	631	16.4	35.5	48.1
Females, 70+	315	25.3	35.0	39.7

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

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

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

	Unweighted base ¹ n	Fair / poor %	Good %	Very good / excellent %
Total sample	486	2.9	18.3	78.8
Subregion				
Echuca	211	1.9	13.4	84.7
Kyabram	96	3.7	20.4	75.9
Lockington and District	38	4.5	18.5	77.0
Rochester	51	1.6	21.8	76.6
Rushworth and District*	16	4.8	6.9	88.3
Stanhope and District*	23	4.2	26.8	69.1
Tongala and District*	25	8.3	28.7	63.0
Demographic indicators				
Born in Australia	457	2.9	18.8	78.3
Born overseas*	9	11.0	0.0	89.0
Aboriginal and/or Torres Strait Islander*	16	13.1	22.2	64.8
Not Aboriginal or Torres Strait Islander	461	2.4	18.4	79.2
Just getting along, poor or very poor	176	4.5	25.6	69.9
Reasonably comfortable, very comfortable or prosperous	307	2.0	13.9	84.1
Health and wellbeing indicators				
Life satisfaction - Low (0 to 4 out of 10)*	14	61.1	17.8	21.1
Life satisfaction - Medium to very high (5+ out of 10)	460	0.9	18.2	80.9
Does not feel valued by society	54	10.7	33.3	56.0
Sometimes feel valued by society	229	3.3	24.6	72.1
Definitely feel valued by society	187	0.0	7.3	92.7
Meets fruit intake guidelines	340	1.6	14.0	84.5
Does not meet fruit intake guidelines	120	5.2	31.4	63.3
Meets vegetable intake guidelines	83	2.1	12.8	85.1
Does not meet vegetable intake guidelines	380	2.8	19.9	77.3
Drinks sugar-sweetened beverages daily	34	2.9	36.8	60.3
Drinks sugar-sweetened beverages less than daily	435	2.6	17.0	80.4
Meets water consumption guidelines	70	3.7	15.2	81.1
Does not meet water guidelines	393	2.5	19.3	78.2
Ran out of food and could not afford more	52	6.6	22.5	71.0
Have not run out of food	399	2.3	17.8	79.9
Requires help with daily activities	90	3.8	10.1	86.2
Does not require help	357	2.7	19.4	77.9

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

* Significance testing not conducted due to small base size

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3.6.2. Healthy eating

Serves of vegetables consumed

Young males, those aged 3 to 11 years, were more likely to have met the vegetable consumption guidelines (24.8%) than respondents aged 12 to 17 years (3.4%), 18 to 34 years (1.9%), 35 to 49 years (2.6%), and 50 to 69 years (4.9%). There were no significant differences by age for females.

Overall, 18.2% of young Campaspe residents had met the vegetable consumption guidelines, with the average serves per day 2.7. The proportion of children and adolescents who had not met the guidelines was higher amongst:

- Those that don't meet the fruit consumption guidelines (96.6%), compared to 76.3% of those that meet the fruit consumption guidelines
- Those that don't require help with daily activities (84.7%), compared to 67.3% of those that do

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

Table 3.6.2.1 Serves of vegetables by selected demographic characteristics

	Unweighted base ¹ n	0 to less than 2 serves %	2 to less than 5 serves %	5 serves or more %	Meets veg requirements %	Average daily serves* #
Total sample	3,083	28.4	54.0	17.7	13.5	2.8
Gender and age						
Males, 3 to 11	125	28.8	52.8	18.4	24.8	2.7
Males, 12 to 17	93	26.6	57.7	15.7	3.4	2.7
Males, 18 to 34	148	32.1	51.8	16.1	1.9	2.6
Males, 35 to 49	178	25.9	59.1	14.9	2.6	2.7
Males, 50 to 69	490	30.2	52.0	17.8	4.9	2.8
Males, 70+	292	33.5	47.1	19.4	16.8	2.7
Females, 3 to 11	147	29.3	52.4	18.4	23.8	2.7
Females, 12 to 17	99	25.9	60.0	14.1	14.1	2.9
Females, 18 to 34	255	23.0	58.7	18.3	18.3	2.9
Females, 35 to 49	292	31.5	53.9	14.6	14.6	2.6
Females, 50 to 69	617	27.2	52.7	20.1	20.1	2.9
Females, 70+	312	22.9	56.6	20.5	20.5	3.2

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

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

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

	Unweighted base ¹	0 to less than 2 serves	2 to less than 5 serves	5 serves or more	Meets veg requirements	Average daily serves*
	n	%	%	%	%	#
Total sample	464	28.0	55.0	17.1	18.2	2.7
Subregion						
Echuca	198	23.6	59.5	16.9	14.3	2.8
Kyabram	90	37.0	46.8	16.2	21.1	2.6
Lockington and District	37	45.4	39.0	15.6	18.1	2.4
Rochester	50	19.2	65.9	14.9	18.7	2.9
Rushworth and District*	16	12.6	42.7	44.7	51.7	3.6
Stanhope and District*	23	31.9	63.9	4.2	12.6	2.2
Tongala and District*	24	19.8	63.7	16.5	11.8	2.9
Demographic indicators						
Born in Australia	436	27.6	55.2	17.2	18.4	2.8
Born overseas*	9	35.4	53.5	11.1	11.1	2.6
Aboriginal and/or Torres Strait Islander*	16	12.0	54.5	33.5	32.4	3.2
Not Aboriginal or Torres Strait Islander	438	28.5	55.4	16.1	17.4	2.7
Just getting along, poor or very poor	160	30.4	55.0	14.6	17.5	2.5
Reasonably comfortable, very comfortable or prosperous	301	26.2	55.2	18.6	18.4	2.9
Health and wellbeing indicators						
Self-reported health - Fair or poor*	14	41.0	44.9	14.1	14.1	2.4
Self-reported health - Good, very good, or excellent	449	27.4	55.4	17.2	18.3	2.8
Life satisfaction - Low (0 to 4 out of 10)*	11	48.8	34.1	17.2	17.2	2.3
Life satisfaction - Medium to very high (5+ out of 10)	443	27.7	54.9	17.4	18.6	2.8
Does not feel valued by society	49	37.7	43.5	18.9	23.4	2.5
Sometimes feel valued by society	225	28.6	55.7	15.8	15.3	2.6
Definitely feel valued by society	178	24.8	55.9	19.3	21.6	3.0
Meets fruit intake guidelines	339	20.6	57.6	21.8	23.7	3.1
Does not meet fruit intake guidelines	120	49.1	46.6	4.3	3.4	1.8
Drinks sugar-sweetened beverages daily	33	24.2	52.4	23.4	20.4	3.0
Drinks sugar-sweetened beverages less than daily	423	27.7	55.4	16.9	18.4	2.8
Meets water consumption guidelines	67	21.1	56.2	22.6	24.4	3.0
Does not meet water guidelines	386	29.2	54.3	16.6	17.4	2.7
Ran out of food and could not afford more	46	11.5	55.9	32.6	30.5	3.4
Have not run out of food	386	28.8	55.4	15.8	17.2	2.7
Requires help with daily activities	83	19.0	56.9	24.1	32.7	2.9
Does not require help	342	31.0	52.9	16.1	15.3	2.7

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

* Significance testing not conducted due to small base size

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

Serves of fruit consumed

On average, Campaspe respondents had consumed 1.6 serves of fruit per day. Young residents, particularly children aged 3 to 11 years, were more likely to meet fruit consumption requirements than adults. The proportion of children who had met fruit requirements was 80.7% for males (compared to 46.6% of those aged 12 to 17, 32.8% of those aged 18 to 34, 41.5% aged 35 to 49, 45.4% aged 50 to 69, and 45.2% aged 70 years and over. For females, the proportion meeting the guidelines was 83.6% for those aged 3 to 11, 75.8% aged 12 to 17, both higher when compared to 43.7% of those aged 18 to 34, 41.8% aged 35 to 49, 52.4% aged 50 to 69, and 61.3% aged 70 years and over.

Overall, 26.2% of Campaspe residents (aged 3 to 17 years) had not met the fruit consumption guidelines, with the average serves per day 2.2. The proportion of children and adolescents who had not met the guidelines was higher amongst:

- Those that don't meet the vegetable consumption guidelines (30.9%), compared to 4.8% of those that meet the fruit consumption guidelines

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

Table 3.6.2.3 Serves of fruit by selected demographic characteristics

	Unweighted base ¹ n	0 to less than 1 serves %	1 to less than 2 serves %	2 serves or more %	Meets fruit requirements %	Average daily serves #
Total sample	3,069	18.1	61.6	50.3	50.7	1.6
Gender and age						
Males, 3 to 11	124	4.0	18.6	77.4	80.7	2.3
Males, 12 to 17	91	19.9	33.5	46.6	46.6	1.7
Males, 18 to 34	150	25.4	41.9	32.8	32.8	1.4
Males, 35 to 49	178	27.5	31.0	41.5	41.5	1.4
Males, 50 to 69	484	22.8	31.9	45.4	45.4	1.5
Males, 70+	292	22.9	31.9	45.2	45.2	1.6
Females, 3 to 11	146	5.5	14.4	80.1	83.6	2.3
Females, 12 to 17	100	8.9	15.3	75.8	75.8	2.3
Females, 18 to 34	256	14.5	41.9	43.7	43.7	1.5
Females, 35 to 49	291	20.0	38.2	41.8	41.8	1.4
Females, 50 to 69	612	17.2	30.4	52.4	52.4	1.6
Females, 70+	308	10.0	28.7	61.3	61.3	2.0

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

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

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

	Unweighted base ¹ n	0 to less than 1 serves %	1 to less than 2 serves %	2 serves or more %	Meets fruit requirements %	Average daily serves #
Total sample	461	8.6	19.7	71.8	73.8	2.2
Subregion						
Echuca	199	7.9	20.2	71.9	74.7	2.3
Kyabram	90	8.5	25.5	66.0	68.1	2.0
Lockington and District	37	8.5	19.0	72.5	75.5	2.1
Rochester	50	4.2	9.6	86.3	86.3	2.3
Rushworth and District*	16	17.3	17.4	65.4	65.4	1.9
Stanhope and District*	23	8.5	30.2	61.3	65.5	2.1
Tongala and District*	23	26.3	12.4	61.3	61.3	1.9
Demographic indicators						
Born in Australia	433	8.5	18.8	72.7	74.9	2.2
Born overseas*	9	11.1	24.3	64.6	64.6	2.1
Aboriginal and/or Torres Strait Islander*	16	0.0	33.5	66.5	66.5	2.1
Not Aboriginal or Torres Strait Islander	435	8.2	19.6	72.2	74.4	2.2
Just getting along, poor or very poor	161	11.1	21.7	67.2	68.5	2.1
Reasonably comfortable, very comfortable or prosperous	297	7.0	18.4	74.7	77.1	2.2
Health and wellbeing indicators						
Self-reported health - Fair or poor*	13	30.6	23.8	45.6	45.6	1.6
Self-reported health - Good, very good, or excellent	447	7.8	19.6	72.6	74.7	2.2
Life satisfaction - Low (0 to 4 out of 10)*	11	50.3	15.6	34.2	34.2	1.4
Life satisfaction - Medium to very high (5+ out of 10)	440	7.4	19.5	73.1	75.2	2.2
Does not feel valued by society	48	16.9	24.5	58.6	62.9	2.0
Sometimes feel valued by society	223	11.6	18.3	70.1	71.5	2.1
Definitely feel valued by society	178	3.3	18.6	78.1	80.4	2.4
Meets vegetable intake guidelines	83	2.5	3.4	94.1	95.2	3.0
Does not meet vegetable intake guidelines	376	9.7	23.4	66.9	69.1	2.0
Drinks sugar-sweetened beverages daily	33	14.6	24.7	60.7	60.7	1.6
Drinks sugar-sweetened beverages less than daily	420	8.1	19.4	72.6	74.8	2.2
Meets water consumption guidelines	67	6.3	29.7	64.0	65.4	2.1
Does not meet water guidelines	383	9.0	18.2	72.9	75.1	2.2
Ran out of food and could not afford more	46	9.4	8.6	82.0	82.0	2.4
Have not run out of food	383	7.1	21.4	71.6	74.0	2.2
Requires help with daily activities	83	8.2	8.2	83.6	83.6	2.4
Does not require help	339	8.2	22.5	69.3	71.5	2.1

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

* Significance testing not conducted due to small base size

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

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

Sugar-sweetened beverage consumption

Children and adolescents were also asked how often they consume sugar-sweetened beverages including cordial, soft drinks, flavoured mineral water, energy, or sports drinks. Young males, those aged 3 to 11 years, were less likely to drink sugar-sweetened beverages daily (4.0%) than males aged 12 to 17 years (16.3%), 18 to 34 years (22.1%), 35 to 49 years (23.8%), and 50 to 69 years (20.8%). For females, those aged 18 to 34 years (14.4%) and 35 to 49 years (13.9%) were more likely to consume sugar-sweetened beverages daily than females aged 3 to 11 years (4.1%).

Overall, 6.9% of Campaspe residents aged 3 to 17 years were consuming sugar-sweetened beverages daily. The proportion of children and adolescents who were consuming sugar-sweetened beverages daily was higher amongst:

- Those that reside Kyabram (14.2%), compared to 3.9% of those that reside in Echuca

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

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

	Unweighted base ¹ n	Daily %	Weekly %	Monthly or less often %	Never %
Total sample	3,114	13.9	32.2	34.9	19.0
Gender and age					
Males, 3 to 11	126	4.0	32.5	42.9	20.6
Males, 12 to 17	93	16.3	48.9	32.8	2.0
Males, 18 to 34	152	22.1	51.7	21.1	5.2
Males, 35 to 49	181	23.8	37.8	32.2	6.2
Males, 50 to 69	492	20.8	30.8	31.4	17.1
Males, 70+	297	9.3	20.9	36.5	33.3
Females, 3 to 11	148	4.1	29.7	46.6	19.6
Females, 12 to 17	104	6.2	42.5	45.9	5.4
Females, 18 to 34	253	14.4	41.7	33.4	10.5
Females, 35 to 49	292	13.9	33.4	39.7	13.1
Females, 50 to 69	623	10.5	23.2	36.2	30.1
Females, 70+	313	7.2	14.0	37.3	41.6

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

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

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

	Unweighted base ¹ n	Daily %	Weekly %	Monthly or less often %	Never %
Total sample	471	6.9	36.9	42.6	13.7
Subregion					
Echuca	207	3.9	43.1	39.6	13.4
Kyabram	92	14.2	26.2	38.9	20.7
Lockington and District	39	0.0	38.6	51.4	10.0
Rochester	48	3.3	33.4	54.6	8.7
Rushworth and District*	16	18.4	10.5	52.7	18.4
Stanhope and District*	23	16.0	49.6	26.0	8.4
Tongala and District*	23	5.0	38.4	51.6	5.0
Demographic indicators					
Born in Australia	443	7.3	36.2	42.6	13.9
Born overseas*	9	0.0	46.4	44.4	9.2
Aboriginal and/or Torres Strait Islander*	14	0.0	35.2	35.4	29.4
Not Aboriginal or Torres Strait Islander	447	6.6	36.8	43.2	13.3
Just getting along, poor or very poor	168	7.2	32.7	45.9	14.2
Reasonably comfortable, very comfortable or prosperous	300	6.4	39.3	41.1	13.2
Health and wellbeing indicators					
Self-reported health - Fair or poor*	14	7.8	63.2	7.9	21.1
Self-reported health - Good, very good, or excellent	455	6.9	36.1	43.5	13.5
Life satisfaction - Low (0 to 4 out of 10)*	13	7.9	68.1	16.0	8.0
Life satisfaction - Medium to very high (5+ out of 10)	448	7.0	36.6	42.5	13.9
Does not feel valued by society	53	12.7	45.3	28.5	13.5
Sometimes feel valued by society	223	7.8	40.4	43.4	8.5
Definitely feel valued by society	181	4.8	32.6	42.9	19.8
Meets fruit intake guidelines	334	5.7	28.9	49.5	15.9
Does not meet fruit intake guidelines	119	10.4	58.4	24.3	6.8
Meets vegetable intake guidelines	83	7.6	20.3	49.6	22.5
Does not meet vegetable intake guidelines	373	6.8	40.6	41.3	11.3
Meets water consumption guidelines	69	6.1	39.6	40.5	13.7
Does not meet water guidelines	390	7.2	36.8	42.4	13.6
Ran out of food and could not afford more	52	8.8	25.6	49.5	16.2
Have not run out of food	390	6.2	38.5	42.0	13.4
Requires help with daily activities	89	4.8	27.7	43.6	24.0
Does not require help	343	7.3	39.8	40.5	12.4

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

* Significance testing not conducted due to small base size

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3.6.3. Physical activity

For children and adolescents aged 5 to 17 years, the Department of Health's physical activity guidelines recommend 60 minutes of vigorous physical activity per day along with a combination of light physical activities.⁸ The required benchmark questions were not incorporated in the 2019 ALC questionnaire due to space limitations. As a substitute, we have reported the average weekly minutes of vigorous physical activity for all age groups (as shown in Table 3.6.1).

Overall, Campaspe respondents averaged 222.2 minutes of vigorous physical activity, while the average for children and adolescents was 319.8 minutes. The subgroups of children and adolescents who recorded the lowest levels of vigorous physical activity were:

- Respondents that do not feel value by society (178.5 minutes) or only feel valued sometimes (247.7 minutes), when compared to those who definitely feel valued by society (332.0 minutes)

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

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

	Unweighted base n	Average minutes of vigorous physical activity per week #
Total sample	2,747	222.2
Gender and age		
Males, 3 to 11	116	286.3
Males, 12 to 17	90	269.3
Males, 18 to 34	146	298.8
Males, 35 to 49	175	191.3
Males, 50 to 69	435	214.1
Males, 70+	224	196.0
Females, 3 to 11	135	288.2
Females, 12 to 17	88	245.1
Females, 18 to 34	240	246.1
Females, 35 to 49	284	186.7
Females, 50 to 69	554	198.6
Females, 70+	227	129.2

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

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

⁸ <https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines#npa517>

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

	Unweighted base ¹	Average minutes of vigorous physical activity per week
	n	#
Total sample	429	276.0
Subregion		
Echuca	178	293.1
Kyabram	89	305.1
Lockington and District	36	277.6
Rochester	43	209.2
Rushworth and District*	15	219.6
Stanhope and District*	21	236.1
Tongala and District*	21	220.8
Demographic indicators		
Born in Australia	401	277.7
Born overseas*	9	190.9
Aboriginal and/or Torres Strait Islander*	12	592.5
Not Aboriginal or Torres Strait Islander	407	267.2
Just getting along, poor or very poor	152	290.9
Reasonably comfortable, very comfortable or prosperous	275	268.2
Health and wellbeing indicators		
Self-reported health - Fair or poor*	10	90.7
Self-reported health - Good, very good, or excellent	418	280.5
Life satisfaction - Low (0 to 4 out of 10)*	9	55.9
Life satisfaction - Medium to very high (5+ out of 10)	414	281.0
Does not feel valued by society	46	178.5
Sometimes feel valued by society	207	247.7
Definitely feel valued by society	168	332.0
Meets fruit intake guidelines	310	284.5
Does not meet fruit intake guidelines	111	260.9
Meets vegetable intake guidelines	77	333.2
Does not meet vegetable intake guidelines	347	262.9
Drinks sugar-sweetened beverages daily	33	239.9
Drinks sugar-sweetened beverages less than daily	391	277.1
Meets water consumption guidelines	60	343.2
Does not meet water guidelines	364	265.6
Ran out of food and could not afford more	41	374.7
Have not run out of food	356	274.2
Requires help with daily activities	69	266.5
Does not require help	321	284.7

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

* Significance testing not conducted due to small base size

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4. Wellbeing

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

4.1. Life satisfaction

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

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

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

Overall, 6.2% of Campaspe respondents aged 3 years and over recorded low life satisfaction. The proportion for children aged 3-17 was 2.7%. Amongst the main demographic indicators, the subgroups more likely to report low life satisfaction were:

- Females when compared to males (7.5% compared to 4.7%)
- Amongst men, respondents aged 70 and over (8.0%) and 35 to 49 years (6.0%) when compared to young males aged 3 to 11 years (0.0%)
- Amongst women, respondents aged 35 to 49 years (13.5%) and 18 to 34 years (9.3%) when compared to young females aged 3 to 11 years (1.3%)
- Across the subregions, there were no significant differences in the proportion of respondents recording low life satisfaction

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (12.5%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (2.7%)
- Those who reported their general health as 'fair' or 'poor' (24.7%, compared to 2.8% who recorded their health as 'good', 'very good', or 'excellent')
- Those respondents that have experienced food insecurity (19.8%, compared to 4.7% of people that haven't)

- Those who drink sugar-sweetened beverages daily (9.5%, compared to 5.7% who drink them less than daily)

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

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

	Unweighted base ¹ n	Low, 0 to 4 %	Medium, 5 to 6 %	High, 7 to 8 %	Very high, 9 to 10 %
Total sample	3,117	6.2	17.5	45.4	31.0
Gender and age					
Males	1,343	4.7	18.8	44.8	31.6
Females	1,740	7.5	16.0	45.9	30.6
Males, 3 to 11	130	0.0	2.3	34.6	63.1
Males, 12 to 17	93	4.4	11.3	47.7	36.6
Males, 18 to 34	154	3.7	26.2	47.0	23.1
Males, 35 to 49	175	6.0	25.3	43.6	25.1
Males, 50 to 69	491	4.6	19.0	49.4	27.0
Males, 70+	297	8.0	19.8	40.9	31.3
Females, 3 to 11	150	1.3	5.3	30.7	62.7
Females, 12 to 17	102	7.7	14.9	46.3	31.2
Females, 18 to 34	260	9.3	18.8	49.8	22.2
Females, 35 to 49	294	13.5	18.9	51.2	16.5
Females, 50 to 69	622	6.3	17.2	46.0	30.6
Females, 70+	308	4.5	14.8	43.3	37.5
Subregion					
Echuca	1,445	5.8	16.4	46.5	31.3
Kyabram	570	5.6	18.5	44.1	31.8
Lockington and District	188	8.5	13.7	45.4	32.4
Rochester	388	9.2	18.3	47.0	25.6
Rushworth and District	120	5.9	17.8	33.0	43.3
Stanhope and District	105	3.6	17.7	49.4	29.3
Tongala and District	178	6.6	22.6	37.8	32.9
Demographic indicators					
Born in Australia	2,851	6.0	16.7	45.8	31.5
Born overseas	206	9.6	26.6	39.7	24.1
Speaks English as main language	3,025	6.1	17.5	45.7	30.6
Speaks other main language*	25	5.7	17.4	42.6	34.4
Aboriginal and/or Torres Strait Islander	47	6.5	26.8	33.9	32.9
Not Aboriginal or Torres Strait Islander	3,020	6.3	17.4	45.5	30.9
Identifies as LGBTQIA+	51	16.8	24.3	33.5	25.4
Non-LGBTQIA+	2,252	6.7	19.2	47.3	26.9
Holds a Bachelor degree or higher	712	6.4	17.6	51.3	24.7
Less than Bachelor level education	2,131	6.2	17.6	44.4	31.8
Just getting along, poor or very poor	1,023	12.5	22.9	42.1	22.5
Reasonably comfortable, very comfortable or prosperous	2,069	2.7	14.4	47.2	35.7

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

* Significance testing not conducted due to small base size

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

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

	Unweighted base ¹ n	Low, 0 to 4 %	Medium, 5 to 6 %	High, 7 to 8 %	Very high, 9 to 10 %
Total sample	3,117	6.2	17.5	45.4	31.0
Health and wellbeing indicators					
Self-reported health - Fair or poor	479	24.7	36.9	30.7	7.8
Self-reported health - Good, very good, or excellent	2,625	2.8	14.0	48.0	35.2
Does not feel valued by society	498	22.7	35.8	30.1	11.4
Sometimes feel valued by society	1,460	4.0	20.4	53.2	22.4
Definitely feel valued by society	1,114	1.0	3.8	41.0	54.2
Meets fruit intake guidelines	1,589	3.9	13.6	44.5	38.0
Does not meet fruit intake guidelines	1,431	8.6	20.8	47.0	23.6
Meets vegetable intake guidelines	486	3.8	10.0	46.5	39.7
Does not meet vegetable intake guidelines	2,546	6.5	18.4	45.7	29.4
Drinks sugar-sweetened beverages daily	374	9.5	24.2	42.5	23.8
Drinks sugar-sweetened beverages less than daily	2,685	5.7	16.3	46.2	31.9
Meets water consumption guidelines	574	5.8	17.0	45.9	31.3
Does not meet water guidelines	2,447	6.3	17.2	45.9	30.6
Ran out of food and could not afford more	238	19.8	23.2	35.8	21.3
Have not run out of food	2,665	4.7	16.7	47.1	31.6
Requires help with daily activities	326	13.4	22.6	35.9	28.2
Does not require help	2,656	5.3	17.1	46.4	31.2

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

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

Amongst those aged over 18, the proportion of Campaspe respondents who provided low ratings for life satisfaction was 7.0%. The main subgroups that reported lower life satisfaction were:

- Those respondents that currently smoke (12.4%) compared to those that have never smoked (5.2%)
- Those respondents that do not meet the physical activity guidelines (10.9%) compared to those that meet the guidelines (4.0%)

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

	Unweighted base ¹ n	Low, 0 to 4 %	Medium, 5 to 6 %	High, 7 to 8 %	Very high, 9 to 10 %
Total sample	2,629	7.0	19.7	46.8	26.5
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	1,563	8.1	21.4	47.0	23.6
Normal range or underweight (BMI <25.0)	885	5.1	16.4	48.1	30.4
Meets physical activity guidelines	1,405	4.0	16.7	50.4	28.9
Does not meet physical activity guidelines / sedentary	1,101	10.9	22.2	43.3	23.7
Current smoker	256	12.4	28.1	43.0	16.6
Ex-smoker	949	7.9	19.1	46.2	26.7
Never smoked	1,376	5.2	17.6	48.7	28.6
Drinks alcohol every day	280	6.5	21.9	46.4	25.1
Drinks alcohol less often than daily	1,801	6.4	19.1	48.8	25.8
Does not drink alcohol	489	9.8	19.8	41.4	29.1
Had more than 4 standard drinks on a single occasion	1,413	6.0	19.9	49.3	24.8
Has not had more than 4 standard drinks	1,084	8.4	19.1	44.3	28.2

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

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

4.2. Valued by society

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

Overall, 17.7% of Campaspe respondents aged 3 years and over do not feel valued by society. The proportion for children aged 3-17 was 10.8%.

There were no differences between males and females, but in relation to the other main demographic indicators, the subgroups more likely to not feel valued by society were:

- Amongst men, respondents aged 18 to 34 (24.1%), 35 to 49 years (22.6%), 50 to 69 years (18.1%), and 70 years and over (16.4%), when compared to young males aged 3 to 11 years (4.7%)
- Amongst women, respondents aged 18 to 34 years (22.6%) and 35 to 49 years (21.2%), when compared to young females aged 3 to 11 years (10.1%)
- Across the subregions, there were no differences in the proportion of respondents not feeling valued by society

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (26.8%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (12.6%)
- Those who recorded a low level of life satisfaction (63.3%, compared to 14.4% who recorded medium to very high life satisfaction)
- Those who reported their general health as 'fair' or 'poor' (37.6%, compared to 13.9% who recorded their health as 'good', 'very good', or 'excellent')
- Those respondents that have experienced food insecurity (34.9%, compared to 15.9% of people that haven't)
- Those who drink sugar-sweetened beverages daily (24.5%, compared to 16.8% who drink them less than daily)

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

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

	Unweighted base ¹ n	Does not feel valued %	Sometimes feels valued %	Definitely feels valued %
Total sample	3,109	17.7	48.9	33.3
Gender and age				
Males	1,334	17.7	48.8	33.5
Females	1,738	17.6	49.2	33.3
Males, 3 to 11	127	4.7	52.8	42.5
Males, 12 to 17	93	13.7	48.1	38.2
Males, 18 to 34	154	24.1	47.9	28.0
Males, 35 to 49	177	22.6	44.2	33.2
Males, 50 to 69	485	18.1	49.6	32.4
Males, 70+	295	16.4	49.8	33.7
Females, 3 to 11	148	10.1	43.2	46.6
Females, 12 to 17	103	18.9	52.0	29.1
Females, 18 to 34	260	22.6	55.3	22.1
Females, 35 to 49	294	21.2	52.6	26.2
Females, 50 to 69	620	16.2	47.5	36.3
Females, 70+	310	13.7	42.3	44.1
Subregion				
Echuca	1,435	16.4	48.0	35.6
Kyabram	576	17.1	50.0	32.8
Lockington and District	186	17.5	47.3	35.3
Rochester	390	18.3	51.8	30.0
Rushworth and District	120	19.5	44.3	36.1
Stanhope and District	106	15.7	45.1	39.2
Tongala and District	180	24.0	54.2	21.9
Demographic indicators				
Born in Australia	2,844	17.6	48.9	33.4
Born overseas	203	19.8	50.7	29.5
Speaks English as main language	3,014	17.7	49.2	33.1
Speaks other main language*	25	10.9	53.8	35.3
Aboriginal and/or Torres Strait Islander	45	28.5	39.0	32.5
Not Aboriginal or Torres Strait Islander	3,009	17.7	49.0	33.3
Identifies as LGBTQIA+	51	28.2	46.4	25.3
Non-LGBTQIA+	2,239	19.1	48.4	32.6
Holds a Bachelor degree or higher	717	13.5	48.0	38.5
Less than Bachelor level education	2,117	18.2	49.1	32.7
Just getting along, poor or very poor	1,017	26.8	47.1	26.1
Reasonably comfortable, very comfortable or prosperous	2,066	12.6	50.2	37.1

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

* Significance testing not conducted due to small base size

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Table 4.2.2 Value to society by selected health characteristics – ages 3 and up

	Unweighted base ¹ n	Does not feel valued %	Sometimes feels valued %	Definitely feels valued %
Total sample	3,109	17.7	48.9	33.3
Health and wellbeing indicators				
Self-reported health - Fair or poor	482	37.6	45.6	16.8
Self-reported health - Good, very good, or excellent	2,610	13.9	49.7	36.4
Life satisfaction - Low (0 to 4 out of 10)	186	63.3	31.4	5.3
Life satisfaction - Medium to very high (5+ out of 10)	2,886	14.4	50.3	35.3
Meets fruit intake guidelines	1,583	12.3	48.9	38.8
Does not meet fruit intake guidelines	1,425	22.6	49.4	28.0
Meets vegetable intake guidelines	483	11.4	44.1	44.5
Does not meet vegetable intake guidelines	2,538	18.6	49.8	31.6
Drinks sugar-sweetened beverages daily	377	24.5	54.6	20.9
Drinks sugar-sweetened beverages less than daily	2,669	16.8	48.0	35.2
Meets water consumption guidelines	572	15.7	46.5	37.8
Does not meet water guidelines	2,436	18.1	49.7	32.2
Ran out of food and could not afford more	236	34.9	45.6	19.5
Have not run out of food	2,657	15.9	49.3	34.8
Requires help with daily activities	326	22.9	52.0	25.2
Does not require help	2,647	17.1	48.5	34.4

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

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

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

Amongst those aged over 18, the proportion of Campaspe respondents who did not feel valued by society was 19.2%. The main characteristics associated with higher levels of not being valued by society were:

- Those respondents that currently smoke (28.0%) compared to those that have never smoked (16.5%)
- Those respondents that do not meet the physical activity guidelines (22.2%) compared to those that meet the guidelines (16.0%)

Table 4.2.3 Value to society by selected health characteristics – 18 years and over only

	Unweighted base ¹ n	Does not feel valued %	Sometimes feels valued %	Definitely feels valued %
Total sample	2,626	19.2	49.0	31.8
Health and wellbeing indicators				
Overweight or obese (BMI ≥25.0)	1,557	19.9	49.9	30.3
Normal range or underweight (BMI <25.0)	877	17.5	47.2	35.3
Meets physical activity guidelines	1,405	16.0	48.7	35.3
Does not meet physical activity guidelines / sedentary	1,091	22.2	49.3	28.4
Current smoker	252	28.0	47.1	24.9
Ex-smoker	940	19.8	47.9	32.3
Never smoked	1,381	16.5	50.3	33.2
Drinks alcohol every day	279	22.0	48.4	29.6
Drinks alcohol less often than daily	1,794	17.3	50.1	32.6
Does not drink alcohol	489	24.4	46.3	29.3
Had more than 4 standard drinks on a single occasion	1,409	17.4	50.0	32.6
Has not had more than 4 standard drinks	1,077	21.8	47.6	30.6

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

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

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

5. Public space and facility use

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

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

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

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

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

5.1. Public open space user profile

Overall, 54.0% of Campaspe respondents aged 3 years and over reported being heavy (weekly or more often) users of public open spaces. This was highest for younger respondents, respondents who definitely feel valued by society, and adults with a normal or underweight BMI classification.

Overall, 15.3% of Campaspe respondents reported being non-users of public open spaces, meaning they use them less than once every three months or never. The proportion for children aged 3-17 was 4.8%. In relation to the main demographic indicators, the main subgroup differences for non-users were:

- Males when compared to females (17.3% compared to 13.3%)
- Amongst men, older respondents aged 50 to 69 years (20.8%), and aged 70 years and over (23.9%), when compared to those aged 3 to 11 years (2.3%), 12 to 17 years (9.1%)
- For women, those respondents aged 70 and over were more likely (29.6%) to be non-users than all other age groups (averaging 11.6%)
- Across the subregions, residents of Tongala and District were more likely (21.3%) to be non-users of public open spaces, when compared to residents of Echuca (13.5%)

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (19.9%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (12.8%)
- Those who reported their general health as 'fair' or 'poor' (28.9%, compared to 12.8% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (32.5%, compared to 14.2% who recorded medium to very high life satisfaction)

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

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

	Unweighted base ¹ n	Heavy Once a week or more %	Medium 1-3 times a month %	Light 1-2 times in the last 3 months %	Non-user Less often / never %
Total sample	3,302	54.0	19.7	11.0	15.3
Gender and age					
Males	1,395	51.8	19.2	11.6	17.3
Females	1,858	56.2	20.1	10.4	13.3
Males, 3 to 11	133	70.7	21.1	6.0	2.3
Males, 12 to 17	112	71.3	13.6	6.0	9.1
Males, 18 to 34	160	52.5	17.0	10.4	20.2
Males, 35 to 49	184	47.2	23.7	13.3	15.8
Males, 50 to 69	507	44.2	19.5	15.4	20.8
Males, 70+	295	47.3	18.4	10.4	23.9
Females, 3 to 11	155	71.6	20.0	5.8	2.6
Females, 12 to 17	129	68.2	17.9	7.2	6.8
Females, 18 to 34	282	61.3	22.1	6.8	9.8
Females, 35 to 49	315	57.9	22.4	8.8	10.9
Females, 50 to 69	656	49.3	20.4	14.5	15.9
Females, 70+	317	41.7	14.4	14.3	29.6
Subregion					
Echuca	1,542	60.0	18.0	8.5	13.5
Kyabram	595	52.0	20.1	12.9	15.0
Lockington and District	196	45.1	26.7	13.9	14.3
Rochester	406	48.5	21.1	13.0	17.5
Rushworth and District	123	57.4	17.5	7.0	18.1
Stanhope and District	113	52.4	21.8	11.9	14.0
Tongala and District	189	41.3	20.1	17.4	21.3
Demographic indicators					
Born in Australia	3,011	53.9	20.0	10.9	15.2
Born overseas	214	49.4	19.0	13.3	18.3
Speaks English as main language	3,193	54.2	19.8	11.0	15.1
Speaks other main language*	29	38.8	14.0	22.9	24.3
Aboriginal and/or Torres Strait Islander	52	54.6	11.5	16.8	17.1
Not Aboriginal or Torres Strait Islander	3,185	53.8	19.9	10.9	15.4
Identifies as LGBTQIA+	54	50.7	17.0	3.9	28.4
Non-LGBTQIA+	2,356	51.0	20.5	11.9	16.6
Holds a Bachelor degree or higher	759	59.4	21.9	10.7	8.0
Less than Bachelor level education	2,247	54.1	19.6	10.9	15.4
Just getting along, poor or very poor	1,081	47.5	20.4	12.3	19.9
Reasonably comfortable, very comfortable or prosperous	2,191	57.8	19.4	10.0	12.8

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

* Significance testing not conducted due to small base size

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

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

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

	Unweighted base ¹	Heavy Once a week or more	Medium 1-3 times a month	Light 1-2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	3,302	54.0	19.7	11.0	15.3
Health and wellbeing indicators					
Self-reported health - Fair or poor	485	35.0	21.0	15.2	28.9
Self-reported health - Good, very good, or excellent	2,621	57.3	19.5	10.4	12.8
Life satisfaction - Low (0 to 4 out of 10)	183	37.6	17.1	12.9	32.5
Life satisfaction - Medium to very high (5+ out of 10)	2,877	54.9	20.1	10.8	14.2
Does not feel valued by society	499	41.7	19.7	12.0	26.6
Sometimes feel valued by society	1,443	52.0	22.4	10.9	14.8
Definitely feel valued by society	1,103	63.2	16.3	10.7	9.7
Meets fruit intake guidelines	1,586	60.3	20.3	9.5	10.0
Does not meet fruit intake guidelines	1,429	47.9	19.2	12.7	20.2
Meets vegetable intake guidelines	478	61.3	16.7	10.5	11.5
Does not meet vegetable intake guidelines	2,547	52.9	20.8	11.2	15.2
Drinks sugar-sweetened beverages daily	373	37.1	25.4	13.4	24.2
Drink sugar-sweetened beverages less than daily	2,680	56.5	19.2	10.8	13.5
Meets water consumption guidelines	574	59.9	18.5	8.3	13.3
Does not meet water guidelines	2,441	52.2	20.4	11.8	15.7
Ran out of food and could not afford more	257	48.2	19.2	12.6	20.0
Have not run out of food	2,823	55.0	19.9	10.5	14.7
Requires help with daily activities	348	52.4	15.1	11.9	20.7
Does not require help	2,804	54.5	20.4	10.5	14.5

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

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

Further analysis looked at use of public open spaces amongst those aged 18 years and over who were asked about their participation in a range of health risk behaviours. Overall, 17.8% of those aged 18 years and over reported being non-users of open spaces.

This proportion was higher amongst:

- Current smokers (27.7%) compared to ex-smokers (14.3%) or people who have never smoked (17.7%)
- Respondents who do not meet physical activity guidelines (26.3%) compared to those who do engage in sufficient physical activity (9.4%)

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

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

	Unweighted base ¹ n	Heavy Once a week or more %	Medium 1-3 times a month %	Light 1-2 times in the last 3 months %	Non-user Less often / never %
Total sample	2,749	50.1	20.1	12.1	17.8
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	1,562	47.8	21.0	13.2	17.9
Normal range or underweight (BMI <25.0)	880	55.7	18.4	10.4	15.5
Meets physical activity guidelines	1,402	60.0	20.4	10.2	9.4
Does not meet physical activity guidelines / sedentary	1,106	38.9	20.2	14.6	26.3
Current smoker	261	35.3	22.4	14.7	27.7
Ex-smoker	946	53.4	19.5	12.8	14.3
Never smoked	1,384	51.0	19.9	11.4	17.7
Drinks alcohol every day	282	45.4	15.0	19.1	20.5
Drinks alcohol less often than daily	1,805	52.5	21.3	10.8	15.4
Does not drink alcohol	489	43.0	18.4	13.9	24.7
Had more than 4 standard drinks on a single occasion	1,416	50.9	20.8	11.5	16.8
Has not had more than 4 standard drinks	1,086	48.6	19.2	13.0	19.2

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

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

5.2. Footpath user profile

Overall, 63.4% of Campaspe respondents aged 3 years and over reported being heavy users (weekly or more often) of footpaths. This was highest for females, younger respondents, those with a Bachelor degree or higher, and those who meet the vegetable consumption requirements.

Overall, 16.0% of Campaspe respondents reported being non-users of footpaths, meaning they use them less than once every three months or never. In relation to the main demographic indicators, the main subgroup differences for non-users were:

- Males when compared to females (19.3% compared to 12.9%)
- Amongst men, older respondents aged 35 to 49 years (22.8%), 50 to 69 years (22.0%), and aged 70 years and over (26.5%), when compared to those aged 3 to 11 years (9.1%)
- For women, those respondents aged 50 to 69 years (17.8%) and 70 years and over (22.5%) were more likely to be non-users than all other age groups (averaging 8.3%)
- Across the subregions, residents of Tongala and District (21.0%) and residents of Lockington and District (20.7%) were more likely to be non-users of footpaths when compared to residents of Echuca (12.7%)

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (20.0%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (13.8%)
- Those who reported their general health as 'fair' or 'poor' (27.1%, compared to 14.5% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (28.1%, compared to 15.6% who recorded medium to very high life satisfaction)
- Those respondents that drink sugar-sweetened beverages daily (25.2% compared to those who drink them less than daily (15.1%))

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

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

	Unweighted base ¹ n	Heavy Once a week or more often %	Medium 1 to 3 times a month %	Light 1 or 2 times in the last 3 months %	Non-user Less often / never %
Total sample	3,215	63.4	13.6	7.0	16.0
Gender and age					
Males	1,348	58.6	14.2	7.9	19.3
Females	1,809	67.7	13.3	6.2	12.9
Males, 3 to 11	132	66.7	15.9	8.3	9.1
Males, 12 to 17	109	71.8	11.5	5.3	11.5
Males, 18 to 34	159	61.4	14.5	9.1	15.1
Males, 35 to 49	179	50.0	19.4	7.8	22.8
Males, 50 to 69	483	56.4	12.0	9.5	22.0
Males, 70+	283	55.7	13.1	4.7	26.5
Females, 3 to 11	156	75.0	10.3	7.1	7.7
Females, 12 to 17	124	81.4	7.6	6.4	4.5
Females, 18 to 34	278	70.9	14.4	6.7	8.0
Females, 35 to 49	310	66.0	17.8	5.7	10.5
Females, 50 to 69	630	62.3	14.0	6.0	17.8
Females, 70+	308	62.8	9.1	5.6	22.5
Subregion					
Echuca	1,517	68.5	12.6	6.3	12.7
Kyabram	580	67.0	10.4	5.8	16.7
Lockington and District	188	48.3	20.4	10.7	20.7
Rochester	400	61.8	15.1	7.0	16.1
Rushworth and District	118	50.4	20.7	10.2	18.6
Stanhope and District	106	61.4	13.1	7.8	17.7
Tongala and District	183	53.1	12.8	13.1	21.0
Demographic indicators					
Born in Australia	2,921	63.4	13.7	6.8	16.2
Born overseas	206	61.8	12.3	10.3	15.6
Speaks English as main language	3,104	63.4	13.9	6.8	15.9
Speaks other main language*	27	55.7	0.0	12.5	31.9
Aboriginal and/or Torres Strait Islander	49	66.7	6.0	8.9	18.4
Not Aboriginal or Torres Strait Islander	3,091	63.1	13.8	7.0	16.1
Identifies as LGBTQIA+	53	79.6	7.7	2.9	9.7
Non-LGBTQIA+	2,282	61.1	14.5	7.2	17.2
Holds a Bachelor degree or higher	739	73.5	10.0	7.9	8.6
Less than Bachelor level education	2,188	62.3	14.6	6.8	16.3
Just getting along, poor or very poor	1,050	58.3	14.4	7.3	20.0
Reasonably comfortable, very comfortable or prosperous	2,139	66.5	12.9	6.8	13.8

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

* Significance testing not conducted due to small base size

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

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

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

	Unweighted base ¹	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	3,215	63.4	13.6	7.0	16.0
Health and wellbeing indicators					
Self-reported health - Fair or poor	470	50.5	14.8	7.7	27.1
Self-reported health - Good, very good, or excellent	2,553	65.5	13.2	6.8	14.5
Life satisfaction - Low (0 to 4 out of 10)	168	55.2	10.9	5.8	28.1
Life satisfaction - Medium to very high (5+ out of 10)	2,814	63.7	13.7	7.1	15.6
Does not feel valued by society	483	54.6	14.6	7.2	23.7
Sometimes feel valued by society	1,411	62.2	14.1	7.7	16.0
Definitely feel valued by society	1,076	69.4	12.0	6.1	12.6
Meets fruit intake guidelines	1,536	68.0	13.0	6.3	12.6
Does not meet fruit intake guidelines	1,400	59.1	13.6	7.7	19.6
Meets vegetable intake guidelines	458	70.7	11.5	4.0	13.8
Does not meet vegetable intake guidelines	2,489	62.0	13.7	7.7	16.6
Drinks sugar-sweetened beverages daily	357	50.9	13.2	10.8	25.2
Drink sugar-sweetened beverages less than daily	2,618	64.8	13.5	6.7	15.1
Meets water consumption guidelines	559	65.8	13.9	6.3	14.0
Does not meet water guidelines	2,381	62.0	13.4	7.4	17.2
Ran out of food and could not afford more	242	55.7	13.7	9.6	21.0
Have not run out of food	2,765	64.5	13.5	6.5	15.5
Requires help with daily activities	343	60.6	11.1	6.8	21.5
Does not require help	2,715	64.2	14.3	6.3	15.2

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

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

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

Amongst respondents aged 18 years and over, 17.9% were non-users of footpaths in their area. This proportion was higher amongst:

- Current smokers (24.6%), when compared to ex-smokers (16.0%)
- Respondents who do not meet physical activity guidelines (23.9%) compared to those who do engage in sufficient physical activity (12.2%)

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

	Unweighted base ¹	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	2,674	61.0	14.1	7.0	17.9
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	1,521	59.2	14.7	6.9	19.1
Normal range or underweight (BMI <25.0)	854	65.9	12.6	6.0	15.5
Meets physical activity guidelines	1,371	66.8	15.0	6.1	12.2
Does not meet physical activity guidelines / sedentary	1,073	54.9	13.1	8.1	23.9
Current smoker	258	45.6	19.1	10.7	24.6
Ex-smoker	920	63.2	14.6	6.3	16.0
Never smoked	1,341	62.8	12.6	6.9	17.8
Drinks alcohol every day	266	56.9	12.4	6.9	23.9
Drinks alcohol less often than daily	1,760	61.4	15.5	7.4	15.7
Does not drink alcohol	476	60.1	10.0	6.1	23.8
Had more than 4 standard drinks on a single occasion	1,377	59.7	15.8	7.6	16.9
Has not had more than 4 standard drinks	1,056	62.7	11.5	6.6	19.2

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

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

5.3. Off-road walking and cycling tracks user profile

Overall, 31.1% of Campaspe respondents aged 3 years and over reported being heavy (weekly or more often) users of off-road walking and cycling tracks, with 35.0% of Campaspe respondents reported being non-users of off-road walking and cycling tracks, meaning they use them less than once every three months or never.

In relation to the main demographic indicators, the main subgroup differences for non-users were:

- There were no significant differences between male and female respondents
- Amongst men, respondents aged 18 to 34 years (40.4%), 50 to 69 years (40.4%), and aged 70 years and over (53.5%), when compared to those aged 3 to 11 years (23.8%)
- For women, those respondents aged 70 and over were more likely (57.7%) to be non-users than all other age groups (averaging 31.1%)
- Across the subregions, residents of Kyabram were more likely (52.3%) to be non-users of off-road walking and cycling tracks, when compared to residents of Echuca (26.8%), Lockington and District (30.6%), Rochester (35.3%), and Rushworth and District (35.4%)

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

In relation to other key demographic or health differences, the subgroups more likely to be non-users of off-road walking and cycling tracks were:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (43.6%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (30.3%)
- Those who reported their general health as 'fair' or 'poor' (52.7%, compared to 32.1% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (46.2%, compared to 34.2% who recorded medium to very high life satisfaction)
- Those respondents that drink sugar-sweetened beverages daily (46.6% compared to those who drink them less than daily (33.5%))

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

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

	Unweighted base ¹ n	Heavy Once a week or more often %	Medium 1 to 3 times a month %	Light 1 or 2 times in the last 3 months %	Non-user Less often / never %
Total sample	2,752	31.1	21.2	12.7	35.0
Gender and age					
Males	1,169	29.5	20.5	12.9	37.2
Females	1,559	32.7	21.8	12.8	32.8
Males, 3 to 11	126	32.5	27.0	16.7	23.8
Males, 12 to 17	104	44.9	15.4	15.3	24.4
Males, 18 to 34	148	26.1	22.4	11.1	40.4
Males, 35 to 49	176	25.8	27.1	13.2	33.9
Males, 50 to 69	424	28.7	18.0	13.0	40.4
Males, 70+	188	25.8	11.6	9.1	53.5
Females, 3 to 11	149	28.2	33.6	12.1	26.2
Females, 12 to 17	120	34.5	28.6	19.0	17.9
Females, 18 to 34	272	31.5	26.1	14.4	28.1
Females, 35 to 49	296	34.5	21.2	12.3	32.0
Females, 50 to 69	524	35.7	16.3	11.5	36.5
Females, 70+	196	24.9	8.6	8.8	57.7
Subregion					
Echuca	1,310	37.2	23.8	12.2	26.8
Kyabram	459	18.1	18.1	11.5	52.3
Lockington and District	165	25.2	26.8	17.4	30.6
Rochester	326	29.5	18.4	16.8	35.3
Rushworth and District	107	32.6	20.3	11.8	35.4
Stanhope and District	102	33.1	16.6	7.8	42.6
Tongala and District	166	29.7	14.5	12.5	43.4
Demographic indicators					
Born in Australia	2,521	30.9	21.8	12.9	34.4
Born overseas	178	32.7	15.4	12.6	39.3
Speaks English as main language	2,675	30.9	21.6	12.7	34.8
Speaks other main language*	24	27.6	2.8	15.7	53.9
Aboriginal and/or Torres Strait Islander	43	47.1	7.5	5.5	39.9
Not Aboriginal or Torres Strait Islander	2,671	30.8	21.3	12.9	35.0
Identifies as LGBTQIA+	39	29.0	29.6	9.7	31.6
Non-LGBTQIA+	2,013	30.3	20.3	12.6	36.8
Holds a Bachelor degree or higher	681	33.6	27.6	12.5	26.4
Less than Bachelor level education	1,898	30.7	20.9	12.7	35.6
Just getting along, poor or very poor	887	28.3	17.8	10.4	43.6
Reasonably comfortable, very comfortable or prosperous	1,841	32.9	23.2	13.6	30.3

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

* Significance testing not conducted due to small base size

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

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

	Unweighted base ¹	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	2,752	31.1	21.2	12.7	35.0
Health and wellbeing indicators					
Self-reported health - Fair or poor	373	18.9	16.4	12.0	52.7
Self-reported health - Good, very good, or excellent	2,226	32.8	21.9	13.2	32.1
Life satisfaction - Low (0 to 4 out of 10)	154	31.3	18.0	4.6	46.2
Life satisfaction - Medium to very high (5+ out of 10)	2,408	30.7	21.5	13.6	34.2
Does not feel valued by society	430	27.9	14.7	11.6	45.8
Sometimes feel valued by society	1,205	28.8	22.5	13.9	34.9
Definitely feel valued by society	912	35.2	22.9	12.1	29.8
Meets fruit intake guidelines	1,325	34.5	23.1	14.7	27.8
Does not meet fruit intake guidelines	1,200	26.9	19.8	11.7	41.6
Meets vegetable intake guidelines	402	36.9	18.6	11.2	33.4
Does not meet vegetable intake guidelines	2,144	29.5	21.6	13.6	35.3
Drinks sugar-sweetened beverages daily	312	24.0	15.6	13.8	46.6
Drink sugar-sweetened beverages less than daily	2,241	31.5	22.2	12.8	33.5
Meets water consumption guidelines	507	36.3	22.3	11.5	29.9
Does not meet water guidelines	2,016	28.9	20.7	13.4	37.0
Ran out of food and could not afford more	220	31.5	17.6	10.0	40.9
Have not run out of food	2,381	31.2	22.1	12.5	34.3
Requires help with daily activities	277	25.5	21.0	12.2	41.3
Does not require help	2,363	32.2	21.5	11.9	34.3

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

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

Overall, 38.0% of respondents aged 18 years and over were non-users of off-road walking and cycling tracks. Adults were more likely to be non-users if they do not meet physical activity guidelines (52.2%, compared to 25.8% of those who meet the guidelines) or if they were current smokers (47.0%, compared to 35.4% of ex-smokers).

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

	Unweighted base ¹ n	Heavy Once a week or more often %	Medium 1 to 3 times a month %	Light 1 or 2 times in the last 3 months %	Non-user Less often / never %
Total sample	2,241	31.2	19.8	12.0	38.0
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	1,282	28.4	20.2	11.6	39.7
Normal range or underweight (BMI <25.0)	731	33.8	20.5	12.4	33.3
Meets physical activity guidelines	1,195	38.8	22.8	12.7	25.8
Does not meet physical activity guidelines / sedentary	865	19.5	16.3	11.9	52.2
Current smoker	217	20.9	23.6	8.5	47.0
Ex-smoker	780	34.5	18.7	11.4	35.4
Never smoked	1,120	29.1	19.8	13.8	37.4
Drinks alcohol every day	221	31.3	16.9	9.5	42.3
Drinks alcohol less often than daily	1,531	30.5	22.0	12.7	34.8
Does not drink alcohol	354	26.8	12.1	12.0	49.1
Had more than 4 standard drinks on a single occasion	1,228	29.5	22.7	11.9	35.9
Has not had more than 4 standard drinks	830	30.1	15.7	13.4	40.8

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

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

5.4. Other public facility and open space use

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

Of the other types of public facilities and open spaces listed, parks were the most commonly used with approximately three-quarters of respondents (72.9%) having used these facilities. Over half of all respondents had used sports grounds, ovals and clubrooms (59.7%), while swimming pools or splash parks (45.3%) and indoor sports / leisure / fitness centres (39.5%) were the next most commonly used spaces.

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

	All respondents	Heavy Once a week or more often	Medium / Light < once a week, > once in the last 3 months	Non-user Less often / never
	%	%	%	%
Unweighted base (n)	2,878	1,708	907	263
Parks	72.9	79.6	71.3	32.5
Sports grounds, ovals and clubrooms	59.7	68.6	50.0	33.9
Swimming pools / splash parks	45.3	51.2	40.5	22.6
Community gardens	36.9	43.1	32.8	9.6
Indoor sports / leisure / fitness centres	39.5	47.3	30.2	20.1
Halls / community centres	42.2	44.1	40.4	35.2
Hard courts (e.g. netball / tennis)	29.1	36.7	20.5	8.0
After hours usage of education facilities	13.3	16.7	9.5	3.9
Skateparks / BMX	16.2	20.2	12.3	2.6
Playgrounds*	23.4	25.1	23.1	12.9
Other	14.8	17.0	12.7	7.6

* Category not included in the paper version meaning base is all online respondents to this question (n=1,168).

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

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

- Females were more likely to use most of the public facilities except sports grounds, ovals and clubrooms (where males were more likely users), parks, and skateparks / BMX (both no difference)
- Children and adolescents (under 18 years of age) were more likely to use most of the facilities, except halls / community centres (where those aged 70 years and over were the most likely users)

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

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

	Unweighted base ¹	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres	Halls / community centres	Hard courts (e.g. netball / tennis)	After hours usage of education facilities	Skateparks / BMX	Playgrounds*
	n	%	%	%	%	%	%	%	%	%	%
Total sample	2,931	72.4	59.4	45.3	36.8	39.4	41.8	28.7	13.3	16.1	23.0
Gender and age											
Males	1,203	71.3	63.9	39.4	34.2	33.8	37.8	24.2	11.2	16.7	18.1
Females	1,684	74.2	56.4	50.3	39.5	44.7	45.9	33.4	15.3	15.7	27.9
3 to 11	285	89.0	74.4	80.5	47.9	44.5	45.3	51.3	27.1	47.5	41.9
12 to 17	233	74.0	83.1	73.1	35.2	60.8	44.0	64.3	30.8	25.6	34.8
18 to 34	406	76.7	63.4	48.4	38.4	54.0	38.4	37.6	15.3	15.5	32.3
35 to 49	460	80.9	64.5	54.7	44.6	47.0	37.7	34.5	15.0	24.4	35.3
50 to 69	1,014	69.2	50.5	29.6	34.4	26.7	40.9	11.2	5.3	3.2	9.2
70+	511	47.7	39.9	13.0	21.7	20.1	50.6	5.5	2.6	0.8	1.8
Subregion											
Echuca	1,390	76.2	55.5	47.4	38.5	46.5	30.5	28.6	13.5	14.1	27.0
Kyabram	518	69.3	65.1	42.7	38.0	39.5	43.1	30.0	15.5	21.1	18.5
Lockington and District	171	70.9	70.3	53.9	42.4	34.1	66.2	34.4	17.6	17.9	19.9
Rochester	361	66.7	56.1	39.8	30.2	32.4	54.8	25.9	9.7	20.3	20.3
Rushworth and District	107	64.1	68.3	51.6	34.4	13.4	51.8	22.6	6.8	17.5	23.1
Stanhope and District	100	73.4	72.0	48.5	37.4	22.1	67.9	30.3	9.0	13.2	20.5
Tongala and District	165	73.3	53.4	35.2	34.7	30.3	48.4	26.5	7.4	10.3	15.4

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

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

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

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

	Unweighted base ¹	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres	Halls / community centres	Hard courts (e.g. netball / tennis)	After hours usage of education facilities	Skateparks / BMX	Playgrounds*
	n	%	%	%	%	%	%	%	%	%	%
Total sample	2,931	72.4	59.4	45.3	36.8	39.4	41.8	28.7	13.3	16.1	23.0
Demographic indicators											
Born in Australia	2,677	72.7	60.7	45.6	37.1	39.4	42.2	29.7	13.6	16.4	24.1
Born overseas	177	74.3	43.9	34.0	33.9	38.0	37.6	13.0	10.1	7.9	17.5
Speaks English as main language*	2,828	72.5	59.8	44.7	37.3	39.6	41.7	29.0	13.2	15.9	23.6
Speaks other main language	21	90.1	32.2	49.7	13.7	26.4	45.3	8.0	19.5	19.3	29.5
Aboriginal and/or Torres Strait Islander	42	72.6	58.7	38.3	27.2	38.0	29.6	25.1	16.1	29.7	31.6
Not Aboriginal or Torres Strait Islander	2,821	72.8	59.9	45.1	37.1	39.7	42.1	28.9	13.2	15.7	23.4
Identifies as LGBTQIA+	42	68.1	49.8	39.5	37.2	29.4	36.8	14.2	8.6	2.3	7.6
Non-LGBTQIA+	2,076	72.2	55.9	38.6	36.5	37.8	41.0	22.9	10.1	11.3	21.5
Holds a Bachelor degree or higher	707	81.6	62.5	52.8	44.1	52.1	46.7	29.2	16.4	12.5	30.2
Less than Bachelor level education	1,995	72.7	60.3	45.0	36.3	38.9	41.2	30.1	13.2	16.8	23.8
Just getting along, poor or very poor	920	69.0	57.4	42.9	34.7	32.6	41.2	24.9	14.5	14.6	24.8
Reasonably comfortable, very comfortable or prosperous	1,989	74.5	60.6	46.8	38.0	43.2	42.1	30.9	12.8	16.7	22.3

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

* Significance testing not conducted due to small base size

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

For the top five facilities used across the whole Loddon Campaspe region (parks; sports grounds, ovals and clubrooms; swimming pools and splash parks; community gardens; indoor sports, leisure, and fitness centres), analysis was conducted regarding the health and wellbeing characteristics of users. While these were the top five facilities in the Loddon Campaspe region, halls / community centres were in the top five for Campaspe specifically, showing they are used in this area more than across the wider region (refer to Table 3.6.3.1).

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

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

	Unweighted base ¹	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres
	n	%	%	%	%	%
Total sample	2,931	72.4	59.4	45.3	36.8	39.4
Health and wellbeing indicators						
Self-reported health - Fair or poor	369	66.5	44.8	30.3	33.0	24.8
Self-reported health - Good, very good, or excellent	2,395	73.4	61.7	46.3	37.8	41.1
Life satisfaction - Low (0 to 4 out of 10)	141	65.8	41.5	34.3	31.9	28.3
Life satisfaction - Medium to very high (5+ out of 10)	2,584	73.1	60.0	44.6	37.3	39.8
Does not feel valued by society	399	69.2	47.9	38.3	34.1	32.8
Sometimes feel valued by society	1,297	71.4	60.3	44.5	37.8	39.5
Definitely feel valued by society	1,026	75.5	63.1	46.5	37.2	41.4
Meets fruit intake guidelines	1,456	77.0	60.5	50.8	38.6	41.8
Does not meet fruit intake guidelines	1,238	67.7	57.6	36.7	35.8	35.6
Meets vegetable intake guidelines	431	72.9	57.6	49.8	39.6	46.1
Does not meet vegetable intake guidelines	2,275	72.4	59.6	43.1	36.7	37.5
Drinks sugar-sweetened beverages daily	312	64.7	58.3	41.9	26.6	27.6
Drink sugar-sweetened beverages less than daily	2,410	73.3	59.3	44.0	38.3	40.4
Meets water consumption guidelines	526	76.8	64.0	49.9	42.1	49.5
Drink sugar-sweetened beverages less than daily	2,163	70.7	58.1	42.1	35.3	36.0
Ran out of food and could not afford more	223	68.2	57.5	49.0	34.0	30.5
Have not run out of food	2,515	72.8	59.7	44.9	37.2	40.1
Requires help with daily activities	295	70.4	53.5	46.6	34.3	32.5
Does not require help	2,493	73.5	60.3	45.1	37.1	40.6

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

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

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

Amongst respondents aged 18 years and over, respondents who meet physical activity guidelines were more likely to use all of the top five facilities, when compared to those who do not engage in sufficient physical activity. Full differences are shown below in Table 5.4.5.

One subgroup variation that is observed across a range of indicators is that people who have had more than four standard drinks on any occasion are more likely to record higher rates of physical activity and use of facilities and open spaces than those who have not engaged in this behaviour. When interpreting these results, it is useful to consider the link between this drinking behaviour and other demographic indicators.

As previously reported in section 3.4.4, respondents who have consumed more than four standard alcoholic drinks on a single occasion and are at risk of injury are more likely to fall into the younger age groups. People in these age groups are also more active and more prolific users of facilities and open spaces than people in the older age groups meaning further research would be required to discern whether the variations observed below are a function of the risky drinking behaviour or the age of respondents who fall into this category.

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

	Unweighted base ¹	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres
	n	%	%	%	%	%
Total sample	2,815	58.8	46.0	30.9	29.8	30.6
Health and wellbeing indicators						
Overweight or obese (BMI ≥25.0)	1,352	70.2	54.5	36.0	35.1	34.2
Normal range or underweight (BMI <25.0)	781	70.3	56.2	36.3	36.8	41.4
Meets physical activity guidelines	1,321	74.5	59.0	41.3	39.9	47.2
Does not meet physical activity guidelines / sedentary	887	63.5	48.9	28.0	29.1	21.2
Current smoker	198	66.4	54.4	33.7	27.2	26.5
Ex-smoker	829	70.0	53.2	35.5	35.1	33.4
Never smoked	1,235	69.9	56.4	36.4	37.4	39.8
Drinks alcohol every day	232	60.9	48.5	27.8	29.3	23.4
Drinks alcohol less often than daily	1,616	72.9	60.2	38.2	38.0	39.7
Does not drink alcohol	400	60.4	37.3	29.6	28.0	28.5
Had more than 4 standard drinks on a single occasion	1,249	72.4	61.4	39.0	37.2	39.9
Has not had more than 4 standard drinks	940	65.4	46.4	31.6	32.7	31.7

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

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

5.5. Reasons for using public facilities or opens spaces

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

The top three reasons for use of public facilities and open spaces were each selected by over half of all respondents: socialising with family or friends (60.6%), exercise / health and fitness (60.4%); and for fun or enjoyment (57.2%). Other main reasons were to participate in 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%), and for time to myself (30.9%).

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

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

	All respondents	Heavy Once a week or more often	Medium / Light < once a week, > once in the last 3 months	Non-user Less often / never
	%	%	%	%
Unweighted base (n)	2,940	1,738	934	268
Exercise / health and fitness	60.4	71.5	48.8	28.7
Socialising with family / friends	60.6	63.4	61.4	39.2
For fun / enjoyment	57.2	65.2	51.3	26.2
Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends)	46.7	56.3	37.9	15.6
Exercising the dog	34.2	42.1	24.8	15.6
For time to myself	30.9	36.5	26.6	10.1
Organised sport (e.g. cricket or netball for a club)	35.9	43.5	25.7	22.2
Getting back to nature	23.4	28.2	19.6	5.6
Commuting (i.e. to get from a to b)	21.8	26.1	15.8	15.6
Some other reason	7.7	6.2	9.0	13.0

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

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

	Unweighted base ¹	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog	For time to myself	Organised sport (e.g. cricket or netball for a club)	Getting back to nature	Commuting (i.e. to get from a to b)
	n	%	%	%	%	%	%	%	%	%
Total sample	2,984	60.4	60.5	57.1	46.7	34.0	30.8	35.7	23.3	21.7
Gender and age										
Males	1,238	57.1	58.5	55.1	44.8	32.0	26.9	38.5	21.6	21.3
Females	1,716	63.5	63.0	59.3	48.8	36.1	34.5	33.5	25.0	22.2
3 to 11	280	49.7	73.7	87.6	57.3	32.3	15.5	53.2	21.6	23.9
12 to 17	225	69.3	69.8	73.0	58.4	33.1	32.8	65.1	20.4	35.7
18 to 34	414	66.3	67.2	63.9	51.4	43.7	37.5	41.3	23.9	28.0
35 to 49	464	65.3	65.4	61.7	53.6	39.7	37.0	42.4	28.2	23.1
50 to 69	1,051	58.1	54.0	44.4	37.5	33.3	33.3	21.8	24.8	17.7
70+	535	55.1	44.3	36.0	37.0	18.3	20.6	19.3	16.2	11.1
Subregion										
Echuca	1,417	66.2	61.1	58.5	50.3	36.8	33.7	32.9	25.5	23.6
Kyabram	527	60.6	60.8	55.0	43.7	32.9	26.6	39.7	16.5	18.7
Lockington and District	177	52.2	65.3	53.3	44.0	28.5	30.8	42.9	27.3	19.0
Rochester	363	54.6	54.7	50.1	43.5	33.1	28.2	34.1	23.1	24.5
Rushworth and District	109	49.5	59.2	71.7	44.9	25.3	29.9	44.7	37.4	11.2
Stanhope and District	103	56.2	71.5	66.9	49.4	41.2	35.2	41.0	24.6	24.4
Tongala and District	166	52.2	55.9	51.0	35.7	26.0	21.6	27.8	12.7	23.3

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



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

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

	Unweighted base ¹	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog	For time to myself	Organised sport (e.g. cricket or netball for a club)	Getting back to nature	Commuting (i.e. to get from a to b)
	n	%	%	%	%	%	%	%	%	%
Total sample	2,984	60.4	60.5	57.1	46.7	34.0	30.8	35.7	23.3	21.7
Demographic indicators										
Born in Australia	2,728	61.0	61.4	57.6	46.8	34.1	30.9	36.7	23.2	22.1
Born overseas	193	53.8	52.5	50.4	45.0	32.3	29.7	17.8	23.4	17.3
Speaks English as main language	2,893	60.7	60.5	57.0	46.9	34.6	31.1	35.6	23.4	21.7
Speaks other main language*	21	45.9	74.1	53.9	38.6	13.6	5.5	6.7	13.5	28.5
Aboriginal and/or Torres Strait Islander	42	59.0	67.7	63.2	39.2	35.2	34.8	44.7	25.9	26.9
Not Aboriginal or Torres Strait Islander	2,888	60.6	60.5	57.0	46.9	34.1	30.8	35.5	23.2	21.8
Identifies as LGBTQIA+	46	64.9	41.9	46.5	53.6	45.3	58.4	15.4	27.9	27.3
Non-LGBTQIA+	2,132	62.6	59.7	53.3	45.4	35.2	32.9	31.6	24.5	20.7
Holds a Bachelor degree or higher	718	72.5	67.2	62.6	63.7	36.8	38.9	36.1	30.9	24.7
Less than Bachelor level education	2,032	59.8	61.0	57.3	45.2	34.5	30.0	36.9	22.7	21.8
Just getting along, poor or very poor	938	52.4	56.3	52.8	39.6	32.6	32.5	33.7	22.4	21.5
Reasonably comfortable, very comfortable or prosperous	2,021	64.9	62.9	59.5	50.7	34.9	29.9	36.9	23.9	21.9

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

* Significance testing not conducted due to small base size

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

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

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

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

	Unweighted base ¹	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog	For time to myself	Organised sport (e.g. cricket or netball for a club)	Getting back to nature	Commuting (i.e. to get from a to b)
	n	%	%	%	%	%	%	%	%	%
Unweighted base	2,984	60.4	60.5	57.1	46.7	34.0	30.8	35.7	23.3	21.7
Facility type										
Parks	2,085	65.8	71.2	68.1	56.9	40.2	36.5	37.4	28.7	26.6
Sports grounds, ovals and clubrooms	1,650	65.3	69.7	66.4	54.4	36.5	33.4	56.5	24.6	25.9
Swimming pools / splash parks	1,256	70.3	76.0	75.7	61.2	37.1	34.9	46.4	28.3	28.6
Community gardens	1,065	72.1	75.7	72.3	62.3	45.3	45.5	39.5	37.5	31.2
Indoor sports / leisure / fitness centres	1,118	80.6	69.4	70.9	58.7	42.9	39.0	48.5	25.7	27.0
Halls / community centres	1,263	65.9	72.8	65.9	57.9	36.3	36.3	43.3	29.8	28.1
Hard courts (e.g. netball / tennis)	364	73.9	77.3	78.7	64.5	42.0	33.9	70.4	26.5	29.9
After hours usage of education facilities	762	71.2	75.8	73.4	65.0	40.4	38.4	52.5	30.0	37.3
Skateparks / BMX	403	70.8	82.1	88.7	69.2	41.8	37.7	58.1	33.7	31.7
Playgrounds*	627	52.3	70.3	74.8	53.9	31.4	27.6	48.4	22.1	25.3
Other	400	75.1	65.3	66.3	60.5	43.0	48.0	36.1	39.6	26.2

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

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

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

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

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

	Unweighted base ¹	Exercise / health	Socialising	For fun / enjoyment	Unstructured physical recreation	Exercising the dog
	n	%	%	%	%	%
Total sample	2,984	60.4	60.5	57.1	46.7	34.0
Health and wellbeing indicators						
Self-reported health - Fair or poor	384	47.0	57.6	43.1	34.6	31.7
Self-reported health - Good, very good, or excellent	2,451	63.1	61.2	59.5	48.9	34.6
Life satisfaction - Low (0 to 4 out of 10)	141	49.8	56.5	45.0	37.4	33.6
Life satisfaction - Medium to very high (5+ out of 10)	2,652	61.6	60.9	57.9	47.8	34.3
Does not feel valued by society	417	51.2	57.0	50.4	42.6	33.3
Sometimes feel valued by society	1,326	61.3	59.8	55.4	46.4	34.0
Definitely feel valued by society	1,046	65.1	63.5	63.0	50.7	35.5
Meets fruit intake guidelines	1,494	65.7	63.2	61.8	50.8	35.8
Does not meet fruit intake guidelines	1,274	56.1	58.3	52.0	43.2	32.7
Meets vegetable intake guidelines	447	67.5	63.3	62.5	50.2	35.1
Does not meet vegetable intake guidelines	2,333	59.9	60.4	56.5	46.6	34.1
Drinks sugar- sweetened beverages daily	324	53.8	57.4	48.4	39.8	29.0
Drinks sugar- sweetened beverages less than daily	2,472	61.9	60.8	58.1	47.8	35.1
Meets water consumption guidelines	540	72.4	61.9	61.7	53.4	40.9
Drink sugar- sweetened beverages less than daily	2,218	57.8	60.2	55.6	45.0	32.5
Ran out of food and could not afford more	223	53.6	55.8	53.3	36.6	32.8
Have not run out of food	2,560	60.9	60.9	57.5	48.0	34.1
Requires help with daily activities	295	51.2	63.8	63.6	44.9	26.1
Does not require help	2,559	61.8	60.2	56.3	47.4	35.5

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

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

Amongst respondents aged 18 years and over, respondents who meet physical activity guidelines were more likely to mention all of the top five reasons, when compared to those who do not engage in sufficient physical activity. Full differences are shown below in Table 5.5.6.

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

	Unweighted base ¹	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog
	n	%	%	%	%	%
Total sample	2,464	61.0	57.8	51.2	44.1	34.5
Health and wellbeing indicators						
Overweight or obese (BMI ≥25.0)	1,396	60.0	58.5	49.3	44.0	34.7
Normal range or underweight (BMI <25.0)	812	66.6	58.9	56.7	46.6	36.3
Meets physical activity guidelines	1,353	72.3	62.6	58.3	51.0	37.7
Does not meet physical activity guidelines / sedentary	926	48.6	52.2	42.2	35.8	30.6
Current smoker	213	37.7	55.5	44.8	32.2	33.5
Ex-smoker	851	63.2	58.4	52.9	44.8	36.4
Never smoked	1,274	65.5	58.4	51.6	46.7	33.9
Drinks alcohol every day	244	53.6	52.8	41.2	34.2	29.9
Drinks alcohol less often than daily	1,663	63.6	60.2	54.4	47.4	37.6
Does not drink alcohol	417	58.3	52.6	45.4	37.4	26.8
Had more than 4 standard drinks on a single occasion	1,283	63.2	60.4	54.0	47.4	38.3
Has not had more than 4 standard drinks	981	59.8	54.6	47.9	40.3	29.9

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

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

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

5.6. Improvements overview

All respondents were asked to answer a fully open-ended question about what improvements would encourage them to use public facilities and open spaces more often. In total, 38.3% of respondents were able to provide suggestions for improvement that would increase their use of local facilities and spaces.

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

Of all the themes that emerged, suggestions most commonly related to **walking tracks and footpaths**. Approximately one-quarter of all respondents who provided suggestions (26.6%) indicated they would be more likely to use public facilities and open spaces if more or better footpaths were available, if existing footpaths were improved or extended, or if footpaths were better connected with open spaces or tracks and paths in the area.

Other key themes were mentioned by more than one in ten of those providing suggestions included:

- **Exercise equipment and facilities** – 12.9% would like to see more or better exercise equipment and facilities in the area including outdoor exercise equipment, sports fields and facilities, swimming pools, etc.
- **Bicycle tracks / lanes and skate facilities** – 10.6% would like to see more or better bicycle tracks, more or extended bike lanes, better connected bicycle tracks and lanes, and more or improved skate facilities and skate ramps
- **Toilets / change rooms** – 10.5% sought more or new toilet facilities, improved existing toilet facilities, more or better changerooms and showers, and improved disability access to toilets
- **Lighting** – 9.9% suggested better lighting on the streets, tracks and trails and at facilities in the area

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

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

Theme	%	Detailed suggestion	%
Unweighted base (n) ¹	1,313		1,313
Walking tracks / footpaths	26.6	Provide / extend footpaths / connect to open spaces	4.7
		Provide new / more / connected walking tracks / paths	7.1
		Improve existing walking tracks / paths	7.3
		Improve footpaths	3.3
		Other footpaths NFI	4.3
Exercise equipment / facilities	12.9	Exercise equipment (including sporting fields / facilities)	12.9
Bicycle tracks / lanes and skate facilities	10.6	Provide new / more / connected bicycle tracks	3.8
		Other bicycle tracks NFI	3.3
		Improve existing bicycle tracks	1.9
		Provide / improve skate facilities, including ramps	1.0
		Provide / extend / connect bike lanes	0.7
Toilets / change rooms	10.5	Provide more / new toilets	3.2
		Improve existing toilets	3.3
		Other toilets NFI	2.6
		Provide / improve changerooms showers	1.3
		Disabled access to toilets	0.2
Lighting	9.9	Lighting	9.9
Safety measures / restrictions	7.3	Safety measures / restrictions (including dogs on leashes)	7.3
Bins / rubbish collection / clean environment	6.7	Environmental clean-up / cleanliness	2.3
		Provide new / more bins	1.6
		Other bins / rubbish NFI	1.4
		Provide dog poo bags / ensure cleaning of dog faeces	1.3
Accessibility	6.1	Parks / facilities closer to my home / more accessible	5.6
		Disability access	0.5
Playgrounds	8.5	Improve existing playgrounds	5.1
		Provide more / new playgrounds	2.3
		Other playgrounds NFI	1.1
Cover / shade / shelter	5.4	Cover / shade / shelter	5.4
Dog friendly areas	3.3	Dog friendly areas	3.3
More / better facilities	4.5	More / better facilities NFI	4.5
Maintenance / management of spaces and facilities	3.4	Maintenance / management of spaces and facilities	3.4
Seating	3.5	Seating	3.5
Drinking fountains	3.2	Drinking fountains	3.2
More / better vegetation / trees / gardens	3.1	More / better vegetation / trees / gardens	3.1
Improve signage / maps / communication	1.1	Signage / maps / more communication / awareness	1.1

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

* NFI = No further information provided

5.7. Improvements by suburb

The five most common suburbs of residents who suggested improvements were: Echuca, Kyabram, Rochester, Tongala, and Rushworth.

Walking tracks and footpath improvements were basically the top mentioned across the top five suburbs, with around 1 in 4 to 1 in 5 mentioning that issue. The other common mentions for each suburb were:

- Bicycle tracks / lanes and skate facilities (13.8%) and lighting (11.9%) among respondents from Echuca
- Playgrounds (19.6%) and exercise equipment (10.4%) among respondents from in Kyabram
- Exercise equipment (18.8%) and toilets / change rooms (15.2%) among respondents from Rochester
- Exercise equipment (26.8%) and more / better facilities (15.2%) among respondents from Tongala
- Exercise equipment (19.4%) and accessibility (17.2%) among respondents from Rushworth

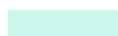
As mentioned in Section 5.6, these suggestions were completely respondent-driven (unprompted), meaning they directly reflect current user views regarding improvements that would encourage increased use of public facilities and open spaces.

Table 5.7.1 Improvements specific to identified locations

Theme	All answering	Echuca	Kyabram	Rochester	Tongala	Rushworth
	%	%	%	%	%	%
Unweighted base (n)¹	1,031	450	205	131	33	31
Walking tracks / footpaths	25.0	26.2	25.7	24.4	26.1	19.4
Exercise equipment (including sporting fields / facilities)	13.6	10.9	10.4	18.8	26.8	19.4
Bicycle tracks / lanes and skate facilities	9.4	13.8	2.8	6.4	0.0	10.1
Toilets / change rooms	9.1	10.4	4.1	15.2	10.2	0.0
Lighting	9.6	11.5	4.8	12.4	18.4	7.2
Safety measures / restrictions (including dogs on leashes)	7.5	10.5	4.9	5.1	7.0	0.0
Bins / rubbish collection / clean environment	6.8	8.3	2.7	7.7	4.1	14.3
Accessibility	5.8	3.8	5.2	6.0	7.0	17.2
Playgrounds	7.7	2.5	19.6	3.2	12.1	1.4
Cover / shade / shelter	5.1	4.8	7.2	4.0	2.1	0.0
Dog friendly areas	2.9	4.8	2.1	0.6	0.0	0.0
More / better facilities NFI	4.4	3.0	5.8	1.5	24.3	3.2
Maintenance / management of spaces and facilities	3.4	3.5	3.2	2.7	0.0	4.7
Seating	3.7	3.1	4.4	2.6	9.3	6.2
Drinking fountains	3.4	4.7	3.0	4.3	6.1	0.0
More / better vegetation / trees / gardens	3.0	2.3	4.3	2.5	0.0	4.6
Improve signage / maps / communication	0.5	0.5	0.2	0.2	0.0	0.0
Events programming / activities	1.9	1.5	0.7	4.8	0.0	8.4
Free activities / no charges for use	1.0	1.5	1.1	0.4	0.0	0.0
BBQs / picnic areas	2.4	2.6	0.5	2.2	3.3	0.0
Parking	0.8	0.7	1.2	0.0	0.0	0.0
Fencing	1.7	2.5	1.0	0.0	1.4	0.0
Café / coffee / tea / food shop	0.0	0.0	0.0	0.0	0.0	0.0
Camping	0.3	0.1	0.0	0.0	0.0	0.0
Other	6.7	6.0	7.1	7.6	1.5	9.4

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

* NFI = No further information provided

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

6. Participation in physical recreation activities

To reduce burden, respondents were only asked about their participation in up to four activities. They were asked to select their main four activities from a list of 60 activity categories. Each category could be selected once only to avoid double-counting. They were not asked the total number of activities they have participated in, thus the total number of activities participated in by respondents is likely to be under-counted. Readers should consider those who selected four activities as having participated in four or more activities. When interpreting the proportion of the population who had participated in each of the 60 activities, rates of participation should be considered as the proportion of the population who consider the activity to be among their main activities. While this focuses on identifiable facilities or areas, some facility types, i.e. footpaths, which are used very frequently, will not appear in this list because they are not named and could therefore be identified in the same way as those in this list.

6.1. Use of recreational facilities

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

The two most often used facilities for respondents' main activities were Echuca War Memorial Aquatic Centre (4.0%) and Campaspe Reserve (South West) (1.1%). Of these two facilities, Campaspe Reserve (South West) was used by people who participate in the associated activity more frequently (72.5% were heavy users). Amongst those who had participated in activities at the Echuca War Memorial Aquatic Centre, 70.5% were heavy users. People who use the following venues for their main activity were more likely to be heavy users of the facility: Victoria Park – Oval, Echuca (89.7%) and Rochester Recreation Reserve (89.5%).

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

- Back Nine Golf Course, Echuca (57.2%)
- Campaspe River Frontage (East) (31.6%)
- Kyabram Pool (21.6%)

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

Table 6.1.1 Main recreational facilities used by frequency of activity

	Unweighted base ¹	Heavy Once a week or more often	Medium 1 to 3 times a month	Light Less than once a month
	n	%	%	%
All activities	6,504	62.9	23.9	13.2
Echuca War Memorial Aquatic Centre, Echuca	258	70.5	18.2	11.3
Campaspe Reserve (South West), Echuca	73	72.5	23.8	3.8
Infinity Health Club, Kyabram	67	77.3	9.8	12.9
Next Level Fitness Echuca, Echuca	62	82.1	9.9	8.1
Victoria Park - Oval, Echuca	54	89.7	5.9	4.4
Campaspe River Frontage (East), Echuca	52	32.2	36.3	31.6
Campaspe River Recreation Reserve, Rochester	48	58.6	22.5	18.9
Kyabram Parkland Golf Club, Kyabram	43	63.5	33.7	2.8
Echuca South Recreation Reserve, Echuca	44	85.0	10.1	4.9
Kyabram Pool, Kyabram	43	45.4	33.0	21.6
Anytime Fitness Echuca, Echuca	40	65.9	18.8	15.3
Campaspe River (West) Butcher to Pakenham, Echuca	38	63.4	28.1	8.5
Snap Fitness Echuca, Echuca	37	87.1	12.9	0.0
Rochester Recreation Reserve, Rochester	37	89.5	7.9	2.6
Apex Park Echuca, Echuca	32	61.7	28.3	10.0
Campaspe River (West) Pakenham to Warren, Echuca	36	48.3	48.3	3.5
Victoria Park - Formal Parkland, Echuca	36	61.3	23.2	15.4
Back Nine Golf Course, Echuca	31	29.4	13.4	57.2
Colbinabbin Recreation Reserve, Colbinabbin	32	65.5	19.7	14.8
Edis Park, Kyabram	32	58.5	37.6	3.9

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

6.2. Participation in physical recreational activity

All respondents were asked to list up to four activities they had participated in over the past 12 months. Overall, 87.1% reported participating in at least one activity (12.9% responded that they had not participated in any activities). Just under one-quarter of respondents (22.8%) had participated in four or more activities.

This section focusses on the demographic, health, and wellbeing characteristics of less active respondents. While this analysis reports on the proportions of respondents from subgroups of residents who participated in no activities only, it will focus the discussion on subgroups that also showed significantly higher proportions of respondents who had participated in one activity only, thus representing the least active groups of residents. Understanding the characteristics of residents who belong to the least active groups in the community provides a solid foundation for effectively addressing the needs of these groups.

Amongst the main demographic indicators, the main subgroup differences for those participating in no activities were:

- Males when compared to females (15.2% compared to 10.1%)
- Amongst men, older respondents aged 50 to 69 years (18.7%), and aged 70 years and over (27.0%), when compared to those aged 3 to 11 years (2.3%) or 12 to 17 years (6.1%)
- For women, those respondents aged 70 and over were more likely (24.1%) to be non-users than all other age groups (averaging 8.9%)
- Across the subregions, residents of Rochester were more likely (17.1%) to have undertaken no activities when compared to residents of Echuca (11.2%). Also, residents of Echuca were more likely than residents of Kyabram and Stanhope and District to participate in four or more activities (26.7%, compared to 19.0% and 13.0% respectively)

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (16.9%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (10.7%)
- Those who reported their general health as 'fair' or 'poor' (30.5%, compared to 9.7% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (32.0%, compared to 11.4% who recorded medium to very high life satisfaction)
- Those respondents that drink sugar-sweetened beverages daily (21.4% compared to those who drink them less than daily (11.4%))

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

Table 6.2.1 Number of physical recreational activities by demographic indicators

	Unweighted base ¹ n	None %	One %	Two %	Three %	Four or more %
Total sample	3,026	12.9	25.7	21.8	16.9	22.8
Gender and age						
Males	1,368	15.2	26.5	21.9	16.5	19.8
Females	1,786	10.1	24.5	21.8	17.4	26.2
Males, 3 to 11	130	2.3	21.5	19.2	25.4	31.5
Males, 12 to 17	105	6.1	18.2	20.0	15.0	40.8
Males, 18 to 34	158	11.2	21.2	25.3	22.5	19.8
Males, 35 to 49	186	13.8	26.8	19.1	16.0	24.4
Males, 50 to 69	499	18.7	29.3	22.7	14.5	14.8
Males, 70+	287	27.0	33.5	22.9	10.0	6.6
Females, 3 to 11	154	3.3	20.1	14.9	29.2	32.5
Females, 12 to 17	116	5.0	19.1	11.9	14.3	49.8
Females, 18 to 34	272	5.9	20.1	21.7	15.0	37.4
Females, 35 to 49	308	5.7	20.6	21.5	19.9	32.3
Females, 50 to 69	638	13.8	28.1	25.8	17.5	14.8
Females, 70+	295	24.1	35.3	25.2	8.6	6.9
Subregion						
Echuca	1,500	11.2	22.2	21.3	18.6	26.7
Kyabram	569	13.8	28.5	22.7	16.0	19.0
Lockington and District	193	12.7	23.3	22.8	19.9	21.3
Rochester	402	17.1	26.6	22.2	14.3	19.8
Rushworth and District	121	17.9	29.0	18.5	14.9	19.7
Stanhope and District	105	7.4	32.6	26.8	20.3	13.0
Tongala and District	184	14.4	39.6	17.7	10.0	18.3
Demographic indicators						
Born in Australia	2,917	12.2	25.3	21.6	17.0	23.8
Born overseas	211	19.3	26.3	24.8	12.8	16.8
Speaks English as main language*	3,098	12.4	25.4	22.0	16.8	23.3
Speaks other main language	28	36.1	31.0	14.8	7.7	10.5
Aboriginal and/or Torres Strait Islander	48	13.2	19.5	31.1	16.1	20.1
Not Aboriginal or Torres Strait Islander	3,091	12.9	25.4	21.8	16.7	23.2
Identifies as LGBTQIA+	49	10.3	40.8	10.3	15.3	23.3
Non-LGBTQIA+	2,305	13.4	25.8	22.9	16.5	21.5
Holds a Bachelor degree or higher	747	5.4	16.9	23.1	20.2	34.4
Less than Bachelor level education	2,164	12.8	25.2	22.2	17.0	23.0
Just getting along, poor or very poor	1,047	16.9	29.4	20.3	14.1	19.2
Reasonably comfortable, very comfortable or prosperous	2,127	10.7	23.3	22.4	18.5	25.1

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

* Significance testing not conducted due to small base size

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

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

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

	Unweighted base ¹ n	None %	One %	Two %	Three %	Four or more %
Total sample	3,026	12.9	25.7	21.8	16.9	22.8
Health and wellbeing indicators						
Self-reported health - Fair or poor	474	30.5	30.4	16.8	10.4	11.9
Self-reported health - Good, very good, or excellent	2,612	9.7	24.8	23.0	18.4	24.2
Life satisfaction - Low (0 to 4 out of 10)	183	32.0	25.0	16.7	13.2	13.1
Life satisfaction - Medium to very high (5+ out of 10)	2,860	11.4	25.6	22.6	17.5	23.0
Does not feel valued by society	499	21.1	25.4	24.0	13.3	16.1
Sometimes feel valued by society	1,449	11.5	26.5	22.5	17.8	21.7
Definitely feel valued by society	1,086	9.9	24.1	20.6	18.8	26.5
Meets fruit intake guidelines	1,576	9.0	23.8	21.7	19.5	26.0
Does not meet fruit intake guidelines	1,423	16.0	27.7	22.6	15.0	18.7
Meets vegetable intake guidelines	478	7.6	27.6	17.9	19.8	27.0
Does not meet vegetable intake guidelines	2,534	13.0	25.4	23.1	16.9	21.6
Drinks sugar-sweetened beverages daily	373	21.4	32.6	18.8	14.1	13.2
Drink sugar-sweetened beverages less than daily	2,668	11.4	24.1	23.0	17.6	24.0
Meets water consumption guidelines	574	8.3	23.4	22.5	18.9	26.9
Does not meet water guidelines	2,431	13.9	25.8	22.4	16.5	21.4
Ran out of food and could not afford more	242	18.0	21.5	20.6	18.5	21.5
Have not run out of food	2,742	12.2	24.8	22.0	17.0	24.1
Requires help with daily activities	334	21.0	25.9	21.4	12.3	19.4
Does not require help	2,718	11.7	24.9	22.0	17.2	24.2

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

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

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

For Campaspe respondents aged 18 years and over in the 2019 ALC, 15.0% had not participated in any activities. This proportion was higher amongst:

- Those respondents with a BMI classified as overweight or obese (16.2%, compared to 10.0% of respondents classified as normal or underweight)
- Current smokers (21.6%, compared to 13.5% of people who have never smoked)
- Respondents who do not meet physical activity guidelines (23.8%) compared to those who do engage in sufficient physical activity (5.8%)

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

	Unweighted base ¹ n	None %	One %	Two %	Three %	Four or more %
Total sample	2,529	15.0	26.6	23.1	15.7	19.7
Health and wellbeing indicators						
Overweight or obese (BMI ≥25.0)	1,548	16.2	26.8	23.5	15.5	18.1
Normal range or underweight (BMI <25.0)	873	10.0	25.9	24.5	16.0	23.6
Meets physical activity guidelines	1,405	5.8	23.2	23.5	19.7	27.8
Does not meet physical activity guidelines / sedentary	1,089	23.8	31.9	23.7	11.2	9.4
Current smoker	255	21.6	31.2	18.0	11.8	17.4
Ex-smoker	943	14.3	25.1	26.3	14.9	19.4
Never smoked	1,368	13.5	27.0	22.8	17.3	19.5
Drinks alcohol every day	277	20.0	32.5	25.6	11.8	10.2
Drinks alcohol less often than daily	1,795	11.5	25.0	24.0	17.2	22.3
Does not drink alcohol	481	24.3	30.6	20.7	12.2	12.1
Had more than 4 standard drinks on a single occasion	1,413	12.5	25.1	23.0	17.1	22.4
Has not had more than 4 standard drinks	1,064	16.4	30.8	23.9	13.9	15.0

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

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

6.3. Activity overview

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

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

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

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

- Walking – 21.2%
- Swimming – 7.8%
- Fitness: gym – 6.8%
- Active play (at playgrounds / playcentre) – 6.0%
- Cycling (for recreation or transport) – 5.0%

Frequency of participation was classified as 'heavy' if respondents participated in the activity at least weekly, 'medium' if participation was once or twice per month and 'light' if the frequency of participation was less than once a month. Activities recording the heaviest participation often included team-based sports with the heaviest users having participated in: netball (85.7%) and Australian rules football (84.7%), along with fitness: gym (83.2%) and dancing / ballet / calisthenics (81.5%).

Activities with high proportions of 'light' participation were fishing (45.8%), bushwalking or hiking (32.9%), and golf (26.7%).

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

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

Table 6.3.1 Activities by frequency of participation

	Unweighted base ¹	Heavy	Medium	Light
	n	Once a week or more often	1 to 3 times a month	Less than once a month
		%	%	%
All activities	6,504	62.9	23.9	13.2
Walking	1,458	76.9	18.6	4.5
Swimming	497	51.1	26.5	22.4
Fitness: Gym	444	83.2	9.2	7.6
Active play (at playgrounds / play centre)	355	51.7	35.8	12.5
Cycling: General cycling for recreation or transport	345	52.7	36.5	10.8
Australian Rules football	219	84.7	14.1	1.2
Fishing	224	7.5	46.7	45.8
Bush walking / Hiking	253	30.0	37.1	32.9
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	270	75.8	16.7	7.5
Netball (indoor/ outdoor)	189	85.7	11.5	2.8
Golf	209	49.8	23.5	26.7
Jogging / Running	178	65.1	28.3	6.7
Dancing / Ballet / Calisthenics	139	81.5	12.1	6.4
Tennis (indoor / outdoor)	134	66.0	21.4	12.6
Lawn bowls	129	63.7	20.4	15.9
Cycling: Mountain bike riding	97	56.0	33.0	11.0
Basketball (Indoor/Outdoor)	81	73.6	16.5	10.0
Water-skiing / Power boating	86	33.6	41.0	25.4
Cricket (all types)	72	79.9	8.0	12.2
Fitness: Outdoor fitness / Personal training / Group activities	77	73.1	22.4	4.6
Other activities	1,048	56.9	26.4	16.7

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

Table 6.3.2 Activities by demographic indicators – 3 years and over

	Unweighted base ¹	Walking	Swimming	Fitness: Gym	Active play (at playgrounds / play centre)	Cycling: General cycling for recreation or transport	Australian Rules football	Fishing	Bush walking / Hiking	Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	Netball (indoor/ outdoor)
	n	%	%	%	%	%	%	%	%	%	%
All activities	7,654	21.2	7.7	6.8	6.0	5.0	4.1	4.0	3.8	3.3	3.2
Gender and age											
Males	2,729	17.4	6.9	5.5	5.7	5.6	7.3	6.1	3.9	1.2	0.5
Females	3,960	24.4	8.4	8.0	6.3	4.5	1.5	2.1	3.6	5.2	5.6
Males, 3 to 11	341	6.5	15.0	0.3	16.4	7.9	17.3	2.4	1.8	0.0	0.9
Males, 12 to 17	278	5.8	5.1	4.2	2.1	3.9	16.9	2.1	2.6	0.7	0.4
Males, 18 to 34	370	15.6	3.8	12.1	5.2	4.2	9.3	6.9	4.0	2.1	0.7
Males, 35 to 49	398	16.8	6.3	7.4	5.2	5.3	4.4	6.8	4.1	1.2	0.7
Males, 50 to 69	932	25.4	7.0	4.3	3.3	5.6	1.7	9.1	5.1	1.1	0.1
Males, 70+	405	26.1	3.8	2.9	2.4	5.9	0.6	4.8	4.4	1.9	0.0
Females, 3 to 11	412	9.5	15.3	0.5	13.1	8.5	1.9	0.5	0.7	1.0	11.9
Females, 12 to 17	330	12.4	9.0	6.9	3.9	3.3	2.6	0.9	3.6	1.4	15.5
Females, 18 to 34	735	22.3	7.5	13.0	7.9	2.5	2.2	2.5	4.0	4.5	6.6
Females, 35 to 49	801	28.4	7.5	9.0	5.0	4.6	1.1	2.8	4.3	6.7	4.1
Females, 50 to 69	1,266	32.3	7.8	8.0	4.5	4.9	0.7	3.0	4.7	6.5	0.9
Females, 70+	410	32.9	3.2	4.7	2.6	3.0	0.3	0.3	2.0	10.4	0.6

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

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

	Unweighted base ¹	Golf	Jogging / Running	Dancing / Ballet / Calisthenics	Tennis (indoor / outdoor)	Lawn bowls	Cycling: Mountain bike riding	Basketball (Indoor/Outdoor)	Water-skiing / Power boating	Cricket (all types)	Fitness: Outdoor fitness / Personal training / Group activities	Other activities
	n	%	%	%	%	%	%	%	%	%	%	%
All activities	7,654	2.9	2.7	2.1	2.1	1.8	1.7	1.5	1.5	1.5	1.2	16.2
Gender and age												
Males	2,729	4.6	2.4	0.7	2.0	2.4	2.6	2.1	1.7	2.6	0.6	18.4
Females	3,960	1.4	3.0	3.1	2.1	1.2	0.9	1.0	1.3	0.5	1.7	14.2
Males, 3 to 11	341	0.6	1.2	1.2	3.5	0.6	1.2	5.3	0.3	3.5	0.0	14.4
Males, 12 to 17	278	0.3	2.5	0.7	5.4	0.3	6.2	5.3	2.5	5.5	0.4	27.1
Males, 18 to 34	370	3.8	4.0	0.3	1.8	0.2	2.0	2.9	2.9	2.8	1.3	14.1
Males, 35 to 49	398	5.6	3.9	0.0	1.6	1.7	2.8	0.7	4.2	3.8	0.6	17.1
Males, 50 to 69	932	6.3	1.7	0.7	0.8	3.2	2.9	0.3	0.5	1.1	0.3	19.5
Males, 70+	405	9.4	0.6	2.1	0.9	10.0	0.6	0.0	0.4	0.3	1.2	21.7
Females, 3 to 11	412	0.2	0.5	12.4	3.9	0.2	0.5	0.7	2.2	0.5	0.0	16.0
Females, 12 to 17	330	0.0	4.4	7.5	3.2	0.3	1.0	4.7	2.1	1.0	2.3	14.0
Females, 18 to 34	735	0.6	5.0	1.0	0.9	0.0	1.1	1.3	1.5	0.8	2.2	12.8
Females, 35 to 49	801	0.9	4.0	0.4	2.5	0.8	1.3	0.9	1.7	0.6	2.5	10.9
Females, 50 to 69	1,266	2.5	1.9	1.5	1.6	1.8	0.8	0.1	0.5	0.1	1.3	14.8
Females, 70+	410	5.5	0.3	1.9	2.0	6.3	0.0	0.0	0.0	0.0	1.4	22.8

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

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

6.4. Barriers to participation in physical recreational activity

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

6.4.1. Preference to increase frequency of participation

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

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

Overall, 52.9% of Campaspe respondents aged 3 years and over indicated they had not been involved in physical activity as much as they would have liked.

Amongst the main demographic indicators, the main subgroup differences were:

- There were no differences between men and women
- For males and females, there was a strong correlation with age with the middle age groups more likely to have not been involved in physical activity as often as they would have liked compared to those aged under 18 years or 70 years and over
- Across the subregions, residents of Lockington and District were more likely (63.9%) to not have been involved in physical activity as much as they would have liked when compared to residents of Echuca (51.4%), Rochester (49.1%), and Stanhope and District (45.5%)

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (60.7%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (48.5%)
- Those who reported their general health as 'fair' or 'poor' (79.6%, compared to 48.8% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (82.2%, compared to 51.2% who recorded medium to very high life satisfaction)

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

Table 6.4.1.1 Preference to increase frequency of participation by demographic indicators

	Unweighted base ¹	Done physical activity as often as would like	Not done physical activity as often as would like
	n	%	%
Total sample	3,114	47.1	52.9
Gender and age			
Males	1,326	49.5	50.5
Females	1,759	44.9	55.1
Males, 3 to 11	132	76.5	23.5
Males, 12 to 17	105	72.6	27.5
Males, 18 to 34	150	45.4	54.6
Males, 35 to 49	181	30.8	69.2
Males, 50 to 69	487	41.9	58.1
Males, 70+	268	57.2	42.8
Females, 3 to 11	150	73.3	26.7
Females, 12 to 17	118	65.3	34.7
Females, 18 to 34	278	36.6	63.4
Females, 35 to 49	308	34.3	65.7
Females, 50 to 69	623	38.7	61.3
Females, 70+	278	53.8	46.2
Subregion			
Echuca	1,460	48.6	51.4
Kyabram	561	47.2	52.8
Lockington and District	187	36.1	63.9
Rochester	377	50.9	49.1
Rushworth and District	119	44.6	55.4
Stanhope and District	110	54.6	45.5
Tongala and District	175	40.7	59.3
Demographic indicators			
Born in Australia	2,853	46.7	53.3
Born overseas	204	45.2	54.8
Speaks English as main language	3,022	47.1	52.9
Speaks other main language*	26	32.9	67.1
Aboriginal and/or Torres Strait Islander	48	54.8	45.2
Not Aboriginal or Torres Strait Islander	3,024	46.8	53.2
Identifies as LGBTQIA+	51	38.9	61.1
Non-LGBTQIA+	2,256	40.4	59.6
Holds a Bachelor degree or higher	747	42.6	57.4
Less than Bachelor level education	2,112	47.9	52.1
Just getting along, poor or very poor	994	39.3	60.7
Reasonably comfortable, very comfortable or prosperous	2,093	51.5	48.5

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

* Significance testing not conducted due to small base size

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

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

	Unweighted base ¹	Done physical activity as often as would like	Not done physical activity as often as would like
	n	%	%
Total sample	3,114	47.1	52.9
Health and wellbeing indicators			
Self-reported health - Fair or poor	441	20.4	79.6
Self-reported health - Good, very good, or excellent	2,548	51.2	48.8
Life satisfaction - Low (0 to 4 out of 10)	172	17.8	82.2
Life satisfaction - Medium to very high (5+ out of 10)	2,779	48.8	51.2
Does not feel valued by society	482	30.0	70.0
Sometimes feel valued by society	1,397	45.7	54.3
Definitely feel valued by society	1,062	57.9	42.1
Meets fruit intake guidelines	1,536	54.3	45.7
Does not meet fruit intake guidelines	1,371	39.1	60.9
Meets vegetable intake guidelines	470	59.6	40.4
Does not meet vegetable intake guidelines	2,455	44.8	55.2
Drinks sugar-sweetened beverages daily	354	39.4	60.6
Drink sugar-sweetened beverages less than daily	2,586	47.7	52.3
Meets water consumption guidelines	560	47.4	52.6
Does not meet water guidelines	2,351	46.3	53.7
Ran out of food and could not afford more	236	34.8	65.3
Have not run out of food	2,673	47.8	52.3
Requires help with daily activities	314	44.0	56.1
Does not require help	2,674	47.0	53.0

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

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

For Campaspe respondents aged 18 years and over in the 2019 ALC, 58.9% had not participated in physical activity as often as they would have liked. This proportion was higher amongst:

- Those respondents with a BMI classified as overweight or obese (63.2%, compared to 50.9% of respondents classified as normal or underweight)
- Current smokers (69.2%, compared to 58.8% of ex-smokers and 56.8% of people who have never smoked)
- Respondents who do not meet physical activity guidelines (69.9%) compared to those who do engage in sufficient physical activity (49.6%)

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

	Unweighted base ¹	Done physical activity as often as would like	Not done physical activity as often as would like
	n	%	%
Total sample	2,593	41.1	58.9
Health and wellbeing indicators			
Overweight or obese (BMI ≥25.0)	1,495	36.8	63.2
Normal range or underweight (BMI <25.0)	849	49.1	50.9
Meets physical activity guidelines	1,365	50.4	49.6
Does not meet physical activity guidelines / sedentary	1,045	30.1	69.9
Current smoker	244	30.8	69.2
Ex-smoker	910	41.2	58.8
Never smoked	1,326	43.2	56.8
Drinks alcohol every day	264	44.5	55.5
Drinks alcohol less often than daily	1,750	40.3	59.7
Does not drink alcohol	451	41.0	59.0
Had more than 4 standard drinks on a single occasion	1,380	40.5	59.5
Has not had more than 4 standard drinks	1,016	41.8	58.2

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

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

6.4.2. Reasons for not participating as frequently as would like

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

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

- That they were too busy or did not have enough time (51.9%)
- Personal reasons such as not feeling motivated or feeling embarrassed (31.1%)
- The cost (21.8%)
- Poor health or disability (20.9%)
- A lack of social support such as encouragement from others or having no one to go with (16.3%)

Being too busy or not having enough time was the main reason for not doing as much activity as desired regardless of how many activities people had participated in. For people who had not participated in any activities, poor health or disability was the second most often mentioned reason for not having participated in physical activity as much as they would like (28.5%).

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

	All answering %	None %	One %	Two %	Three or more %
Unweighted base (n)¹	1,763	335	479	369	264
Too busy / not enough time	51.9	36.9	46.8	52.9	60.9
Personal reasons (e.g. don't feel motivated, feel embarrassed)	31.1	21.6	29.1	39.8	31.1
Cost	21.8	13.7	17.0	27.4	23.0
Poor health or disability	20.9	28.5	22.1	20.0	16.3
Lack of social support (e.g. no encouragement, no one to go with)	16.3	11.0	13.2	20.3	19.6
Safety (e.g. poor lighting, remote venue / facility)	14.4	4.8	12.0	17.1	18.4
Lack of awareness about what activities are available	10.1	4.3	9.7	10.0	12.5
Lack of transport	3.4	2.6	2.7	3.0	3.3
Other reason	11.3	9.9	11.7	11.8	10.4

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

Amongst the main demographic indicators, the main subgroup differences were:

- Females were more likely to report personal reasons (34.3%) and cost (25.3%) as barriers to more physical activity when compared to males (24.6% and 15.4% respectively)
- For each age group, the most recorded barrier to participation was:
 - Cost for those aged 3 to 11 (40.3%)
 - Too busy / no enough time for those aged 12 to 17 (42.9%), 18 to 34 (64.0%), 35 to 49 (69.4%), and 50 to 69 (48.7%)
 - Poor health / disability for those aged 70 years and over (43.4%)
- Across the subregions, residents of Lockington and District were more likely to indicate that cost was a barrier (30.2%) when compared to residents of Echuca (18.9%)

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

In relation to other key demographic or health differences:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' were more likely to suggest cost was a barrier, compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (28.4% compared to 14.5%)
- Those who do not feel valued by society were more likely to indicate that a lack of awareness was a reason for not doing as much physical activity as they would like (15.2%, compared to 6.8% of those who definitely feel valued by society)
- Those who recorded a low level of life satisfaction were more likely to indicate a lack of social support was a barrier, compared to those who recorded medium to very high life satisfaction (27.2% compared to 15.4%)

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

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

- Those respondents with a BMI classified as overweight or obese were more likely to suggest personal reasons were a barrier (34.3%, compared to 25.4% of respondents classified as normal or underweight)
- Respondents who do meet physical activity guidelines were more likely to suggest safety was a reason for not doing more activity compared to those who do engage in sufficient physical activity (17.9% compared to 12.0%)
- Respondents who have had more than four standard alcoholic drinks on at least one occasion in the last 12 months were more likely to indicate personal reasons than those who have not consumed four standard drinks on one occasion in the last 12 months (34.9% compared to 27.5%)

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

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

	Unweighted base ¹	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,941	48.0	28.7	20.1	19.7	15.1	13.3	9.4	3.1	10.6
Gender and age										
Males	753	48.9	24.6	15.4	19.7	11.1	9.4	6.7	1.9	11.2
Females	1,102	50.5	34.3	25.3	20.7	19.7	17.9	12.4	4.5	10.8
3 to 11	89	27.0	2.5	40.3	3.5	16.4	11.2	17.0	6.6	23.7
12 to 17	97	42.9	40.1	25.2	10.2	22.0	12.9	10.4	14.9	8.0
18 to 34	273	64.0	43.7	26.7	11.6	25.2	16.0	16.9	5.3	11.5
35 to 49	351	69.4	35.9	27.6	14.4	14.5	16.1	9.5	0.4	10.1
50 to 69	733	48.7	26.5	13.8	23.5	12.0	14.8	6.7	1.8	9.7
70+	347	10.6	13.6	8.6	43.4	9.2	4.9	3.7	2.1	8.9
Subregion										
Echuca	869	50.3	33.9	18.9	17.8	15.2	14.1	9.0	2.9	9.1
Kyabram	352	44.8	23.1	20.4	21.2	15.2	11.8	10.4	1.1	12.7
Lockington and District	128	51.4	18.8	30.2	17.4	14.8	14.1	11.5	4.7	12.9
Rochester	245	36.6	24.2	23.9	29.5	16.6	13.2	8.7	3.3	8.6
Rushworth and District	75	52.2	31.2	19.1	18.2	19.2	20.6	12.9	8.6	11.1
Stanhope and District	58	59.7	27.3	21.7	15.3	18.1	12.7	2.9	5.4	9.9
Tongala and District	121	48.7	27.9	12.9	19.0	13.8	7.2	10.8	5.8	16.1

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

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

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

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

	Unweighted base ¹	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,941	48.0	28.7	20.1	19.7	15.1	13.3	9.4	3.1	10.6
Demographic indicators										
Born in Australia	1,729	49.9	29.8	21.0	20.2	15.7	13.6	9.8	3.5	10.6
Born overseas	122	46.1	29.1	19.3	22.0	17.2	14.4	9.9	1.2	14.0
Speaks English as main language	1,822	49.6	30.3	20.8	20.6	15.8	13.7	9.8	3.1	10.5
Speaks other main language*	20	56.0	4.8	17.5	11.5	13.4	0.0	10.7	2.7	31.7
Aboriginal and/or Torres Strait Islander*	25	43.2	20.9	39.5	29.7	7.2	19.4	7.2	4.7	19.7
Not Aboriginal or Torres Strait Islander	1,823	49.9	29.9	20.6	20.3	15.8	13.7	9.7	3.3	10.7
Identifies as LGBTQIA+*	37	61.6	28.6	14.9	20.5	15.7	13.8	15.5	0.0	6.5
Non-LGBTQIA+	1,431	54.0	32.7	20.0	20.9	16.1	14.8	9.6	2.4	10.0
Holds a Bachelor degree or higher	432	74.1	30.5	22.3	14.3	20.2	25.5	14.9	1.5	10.6
Less than Bachelor level education	1,259	48.2	31.1	21.0	20.4	15.8	12.6	9.2	3.3	10.8
Just getting along, poor or very poor	723	41.9	29.8	28.4	25.6	16.6	13.8	12.1	4.1	11.0
Reasonably comfortable, very comfortable or prosperous	1,197	52.1	27.8	14.5	15.7	14.2	12.8	7.7	2.5	10.4

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

* Significance testing not conducted due to small base size

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

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

	Unweighted base ¹	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,941	48.0	28.7	20.1	19.7	15.1	13.3	9.4	3.1	10.6
Health and wellbeing indicators										
Self-reported health - Fair or poor	398	35.2	37.9	23.0	49.8	20.0	11.1	10.5	4.3	9.7
Self-reported health - Good, very good, or excellent	1,363	56.2	28.7	21.1	12.4	15.2	15.3	10.0	3.1	11.7
Life satisfaction - Low (0 to 4 out of 10)	155	38.8	45.1	34.9	49.3	27.2	14.3	14.6	6.8	9.2
Life satisfaction - Medium to very high (5+ out of 10)	1,563	53.0	29.7	20.2	18.2	15.4	14.6	9.7	3.1	11.6
Does not feel valued by society	362	44.9	38.4	29.9	27.8	23.1	15.9	15.2	5.3	14.2
Sometimes feel valued by society	834	52.0	32.5	22.9	20.6	16.5	15.1	10.3	3.6	9.2
Definitely feel valued by society	516	57.1	23.7	12.5	15.4	11.4	12.5	6.8	1.0	11.5
Meets fruit intake guidelines	789	52.3	26.1	20.7	19.1	16.5	15.6	10.9	3.9	11.4
Does not meet fruit intake guidelines	902	52.5	35.2	23.0	22.5	16.3	13.8	10.0	3.1	10.8
Meets water consumption guidelines	314	59.6	29.1	23.0	21.6	15.2	23.5	9.8	4.2	13.0
Does not meet water guidelines	1,389	50.4	31.4	21.4	20.7	16.4	12.5	10.2	3.0	11.3
Ran out of food and could not afford more	176	41.5	37.1	42.9	27.3	18.5	10.0	13.6	8.0	13.0
Have not run out of food	1,643	49.4	28.6	16.7	18.6	14.1	13.7	8.8	2.6	10.6
Requires help with daily activities	225	13.5	21.5	24.1	53.1	16.4	12.6	14.4	7.6	10.8
Does not require help	1,574	55.1	31.5	20.4	16.0	15.5	13.7	9.1	2.5	10.5

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

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

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

	Unweighted base ¹	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,704	50.9	30.5	19.0	21.9	15.0	13.8	9.1	2.3	10.1
Health and wellbeing indicators										
Overweight or obese (BMI ≥25.0)	997	52.8	34.3	19.9	23.8	16.9	14.7	9.5	2.4	9.8
Normal range or underweight (BMI <25.0)	474	56.2	25.4	19.7	19.1	14.9	12.9	10.7	3.3	13.0
Meets physical activity guidelines	729	60.0	29.9	21.4	19.0	17.7	17.9	12.2	3.0	12.7
Does not meet physical activity guidelines / sedentary	780	48.9	34.7	19.0	24.8	14.9	12.0	8.1	1.7	8.8
Current smoker	185	55.8	37.5	22.0	20.2	18.0	7.8	8.4	1.5	9.2
Ex-smoker	576	53.2	32.4	20.7	24.3	17.7	15.3	9.3	2.6	10.0
Never smoked	816	51.9	29.7	18.7	22.4	13.8	15.9	10.5	2.6	11.5
Drinks alcohol every day	163	46.1	23.3	11.0	20.7	7.6	7.4	3.5	0.2	6.4
Drinks alcohol less often than daily	1,095	58.8	34.3	20.9	19.5	18.0	15.9	10.5	2.6	10.9
Does not drink alcohol	311	35.5	27.6	20.9	36.0	13.1	13.2	10.1	3.1	11.9
Had more than 4 standard drinks on a single occasion	859	60.2	34.9	20.4	16.6	15.6	14.4	9.3	2.1	10.1
Has not had more than 4 standard drinks	658	43.5	27.5	18.6	30.8	16.9	14.6	10.7	3.2	11.4

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

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

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

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

Approximately two-thirds of activities (65.4%) had been accessed via car while around one-third of activities (32.6%) were accessed on foot. Approximately one in ten (10.9%) activities were accessed via bicycle. Few (1.2%) used public transport, taxis or Uber to get to or from their main activities.

Some activities (e.g. fishing, netball, golf) were almost always accessed via car (94.9%, 96.0% and 94.2% respectively). As might be expected, where the activity is also a mode of transport (walking or cycling), respondents often mentioned accessing their activity via this same mode.

Average distance travelled by activity

Of the main activities that residents had participated in, residents had travelled the furthest to go bush walking or hiking (52.1 kilometres on average) and fishing (39.6 kilometres). Of the most popular activities, people had to travel the least distance for general cycling for recreation or transport (3.7 kilometres) and walking (4.6 kilometres), making these more easily accessible activity options.

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

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

	Unweighted base ¹	Car	Walking	Bicycle	Public transport / taxi / uber	Average kms travelled
	n	%	%	%	%	#
All activities	6,376	65.4	32.6	10.9	1.2	13.5
Walking	1,420	26.4	77.5	1.6	0.9	4.6
Swimming	483	85.8	18.0	5.6	1.6	10.8
Fitness: Gym	435	90.8	18.8	6.9	0.4	6.1
Active play (at playgrounds / play centre)	343	71.9	44.5	10.9	0.6	9.0
Cycling: General cycling for recreation or transport	325	8.1	5.1	90.1	0.0	3.7
Australian Rules football	220	88.7	22.2	10.4	1.5	12.1
Fishing	223	94.9	9.1	2.7	0.0	39.6
Bush walking / Hiking	246	67.5	36.5	2.9	0.3	52.1
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	272	86.9	21.7	4.8	0.8	7.8
Netball (indoor/ outdoor)	186	96.0	10.9	2.1	2.8	11.3
Golf	209	94.2	7.0	1.0	0.0	11.7
Jogging / Running	173	39.5	61.6	4.7	1.5	4.8
Dancing / Ballet / Calisthenics	136	90.9	20.3	1.4	3.1	11.3
Tennis (indoor / outdoor)	131	93.0	6.3	6.4	0.0	7.7
Lawn bowls	130	92.7	8.9	5.6	0.8	8.8
Cycling: Mountain bike riding	97	25.1	7.4	81.1	0.0	12.5
Basketball (Indoor/Outdoor)	75	86.2	22.5	10.3	3.6	8.3
Water-skiing / Power boating	83	91.1	3.1	5.0	0.0	15.8
Cricket (all types)	74	90.0	20.5	10.9	2.9	7.6
Fitness: Outdoor fitness / Personal training / Group activities	78	73.0	33.3	6.8	2.0	7.7
Other activities	1,018	76.6	19.9	5.1	2.1	25.7

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

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

6.4.4. Average travel distance to activities

Table 6.4.4.1 shows the average travel distance to get to particular activities was 13.5 kilometres.

Across the subregions, residents of Tongala and District had travelled further on average to access their activities (29.2 kilometres) than residents of Echuca (10.0 kilometres), Kyabram (15.4 kilometres), and Rochester (16.2 kilometres). Residents were travelling furthest to get to Apex Park Echuca (19.1 kilometres) and Kyabram Parkland Golf Club (14.0 kilometres).

Table 6.4.4.1 Average distance travelled to participate in activities

	Unweighted base ¹ n	Average kms travelled #
Total sample	6,099	13.5
Subregion		
Echuca	3,112	10.0
Kyabram	995	15.4
Lockington and District	373	16.0
Rochester	707	16.2
Rushworth and District	218	15.6
Stanhope and District	185	21.3
Tongala and District	278	29.2
Top 20 facilities*		
Echuca War Memorial Aquatic Centre, Echuca	255	8.4
Campaspe Reserve (South West), Echuca	74	3.1
Infinity Health Club, Kyabram	67	3.7
Next Level Fitness Echuca, Echuca	61	6.0
Victoria Park - Oval, Echuca	53	7.6
Campaspe River Frontage (East), Echuca	49	11.7
Campaspe River Recreation Reserve, Rochester	48	5.5
Kyabram Parkland Golf Club, Kyabram	45	14.0
Echuca South Recreation Reserve, Echuca	44	4.5
Kyabram Pool, Kyabram	43	3.4
Anytime Fitness Echuca, Echuca	40	5.9
Campaspe River (West) Butcher to Pakenham, Echuca*	37	1.8
Snap Fitness Echuca, Echuca*	38	5.1
Rochester Recreation Reserve, Rochester*	37	5.5
Apex Park Echuca, Echuca*	32	19.1
Campaspe River (West) Pakenham to Warren, Echuca*	36	6.1
Victoria Park - Formal Parkland, Echuca*	36	5.0
Back Nine Golf Course, Echuca*	32	3.9
Colbinabbin Recreation Reserve, Colbinabbin*	32	10.5
Edis Park, Kyabram*	32	4.2

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

* Significance testing not conducted due to small base sizes

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

7. Quality and accessibility

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

7.1. Quality and accessibility of facilities available for main activities

For all activities listed as being amongst respondents' four main activities, respondents were asked to rate the quality and accessibility of the facilities, venues or places where they had participated in the activity most often. The average quality rating for facilities and spaces used for all activities was 4.0 out of 5 while the average accessibility rating was 4.2.

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

- Fitness: Gym (4.6)
- Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates (4.5)
- Lawn bowls (4.5)
- Golf (4.4)
- Fitness: Outdoor fitness / Personal training / Group activities (4.3)

The lowest rating for quality was received for road and sport cycling facilities (3.6).

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

- Lawn bowls (4.6)
- Fitness: Gym (4.5)
- Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates (4.5)
- Golf (4.4)
- Fitness: Outdoor fitness / Personal training / Group activities (4.4)

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

Table 7.1.1 Quality and accessibility ratings for facility by activity

	Unweighted base ¹	Quality rating (out of 5)	Accessibility rating (out of 5)
	n	#	#
Average - all activities	6,140	4.0	4.2
Walking	1,382	3.9	4.1
Swimming	488	4.2	4.3
Fitness: Gym	439	4.6	4.5
Active play (at playgrounds / play centre)	345	3.8	4.1
Cycling: General cycling for recreation or transport	331	3.8	4.1
Australian Rules football	220	4.1	4.3
Fishing	220	3.8	3.7
Bush walking / Hiking	244	4.0	4.0
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	269	4.5	4.5
Netball (indoor/ outdoor)	189	4.0	4.3
Golf	210	4.4	4.4
Jogging / Running	175	3.8	4.2
Dancing / Ballet / Calisthenics	136	4.3	4.3
Tennis (indoor / outdoor)	132	3.9	4.2
Lawn bowls	129	4.5	4.6
Cycling: Mountain bike riding	98	3.8	4.0
Basketball (Indoor/Outdoor)	75	3.8	4.1
Water-skiing / Power boating	83	4.0	3.9
Cricket (all types)	74	3.9	4.1
Fitness: Outdoor fitness / Personal training / Group activities	76	4.3	4.4
Other activities	1,011	4.1	4.2

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

* Significance testing not conducted due to small base size

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7.2. Quality and accessibility of specific facilities

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

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

- Anytime Fitness Echuca (4.7)
- Next Level Fitness Echuca (4.7)
- Snap Fitness Echuca (4.6)
- Infinity Health Club, Kyabram (4.5)
- Kyabram Parkland Golf Club (4.5)

The above facilities were also amongst the highest rated for **accessibility**.

The lowest rating for quality was received for Edis Park (3.4), while the lowest ratings for accessibility were received for Campaspe River (West) (3.7) and Campaspe River Frontage (East)) (3.9). The full ratings and differences between facilities are shown in Table 7.2.1.

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

	Unweighted base ¹	Quality rating (out of 5)	Accessibility rating (out of 5)
	n	#	#
Average - all activities	6,140	4.0	4.2
Echuca War Memorial Aquatic Centre, Echuca	258	4.4	4.3
Campaspe Reserve (South West), Echuca	72	4.0	4.1
Infinity Health Club, Kyabram	64	4.5	4.4
Next Level Fitness Echuca, Echuca	62	4.7	4.5
Victoria Park - Oval, Echuca	54	3.9	4.2
Campaspe River Frontage (East), Echuca	52	3.9	3.9
Campaspe River Recreation Reserve, Rochester	48	3.7	4.1
Kyabram Parkland Golf Club, Kyabram	45	4.5	4.6
Echuca South Recreation Reserve, Echuca	43	3.6	4.2
Kyabram Pool, Kyabram	44	3.6	4.4
Anytime Fitness Echuca, Echuca	39	4.7	4.6
Campaspe River (West) Butcher to Pakenham, Echuca*	32	4.0	4.1
Snap Fitness Echuca, Echuca*	38	4.6	4.6
Rochester Recreation Reserve, Rochester*	37	4.0	4.4
Apex Park Echuca, Echuca*	35	3.7	4.2
Campaspe River (West) Pakenham to Warren, Echuca*	34	3.9	3.7
Victoria Park - Formal Parkland, Echuca*	36	3.6	4.0
Back Nine Golf Course, Echuca*	31	3.8	4.3
Colbinabbin Recreation Reserve, Colbinabbin*	32	3.5	4.1
Edis Park, Kyabram*	32	3.4	4.1

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

* Significance testing not conducted due to small base size

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Appendices

Appendix A: Detailed description of weighting

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

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

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

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

Each step will now be covered in turn.

Design weights

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

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

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

Calibrating to population benchmarks

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

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

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

Treatment of missing values

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

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

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

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

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

Benchmarks

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

Table A2 **Campaspe – Population benchmarks used for calibration**

Benchmark category		Population proportion ¹
Age group	Education	%
3 to 9	-	1.4
14 to 17	-	0.3
18 to 24	-	2
25 to 34	Has Bachelors	0.3
	No Bachelors	2.2
35 to 44	Has Bachelors	0.1
	No Bachelors	1.8
45 to 54	Has Bachelors	0.1
	No Bachelors	1.4
55 to 64	Has Bachelors	0.5
	No Bachelors	0.2
65 to 74	Has Bachelors	0.4
	No Bachelors	0.4
75+	Has Bachelors	0.6
	No Bachelors	0.4
Age	Sex	%
3 to 17	Male	1.6
	Female	1.5
18+	Male	6.3
	Female	6.6
Age	Country of birth	%
3 to 17	-	3.1
18+	Australia	11.7
	New Zealand/UK	0.5
	Other	0.6

¹ Population benchmarks sourced from ABS Census 2016

References

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

Appendix B: The Questionnaire Booklet



Active Living

CENSUS



Census Booklet - 2019

We want to know what will make you get up and go!

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This survey asks you questions about your health and wellbeing, physical activity and use of public open spaces and facilities. This will help us to plan programs, services and infrastructure that meet the needs of the community. You may find some of these questions to be personal or sensitive. Please be assured that your answers are confidential and anonymous – no individual will be identifiable from the data provided to us. We strongly encourage you to complete all questions. However, if there are any questions you would prefer not to answer, please leave these blank.

SECTION A – Household Questions

First, some background questions about your household. These questions only need to be completed once.

A1	What Shire or Council area do you live in?	Record Shire or Council area:	<input type="text"/>	
A2	What is the suburb or town of your residence?	Record (specific) suburb or town:	<input type="text"/>	
A3	What is the postcode of your residence?	Record four-digit postcode:	<input type="text"/>	<input type="text"/>
A4	Including yourself, how many people aged 3 years and over currently live in your household?	Record number of residents (aged 3+):	<input type="text"/>	<input type="text"/>
A5	Given your current needs and financial responsibilities, would you say that you and your household are...?	Prosperous	<input type="checkbox"/>	
Very comfortable		<input type="checkbox"/>		
Reasonably comfortable		<input type="checkbox"/>		
Just getting along		<input type="checkbox"/>		
Poor		<input type="checkbox"/>		
		Very poor	<input type="checkbox"/>	
A6	In the past 12 months, was there any time when your household ran out of food and could not afford to buy more?	Yes	<input type="checkbox"/>	
		No	<input type="checkbox"/>	
			Person number →	1

SECTION B – About You

The rest of the questions on this form are intended for each member of the household aged 3 and over. Up to 5 people in the household can complete the form. If there are more than 5 people in the household aged 3 or over, you can pick up an extra form at your local Council office, or complete the online survey for additional household members at: www.srcentre.com.au/alc

B1	How old are you?	Record age (in years):	<input type="text"/>	<input type="text"/>	<input type="text"/>	years old
B2	Which of the following best describes your current gender identity?	Male	<input type="checkbox"/>			
		Female	<input type="checkbox"/>			
		Gender diverse / Non-binary / Self-described / Other	<input type="checkbox"/>			
B3	Do you currently identify as LGBTQIA+?	Yes	<input type="checkbox"/>			
		No	<input type="checkbox"/>			
B4	Is English your main language?	Yes	<input type="checkbox"/>			
		No	<input type="checkbox"/>			
B5	Are you of Aboriginal or Torres Strait Islander origin?	No	<input type="checkbox"/>			
		Yes, Aboriginal	<input type="checkbox"/>			
		Yes, Torres Strait Islander	<input type="checkbox"/>			
		Yes, both Aboriginal and Torres Strait Islander	<input type="checkbox"/>			
B6	In which country were you born?	Australia	<input type="checkbox"/>			
		Other Country (please write in)	<input type="text"/>			
B7	What is the highest level of education you have completed?	Bachelor degree or higher	<input type="checkbox"/>			
		Completed year 12	<input type="checkbox"/>			
		Have not finished year 12 / still in school	<input type="checkbox"/>			
B8	Do you ever need someone to help you with, or be with you for, self-care activities, body movement activities and / or communication activities?	Yes, always	<input type="checkbox"/>			
		Yes, sometimes	<input type="checkbox"/>			
		No	<input type="checkbox"/>			
B9	Are you covered by any of these concession cards? <i>Please select 'Yes' or 'No' for each</i>	Health Care Card	Yes	No		
		Pensioner Concession Card	<input type="checkbox"/>	<input type="checkbox"/>		
		Commonwealth Seniors Health Card	<input type="checkbox"/>	<input type="checkbox"/>		
		Veterans Affairs Treatment Entitled Card	<input type="checkbox"/>	<input type="checkbox"/>		

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		Person number →	1																						
SECTION C – Use of Public Facilities, Open Spaces and Walking and Cycling Tracks																									
Public open spaces include all land which is freely accessible that people can visit for recreation, relaxation and socialising, including organised sporting activities and informal play (e.g. your local park, oval or playground). Public open spaces also include 'green spaces', which include areas of natural or cultural heritage value, habitat corridors, some easements, and open water / wetlands (e.g. lakes, state forests, national parks).																									
C1	In the last 12 months, how often have you used public open spaces in your area?	Daily 4 to 6 times a week 1 to 3 times a week 2 to 3 times a month Once a month Once or twice in the last 3 months Less often / Never	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>																						
Off-road walking and cycling tracks are signed paths / tracks that are not accessible to cars and provide connections between townships, major suburban areas and surrounding open space networks. Footpaths are paved sidewalks, generally found in urban areas. This question is not referring to informal tracks, such as animal tracks or unpaved road reserves.																									
C2	In the last 12 months, how often have you used off-road walking and cycling tracks or footpaths in your area? <i>Please answer separately for footpaths and for off-road walking and cycling tracks</i>	Daily 4 to 6 times a week 1 to 3 times a week 2 to 3 times a month Once a month Once or twice in the last 3 months Less often / Never	<table border="1"> <thead> <tr> <th>Footpaths</th> <th>Off-road tracks</th> </tr> </thead> <tbody> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </tbody> </table>	Footpaths	Off-road tracks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
Footpaths	Off-road tracks																								
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<input type="checkbox"/>	<input type="checkbox"/>																								
C3	Which of the following types of public facilities or open spaces have you used in your area in the last 12 months? <i>Please select 'Yes' or 'No' for each category</i>	Swimming pools / splash parks Indoor sports / leisure / fitness centres Sports grounds, ovals and clubrooms Halls / community centres After hours usage of education facilities (e.g. school, TAFE, university) Parks Community gardens Hard courts (e.g. netball / tennis) Skateparks / BMX Other	<table border="1"> <thead> <tr> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </tbody> </table>	Yes	No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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C4	What are the reasons why you have used public facilities and open spaces in your area in the last 12 months? <i>Please select all that apply</i>	Exercise / health and fitness Socialising with family / friends For fun / enjoyment Commuting (i.e. to get from a to b) Exercising the dog Organised sport (e.g. cricket or netball for a club) Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends) For time to myself Getting back to nature Some other reason Have not used public facilities and open spaces	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>																						
C5	What improvements would encourage you to use public facilities and open spaces more often? <i>Please record suggested improvements</i>	<input type="text"/> <input type="text"/>																							
C6	Where would you like to see these improvements made? <i>Please record specific location(s) in detail</i>	<input type="text"/> <input type="text"/>																							

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Person number →		1																		
SECTION D – Use of Public Facilities and Participation in Physical Activity																				
D1	In the last 12 months, have you participated in physical activities as often as you would like?	Yes <input type="checkbox"/> → Go to D3 No <input type="checkbox"/>																		
D2	What are the reasons why you have not done physical activities as often as you would like? <i>Please select all that apply</i>	<input type="checkbox"/> Too busy / not enough time <input type="checkbox"/> Lack of social support (e.g. no encouragement, no one to go with) <input type="checkbox"/> Personal reasons (e.g. don't feel motivated, feel embarrassed) <input type="checkbox"/> Safety (e.g. poor lighting, remote venue / facility) <input type="checkbox"/> Lack of awareness about what activities are available <input type="checkbox"/> Poor health or disability <input type="checkbox"/> Lack of transport <input type="checkbox"/> Cost <input type="checkbox"/> Other reason																		
Participation in Physical Activity 1																				
<p>The following questions ask about your <u>participation in physical activities over the last 12 months</u>. Please consider <u>all types of physical activities</u> you participated in <u>outside the home</u> – this includes activities like walking, ballgames, etc. Please <u>exclude</u> activities you have participated in as a <u>spectator only</u>. You can provide information on <u>up to four of your most frequent activities</u>.</p> <p>When answering, you will need to refer to the separate Activity List on the back of the cover letter sent to you.</p>																				
D3	Please list one of the main physical activities you have participated in outside the home over the last 12 months? <i>Refer to Activity List</i>	Record number from Activity List: <input type="text"/> <input type="text"/> Not done any activities <input type="checkbox"/> → Go to E1 page 12																		
D4	In the last 12 months, how often have you participated in this activity outside the home?	<input type="checkbox"/> Daily <input type="checkbox"/> 4 to 6 times a week <input type="checkbox"/> 1 to 3 times a week <input type="checkbox"/> 2 to 3 times a month <input type="checkbox"/> Once a month <input type="checkbox"/> Once or twice in last 3 months <input type="checkbox"/> Less often																		
D5	What is the name of the facility, venue, or place where you participated in this activity most often? <i>Please clearly describe the specific location, venue or place</i>	<input type="text"/>																		
D6	What is the name of the suburb or town where the facility, venue, or place is located? <i>Please record the specific suburb or town</i>	<input type="text"/>																		
D7	How would you rate the quality and accessibility of the facility, venue or place where you participated in this activity? <i>By accessibility, we mean how easy is it for you to get to and use</i> <i>Please provide a response in each column</i>	<table border="1"> <thead> <tr> <th></th> <th>Quality</th> <th>Accessibility</th> </tr> </thead> <tbody> <tr> <td>Excellent</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Good</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Average</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Poor</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Very Poor</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>		Quality	Accessibility	Excellent	<input type="checkbox"/>	<input type="checkbox"/>	Good	<input type="checkbox"/>	<input type="checkbox"/>	Average	<input type="checkbox"/>	<input type="checkbox"/>	Poor	<input type="checkbox"/>	<input type="checkbox"/>	Very Poor	<input type="checkbox"/>	<input type="checkbox"/>
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Average	<input type="checkbox"/>	<input type="checkbox"/>																		
Poor	<input type="checkbox"/>	<input type="checkbox"/>																		
Very Poor	<input type="checkbox"/>	<input type="checkbox"/>																		
D8	How do / did you get to this activity? <i>Please select all that apply</i>	<input type="checkbox"/> Public transport <input type="checkbox"/> Taxi / Uber <input type="checkbox"/> Car <input type="checkbox"/> Motorbike or motor scooter <input type="checkbox"/> Bicycle <input type="checkbox"/> Walked <input type="checkbox"/> Other																		
D9	How many kilometres do / did you travel to get to this activity? <i>If you did not travel, record 0</i> <i>If you normally travel less than 1km, please record 1</i>	Record distance in kilometres: <input type="text"/> <input type="text"/> <input type="text"/> kms																		

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Person number →		1																		
Participation in Physical Activity 2																				
D10	<p>Please list another of the main physical activities you have participated in outside the home over the last 12 months?</p> <p><i>Refer to Activity List</i></p>	<p>Record number from Activity List: <input type="text"/></p> <p>No other activities <input type="checkbox"/> → Go to E1 page 12</p>																		
D11	<p>In the last 12 months, how often have you participated in this activity outside the home?</p>	<p>Daily <input type="checkbox"/></p> <p>4 to 6 times a week <input type="checkbox"/></p> <p>1 to 3 times a week <input type="checkbox"/></p> <p>2 to 3 times a month <input type="checkbox"/></p> <p>Once a month <input type="checkbox"/></p> <p>Once or twice in last 3 months <input type="checkbox"/></p> <p>Less often <input type="checkbox"/></p>																		
D12	<p>What is the name of the facility, venue, or place where you participated in this activity most often?</p> <p><i>Please clearly describe the specific location, venue or place</i></p>	<input type="text"/>																		
D13	<p>What is the name of the suburb or town where the facility, venue, or place is located?</p> <p><i>Please record the specific suburb or town</i></p>	<input type="text"/>																		
D14	<p>How would you rate the <u>quality</u> and <u>accessibility</u> of the facility, venue or place where you participated in this activity?</p> <p><i>By accessibility, we mean how easy is it for you to get to and use</i></p> <p><i>Please provide a response in each column</i></p>	<table border="1"> <thead> <tr> <th></th> <th>Quality</th> <th>Accessibility</th> </tr> </thead> <tbody> <tr> <td>Excellent</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Good</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Average</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Poor</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Very Poor</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>		Quality	Accessibility	Excellent	<input type="checkbox"/>	<input type="checkbox"/>	Good	<input type="checkbox"/>	<input type="checkbox"/>	Average	<input type="checkbox"/>	<input type="checkbox"/>	Poor	<input type="checkbox"/>	<input type="checkbox"/>	Very Poor	<input type="checkbox"/>	<input type="checkbox"/>
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Very Poor	<input type="checkbox"/>	<input type="checkbox"/>																		
D15	<p>How do / did you get to this activity?</p> <p><i>Please select all that apply</i></p>	<p>Public transport <input type="checkbox"/></p> <p>Taxi / Uber <input type="checkbox"/></p> <p>Car <input type="checkbox"/></p> <p>Motorbike or motor scooter <input type="checkbox"/></p> <p>Bicycle <input type="checkbox"/></p> <p>Walked <input type="checkbox"/></p> <p>Other <input type="checkbox"/></p>																		
D16	<p>How many kilometres do / did you travel to get to this activity? <i>If you did not travel, record 0</i></p> <p><i>If you normally travel less than 1km, please record 1</i></p>	<p>Record distance in kilometres: <input type="text"/> kms</p>																		
Participation in Physical Activity 3																				
D17	<p>Please list another of the main physical activities you have participated in outside the home over the last 12 months?</p> <p><i>Refer to Activity List</i></p>	<p>Record number from Activity List: <input type="text"/></p> <p>No other activities <input type="checkbox"/> → Go to E1 page 12</p>																		
D18	<p>In the last 12 months, how often have you participated in this activity outside the home?</p>	<p>Daily <input type="checkbox"/></p> <p>4 to 6 times a week <input type="checkbox"/></p> <p>1 to 3 times a week <input type="checkbox"/></p> <p>2 to 3 times a month <input type="checkbox"/></p> <p>Once a month <input type="checkbox"/></p> <p>Once or twice in last 3 months <input type="checkbox"/></p> <p>Less often <input type="checkbox"/></p>																		
D19	<p>What is the name of the facility, venue, or place where you participated in this activity most often?</p> <p><i>Please clearly describe the specific location, venue or place</i></p>	<input type="text"/>																		
D20	<p>What is the name of the suburb or town where the facility, venue, or place is located?</p> <p><i>Please record the specific suburb or town</i></p>	<input type="text"/>																		

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Person number →		1	
Activity 3 (continued)			
D21	How would you rate the <u>quality</u> and <u>accessibility</u> of the facility, venue or place where you participated in this activity? <i>By accessibility, we mean how easy is it for you to get to and use</i> <i>Please provide a response in each column</i>	Excellent	<input type="checkbox"/> Quality <input type="checkbox"/> Accessibility
		Good	<input type="checkbox"/> <input type="checkbox"/>
		Average	<input type="checkbox"/> <input type="checkbox"/>
		Poor	<input type="checkbox"/> <input type="checkbox"/>
		Very Poor	<input type="checkbox"/> <input type="checkbox"/>
D22	How do / did you get to this activity? <i>Please select all that apply</i>	Public transport	<input type="checkbox"/>
		Taxi / Uber	<input type="checkbox"/>
		Car	<input type="checkbox"/>
		Motorbike or motor scooter	<input type="checkbox"/>
		Bicycle	<input type="checkbox"/>
		Walked	<input type="checkbox"/>
		Other	<input type="checkbox"/>
D23	How many kilometres do / did you travel to get to this activity? <i>If you did not travel, record 0</i> <i>If you normally travel less than 1km, please record 1</i>	Record distance in kilometres:	<div style="border: 1px solid black; width: 60px; height: 20px; display: flex; align-items: center;"> <div style="flex: 1; border-right: 1px solid black;"></div> <div style="flex: 1; border-right: 1px solid black;"></div> <div style="flex: 1;"></div> </div> kms
Participation in Physical Activity 4			
D24	Please list another of the main physical activities you have participated in outside the home over the last 12 months? <i>Refer to Activity List</i>	Record number from Activity List:	<div style="border: 1px solid black; width: 40px; height: 20px; display: flex; align-items: center;"> <div style="flex: 1; border-right: 1px solid black;"></div> <div style="flex: 1;"></div> </div>
		No other activities	<input type="checkbox"/> → Go to E1 page 12
D25	In the last 12 months, how often have you participated in this activity outside the home?	Daily	<input type="checkbox"/>
		4 to 6 times a week	<input type="checkbox"/>
		1 to 3 times a week	<input type="checkbox"/>
		2 to 3 times a month	<input type="checkbox"/>
		Once a month	<input type="checkbox"/>
		Once or twice in last 3 months	<input type="checkbox"/>
		Less often	<input type="checkbox"/>
D26	What is the name of the facility, venue, or place where you participated in this activity most often? <i>Please clearly describe the specific location, venue or place</i>	<div style="border: 1px solid black; height: 30px;"></div>	
D27	What is the name of the suburb or town where the facility, venue, or place is located? <i>Please record the specific suburb or town</i>	<div style="border: 1px solid black; height: 30px;"></div>	
D28	How would you rate the <u>quality</u> and <u>accessibility</u> of the facility, venue or place where you participated in this activity? <i>By accessibility, we mean how easy is it for you to get to and use</i> <i>Please provide a response in each column</i>	Excellent	<input type="checkbox"/> Quality <input type="checkbox"/> Accessibility
		Good	<input type="checkbox"/> <input type="checkbox"/>
		Average	<input type="checkbox"/> <input type="checkbox"/>
		Poor	<input type="checkbox"/> <input type="checkbox"/>
		Very Poor	<input type="checkbox"/> <input type="checkbox"/>
D29	How do / did you get to this activity? <i>Please select all that apply</i>	Public transport	<input type="checkbox"/>
		Taxi / Uber	<input type="checkbox"/>
		Car	<input type="checkbox"/>
		Motorbike or motor scooter	<input type="checkbox"/>
		Bicycle	<input type="checkbox"/>
		Walked	<input type="checkbox"/>
		Other	<input type="checkbox"/>
D30	How many kilometres do / did you travel to get to this activity? <i>If you did not travel, record 0</i> <i>If you normally travel less than 1km, please record 1</i>	Record distance in kilometres:	<div style="border: 1px solid black; width: 60px; height: 20px; display: flex; align-items: center;"> <div style="flex: 1; border-right: 1px solid black;"></div> <div style="flex: 1; border-right: 1px solid black;"></div> <div style="flex: 1;"></div> </div> kms

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Person number →

1

SECTION E – Health, Wellbeing and Life Satisfaction

This section asks you questions about your health and wellbeing. This helps us to plan programs and services that meet the needs of the community. Remember, your answers are confidential and anonymous, but if you would prefer not to answer a question, just leave it blank.

E1	In general, would you say your health is...?	Excellent <input type="checkbox"/> Very good <input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor <input type="checkbox"/>
E2	This question asks how satisfied you feel about life in general, on a scale from 0 to 10. Zero means you feel 'not at all satisfied' and 10 means 'completely satisfied'. Overall, how satisfied are you with life as a whole these days?	Record number (0 to 10): <input type="text"/>
E3	Do you feel valued by society?	No, not at all <input type="checkbox"/> Not often <input type="checkbox"/> Sometimes <input type="checkbox"/> Yes, definitely <input type="checkbox"/>
E4	How many serves of vegetables, legumes or beans do you usually eat each day? <i>A 'serve' of vegetables is ½ cup of cooked vegetables or 1 cup of salad vegetables and a serve of legumes or beans is ½ cup of cooked, dried or canned beans, peas or lentils</i>	Record number of serves per day (please write in to the decimal point): <input type="text"/> . <input type="text"/>
E5	How many serves of fruit do you usually eat each day? <i>A 'serve' is 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces</i>	Record number of serves per day (please write in to the decimal point): <input type="text"/> . <input type="text"/>
E6	Health experts say that you should eat at least 5 serves of vegetables a day. If you don't do this, what is the main reason why not?	<input type="text"/>
E7	Health experts say that you should eat at least 2 serves of fruit a day. If you don't do this, what is the main reason why not?	<input type="text"/>
E8	How many cups of water do you usually drink in a day? <i>1 cup = 250ml or a household cup 1 average 600ml bottle of water = 2.5 cups</i>	Record number of cups per day (please write in to the decimal point): <input type="text"/> . <input type="text"/>
E9	How often do you consume cordial, soft drinks, flavoured mineral water, energy or sports drinks...?	Every day <input type="checkbox"/> Several times per week <input type="checkbox"/> About once a week <input type="checkbox"/> About once a fortnight <input type="checkbox"/> About once a month <input type="checkbox"/> Less often than once per month <input type="checkbox"/> Never <input type="checkbox"/>
E10	How tall are you without shoes? <i>If unsure, please give your best guess</i>	Record in centimetres (cm) or feet (ft) and inches (inch): <input type="text"/> cm <input type="text"/> ft <input type="text"/> inch
E11	What is your weight without clothes or shoes? <i>If unsure, please give your best guess</i>	Record in kilograms (kg) or stones (st) / pounds (lb): <input type="text"/> kg <input type="text"/> st <input type="text"/> lb
E12	In the last week, what do you estimate was the total time that you spent doing vigorous household chores, gardening or heavy work around the yard that made you breathe harder or puff and pant?	Record hours and / or minutes: <input type="text"/> hrs <input type="text"/> mins

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Person number →		1
SECTION E (continued)		
E13	Excluding household chores and gardening, in the last week, what do you estimate was the total time that you spent doing vigorous physical activity (e.g. tennis, jogging, cycling or keep fit exercises) that made you breathe harder or puff and pant?	Record hours and / or minutes: <input type="text"/> hrs <input type="text"/> mins
E14	How often do you do physical activities in your own time that strengthen your muscles (i.e. activities that are not carried out as part of your job)? This includes resistance training such as free weights, using weight machines and exercises like push ups / sit ups along with other tasks you may do around the home such as lifting, carrying or digging. Include all such activities even if you have included them before.	Record number of days per week or month (if less than once a month, record 0): <input type="text"/> days per week <input type="text"/> days per month
The following questions only need to be answered by household members aged 18 years and over		
E15	Which of the following best describes your smoking status? <i>This includes cigarettes, cigars and pipes</i>	<input type="checkbox"/> Smoke daily <input type="checkbox"/> Smoke occasionally <input type="checkbox"/> Don't smoke now, but used to <input type="checkbox"/> Tried a few times but never smoked regularly <input type="checkbox"/> Never smoked
E16	In the last 12 months, how often did you have an alcoholic drink of any kind?	<input type="checkbox"/> Every day <input type="checkbox"/> 3 to 6 days a week <input type="checkbox"/> 1 to 2 days a week <input type="checkbox"/> 1 to 3 days a month <input type="checkbox"/> Less than once a month <input type="checkbox"/> No longer drink → Go to E18 <input type="checkbox"/> Do not drink → Go to E18
E17	In the last 12 months, how often did you have more than four standard drinks in a day? <i>Alcoholic drinks are measured in terms of a 'standard drink'. A standard drink is equal to 1 pot of full strength beer, 1 small glass of wine or 1 pub-sized nip of spirits</i>	<input type="checkbox"/> Every day <input type="checkbox"/> 3 to 6 days a week <input type="checkbox"/> 1 to 2 days a week <input type="checkbox"/> 1 to 3 days a month <input type="checkbox"/> Less than once a month <input type="checkbox"/> Never
E18	How often did you gamble in the past 12 months?	<input type="checkbox"/> Every day <input type="checkbox"/> 3 to 6 days a week <input type="checkbox"/> 1 to 2 days a week <input type="checkbox"/> 1 to 3 days a month <input type="checkbox"/> Less than once a month <input type="checkbox"/> Never
E19	Has gambling caused you any health problems, including stress or anxiety?	<input type="checkbox"/> Yes <input type="checkbox"/> No
General comments about improving health and activity levels		
Do you have any other comments or feedback about what would help you be healthier and more active?		
<div style="border: 1px solid black; height: 150px; width: 100%;"></div>		

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General comments about improving health and activity levels

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Entry into the prize draw

Everyone who completes the Census before 16th June 2019 is eligible for entry into the prize draw. You have a chance to win bikes, food or shopping vouchers from a total prize pool of \$12,000!*

If you would like to be entered into the draw, please provide your contact details. This information will be used only for the purpose of administering the prize draw and will be securely destroyed when no longer needed. You may enter your details multiple times if you have answered for other people.

Person 1		
P1a	First name:	<input type="text"/>
P1b	Contact number:	<input type="text"/>
P1c	Email address:	<input type="text"/>

Person 2		Person 3	
P2a	First name:	P3a	First name:
P2b	Contact number:	P3b	Contact number:
P2c	Email address:	P3c	Email address:

Person 4		Person 5	
P4a	First name:	P5a	First name:
P4b	Contact number:	P5b	Contact number:
P4c	Email address:	P5c	Email address:

**Thank you for taking the time to answer these questions.
Please return this form in the reply-paid envelope provided to:**

**Active Living Census
Reply Paid 91906
PORT MELBOURNE VIC 3207**

If you would like further information, or have any questions about completing the survey, please go to www.srcentre.com.au/alcinfo, contact the Active Living Census Helpline on 1800 083 037, or email alc@srcentre.com.au. The Helpline is operated by the Social Research Centre, who are an independent research company assisting with the Census.



The Healthy Heart of Victoria initiative is supported by the Victorian Government

This Census is conducted in accordance with the Australian Privacy Principles; any identifying details are strictly confidential.

**For prize draw Terms and Conditions please go to: www.srcentre.com.au/alcinfo*

Appendix C: Invitation letter and activity list



27th May 2019

Dear Local Resident,

Healthy Heart of Victoria – 2019 Active Living Census

We would like to invite you and members of your household to take part in the 2019 Active Living Census. This survey will help us understand what you need to be active, healthy, and happy.

The information you provide will help to ensure that facilities, policies, programs, and services developed in the Loddon Campaspe Region are what you need and where you need them.

Everyone who completes the Census before 16th June 2019 will be in the running for a chance to win bikes, food, and shopping vouchers from a prize pool valued at \$12,000!*

We want to hear from as many people as possible, so why not get involved, no matter how active you are! Taking just 15-20 minutes per person, anyone aged over 18 can do their own Census. Parents or guardians can complete for kids aged from 3-13 and can choose to give permission for children aged 14-17 to complete or fill it out for them.

You can complete the Census online by going to: www.srcentre.com.au/alc. If that is not an option, fill in this paper copy and return using the 'reply paid' envelope enclosed. Otherwise, please recycle!

The Census isn't compulsory; however, this is the perfect time to have your voice heard and to tell us the activities you enjoy, where you do them, and what would help you to be more active, more often.

If you would like further information, or have any questions about completing the survey, please go to www.srcentre.com.au/alcinfo, contact the Active Living Census Helpline on 1800 083 037, or email alc@srcentre.com.au. The Helpline is operated by the Social Research Centre, who are an independent research company assisting with the Census.

The Census is part of the Healthy Heart of Victoria project, an initiative designed to help improve the health of all people living within City of Greater Bendigo, Campaspe Shire, Central Goldfields Shire, Loddon Shire, Macedon Ranges Shire, and Mount Alexander Shire regions.

The Healthy Heart of Victoria would like to thank you in advance for your input and we look forward to receiving your responses.

Sincerely,
Healthy Heart of Victoria

The Healthy Heart of Victoria initiative
is supported by the Victorian Government.



This census is conducted in accordance with the Australian Privacy Principles; any identifying details are strictly confidential.

**For prize draw Terms and Conditions please go to: www.srcentre.com.au/alcinfo*

Healthy Heart of Victoria – 2019 Active Living Census – Activities List

Number	Activity	Number	Activity
1	Active play (at playgrounds / play centre)	31	Gymnastics
2	Air sports / Aviation / Drone racing / Hang-gliding	32	Hockey (indoor / outdoor)
3	Aqua aerobics	33	Horse racing / Harness racing
4	Archery	34	Horse riding / Equestrian activities / Polo
5	Athletics / track and field	35	Jogging / Running
6	Australian Rules football	36	Lawn bowls
7	Badminton	37	Martial Arts / Tai Chi
8	Baseball	38	Minigolf
9	Basketball (Indoor/Outdoor)	39	Motor sports (cars and bikes)
10	Billiards / Snooker / Pool	40	Netball (indoor/ outdoor)
11	Bocce / Boules / Petanque	41	Orienteering
12	Boxing	42	Rock climbing / Abseiling / Caving
13	Bush walking / Hiking	43	Rugby league / Rugby union / Touch football
14	Cane Ball	44	Sailing
15	Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	45	Shooting sports
16	Carpet bowls	46	Roller sports / Inline hockey / Roller Derby / Roller skating
17	Cheerleading	47	Skateboarding / scooting
18	Cricket (all types)	48	Soccer (indoor/outdoor)
19	Croquet	49	Squash / Racquetball
20	Cycling: Mountain bike riding	50	Swimming
21	Cycling: Bicycle Motor Cross (BMX)	51	Sword sports / Fencing / Kendo / Swordcraft
22	Cycling: Road and sport cycling	52	Table tennis
23	Cycling: General cycling for recreation or transport	53	Tennis (indoor / outdoor)
24	Dancing / Ballet / Calisthenics	54	Tenpin bowling
25	Fishing	55	Triathlons
26	Fitness: Gym	56	Volleyball (all types)
27	Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	57	Walking
28	Fitness: Outdoor fitness / Personal training / Group activities	58	Water-skiing / Power boating
29	Frisbee / Boomerang throwing	59	Weight lifting / Body building
30	Golf	60	Other

Appendix D: Detailed tables

Table D.1 Population by subregions

	Total	Echuca	Kyabram	Lockington and District	Rochester	Rushworth and District	Stanhope and District	Tongala and District	Unknown subregion
	%	%	%	%	%	%	%	%	%
Unweighted base¹	3,424	1,586	624	202	430	129	115	196	142
Gender									
Males	48.9	46.7	52.9	52.8	49.4	52.2	50.4	49.1	45.0
Females	50.9	53.0	47.1	47.3	50.4	47.8	49.6	50.9	55.0
Other	0.2	0.4	-	-	0.2	-	-	-	-
Age									
Males, 3 to 11	11.3	8.3	16.8	17.6	10.2	12.6	12.5	8.8	10.6
Males, 12 to 17	8.5	10.1	6.1	10.4	3.7	7.7	9.0	5.6	18.0
Males, 18 to 34	16.3	16.8	20.8	9.5	14.9	16.0	12.7	16.7	6.1
Males, 35 to 49	15.9	16.6	13.5	16.3	16.5	18.2	16.0	14.2	16.8
Males, 50 to 69	32.1	32.5	25.2	32.8	34.8	32.8	43.3	35.1	37.1
Males, 70+	16.0	15.7	17.6	13.4	19.9	12.8	6.5	19.5	11.3
Females, 3 to 11	10.7	9.3	14.0	13.0	11.7	9.6	16.0	9.4	6.0
Females, 12 to 17	7.8	9.7	2.7	10.8	5.4	1.6	6.2	10.0	13.1
Females, 18 to 34	19.8	21.1	22.9	14.3	14.3	21.9	21.0	15.6	17.6
Females, 35 to 49	18.7	19.7	16.2	22.4	15.3	16.6	20.5	16.7	24.8
Females, 50 to 69	29.9	28.7	26.6	28.7	36.7	36.8	31.3	33.9	27.8
Females, 70+	13.1	11.5	17.7	10.9	16.7	13.5	5.0	14.5	10.9

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

Table D.2 Health behaviours by subregions

	Total	Echuca	Kyabram	Lockington and District	Rochester	Rushworth and District	Stanhope and District	Tongala and District	Unknown subregion
	%	%	%	%	%	%	%	%	%
Unweighted base¹	3,424	1,586	624	202	430	129	115	196	142
Health									
General health - Fair / poor	15.5	14.2	15.9	17.1	19.7	25.4	10.1	15.6	10.6
Life satisfaction - Low (0 to 4 out of 10)	6.2	5.8	5.6	8.5	9.2	5.9	3.6	6.6	3.3
Overweight or obese (BMI ≥25.0) (18+ only)	64.8	64.0	66.5	69.7	66.8	65.6	65.7	64.4	50.7
Meets guidelines									
Exercise (18+ only)	55.4	57.9	50.0	48.0	55.9	48.1	63.4	57.3	56.8
Fruit	50.7	49.4	48.1	53.0	57.5	43.3	56.2	47.1	59.2
Vegetables	13.5	13.6	15.1	8.7	10.4	26.2	10.0	11.0	15.4
Water (18+ only)	20.9	22.4	17.2	16.6	21.2	32.3	32.8	11.3	19.6
Other risk factors									
Drinks sugar-sweetened beverages daily	13.9	11.0	17.5	11.4	17.4	17.6	18.9	17.8	10.7
Current smoker (18+ only)	12.2	11.7	12.0	12.4	12.9	15.7	8.0	17.6	9.2
Drinks alcohol daily (18+ only)	10.7	11.0	11.0	13.4	11.4	6.4	3.6	10.8	9.1
Consumed more than 4 standard drinks on at least one occasion in the last 12 months (18+ only)	61.0	63.8	58.5	61.0	57.6	62.7	75.1	52.9	48.7
Weekly gambler (18+ only)	5.7	6.6	4.2	3.0	6.4	8.7	2.7	6.3	3.2
Food security									
Household has run out of food in the last 12 months	9.6	9.1	8.0	9.4	12.6	23.6	6.9	9.2	3.7

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

Table D.3 Facility usage by subregions

	Total	Echuca	Kyabram	Lockington and District	Rochester	Rushworth and District	Stanhope and District	Tongala and District	Unknown subregion
	%	%	%	%	%	%	%	%	%
Unweighted base¹	3,424	1,586	624	202	430	129	115	196	142
Facilities usage in last 12 months									
Open spaces - total users	84.7	86.5	85.0	85.7	82.6	81.9	86.0	78.7	77.7
<i>Heavy</i>	54.0	60.0	52.0	45.1	48.5	57.4	52.4	41.3	40.9
<i>Medium</i>	19.7	18.0	20.1	26.7	21.1	17.5	21.8	20.1	22.9
<i>Light</i>	11.0	8.5	12.9	13.9	13.0	7.0	11.9	17.4	13.9
<i>Non-user</i>	15.3	13.5	15.0	14.3	17.5	18.1	14.0	21.3	22.3
Footpaths - total users	84.0	87.4	83.3	79.3	83.9	81.4	82.3	79.0	65.3
<i>Heavy</i>	63.4	68.5	67.0	48.3	61.8	50.4	61.4	53.1	43.2
<i>Medium</i>	13.6	12.6	10.4	20.4	15.1	20.7	13.1	12.8	19.2
<i>Light</i>	7.0	6.3	5.8	10.7	7.0	10.2	7.8	13.1	2.8
<i>Non-user</i>	16.0	12.7	16.7	20.7	16.1	18.6	17.7	21.0	34.7
Off-road walking / cycling tracks - total users	65.0	73.2	47.7	69.4	64.7	64.6	57.5	56.6	57.2
<i>Heavy</i>	31.1	37.2	18.1	25.2	29.5	32.6	33.1	29.7	26.8
<i>Medium</i>	21.2	23.8	18.1	26.8	18.4	20.3	16.6	14.5	19.4
<i>Light</i>	12.7	12.2	11.5	17.4	16.8	11.8	7.8	12.5	11.0
<i>Non-user</i>	35.0	26.8	52.3	30.6	35.3	35.4	42.6	43.4	42.8
Parks	61.4	66.5	56.6	58.9	55.3	52.4	64.4	61.7	53.9
Sports grounds, ovals and clubrooms	50.5	48.4	53.2	58.4	46.5	55.8	63.1	45.0	52.9
Swimming pools / splash parks	38.5	41.4	34.9	44.8	33.0	42.2	42.5	29.6	34.7
Community gardens	31.3	33.6	31.1	35.2	25.1	28.1	32.8	29.2	24.2
Indoor sports / leisure / fitness centres	33.5	40.6	32.3	28.3	26.9	11.0	19.4	25.5	30.0

¹ Base sizes include all respondents aged 3 years and over living in the Campaspe region who had participated in activities. Open spaces, footpaths, and off-road tracks results reflect total users of facilities (exclude 'Not answered' / 'Not applicable' responses from the base). Usage of specific facilities is based on responses from participants in all activities and shows responses only for the top five facilities used. All results are weighted to population benchmarks.

Table D.4 Activities – Walking

	Total	Echuca	Kyabram	Lockington and District	Rochester	Rushworth and District	Stanhope and District	Tongala and District	Unknown subregion
	%	%	%	%	%	%	%	%	%
Total activities	6,736	3,415	1,112	401	778	237	204	330	259
% of respondents undertaking activity	21.2	21.3	20.2	20.6	22.9	18.2	20.0	21.9	21.9
# respondents undertaking activity	1,513	766	257	83	184	46	43	73	61
Frequency of participation									
Heavy - Once a week or more	76.9	79.1	77.5	66.4	77.0	80.2	89.0	71.0	56.5
Medium - One to three times a month	18.6	15.9	19.0	31.1	19.9	15.9	11.0	22.9	31.5
Light - Less often	4.5	5.0	3.5	2.6	3.1	3.9	0.0	6.1	12.0
Travel mode									
Car	24.7	25.3	18.9	36.4	18.5	24.3	45.8	27.8	19.8
Walking	72.5	74.8	75.4	56.5	76.5	75.4	50.0	65.1	70.2
Bike	1.5	1.9	2.3	0.0	1.0	0.0	0.0	0.0	0.0
Public transport / taxi / Uber	0.9	0.5	1.1	2.9	1.1	2.3	0.0	1.3	0.0
Other	0.9	0.7	0.8	0.0	1.9	0.0	2.0	1.7	0.0
Distance to activity									
Average distance travelled to activity	4.6	3.2	3.9	8.9	4.6	6.0	7.2	13.5	3.4
Facility quality rating									
Good, excellent	69.6	70.8	64.1	68.1	72.6	64.4	73.3	78.4	56.4
Average	22.6	21.0	30.5	19.4	20.6	22.9	14.9	15.7	39.3
Very poor, poor	4.8	5.3	3.5	8.0	2.4	12.7	4.6	2.8	3.3
Mean score (out of 5)	3.9	3.9	3.8	3.7	3.9	3.6	4.0	4.0	3.7
Facility accessibility rating									
Good, excellent	81.6	81.8	85.4	74.2	81.7	73.6	85.0	89.5	68.1
Average	13.0	12.9	10.5	19.1	12.3	17.6	4.3	7.4	27.5
Very poor, poor	2.5	2.8	2.0	2.1	1.8	8.8	0.0	0.0	3.3
Mean score (out of 5)	4.1	4.2	4.2	4.0	4.2	3.9	4.4	4.3	3.8

¹ Base sizes include all respondents aged 3 years and over living in the Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D.5 Activities – Swimming

	Total	Echuca	Kyabram	Lockington and District	Rochester	Rushworth and District	Stanhope and District	Tongala and District	Unknown subregion
	%	%	%	%	%	%	%	%	%
Total activities	6,736	3,415	1,112	401	778	237	204	330	259
% of respondents undertaking activity	7.7	7.5	8.0	9.8	7.4	7.9	8.5	8.6	5.2
# respondents undertaking activity	514	253	91	36	60	18	16	27	13
Frequency of participation									
Heavy - Once a week or more	51.1	53.7	43.8	46.2	57.6	48.3	41.4	55.1	49.9
Medium - One to three times a month	26.5	24.0	33.9	38.5	24.1	8.2	35.0	26.2	11.4
Light - Less often	22.4	22.4	22.3	15.3	18.3	43.5	23.7	18.7	38.8
Travel mode									
Car	81.1	81.9	84.8	74.2	82.8	78.2	77.2	67.2	93.0
Walking	17.0	13.0	23.5	28.5	15.8	20.5	8.2	28.4	3.1
Bike	5.3	6.6	4.0	9.6	5.2	0.0	0.0	1.1	0.0
Public transport / taxi / Uber	1.5	2.2	0.0	0.0	0.0	0.0	0.0	7.2	0.0
Other	2.2	3.4	0.8	5.2	0.0	0.0	0.0	0.0	0.0
Distance to activity									
Average distance travelled to activity	10.8	6.0	16.1	13.0	11.2	20.7	24.7	13.0	21.3
Facility quality rating									
Good, excellent	78.7	87.1	66.5	57.9	80.7	82.2	85.2	67.7	69.1
Average	17.3	10.6	27.5	36.6	16.7	17.8	0.0	21.5	30.9
Very poor, poor	1.7	0.3	6.0	0.0	2.6	0.0	7.0	0.0	0.0
Mean score (out of 5)	4.2	4.3	3.8	3.9	4.2	4.0	4.5	4.2	4.0
Facility accessibility rating									
Good, excellent	85.1	88.3	89.7	74.8	86.4	85.1	64.4	73.2	78.6
Average	10.6	8.5	9.0	17.8	13.6	7.5	13.4	16.4	13.1
Very poor, poor	2.4	2.0	1.4	1.9	0.0	7.5	14.5	0.0	8.3
Mean score (out of 5)	4.3	4.4	4.3	4.2	4.4	4.0	4.0	4.4	4.1

¹ Base sizes include all respondents aged 3 years and over living in the Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D.6 Activities – Fitness: Gym

	Total	Echuca	Kyabram	Lockington and District	Rochester	Rushworth and District	Stanhope and District	Tongala and District	Unknown subregion
	%	%	%	%	%	%	%	%	%
Total activities	6,736	3,415	1,112	401	778	237	204	330	259
% of respondents undertaking activity	6.8	8.3	7.2	4.6	6.2	0.6	2.8	3.0	5.0
# respondents undertaking activity	459	281	83	17	43	3	8	11	13
Frequency of participation									
Heavy - Once a week or more	83.2	83.6	86.5	69.9	77.9	100.0	69.4	86.7	95.8
Medium - One to three times a month	9.2	8.7	3.9	21.6	16.3	0.0	30.6	2.9	4.2
Light - Less often	7.6	7.7	9.6	8.6	5.8	0.0	0.0	10.4	0.0
Travel mode									
Car	86.5	86.2	86.8	97.5	88.9	18.5	100.0	85.4	66.0
Walking	17.9	14.3	30.7	2.6	16.2	0.0	0.0	38.4	36.8
Bike	6.6	8.8	4.4	0.0	3.5	0.0	0.0	3.0	0.0
Public transport / taxi / Uber	0.4	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	0.9	0.4	0.0	0.0	4.6	45.5	0.0	0.0	0.0
Distance to activity									
Average distance travelled to activity	6.1	4.0	2.4	18.7	14.9	14.4	30.0	6.3	8.1
Facility quality rating									
Good, excellent	96.3	95.4	99.4	100.0	95.5	18.5	100.0	96.6	100.0
Average	3.1	4.2	0.6	0.0	2.9	45.5	0.0	3.4	0.0
Very poor, poor	0.4	0.4	0.0	0.0	1.6	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.6	4.6	4.6	4.7	4.6	3.6	4.9	4.6	4.4
Facility accessibility rating									
Good, excellent	92.5	91.5	99.7	79.8	91.8	63.9	100.0	94.4	89.1
Average	5.3	6.1	0.3	17.7	3.0	0.0	0.0	5.6	10.9
Very poor, poor	1.4	1.3	0.0	2.6	5.2	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.5	4.5	4.7	4.3	4.5	5.0	4.9	4.5	4.4

¹ Base sizes include all respondents aged 3 years and over living in the Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D.7 Activities – Active play (at playgrounds / play centre)

	Total	Echuca	Kyabram	Lockington and District	Rochester	Rushworth and District	Stanhope and District	Tongala and District	Unknown subregion
	%	%	%	%	%	%	%	%	%
Total activities	6,736	3,415	1,112	401	778	237	204	330	259
% of respondents undertaking activity	6.0	5.3	7.9	6.5	3.2	11.7	9.3	7.6	5.0
# respondents undertaking activity	364	166	76	24	24	21	17	21	15
Frequency of participation									
Heavy - Once a week or more	51.7	58.8	52.8	23.5	56.6	50.0	61.2	31.3	24.0
Medium - One to three times a month	35.8	32.0	38.6	54.5	32.3	23.6	34.1	44.2	47.7
Light - Less often	12.5	9.3	8.7	21.9	11.1	26.4	4.7	24.5	28.3
Travel mode									
Car	67.8	73.7	57.8	79.2	34.7	69.7	73.5	67.3	82.3
Walking	41.9	39.3	54.5	33.5	35.0	8.6	43.8	56.4	57.2
Bike	10.3	9.5	12.4	0.0	15.9	5.1	11.2	8.9	30.3
Public transport / taxi / Uber	0.5	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	0.3	0.0	0.0	0.0	4.6	0.0	0.0	0.0	0.0
Distance to activity									
Average distance travelled to activity	9.0	5.2	8.5	22.7	8.6	13.1	18.5	8.7	9.5
Facility quality rating									
Good, excellent	69.1	82.7	48.2	89.9	83.1	61.0	57.2	51.9	31.7
Average	20.7	11.2	30.1	5.1	10.2	28.9	27.7	48.1	51.6
Very poor, poor	8.7	4.5	21.2	0.0	0.0	10.1	15.1	0.0	16.7
Mean score (out of 5)	3.8	4.1	3.3	4.1	4.1	3.8	3.5	3.9	3.2
Facility accessibility rating									
Good, excellent	81.6	85.4	73.1	94.9	88.3	88.5	63.2	94.7	37.7
Average	12.1	6.9	23.3	0.0	2.0	6.5	26.8	0.0	62.3
Very poor, poor	3.8	4.5	3.0	0.0	0.0	5.0	10.0	5.3	0.0
Mean score (out of 5)	4.1	4.2	3.9	4.3	4.5	4.4	3.7	4.4	3.5

¹ Base sizes include all respondents aged 3 years and over living in the Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D.8 Activities – Cycling: General cycling for recreation or transport

	Total	Echuca	Kyabram	Lockington and District	Rochester	Rushworth and District	Stanhope and District	Tongala and District	Unknown subregion
	%	%	%	%	%	%	%	%	%
Total activities	6,736	3,415	1,112	401	778	237	204	330	259
% of respondents undertaking activity	5.0	5.3	4.9	4.1	4.7	1.7	5.4	5.3	5.4
# respondents undertaking activity	348	188	53	17	41	7	12	18	12
Frequency of participation									
Heavy - Once a week or more	52.7	46.8	53.7	66.7	70.4	6.7	78.2	45.1	61.5
Medium - One to three times a month	36.5	38.1	41.4	26.8	26.0	93.3	7.4	42.7	38.6
Light - Less often	10.8	15.1	4.9	6.6	3.7	0.0	14.4	12.3	0.0
Travel mode									
Car	7.5	11.1	0.0	12.7	2.6	0.0	0.0	5.2	9.4
Walking	4.8	5.7	5.6	0.0	0.7	0.0	0.0	13.7	0.0
Bike	84.1	83.0	87.8	67.4	89.6	100.0	89.6	81.1	83.8
Public transport / taxi / Uber	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	1.5	1.7	0.0	6.7	2.6	0.0	0.0	0.0	0.0
Distance to activity									
Average distance travelled to activity	3.7	3.5	1.5	3.9	9.4	3.5	0.5	2.0	3.8
Facility quality rating									
Good, excellent	74.0	75.4	82.0	63.2	68.6	36.0	86.4	69.5	57.9
Average	16.9	15.8	15.0	7.7	21.2	34.5	13.7	30.5	20.8
Very poor, poor	7.2	6.5	3.0	15.9	10.3	29.5	0.0	0.0	21.3
Mean score (out of 5)	3.8	3.9	3.9	3.6	3.7	3.1	4.6	3.8	3.4
Facility accessibility rating									
Good, excellent	80.9	82.5	84.4	63.2	83.1	40.0	95.6	74.0	70.5
Average	12.4	10.3	11.4	23.6	12.2	60.0	4.4	17.3	17.6
Very poor, poor	5.0	5.3	4.3	0.0	4.7	0.0	0.0	8.7	11.9
Mean score (out of 5)	4.1	4.1	4.2	4.4	4.1	3.4	4.7	4.0	3.8

¹ Base sizes include all respondents aged 3 years and over living in the Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D.9 Activities – Australian Rules football

	Total	Echuca	Kyabram	Lockington and District	Rochester	Rushworth and District	Stanhope and District	Tongala and District	Unknown subregion
	%	%	%	%	%	%	%	%	%
Total activities	6,736	3,415	1,112	401	778	237	204	330	259
% of respondents undertaking activity	4.1	3.8	5.5	5.5	3.2	8.1	3.9	2.5	2.6
# respondents undertaking activity	227	102	50	17	21	17	7	7	6
Frequency of participation									
Heavy - Once a week or more	84.7	86.6	75.3	85.5	89.4	81.3	100.0	83.7	100.0
Medium - One to three times a month	14.1	11.5	23.1	14.5	10.6	18.7	0.0	16.3	0.0
Light - Less often	1.2	1.9	1.6	0.0	0.0	0.0	0.0	0.0	0.0
Travel mode									
Car	86.0	91.1	79.2	82.4	68.5	100.0	100.0	62.3	100.0
Walking	21.5	21.7	21.9	17.6	20.7	15.3	30.1	50.3	0.0
Bike	10.0	12.0	6.9	5.9	16.2	3.5	12.1	16.3	0.0
Public transport / taxi / Uber	1.4	0.9	2.6	0.0	0.0	0.0	0.0	3.7	14.2
Other	0.5	0.0	2.1	0.0	0.0	0.0	0.0	0.0	0.0
Distance to activity									
Average distance travelled to activity	12.1	12.3	14.9	11.9	6.5	11.1	14.9	4.6	10.0
Facility quality rating									
Good, excellent	81.4	77.7	80.9	89.9	96.5	66.1	100.0	100.0	65.3
Average	16.1	19.3	17.3	10.1	1.0	34.0	0.0	0.0	14.2
Very poor, poor	2.2	2.4	1.9	0.0	2.5	0.0	0.0	0.0	20.4
Mean score (out of 5)	4.1	4.1	4.0	4.1	4.4	3.8	4.3	4.3	3.9
Facility accessibility rating									
Good, excellent	89.3	87.9	83.6	100.0	96.5	87.3	100.0	100.0	76.2
Average	8.8	9.6	16.4	0.0	1.0	12.7	0.0	0.0	0.0
Very poor, poor	1.6	1.9	0.0	0.0	2.5	0.0	0.0	0.0	23.8
Mean score (out of 5)	4.3	4.2	4.2	4.3	4.5	4.3	4.4	4.3	4.1

¹ Base sizes include all respondents aged 3 years and over living in the Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D.10 Activities – Fishing

	Total	Echuca	Kyabram	Lockington and District	Rochester	Rushworth and District	Stanhope and District	Tongala and District	Unknown subregion
	%	%	%	%	%	%	%	%	%
Total activities	6,736	3,415	1,112	401	778	237	204	330	259
% of respondents undertaking activity	4.0	3.6	3.9	3.4	5.8	4.9	5.2	3.7	3.9
# respondents undertaking activity	232	102	39	13	39	10	9	11	9
Frequency of participation									
Heavy - Once a week or more	7.5	8.6	8.1	0.0	4.5	0.0	24.9	8.6	0.0
Medium - One to three times a month	46.7	39.0	52.7	75.2	54.9	73.8	36.1	24.6	45.1
Light - Less often	45.8	52.4	39.2	24.8	40.7	26.2	38.9	66.8	54.9
Travel mode									
Car	91.3	94.7	92.9	93.4	80.0	80.3	100.0	90.5	90.5
Walking	8.7	3.0	2.9	38.1	25.3	17.3	0.0	0.0	2.6
Bike	2.6	0.9	2.9	17.7	4.0	0.0	0.0	0.0	2.6
Public transport / taxi / Uber	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	2.7	2.1	0.0	8.4	7.9	0.0	0.0	0.0	0.0
Distance to activity									
Average distance travelled to activity	39.6	22.5	59.5	24.5	46.4	29.6	64.3	123.7	21.1
Facility quality rating									
Good, excellent	66.5	71.2	53.4	69.4	65.5	71.0	89.2	58.1	40.4
Average	24.8	21.0	27.4	30.6	30.6	29.0	10.8	32.5	33.1
Very poor, poor	7.1	5.2	19.3	0.0	3.9	0.0	0.0	0.0	26.6
Mean score (out of 5)	3.8	3.9	3.4	3.8	3.8	4.1	4.5	3.6	3.1
Facility accessibility rating									
Good, excellent	60.8	64.3	47.9	68.6	52.7	91.4	73.6	58.4	38.9
Average	27.1	24.5	28.2	31.4	28.1	8.6	26.4	41.6	61.1
Very poor, poor	9.5	5.8	23.9	0.0	19.2	0.0	0.0	0.0	0.0
Mean score (out of 5)	3.7	3.9	3.2	3.8	3.4	4.3	4.3	3.6	3.4

¹ Base sizes include all respondents aged 3 years and over living in the Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D.11 Activities – Bushwalking / Hiking

	Total	Echuca	Kyabram	Lockington and District	Rochester	Rushworth and District	Stanhope and District	Tongala and District	Unknown subregion
	%	%	%	%	%	%	%	%	%
Total activities	6,736	3,415	1,112	401	778	237	204	330	259
% of respondents undertaking activity	3.8	3.5	2.7	3.7	4.3	7.8	2.0	5.3	6.2
# respondents undertaking activity	258	124	30	17	32	17	4	17	17
Frequency of participation									
Heavy - Once a week or more	30.0	33.6	5.5	16.6	44.6	40.8	49.8	18.8	29.6
Medium - One to three times a month	37.1	41.3	50.5	34.2	26.9	34.5	19.6	40.6	8.8
Light - Less often	32.9	25.1	44.0	49.2	28.6	24.7	30.6	40.7	61.6
Travel mode									
Car	63.9	62.2	95.3	74.5	32.2	53.2	55.5	77.1	68.0
Walking	34.5	36.8	6.0	35.1	56.8	46.8	44.5	20.0	27.6
Bike	2.7	1.0	5.2	8.5	4.5	0.0	0.0	7.5	0.0
Public transport / taxi / Uber	0.2	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	2.6	2.8	0.0	0.0	6.5	6.8	0.0	0.0	0.0
Distance to activity									
Average distance travelled to activity	52.1	47.7	84.8	39.3	47.7	12.9	12.5	110.5	30.4
Facility quality rating									
Good, excellent	78.3	76.5	74.9	75.7	75.5	100.0	100.0	77.7	75.8
Average	16.5	15.2	19.2	24.4	23.7	0.0	0.0	16.6	22.5
Very poor, poor	4.0	6.5	5.9	0.0	0.9	0.0	0.0	0.0	1.7
Mean score (out of 5)	4.0	3.9	4.0	4.0	4.0	4.4	4.2	4.4	4.1
Facility accessibility rating									
Good, excellent	77.1	73.8	77.9	75.7	76.4	100.0	100.0	62.4	85.7
Average	17.3	20.5	17.0	24.4	17.3	0.0	0.0	15.9	14.3
Very poor, poor	4.3	3.9	5.0	0.0	6.4	0.0	0.0	16.1	0.0
Mean score (out of 5)	4.0	4.0	4.0	3.9	3.9	4.4	4.2	3.7	4.0

¹ Base sizes include all respondents aged 3 years and over living in the Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D.12 Activities – Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates

	Total	Echuca	Kyabram	Lockington and District	Rochester	Rushworth and District	Stanhope and District	Tongala and District	Unknown subregion
	%	%	%	%	%	%	%	%	%
Total activities	6,736	3,415	1,112	401	778	237	204	330	259
% of respondents undertaking activity	3.3	3.5	2.7	2.0	3.5	4.3	3.4	4.5	3.3
# respondents undertaking activity	277	146	31	12	35	15	10	18	10
Frequency of participation									
Heavy - Once a week or more	75.8	71.9	83.6	68.6	77.0	78.9	93.8	74.8	89.2
Medium - One to three times a month	16.7	19.3	16.4	10.9	13.7	21.1	6.2	13.1	5.9
Light - Less often	7.5	8.8	0.0	20.6	9.3	0.0	0.0	12.1	4.9
Travel mode									
Car	85.3	87.1	78.1	84.3	83.2	92.4	83.5	79.4	100.0
Walking	21.3	21.2	37.5	15.7	27.4	7.6	0.0	4.8	15.6
Bike	4.7	1.9	16.8	0.0	11.5	0.0	0.0	0.0	0.0
Public transport / taxi / Uber	0.8	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	2.8	3.7	3.0	0.0	0.0	0.0	0.0	6.1	0.0
Distance to activity									
Average distance travelled to activity	7.8	4.2	7.2	30.8	6.7	13.7	19.2	13.3	17.2
Facility quality rating									
Good, excellent	93.4	90.7	96.9	100.0	94.9	100.0	92.4	93.2	100.0
Average	5.8	7.8	3.1	0.0	5.1	0.0	7.6	6.8	0.0
Very poor, poor	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.5	4.5	4.5	4.6	4.5	4.7	4.4	4.6	4.9
Facility accessibility rating									
Good, excellent	93.0	90.0	99.2	100.0	100.0	97.6	100.0	74.4	100.0
Average	6.5	9.0	0.8	0.0	0.0	2.4	0.0	25.6	0.0
Very poor, poor	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.5	4.4	4.6	4.6	4.7	4.6	4.2	4.4	4.9

¹ Base sizes include all respondents aged 3 years and over living in the Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D.13 Activities – Netball

	Total	Echuca	Kyabram	Lockington and District	Rochester	Rushworth and District	Stanhope and District	Tongala and District	Unknown subregion
	%	%	%	%	%	%	%	%	%
Total activities	6,736	3,415	1,112	401	778	237	204	330	259
% of respondents undertaking activity	3.2	3.0	3.8	3.3	3.4	1.3	3.3	2.2	4.7
# respondents undertaking activity	200	101	37	12	23	3	6	7	11
Frequency of participation									
Heavy - Once a week or more	85.7	84.9	86.0	51.2	97.0	100.0	77.8	100.0	95.8
Medium - One to three times a month	11.5	11.0	12.5	40.0	3.0	0.0	22.2	0.0	4.2
Light - Less often	2.8	4.1	1.5	8.8	0.0	0.0	0.0	0.0	0.0
Travel mode									
Car	89.0	88.8	86.8	85.0	96.5	60.3	83.4	100.0	90.5
Walking	10.1	10.5	11.4	8.2	9.2	0.0	0.0	35.2	0.0
Bike	2.0	1.4	0.0	8.2	0.0	0.0	0.0	0.0	14.7
Public transport / taxi / Uber	2.6	3.8	3.8	0.0	0.0	0.0	0.0	0.0	0.0
Other	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Distance to activity									
Average distance travelled to activity	11.3	11.6	10.1	11.0	13.8	6.8	22.4	5.1	7.1
Facility quality rating									
Good, excellent	75.5	68.7	81.8	87.4	78.6	54.2	100.0	100.0	62.9
Average	19.2	25.4	15.6	3.8	21.4	0.0	0.0	0.0	20.9
Very poor, poor	5.3	5.8	2.7	8.8	0.0	45.8	0.0	0.0	16.2
Mean score (out of 5)	4.0	4.0	4.0	4.1	4.0	3.5	4.2	4.2	3.7
Facility accessibility rating									
Good, excellent	88.5	83.3	100.0	91.2	79.6	54.2	100.0	100.0	100.0
Average	7.7	12.6	0.0	0.0	15.0	0.0	0.0	0.0	0.0
Very poor, poor	3.3	3.1	0.0	8.8	5.4	45.8	0.0	0.0	0.0
Mean score (out of 5)	4.3	4.2	4.4	4.5	4.1	3.5	4.4	4.3	4.6

¹ Base sizes include all respondents aged 3 years and over living in the Campaspe region who had participated in the nominated activity. Frequency of participation and all average / mean rating results exclude 'Not answered' / 'Not applicable' responses due to the derived nature of the variable. Travel mode and rating scale results are based from all participants in the nominated activity. All results are weighted to population benchmarks.

Table D.14 Top activities by subregions

	Total	Echuca	Kyabram	Lockington and District	Rochester	Rushworth and District	Stanhope and District	Tongala and District	Unknown subregion
	%	%	%	%	%	%	%	%	%
Unweighted base¹	6,736	3,415	1,112	401	778	237	204	330	259
Walking	21.2	21.3	20.2	20.6	22.9	18.2	20.0	21.9	21.9
Swimming	7.7	7.5	8.0	9.8	7.4	7.9	8.5	8.6	5.2
Fitness: Gym	6.8	8.3	7.2	4.6	6.2	0.6	2.8	3.0	5.0
Active play (at playgrounds / play centre)	6.0	5.3	7.9	6.5	3.2	11.7	9.3	7.6	5.0
Cycling: General cycling for recreation or transport	5.0	5.3	4.9	4.1	4.7	1.7	5.4	5.3	5.4
Australian Rules football	4.1	3.8	5.5	5.5	3.2	8.1	3.9	2.5	2.6
Fishing	4.0	3.6	3.9	3.4	5.8	4.9	5.2	3.7	3.9
Bush walking / Hiking	3.8	3.5	2.7	3.7	4.3	7.8	2.0	5.3	6.2
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.3	3.5	2.7	2.0	3.5	4.3	3.4	4.5	3.3
Netball (indoor/ outdoor)	3.2	3.0	3.8	3.3	3.4	1.3	3.3	2.2	4.7
Golf	2.9	3.3	3.0	1.5	2.5	4.8	2.1	1.5	1.5
Jogging / Running	2.7	3.6	2.1	0.9	1.3	1.7	3.1	1.6	4.0
Dancing / Ballet / Calisthenics	2.1	2.0	2.3	2.8	1.6	1.5	1.2	2.8	2.5
Tennis (indoor / outdoor)	2.1	1.6	2.4	3.5	2.5	2.9	0.0	2.1	4.4
Lawn bowls	1.8	1.5	1.6	1.4	2.2	1.8	4.4	2.4	1.8
Cycling: Mountain bike riding	1.7	2.1	0.7	0.9	1.7	2.3	2.0	0.5	2.2
Basketball (Indoor/Outdoor)	1.5	1.4	1.3	2.1	3.4	0.0	1.1	0.0	0.6
Water-skiing / Power boating	1.5	2.1	0.6	1.3	0.4	0.0	1.5	2.0	2.1
Cricket (all types)	1.5	1.1	2.3	3.2	1.7	0.6	2.0	0.0	0.7
Fitness: Outdoor fitness / Personal training / Group activities	1.2	1.3	0.8	0.8	1.5	0.2	1.0	1.5	0.9
Other activities	16.2	15.1	16.2	18.3	16.7	17.6	18.0	21.0	16.1

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

Table D.15 Top activities for males by age

	Total	Males	Males, 3 to 11	Males, 12 to 17	Males, 18 to 34	Males, 35 to 49	Males, 50 to 69	Males, 70+
	%	%	%	%	%	%	%	%
Unweighted base¹	6,736	2,729	341	278	370	398	932	405
Walking	21.2	17.4	6.5	5.8	15.6	16.8	25.4	26.1
Swimming	7.7	6.9	15.0	5.1	3.8	6.3	7.0	3.8
Fitness: Gym	6.8	5.5	0.3	4.2	12.1	7.4	4.3	2.9
Active play (at playgrounds / play centre)	6.0	5.7	16.4	2.1	5.2	5.2	3.3	2.4
Cycling: General cycling for recreation or transport	5.0	5.6	7.9	3.9	4.2	5.3	5.6	5.9
Australian Rules football	4.1	7.3	17.3	16.9	9.3	4.4	1.7	0.6
Fishing	4.0	6.1	2.4	2.1	6.9	6.8	9.1	4.8
Bush walking / Hiking	3.8	3.9	1.8	2.6	4.0	4.1	5.1	4.4
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.3	1.2	0.0	0.7	2.1	1.2	1.1	1.9
Netball (indoor/ outdoor)	3.2	0.5	0.9	0.4	0.7	0.7	0.1	0.0
Golf	2.9	4.6	0.6	0.3	3.8	5.6	6.3	9.4
Jogging / Running	2.7	2.4	1.2	2.5	4.0	3.9	1.7	0.6
Dancing / Ballet / Calisthenics	2.1	0.7	1.2	0.7	0.3	0.0	0.7	2.1
Tennis (indoor / outdoor)	2.1	2.0	3.5	5.4	1.8	1.6	0.8	0.9
Lawn bowls	1.8	2.4	0.6	0.3	0.2	1.7	3.2	10.0
Cycling: Mountain bike riding	1.7	2.6	1.2	6.2	2.0	2.8	2.9	0.6
Basketball (Indoor/Outdoor)	1.5	2.1	5.3	5.3	2.9	0.7	0.3	0.0
Water-skiing / Power boating	1.5	1.7	0.3	2.5	2.9	4.2	0.5	0.4
Cricket (all types)	1.5	2.6	3.5	5.5	2.8	3.8	1.1	0.3
Fitness: Outdoor fitness / Personal training / Group activities	1.2	0.6	0.0	0.4	1.3	0.6	0.3	1.2
Other activities	16.2	18.4	14.4	27.1	14.1	17.1	19.5	21.7

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

Table D.16 Top activities for females by age

	Total	Females	Females, 3 to 11	Females, 12 to 17	Females, 18 to 34	Females, 35 to 49	Females, 50 to 69	Females, 70+
	%	%	%	%	%	%	%	%
Unweighted base¹	6,736	3,960	412	330	735	801	1,266	410
Walking	21.2	24.4	9.5	12.4	22.3	28.4	32.3	32.9
Swimming	7.7	8.4	15.3	9.0	7.5	7.5	7.8	3.2
Fitness: Gym	6.8	8.0	0.5	6.9	13.0	9.0	8.0	4.7
Active play (at playgrounds / play centre)	6.0	6.3	13.1	3.9	7.9	5.0	4.5	2.6
Cycling: General cycling for recreation or transport	5.0	4.5	8.5	3.3	2.5	4.6	4.9	3.0
Australian Rules football	4.1	1.5	1.9	2.6	2.2	1.1	0.7	0.3
Fishing	4.0	2.1	0.5	0.9	2.5	2.8	3.0	0.3
Bush walking / Hiking	3.8	3.6	0.7	3.6	4.0	4.3	4.7	2.0
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.3	5.2	1.0	1.4	4.5	6.7	6.5	10.4
Netball (indoor/ outdoor)	3.2	5.6	11.9	15.5	6.6	4.1	0.9	0.6
Golf	2.9	1.4	0.2	0.0	0.6	0.9	2.5	5.5
Jogging / Running	2.7	3.0	0.5	4.4	5.0	4.0	1.9	0.3
Dancing / Ballet / Calisthenics	2.1	3.1	12.4	7.5	1.0	0.4	1.5	1.9
Tennis (indoor / outdoor)	2.1	2.1	3.9	3.2	0.9	2.5	1.6	2.0
Lawn bowls	1.8	1.2	0.2	0.3	0.0	0.8	1.8	6.3
Cycling: Mountain bike riding	1.7	0.9	0.5	1.0	1.1	1.3	0.8	0.0
Basketball (Indoor/Outdoor)	1.5	1.0	0.7	4.7	1.3	0.9	0.1	0.0
Water-skiing / Power boating	1.5	1.3	2.2	2.1	1.5	1.7	0.5	0.0
Cricket (all types)	1.5	0.5	0.5	1.0	0.8	0.6	0.1	0.0
Fitness: Outdoor fitness / Personal training / Group activities	1.2	1.7	0.0	2.3	2.2	2.5	1.3	1.4
Other activities	16.2	14.2	16.0	14.0	12.8	10.9	14.8	22.8

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

Table D.17 Top activities by demographic indicators

	Total	Born in Australia	Born overseas	Speaks English as main language	Speaks other main language	Aboriginal and/or Torres Strait Islander	Not Aboriginal or Torres Strait Islander	Identifies as LGBTQIA+	Non-LGBTQIA+
	%	%	%	%	%	%	%	%	%
Unweighted base¹	6,736	6,240	391	6,595	30	107	6,543	98	4,835
Walking	21.2	21.0	26.0	21.2	26.3	18.2	21.3	28.3	25.0
Swimming	7.7	7.7	8.0	7.7	12.2	8.1	7.8	3.6	6.7
Fitness: Gym	6.8	6.9	7.1	6.9	6.1	5.1	6.9	8.7	8.6
Active play (at playgrounds / play centre)	6.0	6.1	5.2	5.9	22.8	13.8	5.9	5.8	4.5
Cycling: General cycling for recreation or transport	5.0	4.9	6.5	4.9	8.4	3.4	5.0	5.3	4.8
Australian Rules football	4.1	4.3	0.8	4.2	0.0	7.1	4.1	1.6	2.5
Fishing	4.0	3.9	4.7	4.0	5.5	6.3	4.0	5.9	4.6
Bush walking / Hiking	3.8	3.6	5.9	3.8	2.0	3.4	3.7	7.0	4.3
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.3	3.4	2.2	3.4	0.9	2.9	3.3	2.0	4.1
Netball (indoor/ outdoor)	3.2	3.3	1.3	3.2	0.0	5.3	3.2	1.2	2.1
Golf	2.9	3.0	1.9	2.8	2.8	0.6	2.9	0.2	3.7
Jogging / Running	2.7	2.8	2.6	2.8	0.0	2.5	2.8	3.6	3.1
Dancing / Ballet / Calisthenics	2.1	2.1	1.3	2.0	2.3	1.0	2.0	0.0	0.9
Tennis (indoor / outdoor)	2.1	2.0	1.1	2.1	0.0	0.0	2.1	0.0	1.5
Lawn bowls	1.8	1.7	3.2	1.8	0.0	1.7	1.8	1.1	2.0
Cycling: Mountain bike riding	1.7	1.6	1.9	1.7	0.0	1.4	1.7	4.0	1.6
Basketball (Indoor/Outdoor)	1.5	1.5	1.2	1.5	0.0	0.8	1.5	0.0	0.8
Water-skiing / Power boating	1.5	1.5	1.0	1.5	0.0	1.2	1.5	0.2	1.6
Cricket (all types)	1.5	1.5	0.9	1.4	0.0	1.2	1.5	1.6	1.2
Fitness: Outdoor fitness / Personal training / Group activities	1.2	1.3	0.3	1.2	0.0	2.2	1.2	1.2	1.4
Other activities	16.2	16.1	17.0	16.2	10.9	13.9	16.0	18.7	15.2

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

Table D.18 Top activities by further demographic indicators

	Total	Holds a Bachelor degree or higher	Less than Bachelor level education	Just getting along, poor or very poor	Reasonably comfortable, very comfortable or prosperous	Requires help with daily activities	Does not require help
	%	%	%	%	%	%	%
Unweighted base¹	6,736	1,864	4,502	1,968	4,735	573	5,928
Walking	21.2	22.6	20.8	21.3	21.0	19.3	21.5
Swimming	7.7	6.9	7.9	7.8	7.7	14.0	7.0
Fitness: Gym	6.8	10.9	6.3	6.3	7.1	3.1	7.2
Active play (at playgrounds / play centre)	6.0	3.9	6.4	7.7	5.2	11.2	5.4
Cycling: General cycling for recreation or transport	5.0	5.0	5.0	3.8	5.6	5.1	5.0
Australian Rules football	4.1	3.1	4.4	4.2	4.0	5.4	3.9
Fishing	4.0	2.4	4.2	5.5	3.2	2.7	4.2
Bush walking / Hiking	3.8	4.2	3.7	3.6	3.9	3.1	3.9
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.3	5.3	3.0	3.0	3.4	2.4	3.5
Netball (indoor/ outdoor)	3.2	2.9	3.4	3.0	3.3	2.4	3.3
Golf	2.9	3.2	2.8	2.5	3.1	1.6	3.1
Jogging / Running	2.7	5.6	2.4	1.9	3.2	0.9	3.0
Dancing / Ballet / Calisthenics	2.1	0.9	2.2	1.9	2.1	3.4	1.8
Tennis (indoor / outdoor)	2.1	1.9	2.2	1.3	2.4	1.0	2.2
Lawn bowls	1.8	0.9	1.8	1.9	1.7	1.2	1.9
Cycling: Mountain bike riding	1.7	2.1	1.7	1.4	1.8	0.7	1.8
Basketball (Indoor/Outdoor)	1.5	0.7	1.7	1.2	1.7	1.4	1.6
Water-skiing / Power boating	1.5	1.7	1.5	1.2	1.6	1.2	1.4
Cricket (all types)	1.5	1.1	1.5	1.7	1.4	2.4	1.3
Fitness: Outdoor fitness / Personal training / Group activities	1.2	1.4	1.2	1.0	1.3	1.0	1.2
Other activities	16.2	13.5	16.1	17.9	15.4	16.7	15.9

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Campaspe region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.