



Active Living

CENSUS



2019
Mount Alexander Shire
Selected Findings



2019 Active Living Census

Acknowledgement

We acknowledge that Mount Alexander Shire Council is on Jaara Country of which the members and Elders of the Dja Dja Wurrung community and their forebears have been custodians for many centuries and have performed age old ceremonies of celebration, initiation and renewal.

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

Foreword

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

The ALC was mailed to households in the Loddon Campaspe region, and was also available for residents to complete online. Within the Mount Alexander Shire, the Census was completed by almost 2,329 residents, which equated to 12.7% of our local government area population.

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

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

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

As a result, agencies across Mount Alexander Shire will be better positioned to plan for, develop and enhance public and open spaces, recreation facilities and health promotion services across the municipality, and help influence health and wellbeing outcomes more broadly across the Loddon Campaspe region.

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

Darren Fuzzard
Chief Executive Officer
Mount Alexander Shire Council



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Introduction

The Mount Alexander Shire Council is located in the Loddon Campaspe region, in the centre of Victoria, about 120 kilometres north-west of Melbourne, inhabiting more than 1,529km square kilometres. From health and education to sporting and retail, Mount Alexander has it all, without compromising the importance of the environment and a peaceful and relaxed lifestyle.

With a population of more than 18,000 residents, previously known for its gold rush history and strong agricultural sector, today manufacturing is a key industry. Tourism and the art sector also provide a strong platform for local businesses.

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

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

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

The Process undertaken

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

A hard copy version of the 2019 ALC was sent to households across the municipality, and an online version was also made available.

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

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

In total, 24,549 individual responses were received for the 2019 ALC, including 2,329 from Mount Alexander Shire.

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

Suggested citation

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June 2020

Project management

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

Project funding

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

How the findings can be used

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

The purpose of this document and how to use it

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

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

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

- Mount Alexander population overall
- Local Groups:
 - o Gender
 - o Children and adolescents, 3 – 17
 - o Older adults, 70+
 - o People who require assistance with daily activities
 - o LGBTQIA+
- Each town/suburb in Mount Alexander
 - o Localities were summarised into 6 standard regions within Mount Alexander
- The 10 activities with the highest rate of yearly or more participation

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

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

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

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

Summary Findings



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

- **Summary findings (page 4 - 15)**
- **Groups of interest (page 16 - 23)**
- **Towns / Suburbs (page 26 - 37)**
- **10 most popular physical activities (page 38 - 57)**

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

Summary Findings



This section summarises the findings from the 2019 ALC for Mt Alexander Shire.

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

The physical activity profile includes results from all Mt Alexander Shire residents (3+) relating to exercise, barriers to participation, use of public open spaces and facilities, most popular types of physical

activity, ratings of the facilities where these activities take place, how people get there and how far people travel.

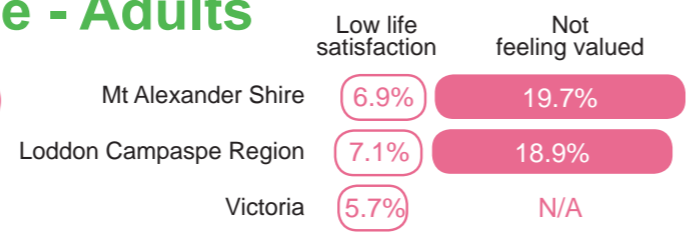
Where possible key findings are compared against recent data specific to Mt Alexander Shire and Victoria (Victorian Population Health Survey 2016) and the Loddon Campaspe Region (2019 ALC).

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

Health and wellbeing profile - Adults

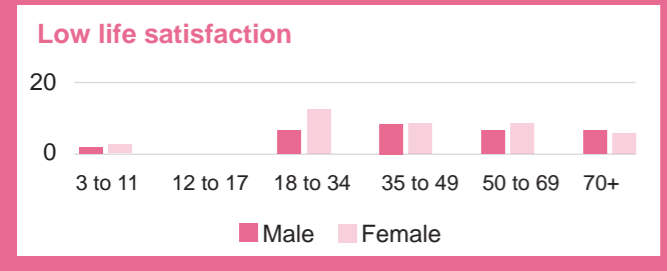
General wellbeing (all residents 3+)

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



Life satisfaction

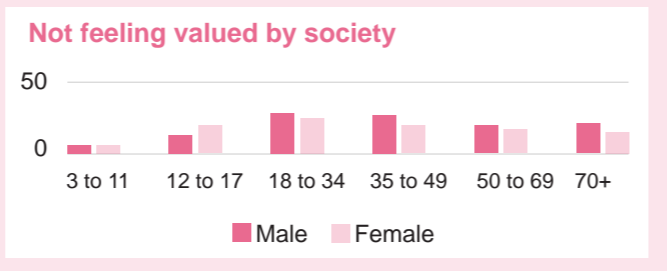
People were asked how satisfied they feel about life in general. Most people have high or very high life satisfaction. The graph below focusses on low life satisfaction.



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

Valued by society

People were asked whether they feel valued by society. Most people "sometimes" or "definitely" feel valued by society. The graph below focusses on those who do not feel valued by society.



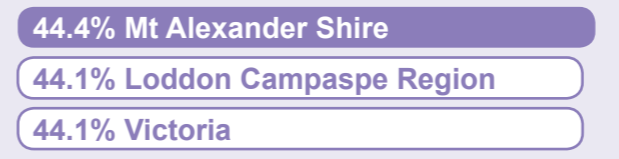
General health

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

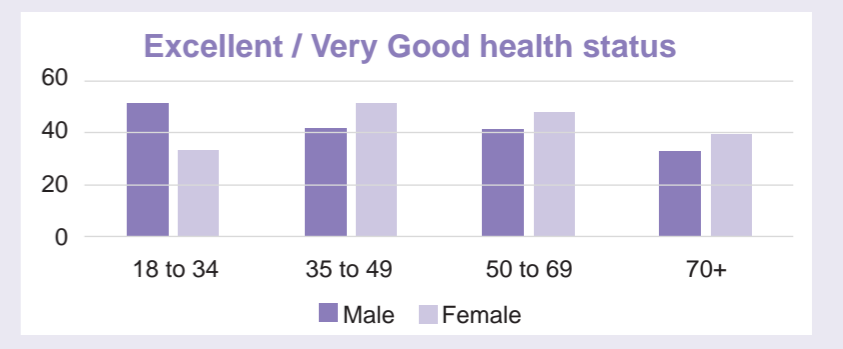
People responded to the statement, "In general, would you say your health is..." by selecting one of the 5 response options: excellent, very good, good, fair, poor.



Very good or excellent health



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

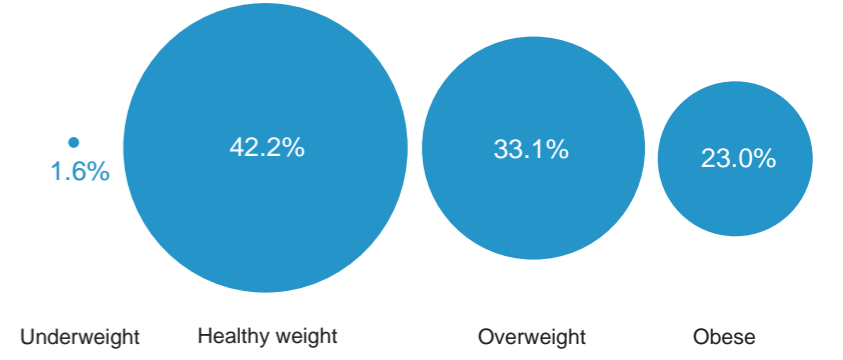


Overweight and obesity

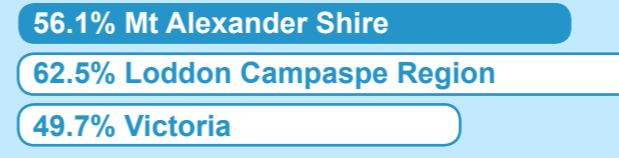
Adults were asked their height and weight to calculate Body Mass Index; a common and cost-effective measurement of weight status that has some limitations.

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

More than 1 in every 2 adults in Mt Alexander Shire are overweight or obese.



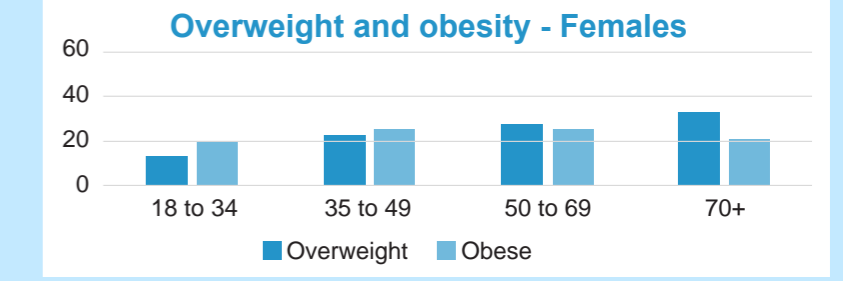
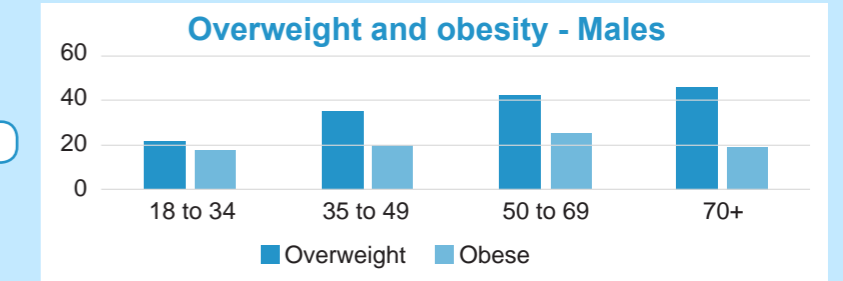
Overweight and obesity



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

Groups to focus on:

- Adults 50+ years old
- Low income households
- People with low education



Food security

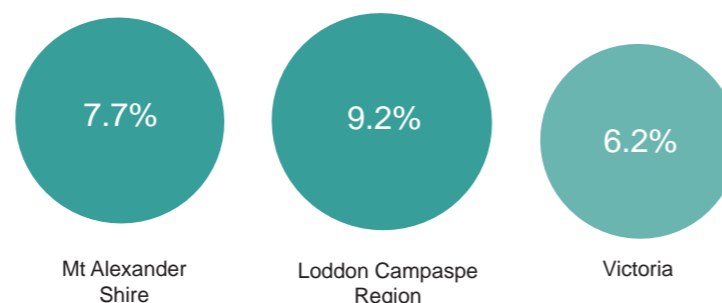
Food security exists when all people, at all times, have physical and economic access to sufficient, safe, nutritious and culturally appropriate food that meets their dietary needs and food preferences for an active and healthy life.

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

1 in 13 households in Mt Alexander Shire are food insecure - they do not have enough to eat.

In some areas, this increases to 1 in 11 households.

Food insecurity rate



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

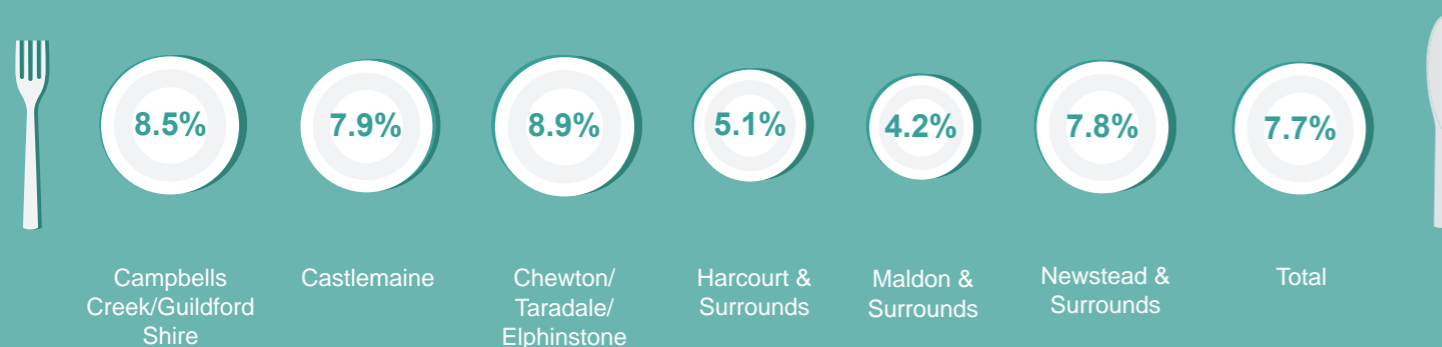
Recommended daily consumption

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

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

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

Household has run out of food in the last 12 months



People who experience food insecurity are more likely to:

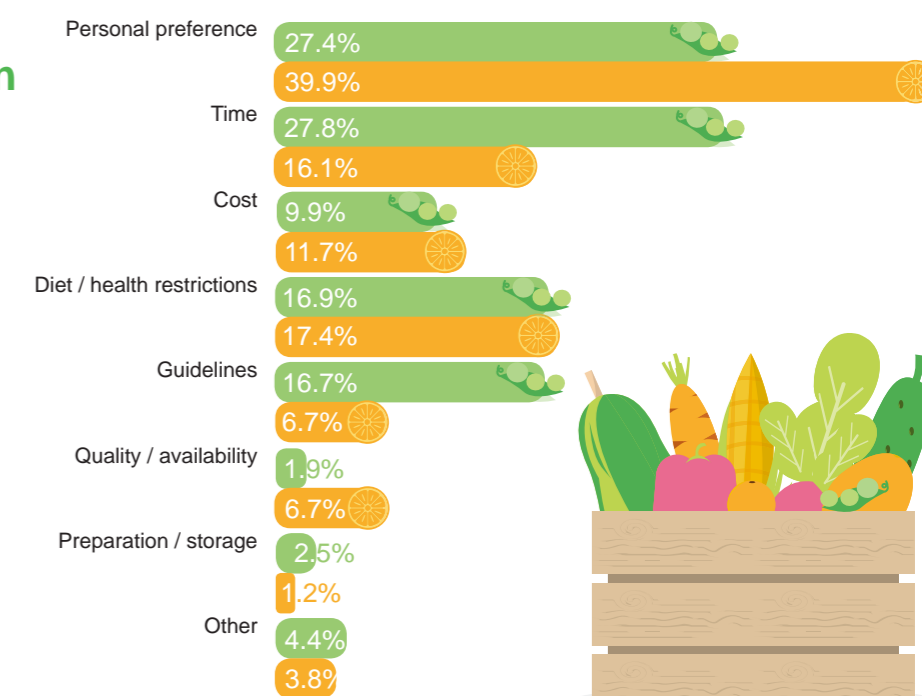
- Report poorer physical and mental health
- Be overweight
- Have an unhealthy diet with low levels of fruit, vegetable and water consumption and high rates of sugary drink consumption



Barriers to fruit and vegetable consumption

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

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



A 'serve' of vegetables is ½ cup of cooked vegetables or 1 cup of salad vegetables and a serve of legumes or beans is ½ cup of cooked, dried or canned beans, peas or lentils.

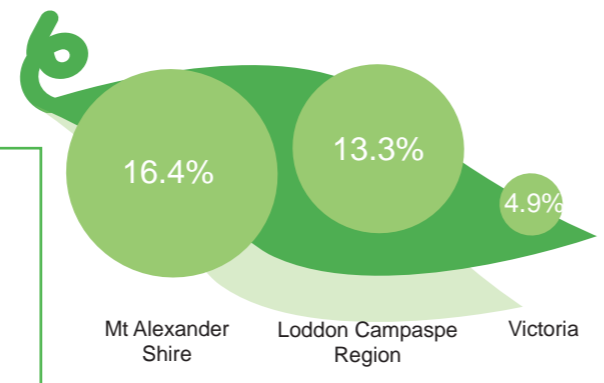
A 'serve' of fruit is 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces.

Vegetables

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

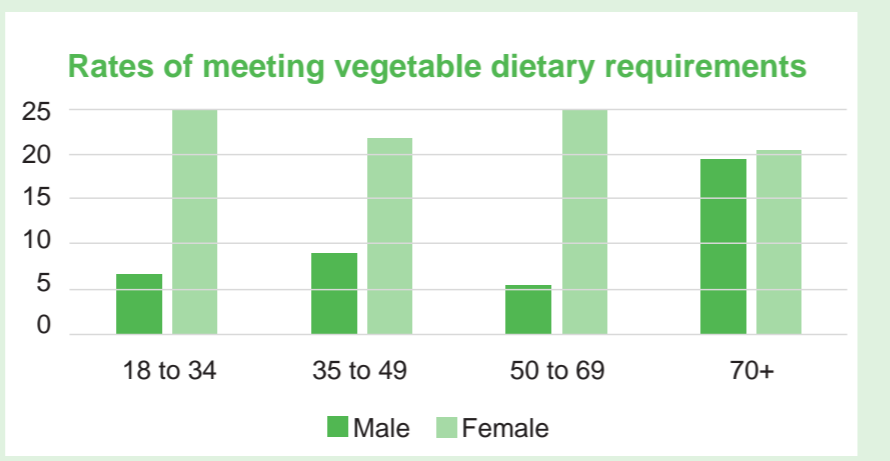
Only 1 in 6 adults meet the daily vegetable consumption guidelines.

People tend to eat more vegetables as they get older.



Females are more likely than males to meet the vegetable consumption guidelines (23.4%, compared to 9.2%).

On average, Mt Alexander Shire adults eat 3.1 serves of veg per day.

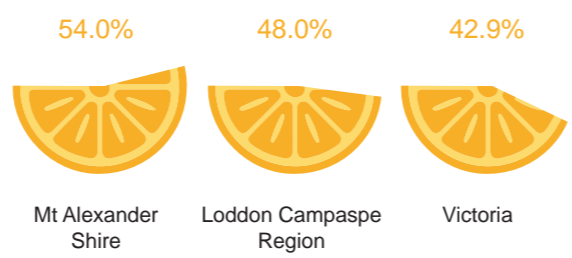


Fruit

Health experts recommend eating two serves of fruit per day.

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

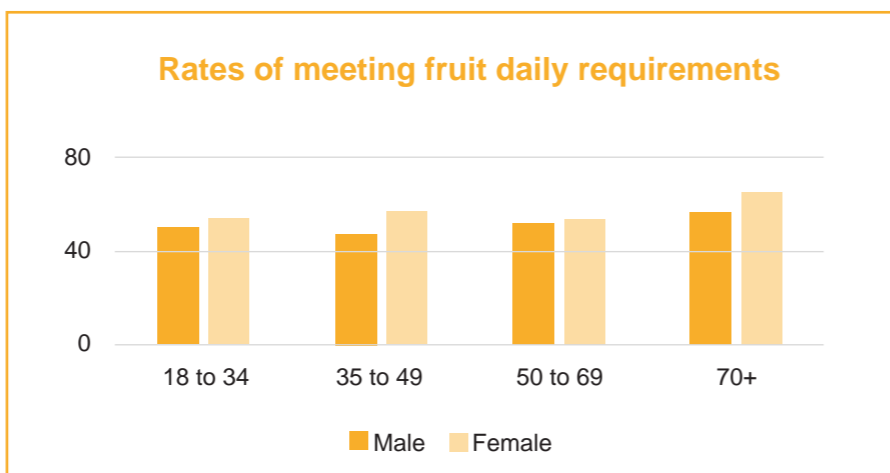
There are no significant gender differences, but adults aged over 70 are most likely to meet fruit consumption guidelines.



On average, Mt Alexander Shire adults eat 1.7 serves of fruit per day.

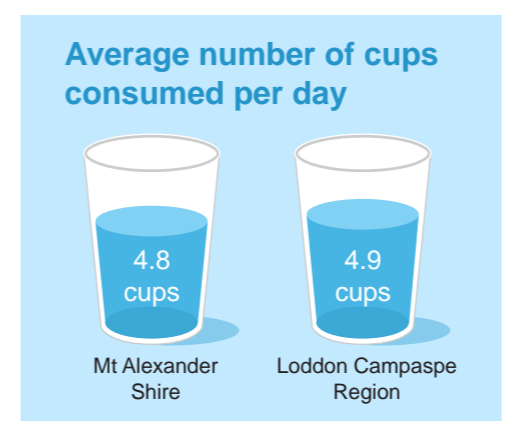
Standout finding!

People who identify as LGBTQIA+ eat the most fruit in Mt Alexander Shire. 2.0 serves per day

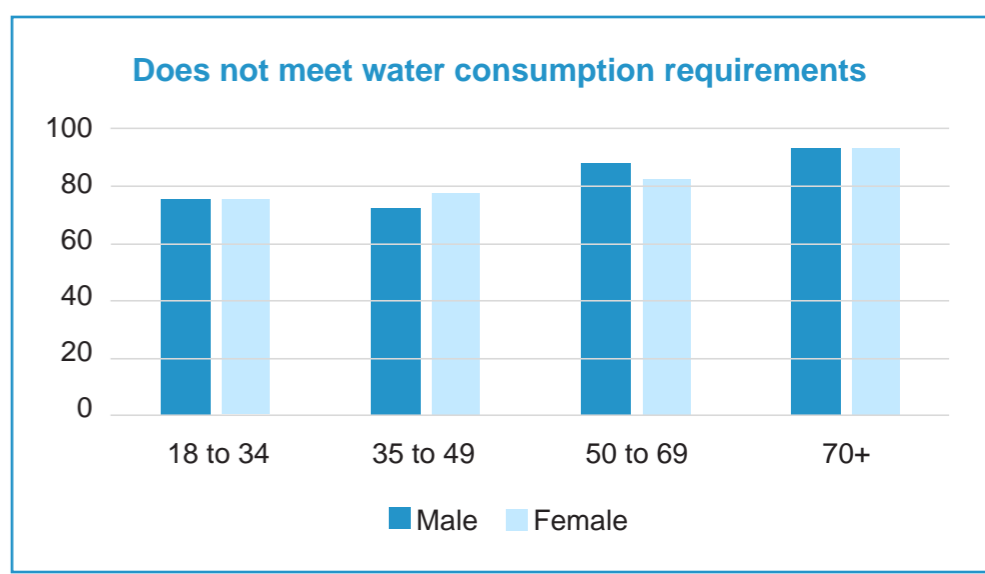


Water

Mt Alexander Shire adults drink an average of 4.8 cups of water per day, with only 18% drinking 8 cups (2 litres) or more.



Levels of water consumption decline with age.



Sugary drinks

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

Daily consumption of sugary drinks

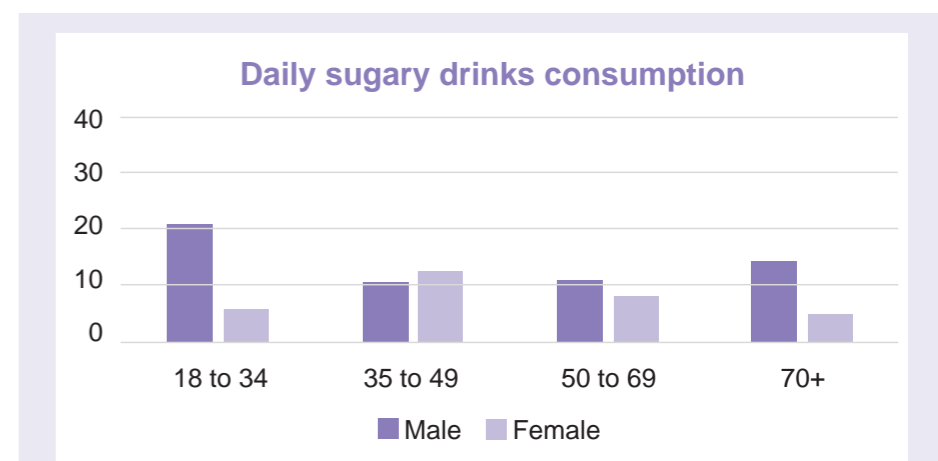
- 10.5% Mt Alexander Shire
- 14.0% Loddon Campaspe Region
- 11.2% Victoria



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

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

- Groups to focus on:**
- Males 18-34
 - Aboriginal and/or Torres Strait Islander people
 - People with a disability
 - Low income households



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

Alcohol

Frequency of alcohol consumption

People were asked how often they consume an alcoholic drink.



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

Binge drinking

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



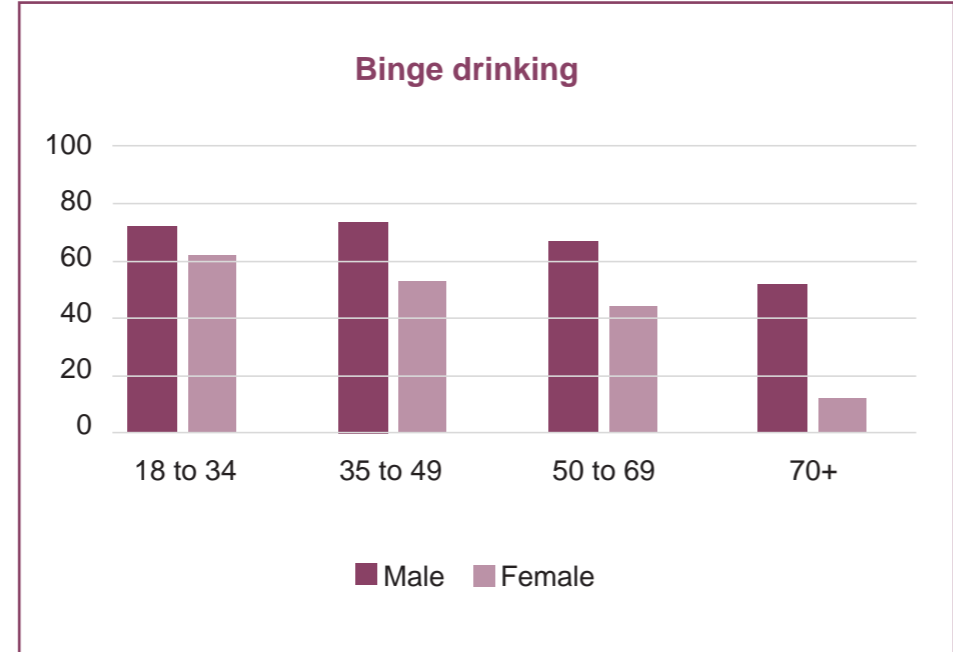
53.5% drink at potentially dangerous levels at least once a year.

Binge drinkers were more likely to also report:

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

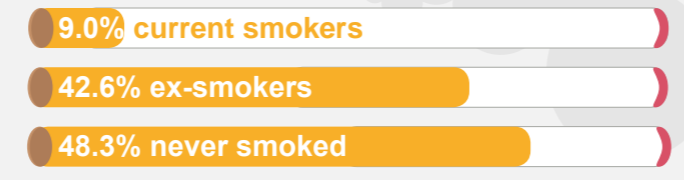
Groups abstaining from alcohol at high rates

- Older females
- English as a second language
- People with a disability
- Low income and food insecure households



Smoking

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

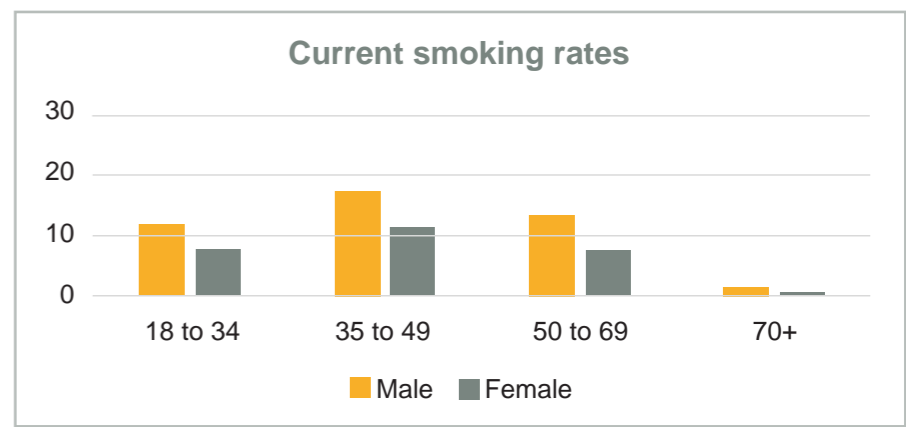
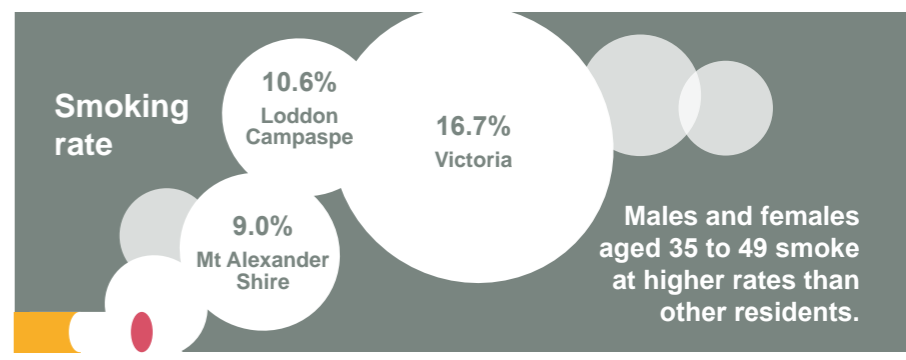


Current smokers were more likely to also report:

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

Groups to focus on:

- Males 35-69
- Females 35-49
- Aboriginal and/or Torres Strait Islander people
- Low income and food insecure households
- People who identify as LGBTQIA+



Gambling

People were asked how often they gamble.

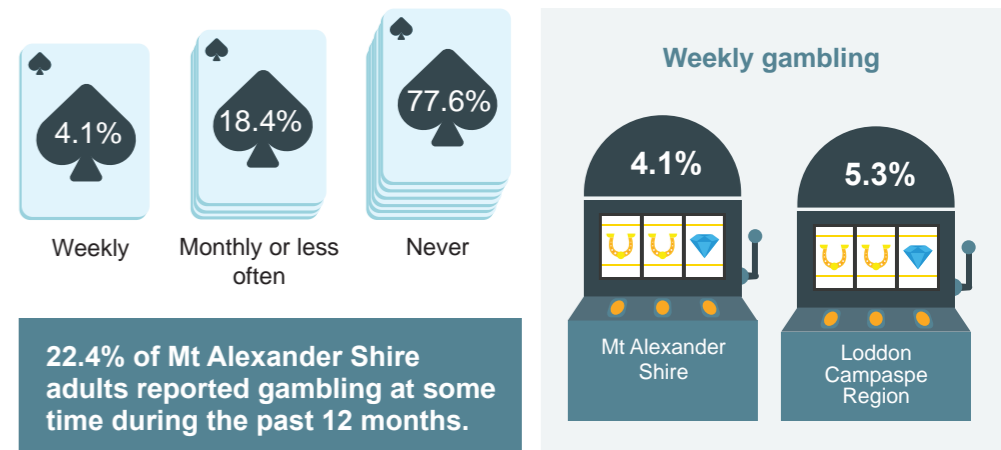
People who gamble weekly or more were also more likely to report:

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

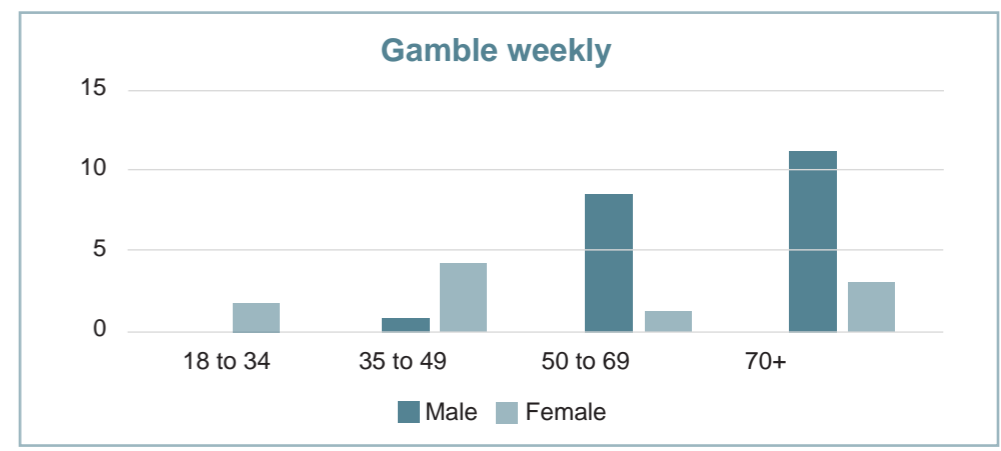
Groups to focus on

- Males 50+
- People with low education
- English as a second language
- People with a disability

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



22.4% of Mt Alexander Shire adults reported gambling at some time during the past 12 months.



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

1.2% of all adults report experiencing harm from gambling.

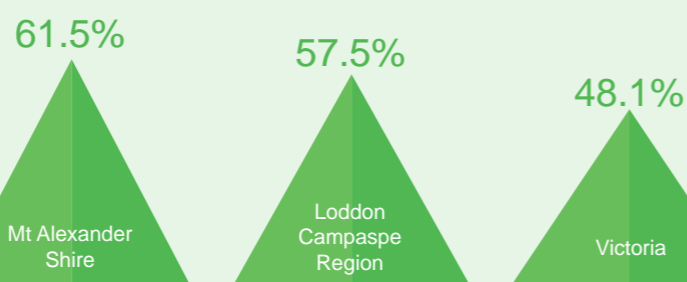
2.5% of adults who gamble report experiencing harm from gambling.

Physical activity profile – All residents

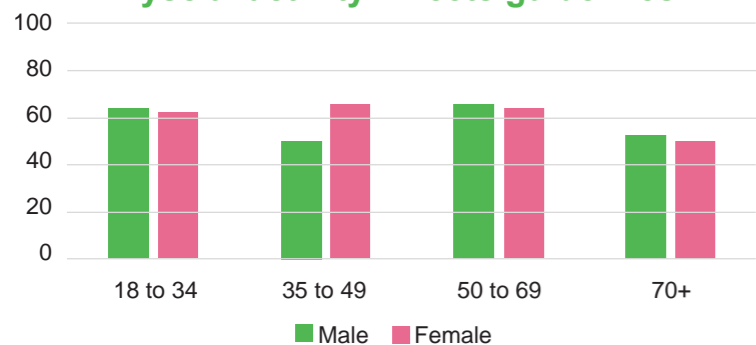


People are described as having met the physical activity guidelines if they engaged in moderate or vigorous intensity activity for sufficient time ranging from 75 minutes to 300 minutes per week depending upon the activity.

Adults physical activity – Meets guidelines



Physical activity - Meets guidelines



Groups to focus on:

- Males: 35-49
- Aboriginal and Torres Strait Islander people
- Low income households
- People with disability

61.5% of Mt Alexander Shire residents meet the physical activity guidelines.

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

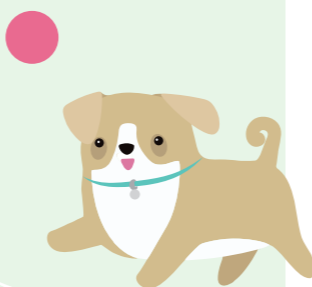
2 in every 3 people who meet physical activity guidelines report good to excellent general health and wellbeing

People in Mt Alexander Shire want to be more active more often!

55.3% of people want to do more activity.

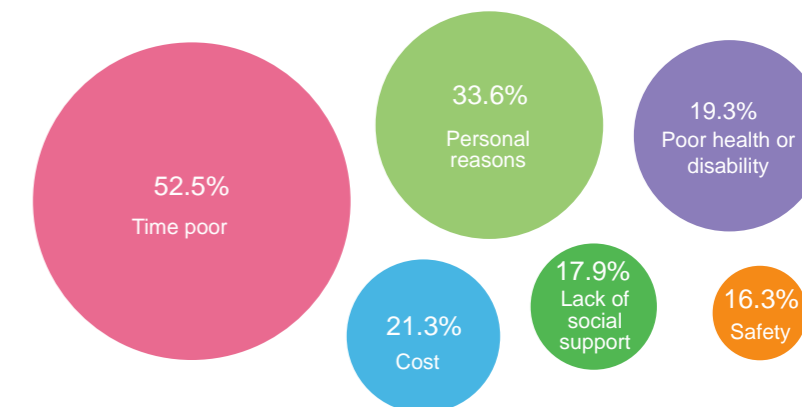
In particular:

- Adults: 35-49
- English not main language
- Aboriginal and Torres Strait Islander people
- People who identify as LGBTQIA+
- People with a high education
- Low income and food insecure households



Barriers to participation

Some groups were particularly affected by certain barriers to participation in physical activities. For example, cost was identified at high rates by food insecure or low-income household.



Public facilities and open spaces

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

Frequency of public open space use

91.3% of people reported using open spaces, with 63.9% using open spaces weekly or more often.



Use of public facilities

Footpaths rated as the highest used facility with 86.0% of people reporting using footpaths.

Footpaths	86.0%
Parks	85.4%
Off-road walking and cycling tracks	75.2%
Halls / community centres	52.2%
Community gardens	49.9%
Sports grounds, ovals and clubrooms	45.4%
Swimming pools / splash parks	45.3%
Indoor sports / leisure / fitness centres	33.7%
Hard courts (e.g. netball / tennis)	19.5%
Playgrounds	19.1%
Skateparks / BMX	14.7%
After hours usage of education facilities	14.1%

Females were more likely to use most of the public facilities except sports grounds, ovals and clubrooms and skateparks or BMX facilities (where males were more likely users).

Main recreation facilities used

(Excludes unnamed facilities such as footpaths).

1.	Castlemaine Botanical Gardens
2.	Castlemaine War Memorial Stadium
3.	Gurri Wanyarra Wellbeing Centre, Kangaroo Flat
4.	Chewton Soldiers Memorial Park
5.	Maine Fitness, Castlemaine
6.	Mount Alexander Golf Course, Castlemaine
7.	Over the moon yoga and dance studios, Castlemaine
8.	Camp Reserve, Castlemaine
9.	Castlemaine Lawn Tennis Club
10.	Kyneton Sports and Aquatic Centre

Reasons for using public facilities and open spaces

Health benefits, fun and enjoyment rated as the top reasons people use public facilities and open spaces.



Exercise / health and fitness	70.3%
For fun / enjoyment	63.6%
Socialising with family / friends	63.2%
Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends)	56.7%
Getting back to nature	44.2%
For time to myself	41.1%
Exercising the dog	35.4%
Organised sport (e.g. cricket or netball for a club)	26.3%
Commuting (i.e. to get from a to b)	26.1%

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

Walking tracks / footpaths	25.8%
Exercise equipment (including sporting fields / facilities)	24.6%
Bicycle tracks / lanes and skate facilities	18.0%
Dog friendly areas	8.6%
Accessibility	7.7%
Lighting	7.4%
Safety measures / restrictions (including dogs on leashes)	7.1%
Toilets / change rooms	6.9%
Cover / shade / shelter	4.1%
Bins / rubbish collection / clean environment	3.7%
Improve signage / maps / communication	3.5%
Seating	3.2%
Drinking fountains	2.8%
Maintenance / management of spaces and facilities	2.6%
More / better vegetation / trees / gardens	2.4%
Playgrounds	1.8%
More / better facilities	1.4%

Some areas suggested certain improvements at high rates, including:

Improvements for walking tracks and footpaths, exercise equipment, and bicycle tracks or lanes and skate facilities were among the main suggestions provided for Mount Alexander shire. The other common mentions for each suburb were:

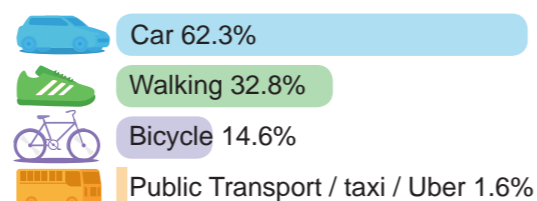
Lighting and safety measures	Castlemaine
Dog friendly areas and lighting	Campbells Creek
Safety measures / restrictions, bike tracks and skate facilities	Maldon
Lighting, bins / rubbish collections	Newstead
Cover / shade / shelter and toilets / change rooms	Chewton

Transport - Distance to activities

On average, People of Mount Alexander Shire travel 14.1km to get to their activity.

Residents of the Chewton / Taradale / Elphinstone and surrounds area travel the furthest to get to their activities.

Mode of transport



Participation in activities

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

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

Facility quality and accessibility

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

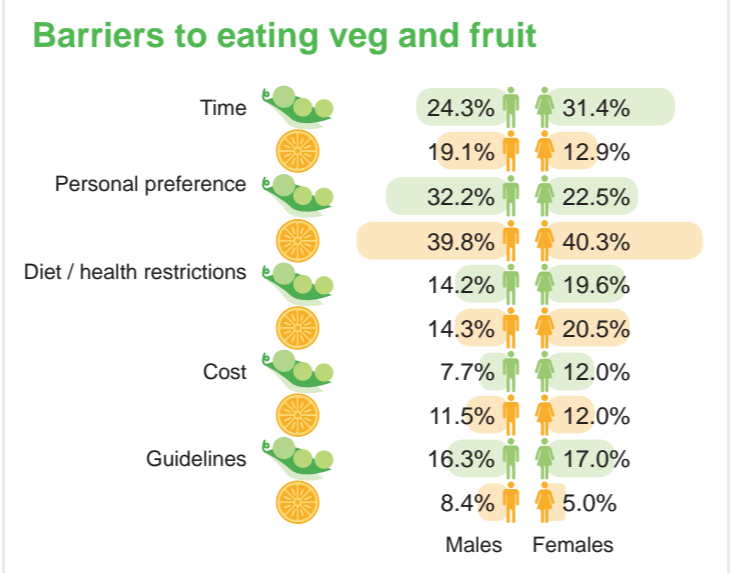
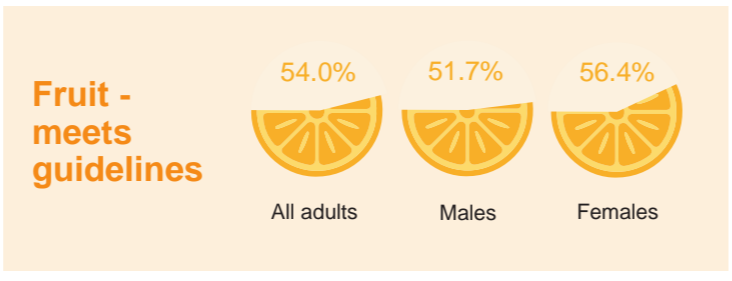
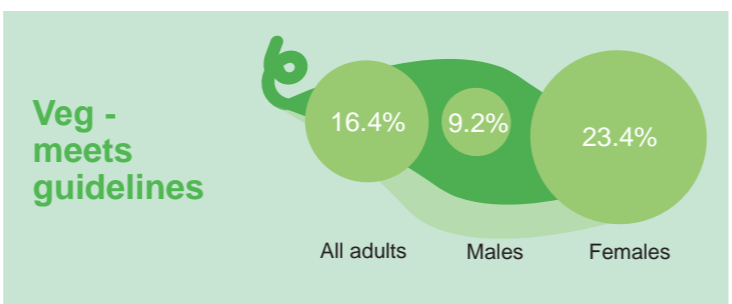
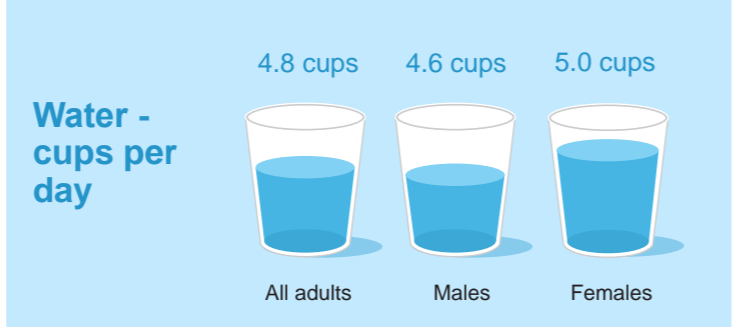
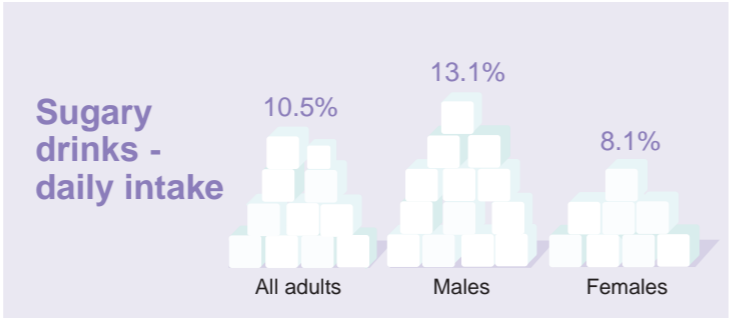
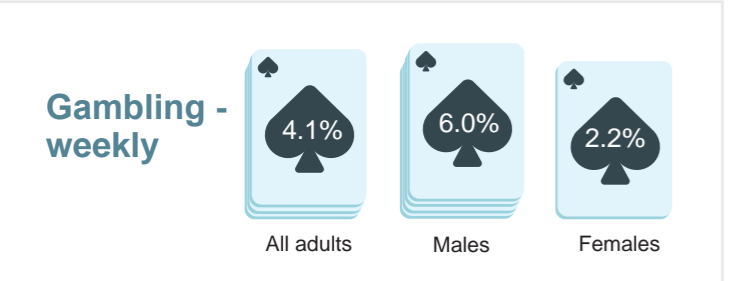
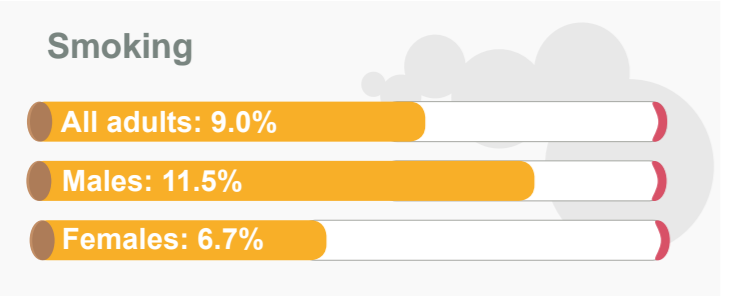
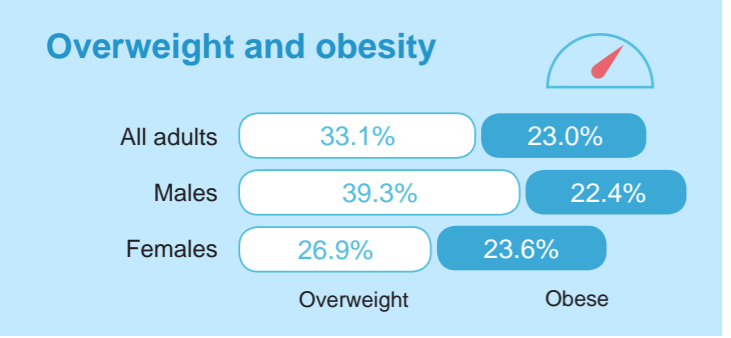
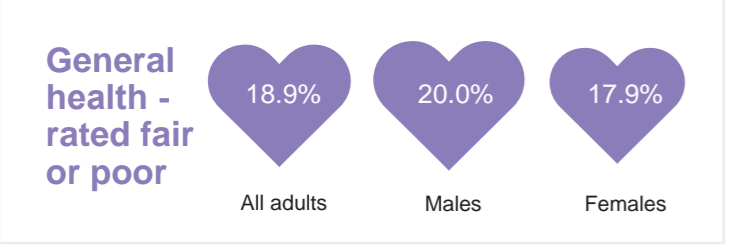
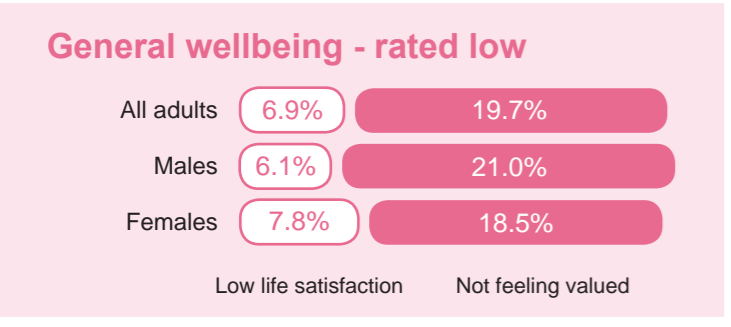
Facilities were rated on a 5-point scale where **1 = very poor, 2 = poor, 3 = average, 4 = good, 5 = excellent.**

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

Activity	Total	Weekly	Quality (out of 5)	Accessibility (out of 5)
Walking	21.6%	81.3%	4.1	4.2
Swimming	9.5%	40.0%	4.0	3.9
Bush walking / Hiking	8.6%	39.6%	4.1	4.1
Cycling: General cycling for recreation or transport	6.7%	53.9%	3.6	3.9
Fitness: Gym	4.5%	75.5%	4.0	4.2
Active play (at playgrounds / play centre)	4.4%	65.2%	4.3	4.3
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.6%	75.3%	4.4	4.3
Jogging / Running	3.6%	66.6%	4.2	4.4
Cycling: Mountain bike riding	3.5%	51.4%	4.3	4.2
Dancing / Ballet / Calisthenics	2.6%	79.1%	4.4	4.3
Fishing	2.2%	6.9%	3.9	3.9
Soccer (indoor / outdoor)	2.1%	81.0%	4.0	4.0
Australian rules football	1.9%	76.5%	4.0	4.1
Tennis (indoor / outdoor)	1.8%	45.3%	4.0	4.4
Cycling: Road and sport cycling	1.8%	68.8%	3.4	4.1
Golf	1.5%	35.3%	3.9	4.3
Fitness: Outdoor fitness / Personal training / Group activities	1.5%	68.3%	4.3	4.4
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	1.3%	10.8%	3.7	3.2
Weight lifting / Body building	1.2%	80.7%	4.4	4.4
Basketball (Indoor / Outdoor)	1.1%	61.8%	4.1	4.3

Health and wellbeing profile - Adults

Each member of the household was asked what gender best represents them. The section on gender summarises findings from 958 males and 1,297 females including 802 adult males and 1,119 adult females. A further 12 residents in the Mount Alexander Shire selected 'gender diverse / non-binary / self-described' (number too low to report).



Physical activity profile - All residents

Most popular activities

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

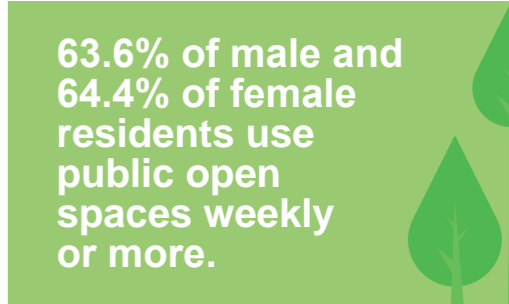
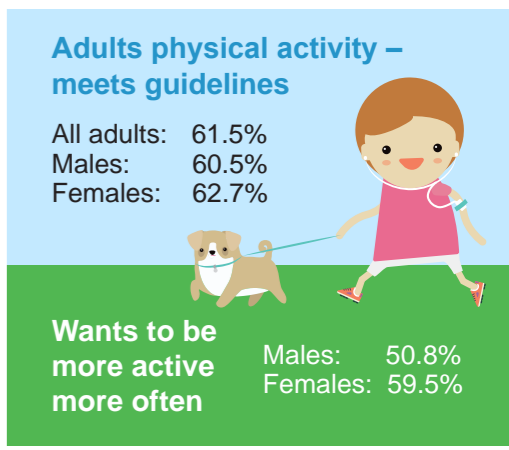
Male participation		Female participation	
Walking	18.8%	Walking	24.2%
Swimming	8.6%	Swimming	10.4%
Bushwalking / hiking	8.4%	Bushwalking / hiking	9.0%
Cycling for recreation or transport	7.2%	Cycling for recreation or transport	6.3%
Mountain bike riding	4.9%	Indoor group fitness	6.0%
Fitness / Gym	4.2%	Active play	5.0%
Jogging / running	3.9%	Fitness / Gym	4.8%
Active play	3.8%	Dancing / Ballet / Calisthenics	3.9%
Australian rules football	3.5%	Jogging / Running	3.2%
Soccer	3.2%	Mountain bike riding	2.1%

Barriers to being more active

	Time Poor	Personal Reasons	Cost	Poor health / disability	Lack of social support	Safety
Male	53.9%	25.6%	13.9%	21.3%	12.9%	10.3%
Female	49.8%	35.0%	25.0%	22.1%	17.6%	19.6%

Public facilities and open spaces - rate of use

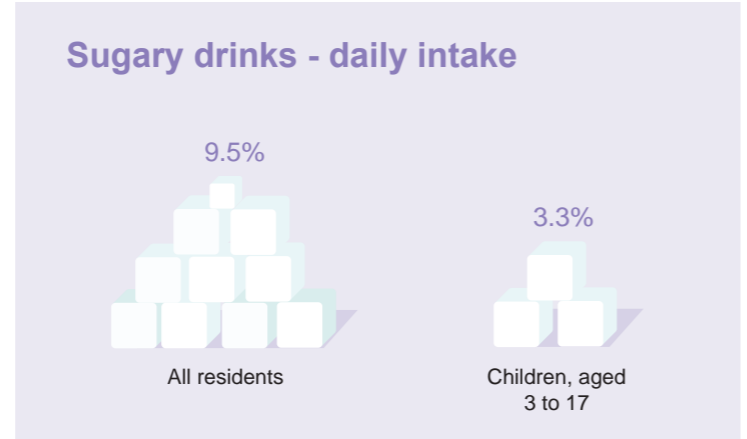
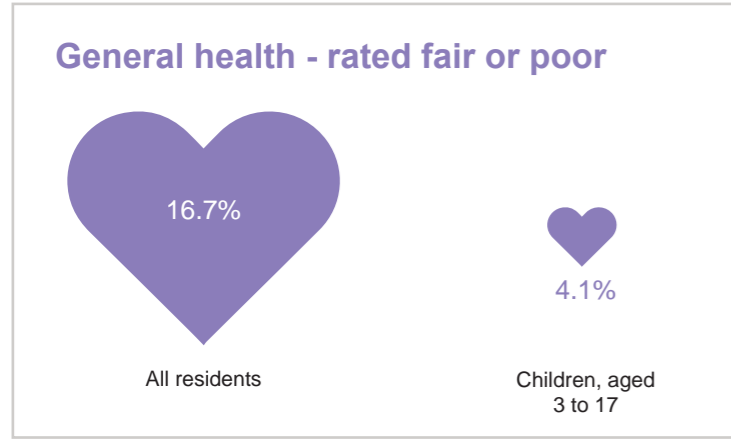
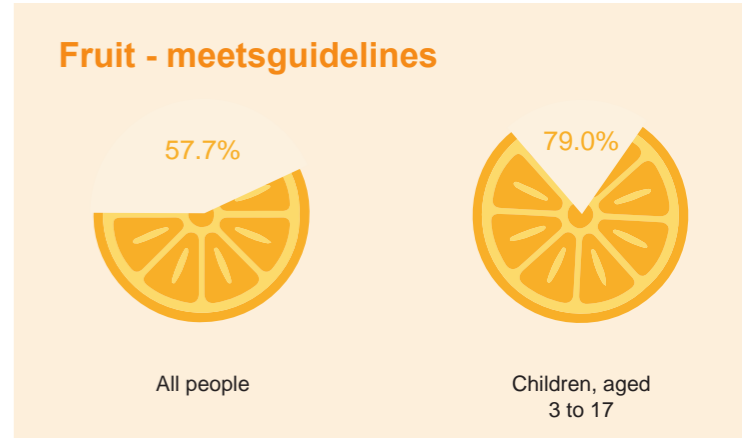
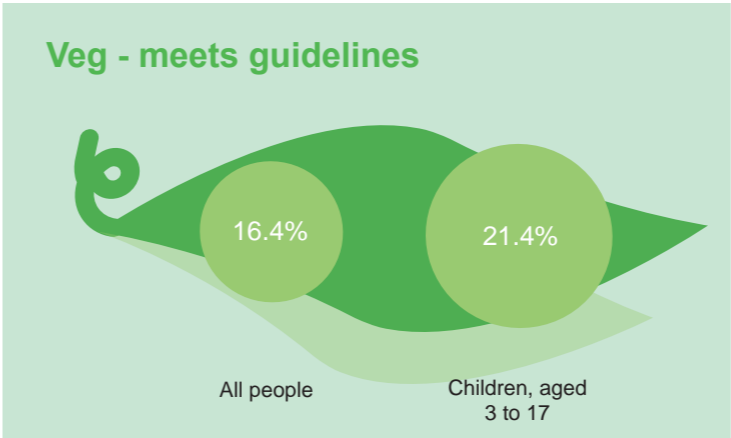
Facility	Male	Female
Footpaths	85.1%	87.0%
Parks	84.0%	87.7%
Off-road walking and cycling	74.5%	76.1%
Sports grounds, ovals and clubrooms	49.6%	41.8%
Community gardens	48.1%	51.8%
Halls / community centres	46.8%	58.1%
Swimming pools / splash parks	42.4%	47.6%
Indoor sports / leisure / fitness centres	30.9%	36.8%
Hard courts (e.g. netball / tennis)	18.2%	21.0%
Playgrounds	17.6%	20.8%
Skateparks / BMX	16.9%	12.5%
After hours usage of education facilities	13.7%	14.4%



Health and wellbeing profile



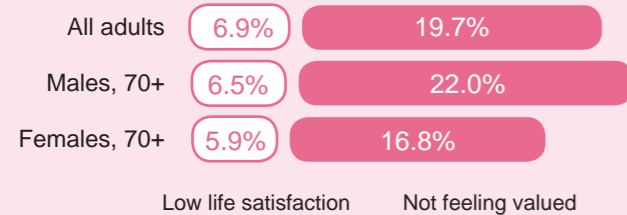
This section summarises findings from 265 children aged from 3 to 17 years old. This includes 173 children aged 3 to 11, who made up 7.6% of the sample, and 92 children aged 12 to 17, who made up 4.0% of the sample (before weighting). Parents were able to fill in the survey for all children over the age of 3 years old, and children aged 14 and over were able to fill in the survey themselves, if their parents agreed. The extent to which children were involved in responding to the survey questions may have differed within and between households. Results for males and females aged 3 to 11 and 12 to 17 can be found in the Loddon Campaspe report (numbers too low to report for Mt Alexander Shire).



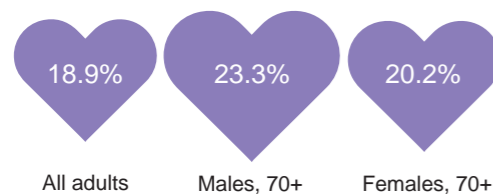
This section summarises findings from 522 adults aged over 70 years old, who comprised 22.9% of all survey participants (adjusted during weighting). A total of 230 men and 285 women aged 70 years and older completed the survey. See the Topline Rreport for results about adults aged 50 to 69 years.

Health and wellbeing profile

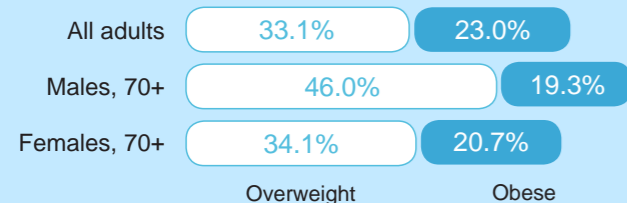
General wellbeing - rated low



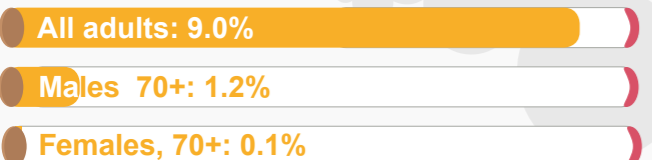
General health - rated fair or poor



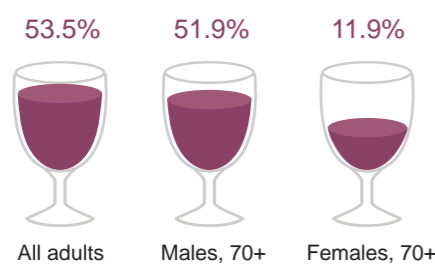
Overweight and obesity



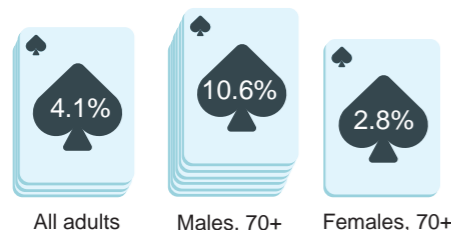
Smoking



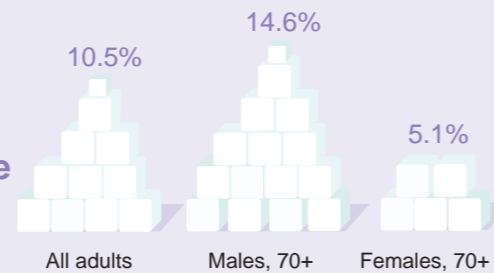
Alcohol - binge drinking



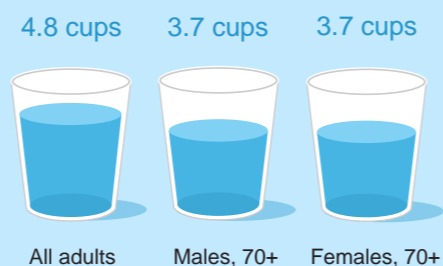
Gambling - weekly



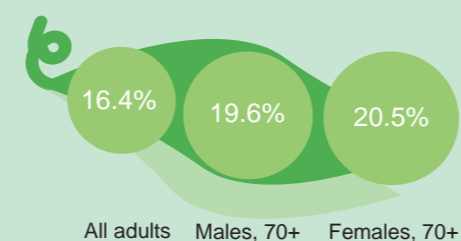
Sugary drinks - daily intake



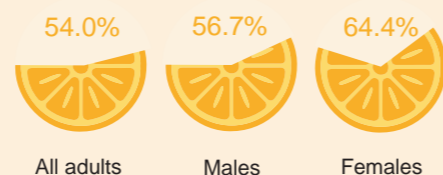
Water - cups per day



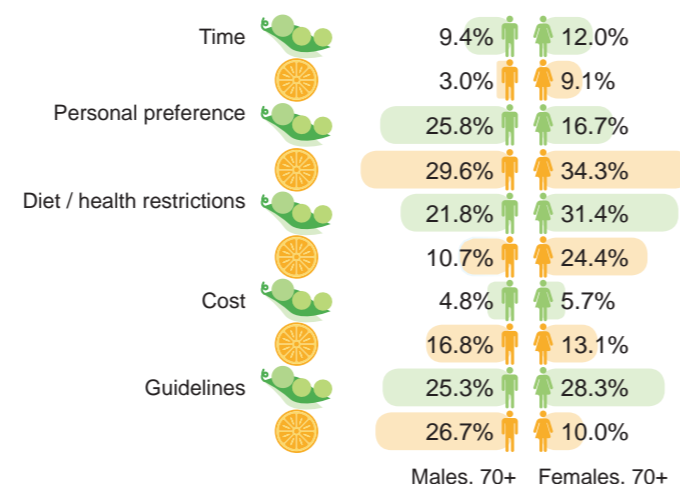
Veg - meets guidelines



Fruit - meets guidelines



Barriers to eating veg and fruit



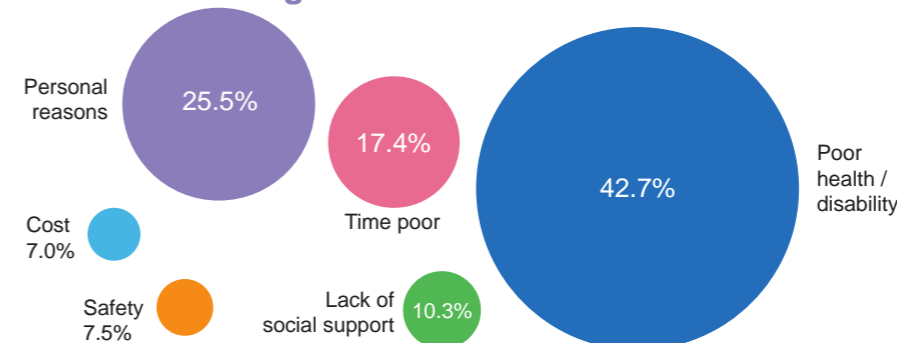
Physical activity profile

Most popular activities

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

	Male, 70+ participation	Female, 70+ participation
Walking	29.5%	35.9%
Bush walking / hiking	13.1%	9.6%
Cycling for recreation or sport*	5.7%	6.4%
Swimming*	5.1%	6.1%
Golf*	4.9%	5.8%
Fitness / Gym*	4.4%	3.2%
Indoor group fitness*	3.8%	2.6%
Fishing*	3.8%	2.2%
Active Play*	1.7%	1.2%
Dancing / Ballet / Calisthenics*	1.1%	1.1%

Barriers to being more active



Public facilities and open spaces - rate of use

Facility	People, 70+ %
Parks	69.7%
Halls / community centres	56.4%
Community gardens	36.0%
Sports grounds, ovals and clubrooms	24.4%
Indoor sports / leisure / fitness centres	18.1%
Swimming pools / splash parks	16.7%
After hours usage of education facilities	6.9%
Hard courts (e.g. netball / tennis)	3.8%
Playgrounds	2.4%
Skateparks / BMX	1.4%

Physical activity - meets guidelines

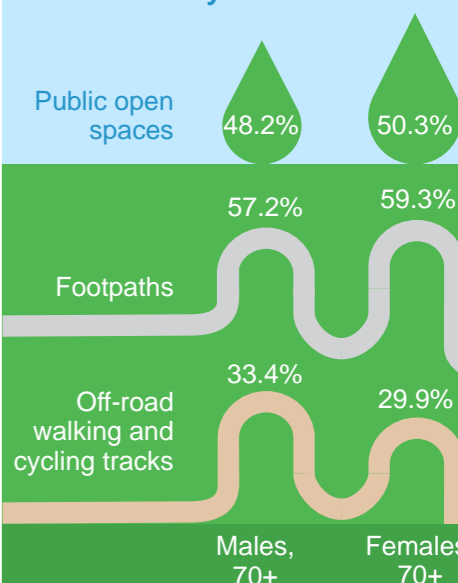
150-300 minutes of moderate physical activity, or 75-150 minutes of vigorous physical activity each week.

All adults: 61.5%
Males, 70+: 58.2%
Females, 70+: 57.2%

Wants to be more active more often

Males, 70+: 42.8%
Females, 70+: 44.2%

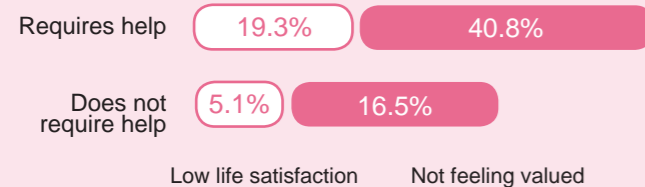
Used weekly or more



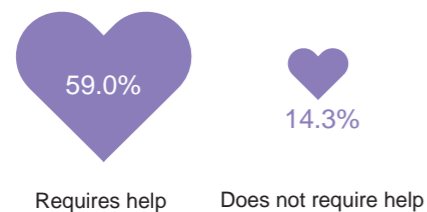
*Interpret findings with caution due to a small sample size.

Health and wellbeing profile - Adults

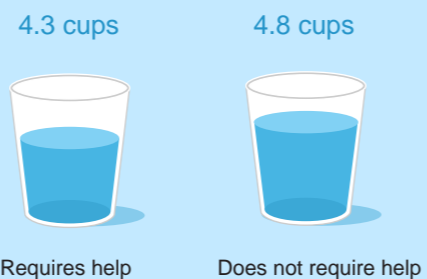
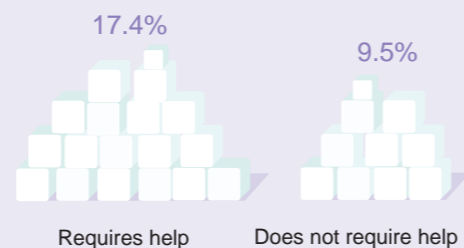
General wellbeing - rated low



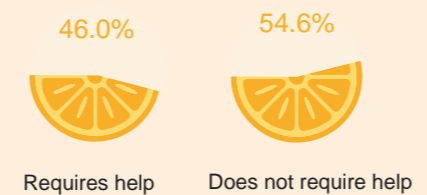
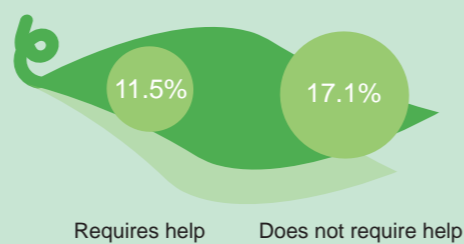
General health - rated fair or poor



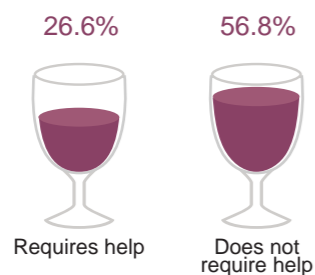
Sugary drinks - daily intake



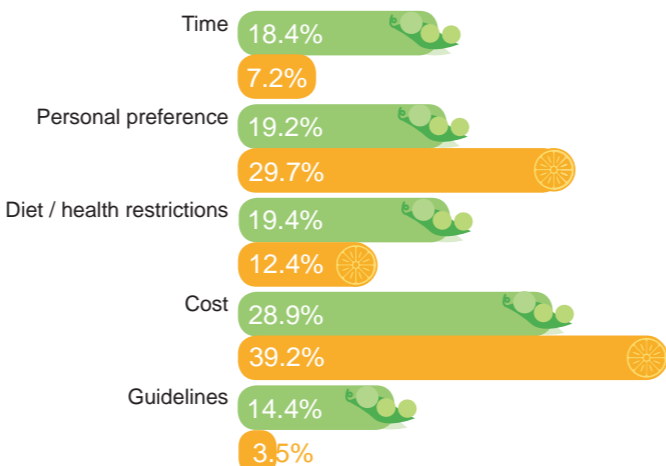
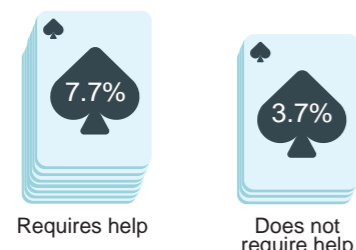
Veg - meets guidelines



Alcohol - binge drinking

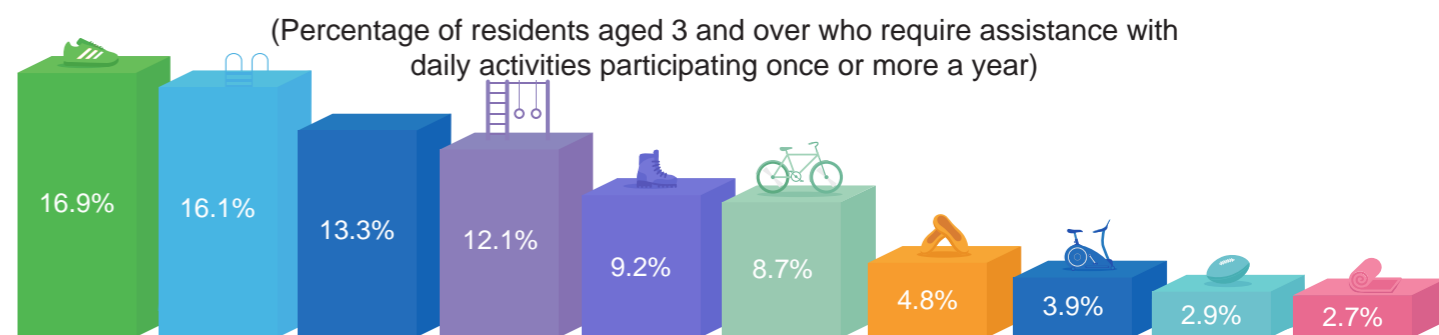


High rates of non-drinkers!

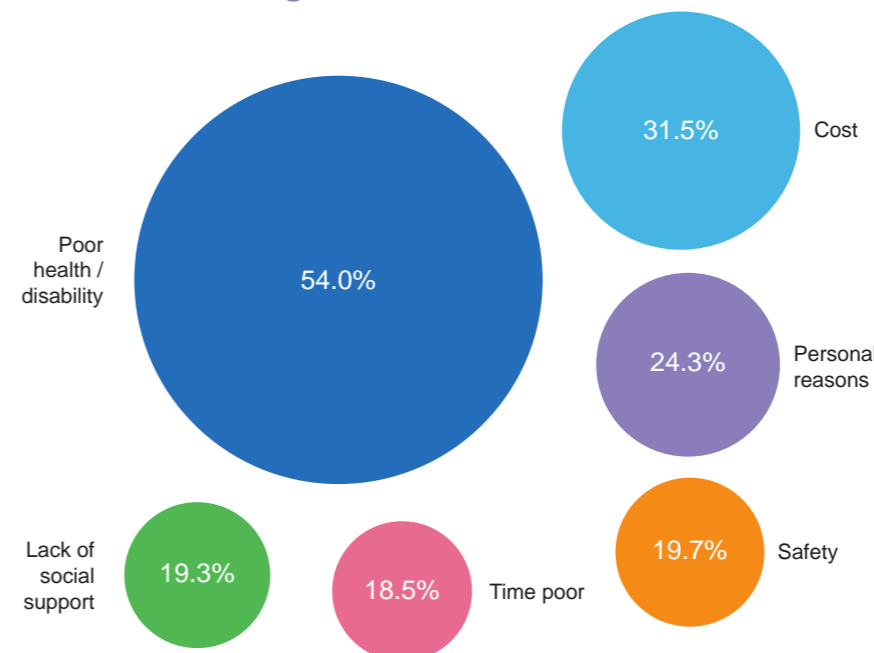


Physical activity profile - All residents

Most popular activities



Barriers to being more active



Public facilities and open spaces - rate of use

Adults physical activity - meets guidelines

Requires help: 46.6%
Does not require help: 63.3%

Wants to be more active more often

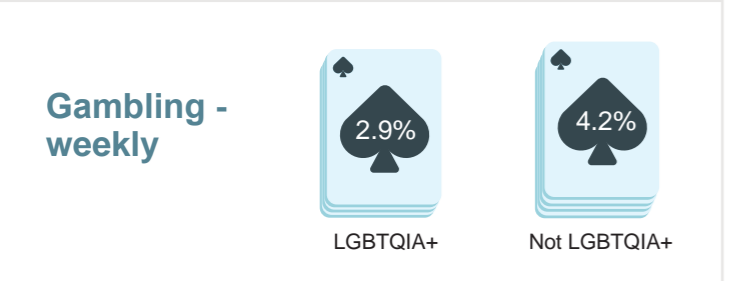
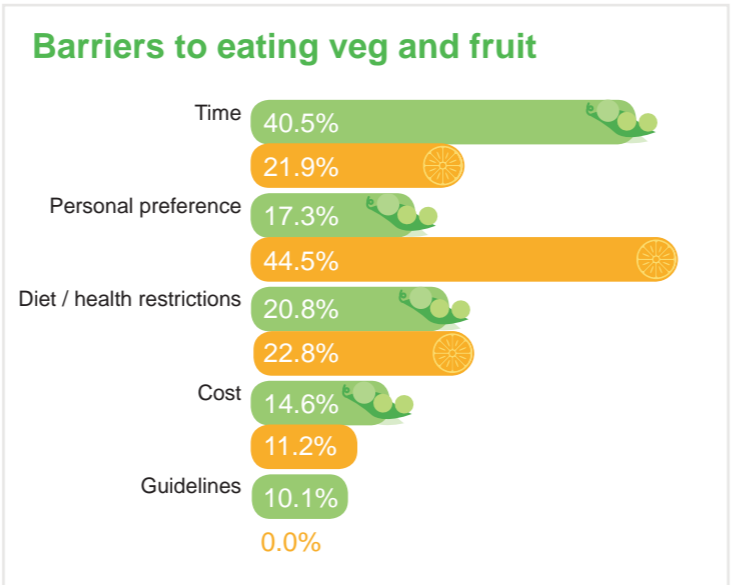
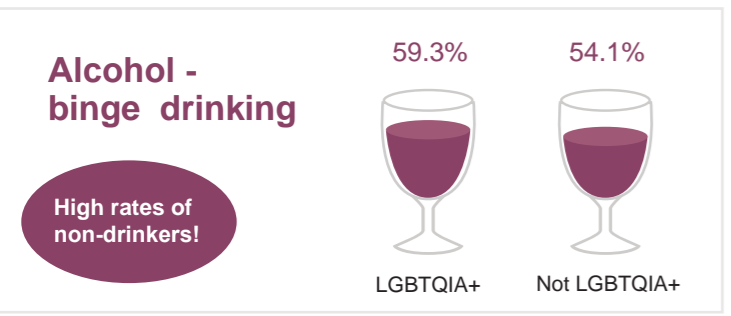
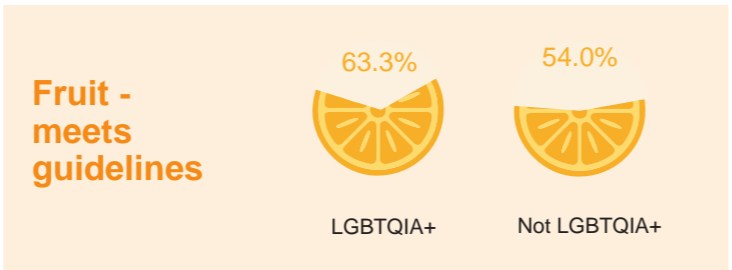
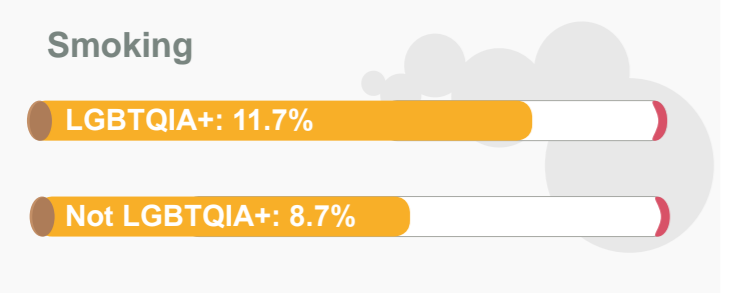
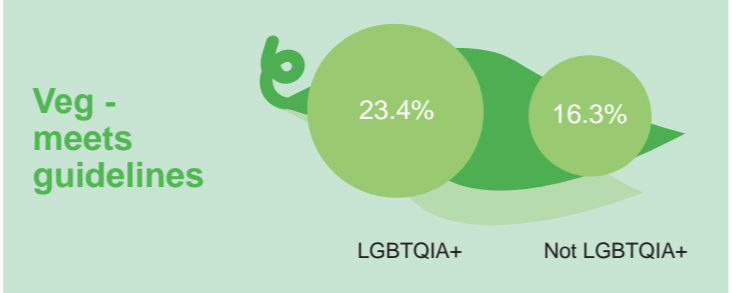
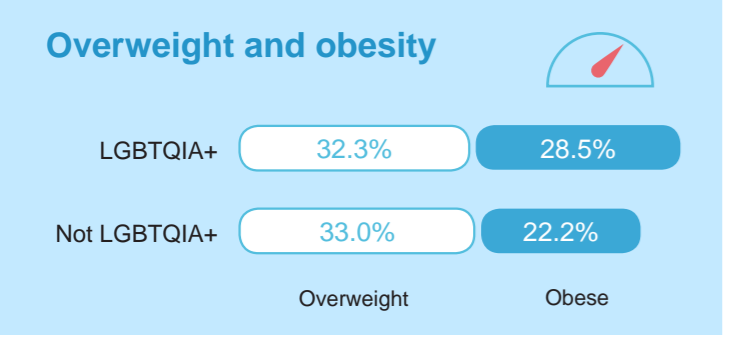
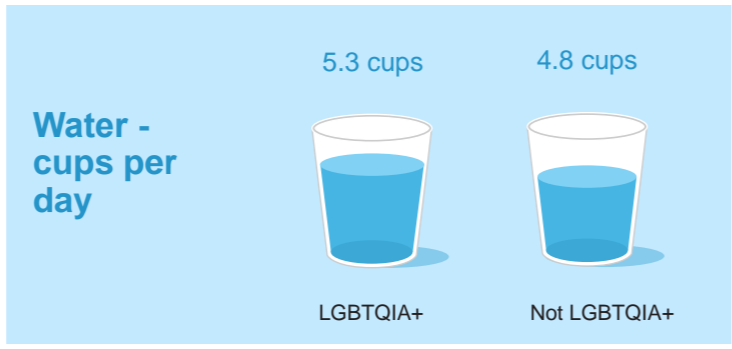
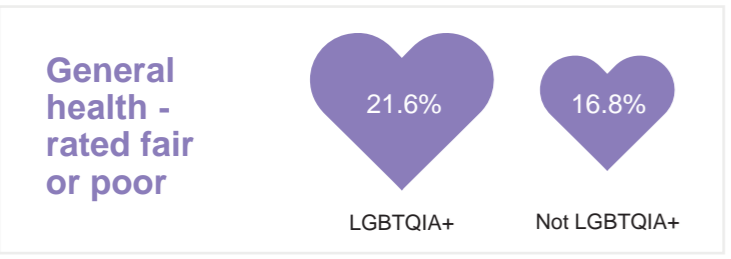
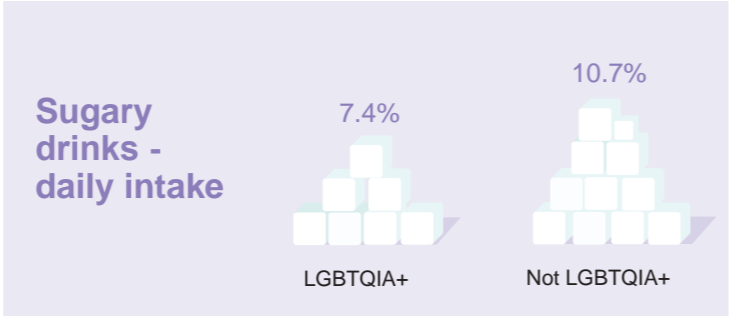
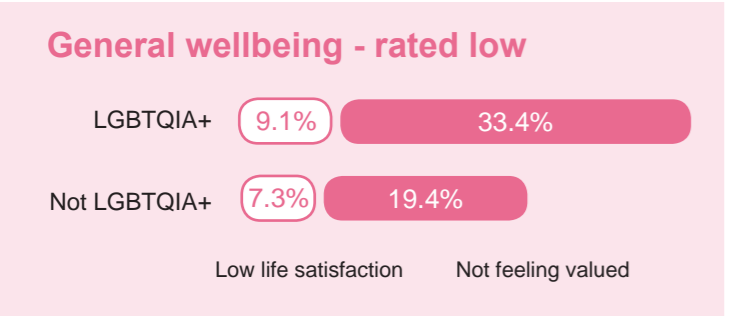
Requires help: 57.2%
Does not require help: 55.2%

57.1% of residents who require help use public open spaces weekly or more

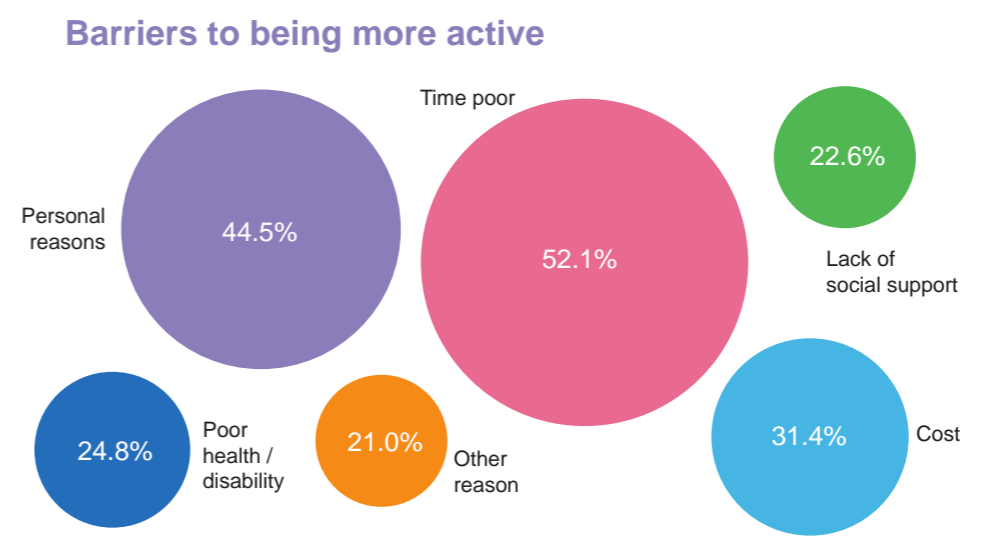
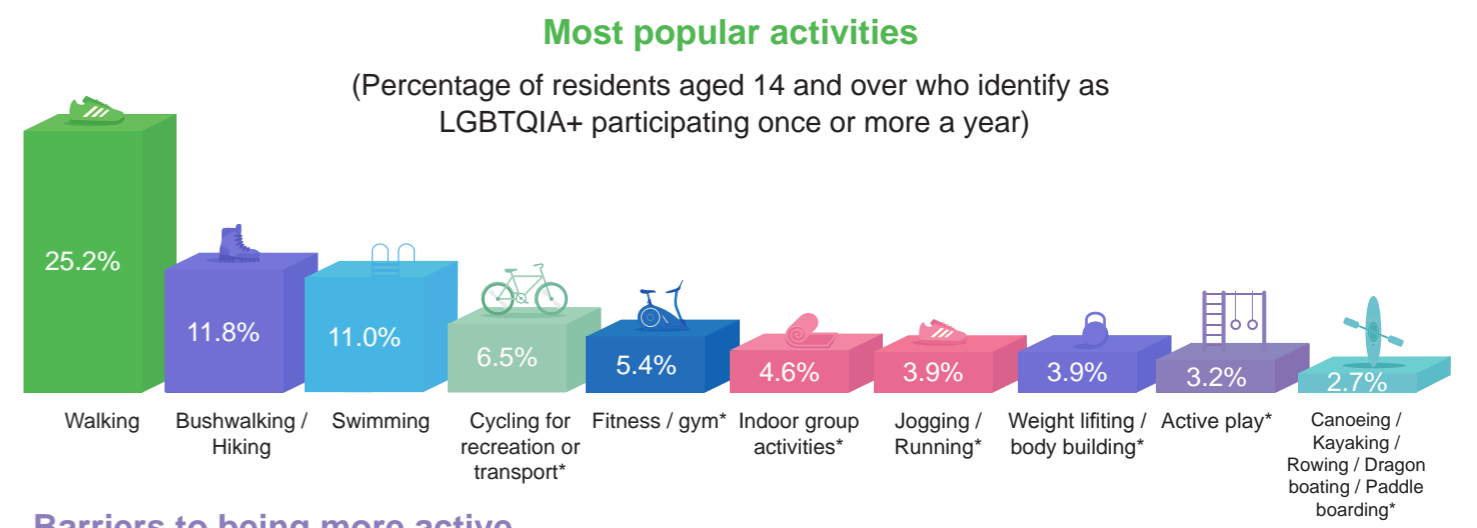
*Interpret findings with caution due to a small sample size.

Health and wellbeing profile - Adults

The section summarises findings from 149 residents who identified as LGBTQIA+. Residents who identify as LGBTQIA+ made up 7.9% of all participants in Mt. Alexander Shire. LGBTQIA+ refers to people who identify as lesbian, gay, bisexual, trans, queer or questioning, intersex, asexual and many other terms (such as non-binary and pansexual).

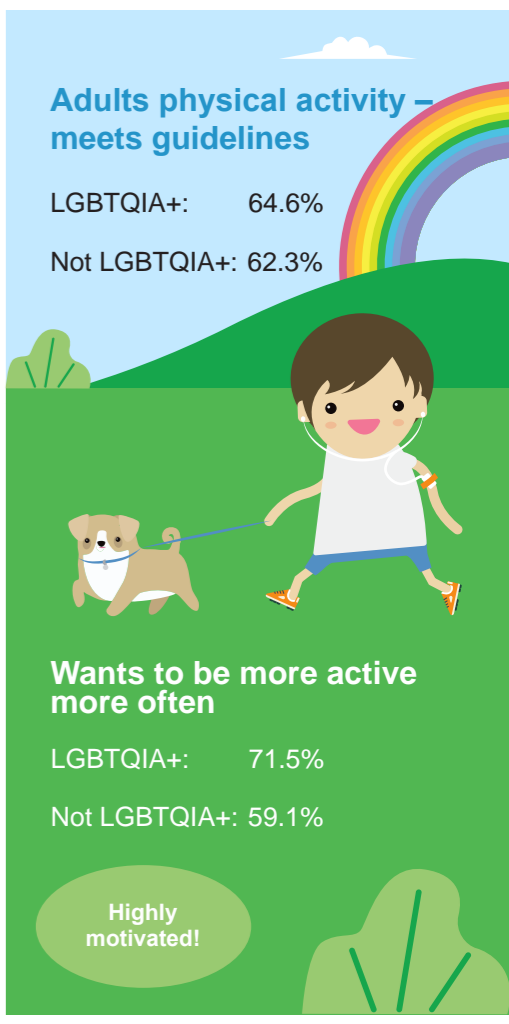


Physical activity profile - All residents



Public facilities and open spaces - rate of use

Facility	LGBTQIA+	Not LGBTQIA+
Footpaths	89.8%	84.9%
Parks	85.5%	85.1%
Off-road walking and cycling tracks	76.6%	73.7%
Community gardens	62.8%	49.1%
Halls / community centres	55.4%	51.7%
Swimming pools / splash parks	41.2%	38.8%
Indoor sports / leisure / fitness centres	34.6%	32.5%
Sports grounds, ovals and clubrooms	28.6%	42.6%
Playgrounds	17.4%	15.5%
After hours usage of education facilities	15.7%	12.0%
Hard courts (e.g. netball / tennis)	13.7%	14.8%
Skateparks / BMX	8.7%	9.2%

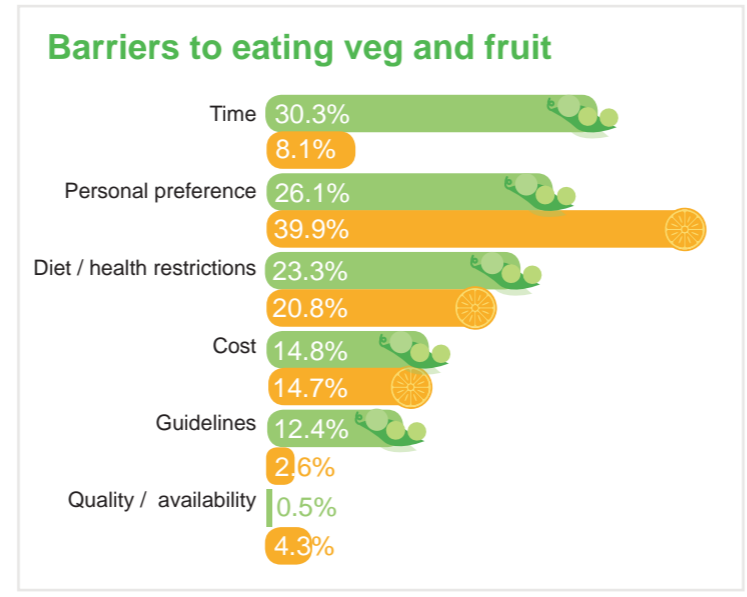
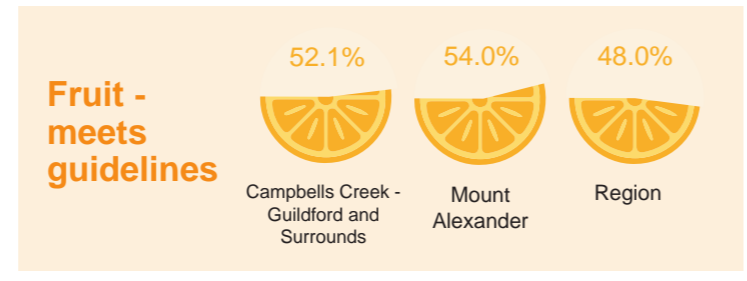
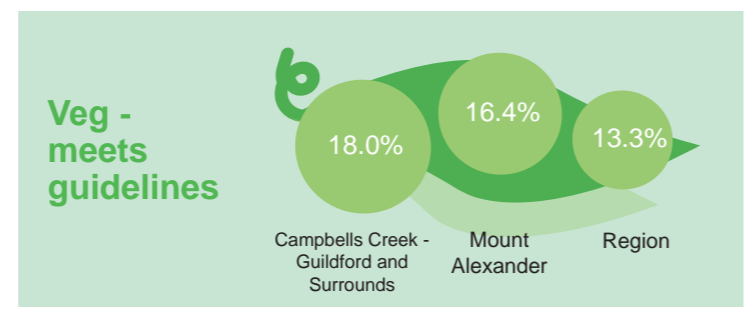
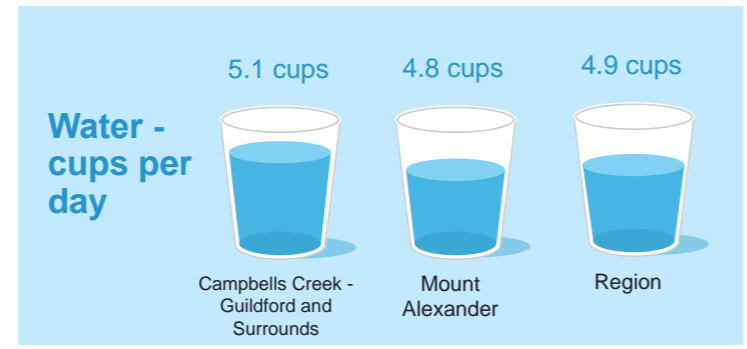
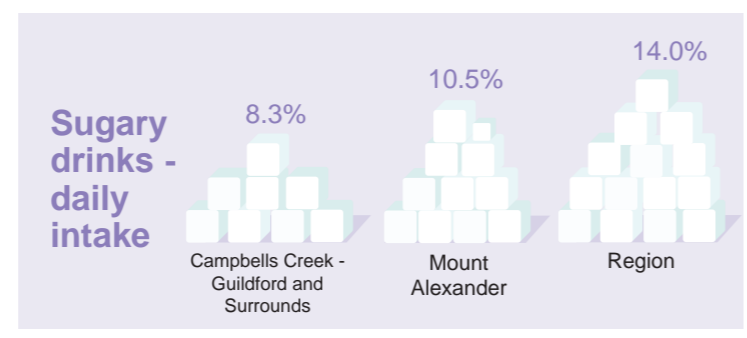
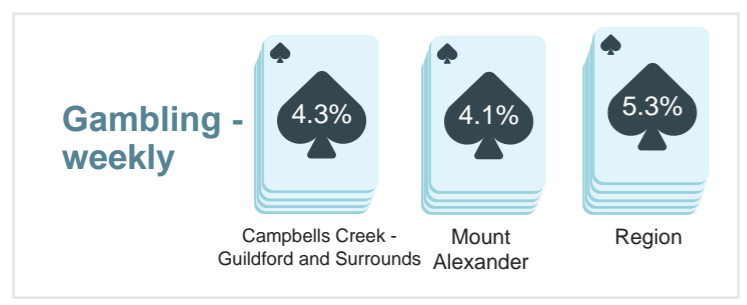
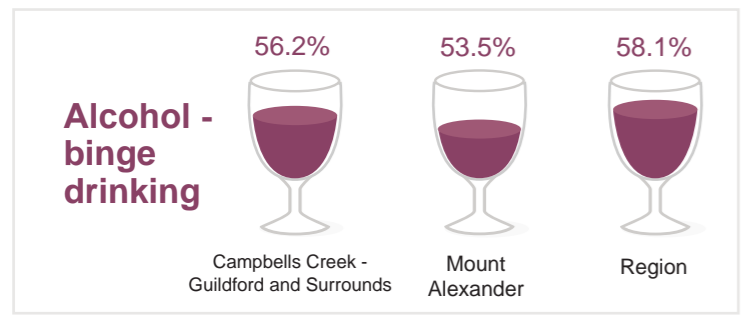
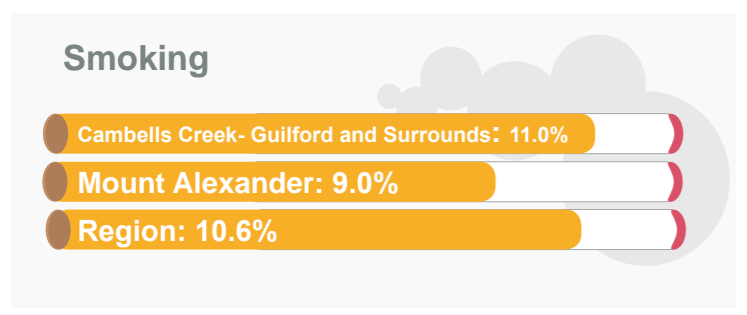
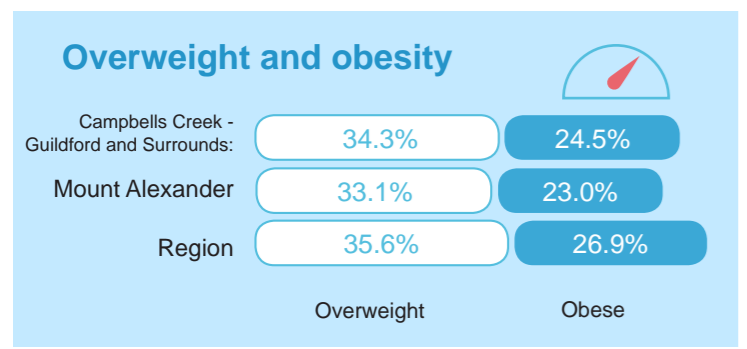
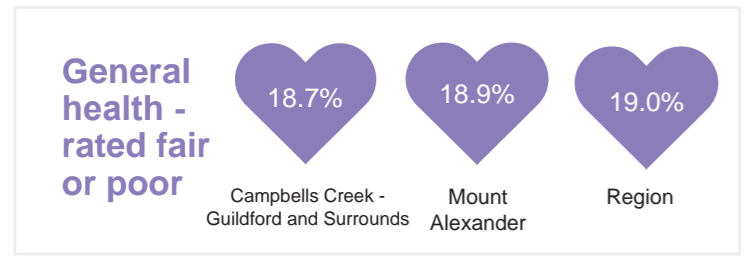
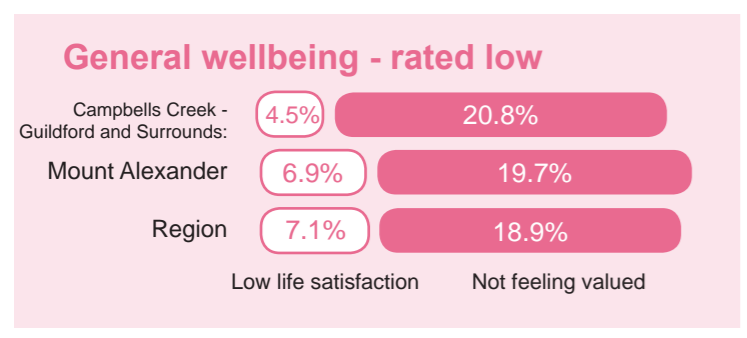


68.9% of LGBTQIA+ residents use public open spaces weekly or more

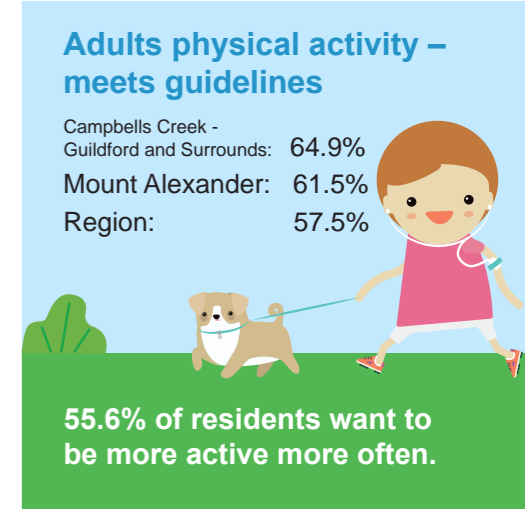
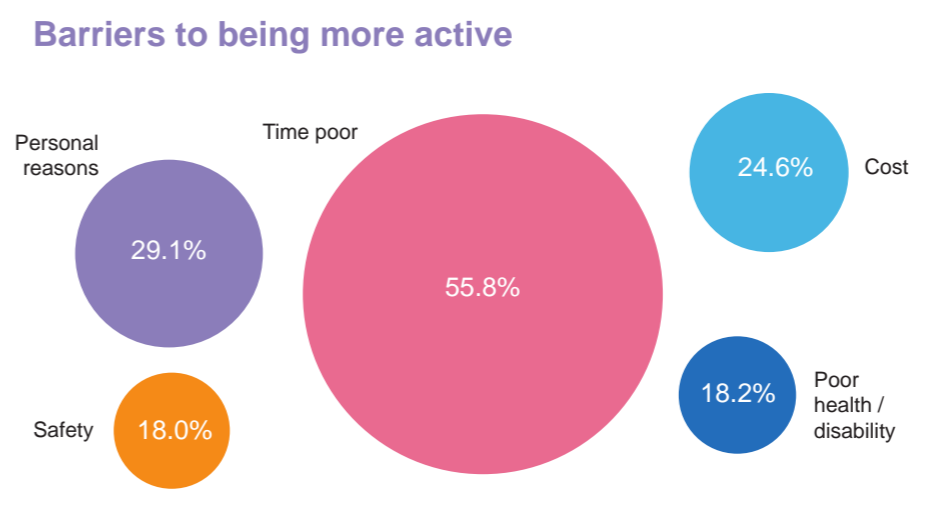
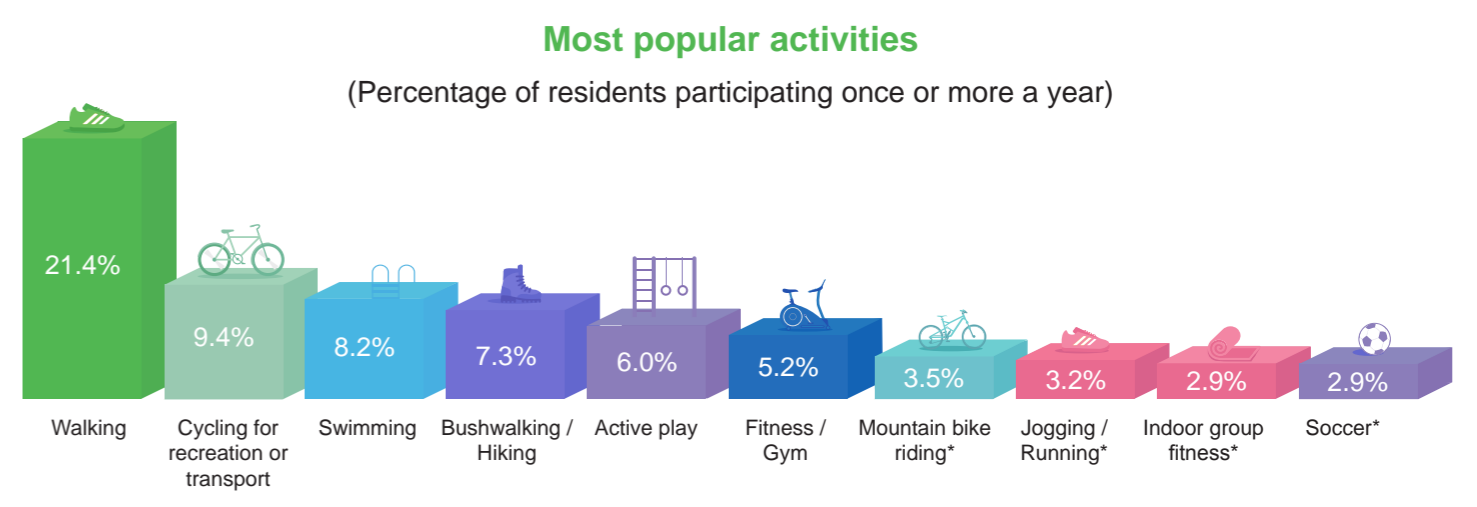
*Interpret findings with caution due to a small sample size.

Campbells Creek - Guildford and Surrounds area includes Campbells Creek, Fryerstown, Glenluce, Guildford, Irishtown, Tarlita, Vaughan and Yapeen. Findings for Campbells Creek - Guildford and Surrounds are based on 295 responses from residents, or approximately 14.4% of the local population.

Health and wellbeing profile - Adults

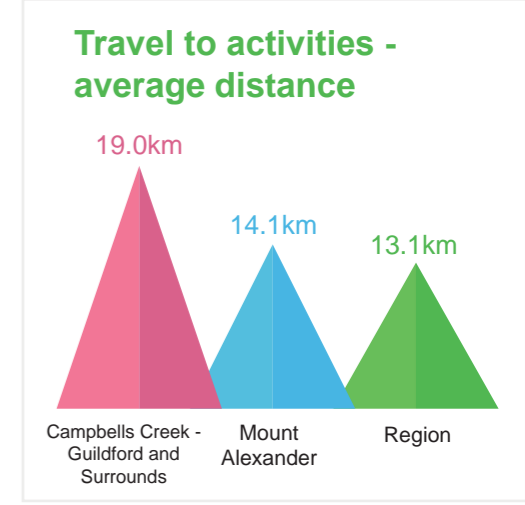


Physical activity profile - All residents



Public facilities and open spaces - rate of use

Parks	87.1%
Footpath use	84.9%
Off-road walking and cycling track use	74.0%
Community gardens	52.8%
Sports grounds, ovals and clubrooms	49.7%
Swimming pools / splash parks	49.6%
Halls / community centres	46.8%
Indoor sports / leisure / fitness centres	30.3%
Playgrounds	27.0%
Hard courts (e.g. netball / tennis)	21.3%
Skateparks / BMX	20.3%
After hours usage of education facilities	14.0%

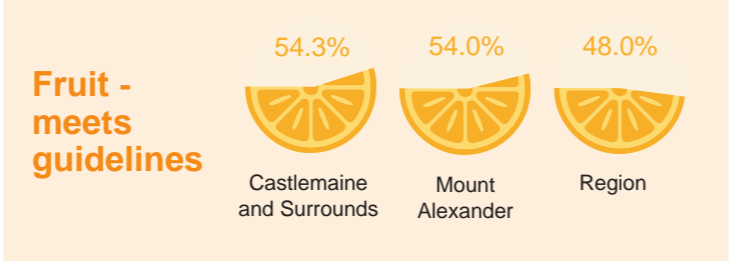
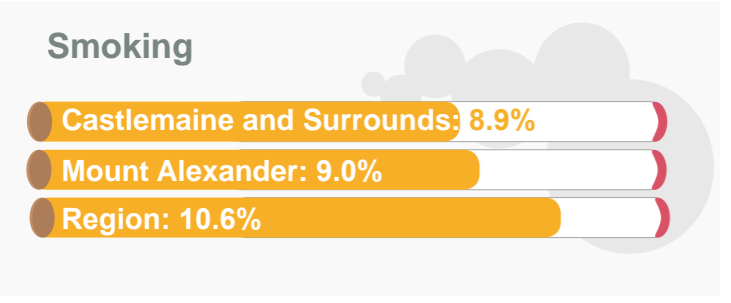
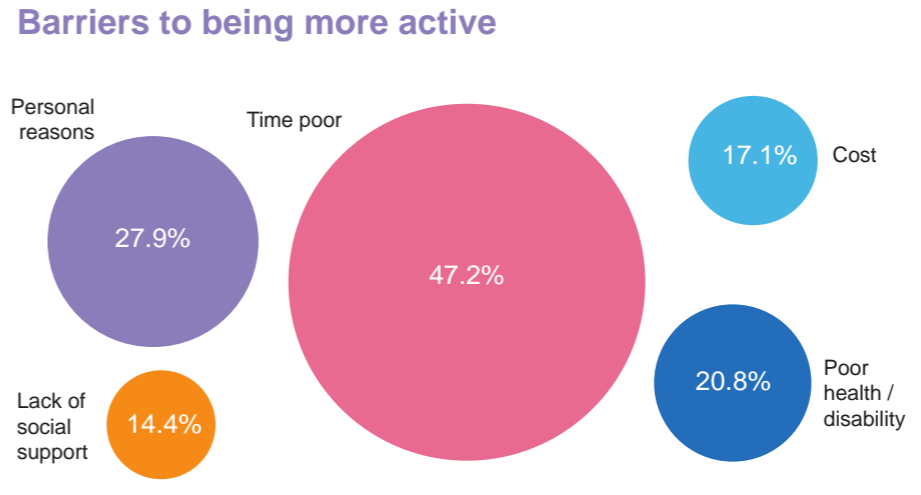
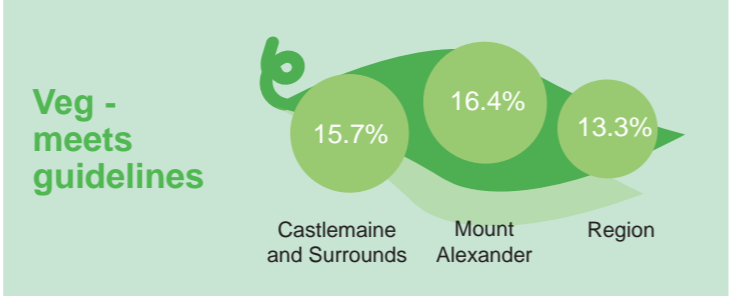
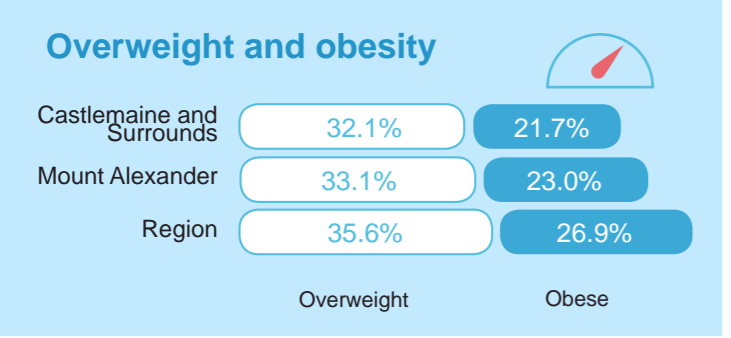
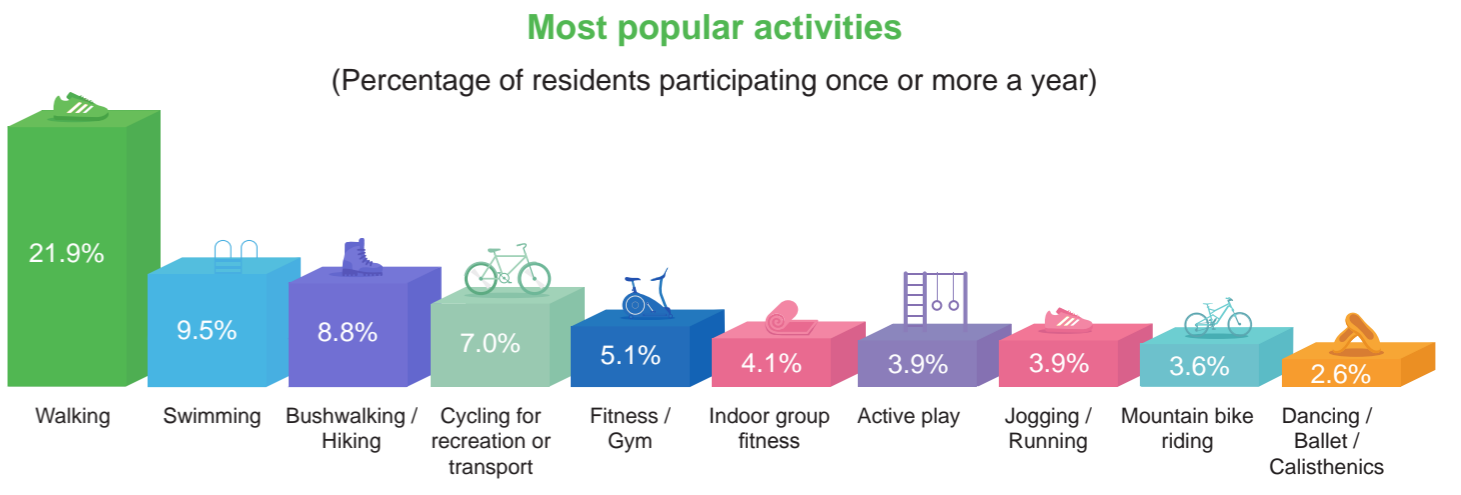
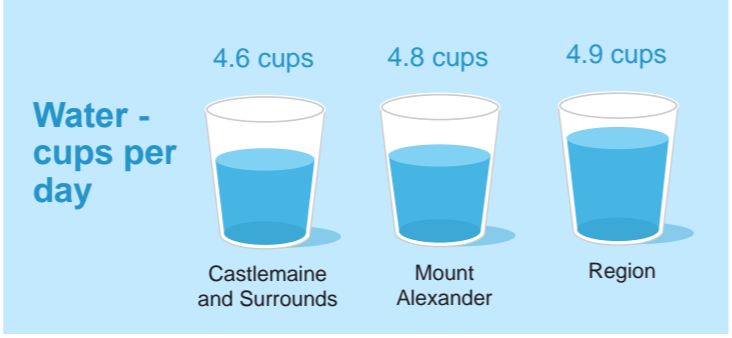
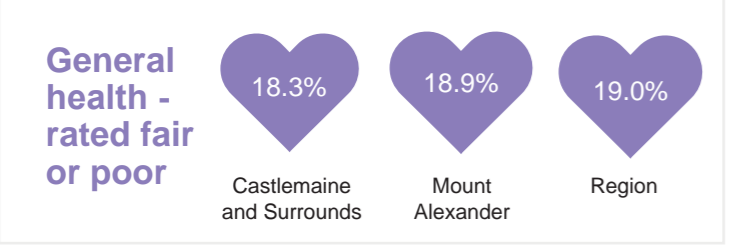
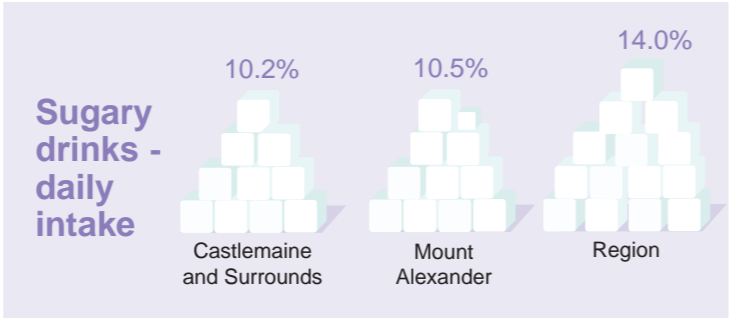
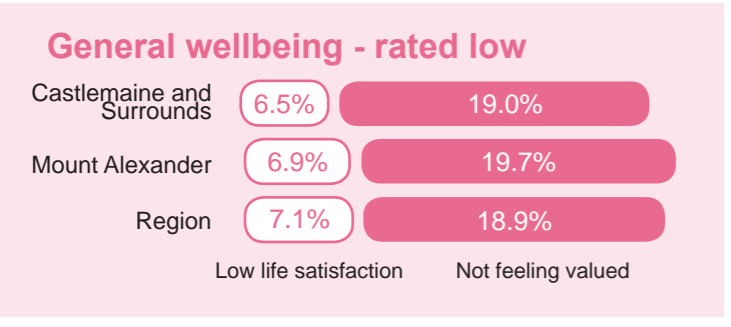


65.2% of Campbells Creek - Guildford and Surrounds residents use park and open spaces once a week or more.

Castlemaine and Surrounds include Castlemaine, McKenzie Hill and Moonlight Flat. Findings for Castlemaine and Surrounds is based on 1,220 responses from residents, or approximately 20.3% of the local population.

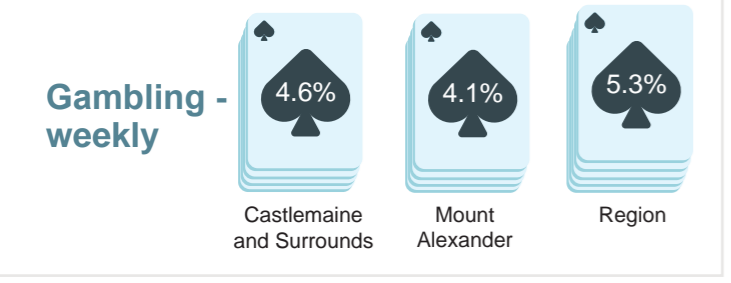
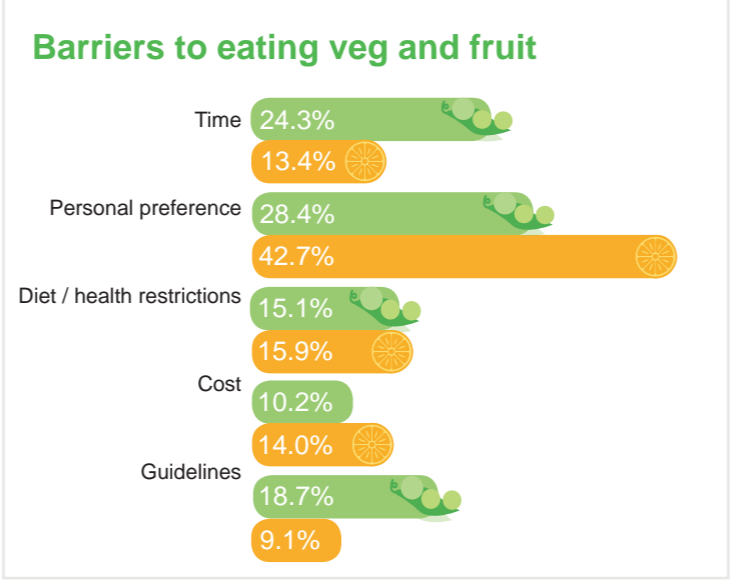
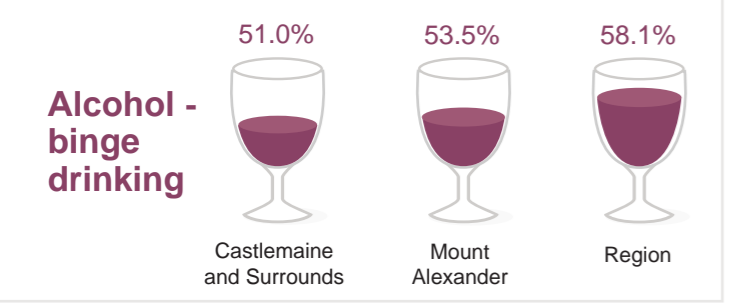
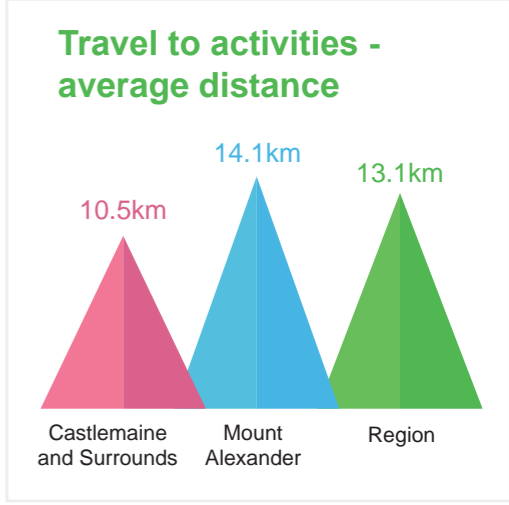
Health and wellbeing profile - Adults

Physical activity profile - All residents



Public facilities and open spaces - rate of use

Footpath use	90.2%
Parks	86.7%
Off-road walking and cycling track use	77.2%
Halls / community centres	50.7%
Community gardens	49.4%
Sports grounds, ovals and clubrooms	44.5%
Swimming pools / splash parks	43.3%
Indoor sports / leisure / fitness centres	34.9%
Hard courts (e.g. netball / tennis)	17.0%
Playgrounds	16.6%
Skateparks / BMX	15.6%
After hours usage of education facilities	14.5%

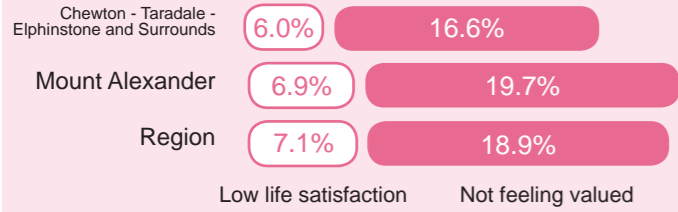


66.6% of Castlemaine and Surrounds residents use parks and open spaces once a week or more.

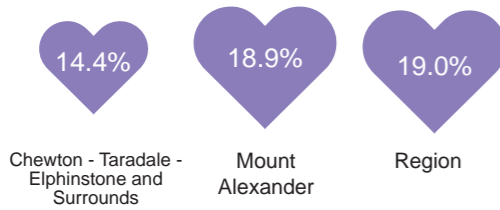
Chewton - Taradale - Elphinstone and Surrounds includes Barfold, Chewton, Elphinstone, Greenhill, Langley, Malmsbury, Metcalfe, Metcalfe East, Myrtle Creek, Redesdale, Sutton Grange and Taradale. Findings for Chewton - Taradale - Elphinstone and Surrounds are based on 173 responses from residents, or approximately 5.1% of the local population.

Health and wellbeing profile - Adults

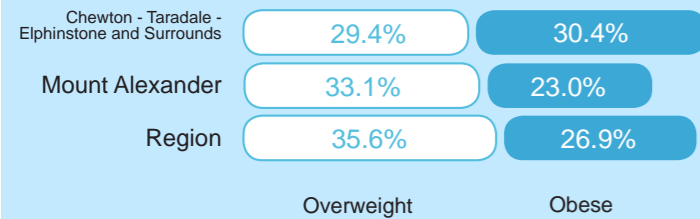
General wellbeing - rated low



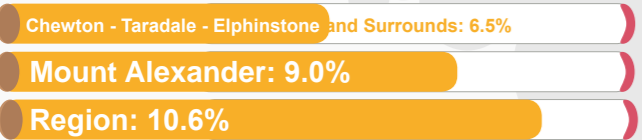
General health - rated fair or poor



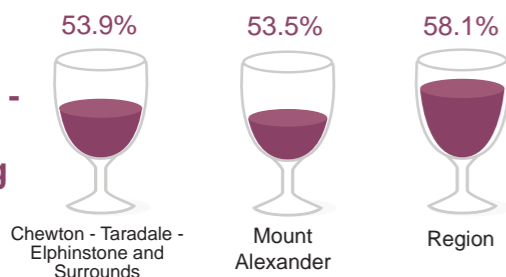
Overweight and obesity



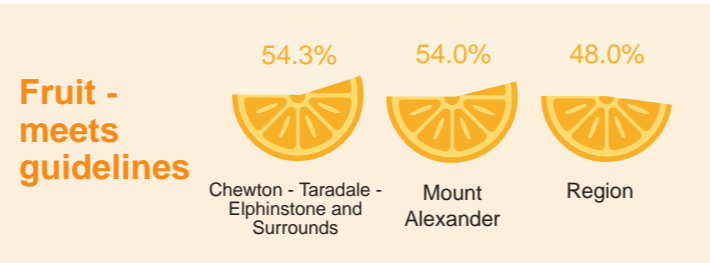
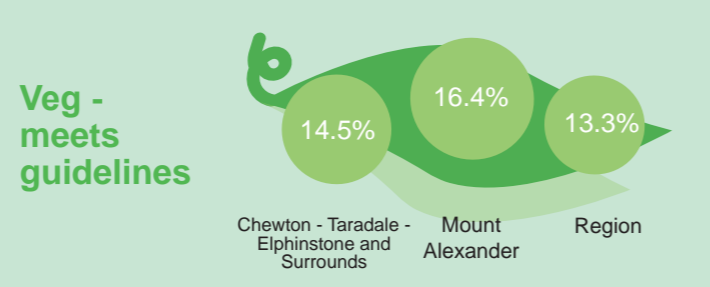
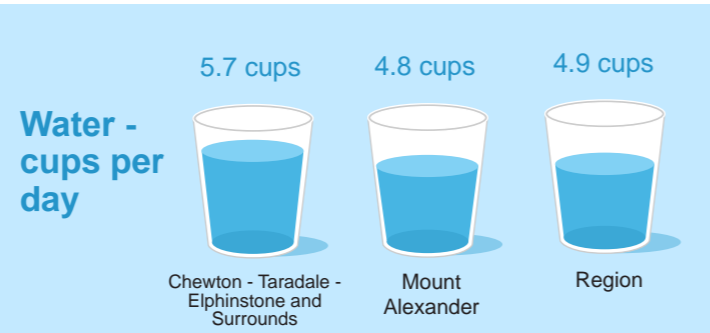
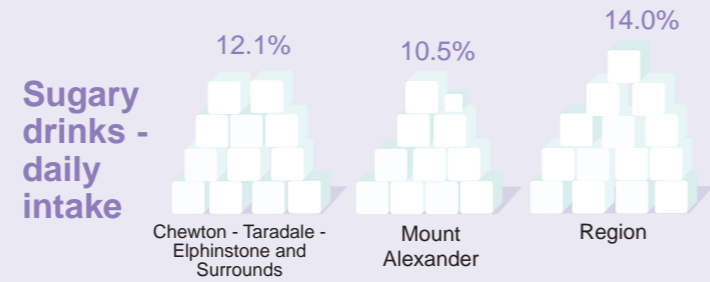
Smoking



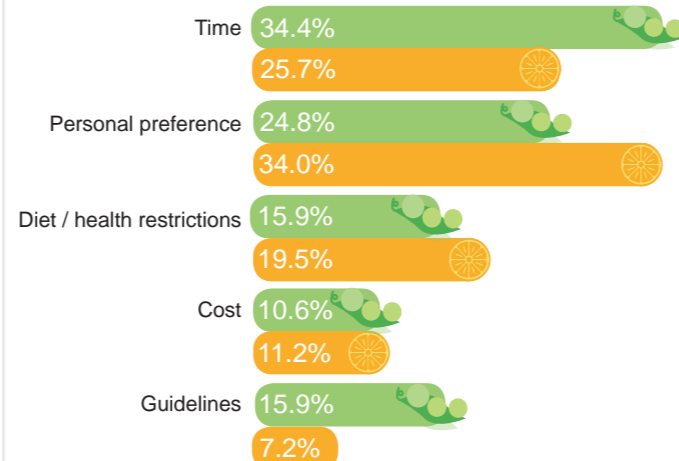
Alcohol - binge drinking



Gambling - weekly

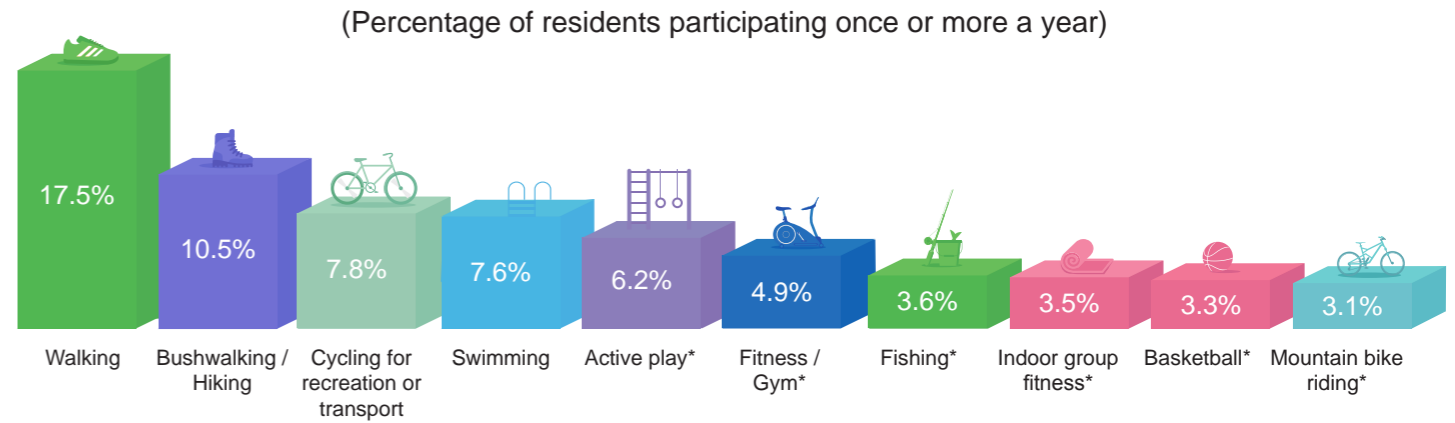


Barriers to eating veg and fruit

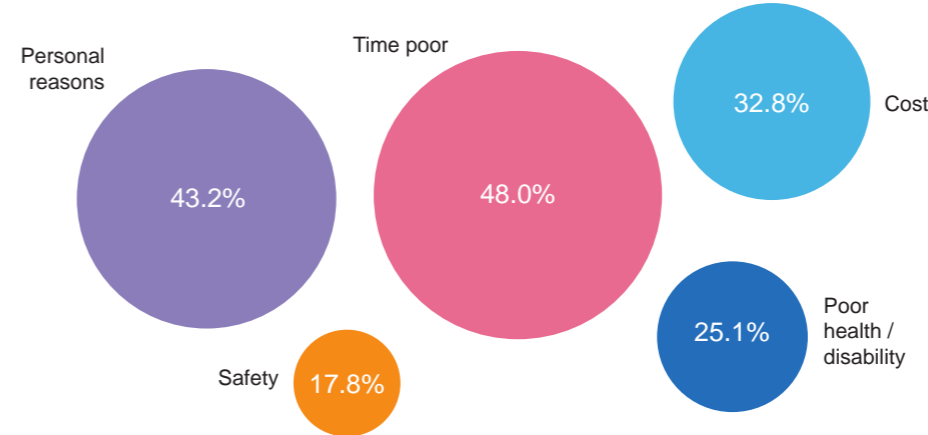


Physical activity profile - All residents

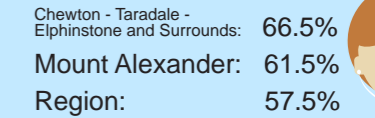
Most popular activities



Barriers to being more active



Adults physical activity - meets guidelines



56.0% of residents want to be more active more often.

Public facilities and open spaces - rate of use

Parks	87.1%
Footpath use	76.0%
Off-road walking and cycling track use	72.4%
Halls / community centres	52.7%
Swimming pools / splash parks	44.7%
Sports grounds, ovals and clubrooms	44.4%
Community gardens	40.9%
Indoor sports / leisure / fitness centres	40.7%
Playgrounds	23.7%
Hard courts (e.g. netball / tennis)	20.4%
After hours usage of education facilities	16.2%
Skateparks / BMX	12.3%

Travel to activities - average distance



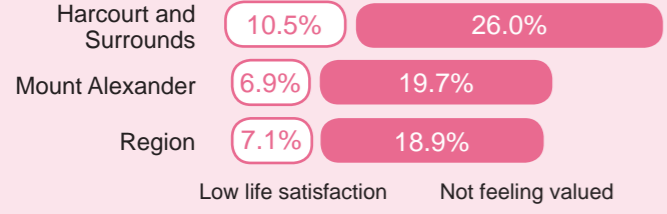
57.3% of Chewton - Taradale - Elphinstone and Surrounds residents use parks and open spaces once a week or more.

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

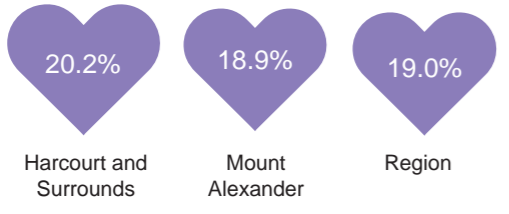
Harcourt and Surrounds includes Barkers Creek, Chewton Bushlands, Faraday, Golden Point, Harcourt and Harcourt North. Findings for Harcourt and Surrounds are based on 164 responses from residents, or approximately 6.2% of the local population.

Health and wellbeing profile - Adults

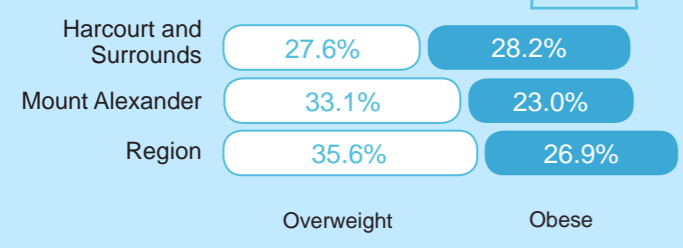
General wellbeing - rated low



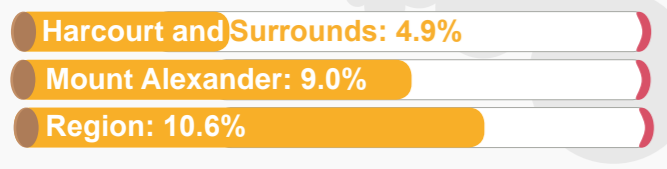
General health - rated fair or poor



Overweight and obesity



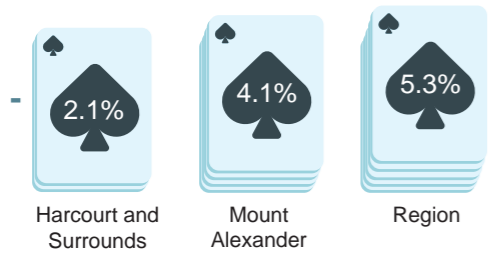
Smoking



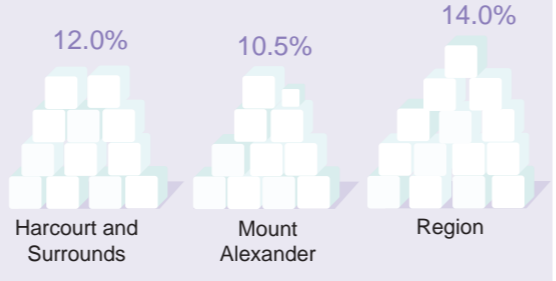
Alcohol - binge drinking



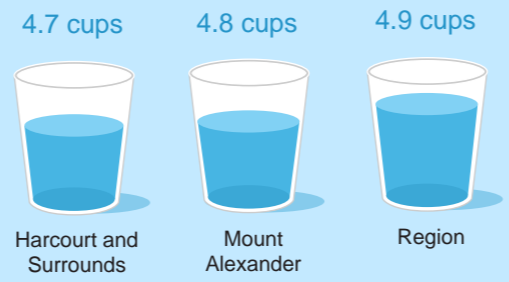
Gambling - weekly



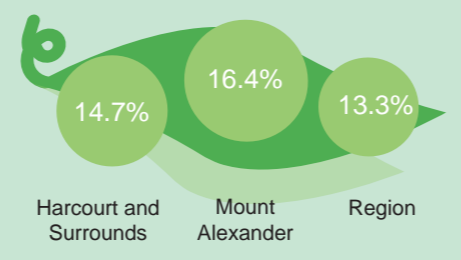
Sugary drinks - daily intake



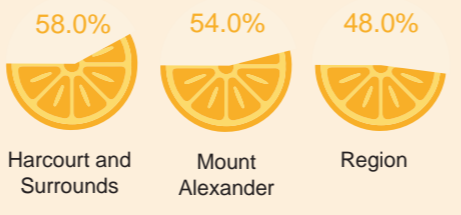
Water - cups per day



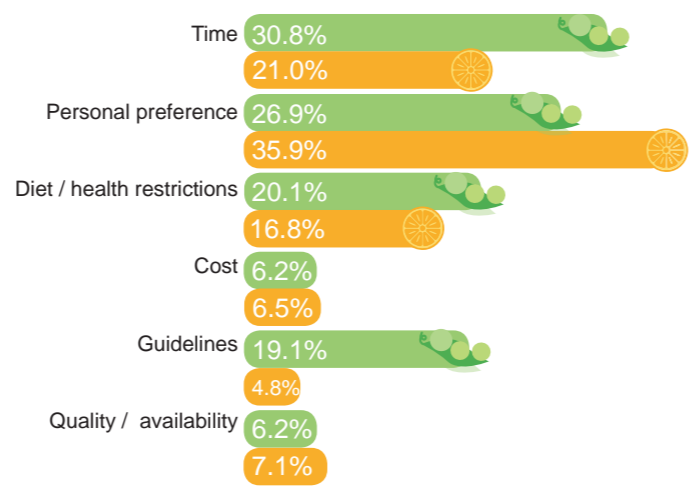
Veg - meets guidelines



Fruit - meets guidelines

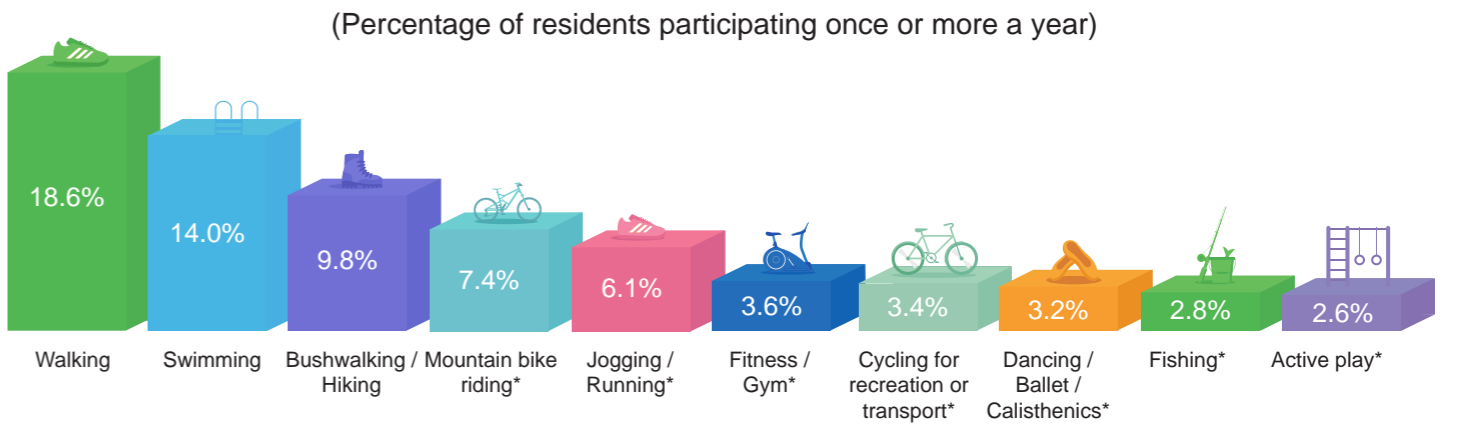


Barriers to eating veg and fruit

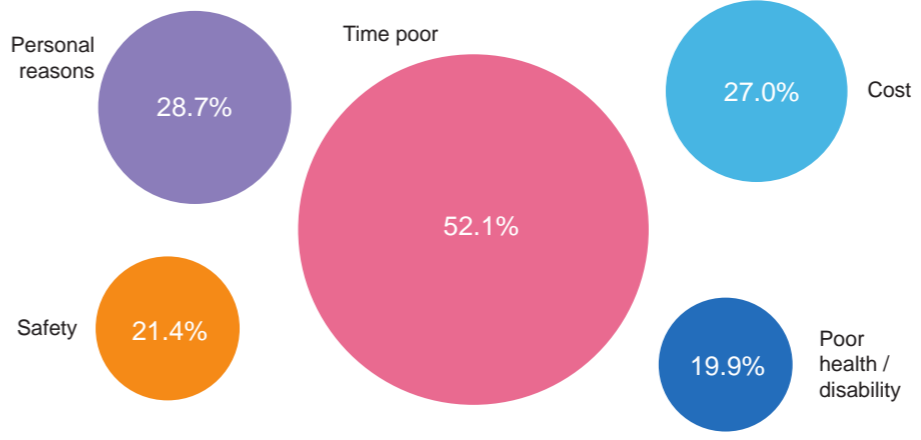


Physical activity profile - All residents

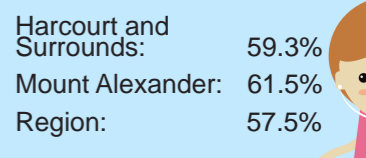
Most popular activities



Barriers to being more active



Adults physical activity - meets guidelines

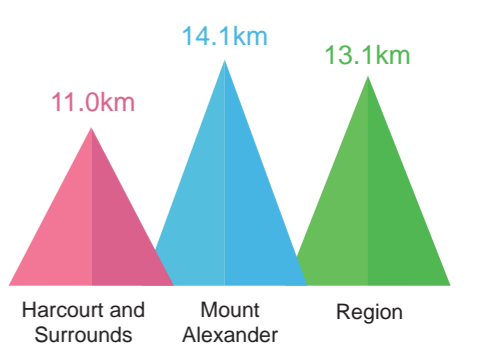


62.0% of residents want to be more active more often.

Public facilities and open spaces - rate of use

Parks	90.3%
Footpath use	82.6%
Off-road walking and cycling track use	73.8%
Halls / community centres	55.5%
Swimming pools / splash parks	54.7%
Community gardens	53.5%
Sports grounds, ovals and clubrooms	52.0%
Indoor sports / leisure / fitness centres	39.1%
Hard courts (e.g. netball / tennis)	24.7%
Playgrounds	23.8%
Skateparks / BMX	15.9%
After hours usage of education facilities	10.9%

Travel to activities - average distance

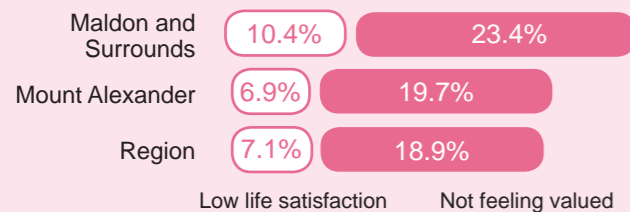


64.7% of Harcourt and Surrounds residents use parks and open spaces once a week or more.

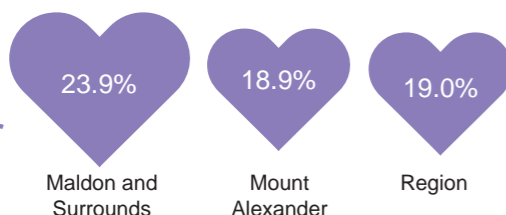
Maldon and Surrounds includes Baringhup, Baringhup West, Bradford, Carisbrook, Eddington, Gower, Maldon, Moolort, Neereman, Nuggetty, Tarrengower and Walmer.
Findings for Maldon and Surrounds are based on 216 responses from residents, or approximately 7.6% of the local population.

Health and wellbeing profile - Adults

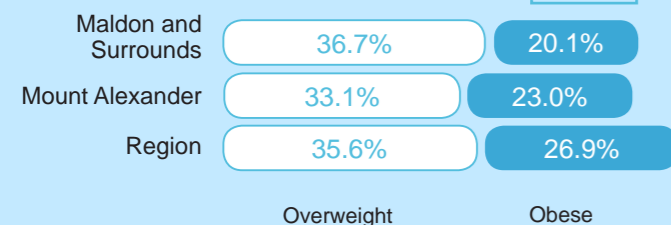
General wellbeing - rated low



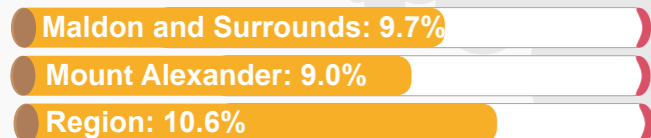
General health - rated fair or poor



Overweight and obesity



Smoking



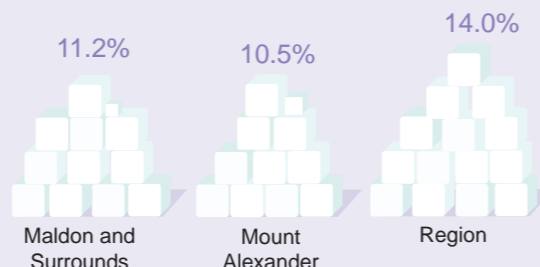
Alcohol - binge drinking



Gambling - weekly



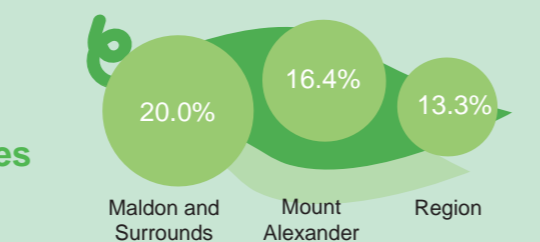
Sugary drinks - daily intake



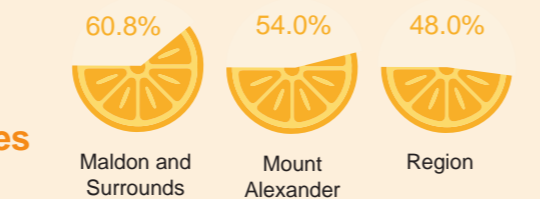
Water - cups per day



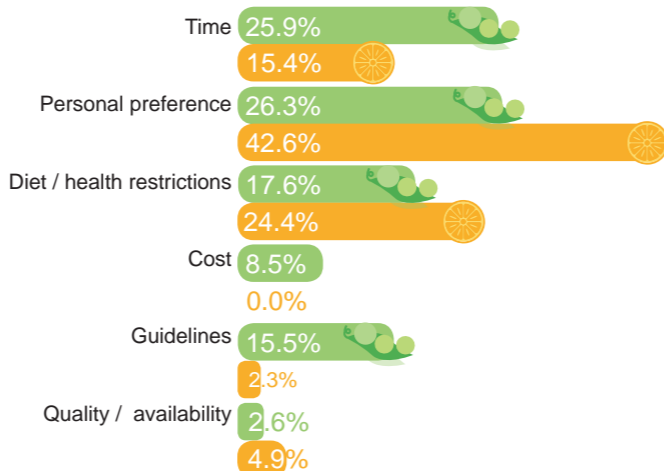
Veg - meets guidelines



Fruit - meets guidelines



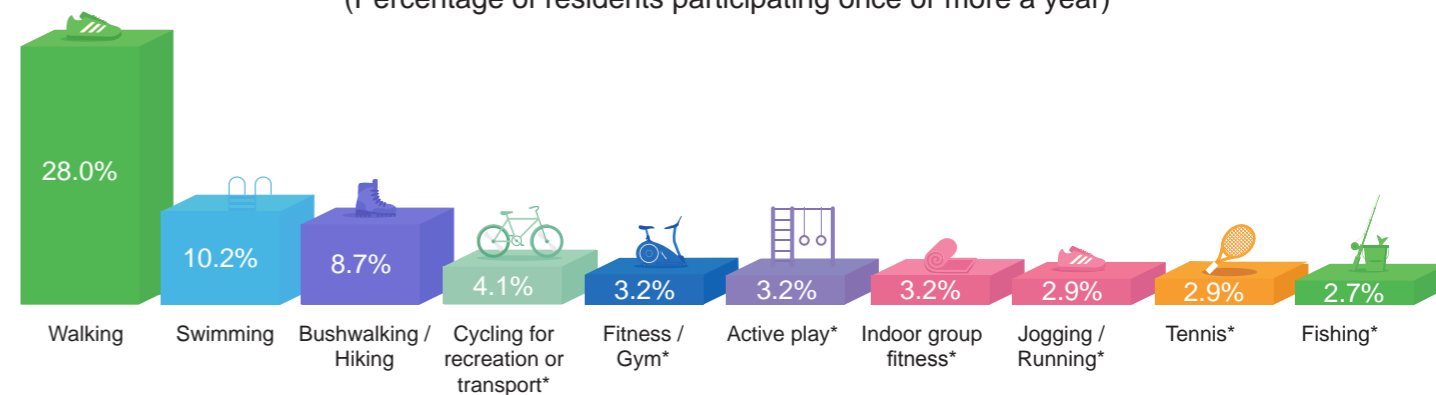
Barriers to eating veg and fruit



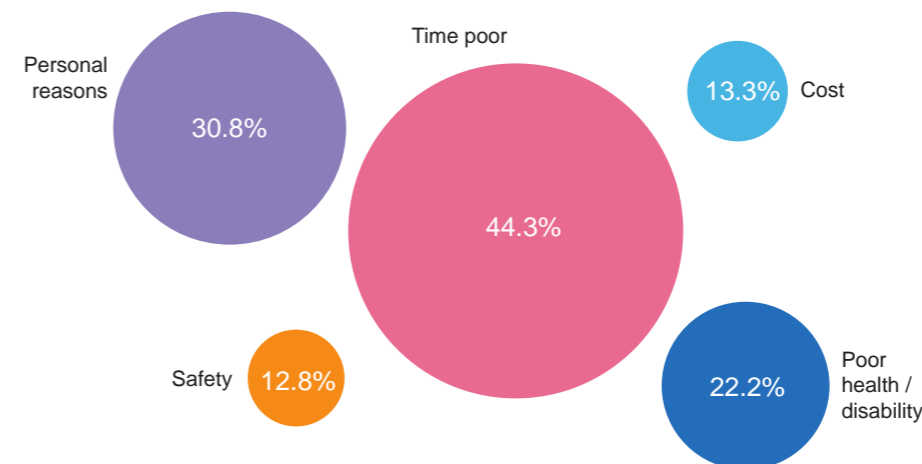
Physical activity profile - All residents

Most popular activities

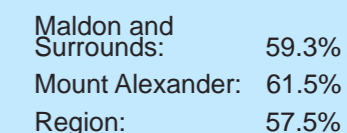
(Percentage of residents participating once or more a year)



Barriers to being more active



Adults physical activity - meets guidelines



55.3% of residents want to be more active more often.

Public facilities and open spaces - rate of use

Footpath use	77.4%
Off-road walking and cycling track use	75.0%
Parks	71.5%
Halls / community centres	58.6%
Community gardens	54.4%
Swimming pools / splash parks	37.4%
Sports grounds, ovals and clubrooms	33.0%
Indoor sports / leisure / fitness centres	21.5%
Hard courts (e.g. netball / tennis)	15.0%
Playgrounds	10.5%
After hours usage of education facilities	6.1%
Skateparks / BMX	2.8%

Travel to activities - average distance

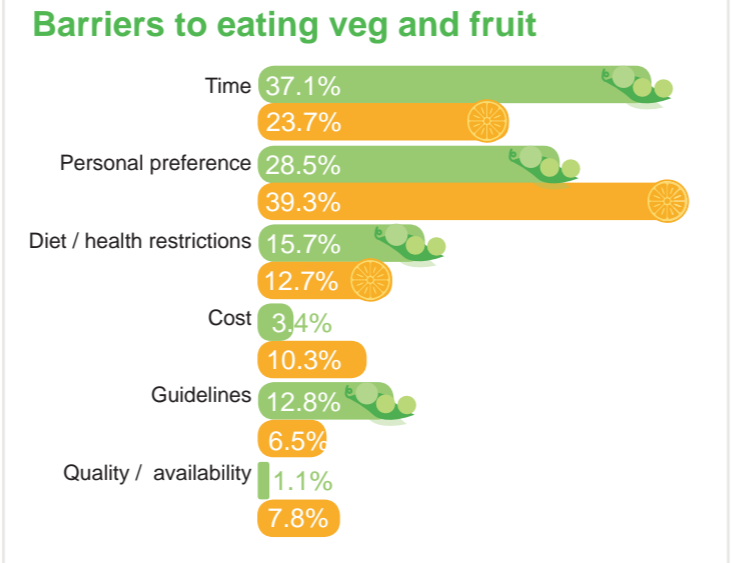
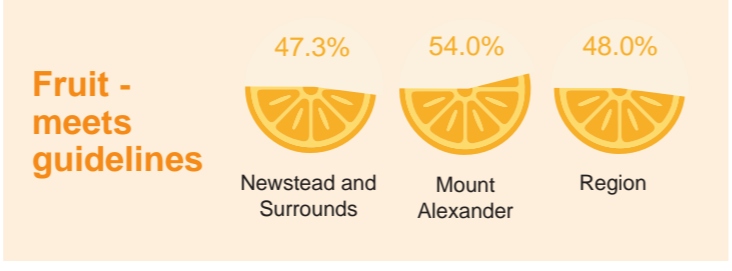
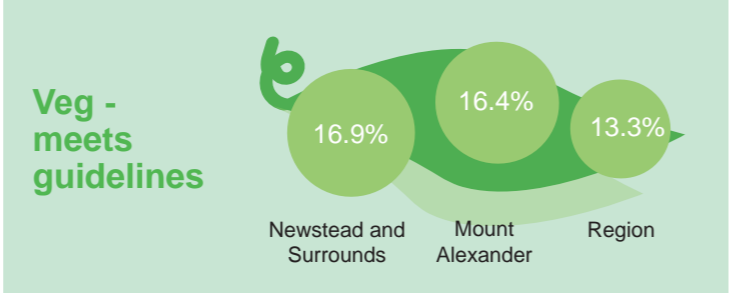
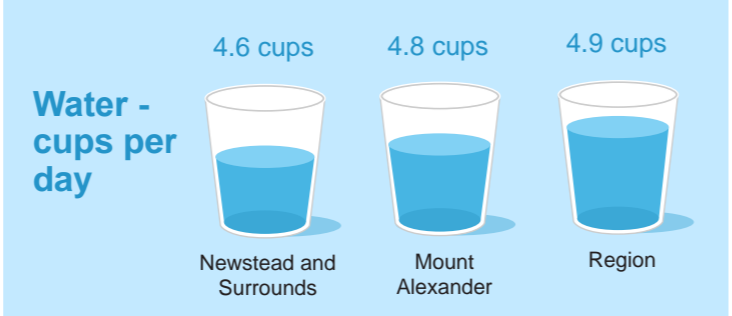
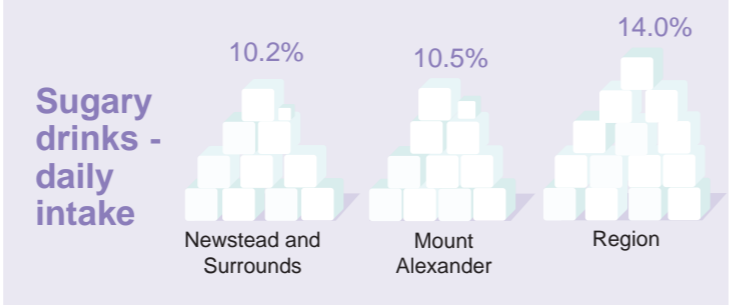
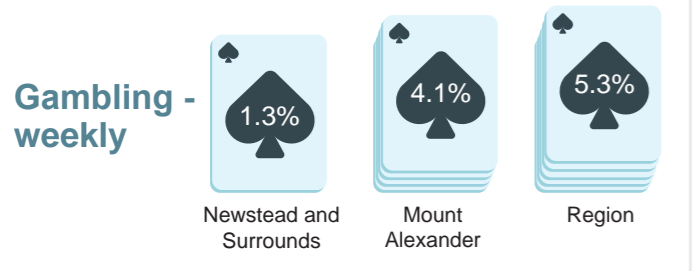
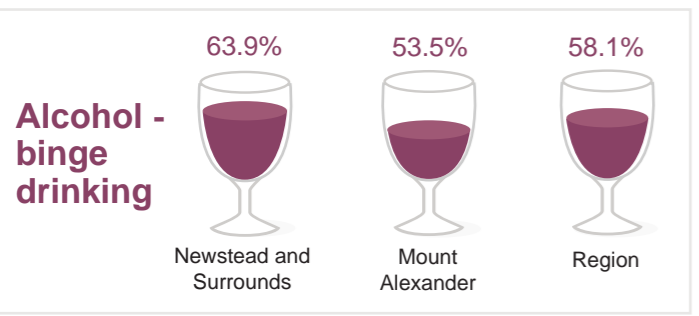
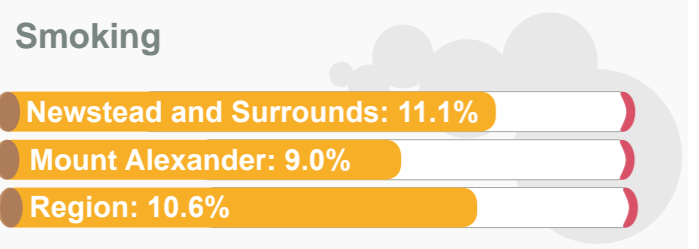
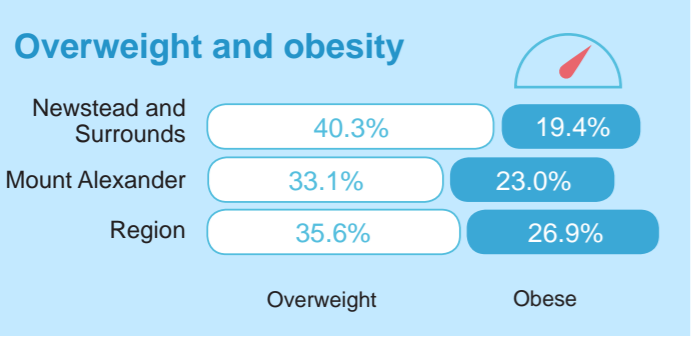
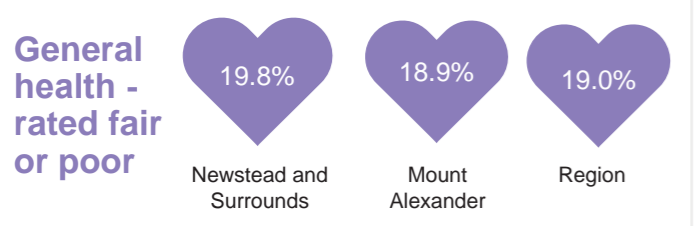
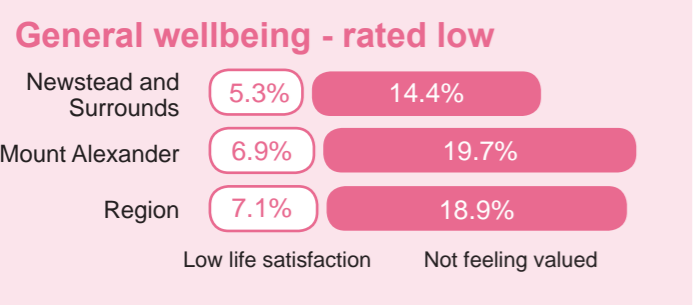


57.8% of Maldon and Surrounds residents use parks and open spaces once a week or more.

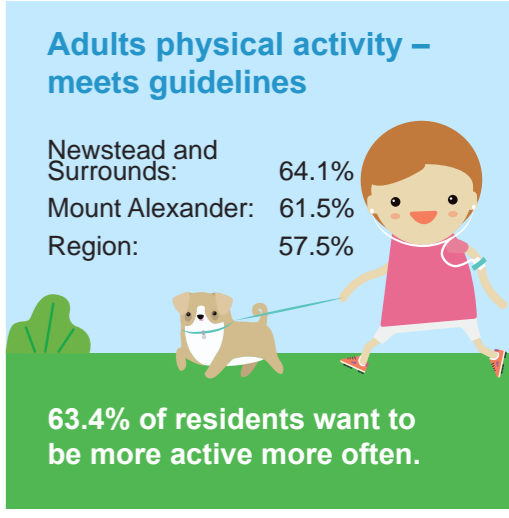
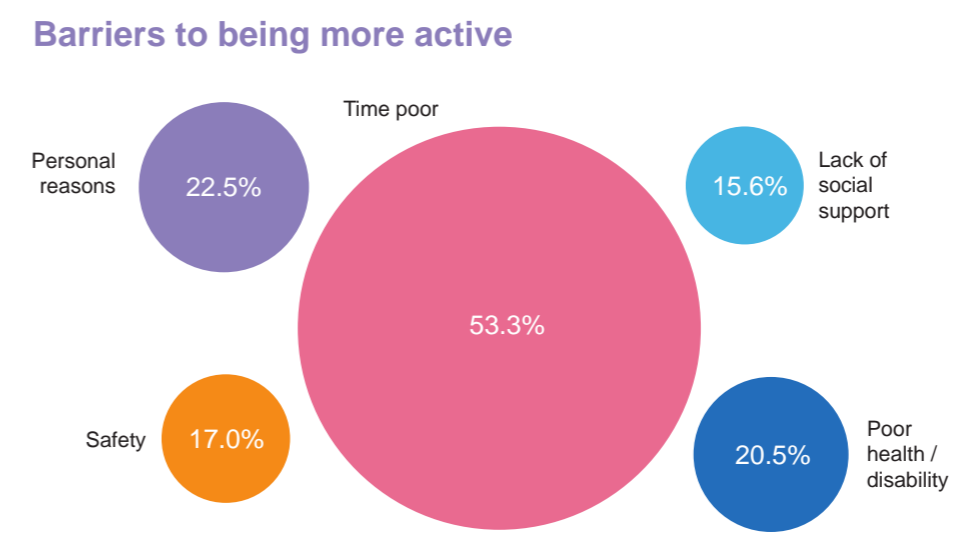
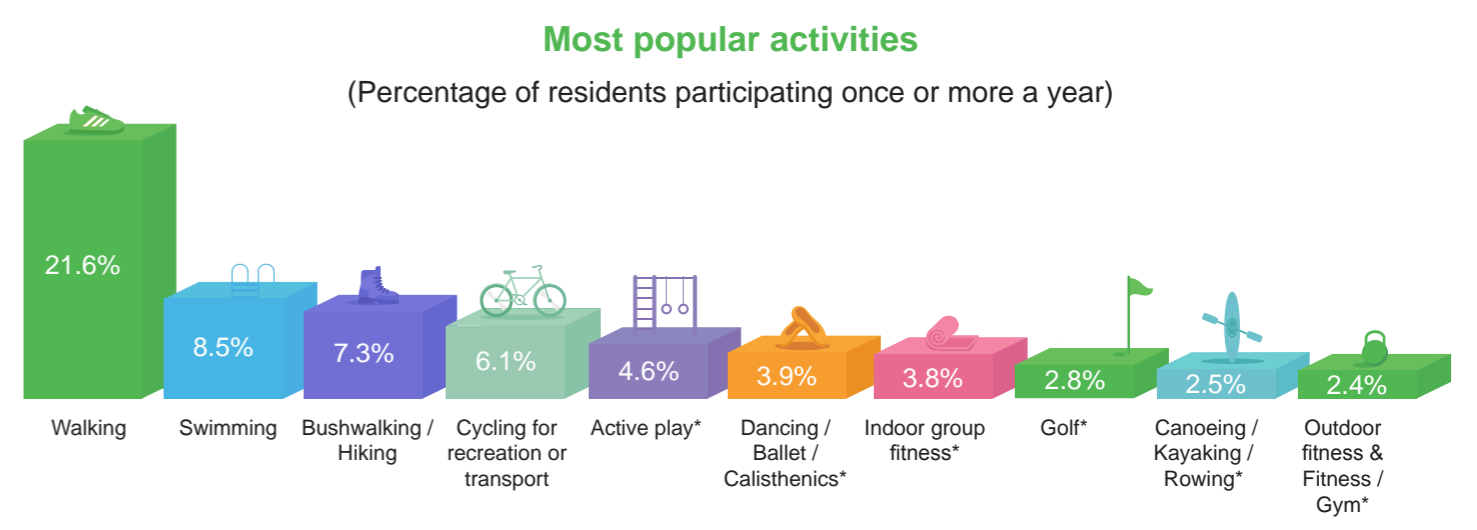
*Interpret findings with caution due to a small sample size.

Newstead and Surrounds area includes Campbelltown, Green Gully, Muckleford, Muckleford South, Newstead, Sandon, Strangways, Strathlea, Welshmans Reef, Werona and Yandoit Hills.
Findings for Newstead and Surrounds are based on 232 responses from residents, or approximately 16.1% of the local population.

Health and wellbeing profile - Adults

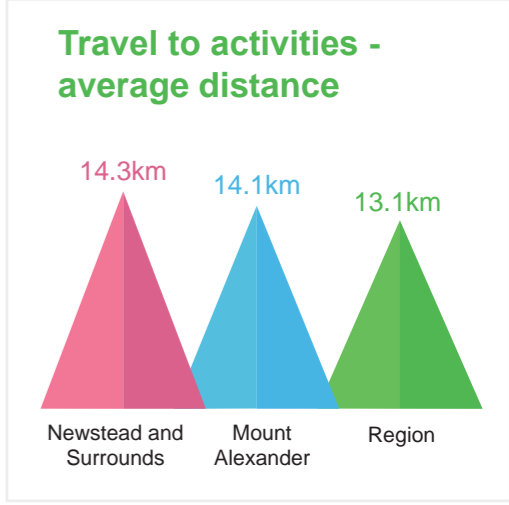


Physical activity profile - All residents



Public facilities and open spaces - rate of use

Parks	86.5%
Footpath use	85.9%
Off-road walking and cycling track use	73.4%
Halls / community centres	60.5%
Sports grounds, ovals and clubrooms	49.5%
Swimming pools / splash parks	47.4%
Community gardens	46.0%
Indoor sports / leisure / fitness centres	33.9%
Hard courts (e.g. netball / tennis)	28.6%
After hours usage of education facilities	21.6%
Playgrounds	19.4%
Skateparks / BMX	14.8%



60.6% of Newstead and Surrounds residents use park and open spaces once a week or more.

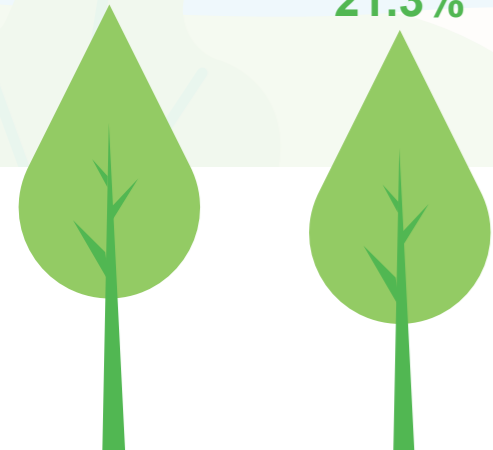
Walking in Mount Alexander

Participation in walking

Walking is the most popular physical activity among Mount Alexander Shire residents with 21.6% of the population reporting that they went walking for exercise in the previous 12 months.

21.6%

21.3%



Mount Alexander Shire
Loddon Campaspe Region

Walking is most popular among residents of:

Maldon and surrounds **28.0%**

Walking is least popular among residents of:

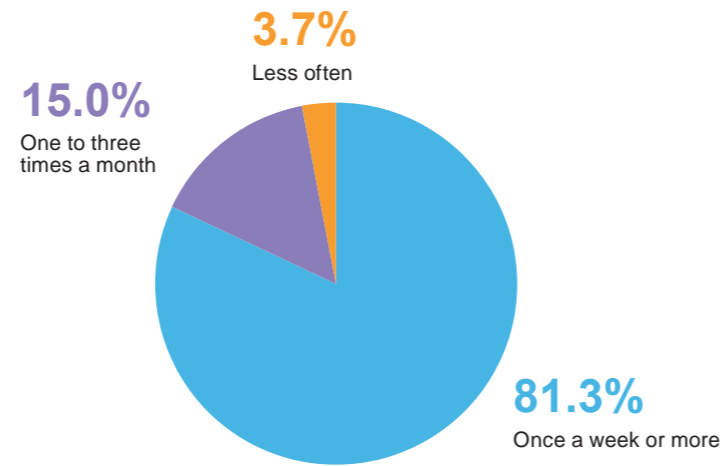
Chewton - Taradale - Elphinstone and surrounds **17.5%**

Harcourt and surrounds **18.6%**



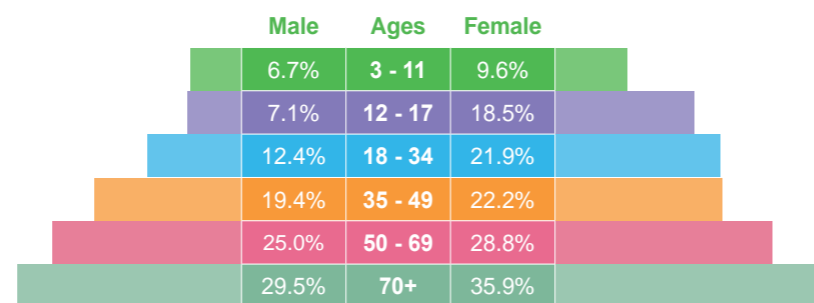
How often?

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



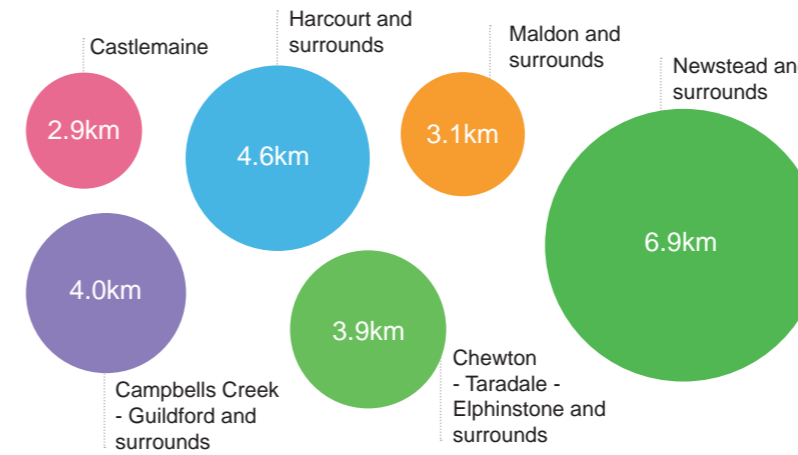
Who?

Walking is popular amongst all age groups and genders. Participation in walking increased with age and was highest among females aged 70 years and older.



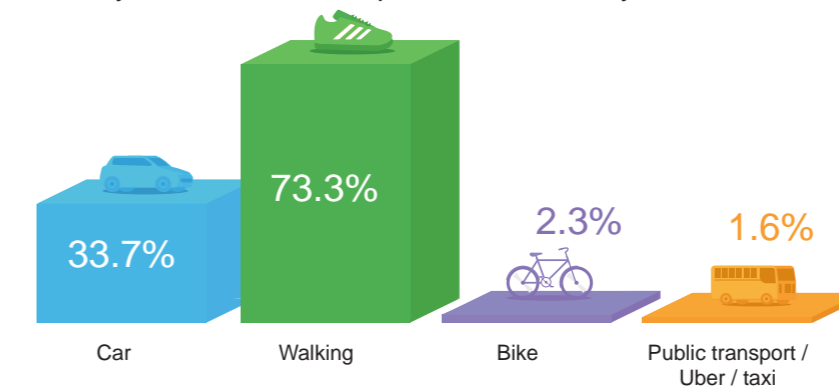
How far do people travel?

The average distance residents travel to their walking activity is 3.7km ranging from 2.9km in Castlemaine to 4.6km in Harcourt and surrounds.



How do people get there?

Most residents who reported walking for exercise did not use any other form of transport for their activity.



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

How do people rate walking facilities?

About 76% of residents who walk About 76% of residents who walk for exercise rate the walking facilities they used as good or excellent in terms of their quality and about 82% rate them as good or excellent in terms of accessibility.

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

Facility quality rating

Highest quality

Maldon and surrounds **81.2%**
Campbells Creek - Guildford and surrounds **79.7%**

Lowest quality

Newstead and surrounds **71.1%**
Castlemaine **74.1%**

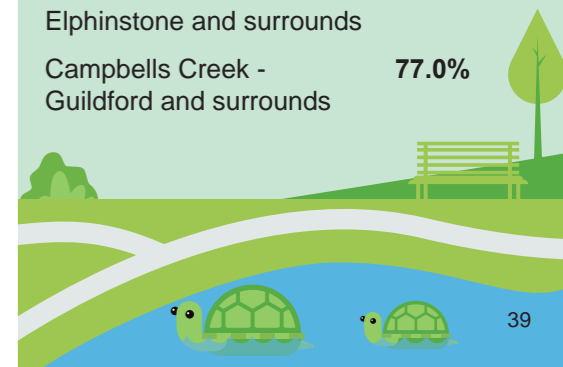
Facility accessibility rating

Highest accessibility

Maldon and surrounds **88.6%**
Newstead and surrounds **86.2%**
Harcourt and surrounds **85.1%**

Lowest accessibility

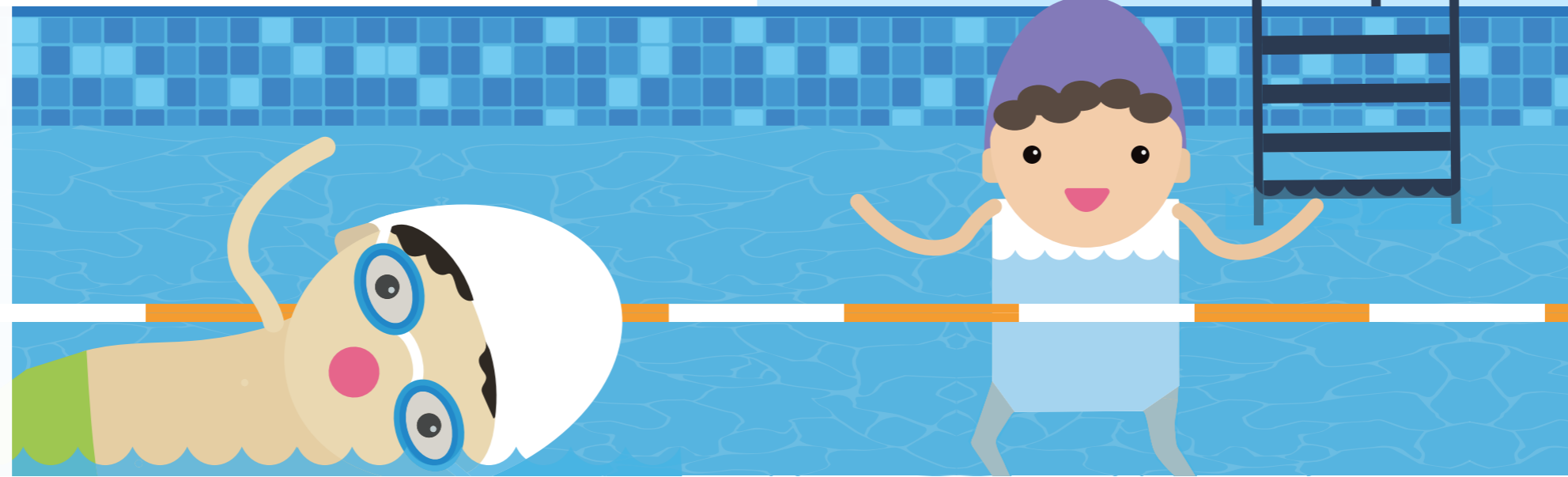
Chewton - Taradale - Elphinstone and surrounds **75.5%**
Campbells Creek - Guildford and surrounds **77.0%**



Swimming in Mount Alexander

Participation in swimming

Swimming is the second most popular physical activity in Mount Alexander Shire with 9.5% of people reporting that they went swimming in the previous 12 months.



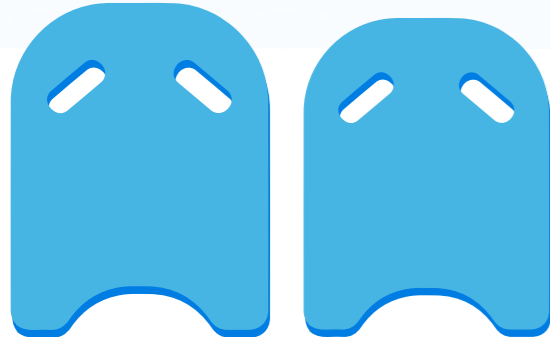
How do people rate swimming facilities?

About 71% of residents who swim for exercise rate the facilities they use as good or excellent in terms of their quality and about 70% rate them as good or excellent in terms of accessibility.

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

9.5%

8.5%

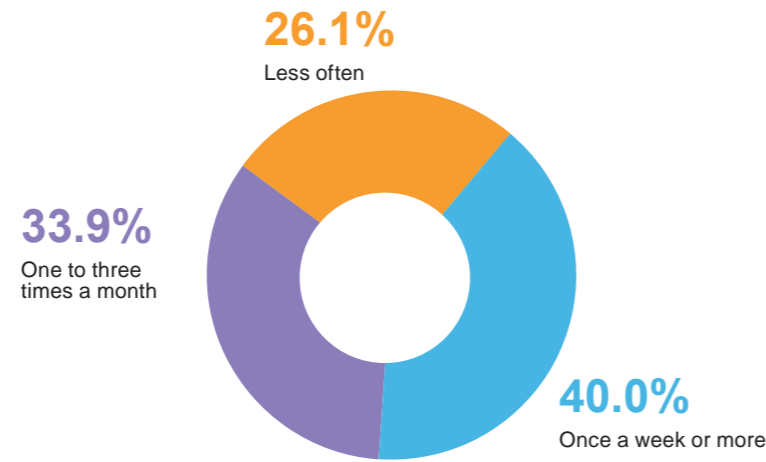


Mount Alexander Shire

Loddon Campaspe Region

How often?

Less than half of residents who went swimming for exercise in the past 12 months did so once a week or more.



Who?

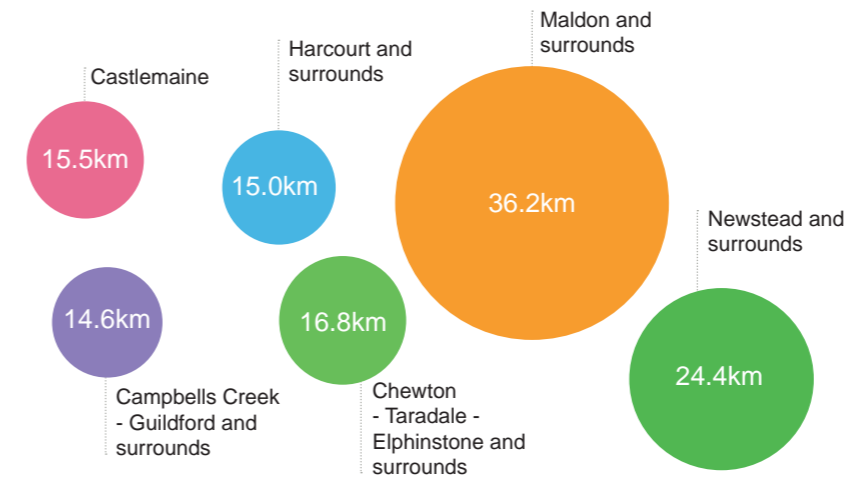
Swimming is popular amongst all ages and age groups. Participation in swimming was highest among females and males aged 3 to 11.

Male	Ages	Female
16.1%	3 - 11	18.5%
6.3%	12 - 17	12.9%
4.1%	18 - 34	8.3%
9.6%	35 - 49	11.0%
8.5%	50 - 69	8.7%
5.1%	70+	6.4%

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

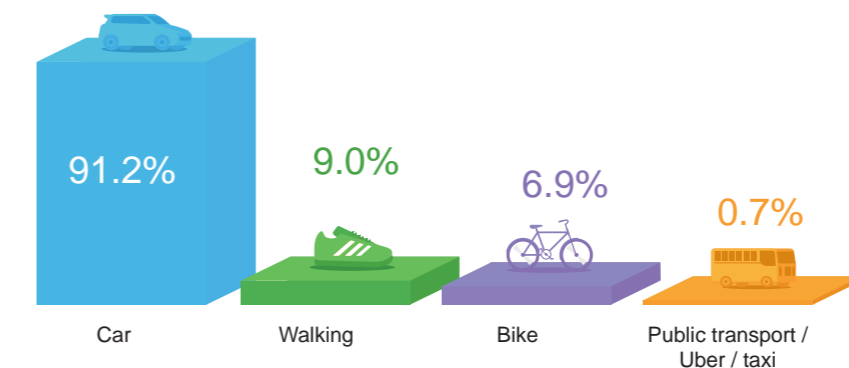
How far do people travel?

The average distance residents travel to their swimming activity is 18.2km ranging from 14.6km in Campbells Creek - Guildford and surrounds to 36.2km in Maldon and surrounds.



How do people get there?

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



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

Facility quality rating

Highest quality

Chewton - Taradale - Elphinstone and surrounds	81.6%
Campbells Creek - Guildford and surrounds	77.2%

Lowest quality

Newstead and surrounds	57.3%
Castlemaine	69.4%

Facility accessibility rating

Highest accessibility

Chewton - Taradale - Elphinstone and surrounds	91.8%
--	-------

Lowest accessibility

Campbells Creek - Guildford and surrounds	53.9%
Newstead and surrounds	57.8%

Swimming is most popular among residents of:

Harcourt and surrounds

14.0%*

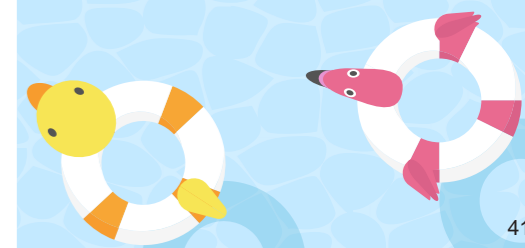
Maldon and surrounds

10.2%

Swimming is least popular among residents of:

Chewton - Taradale - Elphinstone and surrounds

7.6%



Bushwalking / Hiking in Mount Alexander

Participation in bushwalking / hiking

Bushwalking / hiking is the third most popular physical activity in Mount Alexander Shire with 8.6% of people reporting that they had been bushwalking / hiking in the previous 12 months.



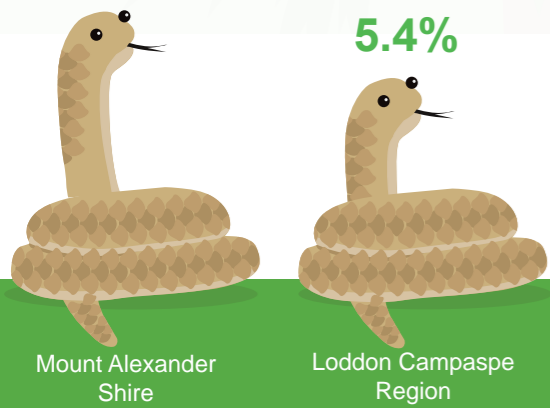
How do people rate bushwalking / hiking facilities?

About 81% of residents who do bushwalking / hiking for exercise rate the locations they attended as good or excellent, in terms of their quality and about 81% rate them as good or excellent in terms of accessibility.

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

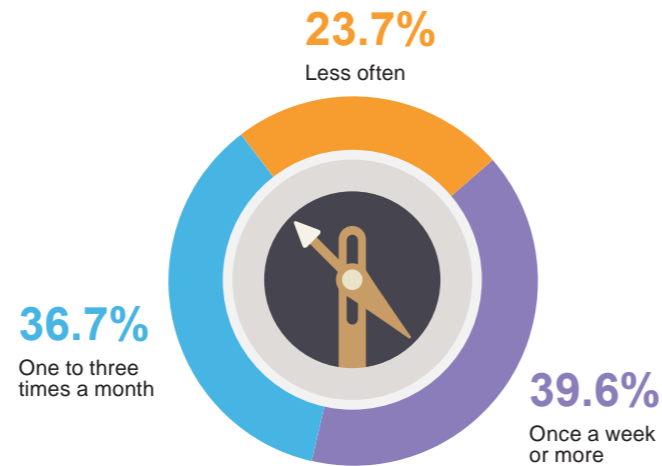
8.6%

5.4%



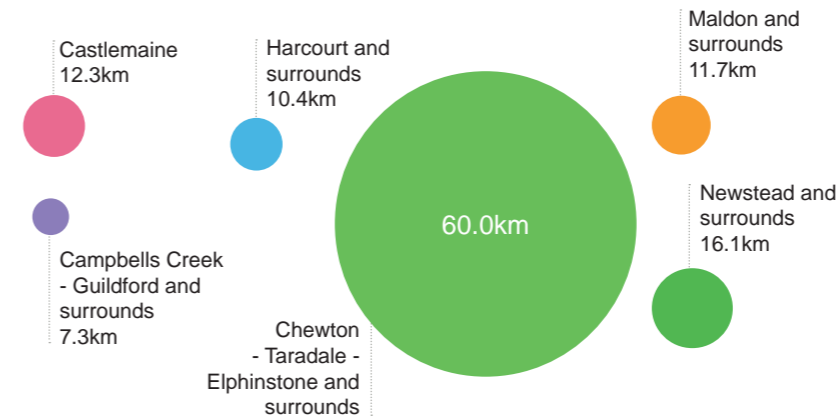
How often?

Almost 40% of residents that went bushwalking / hiking did so once a week or more.



How far do people travel?

The average distance residents travel to their bushwalk / hike is 16.2km ranging from 7.3km in Campbells Creek - Guildford and surrounds to 60.0km in Chewton - Taradale - Elphinstone and surrounds.



Facility quality rating

Highest quality

Chewton - Taradale - Elphinstone and surrounds	84.0%
Castlemaine	83.1%
Maldon and surrounds	82.9%

Lowest quality

Harcourt and surrounds	66.8%
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Bushwalking / hiking is most popular among residents of:

Chewton – Taradale - Elphinstone and surrounds



Harcourt and surrounds



Bushwalking / hiking is least popular among residents of:

Campbells Creek - Guildford and surrounds

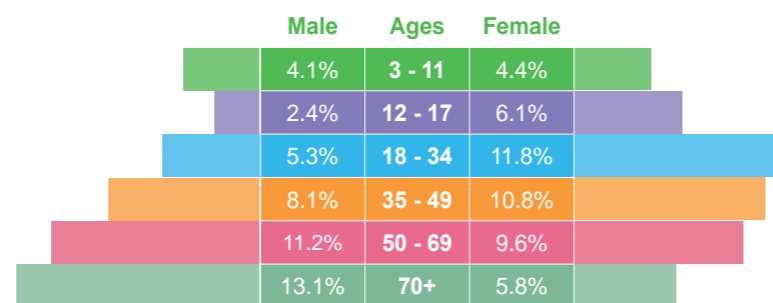


Newstead and surrounds



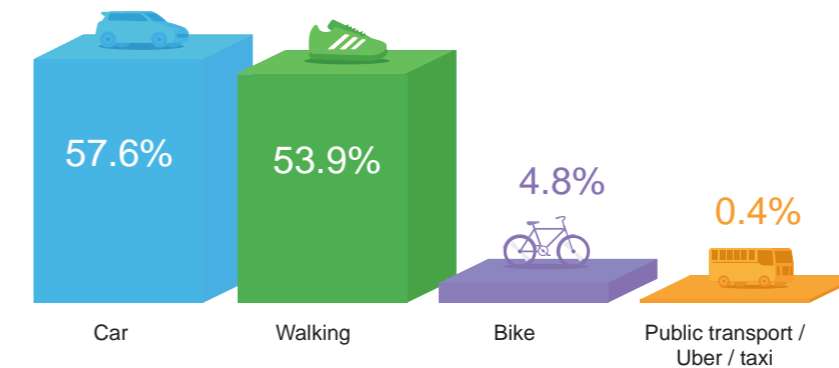
Who?

Bushwalking / hiking is popular amongst most age groups and all genders. Participation in bushwalking / hiking was highest among males aged 70 years and over.



How do people get there?

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



Facility accessibility rating

Highest accessibility

Campbells Creek - Guildford and surrounds	90.1%
Maldon and surrounds	87.1%
Castlemaine	83.7%

Lowest accessibility

Harcourt and surrounds	67.2%
Chewton - Taradale - Elphinstone and surrounds	73.2%
Newstead and surrounds	76.4%

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

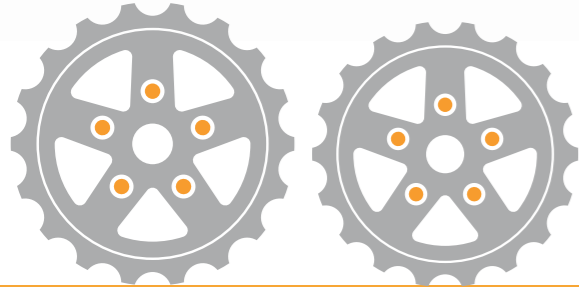
Cycling for recreation or transport in Mount Alexander

Participation in cycling for recreation or transport

Cycling for recreation or transport is the fourth most popular physical activity in Mount Alexander Shire with 6.7% of the population reporting that they went cycling for recreation or transport in the previous 12 months.

6.7%

5.4%



Mount Alexander Shire

Loddon Campaspe Region

Cycling is most popular among residents of:

Campbells Creek - Guildford and surrounds



Chewton - Taradale - Elphinstone and surrounds

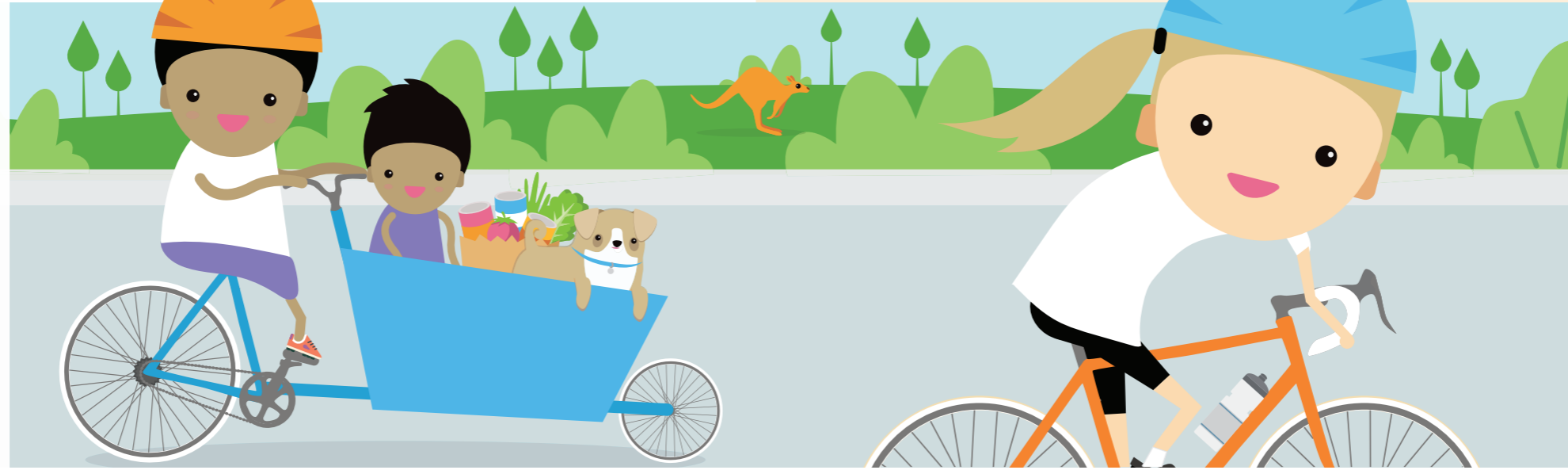
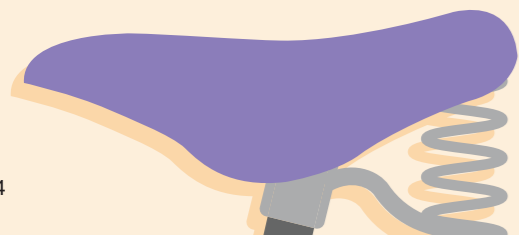


Cycling is least popular among residents of:

Harcourt and surrounds

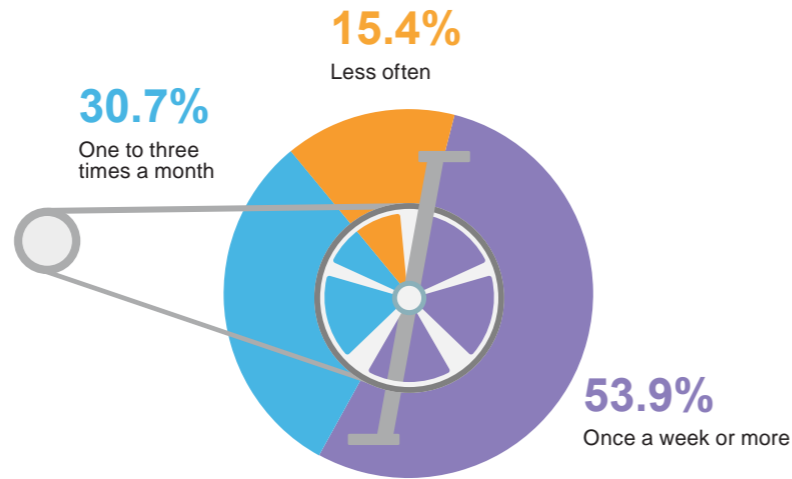


Maldon and surrounds



How often?

Most residents who cycled for recreation or transport in the past 12 months did so once a week or more.



Who?

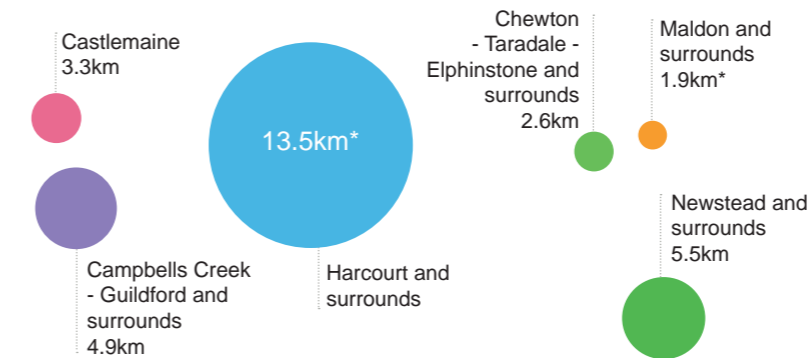
Cycling for recreation or transport is popular amongst all age groups and genders. Participation was highest among females aged 3 to 11, followed by females aged 12 to 17 years of age.

	Male	Ages	Female
	8.2%	3 - 11	10.8%
	3.9%	12 - 17	9.2%
	7.4%	18 - 34	2.2%
	6.1%	35 - 49	6.2%
	8.4%	50 - 69	6.7%
	5.7%	70+	2.6%

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

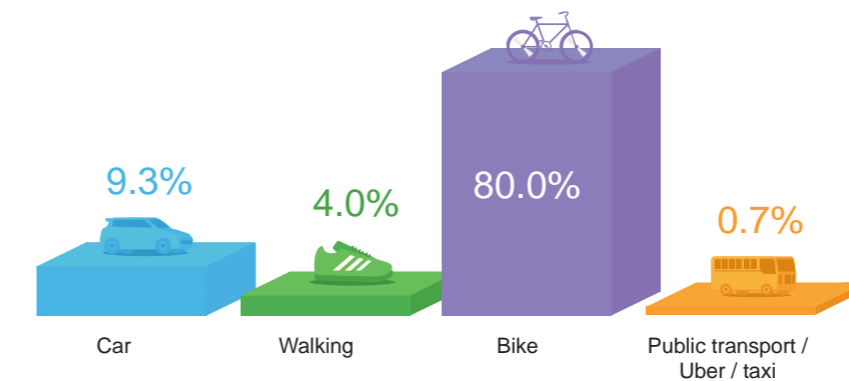
How far do people travel?

The average distance residents travel to their cycling activity is 4.1km ranging from 1.9km in Maldon and surrounds to 13.5km in Harcourt and surrounds.



How do people get there?

Most residents use a bike to get to their cycling activity.



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

How do people rate cycling facilities?

About 59% of residents who cycle rate the facilities they use as good or excellent in terms of their quality and about 70% rate them as good or excellent in terms of accessibility.

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

Facility quality rating

Highest quality

Campbells Creek - Guildford and surrounds	73.4%
Maldon and surrounds	64.6%*

Lowest quality

Newstead and surrounds	38.1%
Chewton - Taradale - Elphinstone and surrounds	47.7%

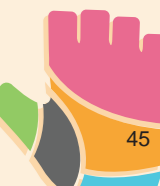
Facility accessibility rating

Highest accessibility

Maldon and surrounds	82.3%*
Castlemaine	75.9%
Harcourt and surrounds	72.8%*

Lowest accessibility

Newstead and surrounds	58.5%
Campbells Creek - Guildford and surrounds	60.5%
Chewton - Taradale - Elphinstone and surrounds	60.8%



Fitness / gym in Mount Alexander

Participation in fitness / gym

Fitness / gym is the fifth most popular physical activity in Mount Alexander Shire with 4.5% of the population reporting that they went to a fitness / gym facility in the previous 12 months.



How do people rate fitness / gym facilities?

Over 73% of residents who attend fitness / gym facilities for exercise rate the locations they attended as good or excellent in terms of their quality and about 86% rate them as good or excellent in terms of accessibility.

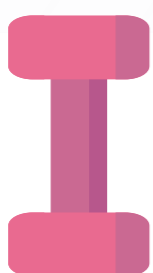
The quality and accessibility ratings are based on the facilities used by residents, not the facilities in each township.

4.5%



Mount Alexander Shire

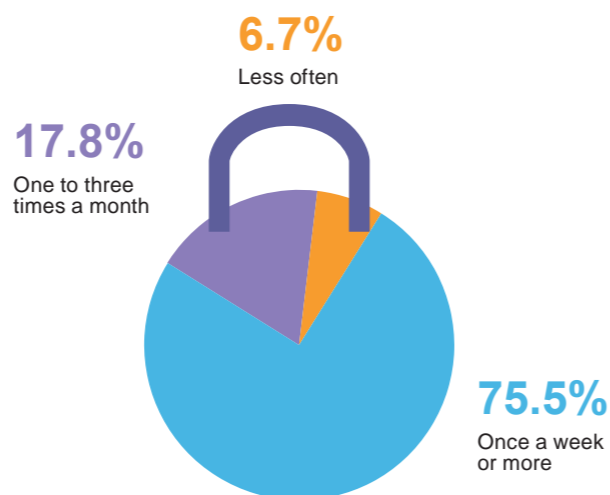
6.4%



Loddon Campaspe Region

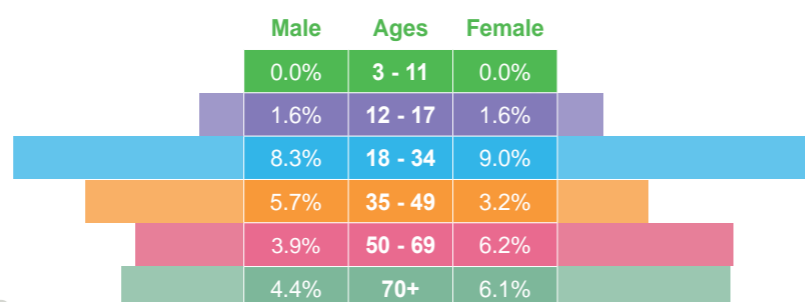
How often?

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



Who?

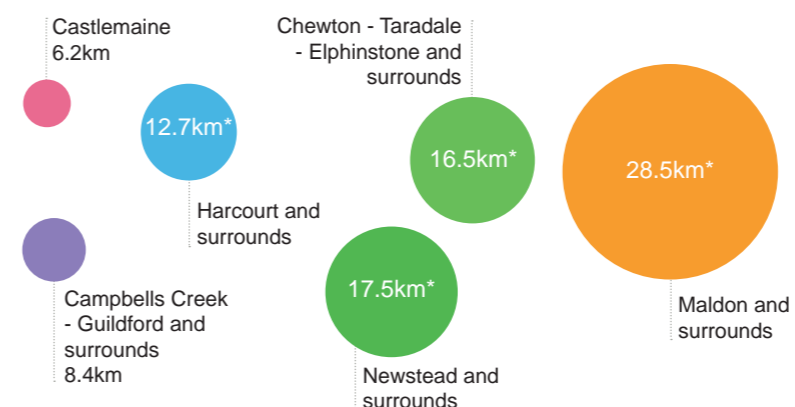
Fitness / gym is popular amongst most age groups and all genders. Participation in fitness / gym was highest among residents aged 18 to 34 years.



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

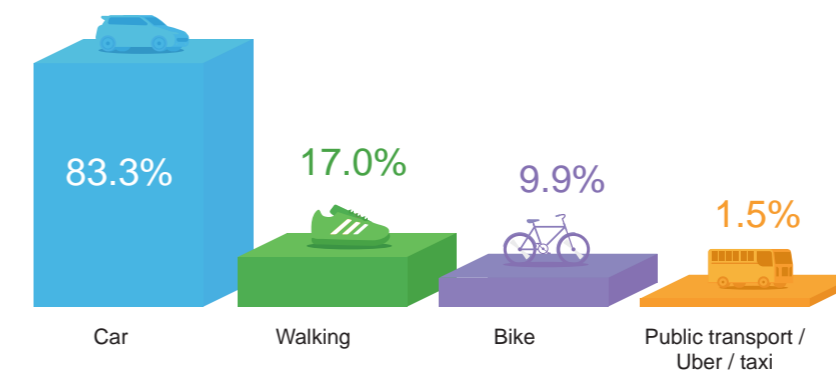
How far do people travel?

The average distance residents travel to their fitness / gym facility is 9.8km ranging from 6.2km in Castlemaine to 28.5km in Maldon and surrounds.



How do people get there?

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



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

Facility quality rating

Highest quality

Maldon and surrounds **100%***
Newstead and surrounds **80.5%***

Lowest quality

Campbells Creek - Guildford and surrounds **61.2%**

Facility accessibility rating

Highest accessibility

Maldon and surrounds **100%***
Chewton - Taradale - Elphinstone and surrounds **90.5%***

Lowest accessibility

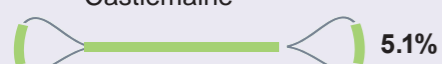
Campbells Creek - Guildford and surrounds **71.5%**

Fitness / gym is most popular among residents of:

Campbells Creek - Guildford and surrounds

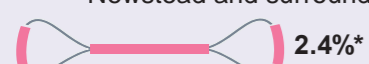


Castlemaine



Fitness / gym is least popular among residents of:

Newstead and surrounds



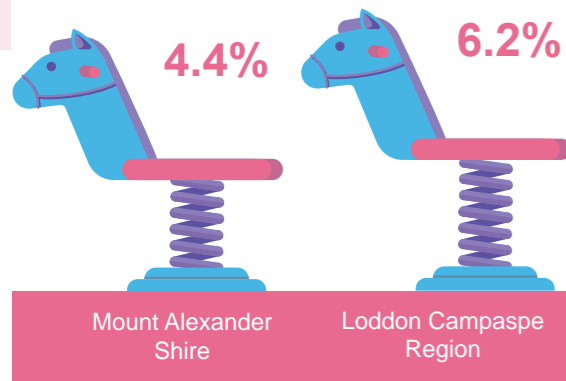
Maldon and surrounds



Active play in Mount Alexander

Participation in active play

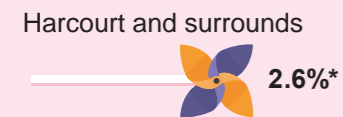
Active play is the sixth most popular physical activity in Mount Alexander Shire with 4.4% of the population reporting that they took part in active play in the previous 12 months.



Active play is most popular among residents of:



Active play is least popular among residents of:



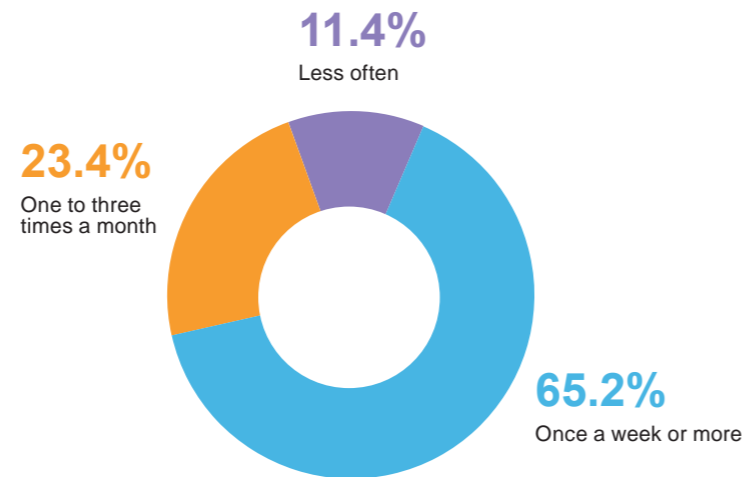
How do people rate active play facilities?

About 84% of residents who attend active play facilities for exercise rate the facilities they use as good or excellent, in terms of their quality and over 85% rate them as good or excellent in terms of accessibility.

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

How often?

Most residents that participated in active play for exercise did so once a week or more.



Who?

Residents of all age groups participate in active play, with participation rates slightly higher for females than males of the same age group. Participation in active play is highest for females and males aged 3 to 11 years.

	Male	Ages	Female
	13.9%	3 - 11	15.7%
	1.6%	12 - 17	4.6%
	1.8%	18 - 34	6.6%
	4.0%	35 - 49	5.1%
	1.3%	50 - 69	1.9%
	1.7%	70+	2.2%

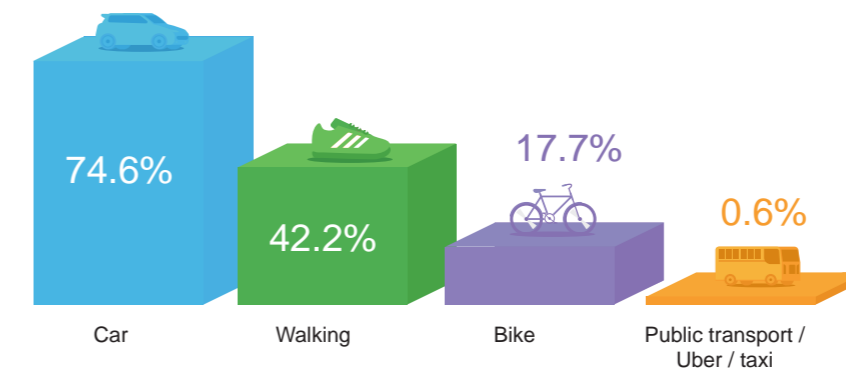
How far do people travel?

The average distance residents travel to an active play facility is 5.4km ranging from 2.9km in Castlemaine to 13.1km in Harcourt and surrounds.



How do people get there?

Most residents use a car to get to their active play activity.



Facility quality rating

Highest quality

Castlemaine	88.4%
Newstead and surrounds	83.9%*
Maldon and surrounds	82.1%*

Lowest quality

Harcourt and surrounds	62.1%*
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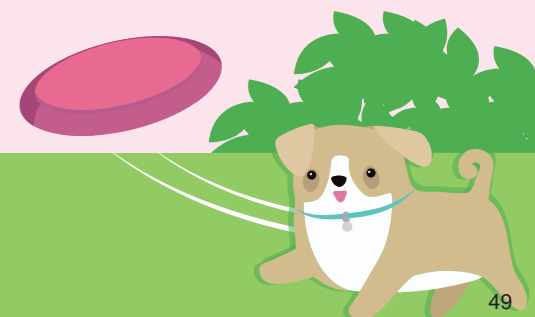
Facility accessibility rating

Highest accessibility

Maldon and surrounds	91.4%*
Castlemaine	89.1%
Harcourt and surrounds	87.8%*

Lowest accessibility

Newstead and surrounds	68.1%*
------------------------	--------



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

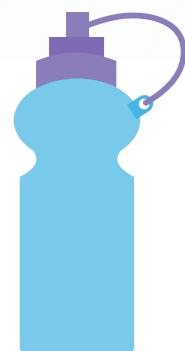
Note: Numbers total over 100% as some people use multiple forms of transport.

Indoor group fitness in Mount Alexander

Participation in indoor group fitness

Indoor group fitness is the seventh most popular physical activity in Mount Alexander Shire with 3.6% of the population reporting attended an indoor group fitness activity in the previous 12 months.

3.6%



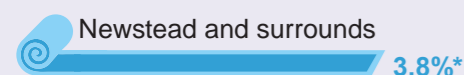
Mount Alexander Shire

3.1%

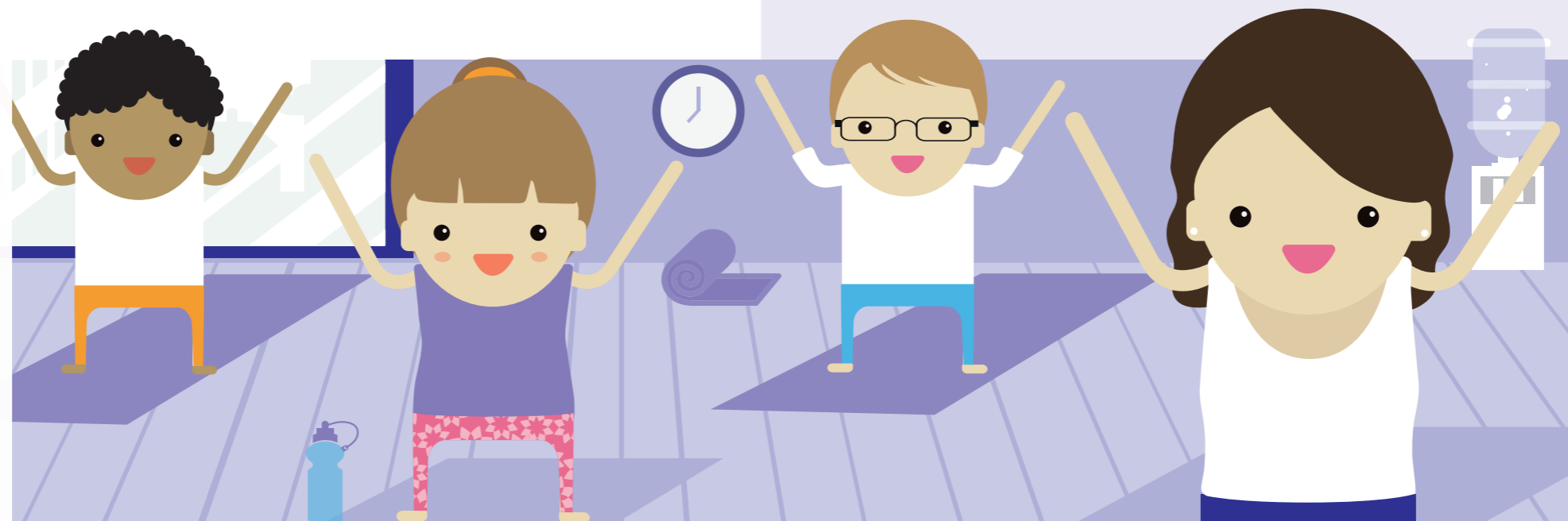
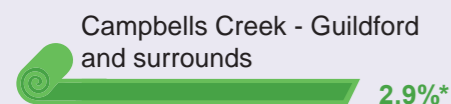
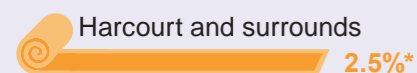


Loddon Campaspe Region

Indoor group fitness is most popular among residents of:



Indoor group fitness is least popular among residents of:



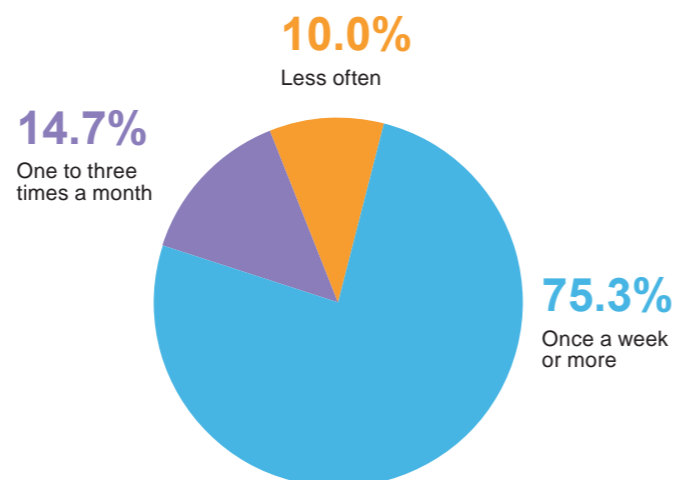
How do people rate indoor group fitness facilities?

About 90% of residents who participated in indoor group fitness activities for exercise rate the facilities they use as good or excellent in terms of their quality and about 86% rate them as good or excellent in terms of accessibility.

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

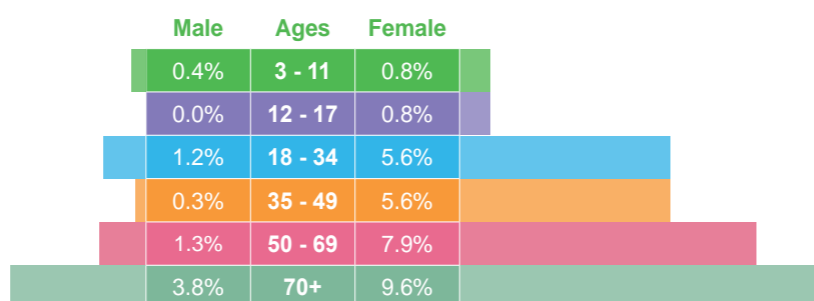
How often?

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



Who?

Indoor group fitness activities are most popular amongst adults; however, females participate at a higher rate than males. Participation in indoor group fitness is highest for females aged 70 years and older.



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

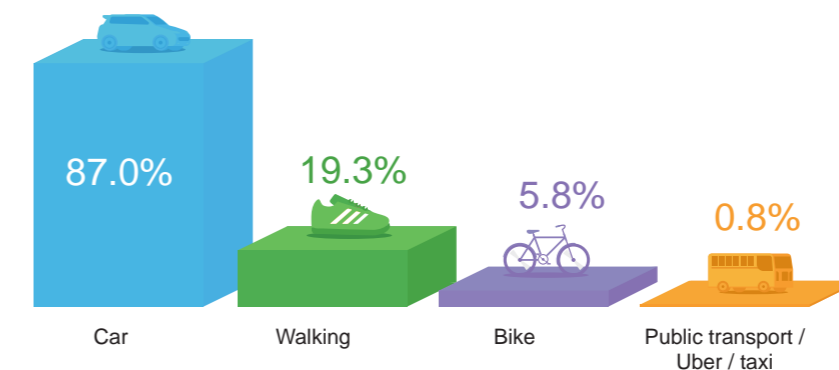
How far do people travel?

The average distance residents travel to their indoor group fitness activity is 10.3km ranging from 8.3km in Castlemaine to 20.3km in Harcourt and surrounds.



How do people get there?

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



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

Facility quality rating

Highest quality

Chewton - Taradale - Elphinstone and surrounds	100%*
Newstead and surrounds	98.1%*

Lowest quality

Campbells Creek - Guildford and surrounds	80.6%*
Harcourt and surrounds	83.1%*
Maldon and surrounds	84.3%*

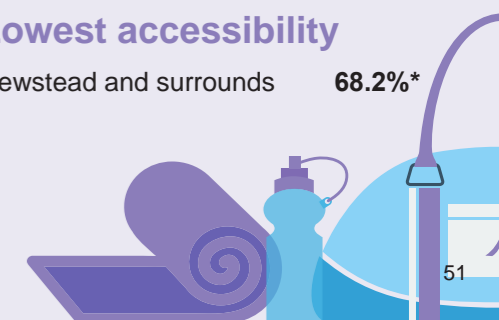
Facility accessibility rating

Highest accessibility

Chewton - Taradale - Elphinstone and surrounds	100%*
Maldon and surrounds	96.2%*
Harcourt and surrounds	94.1%*

Lowest accessibility

Newstead and surrounds	68.2%*
------------------------	--------



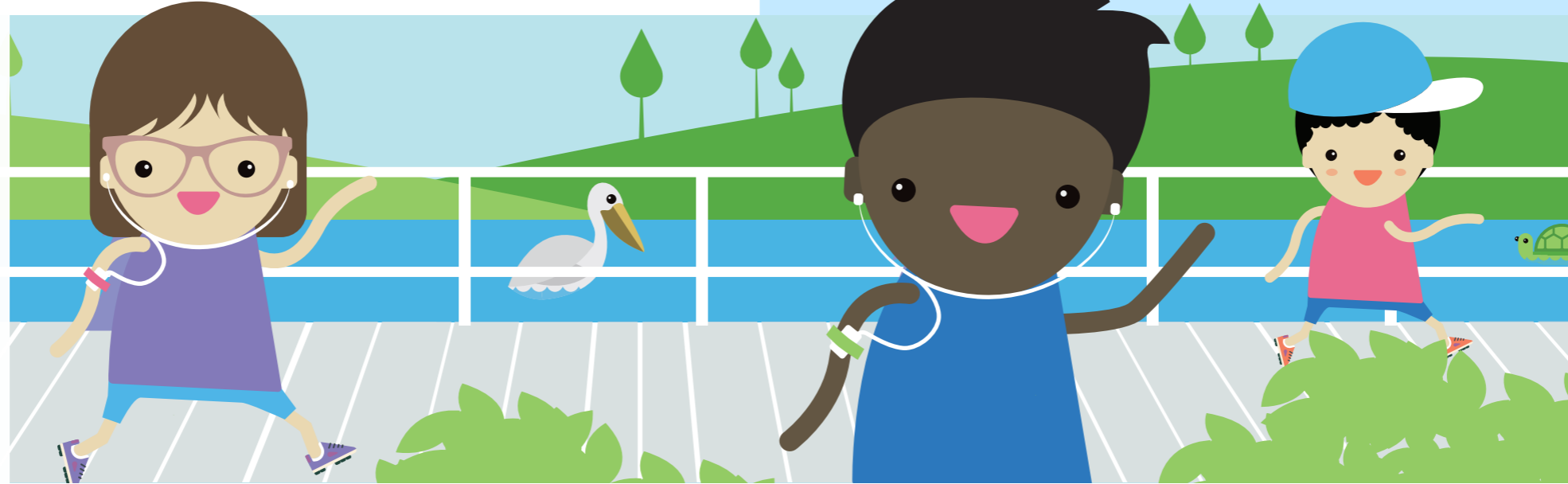
Jogging / running in Mount Alexander

Participation in jogging / running

Jogging / running is the eighth most popular physical activity in Mount Alexander Shire with 3.6% of the population reporting that they went jogging / running in the previous 12 months.

3.6% Mount Alexander Shire

3.7% Loddon Campaspe Region



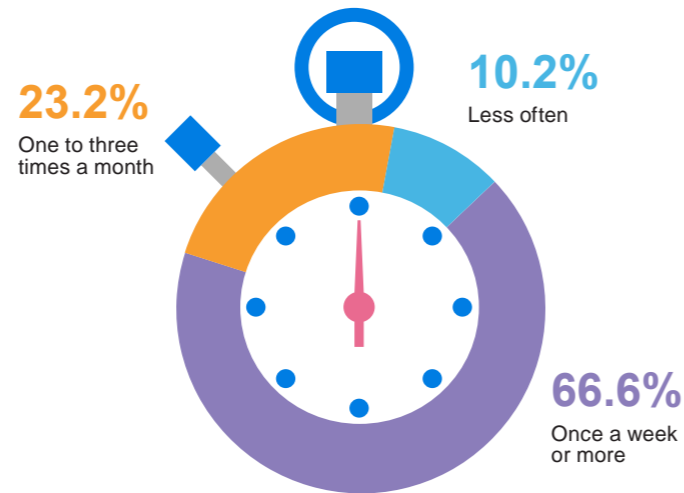
How do people rate jogging / running facilities?

About 82% of residents who jog / run for exercise rate the locations they attended as good or excellent in terms of their quality and about 87% rate them as good or excellent in terms of accessibility.

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

How often?

Most residents who went jogging / running for exercise in the past 12 months did so once a week or more.



Who?

Most age groups and all genders jog / run for exercise. Males aged 18 to 34 reported the highest participation rates.

Male	Ages	Female
1.1%	3 - 11	0.0%
4.7%	12 - 17	2.3%
8.5%	18 - 34	5.0%
6.9%	35 - 49	6.0%
2.2%	50 - 69	2.5%
0.5%	70+	0.9%

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

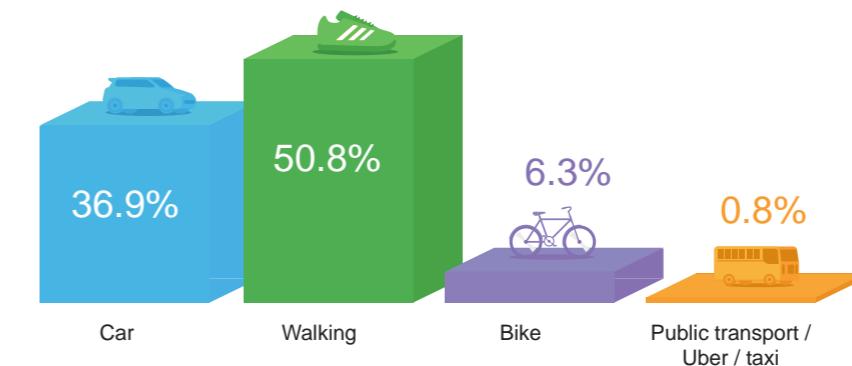
How far do people travel?

The average distance residents travel to their jog / run is 2.7km ranging from 1.2km in Castlemaine to 7.5km in Maldon and surrounds.



How do people get there?

Most residents either walk to get to their jogging / running location or start jogging / running from their residence.



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

Facility quality rating

Highest quality

Maldon and surrounds	100%*
Campbells Creek - Guildford and surrounds	85.4%*
Harcourt and surrounds	84.6%*

Lowest quality

Chewton - Taradale - Elphinstone and surrounds	57.4%*
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Facility accessibility rating

Highest accessibility

Chewton - Taradale - Elphinstone and surrounds	100%*
Maldon and surrounds	100%*

Lowest accessibility

Newstead and surrounds	75.8%*
Campbells Creek - Guildford and surrounds	78.5%*

Jogging / running is most popular among residents of:

Harcourt and surrounds

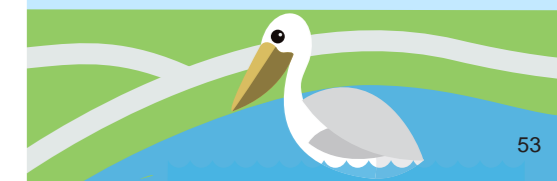


Jogging / running is least popular among residents of:

Newstead and surrounds



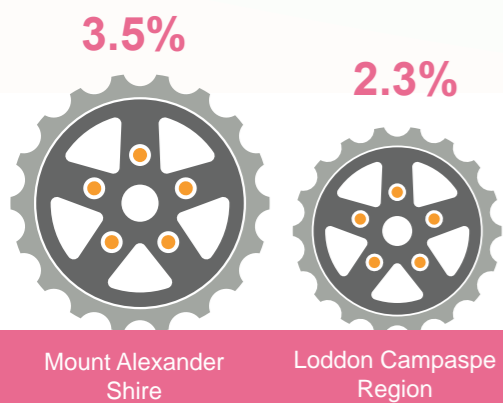
Chewton - Taradale - Elphinstone and surrounds



Mountain bike riding in Mount Alexander

Participation in mountain bike riding

Mountain bike riding is the ninth most popular physical activity in Mount Alexander Shire with 3.5% of the population reporting that took part in mountain bike riding in the previous 12 months.



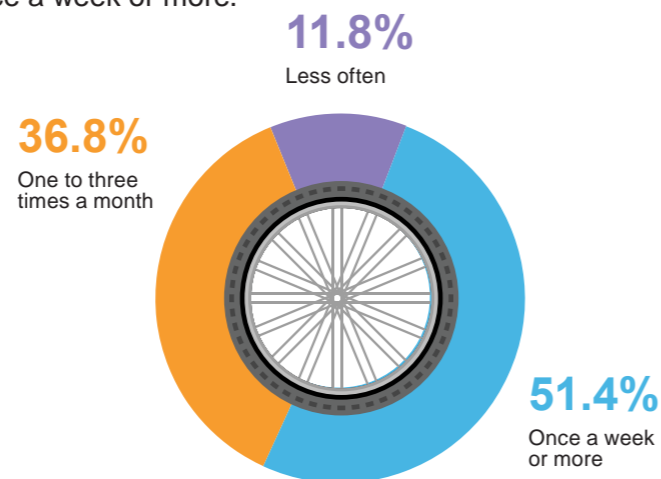
How do people rate mountain bike riding facilities?

Overall 87.0% of residents who do mountain bike riding for exercise rate the locations they attended as good or excellent in terms of their quality and about 81% rate them as good or excellent in terms of accessibility.

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

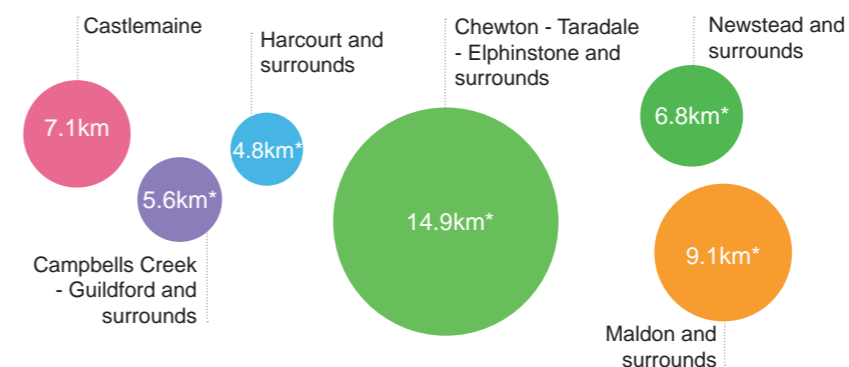
How often?

More than half of residents who went mountain bike riding for exercise or recreation in the past 12 months did so once a week or more.



How far do people travel?

The average distance residents travel to their mountain bike riding activity is 7.2km ranging from 4.8km in Harcourt and surrounds to 14.9km in Chewton - Taradale - Elphinstone and surrounds.



Facility quality rating

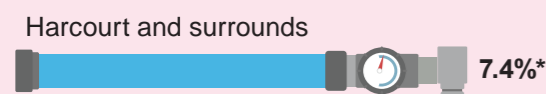
Highest quality

Newstead and surrounds	93.1%*
Castlemaine	92.0%

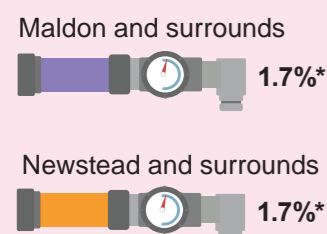
Lowest quality

Maldon and surrounds	69.0%*
Harcourt and surrounds	73.0%*

Mountain bike riding is most popular among residents of:



Mountain bike riding is least popular among residents of:



Who?

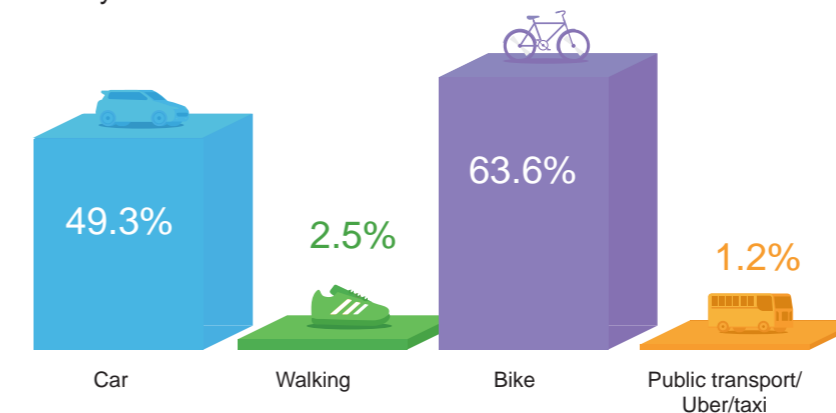
Mountain bike riding is popular amongst all genders and most ages, except for older adults aged 70 years and over. Males aged 35 to 49 reported the highest rates of mountain bike riding, followed by adolescent males aged 12 to 17 years of age.

	Male	Ages	Female
	5.2%	3 - 11	2.0%
	7.2%	12 - 17	2.3%
	3.3%	18 - 34	0.8%
	9.4%	35 - 49	3.6%
	3.7%	50 - 69	2.2%
	0.4%	70+	0.0%

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

How do people get there?

Most residents use a car to get to their mountain bike riding activity.



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

Facility accessibility rating

Highest accessibility

Maldon and surrounds	*
Newstead and surrounds	94.1%*
Chewton - Taradale - Elphinstone and surrounds	91.1%*

Lowest accessibility

Harcourt and surrounds	41.5%*
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Dancing / ballet / calisthenics in Mount Alexander

Participation in dancing / ballet / calisthenics

Dancing / ballet / calisthenics is the tenth most popular physical activity in Mount Alexander Shire with 2.6% of the population reporting that they took part in dancing / ballet / calisthenics in the previous 12 months.



How do people rate dancing / ballet / calisthenics facilities?

Over 92% of residents who do dancing / ballet / calisthenics for exercise rate the facilities they use as good or excellent in terms of their quality and over 86% rate them as good or excellent in terms of accessibility.

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

2.6%



Mount Alexander Shire

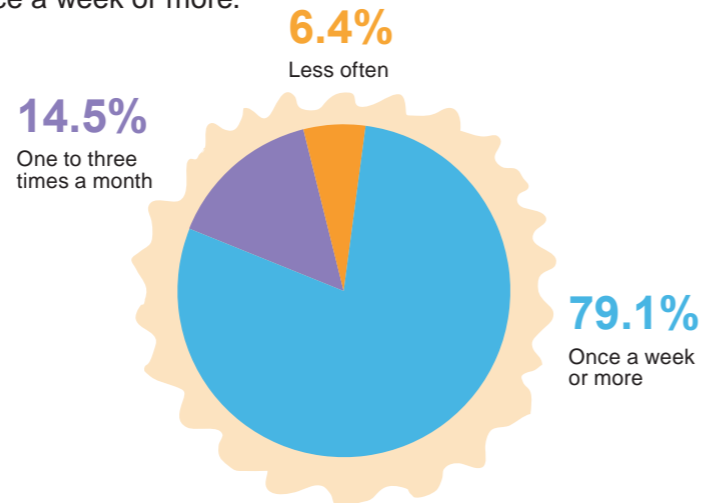
1.8%



Loddon Campaspe Region

How often?

Almost 80% of residents who participated in dancing / ballet / calisthenic activities in the past 12 months did so once a week or more.



Who?

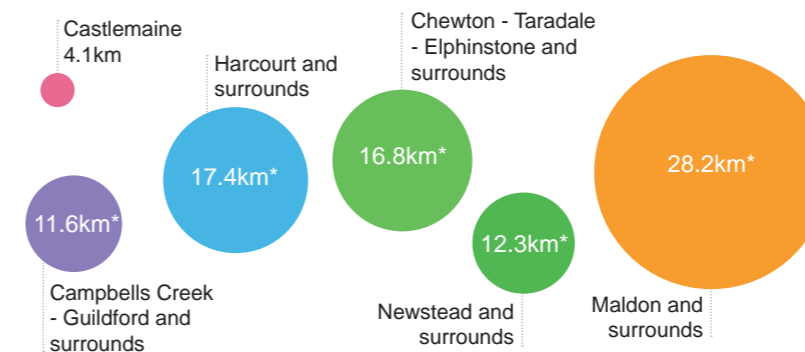
Residents of all ages and genders participate in dance / ballet / calisthenics activities, however females participate at a higher rate than males. Females aged 12 to 17 reported the highest participation rate, followed by females aged 3 to 11 years.

Male	Ages	Female
3.4%	3 - 11	10.4%
2.3%	12 - 17	11.5%
0.6%	18 - 34	0.6%
0.3%	35-49	2.7%
1.4%	50 - 69	2.6%
1.1%	70+	3.2%

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

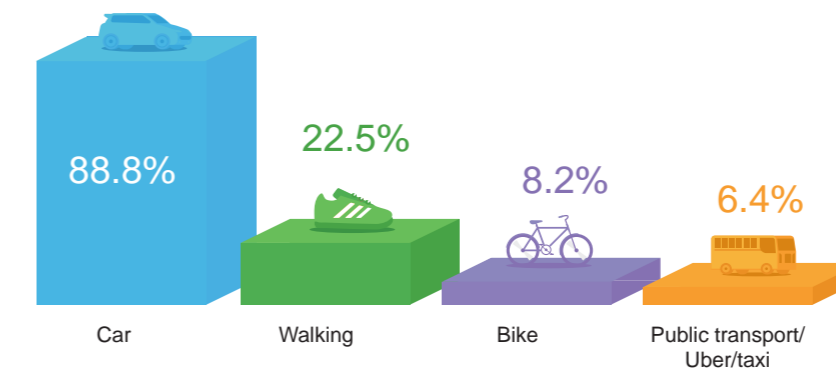
How far do people travel?

The average distance residents travel to their dancing / ballet / calisthenics activity is 10km ranging from 4.1km in Castlemaine to 28.2km in Maldon.



How do people get there?

Most residents use a car to get to their dancing / ballet calisthenics activity.



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

Facility quality rating

Highest quality

Harcourt and surrounds	100%*
Maldon and surrounds	100%*

Lowest quality

Campbells Creek - Guildford and surrounds	78.2%*
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Facility accessibility rating

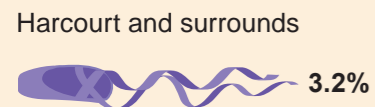
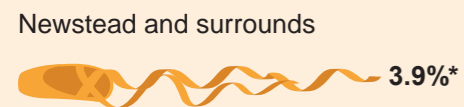
Highest accessibility

Chewton - Taradale - Elphinstone and surrounds	94.2%*
Maldon and surrounds	93.3%*
Castlemaine	91.1%

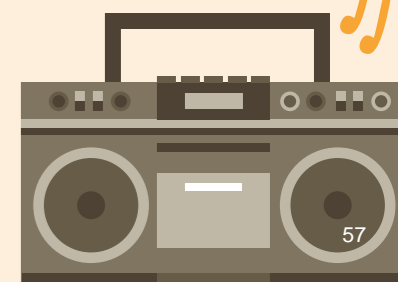
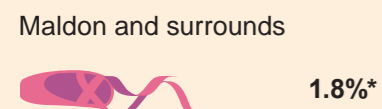
Lowest accessibility

Campbells Creek - Guildford and surrounds	67.8%*
Newstead and surrounds	76.5%*

Dancing / ballet / calisthenics is most popular among residents of:



Dancing / ballet / calisthenics is least popular among residents of:







T: (03) 5471 1700

National Relay Service:

- TTY/ voice users phone 133 677 then ask for (03) 5471 1700
- Speak and Listen users phone 1300 555 727 then ask for (03) 5471 1700
- Internet relay users connect to the NRS then ask for (03) 5471 1700

E: info@mountalexander.vic.gov.au

W: www.mountalexander.vic.gov.au

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