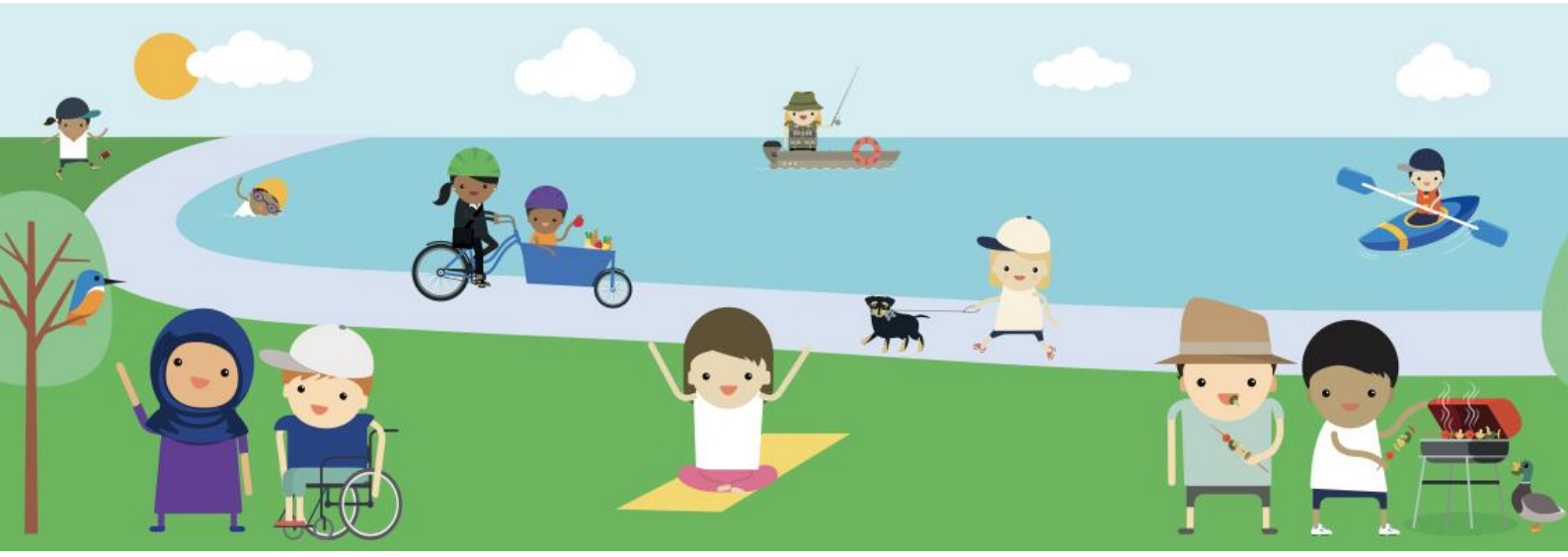
Mount Alexander Shire Council

Active Living CENSUS

Topline Report
Mount Alexander

September 2019



CITY OF GREATER BENDIGO

Administered by the City of Greater Bendigo on behalf of Healthy Heart of Victoria.

Social Research Centre

Healthy Heart of Victoria | Regional Partnerships Loddon Campaspe | Victoria State Government

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E1 Background and methodology

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

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

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

CITY OF GREATER BENDIGO Population: 106,358 Response: 12,973 (12.2%)	Macedon Ranges Shire Council Population: 44,444 Response: 3,691 (8.3%)	Campaspe Shire Council Population: 35,872 Response: 3,424 (9.5%)
MOUNT ALEXANDER SHIRE COUNCIL Population: 18,280 Response: 2,329 (12.7%)	CENTRAL GOLDFIELDS SHIRE COUNCIL Population: 12,669 Response: 1,176 (9.3%)	LODDON SHIRE Population: 7,324 Response: 812 (11.1%)

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

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

This report presents the results collected from the 2,329 respondents from the Mount Alexander Shire. Compared to Mount Alexander population benchmarks, females, older residents and those with a Bachelor level education or higher were over-represented. Weighting was applied at the LGA level so that results could be generalised to the Mount Alexander population. The weighting benchmarks used for adults in the 2019 ALC were age by education, gender and country of birth, while children (aged 3 to 17) were weighted by age and gender only.

E2 Health indicator population benchmarks

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

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

In comparison to Victorian benchmarks, respondents from Mount Alexander in the 2019 ALC aged 18 years and over reported similar levels of self-reported health. However, respondents displayed higher levels of participation in health risk behaviours including consumption of sugar-sweetened beverages (10.5% did so daily) and excessive alcohol consumption (53.5% had consumed four or more standard drinks on at least one occasion, with this proportion being higher amongst males). Comparatively fewer respondents to the 2019 ALC reported being current smokers (9.0%). Respondents were more likely to record lower levels of life satisfaction (7.8% rated their life satisfaction as 0 to 4 out of 10) than the Victorian average (5.7%). These findings reinforce the need to implement complementary strategies that address both the health and wellbeing of local residents.

E3 Health and wellbeing indicators

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

The primary health measures used in the 2019 ALC (health and BMI) provided an indication of the general health status of the community. Approximately one in six Mount Alexander adults (18.9%) rated their health as 'fair' or 'poor', while 56.1% have a BMI within the overweight or obese range. While self-reported health was poorer amongst respondents aged 70 years and over, rates of obesity were highest amongst those aged 35 to 69 years. Few children and adolescents recorded poor levels of health with 'fair' or 'poor' health at 4.1%.

In relation to healthy eating in the Mount Alexander Shire, the average consumption of fruit and vegetables amongst adult residents was below the daily guidelines across all subregions. Overall, approximately half of Mount Alexander adult respondents (48.3%) were not meeting fruit consumption guidelines, while nine in ten adults (90.9%) were not eating enough vegetables. This is clearly an area where significant gains can be made by understanding barriers to healthy eating and creating environments where meeting the recommended daily serves is more achievable. Two of the reported main barriers to meeting daily serve requirements included personal preferences and routines and a lack of time or convenience. The next step to increasing the proportion of residents meeting the guidelines is understanding how best to assist the community in overcoming these obstacles, which would require further investigation.

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

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

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

Residents were classified as 'heavy users' of public spaces and recreational areas if they use the areas once a week or more often while 'non-users' were those who use the spaces less than once every three months or not at all. Overall, approximately two-thirds of residents were heavy users of footpaths (67.9%), almost two-thirds (63.9%) were heavy users of public open spaces, and almost half (41.0%) were heavy users of off-road walking and cycling tracks. Heavy users of all three areas were more likely to be children and adolescents, to record higher levels of health and general wellbeing, to meet health guidelines, and not to engage in health risk behaviours. They were also from more financially secure households and were less likely to require assistance with daily activities.

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

- Providing more or improved footpaths and walking tracks, extensions to existing footpaths and tracks, or better-connected footpaths and tracks, thus improving access to public facilities and open spaces in the area (25.8%)
- Making available more or better exercise equipment or facilities such as outdoor exercise equipment, sports fields, and swimming pools (24.6%)
- Improving or increasing bicycle tracks and lanes, providing better connections between bicycle tracks and lanes, and increasing skate facilities (18.0%)
- Improving lighting on streets, tracks and trails, and at recreational facilities (7.4%)
- Providing new or improved toilet facilities, change rooms and showers, and improved disability access to these (6.9%)

E5 Participation in physical recreation activities

The 2019 ALC found that the majority of Mount Alexander residents (91.3%) had participated in at least one physical recreational activity in the past 12 months. Overall, approximately one in four respondents (28.9%) had participated in four or more activities (the maximum number of activities measured).

Of the activities mentioned, those most commonly participated in were walking (21.6%), swimming (9.5%), bush walking or hiking (8.6%), cycling (6.7%), gym-based fitness (6.7%). The activities recording the heaviest participation rates (weekly or more often) were: walking (81.3%); soccer (81.0%); weight lifting / body building (80.7%), and dancing, ballet, or calisthenics (79.1%).

Overall, 55.3% of Mount Alexander respondents indicated that they had not done physical activity as often as they would have liked in the past 12 months. Those who expressed an interest in increasing their participation in activities were more likely to be aged 18 to 69 years, be residents of Newstead and surrounds, and be less financially secure. They were also more likely to be people who are not meeting health guidelines and who recorded poorer levels of health and wellbeing.

Low participation rates might suggest that there is little demand for that activity, that the infrastructure is so poor that people are not participating where they otherwise might, that the activity is not sufficiently affordable, inclusive or accessible to residents, or other reasons for non-participation. Further research would need to be undertaken to understand the reasons for not taking part in specific

activities. Considering the rates of participation in Mount Alexander against the whole Loddon Campaspe region might provide some further information for interpretation.

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

Understanding the main barriers preventing residents from participating in activities as often as they would like provides valuable context for the Mount Alexander Shire to understand the support residents need to meet their physical activity goals. The main reasons provided by residents for not being more active included: 'being too busy or time poor' (52.2%); 'personal reasons such as not feeling motivated or feeling embarrassed' (31.0%); 'poor health or disability' (21.8%); the 'cost' (20.6%); and a 'lack of social support such as encouragement from others or having no one to go with' (15.8%).

E6 Quality and accessibility of facilities and spaces

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

The main activities for which the facilities received the lowest quality ratings were all cycling-based: road and sport cycling (3.4 out of 5) and general cycling for recreation or transport (3.6). People who had participated in fishing also gave lower ratings for the quality (3.9) and accessibility (3.9) of the available locations compared to other facilities and spaces. However, residents tended to travel further on average (54.9 kilometres) to access fishing locations, so any improvements may fall outside of the control of the Mount Alexander Shire.

1. Introduction

1.1. Background / context

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

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

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

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

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

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

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

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

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

1.2. Research objectives

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

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

1.3. Methodology

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

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

1.3.1. Sample frame / distribution

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

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

1.3.2. Questionnaire

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

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

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

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

1.3.3. Enumeration period

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

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

1.3.4. Returns / response rate

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

The population of residents (aged 3 years and over) in the Loddon Campaspe region is 224,947, making the response rate for individuals 10.9%. For the Mount Alexander region specifically, there were 2,329 individual responses received, from the population of 18,280 individuals aged 3 years and up, making the response rate for Mount Alexander 12.7%.

1.3.5. Data file preparation

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

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

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

1.3.6. Sampling error / weighting

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

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

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

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

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

1.4. About this report

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

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

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

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

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

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

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

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

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

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

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

Table Example

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

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

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

[a] https://www.researchgate.net/publication/51438076_Challenges_of_Accurately_Measuring_and_Using_BMI_and_Other_Indicators_of_Obesity_in_Children

2. Respondent Profile

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

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

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

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

2.1. ABS population benchmarks

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

For the 2019 ALC, females were over-represented in the achieved sample when compared to their proportions in the population. Both male and female respondents in the older age cohorts (50 to 69 years and 70 years and over) were also over-represented in the survey. The under-representation of respondents was most notable for respondents aged 18 to 34 years and adolescents aged 12 to 17 years. Note that ABS benchmarks do include any alternate gender categories so a comparison for respondents falling into the "Gender Diverse / Non-Binary / Self-described / Other gender" category in the ALC (0.5%) is not available. Throughout the report, only the two main gender classifications are used for subgroup comparisons due to the small base size for the other category.

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

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

the views of the Mount Alexander population. Further information regarding weighting is provided in Appendix A.

Table 2.1.1 Achieved sample composition

Age group	ABS population[1] (Mount Alexander)		Active Living Census[2] (unweighted)		ALC % as a % of the population
	n	%	n	%	%
Total sample	18,280	100.0	2,329	100.0	-
Gender					
Males	9,150	50.1	958	42.3	84.4
Females	9,129	49.9	1,297	57.2	114.6
Other	-	-	12	0.5	-
Age					
3-11 years	1,743	9.5	173	7.6	79.7
12-17 years	1,161	6.4	92	4.0	63.6
18-34 years	2,615	14.3	196	8.6	60.2
35-49 years	3,545	19.4	365	16.0	82.6
50-69 years	6,186	33.9	927	40.7	120.3
70+ years	3,009	16.5	522	22.9	139.2
Gender and age					
Males, 3 to 11	899	9.8	88	9.2	93.6
Males, 12 to 17	610	6.7	43	4.5	67.4
Males, 18 to 34	1,448	15.8	90	9.4	59.4
Males, 35 to 49	1,775	19.4	136	14.2	73.3
Males, 50 to 69	3,009	32.9	369	38.6	117.3
Males, 70+	1,401	15.3	230	24.1	157.0
Females, 3 to 11	855	9.4	84	6.5	69.3
Females, 12 to 17	545	6.0	45	3.5	58.2
Females, 18 to 34	1,158	12.7	103	8.0	62.7
Females, 35 to 49	1,783	19.6	224	17.3	88.6
Females, 50 to 69	3,177	34.9	552	42.7	122.5
Females, 70+	1,597	17.5	285	22.0	125.8
Subregion[3]					
Campbells Creek / Guildford and surrounds	2,051	11.2	295	12.8	114.9
Castlemaine	5,996	32.6	1,220	53.0	162.6
Chewton / Taradale / Elphinstone and surrounds	3,397	18.5	173	7.5	40.7
Harcourt and surrounds	2,652	14.4	164	7.1	49.4
Maldon and surrounds	2,843	15.5	216	9.4	60.7
Newstead and surrounds	1,440	7.8	232	10.1	128.7

[1] Population benchmarks sourced from ABS Census 2016

[2] Base sizes include respondents aged 3 years and over living in the Mount Alexander region

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

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

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

Table 2.1.2 Achieved sample distribution for selected demographic characteristics

Age group	ABS population[1] (Mount Alexander)		Active Living Census[2] (unweighted)		ALC % as a % of the population
	n	%	n	%	%
Total sample	15,372	100.0	1,985	100.0	-
Country of birth					
Born in Australia	11,746	85.2	1,705	85.9	100.8
Born overseas	2,037	14.8	280	14.1	95.4
Main language					
Speaks English as main language	12,909	96.3	1,958	99.2	103.0
Speaks other main language	492	3.7	16	0.8	22.1
ATSI Status					
Aboriginal or Torres Strait Islander (ATSI)	140	1.0	14	0.7	71.3
Non-ATSI	13,985	99.0	1,967	99.3	100.3
LGBTQIA+ Status					
Identifies as LGBTQIA+	-	-	149	7.9	-
Non-LGBTQIA+	-	-	1,744	92.1	-
Requires help with self-care, body movement or communication activities					
Requires help	852	6.4	154	7.9	123.2
Does not require help	12,463	93.6	1,799	92.1	98.4
Level of education					
Holds a Bachelor degree or higher	3,570	28.0	1,097	57.6	205.6
Less than Bachelor level education	9,180	72.0	809	42.4	59.0
Holds a government concession card[3]					
Holds a concession card	1,094	32.8	1,067	54.3	165.5
Does not hold a concession card	2,241	67.2	899	45.7	68.0
Food security (last 12 months)[4]					
Ran out of food and could not afford more	2,019	6.0	97	5.2	86.2
Have not run out of food	31,635	94.0	1,778	94.8	100.9

[1] Population benchmarks sourced from ABS Census 2016

[2] Base sizes include respondents aged 18 years and over living in the Mount Alexander region

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

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

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

2.2. Health indicator population benchmarks

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

There were some results from the 2019 ALC that revealed greater variation in the health and wellbeing of residents when compared to the available Victorian benchmarks. In particular, Mount Alexander residents who responded to the survey were more likely to report lower life satisfaction (7.8% reported low life satisfaction) than those who participated in the VPHS (5.7%). They were more likely to have consumed four or more standard drinks on at least one occasion in the last 12 months and therefore are at greater risk of harm (53.5%) than those who responded to the VPHS (41.5%) or NHS (41.8%). They were also more likely to consume sugar-sweetened beverages daily (10.5%) than those who responded to the VPHS (11.2%) or NHS (9.1%).

Results also revealed areas where Mount Alexander residents appeared to be performing better in terms of health indicators when compared to the Victorian population as a whole. In particular, smoking rates were lower (9.0% were current smokers) when compared to VPHS (16.7%) or NHS (15.2%) results. Given the passage of time between surveys, it is unclear the extent to which this difference reflects the general decline in smoking rates over recent years or is attributable to lower smoking rates amongst the Mount Alexander region.

When comparing Body Mass Index (BMI), Mount Alexander respondents were more likely to be overweight or obese (56.0%) than VPHS respondents (49.7%). As BMI is calculated post-survey using self-reported height and weight measurements, this combination of factors may make it more prone to variation than other indicators. This has the potential to impact the results from the 2019 ALC and comparable benchmarks.

Table 2.2.1 Health indicator population benchmarks

Health and wellbeing indicators	Population benchmark (VIC)		Active Living Census[1]	ALC % as a % of the population[4]
	NHS[2]	VPHS[3]	(weighted)	
Self-reported health status			n≥802	
% rating health as fair or poor (persons)	-	19.0	18.9	99.6
% rating health as fair or poor (females)	-	19.1	17.9	93.9
% rating health as fair or poor (males)	-	18.9	20.0	105.7
Body Mass Index (BMI)			n≥767	
% overweight or obese range (BMI ≤25.0) (persons)	68.6	49.7	56.0	112.7
% overweight or obese range (BMI ≤25.0) (females)	60.8	41.0	50.5	123.2
% overweight or obese range (BMI ≤25.0) (males)	76.9	58.8	61.6	104.8
Physical activity guidelines			n≥783	
% not meeting guidelines / sedentary (persons)	-	48.1	38.5	80.0
% not meeting guidelines / sedentary (females)	-	48.2	37.3	77.4
% not meeting guidelines / sedentary (males)	-	47.8	39.5	82.7
Fruit dietary guidelines			n≥798	
% not meeting fruit guidelines (persons)	51.3	58.5	46.0	78.6
% not meeting fruit guidelines (females)	43.8	55.7	43.6	78.3
% not meeting fruit guidelines (males)	53.6	61.4	48.3	78.6
Vegetable dietary guidelines			n≥799	
% not meeting vegetable guidelines (persons)	92.1	95.1	83.7	88.0
% not meeting vegetable guidelines (females)	88.8	92.6	76.6	82.7
% not meeting vegetable guidelines (males)	95.3	97.7	90.8	93.0
Smoking status			n≥797	
% current smokers (persons)	15.2	16.7	9.0	54.1
% current smokers (females)	12.0	13.9	6.7	48.3
% current smokers (males)	18.5	19.6	11.5	58.5
Alcohol consumption (single occasion)				
% had 4 or more standard drinks (persons)	41.8	41.5	53.5	128.9
% had 4 or more standard drinks (females)	29.8	29.7	41.9	141.2
% had 4 or more standard drinks (males)	54.1	53.9	65.4	121.4
Sugar-sweetened beverage consumption			n≥797	
% drinks SSB daily (persons)	9.1	11.2	10.5	94.0
% drinks SSB daily (females)	6.4	7.2	8.1	112.5
% drinks SSB daily (males)	11.8	15.3	13.1	85.6
Life satisfaction			n≥793	
% rating satisfaction as low (0 to 4) (persons)	-	5.7	7.8	136.8
% rating satisfaction as low (0 to 4) (females)	-	5.4	8.7	161.3
% rating satisfaction as low (0 to 4) (males)	-	6.1	7.0	114.4

[1] Base sizes include respondents aged 18 years and over living in the Mount Alexander region

[2] Population benchmarks sourced from NHS 2017-18

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

[4] Comparison made to VPHS, unless data not available

3. General health

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

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

3.1. Self-reported health status

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

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

Table 3.1.1 shows that the proportion of respondents who self-reported a lower level of health (18.9%) closely reflected the VPHS benchmark of 19.0%.

In relation to the main demographic indicators, there were no significant differences in self-reported levels of health between gender, age, or subregion.

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is ‘just getting along’ ‘poor’ or ‘very poor’ (29.8%) compared to those who are ‘reasonably comfortable’, ‘very comfortable’ or ‘prosperous’ (13.7%)
- Those who recorded a low level of life satisfaction (72.1%, compared to 14.3% who recorded medium to very high life satisfaction)
- Those respondents that have a BMI in the overweight or obese range (25.1%, compared to 11.0% of people in the normal or underweight ranges)
- Those who have experienced food insecurity in the last 12 months (43.7%, compared to 17.1% who have not run out of food and been unable to afford more)

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

Table 3.1.1 Self-reported health status by selected demographic characteristics

	Unweighted base[1]	Fair / poor	Good	Very good / excellent
	n	%	%	%
Total sample	1,936	18.9	36.7	44.4
Gender and age				
Males	802	20.0	37.5	42.6
Females	1,119	17.9	35.8	46.2
Males, 18 to 34	85	11.1	37.5	51.4
Males, 35 to 49	132	18.8	37.2	44.0
Males, 50 to 69	359	22.5	35.6	42.0
Males, 70+	226	23.3	41.9	34.8
Females, 18 to 34	96	17.5	47.1	35.4
Females, 35 to 49	216	16.9	31.8	51.3
Females, 50 to 69	529	17.6	33.3	49.1
Females, 70+	278	20.2	38.9	40.8
Subregion				
Campbells Creek / Guildford and surrounds	235	18.7	34.2	47.1
Castlemaine	1,030	18.3	37.2	44.5
Chewton / Taradale / Elphinstone and surrounds	147	14.4	36.0	49.6
Harcourt and surrounds	132	20.2	40.8	39.0
Maldon and surrounds	180	23.9	27.8	48.4
Newstead and surrounds	187	19.8	41.5	38.6
Demographic indicators				
Born in Australia	1,647	18.8	37.0	44.2
Born overseas	269	19.9	35.2	44.9
Speaks English as main language	1,890	18.6	37.1	44.3
Speaks other main language*	15	49.4	15.9	34.7
Aboriginal and / or Torres Strait Islander*	14	61.1	9.5	29.4
Not Aboriginal or Torres Strait Islander	1,898	18.4	36.8	44.8
Identifies as LGBTQIA+	146	21.6	34.8	43.6
Non-LGBTQIA+	1,682	16.8	37.2	46.0
Holds a Bachelor degree or higher	1,058	12.4	33.4	54.2
Less than Bachelor level education	781	21.0	38.1	40.9
Just getting along, poor or very poor	525	29.8	39.6	30.6
Reasonably comfortable, very comfortable or prosperous	1,396	13.7	35.7	50.6

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

* Significance testing not conducted due to small base size

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

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

Table 3.1.2 Self-reported health status by selected health characteristics

	Unweighted base[1]	Fair / poor	Good	Very good / excellent
	n	%	%	%
Total sample	1,936	18.9	36.7	44.4
Health and wellbeing indicators				
Life satisfaction - Low (0 to 4 out of 10)	126	72.1	21.5	6.4
Life satisfaction - Medium to very high (5+ out of 10)	1,779	14.3	37.8	47.9
Does not feel valued by society	333	38.7	38.3	23.1
Sometimes feel valued by society	851	17.8	40.6	41.6
Definitely feel valued by society	714	8.3	29.1	62.6
Overweight or obese (BMI ≥25.0)	973	25.1	39.0	35.9
Normal range or underweight (BMI <25.0)	844	11.0	31.5	57.5
Meets fruit intake guidelines	1,085	15.1	32.1	52.7
Does not meet fruit intake guidelines	821	22.9	41.7	35.4
Meets vegetable intake guidelines	366	9.8	32.6	57.6
Does not meet vegetable intake guidelines	1,547	20.2	37.4	42.4
Meets physical activity guidelines	1,186	11.9	35.3	52.8
Does not meet physical activity guidelines / sedentary	679	27.7	38.8	33.5
Current smoker	122	36.1	42.3	21.5
Ex-smoker	821	18.1	37.4	44.5
Never smoked	959	16.5	34.7	48.8
Drinks alcohol every day	187	19.6	39.8	40.6
Drinks alcohol less often than daily	1,394	15.9	36.3	47.8
Does not drink alcohol	320	30.0	35.7	34.3
Had more than 4 standard drinks on a single occasion	890	15.6	38.2	46.3
Has not had more than 4 standard drinks	950	22.1	33.4	44.5
Drinks sugar-sweetened beverages daily	153	31.4	37.8	30.7
Drinks sugar-sweetened beverages less than daily	1,757	17.2	36.3	46.5
Meets water consumption guidelines	310	14.1	32.3	53.6
Does not meet water guidelines	1,580	19.6	37.7	42.7
Ran out of food and could not afford more	93	43.7	39.2	17.1
Have not run out of food	1,714	17.1	37.0	45.9
Requires help with daily activities	153	59.0	30.4	10.7
Does not require help	1,732	14.3	37.4	48.4

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

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

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

3.2. Body mass index (BMI)

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

The latest available benchmark, the 2017-18 NHS, indicated that the proportion of Victorians aged 18 years and over who fall into the obese range was 31.5%. This compares to just 19.5% in the 2016 VPHS. The 2019 ALC data suggests that 23.0% of respondents within the Mount Alexander region have a BMI that puts them in the obese range.

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

- There were no gender differences in the proportions falling into the obese category. However, males were more likely than females to be classified as overweight (39.3%, compared to 26.9%)
- Across the subregions, there were no differences observed in the proportions falling into the obese range for BMI

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is ‘just getting along’ ‘poor’ or ‘very poor’ (35.3%) compared to those who are ‘reasonably comfortable’, ‘very comfortable’ or ‘prosperous’ (17.8%)
- Those who recorded a low level of life satisfaction (40.2%, compared to 21.6% who recorded medium to very high life satisfaction)
- Respondents who do not meet the physical activity guidelines (29.6%, compared to 18.5% of people who do meet the guidelines)
- Those who drink sugar-sweetened beverages daily (39.3%, compared to 21.2% who drink them less than daily)

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

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

Table 3.2.1 BMI by selected demographic characteristics

	Unweighted base[1]	Underweight (BMI <18.5)	Normal range (BMI 18.5-24.9)	Overweight (BMI 25.0-29.9)	Obese (BMI ≥30.0)
	n	%	%	%	%
Total sample	1,828	1.6	42.4	33.1	23.0
Gender and age					
Males	766	0.9	37.5	39.3	22.4
Females	1,047	2.3	47.2	26.9	23.6
Males, 18 to 34	76	0.0	59.0	23.0	18.1
Males, 35 to 49	130	0.0	43.8	35.8	20.5
Males, 50 to 69	349	1.5	29.0	43.5	26.1
Males, 70+	211	1.1	33.6	46.0	19.3
Females, 18 to 34	88	0.6	63.2	16.4	19.8
Females, 35 to 49	200	1.5	51.0	22.6	24.9
Females, 50 to 69	499	1.7	44.2	28.8	25.3
Females, 70+	260	5.8	39.5	34.1	20.7
Subregion					
Campbells Creek / Guildford and surrounds	215	1.1	40.2	34.3	24.5
Castlemaine	980	1.9	44.4	32.1	21.7
Chewton / Taradale / Elphinstone and surrounds	137	1.0	39.1	29.4	30.4
Harcourt and surrounds	123	1.9	42.3	27.6	28.2
Maldon and surrounds	175	2.9	40.3	36.7	20.1
Newstead and surrounds	177	0.6	39.7	40.3	19.4
Demographic indicators					
Born in Australia	1,559	1.8	41.2	33.5	23.5
Born overseas	254	0.5	48.5	32.1	18.9
Speaks English as main language	1,787	1.5	42.0	33.5	23.0
Speaks other main language*	14	2.2	49.6	17.2	31.0
Aboriginal and / or Torres Strait Islander*	14	0.0	56.7	23.5	19.9
Not Aboriginal or Torres Strait Islander	1,794	1.6	42.2	33.3	23.0
Identifies as LGBTQIA+	142	3.1	36.0	32.3	28.5
Non-LGBTQIA+	1,597	1.3	43.5	33.0	22.2
Holds a Bachelor degree or higher	1,012	1.8	51.7	32.4	14.2
Less than Bachelor level education	733	1.5	39.7	33.2	25.6
Just getting along, poor or very poor	475	1.2	35.1	28.4	35.3
Reasonably comfortable, very comfortable or prosperous	1,340	1.8	45.4	35.0	17.8

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

* Significance testing not conducted due to small base size

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

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

Table 3.2.2 BMI by selected health characteristics

	Unweighted base[1]	Underweight (BMI <18.5)	Normal range (BMI 18.5-24.9)	Overweight (BMI 25.0-29.9)	Obese (BMI ≥30.0)
	n	%	%	%	%
Total sample	1,828	1.6	42.4	33.1	23.0
Health and wellbeing indicators					
Self-reported health - Fair or poor	301	1.6	23.9	26.7	47.8
Self-reported health - Good, very good, or excellent	1,516	1.5	46.6	34.6	17.3
Life satisfaction - Low (0 to 4 out of 10)	118	0.7	32.5	26.6	40.2
Life satisfaction - Medium to very high (5+ out of 10)	1,685	1.7	42.9	33.7	21.6
Does not feel valued by society	313	1.3	33.1	29.9	35.7
Sometimes feel valued by society	809	1.2	42.2	32.2	24.3
Definitely feel valued by society	680	2.1	47.8	36.3	13.8
Meets fruit intake guidelines	1,038	1.8	46.6	31.0	20.5
Does not meet fruit intake guidelines	771	1.3	36.7	36.0	26.1
Meets vegetable intake guidelines	352	1.7	54.0	27.0	17.3
Does not meet vegetable intake guidelines	1,463	1.6	39.8	34.4	24.2
Meets physical activity guidelines	1,151	1.6	47.5	32.5	18.5
Does not meet physical activity guidelines / sedentary	638	1.8	34.6	34.1	29.6
Current smoker	112	1.8	40.6	25.6	32.0
Ex-smoker	793	1.3	38.1	37.0	23.6
Never smoked	904	1.8	46.1	31.1	21.0
Drinks alcohol every day	181	2.3	39.7	38.3	19.8
Drinks alcohol less often than daily	1,335	1.4	44.2	32.6	21.8
Does not drink alcohol	292	2.4	36.0	31.4	30.3
Had more than 4 standard drinks on a single occasion	854	0.8	40.5	36.4	22.3
Has not had more than 4 standard drinks	896	2.7	44.5	29.4	23.4
Drinks sugar-sweetened beverages daily	145	1.0	29.7	30.0	39.3
Drinks sugar-sweetened beverages less than daily	1,672	1.7	43.8	33.3	21.2
Meets water consumption guidelines	293	0.9	41.8	31.0	26.3
Does not meet water guidelines	1,506	1.8	42.0	33.8	22.4
Ran out of food and could not afford more	88	0.0	27.1	23.3	49.6
Have not run out of food	1,625	1.8	43.6	33.5	21.2
Requires help with daily activities	143	1.8	27.7	22.6	47.9
Does not require help	1,637	1.6	44.3	34.1	20.1

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

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

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

3.3. Healthy eating

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

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

3.3.1. Serves of vegetables consumed

Table 3.3.1.1 shows that the average daily serves of vegetables was 3.1 for residents of Mount Alexander, well below the recommended serves per day for all adults. Overall, only 16.4% of respondents were meeting the recommended vegetable consumption guidelines for their gender and age group.

In relation to the main demographic indicators:

- Females were more likely than males to be meeting the vegetable consumption guidelines (23.4%, compared to 9.2%)
- Amongst men, respondents aged 70 and over were more likely to be meeting the guidelines than those in the younger age groups (19.6%, compared to 6.5% of those aged 18 to 34 years, and 5.6% aged 50 to 69 years)
- Across the subregions, there were no differences in the proportions meeting the vegetable guidelines

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

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

- People who self-reported their general health was 'good', 'very good' or 'excellent' (18.1%), compared to those reported was 'fair' or 'poor' (8.6%)
- Those who recorded a medium to very high level of life satisfaction (17.1%, compared to 10.2% who recorded low life satisfaction)

- Those respondents that meet the fruit consumption guidelines (24.7%, compared to 6.9% of people that do not meet the fruit guidelines)
- Those who have not experienced food security (17.0%), compared to those who have run out of food and been unable to afford more in the last 12 months (5.0%)

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

Table 3.3.1.1 Serves of vegetables by selected demographic characteristics

	Unweighted base[1]	0 to less than 2 serves	2 to less than 5 serves	5 serves or more	Meets veg requirements	Average daily serves
	n	%	%	%	%	#
Total sample	1,926	22.8	55.6	21.6	16.4	3.1
Gender and age						
Males	799	25.0	55.2	19.8	9.2	2.9
Females	1,111	20.6	56.0	23.4	23.4	3.2
Males, 18 to 34	85	28.2	54.3	17.5	6.5	3.1
Males, 35 to 49	130	24.9	52.9	22.2	9.0	2.9
Males, 50 to 69	359	22.9	57.7	19.4	5.6	2.9
Males, 70+	225	27.3	52.9	19.8	19.6	2.9
Females, 18 to 34	96	23.9	51.3	24.8	24.8	3.1
Females, 35 to 49	212	20.6	57.8	21.7	21.7	3.2
Females, 50 to 69	530	16.5	58.3	25.2	25.2	3.3
Females, 70+	273	27.9	51.7	20.5	20.5	2.9
Subregion						
Campbells Creek / Guildford and surrounds	234	24.5	49.9	25.6	18.0	3.2
Castlemaine	1,024	23.4	56.2	20.4	15.7	3.0
Chewton / Taradale / Elphinstone and surrounds	146	25.2	53.9	20.8	14.5	3.0
Harcourt and surrounds	132	14.8	66.2	19.1	14.7	3.2
Maldon and surrounds	179	21.5	55.0	23.5	20.0	3.2
Newstead and surrounds	188	22.3	54.1	23.6	16.9	3.0
Demographic indicators						
Born in Australia	1,639	24.1	54.7	21.2	15.7	3.0
Born overseas	267	15.2	61.1	23.7	19.8	3.4
Speaks English as main language	1,881	22.9	55.5	21.7	16.4	3.1
Speaks other main language*	14	8.3	83.1	8.6	8.6	2.9
Aboriginal and / or Torres Strait Islander*	14	55.4	41.5	3.1	3.1	2.3
Not Aboriginal or Torres Strait Islander	1,892	22.3	55.8	21.9	16.6	3.1
Identifies as LGBTQIA+	147	20.7	52.0	27.3	23.4	3.4
Non-LGBTQIA+	1,676	21.4	56.7	22.0	16.3	3.1
Holds a Bachelor degree or higher	1,055	12.3	61.2	26.6	20.3	3.4
Less than Bachelor level education	777	26.1	53.9	20.0	15.0	2.9
Just getting along, poor or very poor	521	33.1	50.4	16.5	14.0	2.7
Reasonably comfortable, very comfortable or prosperous	1,390	17.9	57.9	24.1	17.6	3.2

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

* Significance testing not conducted due to small base size

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

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

Table 3.3.1.2 Serves of vegetables by selected health characteristics

	Unweighted base[1]	0 to less than 2 serves	2 to less than 5 serves	5 serves or more	Meets veg requirements	Average daily serves
	n	%	%	%	%	#
Total sample	1,926	22.8	55.6	21.6	16.4	3.1
Health and wellbeing indicators						
Self-reported health - Fair or poor	314	39.4	47.6	13.0	8.6	2.5
Self-reported health - Good, very good, or excellent	1,599	19.0	57.4	23.6	18.1	3.2
Life satisfaction - Low (0 to 4 out of 10)	123	38.0	51.3	10.8	10.2	2.4
Life satisfaction - Medium to very high (5+ out of 10)	1,777	21.4	55.8	22.8	17.1	3.1
Does not feel valued by society	333	33.6	54.4	12.0	10.3	2.7
Sometimes feel valued by society	850	21.9	53.9	24.3	17.1	3.1
Definitely feel valued by society	713	17.6	58.1	24.2	19.3	3.2
Overweight or obese (BMI ≥25.0)	972	26.1	54.7	19.2	13.0	2.9
Normal range or underweight (BMI <25.0)	843	16.9	57.7	25.4	21.1	3.4
Meets fruit intake guidelines	1,086	12.0	56.5	31.6	24.7	3.7
Does not meet fruit intake guidelines	824	35.1	54.6	10.3	6.9	2.4
Meets physical activity guidelines	1,190	20.0	54.4	25.6	19.8	3.3
Does not meet physical activity guidelines / sedentary	676	25.7	59.3	15.0	11.0	2.8
Current smoker	120	38.9	53.4	7.7	3.3	2.1
Ex-smoker	819	20.6	54.9	24.5	18.3	3.3
Never smoked	959	21.5	57.1	21.4	16.7	3.1
Drinks alcohol every day	185	30.2	55.8	14.0	12.3	2.7
Drinks alcohol less often than daily	1,397	20.2	56.7	23.1	16.9	3.1
Does not drink alcohol	315	28.1	52.7	19.2	15.8	3.0
Had more than 4 standard drinks on a single occasion	890	21.9	59.3	18.9	12.2	3.0
Has not had more than 4 standard drinks	946	22.1	53.7	24.2	20.5	3.2
Drinks sugar-sweetened beverages daily	153	35.4	51.5	13.2	8.8	2.7
Drinks sugar-sweetened beverages less than daily	1,758	21.1	56.3	22.7	17.3	3.1
Meets water consumption guidelines	313	11.0	55.3	33.7	24.8	3.7
Does not meet water guidelines	1,579	25.5	55.4	19.1	14.5	2.9
Ran out of food and could not afford more	91	38.9	52.9	8.1	5.0	2.3
Have not run out of food	1,706	21.6	55.8	22.6	17.0	3.1
Requires help with daily activities	148	31.8	54.6	13.6	11.5	2.6
Does not require help	1,726	21.9	55.5	22.6	17.1	3.1

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

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

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

3.3.2. Serves of fruit consumed

As shown in Table 3.3.2.1, the average serves of fruit per day for residents of Mount Alexander was 1.7, lower than the recommended serves per day for adults. However, a larger proportion of respondents (54.0%) were meeting the fruit consumption guidelines than the vegetable consumption guidelines (16.4%).

In relation to the main demographic indicators:

- There were no significant differences in those meeting the fruit consumption guidelines between males and females
- Across the subregions, there were no significant differences in those meeting the guidelines, however respondents from Harcourt and surrounds (1.9), and Maldon and surrounds (1.8) recorded larger average daily serves, compared to respondents from Newstead and surrounds (1.5)

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is ‘reasonably comfortable’, ‘very comfortable’, or ‘prosperous’ (56.6%), compared to those who are ‘just getting along’, ‘poor’, or ‘very poor’ (48.6%)
- Those who recorded a medium to very high level of life satisfaction (55.3%, compared to 38.8% who recorded low life satisfaction)
- Those respondents that had a BMI classification of underweight or normal (60.9%, compared to 50.4% of people classified as overweight or obese)
- Those respondents that meet the vegetable consumption guidelines (80.8%, compared to 48.6% of people that do not meet the vegetable guidelines)

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

Table 3.3.2.1 Serves of fruit by selected demographic characteristics

	Unweighted base[1]	0 to less than 1 serves	1 to less than 2 serves	2 serves or more	Meets fruit requirements	Average daily serves
	n	%	%	%	%	#
Total sample	1,919	15.1	30.8	54.0	54.0	1.7
Gender and age						
Males	798	17.1	31.2	51.7	51.7	1.7
Females	1,105	13.1	30.6	56.4	56.4	1.7
Males, 18 to 34	85	11.4	38.1	50.5	50.5	1.8
Males, 35 to 49	130	27.7	24.7	47.6	47.6	1.4
Males, 50 to 69	359	16.4	31.7	51.9	51.9	1.7
Males, 70+	224	12.2	31.1	56.7	56.7	1.8
Females, 18 to 34	95	14.7	31.1	54.2	54.2	1.7
Females, 35 to 49	210	10.8	32.7	56.6	56.6	1.7
Females, 50 to 69	527	13.1	33.6	53.4	53.4	1.7
Females, 70+	273	14.8	20.9	64.4	64.4	1.9
Subregion						
Campbells Creek / Guildford and surrounds	233	16.0	32.0	52.1	52.1	1.7
Castlemaine	1,019	15.7	30.1	54.3	54.3	1.7
Chewton / Taradale / Elphinstone and surrounds	146	21.0	24.7	54.3	54.3	1.6
Harcourt and surrounds	132	8.2	33.8	58.0	58.0	1.9
Maldon and surrounds	180	7.6	31.6	60.8	60.8	1.8
Newstead and surrounds	186	19.3	33.4	47.3	47.3	1.5
Demographic indicators						
Born in Australia	1,633	15.8	31.3	52.9	52.9	1.7
Born overseas	266	12.0	27.2	60.8	60.8	1.8
Speaks English as main language	1,875	14.9	31.4	53.8	53.8	1.7
Speaks other main language*	14	15.5	15.4	69.2	69.2	1.8
Aboriginal and / or Torres Strait Islander*	14	38.4	30.3	31.3	31.3	1.3
Not Aboriginal or Torres Strait Islander	1,884	14.8	30.9	54.3	54.3	1.7
Identifies as LGBTQIA+	147	12.0	24.7	63.3	63.3	2.0
Non-LGBTQIA+	1,669	14.6	31.3	54.0	54.0	1.7
Holds a Bachelor degree or higher	1,050	13.3	30.8	55.9	55.9	1.8
Less than Bachelor level education	777	15.1	30.5	54.4	54.4	1.7
Just getting along, poor or very poor	521	18.0	33.4	48.6	48.6	1.6
Reasonably comfortable, very comfortable or prosperous	1,383	14.0	29.4	56.6	56.6	1.8
Total sample	1,919	15.1	30.8	54.0	54.0	1.7

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

* Significance testing not conducted due to small base size

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

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

Table 3.3.2.2 Serves of fruit by selected health characteristics

	Unweighted base[1]	0 to less than 1 serves	1 to less than 2 serves	2 serves or more	Meets fruit requirements	Average daily serves
	n	%	%	%	%	#
Total sample	1,919	15.1	30.8	54.0	54.0	1.7
Health and wellbeing indicators						
Self-reported health - Fair or poor	314	22.2	34.1	43.7	43.7	1.4
Self-reported health - Good, very good, or excellent	1,592	13.4	30.2	56.4	56.4	1.8
Life satisfaction - Low (0 to 4 out of 10)	123	25.5	35.7	38.8	38.8	1.3
Life satisfaction - Medium to very high (5+ out of 10)	1,770	14.3	30.4	55.3	55.3	1.7
Does not feel valued by society	331	20.2	30.3	49.5	49.5	1.6
Sometimes feel valued by society	846	14.4	32.1	53.5	53.5	1.7
Definitely feel valued by society	712	12.9	29.5	57.6	57.6	1.8
Overweight or obese (BMI ≥25.0)	969	18.0	31.7	50.4	50.4	1.6
Normal range or underweight (BMI <25.0)	840	10.6	28.5	60.9	60.9	1.9
Meets vegetable intake guidelines	370	5.1	14.1	80.8	80.8	2.4
Does not meet vegetable intake guidelines	1,540	17.1	34.3	48.6	48.6	1.6
Meets physical activity guidelines	1,190	11.8	30.1	58.1	58.1	1.8
Does not meet physical activity guidelines / sedentary	670	20.0	32.6	47.4	47.4	1.5
Current smoker	120	31.9	37.8	30.4	30.4	1.1
Ex-smoker	819	14.8	29.4	55.8	55.8	1.7
Never smoked	954	12.7	30.6	56.7	56.7	1.8
Drinks alcohol every day	186	24.6	30.4	45.0	45.0	1.4
Drinks alcohol less often than daily	1,392	14.0	31.7	54.3	54.3	1.7
Does not drink alcohol	314	15.3	26.6	58.1	58.1	1.8
Had more than 4 standard drinks on a single occasion	888	18.6	32.3	49.1	49.1	1.6
Has not had more than 4 standard drinks	944	11.4	29.3	59.4	59.4	1.8
Drinks sugar-sweetened beverages daily	153	20.3	30.9	48.8	48.8	1.5
Drinks sugar-sweetened beverages less than daily	1,751	14.5	30.6	55.0	55.0	1.7
Meets water consumption guidelines	310	14.2	24.6	61.2	61.2	1.8
Does not meet water guidelines	1,575	15.4	32.4	52.2	52.2	1.7
Ran out of food and could not afford more	92	25.2	34.9	39.9	39.9	1.5
Have not run out of food	1,698	14.3	30.6	55.1	55.1	1.7
Requires help with daily activities	149	21.1	32.9	46.0	46.0	1.5
Does not require help	1,718	14.4	31.1	54.6	54.6	1.7

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

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

3.3.3. Barriers to vegetable consumption

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

While a range of reasons were provided for not having met the vegetable consumption requirement, the two main themes that emerged were a 'lack of time' (27.8%) and 'personal preference or habit' (27.4%). Other relatively common barriers to increasing serves of vegetables were 'diet or health restrictions' (16.9%), a 'lack of awareness of, or agreement with, the guidelines' (16.7%), and 'cost' (9.9%).

In relation to the main demographic indicators:

- Males were more likely to identify 'personal preference or habit' as a reason for not consuming the recommended amount of vegetables when compared to females (32.3%, compared to 22.5%)
- Male respondents aged 18 to 34 years (39.3%) and 35 to 49 years (29.5%) were more likely than those aged 70 years and over (9.4%) to give the reason of 'being time poor' for not meeting the vegetable guidelines
- Female respondents aged 18 to 34 years (36.1%), 35 to 49 years (36.2%), and 50 to 69 years (34.7%) were more likely to suggest they were 'time poor', compared to those aged 70 years and over (12.0%)
- Across the subregions, there were no significant differences in the barriers to meeting the vegetable consumption guidelines

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (23.6%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (3.0%)
- Those who have experienced food insecurity in the last 12 months (46.3%), compared to those who have not run out of food and been unable to afford more (5.8%)
- Those who recorded a low level of life satisfaction (24.7%, compared to 8.3% who recorded medium to very high life satisfaction)

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

Table 3.3.3.1 Barriers to meeting vegetable guidelines by selected demographic characteristics

	Unweighted base[1]	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	971	27.4	27.8	9.9	16.9	16.7	1.9	2.5	4.4	2.5
Gender and age										
Males	392	32.3	24.3	7.7	14.2	16.3	2.2	2.0	6.4	2.3
Females	571	22.5	31.4	12.0	19.6	17.0	1.7	3.0	2.4	2.7
Males, 18 to 34	39	44.9	39.3	13.5	4.2	7.4	1.1	0.0	0.0	0.0
Males, 35 to 49	72	33.0	29.5	10.8	15.7	15.1	2.3	2.3	2.9	1.8
Males, 50 to 69	185	30.4	22.7	5.6	13.7	16.2	0.3	3.2	10.3	3.2
Males, 70+	96	25.8	9.4	4.8	21.8	25.3	7.9	0.3	6.0	2.5
Females, 18 to 34	57	28.7	36.1	25.0	14.4	9.5	0.9	4.3	2.6	0.0
Females, 35 to 49	118	29.4	36.2	15.4	12.9	13.7	1.5	2.0	2.1	7.4
Females, 50 to 69	272	19.1	34.7	8.5	20.4	16.8	1.6	2.3	2.3	2.0
Females, 70+	124	16.7	12.0	5.7	31.4	28.3	2.9	5.4	3.1	0.3
Subregion										
Campbells Creek / Guildford and surrounds	112	26.1	30.3	14.8	23.3	12.4	0.5	0.2	0.8	5.0
Castlemaine	499	28.4	24.3	10.2	15.1	18.7	2.0	3.0	5.9	2.0
Chewton / Taradale / Elphinstone and surrounds	81	24.8	34.4	10.6	15.9	15.9	0.4	0.5	4.0	1.7
Harcourt and surrounds	73	26.9	30.8	6.2	20.1	19.1	6.2	1.4	0.0	2.7
Maldon and surrounds	95	26.3	25.9	8.5	17.6	15.5	2.6	6.7	6.7	4.4
Newstead and surrounds	98	28.5	37.1	3.4	15.7	12.8	1.1	1.6	3.8	1.0

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

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

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

Table 3.3.3.2 Barriers to meeting vegetable guidelines by further demographic indicators

	Unweighted base[1]	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	971	27.4	27.8	9.9	16.9	16.7	1.9	2.5	4.4	2.5
Demographic indicators										
Born in Australia	825	28.2	30.1	10.2	15.8	15.2	2.0	3.0	3.5	2.6
Born overseas	141	22.1	16.6	9.1	23.0	24.2	1.8	0.3	8.8	2.2
Speaks English as main language	949	27.0	28.0	9.6	16.8	17.1	2.0	2.6	4.3	2.6
Speaks other main language*	10	40.4	16.7	18.6	30.2	0.0	0.0	0.0	0.0	0.0
Aboriginal and / or Torres Strait Islander*	9	16.6	19.8	4.8	34.2	24.6	0.0	19.8	0.0	0.0
Not Aboriginal or Torres Strait Islander	951	27.6	28.1	9.7	16.7	16.6	2.0	2.3	4.4	2.6
Identifies as LGBTQIA+	75	17.3	40.5	14.6	20.8	10.1	3.4	3.2	8.9	0.0
Non-LGBTQIA+	854	28.6	27.2	8.8	16.5	17.3	1.9	2.3	3.8	2.8
Holds a Bachelor degree or higher	529	28.4	34.0	5.7	20.0	15.7	2.2	1.6	3.2	0.7
Less than Bachelor level education	403	27.2	26.1	11.2	15.6	17.1	1.9	2.9	4.3	3.3
Just getting along, poor or very poor	282	23.3	28.3	23.6	14.0	12.2	1.6	4.3	4.9	2.6
Reasonably comfortable, very comfortable or prosperous	678	29.5	27.9	3.0	18.4	18.5	2.2	1.7	4.2	2.5

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

* Significance testing not conducted due to small base size

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

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

Table 3.3.3.3 Barriers to meeting vegetable guidelines by selected health indicators

	Unweighted base[1]	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	971	27.4	27.8	9.9	16.9	16.7	1.9	2.5	4.4	2.5
Health and wellbeing indicators										
Self-reported health - Fair or poor	190	23.2	25.5	15.2	25.6	9.0	4.0	5.1	4.6	1.0
Self-reported health - Good, very good, or excellent	776	28.8	28.5	8.5	14.6	18.4	1.4	1.7	4.3	2.9
Life satisfaction - Low (0 to 4 out of 10)*	82	15.1	37.3	24.7	22.6	9.6	3.2	8.7	0.0	0.0
Life satisfaction - Medium to very high (5+ out of 10)	877	28.3	27.1	8.3	16.3	17.6	1.8	1.8	4.9	2.8
Does not feel valued by society	209	29.4	25.7	19.6	16.2	9.6	2.8	3.8	5.3	1.5
Sometimes feel valued by society	405	26.7	31.8	7.7	17.4	16.6	2.3	2.0	3.5	2.6
Definitely feel valued by society	342	25.8	25.4	4.9	16.6	22.4	0.8	2.0	5.0	3.4
Overweight or obese (BMI ≥25.0)	513	28.3	30.4	10.7	13.5	14.0	2.3	2.7	5.2	3.7
Normal range or underweight (BMI <25.0)	413	25.7	25.5	7.5	21.8	20.5	1.7	1.9	3.3	0.7
Meets fruit intake guidelines	457	26.7	25.5	8.1	17.8	21.9	1.1	1.3	3.9	1.3
Does not meet fruit intake guidelines	504	27.5	29.6	11.2	16.5	12.9	2.7	3.2	4.9	3.5
Meets physical activity guidelines	575	24.8	30.1	9.7	16.0	16.8	1.4	3.0	4.5	3.5
Does not meet physical activity guidelines / sedentary	368	30.3	26.0	10.3	17.8	16.1	2.8	2.1	4.6	1.3

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

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

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

Table 3.3.3.4 Barriers to vegetable guidelines by further health indicators

	Unweighted base[1]	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	971	27.4	27.8	9.9	16.9	16.7	1.9	2.5	4.4	2.5
Health and wellbeing indicators										
Current smoker	80	20.9	25.3	22.9	19.9	14.9	0.0	2.1	7.0	1.8
Ex-smoker	413	25.5	25.9	7.1	18.9	16.9	2.4	3.2	5.4	3.7
Never smoked	469	31.2	30.5	9.5	14.6	15.5	2.0	2.1	3.0	1.7
Drinks alcohol every day	107	20.3	36.8	4.5	16.9	15.6	2.7	2.7	6.5	0.0
Drinks alcohol less often than daily	700	29.0	30.9	9.1	16.2	16.3	2.0	2.2	3.0	2.6
Does not drink alcohol	153	26.5	12.9	16.4	19.4	15.4	1.4	3.7	8.6	3.5
Had more than 4 standard drinks on a single occasion	486	31.6	31.8	8.9	13.2	16.4	1.4	2.0	3.9	2.4
Has not had more than 4 standard drinks	445	22.2	25.1	11.4	20.6	16.0	2.9	3.0	4.9	2.9
Drinks sugar-sweetened beverages daily	96	30.8	26.4	13.9	13.9	12.7	4.4	1.7	2.9	5.5
Drinks sugar-sweetened beverages less than daily	869	27.0	28.3	9.4	17.5	17.4	1.3	2.6	4.3	2.1
Meets water consumption guidelines	137	19.9	27.0	10.0	16.8	20.4	1.8	0.0	8.7	3.4
Does not meet water guidelines	820	28.9	28.5	10.0	16.8	15.5	2.0	3.0	3.5	2.4
Ran out of food and could not afford more	64	18.5	22.0	46.3	18.3	12.6	0.7	1.2	0.3	0.0
Have not run out of food	849	28.8	28.2	5.8	17.3	16.8	2.2	2.7	4.8	2.5
Requires help with daily activities	86	19.2	18.4	28.9	19.4	14.4	5.7	2.5	1.9	2.0
Does not require help	861	28.5	29.1	7.8	16.4	17.2	1.2	2.6	4.7	2.7

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

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

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

3.3.4. Barriers to fruit consumption

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

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

In relation to the main demographic indicators:

- There were no differences in the barriers to meeting the fruit consumption guidelines between males and females
- However, male respondents aged 70 years and over were more likely (26.7%) than those aged 50 to 69 years (4.3%) to give the reason of a ‘lack of awareness of, or agreement with, the guidelines’ for not meeting the fruit consumption guidelines
- Across the subregions, there were no significant differences in the barriers to meeting the fruit consumption guidelines

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is ‘just getting along’, ‘poor’, or ‘very poor’ (27.2%), compared to those who are ‘reasonably comfortable’, ‘very comfortable’, or ‘prosperous’ (3.6%)
- Those who have experienced food insecurity in the last 12 months (47.5%) compared to those who have not run out of food and been unable to afford more (5.9%)
- Those who recorded a low level of life satisfaction (29.6%, compared to 9.8% who recorded medium to very high life satisfaction)

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

Table 3.3.4.1 Barriers to meeting fruit guidelines by selected demographic characteristics

	Unweighted base[1]	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	555	39.9	16.1	11.7	17.4	6.7	6.7	1.2	3.8	4.4
Gender and age										
Males	230	39.8	19.1	11.5	14.3	8.4	5.4	1.7	3.0	4.4
Females	321	40.3	12.9	12.0	20.5	5.0	7.9	0.7	4.6	4.4
Males, 18 to 34*	25	39.8	38.1	8.2	15.3	1.7	0.0	0.0	0.0	0.0
Males, 35 to 49	45	49.7	12.6	18.4	14.4	8.0	2.2	3.8	2.2	0.0
Males, 50 to 69	109	38.6	21.9	7.3	15.2	4.3	7.4	1.7	4.2	8.1
Males, 70+	51	29.6	3.0	16.8	10.7	26.7	9.1	0.0	3.7	3.7
Females, 18 to 34*	35	34.8	28.9	18.3	11.3	8.2	4.1	0.0	4.2	0.0
Females, 35 to 49	74	49.5	6.8	10.4	17.8	3.9	6.7	0.0	2.6	10.8
Females, 50 to 69	163	38.9	11.9	10.6	23.7	3.4	10.3	1.4	5.0	3.5
Females, 70+	49	34.3	9.1	13.1	24.4	10.0	4.9	0.0	7.5	0.7
Subregion										
Campbells Creek / Guildford and surrounds	76	39.9	8.1	14.7	20.8	2.6	4.3	0.0	2.0	11.2
Castlemaine	278	42.7	13.4	14.0	15.9	9.1	7.4	1.4	3.4	1.6
Chewton / Taradale / Elphinstone and surrounds	46	34.0	25.7	11.2	19.5	7.2	5.0	0.0	2.9	4.2
Harcourt and surrounds	42	35.9	21.0	6.5	16.8	4.8	7.1	0.0	7.8	8.4
Maldon and surrounds	41	42.6	15.4	0.0	24.4	2.3	4.9	3.5	7.2	11.5
Newstead and surrounds	64	39.3	23.7	10.3	12.7	6.5	7.8	2.0	4.0	0.0

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

* Significance testing not conducted due to small base size

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

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

Table 3.3.4.2 Barriers to meeting fruit guidelines by further demographic indicators

	Unweighted base[1]	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	555	39.9	16.1	11.7	17.4	6.7	6.7	1.2	3.8	4.4
Demographic indicators										
Born in Australia	480	40.2	15.9	11.7	16.3	6.7	6.6	1.3	3.9	4.8
Born overseas	72	39.8	16.4	12.6	22.8	6.6	7.2	0.7	3.8	1.9
Speaks English as main language	544	40.1	16.2	11.4	17.3	6.6	6.8	1.2	3.9	4.5
Speaks other main language*	4	12.2	0.0	20.4	50.2	17.2	0.0	0.0	0.0	0.0
Aboriginal and / or Torres Strait Islander*	6	0.0	26.5	6.5	64.0	3.1	0.0	26.5	0.0	0.0
Not Aboriginal or Torres Strait Islander	545	41.1	15.9	11.5	16.6	6.6	6.8	0.8	3.9	4.5
Identifies as LGBTQIA+*	36	44.5	21.9	11.2	22.8	0.0	6.8	6.4	4.3	1.6
Non-LGBTQIA+	492	39.8	15.5	11.5	17.6	6.7	6.0	0.9	4.1	4.8
Holds a Bachelor degree or higher	301	44.7	18.8	7.0	20.3	5.3	8.0	0.7	4.4	2.4
Less than Bachelor level education	227	38.8	15.3	13.5	14.8	7.8	6.2	1.1	3.9	5.5
Just getting along, poor or very poor	168	40.1	15.8	27.2	8.6	2.6	7.2	1.5	2.8	3.8
Reasonably comfortable, very comfortable or prosperous	382	39.7	16.6	3.6	21.7	9.0	6.4	1.0	4.5	4.7

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

* Significance testing not conducted due to small base size

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

Table 3.3.4.3 Barriers to meeting fruit guidelines by selected health indicators

	Unweighted base[1]	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	555	39.9	16.1	11.7	17.4	6.7	6.7	1.2	3.8	4.4
Health and wellbeing indicators										
Self-reported health - Fair or poor	114	34.7	10.0	19.2	22.9	5.8	7.3	1.9	5.4	3.0
Self-reported health - Good, very good, or excellent	438	41.1	18.0	9.6	16.0	7.0	6.5	1.0	3.4	4.8
Life satisfaction - Low (0 to 4 out of 10)	50	25.6	14.3	29.6	22.7	4.9	5.0	7.1	4.4	0.9
Life satisfaction - Medium to very high (5+ out of 10)	500	41.6	16.5	9.8	16.6	6.9	6.9	0.5	3.6	4.8
Does not feel valued by society	123	36.8	13.4	23.1	18.0	4.9	3.5	1.7	4.5	2.9
Sometimes feel valued by society	245	35.7	19.2	8.0	18.1	7.1	9.4	0.6	4.8	5.4
Definitely feel valued by society	181	48.7	14.6	6.3	16.5	7.4	4.2	1.6	2.0	4.4
Overweight or obese (BMI ≥25.0)	313	36.5	16.1	11.8	15.9	6.0	7.6	2.0	4.9	6.7
Normal range or underweight (BMI <25.0)	216	44.4	17.9	9.4	20.9	8.7	5.4	0.0	2.2	0.3
Meets vegetable intake guidelines	53	54.5	9.7	1.0	26.5	4.9	10.1	3.3	0.0	0.0
Does not meet vegetable intake guidelines	500	38.9	16.7	12.3	16.8	6.8	6.4	1.0	4.2	4.8
Meets physical activity guidelines	325	35.6	18.9	10.2	19.5	8.7	7.7	0.9	2.5	5.2
Does not meet physical activity guidelines / sedentary	218	45.1	12.6	13.3	15.0	4.3	5.2	1.6	5.4	3.5

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

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Table 3.3.4.4 Barriers to fruit guidelines by further health indicators

	Unweighted base[1]	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	555	39.9	16.1	11.7	17.4	6.7	6.7	1.2	3.8	4.4
Health and wellbeing indicators										
Current smoker	60	36.4	13.3	24.8	18.9	1.9	3.9	0.7	2.2	2.6
Ex-smoker	230	43.0	14.2	9.0	19.1	5.7	6.9	0.7	2.9	6.6
Never smoked	261	37.5	18.9	10.5	15.8	8.9	7.1	1.7	5.2	3.0
Drinks alcohol every day	70	45.9	20.2	4.9	15.9	1.9	6.1	5.1	3.6	3.9
Drinks alcohol less often than daily	399	39.3	18.8	10.1	18.6	6.8	6.8	0.8	3.8	3.4
Does not drink alcohol	78	37.2	4.1	21.6	14.0	9.9	4.2	0.0	4.5	9.0
Had more than 4 standard drinks on a single occasion	297	42.1	19.6	8.2	16.8	6.4	6.6	1.3	3.6	3.8
Has not had more than 4 standard drinks	242	35.7	12.3	16.7	18.2	6.8	6.9	1.1	4.4	5.5
Drinks sugar-sweetened beverages daily	57	35.5	23.7	14.7	11.6	3.1	3.7	0.0	5.7	7.7
Drinks sugar-sweetened beverages less than daily	497	40.8	15.1	11.3	17.9	7.2	7.1	1.4	3.6	3.9
Meets water consumption guidelines	87	32.7	11.7	10.1	23.3	7.3	6.5	0.6	6.2	5.1
Does not meet water guidelines	462	41.7	16.8	12.0	16.3	6.4	6.7	1.3	3.4	4.3
Ran out of food and could not afford more*	44	33.3	9.8	47.5	10.7	0.0	9.5	0.0	0.0	0.0
Have not run out of food	478	40.7	17.2	5.9	18.6	8.0	6.7	1.1	4.6	5.3
Requires help with daily activities	53	29.7	7.2	39.2	12.4	3.5	8.3	0.0	5.4	2.9
Does not require help	493	41.9	16.6	8.0	17.8	7.3	6.3	1.4	3.7	4.7

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

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

3.3.5. Water consumption

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

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

In relation to the main demographic indicators:

- Females consumed a higher average number of cups per day (5.0, compared to 4.6 for males), however, there were no differences in terms of meeting the guidelines
- For both males and females, water consumption was considerably lower amongst older residents, with 92.0% and 91.8% respectively not meeting the guidelines for water consumption if aged 70 years and over (compared to 25.0%of males aged 18 to 34 years, and 28.6% of those aged 35 to 49 years, and 26.1% of females aged 18 to 34 years and 24.0% of those 35 to 49 years)
- Across the subregions, the proportions of respondents who do not meet the recommended water consumption guidelines was higher amongst residents of Castlemaine (84.2%), Harcourt and surrounds (88.3%), and Maldon and surrounds (84.9%), compared to those from Campbells Creek, Guildford and surrounds (71.9%)

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

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

- Those respondents that do not meet the vegetable consumption guidelines (83.7%), compared to those who do (72.6%)

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

[2] www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55a_australian_dietary_guidelines_summary_book.pdf

Table 3.3.5.1 Water consumption by selected demographic characteristics

	Unweighted base[1]	Meets water requirements	Does not meet requirements	Average daily cups
	n	%	%	#
Total sample	1,903	18.0	82.0	4.8
Gender and age				
Males	787	16.9	83.1	4.6
Females	1,100	18.9	81.1	5.0
Males, 18 to 34	83	25.0	75.0	5.2
Males, 35 to 49	129	28.6	71.5	5.7
Males, 50 to 69	355	12.4	87.6	4.2
Males, 70+	220	8.0	92.0	3.7
Females, 18 to 34	96	26.1	73.9	6.1
Females, 35 to 49	207	24.0	76.0	5.5
Females, 50 to 69	526	18.7	81.3	4.9
Females, 70+	271	8.2	91.8	3.7
Subregion				
Campbells Creek / Guildford and surrounds	230	28.1	71.9	5.1
Castlemaine	1,013	15.8	84.2	4.6
Chewton / Taradale / Elphinstone and surrounds	142	22.2	77.8	5.7
Harcourt and surrounds	131	11.7	88.3	4.7
Maldon and surrounds	177	15.1	84.9	4.4
Newstead and surrounds	188	19.2	80.8	4.6
Demographic indicators				
Born in Australia	1,622	18.8	81.2	4.8
Born overseas	261	12.1	87.9	4.5
Speaks English as main language	1,859	18.3	81.7	4.8
Speaks other main language*	14	0.0	100.0	3.4
Aboriginal and / or Torres Strait Islander*	13	40.3	59.7	5.2
Not Aboriginal or Torres Strait Islander	1,871	17.8	82.2	4.8
Identifies as LGBTQIA+	146	16.9	83.1	5.3
Non-LGBTQIA+	1,662	18.3	81.7	4.8
Holds a Bachelor degree or higher	1,045	18.4	81.6	4.9
Less than Bachelor level education	763	17.9	82.2	4.7
Just getting along, poor or very poor	517	18.6	81.4	4.8
Reasonably comfortable, very comfortable or prosperous	1,371	17.6	82.4	4.8

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

* Significance testing not conducted due to small base size

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Table 3.3.5.2 Water consumption by selected health characteristics

	Unweighted base[1]	Meets water requirements	Does not meet requirements	Average daily cups
	n	%	%	%
Total sample	1,903	18.0	82.0	4.8
Health and wellbeing indicators				
Self-reported health - Fair or poor	309	13.6	86.4	4.1
Self-reported health - Good, very good, or excellent	1,581	18.9	81.1	4.9
Life satisfaction - Low (0 to 4 out of 10)	117	13.1	87.0	4.3
Life satisfaction - Medium to very high (5+ out of 10)	1,761	18.4	81.6	4.8
Does not feel valued by society	325	17.1	82.9	4.8
Sometimes feel valued by society	843	18.1	81.9	4.7
Definitely feel valued by society	705	18.6	81.4	4.9
Overweight or obese (BMI ≥25.0)	964	18.0	82.0	4.7
Normal range or underweight (BMI <25.0)	835	17.3	82.7	4.8
Meets fruit intake guidelines	1,072	20.5	79.5	5.0
Does not meet fruit intake guidelines	813	15.2	84.8	4.5
Meets vegetable intake guidelines	366	27.4	72.6	5.5
Does not meet vegetable intake guidelines	1,526	16.3	83.7	4.7
Meets physical activity guidelines	1,187	19.0	81.0	4.9
Does not meet physical activity guidelines / sedentary	661	16.5	83.5	4.5
Current smoker	118	13.5	86.5	4.1
Ex-smoker	810	21.0	79.0	5.0
Never smoked	954	16.0	84.0	4.7
Drinks alcohol every day	186	11.4	88.6	3.9
Drinks alcohol less often than daily	1,388	18.4	81.6	4.9
Does not drink alcohol	307	19.4	80.6	4.7
Had more than 4 standard drinks on a single occasion	885	18.1	81.9	4.9
Has not had more than 4 standard drinks	937	17.4	82.6	4.7
Drinks sugar-sweetened beverages daily	151	12.1	87.9	4.5
Drinks sugar-sweetened beverages less than daily	1,740	18.7	81.3	4.8
Ran out of food and could not afford more	92	25.0	75.0	5.2
Have not run out of food	1,683	17.0	83.0	4.7
Requires help with daily activities	150	16.0	84.1	4.3
Does not require help	1,703	18.0	82.1	4.8

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

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3.4. Health risk behaviours

3.4.1. Sugar-sweetened beverage consumption

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

In the 2019 ALC, all respondents were asked how often they consume sugar-sweetened beverages, specifically, cordial, soft drinks, flavoured mineral water, energy or sports drinks. Overall, 10.5% of respondents from the Mount Alexander region reported that they drink sugar-sweetened beverages at least daily.

In relation to the main demographic indicators:

- Consistent with the VPHS, males were more likely to consume sugar-sweetened beverages daily than females (13.1%, compared to 8.1%)
- There were no differences in terms of daily sugar-sweetened beverage consumption across age groups, however younger males and females aged 18 to 34 years (38.3% and 41.5% respectively) were more likely to consume sugar-sweetened beverages on a *weekly* basis than the older age groups (compared to 16.6% for males aged 70 years and over and 18.4% for females aged 35 to 49 years, 12.2% aged 50 to 69 and 11.1% aged 70 years and over)
- Across the subregions, there were no significant differences in daily sugar-sweetened beverage consumption

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

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

- Current smokers (20.4%, compared to 10.5% of ex-smokers and 8.8% of those who have never smoked)
- People whose BMI puts them in the overweight or obese range (13.0%, compared to 7.4% who are in the normal range or underweight)
- People who do not meet the physical activity guidelines (13.2%, compared to 8.0% who do meet the guidelines)

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

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

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

	Unweighted base[1]	Daily	Weekly	Monthly or less often	Never
	n	%	%	%	%
Total sample	1,923	10.5	21.7	35.1	32.7
Gender and age					
Males	797	13.1	26.3	35.1	25.4
Females	1,110	8.1	17.2	34.7	40.0
Males, 18 to 34	84	20.6	38.3	29.5	11.7
Males, 35 to 49	130	10.5	28.0	48.7	12.8
Males, 50 to 69	358	10.9	25.5	31.4	32.2
Males, 70+	225	14.6	16.6	34.0	34.8
Females, 18 to 34	95	5.9	41.5	34.6	18.0
Females, 35 to 49	210	12.3	18.4	36.6	32.8
Females, 50 to 69	527	7.9	12.2	38.3	41.6
Females, 70+	278	5.1	11.1	24.6	59.2
Subregion					
Campbells Creek / Guildford and surrounds	231	8.3	33.0	26.6	32.1
Castlemaine	1,025	10.2	19.5	35.7	34.6
Chewton / Taradale / Elphinstone and surrounds	146	12.1	20.6	40.4	27.0
Harcourt and surrounds	132	12.0	22.0	40.6	25.5
Maldon and surrounds	178	11.2	17.9	34.9	36.1
Newstead and surrounds	188	10.2	22.6	34.5	32.7
Demographic indicators					
Born in Australia	1,639	11.3	22.7	34.9	31.2
Born overseas	264	6.0	16.6	36.6	40.8
Speaks English as main language	1,879	10.8	21.9	34.9	32.5
Speaks other main language*	14	0.0	18.1	37.1	44.8
Aboriginal and / or Torres Strait Islander*	14	24.1	14.8	35.7	25.5
Not Aboriginal or Torres Strait Islander	1,890	10.5	21.8	35.1	32.6
Identifies as LGBTQIA+	147	7.4	20.6	39.7	32.3
Non-LGBTQIA+	1,673	10.7	22.0	35.3	32.0
Holds a Bachelor degree or higher	1,049	5.1	12.7	41.5	40.8
Less than Bachelor level education	776	12.7	25.3	33.4	28.6
Just getting along, poor or very poor	518	12.5	27.3	29.4	30.8
Reasonably comfortable, very comfortable or prosperous	1,390	9.3	19.0	38.0	33.8

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

* Significance testing not conducted due to small base size

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

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

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

	Unweighted base[1]	Daily	Weekly	Monthly or less often	Never
	n	%	%	%	%
Total sample	1,923	10.5	21.7	35.1	32.7
Health and wellbeing indicators					
Self-reported health - Fair or poor	314	17.6	23.9	26.6	31.9
Self-reported health - Good, very good, or excellent	1,596	8.8	21.1	37.3	32.9
Life satisfaction - Low (0 to 4 out of 10)	121	16.6	20.7	27.6	35.1
Life satisfaction - Medium to very high (5+ out of 10)	1,777	10.1	21.9	35.3	32.8
Does not feel valued by society	331	17.1	25.2	25.0	32.6
Sometimes feel valued by society	849	9.1	22.5	38.4	30.1
Definitely feel valued by society	714	8.9	18.0	36.8	36.4
Overweight or obese (BMI ≥25.0)	970	13.0	26.2	33.2	27.6
Normal range or underweight (BMI <25.0)	847	7.4	15.4	38.8	38.4
Meets fruit intake guidelines	1,086	9.4	18.9	35.0	36.7
Does not meet fruit intake guidelines	818	11.8	25.1	35.3	27.8
Meets vegetable intake guidelines	369	5.6	12.1	35.7	46.6
Does not meet vegetable intake guidelines	1,542	11.4	23.8	34.9	29.9
Meets physical activity guidelines	1,186	8.0	20.8	36.1	35.1
Does not meet physical activity guidelines / sedentary	679	13.2	23.7	34.5	28.6
Current smoker	122	20.4	31.8	26.3	21.5
Ex-smoker	817	10.5	20.4	37.4	31.6
Never smoked	961	8.8	20.7	34.9	35.6
Drinks alcohol every day	186	11.8	12.6	33.6	42.1
Drinks alcohol less often than daily	1,397	9.8	22.5	38.4	29.3
Does not drink alcohol	316	13.0	22.2	24.3	40.5
Had more than 4 standard drinks on a single occasion	889	11.1	26.2	40.2	22.5
Has not had more than 4 standard drinks	950	9.0	16.9	29.5	44.6
Meets water consumption guidelines	312	7.0	18.7	40.8	33.5
Does not meet water guidelines	1,579	11.2	22.6	33.6	32.6
Ran out of food and could not afford more	91	17.7	38.4	26.4	17.5
Have not run out of food	1,705	9.6	19.9	36.5	34.0
Requires help with daily activities	151	17.4	25.8	24.6	32.2
Does not require help	1,723	9.5	21.5	36.3	32.7

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

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

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

3.4.2. Smoking

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

Compared to benchmark data from the 2016 VPHS, which gave the proportion of current smokers as 16.7% (19.6% of males and 13.9% of females), the proportion of current smokers in the Mount Alexander region was lower at 9.0%.

In relation to the main demographic indicators:

- Consistent with the VPHS, males were more likely to be current smokers than females (11.5%, compared to 6.7%)
- Young males were more likely to be current smokers (11.8% of males aged 18 to 34, 17.2% of those aged 35 to 49, and 12.3% of those aged 50 to 69) than those aged 70 years and over (1.2%)
- A similar pattern was observed for females, with 7.8% of those aged 18 to 34 being current smokers, 11.0% of those aged 35 to 49, and 7.1% of those aged 50 to 69, compared to 0.1% of those aged 70 years and over
- Across the subregions, there were no differences regarding smoking status

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (14.5%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (6.4%)
- Households that have experienced food insecurity in the past 12 months (26.5%, compared to 7.7% of people who have not run out of food and been unable to buy more)
- Those who recorded a low level of life satisfaction (19.1%, compared to 8.1% who recorded medium to very high life satisfaction)

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

Table 3.4.2.1 Smoking status by selected demographic characteristics

	Unweighted base[1]	Current smoker	Ex-smoker	Never smoked
	n	%	%	%
Total sample	1,918	9.0	42.6	48.3
Gender and age				
Males	797	11.5	45.8	42.8
Females	1,104	6.7	39.5	53.8
Males, 18 to 34	81	11.8	22.9	65.3
Males, 35 to 49	132	17.2	44.0	38.8
Males, 50 to 69	361	13.2	46.9	39.9
Males, 70+	223	1.2	63.3	35.5
Females, 18 to 34	93	7.8	28.1	64.1
Females, 35 to 49	208	11.0	41.2	47.8
Females, 50 to 69	529	7.1	45.6	47.4
Females, 70+	274	0.1	31.0	68.9
Subregion				
Campbells Creek / Guildford and surrounds	234	11.0	38.2	50.8
Castlemaine	1,023	8.9	41.8	49.2
Chewton / Taradale / Elphinstone and surrounds	145	6.5	37.8	55.7
Harcourt and surrounds	132	4.9	45.8	49.2
Maldon and surrounds	178	9.7	52.1	38.2
Newstead and surrounds	184	11.1	45.2	43.7
Demographic indicators				
Born in Australia	1,634	9.2	42.0	48.8
Born overseas	263	8.9	46.1	45.0
Speaks English as main language	1,874	9.1	42.5	48.3
Speaks other main language*	14	3.8	33.3	63.0
Aboriginal and / or Torres Strait Islander*	14	29.7	36.9	33.4
Not Aboriginal or Torres Strait Islander	1,882	8.8	42.5	48.7
Identifies as LGBTQIA+	145	11.7	55.5	32.8
Non-LGBTQIA+	1,669	8.7	41.0	50.3
Holds a Bachelor degree or higher	1,047	4.6	42.0	53.4
Less than Bachelor level education	774	10.4	42.8	46.8
Just getting along, poor or very poor	519	14.5	39.6	46.0
Reasonably comfortable, very comfortable or prosperous	1,384	6.4	44.4	49.2

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

* Significance testing not conducted due to small base size

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

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

Table 3.4.2.2 Smoking status by selected health characteristics

	Unweighted base	Current smoker	Ex-smoker	Never smoked
	n	%	%	%
Total sample	1,918	9.0	42.6	48.3
Health and wellbeing indicators				
Self-reported health - Fair or poor	316	17.0	40.8	42.2
Self-reported health - Good, very good, or excellent	1,586	7.0	43.0	50.0
Life satisfaction - Low (0 to 4 out of 10)	123	19.1	45.7	35.1
Life satisfaction - Medium to very high (5+ out of 10)	1,763	8.1	42.2	49.7
Does not feel valued by society	332	12.8	41.8	45.4
Sometimes feel valued by society	841	9.5	42.8	47.7
Definitely feel valued by society	709	6.0	42.6	51.4
Overweight or obese (BMI ≥25.0)	969	8.7	46.8	44.4
Normal range or underweight (BMI <25.0)	840	8.3	39.2	52.5
Meets fruit intake guidelines	1,076	4.9	44.1	50.9
Does not meet fruit intake guidelines	817	13.3	41.1	45.6
Meets vegetable intake guidelines	363	1.8	48.2	50.1
Does not meet vegetable intake guidelines	1,535	10.0	41.6	48.4
Meets physical activity guidelines	1,188	7.8	43.9	48.2
Does not meet physical activity guidelines / sedentary	674	10.0	41.3	48.7
Drinks alcohol every day	190	14.6	55.4	30.0
Drinks alcohol less often than daily	1,403	8.9	43.8	47.3
Does not drink alcohol	319	6.7	31.4	61.9
Had more than 4 standard drinks on a single occasion	896	13.3	48.2	38.5
Has not had more than 4 standard drinks	955	3.9	35.0	61.0
Drinks sugar-sweetened beverages daily	154	17.4	42.2	40.4
Drinks sugar-sweetened beverages less than daily	1,746	8.0	42.4	49.6
Meets water consumption guidelines	309	6.5	49.9	43.6
Does not meet water guidelines	1,573	9.1	41.0	49.9
Ran out of food and could not afford more	90	26.5	35.0	38.4
Have not run out of food	1,698	7.7	42.9	49.3
Requires help with daily activities	153	16.5	38.2	45.3
Does not require help	1,713	8.5	42.9	48.6

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

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3.4.3. Alcohol consumption

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

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

Overall, 9.8% of respondents reported that they drank alcohol every day in the past year.

In relation to the main demographic indicators:

- Males were more likely to drink alcohol daily than females (13.2%, compared to 6.5%)
- Males aged 50 to 69 years (15.6%) and 70 years and over (22.2%) were more likely to consume alcohol daily than those aged 18 to 34 years (1.5%)
- Across the subregions, there were no statistically significant differences in the frequency of alcohol consumption

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

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

- Current smokers (15.8%) and ex-smokers (12.7%), compared to those who have never smoked (6.1%)
- Those who had more than four standard drinks on a single occasion (15.3%, compared to 2.9% of those who do not)

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

Alcohol consumption was also correlated with rates of gambling. Respondents who gamble weekly were more likely to drink alcohol every day (19.2%) when compared to respondents who gamble monthly or less often (10.0%), or never (9.2%).

Table 3.4.3.1 Frequency of alcohol consumption by selected demographic characteristics

	Unweighted base[1]	Every day	Weekly	Monthly or less often	No longer drinks / Do not drink
	n	%	%	%	%
Total sample	1,917	9.8	43.1	28.6	18.5
Gender and age					
Males	797	13.2	47.5	22.4	16.9
Females	1,103	6.5	39.0	34.6	20.0
Males, 18 to 34	81	1.5	36.4	40.1	22.0
Males, 35 to 49	132	8.3	53.7	24.2	13.8
Males, 50 to 69	360	15.6	48.9	20.3	15.3
Males, 70+	224	22.2	46.6	11.4	19.9
Females, 18 to 34	94	3.6	25.4	54.5	16.5
Females, 35 to 49	208	3.9	42.8	34.2	19.1
Females, 50 to 69	528	7.8	45.1	31.9	15.2
Females, 70+	273	8.3	29.0	28.0	34.8
Subregion					
Campbells Creek / Guildford and surrounds	234	11.2	39.2	35.5	14.2
Castlemaine	1,020	9.3	44.3	26.5	19.9
Chewton / Taradale / Elphinstone and surrounds	145	9.1	38.3	30.5	22.1
Harcourt and surrounds	132	7.4	44.8	31.5	16.4
Maldon and surrounds	180	10.7	42.3	26.2	20.8
Newstead and surrounds	184	12.6	44.6	27.7	15.1
Demographic indicators					
Born in Australia	1,633	9.9	42.8	29.6	17.8
Born overseas	263	9.8	43.7	23.6	23.0
Speaks English as main language	1,871	9.6	43.3	28.7	18.4
Speaks other main language*	14	0.0	31.6	28.8	39.6
Aboriginal and / or Torres Strait Islander*	14	0.0	9.8	83.5	6.8
Not Aboriginal or Torres Strait Islander	1,881	9.9	43.5	28.1	18.5
Identifies as LGBTQIA+	146	8.4	49.1	31.4	11.1
Non-LGBTQIA+	1,666	9.9	43.4	29.0	17.8
Holds a Bachelor degree or higher	1,048	7.5	53.3	27.7	11.6
Less than Bachelor level education	772	10.4	39.2	29.7	20.8
Just getting along, poor or very poor	518	8.2	33.4	32.5	26.0
Reasonably comfortable, very comfortable or prosperous	1,384	10.5	47.8	27.0	14.7

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

* Significance testing not conducted due to small base size

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Table 3.4.3.2 Frequency of alcohol consumption by selected health characteristics

	Unweighted base[1]	Every day	Weekly	Monthly or less often	No longer drinks / Do not drink
	n	%	%	%	%
Total sample	1,917	9.8	43.1	28.6	18.5
Health and wellbeing indicators					
Self-reported health - Fair or poor	314	10.1	27.1	33.3	29.6
Self-reported health - Good, very good, or excellent	1,587	9.6	46.7	27.7	16.1
Life satisfaction - Low (0 to 4 out of 10)	122	12.0	23.0	35.1	30.0
Life satisfaction - Medium to very high (5+ out of 10)	1,763	9.6	45.1	27.9	17.5
Does not feel valued by society	332	10.8	30.0	30.0	29.2
Sometimes feel valued by society	842	9.6	44.3	30.9	15.2
Definitely feel valued by society	709	9.4	49.5	24.9	16.2
Overweight or obese (BMI ≥25.0)	967	10.3	41.9	28.0	19.8
Normal range or underweight (BMI <25.0)	841	9.5	45.3	29.5	15.7
Meets fruit intake guidelines	1,078	8.0	43.6	28.5	19.9
Does not meet fruit intake guidelines	814	11.6	42.6	28.9	16.9
Meets vegetable intake guidelines	363	7.3	42.4	32.3	18.0
Does not meet vegetable intake guidelines	1,534	10.0	43.3	28.0	18.6
Meets physical activity guidelines	1,188	8.3	48.1	28.2	15.3
Does not meet physical activity guidelines / sedentary	674	12.4	36.3	29.4	22.0
Current smoker	123	15.8	47.6	22.9	13.7
Ex-smoker	825	12.7	48.1	25.6	13.6
Never smoked	964	6.1	37.9	32.3	23.7
Had more than 4 standard drinks on a single occasion	898	15.3	60.7	23.7	0.4
Has not had more than 4 standard drinks	954	3.9	26.0	35.9	34.3
Drinks sugar-sweetened beverages daily	154	10.7	33.9	32.9	22.6
Drinks sugar-sweetened beverages less than daily	1,745	9.4	44.4	28.3	17.9
Meets water consumption guidelines	308	6.2	40.0	34.2	19.7
Does not meet water guidelines	1,573	10.5	44.0	27.8	17.8
Ran out of food and could not afford more	90	6.4	37.1	21.2	35.3
Have not run out of food	1,697	10.0	43.5	29.4	17.1
Requires help with daily activities	152	9.3	26.5	21.4	42.7
Does not require help	1,713	9.5	45.2	29.6	15.7

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

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

The National Health and Medical Research Centre (NHMRC) uses a measure of excessive alcohol consumption to identify individuals who are at risk of alcohol-related injury on a single occasion. The risk associated with excessive drinking includes risk of death or injury due to road transport accidents, falls, drowning, assault, suicide and acute alcohol toxicity. People are classified as being at risk due to the acute effects of excess alcohol consumption if they have consumed more than four standard drinks on a single occasion in the past 12 months.[4] To assess risk of harm in the 2019 ALC, respondents aged over 18 years who reported having an alcoholic drink in the last 12 months, were asked how often they have consumed more than four standard drinks in a day. Respondents who reported having more than four standard drinks on a single occasion in the past 12 months were classified as being at risk according to NHMRC guidelines.

Overall 53.5% of all Mount Alexander respondents aged 18 years and over reported they had engaged in risky drinking behaviour in (at least) one sitting in the last 12 months. This compares to benchmarks of 41.8% for respondents to the 2017-18 National Health Survey and 41.5% for respondents of the 2016 Victorian Population Health Survey. Respondents from the Mount Alexander region therefore were more likely to engage in risky drinking behaviour than the benchmarks suggest for Victorian residents more broadly.

In relation to the main demographic indicators:

- Males were more likely to be at risk of alcohol-related injury on a single occasion than females (65.4%, compared to 41.9%)
- For males, risk of alcohol-related harm appeared to be correlated with age, with the younger age groups more likely to be at risk of alcohol-related injury on a single occasion than those aged 70 years and over (71.2% for those aged 18 to 34, 73.3% for those aged 35 to 49, and 65.7% for those aged 50 to 69, compared to 51.9% of those 70 or over)
- A similar pattern was observed for females, with 62.6% of those aged 18 to 34 years, 52.1% of those aged 35 to 49 years, and 43.8% of those aged 50 to 69 years being at risk, compared to 11.9% of those aged 70 years and over
- Across the subregions, respondents from Newstead and surrounds were more likely to be at risk of alcohol-related injury on a single occasion than residents from Castlemaine (63.9%, compared to 51.0%)

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

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

- People who self-reported their general health was ‘fair’ or ‘poor’ (44.6%), compared to those whose health was ‘good’, ‘very good’, or ‘excellent’ (55.3%)
- Current smokers (79.5%) and ex-smokers (61.3%), compared to those who have never smoked (42.0%)

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

[4] https://www.nhmrc.gov.au/health-advice/alcohol

Table 3.4.4.1 Single occasion risk drinking by selected demographic characteristics

	Unweighted base[1]	Has had 4 or more drinks on a single occasion in last 12 months	Has not had 4 or more drinks in one sitting in last 12 months
	n	%	%
Total sample	1,856	53.5	46.5
Gender and age			
Males	764	65.4	34.6
Females	1,076	41.9	58.1
Males, 18 to 34	77	71.2	28.8
Males, 35 to 49	125	73.3	26.7
Males, 50 to 69	349	65.7	34.3
Males, 70+	213	51.9	48.1
Females, 18 to 34	92	62.6	37.4
Females, 35 to 49	204	52.1	47.9
Females, 50 to 69	512	43.8	56.2
Females, 70+	268	11.9	88.1
Subregion			
Campbells Creek / Guildford and surrounds	230	56.2	43.8
Castlemaine	985	51.0	49.0
Chewton / Taradale / Elphinstone and surrounds	142	53.9	46.1
Harcourt and surrounds	129	51.8	48.2
Maldon and surrounds	174	48.8	51.2
Newstead and surrounds	174	63.9	36.1
Demographic indicators			
Born in Australia	1,580	55.2	44.9
Born overseas	257	45.1	54.9
Speaks English as main language	1,811	53.7	46.4
Speaks other main language*	15	40.7	59.3
Aboriginal and / or Torres Strait Islander*	13	51.3	48.7
Not Aboriginal or Torres Strait Islander	1,820	53.8	46.2
Identifies as LGBTQIA+	144	59.3	40.7
Non-LGBTQIA+	1,610	54.1	45.9
Holds a Bachelor degree or higher	1,020	53.9	46.1
Less than Bachelor level education	746	53.6	46.4
Just getting along, poor or very poor	495	48.3	51.8
Reasonably comfortable, very comfortable or prosperous	1,348	55.7	44.3

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

* Significance testing not conducted due to small base size

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Table 3.4.4.2 Single occasion risk drinking by selected health characteristics

	Unweighted base	Has had 4 or more drinks on a single occasion in last 12 months	Has not had 4 or more drinks in one sitting in last 12 months
	n	%	%
Total sample	1,856	53.5	46.5
Health and wellbeing indicators			
Self-reported health - Fair or poor	297	44.6	55.4
Self-reported health - Good, very good, or excellent	1,543	55.3	44.7
Life satisfaction - Low (0 to 4 out of 10)	116	45.4	54.6
Life satisfaction - Medium to very high (5+ out of 10)	1,710	54.1	45.9
Does not feel valued by society	311	45.2	54.8
Sometimes feel valued by society	822	57.4	42.6
Definitely feel valued by society	688	52.3	47.7
Overweight or obese (BMI ≥25.0)	937	56.2	43.8
Normal range or underweight (BMI <25.0)	813	50.3	49.7
Meets fruit intake guidelines	1,038	48.6	51.4
Does not meet fruit intake guidelines	794	58.9	41.1
Meets vegetable intake guidelines	343	40.5	59.6
Does not meet vegetable intake guidelines	1,493	55.9	44.1
Meets physical activity guidelines	1,155	55.6	44.4
Does not meet physical activity guidelines / sedentary	647	51.6	48.4
Current smoker	117	79.5	20.5
Ex-smoker	789	61.3	38.7
Never smoked	945	42.0	58.0
Drinks alcohol every day	188	82.1	17.9
Drinks alcohol less often than daily	1,396	61.1	38.9
Does not drink alcohol	268	1.2	98.8
Drinks sugar-sweetened beverages daily	143	58.6	41.4
Drinks sugar-sweetened beverages less than daily	1,696	52.7	47.3
Meets water consumption guidelines	297	54.4	45.6
Does not meet water guidelines	1,525	53.3	46.7
Ran out of food and could not afford more	85	51.0	49.0
Have not run out of food	1,648	53.7	46.3
Requires help with daily activities	142	26.6	73.5
Does not require help	1,671	56.8	43.3

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

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

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

3.4.5. Gambling

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

The first gambling-related question in the 2019 ALC asked respondents how often, if at all, they had gambled in the last 12 months. Overall, 22.5% of Mount Alexander respondents reported having gambled at some time during the past 12 months. While this proportion is considerably lower than the VRGF benchmark, results are based on a general question about gambling, while the VRGF combines the responses of any participants who had engaged in a broad range of activities including (but not limited to) electronic gaming, Keno, scratchies, and having purchased raffle tickets. For ALC participants, it is possible that activities such as purchasing raffle tickets were not included in their definition of 'gambling' when asking the question, therefore underrepresenting gambling rates when compared to the VRGF study.

Of the Mount Alexander residents who responded to the survey, 4.1% reported that they gamble every week.

In relation to the main demographic indicators:

- Males were more likely to report gambling weekly than females (6.0%, compared to 2.2%)
- Males aged 50 to 69 years (8.4%) and 70 years or over (10.6%) were more likely to gamble weekly than those aged 35 to 49 years (1.0%)
- No differences in weekly gambling rates were observed for females in different age groups or across the subregions

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

In relation to other demographic or health differences, the subgroups of respondents more likely to gamble daily were:

- People who self-reported their general health was 'fair' or 'poor' (7.1%), compared to those whose health was 'good', 'very good', or 'excellent' (3.2%)
- People who drink alcohol every day (8.0%), compared to respondents who do not drink at all (5.2%)
- Current smokers (12.3%), compared to ex-smokers (3.4%) and those who have never smoked (3.1%)

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

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

Table 3.4.5.1 Gambling frequency by selected demographic characteristics

	Unweighted base[1]	Weekly	Monthly or less often	Never
	n	%	%	%
Total sample	1,893	4.1	18.4	77.6
Gender and age				
Males	782	6.0	19.5	74.4
Females	1,094	2.2	17.3	80.5
Males, 18 to 34	78	0.0	29.4	70.6
Males, 35 to 49	131	1.0	19.6	79.4
Males, 50 to 69	355	8.4	17.9	73.7
Males, 70+	218	10.6	15.6	73.8
Females, 18 to 34	94	1.6	19.7	78.8
Females, 35 to 49	208	4.0	12.7	83.2
Females, 50 to 69	525	1.1	20.7	78.3
Females, 70+	267	2.8	13.6	83.6
Subregion				
Campbells Creek / Guildford and surrounds	234	4.3	15.6	80.2
Castlemaine	1,007	4.6	17.9	77.5
Chewton / Taradale / Elphinstone and surrounds	140	4.8	17.3	78.0
Harcourt and surrounds	130	2.1	18.3	79.7
Maldon and surrounds	175	5.4	16.7	78.0
Newstead and surrounds	185	1.3	24.5	74.2
Demographic indicators				
Born in Australia	1,613	3.9	20.1	76.1
Born overseas	259	5.3	9.9	84.8
Speaks English as main language	1,847	3.9	18.6	77.5
Speaks other main language*	14	15.5	11.7	72.9
Aboriginal and / or Torres Strait Islander*	14	0.0	31.5	68.5
Not Aboriginal or Torres Strait Islander	1,860	4.1	18.2	77.8
Identifies as LGBTQIA+	146	2.9	17.8	79.3
Non-LGBTQIA+	1,648	4.2	18.2	77.6
Holds a Bachelor degree or higher	1,042	0.9	14.4	84.7
Less than Bachelor level education	763	5.2	20.4	74.4
Just getting along, poor or very poor	513	4.4	19.1	76.5
Reasonably comfortable, very comfortable or prosperous	1,365	3.8	17.8	78.5

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

* Significance testing not conducted due to small base size

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

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

Table 3.4.5.2 Gambling frequency by selected health characteristics

	Unweighted base[1]	Weekly	Monthly or less often	Never
	n	%	%	%
Total sample	1,893	4.1	18.4	77.6
Health and wellbeing indicators				
Self-reported health - Fair or poor	308	7.1	22.2	70.7
Self-reported health - Good, very good, or excellent	1,569	3.2	17.6	79.2
Life satisfaction - Low (0 to 4 out of 10)	119	4.9	18.1	77.0
Life satisfaction - Medium to very high (5+ out of 10)	1,743	3.8	18.5	77.7
Does not feel valued by society	322	5.6	23.0	71.4
Sometimes feel valued by society	835	4.4	20.1	75.6
Definitely feel valued by society	701	2.7	13.6	83.8
Overweight or obese (BMI ≥25.0)	955	5.0	22.8	72.3
Normal range or underweight (BMI <25.0)	832	3.2	14.1	82.8
Meets fruit intake guidelines	1,062	3.8	13.5	82.8
Does not meet fruit intake guidelines	809	4.4	24.2	71.4
Meets vegetable intake guidelines	364	2.1	13.7	84.1
Does not meet vegetable intake guidelines	1,511	4.1	19.4	76.5
Meets physical activity guidelines	1,178	3.6	17.6	78.8
Does not meet physical activity guidelines / sedentary	661	4.8	19.1	76.1
Current smoker	124	12.3	31.2	56.5
Ex-smoker	814	3.4	20.6	76.0
Never smoked	950	3.1	14.1	82.8
Drinks alcohol every day	188	8.0	18.9	73.2
Drinks alcohol less often than daily	1,399	3.3	19.7	77.0
Does not drink alcohol	301	5.2	12.8	82.0
Had more than 4 standard drinks on a single occasion	890	4.9	22.9	72.3
Has not had more than 4 standard drinks	941	2.8	13.5	83.7
Drinks sugar-sweetened beverages daily	150	9.0	21.6	69.4
Drinks sugar-sweetened beverages less than daily	1,727	3.4	18.1	78.5
Meets water consumption guidelines	306	0.8	22.7	76.5
Does not meet water guidelines	1,553	4.4	17.4	78.2
Ran out of food and could not afford more	89	4.4	27.9	67.7
Have not run out of food	1,675	3.8	17.7	78.4
Requires help with daily activities	149	7.7	23.7	68.7
Does not require help	1,692	3.7	18.0	78.3

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

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

The proportion of Mount Alexander respondents who reported having experienced gambling-related problems in the 2019 ALC was 1.2%, increasing to 2.5% of those respondents who gamble.

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

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (2.6%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (0.6%)
- People who self-reported their general health was 'fair' or 'poor' (3.5%), compared to those whose health was 'good', 'very good', or 'excellent' (0.7%)
- Those who have experienced food insecurity in the last 12 months (7.6%) compared to those who have not run out of food and been unable to afford more (0.7%)

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

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

[6] https://responsiblegambling.vic.gov.au/resources/gambling-victoria/gambling-harm-victoria/

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

	Unweighted base[1]	Experienced gambling-related health problems	Not experienced gambling-related health problems
	n	%	%
Total sample	1,811	1.2	98.8
Gender and age			
Males	750	1.6	98.4
Females	1,047	0.9	99.1
Males, 18 to 34	77	0.5	99.5
Males, 35 to 49	126	0.8	99.2
Males, 50 to 69	343	1.7	98.3
Males, 70+	204	2.9	97.1
Females, 18 to 34	93	0.0	100.0
Females, 35 to 49	206	1.0	99.0
Females, 50 to 69	497	1.1	99.0
Females, 70+	251	0.8	99.2
Subregion			
Campbells Creek / Guildford and surrounds	225	0.1	99.9
Castlemaine	961	1.7	98.3
Chewton / Taradale / Elphinstone and surrounds	131	3.1	96.9
Harcourt and surrounds	130	0.5	99.5
Maldon and surrounds	166	0.8	99.2
Newstead and surrounds	177	0.0	100.0
Demographic indicators			
Born in Australia	1,552	1.0	99.0
Born overseas	241	2.4	97.6
Speaks English as main language	1,768	1.0	99.0
Speaks other main language*	13	15.8	84.2
Aboriginal and / or Torres Strait Islander*	14	0.0	100.0
Not Aboriginal or Torres Strait Islander	1,776	1.2	98.8
Identifies as LGBTQIA+	135	1.5	98.5
Non-LGBTQIA+	1,587	1.2	98.8
Holds a Bachelor degree or higher	1,005	0.7	99.3
Less than Bachelor level education	728	1.5	98.5
Just getting along, poor or very poor	485	2.6	97.4
Reasonably comfortable, very comfortable or prosperous	1,311	0.6	99.4

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

* Significance testing not conducted due to small base size

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

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

	Unweighted base[1]	Experienced gambling-related health problems	Not experienced gambling-related health problems
	n	%	%
Total sample	1,811	1.2	98.8
Health and wellbeing indicators			
Self-reported health - Fair or poor	291	3.5	96.6
Self-reported health - Good, very good, or excellent	1,506	0.7	99.3
Life satisfaction - Low (0 to 4 out of 10)	113	4.0	96.0
Life satisfaction - Medium to very high (5+ out of 10)	1,671	1.0	99.0
Does not feel valued by society	310	2.4	97.6
Sometimes feel valued by society	799	1.2	98.9
Definitely feel valued by society	672	0.6	99.4
Overweight or obese (BMI ≥25.0)	918	1.3	98.7
Normal range or underweight (BMI <25.0)	794	1.2	98.8
Meets fruit intake guidelines	1,013	1.5	98.5
Does not meet fruit intake guidelines	779	0.9	99.1
Meets vegetable intake guidelines	348	1.3	98.7
Does not meet vegetable intake guidelines	1,447	1.1	98.9
Meets physical activity guidelines	1,133	1.3	98.7
Does not meet physical activity guidelines / sedentary	628	0.7	99.3
Current smoker	118	1.5	98.5
Ex-smoker	789	0.9	99.1
Never smoked	900	1.5	98.6
Drinks alcohol every day	180	0.6	99.4
Drinks alcohol less often than daily	1,352	1.1	98.9
Does not drink alcohol	276	2.2	97.8
Had more than 4 standard drinks on a single occasion	863	1.3	98.7
Has not had more than 4 standard drinks	892	1.0	99.0
Drinks sugar-sweetened beverages daily	140	0.0	100.0
Drinks sugar-sweetened beverages less than daily	1,657	1.4	98.6
Meets water consumption guidelines	294	0.5	99.5
Does not meet water guidelines	1,485	1.4	98.6
Ran out of food and could not afford more	139	7.6	92.4
Have not run out of food	1,630	0.7	99.3
Requires help with daily activities	294	6.4	93.6
Does not require help	1,485	0.7	99.4

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

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

3.5. Physical activity

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

The National Health Survey 2014-15 indicated that 55.5% of Australians aged 18 to 64 years had engaged in sufficient physical activity. The equivalent proportion of Mount Alexander respondents in the same age group who had met the guidelines was 62.7% and, overall, 61.5% of Mount Alexander respondents had met the above-mentioned physical activity guidelines. Respondents were categorised as sedentary if they had done 0 minutes of physical activity, with 2.9% of the Mount Alexander residents who participated in the research falling into this category.

In relation to the main demographic indicators:

- There were no differences in the proportions meeting the physical activity guidelines by gender, across the age ranges within gender groups or across the subregions

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

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

- Those who do not feel valued by society (6.2%), compared to 1.1% of those who definitely feel valued by society
- Those who recorded a low level of life satisfaction (7.9%, compared to 2.6% who recorded medium to very high life satisfaction)
- Those who drink sugar-sweetened beverages daily (7.2%, compared to 2.5% who drink them less than daily)

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

Table 3.5.1 Meeting physical activity guidelines by selected demographic groups

	Unweighted base[1]	Did not meet guidelines		Meets physical activity guidelines
		Sedentary	Insufficient	
	n	%	%	%
Total sample	1,882	2.9	35.6	61.5
Gender and age				
Males	783	3.2	36.3	60.5
Females	1,084	2.6	34.7	62.7
Males, 18 to 34	81	10.2	25.0	64.8
Males, 35 to 49	132	1.7	45.5	52.9
Males, 50 to 69	351	1.7	34.7	63.7
Males, 70+	219	2.8	39.1	58.2
Females, 18 to 34	93	2.7	34.2	63.2
Females, 35 to 49	206	3.2	31.1	65.7
Females, 50 to 69	522	2.1	34.6	63.3
Females, 70+	263	3.1	39.7	57.2
Subregion				
Campbells Creek / Guildford and surrounds	230	4.2	30.9	64.9
Castlemaine	994	3.9	36.3	59.9
Chewton / Taradale / Elphinstone and surrounds	145	2.5	31.1	66.5
Harcourt and surrounds	130	0.2	40.5	59.3
Maldon and surrounds	177	1.9	38.8	59.3
Newstead and surrounds	184	0.3	35.6	64.1
Demographic indicators				
Born in Australia	1,610	3.2	36.1	60.8
Born overseas	252	1.5	32.2	66.3
Speaks English as main language	1,837	2.8	35.7	61.5
Speaks other main language*	14	0.0	21.4	78.6
Aboriginal and / or Torres Strait Islander*	14	16.0	31.9	52.1
Not Aboriginal or Torres Strait Islander	1,848	2.8	35.6	61.6
Identifies as LGBTQIA+	144	3.2	32.2	64.6
Non-LGBTQIA+	1,639	3.0	34.7	62.3
Holds a Bachelor degree or higher	1,040	1.5	29.8	68.7
Less than Bachelor level education	755	3.6	37.2	59.2
Just getting along, poor or very poor	509	3.5	40.5	56.1
Reasonably comfortable, very comfortable or prosperous	1,363	2.7	33.2	64.1

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

* Significance testing not conducted due to small base size

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

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

Table 3.5.2 Meeting physical activity guidelines by selected health groups

	Unweighted base[1]	Does not meet guidelines		Meets physical activity guidelines
		Sedentary	Insufficient	
	n	%	%	%
Total sample	1,882	2.9	35.6	61.5
Health and wellbeing indicators				
Self-reported health - Fair or poor	298	8.3	50.9	40.8
Self-reported health - Good, very good, or excellent	1,567	1.8	32.2	66.1
Life satisfaction - Low (0 to 4 out of 10)	114	7.9	49.3	42.8
Life satisfaction - Medium to very high (5+ out of 10)	1,744	2.6	34.4	63.1
Does not feel valued by society	319	6.2	45.3	48.5
Sometimes feel valued by society	835	2.2	33.8	64.0
Definitely feel valued by society	697	1.1	32.4	66.5
Overweight or obese (BMI ≥25.0)	950	2.8	40.0	57.2
Normal range or underweight (BMI <25.0)	839	3.1	27.6	69.3
Meets fruit intake guidelines	1,056	2.8	30.6	66.6
Does not meet fruit intake guidelines	804	2.9	40.7	56.4
Meets vegetable intake guidelines	362	0.8	24.8	74.4
Does not meet vegetable intake guidelines	1,504	3.2	37.5	59.3
Current smoker	115	6.1	37.8	56.0
Ex-smoker	810	1.8	34.8	63.4
Never smoked	937	3.4	35.0	61.7
Drinks alcohol every day	185	5.1	42.8	52.1
Drinks alcohol less often than daily	1,374	2.1	32.5	65.4
Does not drink alcohol	303	5.0	41.9	53.1
Had more than 4 standard drinks on a single occasion	884	2.5	33.1	64.4
Has not had more than 4 standard drinks	918	3.2	36.1	60.6
Drinks sugar-sweetened beverages daily	144	7.2	43.5	49.4
Drink sugar-sweetened beverages less than daily	1,721	2.5	34.7	62.9
Meets water consumption guidelines	306	2.8	31.7	65.5
Does not meet water guidelines	1,542	2.8	35.6	61.6
Ran out of food and could not afford more	90	2.7	40.9	56.4
Have not run out of food	1,667	3.0	35.1	61.9
Requires help with daily activities	142	5.8	47.6	46.6
Does not require help	1,694	2.7	34.1	63.3

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

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

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

3.6. Children and adolescents' health behaviours

Children (aged 3 to 11 years) and adolescents (aged 12 to 17 years) comprised 14.9% of the achieved unweighted total Loddon Campaspe sample in the 2019 ALC. For the Mount Alexander region, respondents aged 3 to 17 make up 15.5% of the unweighted sample. This compares to 13.6% in the 2014 ALC (City of Greater Bendigo only).

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

Throughout this section, results are presented in two ways:

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

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

3.6.1. Reported health status

Overall, children and adolescents respondents in Mount Alexander were less likely to report a low-level of health than those in the older age groups, with only 2.5% of males aged 3 to 11 years and 4.6% of males aged 12 to 17 years reporting 'fair' or 'poor' health, compared to males aged 35 to 49 years (18.8%), 50 to 69 years (22.5%), and 70 years and over (23.3%). A similar pattern was observed for females, with 4.0% of those aged 3 to 11 years and 2.3% of those aged 12 to 17 years less likely to report a low-level of health, when compared to those aged 50 to 69 years (17.6%) and 70 years and over (20.2%).

For children and adolescents aged 3 to 17 years, 4.1% reported their health was 'fair' or 'poor'. Across the main demographic and health indicators:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (8.5%) were more likely to report 'fair' or 'poor' health, compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (1.3%)

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

Table 3.6.1.1 Reported health status by selected demographic characteristics

	Unweighted base[1]	Fair / poor	Good	Very good / excellent
	n	%	%	%
Total sample	2,189	16.7	33.2	50.1
Gender and age				
Males, 3 to 11	79	2.5	7.6	89.9
Males, 12 to 17	43	4.6	9.4	86.0
Males, 18 to 34	85	11.1	37.5	51.4
Males, 35 to 49	132	18.8	37.2	44.0
Males, 50 to 69	359	22.5	35.6	42.0
Males, 70+	226	23.3	41.9	34.8
Females, 3 to 11	76	4.0	10.5	85.5
Females, 12 to 17	43	2.3	30.5	67.3
Females, 18 to 34	96	17.5	47.1	35.4
Females, 35 to 49	216	16.9	31.8	51.3
Females, 50 to 69	529	17.6	33.3	49.1
Females, 70+	278	20.2	38.9	40.8

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

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

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

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

	Unweighted base[1]	Fair / poor	Good	Very good / excellent
	n	%	%	%
Total sample	246	4.1	12.9	83.0
Subregion				
Campbells Creek / Guildford and surrounds	45	4.5	21.7	73.8
Castlemaine	108	4.6	9.2	86.2
Chewton / Taradale / Elphinstone and surrounds*	19	5.3	0.0	94.7
Harcourt and surrounds*	21	9.3	19.2	71.5
Maldon and surrounds*	18	0.0	16.2	83.8
Newstead and surrounds	33	0.0	15.6	84.4
Demographic indicators				
Born in Australia	235	3.8	13.1	83.1
Born overseas*	9	0.0	11.2	88.9
Aboriginal and / or Torres Strait Islander*	2	0.0	100.0	0.0
Not Aboriginal or Torres Strait Islander	240	3.7	11.6	84.7
Just getting along, poor or very poor	93	8.5	16.0	75.5
Reasonably comfortable, very comfortable or prosperous	153	1.3	11.1	87.6
Health and wellbeing indicators				
Life satisfaction - Low (0 to 4 out of 10)*	4	24.1	50.0	25.9
Life satisfaction - Medium to very high (5+ out of 10)	225	4.0	11.1	85.0
Does not feel valued by society*	24	4.3	28.5	67.3
Sometimes feel valued by society	95	4.2	14.9	81.0
Definitely feel valued by society	102	4.8	6.8	88.4
Meets fruit intake guidelines	188	3.7	9.4	86.8
Does not meet fruit intake guidelines	50	5.8	22.0	72.2
Meets vegetable intake guidelines	52	5.9	9.6	84.5
Does not meet vegetable intake guidelines	186	3.7	13.4	82.9
Drinks sugar-sweetened beverages daily*	8	0.0	23.9	76.1
Drinks sugar-sweetened beverages less than daily	232	4.3	12.0	83.7
Meets water consumption guidelines*	30	13.3	9.6	77.1
Does not meet water guidelines	203	2.9	13.3	83.8
Ran out of food and could not afford more*	20	4.8	5.3	89.9
Have not run out of food	215	3.7	13.4	82.9
Requires help with daily activities	62	1.6	11.1	87.3
Does not require help	177	2.8	14.1	83.1

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

* Significance testing not conducted due to small base size

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

3.6.2. Healthy eating

Serves of vegetables consumed

Male children aged 3 to 11 years were more likely to have met the vegetable consumption guidelines (24.1%) than males aged 12 to 17 years (2.4%), 18 to 34 years (6.5%), and 50 to 69 years (5.6%). There were no significant differences in the proportions in different age groups who had met the guidelines for females.

Overall, just 21.4% of Mount Alexander residents aged 3 to 17 years had met the vegetable consumption guidelines, with the average serves per day being 3.1 for children and adolescents.

The proportion of children and adolescents who had not met the guidelines was higher amongst:

- Those who do not meet the fruit consumption guidelines (26.1%), compared to 4.1% of those who meet the fruit consumption guidelines

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

Table 3.6.2.1 Serves of vegetables by selected demographic characteristics

	Unweighted base[1]	0 to less than 2 serves	2 to less than 5 serves	5 serves or more	Meets veg requirements	Average daily serves
	n	%	%	%	%	#
Total sample	2,171	21.7	57.0	21.3	17.1	3.1
Gender and age						
Males, 3 to 11	79	15.2	65.8	19.0	24.1	3.2
Males, 12 to 17	43	16.1	74.7	9.2	2.4	2.6
Males, 18 to 34	85	28.2	54.3	17.5	6.5	3.1
Males, 35 to 49	130	24.9	52.9	22.2	9.0	2.9
Males, 50 to 69	359	22.9	57.7	19.4	5.6	2.9
Males, 70+	225	27.3	52.9	19.8	19.6	2.9
Females, 3 to 11	73	15.1	61.6	23.3	27.4	3.3
Females, 12 to 17	40	7.5	65.3	27.3	27.3	3.4
Females, 18 to 34	96	23.9	51.3	24.8	24.8	3.1
Females, 35 to 49	212	20.6	57.8	21.7	21.7	3.2
Females, 50 to 69	530	16.5	58.3	25.2	25.2	3.3
Females, 70+	273	27.9	51.7	20.5	20.5	2.9

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

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

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

	Unweighted base[1]	0 to less than 2 serves	2 to less than 5 serves	5 serves or more	Meets veg requirements	Average daily serves
	n	%	%	%	%	#
Total sample	240	14.6	65.7	19.8	21.4	3.1
Subregion						
Campbells Creek / Guildford and surrounds	45	13.5	68.8	17.7	13.1	2.9
Castlemaine	106	16.9	63.6	19.5	20.5	3.1
Chewton / Taradale / Elphinstone and surrounds*	19	5.3	37.5	57.2	57.2	4.2
Harcourt and surrounds*	20	35.1	60.1	4.8	4.8	2.4
Maldon and surrounds*	18	5.7	94.3	0.0	11.0	2.8
Newstead and surrounds*	30	6.6	76.7	16.8	26.5	3.3
Demographic indicators						
Born in Australia	230	14.8	65.5	19.8	21.4	3.1
Born overseas*	8	0.0	75.8	24.2	24.2	3.9
Aboriginal and / or Torres Strait Islander*	2	0.0	100.0	0.0	0.0	3.5
Not Aboriginal or Torres Strait Islander	235	14.0	65.8	20.2	21.4	3.1
Just getting along, poor or very poor	90	15.4	60.4	24.2	26.3	3.2
Reasonably comfortable, very comfortable or prosperous	150	14.1	68.8	17.1	18.4	3.1
Health and wellbeing indicators						
Self-reported health - Fair or poor*	10	39.1	30.6	30.3	30.3	2.6
Self-reported health - Good, very good, or excellent	228	13.7	66.9	19.5	21.2	3.2
Life satisfaction - Low (0 to 4 out of 10)*	4	74.1	25.9	0.0	0.0	1.0
Life satisfaction - Medium to very high (5+ out of 10)	222	14.0	64.7	21.3	22.6	3.2
Does not feel valued by society*	24	12.4	71.1	16.5	12.2	3.2
Sometimes feel valued by society	94	17.0	64.2	18.8	20.8	2.8
Definitely feel valued by society	100	12.1	62.1	25.8	26.8	3.5
Meets fruit intake guidelines	189	12.7	63.9	23.5	26.1	3.2
Does not meet fruit intake guidelines	50	22.1	71.6	6.3	4.1	2.7
Drinks sugar-sweetened beverages daily*	8	26.1	50.0	23.9	35.8	3.1
Drinks sugar-sweetened beverages less than daily	230	13.9	66.3	19.8	21.0	3.1
Meets water consumption guidelines*	30	3.2	57.1	39.8	33.0	3.8
Does not meet water guidelines	204	16.7	65.9	17.3	20.2	3.0
Ran out of food and could not afford more *	20	14.6	46.0	39.3	38.8	3.5
Have not run out of food	209	14.4	67.2	18.4	19.9	3.1
Requires help with daily activities	60	8.2	66.8	25.1	35.1	3.4
Does not require help	173	16.2	66.8	17.0	15.8	3.0

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

* Significance testing not conducted due to small base size

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

Serves of fruit consumed

On average, 57.7% of Mount Alexander respondents had met the requirements for serves of fruit per day. Young residents, particularly children aged 3 to 11 years, were more likely to meet fruit consumption requirements than adults. The proportion of children who had met fruit requirements was 89.9% for males (compared to 59.5% of those aged 12 to 17, 50.5% of those aged 18 to 34, 47.6% aged 35 to 49, 51.9% aged 50 to 69, and 56.7% aged 70 years and over. For females, the proportion meeting the guidelines was 87.8% among those aged 3 to 11 years, compared to 54.2% of those aged 18 to 34, 56.6% of those aged 35 to 49, 53.4% aged 50 to 69, and 64.4% aged 70 years and over.

Overall, 79.0% of Mount Alexander residents aged 3 to 17 years had met the fruit consumption guidelines, with the average serves per day being 2.7 for children and adolescents.

The proportion of children and adolescents who had not met the guidelines was higher amongst:

- Those who do not meet the vegetable consumption guidelines (95.9%), compared to 74.2% of those who do meet the vegetable consumption guidelines

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

Table 3.6.2.3 Serves of fruit by selected demographic characteristics

	Unweighted base[1]	0 to less than 1 serves	1 to less than 2 serves	2 serves or more	Meets fruit requirements	Average daily serves
	n	%	%	%	%	#
Total sample	2,164	13.6	28.8	57.7	57.7	1.8
Gender and age						
Males, 3 to 11	79	1.3	8.9	89.9	89.9	3.3
Males, 12 to 17	42	7.1	33.5	59.5	59.5	2.1
Males, 18 to 34	85	11.4	38.1	50.5	50.5	1.8
Males, 35 to 49	130	27.7	24.7	47.6	47.6	1.4
Males, 50 to 69	359	16.4	31.7	51.9	51.9	1.7
Males, 70+	224	12.2	31.1	56.7	56.7	1.8
Females, 3 to 11	74	2.7	9.5	87.8	87.8	2.7
Females, 12 to 17	40	7.6	22.5	69.9	69.9	2.0
Females, 18 to 34	95	14.7	31.1	54.2	54.2	1.7
Females, 35 to 49	210	10.8	32.7	56.6	56.6	1.7
Females, 50 to 69	527	13.1	33.6	53.4	53.4	1.7
Females, 70+	273	14.8	20.9	64.4	64.4	1.9

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

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

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

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

	Unweighted base[1] n	0 to less than 1 serves %	1 to less than 2 serves %	2 serves or more %	Meets fruit requirements %	Average daily serves #
Total sample	240	4.2	16.9	79.0	79.0	2.7
Subregion						
Campbells Creek / Guildford and surrounds	45	11.1	13.5	75.4	75.4	2.5
Castlemaine	106	2.8	15.3	81.9	81.9	2.8
Chewton / Taradale / Elphinstone and surrounds*	19	5.3	5.7	89.0	89.0	2.5
Harcourt and surrounds*	20	0.0	30.4	69.6	69.6	2.4
Maldon and surrounds*	18	0.0	22.2	77.8	77.8	2.5
Newstead and surrounds*	30	3.4	23.2	73.4	73.4	2.6
Demographic indicators						
Born in Australia	230	3.9	17.1	78.9	78.9	2.7
Born overseas*	8	0.0	12.6	87.5	87.5	3.0
Aboriginal and / or Torres Strait Islander*	1	0.0	100.0	0.0	0.0	1.0
Not Aboriginal or Torres Strait Islander	236	3.8	16.7	79.5	79.5	2.7
Just getting along, poor or very poor	90	5.6	13.7	80.7	80.7	2.9
Reasonably comfortable, very comfortable or prosperous	150	3.3	18.8	78.0	78.0	2.5
Health and wellbeing indicators						
Self-reported health - Fair or poor*	10	10.0	19.6	70.5	70.5	4.2
Self-reported health - Good, very good, or excellent	228	4.0	16.9	79.2	79.2	2.6
Life satisfaction - Low (0 to 4 out of 10)*	4	0.0	0.0	100.0	100.0	2.5
Life satisfaction - Medium to very high (5+ out of 10)	223	4.5	15.9	79.6	79.6	2.7
Does not feel valued by society*	24	12.1	12.7	75.2	75.2	2.5
Sometimes feel valued by society	94	5.3	10.8	83.9	83.9	2.6
Definitely feel valued by society	101	2.1	22.1	75.8	75.8	2.8
Meets vegetable intake guidelines*	52	0.0	4.1	95.9	95.9	3.9
Does not meet vegetable intake guidelines	187	5.3	20.4	74.2	74.2	2.3
Drinks sugar-sweetened beverages daily*	8	0.0	26.6	73.4	73.4	3.1
Drinks sugar-sweetened beverages less than daily	230	3.9	16.7	79.4	79.4	2.7
Meets water consumption guidelines*	30	6.3	10.3	83.4	83.4	3.5
Does not meet water guidelines	203	4.0	16.5	79.5	79.5	2.5
Ran out of food and could not afford more *	20	5.3	20.6	74.1	74.1	2.8
Have not run out of food	209	3.3	17.4	79.3	79.3	2.7
Requires help with daily activities	60	0.0	10.1	89.9	89.9	2.9
Does not require help	173	4.0	19.9	76.1	76.1	2.5

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

* Significance testing not conducted due to small base size

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

Sugar-sweetened beverage consumption

Children and adolescents were also asked how often they consume sugar-sweetened beverages including cordial, soft drinks, flavoured mineral water, energy, or sports drinks. Male children aged 3 to 11 years were less likely to drink sugar-sweetened beverages daily (2.4%) than males aged 18 to 34 years (20.6%) or 70 years and over (14.6%). There were no significant differences in daily sugar-sweetened beverage consumption among females.

Overall, 3.3% of Mount Alexander residents aged 3 to 17 years were consuming sugar-sweetened beverages daily. Due to the small base sizes, no significant differences were observed in relation to daily sugar-sweetened beverage consumption across the main demographic and health indicators.

Full data from comparable subgroups are available in Table 3.6.3.5 and 3.6.3.6.

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

	Unweighted base[1]	Daily	Weekly	Monthly or less often	Never
	n	%	%	%	%
Total sample	2,179	9.5	22.0	36.9	31.7
Gender and age					
Males, 3 to 11	82	2.4	14.6	46.3	36.6
Males, 12 to 17	42	4.8	50.0	38.0	7.1
Males, 18 to 34	84	20.6	38.3	29.5	11.7
Males, 35 to 49	130	10.5	28.0	48.7	12.8
Males, 50 to 69	358	10.9	25.5	31.4	32.2
Males, 70+	225	14.6	16.6	34.0	34.8
Females, 3 to 11	75	4.0	10.7	50.7	34.7
Females, 12 to 17	41	2.4	31.7	56.1	9.8
Females, 18 to 34	95	5.9	41.5	34.6	18.0
Females, 35 to 49	210	12.3	18.4	36.6	32.8
Females, 50 to 69	527	7.9	12.2	38.3	41.6
Females, 70+	278	5.1	11.1	24.6	59.2

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

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

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

	Unweighted base[1]	Daily	Weekly	Monthly or less often	Never
	n	%	%	%	%
Total sample	245	3.3	23.6	47.6	25.6
Subregion					
Campbells Creek / Guildford and surrounds	46	2.3	37.1	34.5	26.1
Castlemaine	105	1.9	18.5	44.6	35.0
Chewton / Taradale / Elphinstone and surrounds*	19	5.7	26.0	57.8	10.5
Harcourt and surrounds*	20	4.8	30.1	55.5	9.6
Maldon and surrounds*	19	15.5	21.8	52.3	10.4
Newstead and surrounds	34	0.0	18.3	58.3	23.5
Demographic indicators					
Born in Australia	235	3.4	24.1	47.4	25.0
Born overseas*	8	0.0	0.0	62.8	37.2
Aboriginal and / or Torres Strait Islander*	2	0.0	0.0	100.0	0.0
Not Aboriginal or Torres Strait Islander	240	3.3	23.7	47.7	25.3
Just getting along, poor or very poor	93	6.4	20.6	54.7	18.3
Reasonably comfortable, very comfortable or prosperous	152	1.4	25.4	43.2	30.1
Health and wellbeing indicators					
Self-reported health - Fair or poor*	10	0.0	40.2	59.8	0.0
Self-reported health - Good, very good, or excellent	230	3.5	22.5	47.7	26.4
Life satisfaction - Low (0 to 4 out of 10)*	4	0.0	48.2	25.9	25.9
Life satisfaction - Medium to very high (5+ out of 10)	223	2.7	23.7	47.3	26.3
Does not feel valued by society*	24	8.7	33.2	46.0	12.1
Sometimes feel valued by society	93	1.0	31.8	42.8	24.4
Definitely feel valued by society	103	3.0	15.7	53.3	28.1
Meets fruit intake guidelines	189	3.1	21.5	49.0	26.4
Does not meet fruit intake guidelines	49	4.3	34.9	38.8	22.1
Meets vegetable intake guidelines	52	5.6	9.3	61.3	23.8
Does not meet vegetable intake guidelines	186	2.8	28.4	42.9	26.0
Meets water consumption guidelines*	30	3.2	33.5	50.1	13.3
Does not meet water guidelines	205	3.4	22.7	45.6	28.2
Ran out of food and could not afford more*	20	4.8	35.1	44.6	15.5
Have not run out of food	215	2.4	23.1	47.2	27.3
Requires help with daily activities	61	4.9	8.2	50.9	36.1
Does not require help	177	2.9	28.6	46.1	22.5

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

* Significance testing not conducted due to small base size

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3.6.3. Physical activity

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

Overall, Mount Alexander respondents averaged 207.5 minutes of vigorous physical activity, while the average for children and adolescents was 278.8 minutes. For females, children aged 3 to 11 years recorded a higher average number of minutes of activity per week (284.6) compared to those aged 18 to 34 years (158.8), 35 to 49 years (185.9), 50 to 69 years (161.5) and 70 years and over (142.8).

The subgroups of children and adolescents who recorded the lowest level of vigorous physical activity were:

- Respondents who do not meet the vegetable guidelines (averaging 241.9 minutes of physical activity, compared to those who do, averaging 392.9 minutes)

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

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

	Unweighted base	Average minutes of vigorous physical activity per week
	n	#
Total sample	1,966	207.5
Gender and age		
Males, 3 to 11	70	302.0
Males, 12 to 17	41	289.3
Males, 18 to 34	76	310.9
Males, 35 to 49	128	205.5
Males, 50 to 69	331	207.0
Males, 70+	187	198.4
Females, 3 to 11	66	284.6
Females, 12 to 17	33	191.3
Females, 18 to 34	91	158.8
Females, 35 to 49	209	185.9
Females, 50 to 69	493	161.5
Females, 70+	216	142.8

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

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

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

	Unweighted base[1]	Average minutes of vigorous physical activity per week
	n	#
Total sample	215	278.8
Subregion		
Campbells Creek / Guildford and surrounds	40	294.8
Castlemaine	93	261.7
Chewton / Taradale / Elphinstone and surrounds*	17	351.3
Harcourt and surrounds*	20	248.5
Maldon and surrounds*	16	221.4
Newstead and surrounds*	29	322.0
Demographic indicators		
Born in Australia	206	275.5
Born overseas*	8	316.4
Aboriginal and / or Torres Strait Islander*	2	44.5
Not Aboriginal or Torres Strait Islander	211	280.3
Just getting along, poor or very poor	81	236.5
Reasonably comfortable, very comfortable or prosperous	134	304.3
Health and wellbeing indicators		
Self-reported health - Fair or poor*	8	182.7
Self-reported health - Good, very good, or excellent	203	281.8
Life satisfaction - Low (0 to 4 out of 10)*	3	166.6
Life satisfaction - Medium to very high (5+ out of 10)	200	278.3
Does not feel valued by society*	23	172.5
Sometimes feel valued by society	84	279.9
Definitely feel valued by society	92	291.6
Meets fruit intake guidelines	163	295.5
Does not meet fruit intake guidelines	47	204.4
Meets vegetable intake guidelines	42	392.9
Does not meet vegetable intake guidelines	168	241.9
Drinks sugar-sweetened beverages daily*	6	153.7
Drinks sugar-sweetened beverages less than daily	207	282.6
Meets water consumption guidelines*	27	194.6
Does not meet water guidelines	181	285.8
Ran out of food and could not afford more*	16	217.0
Have not run out of food	190	279.7
Requires help with daily activities	50	346.5
Does not require help	159	260.7

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

* Significance testing not conducted due to small base size

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4. Wellbeing

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

4.1. Life satisfaction

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

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

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

Overall, 6.9% of Mount Alexander respondents aged 3 years and over recorded low life satisfaction. The proportion for children aged 3 to 17 years was 1.7%. In reviewing the main demographic indicators, there were no significant differences in the proportion of respondents recording low life satisfaction among males and females, age groups or across the subregions.

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (11.1%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (4.9%)
- Those who self-reported their general health was 'fair' or 'poor' (29.1%, compared to 2.5% who recorded their health as 'good', 'very good', or 'excellent')
- Those respondents that have experienced food insecurity in the last 12 months (22.1%, compared to 5.9% of people that have not run out of food and been unable to afford more)
- Those who require assistance with daily activities (19.3%, compared to 5.1% who do not require assistance)

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

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

	Unweighted base[1]	Low, 0 to 4	Medium, 5 to 6	High, 7 to 8	Very high, 9 to 10
	n	%	%	%	%
Total sample	2,155	6.9	16.6	48.0	28.5
Gender and age					
Males	914	6.1	18.7	47.7	27.6
Females	1,219	7.8	14.4	48.5	29.4
Males, 3 to 11	78	2.6	9.0	33.3	55.1
Males, 12 to 17	41	0.0	22.0	41.6	36.5
Males, 18 to 34	83	6.5	20.1	48.8	24.6
Males, 35 to 49	131	8.5	26.9	46.3	18.3
Males, 50 to 69	354	6.6	19.4	52.2	21.8
Males, 70+	225	6.5	12.1	47.9	33.5
Females, 3 to 11	68	2.9	5.9	26.5	64.7
Females, 12 to 17	39	0.0	23.2	53.8	23.0
Females, 18 to 34	95	12.5	14.6	41.0	31.9
Females, 35 to 49	215	9.1	18.0	55.7	17.2
Females, 50 to 69	522	8.7	12.1	51.0	28.3
Females, 70+	276	5.9	16.8	48.4	29.0
Subregion					
Campbells Creek / Guildford and surrounds	275	4.5	22.0	47.5	26.0
Castlemaine	1,136	6.5	15.7	49.3	28.5
Chewton / Taradale / Elphinstone and surrounds	161	6.0	13.5	45.6	35.0
Harcourt and surrounds	153	10.5	19.8	42.1	27.6
Maldon and surrounds	188	10.4	12.6	46.3	30.7
Newstead and surrounds	215	5.3	18.6	49.2	26.9
Demographic indicators					
Born in Australia	1,862	6.9	17.2	48.2	27.6
Born overseas	271	7.2	11.3	48.1	33.4
Speaks English as main language	2,100	7.1	16.5	48.5	28.0
Speaks other main language*	15	0.0	40.0	18.7	41.3
Aboriginal and / or Torres Strait Islander*	14	33.9	27.0	4.9	34.2
Not Aboriginal or Torres Strait Islander	2,118	6.7	16.4	48.5	28.4
Identifies as LGBTQIA+	147	9.1	15.6	57.6	17.7
Non-LGBTQIA+	1,666	7.3	16.7	49.5	26.5
Holds a Bachelor degree or higher	1,055	5.7	13.7	52.1	28.6
Less than Bachelor level education	996	7.7	17.0	47.2	28.0
Just getting along, poor or very poor	609	11.1	25.0	43.6	20.3
Reasonably comfortable, very comfortable or prosperous	1,533	4.9	12.6	50.1	32.4

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

* Significance testing not conducted due to small base size

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

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

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

	Unweighted base[1]	Low, 0 to 4	Medium, 5 to 6	High, 7 to 8	Very high, 9 to 10
	n	%	%	%	%
Total sample	2,155	6.9	16.6	48.0	28.5
Health and wellbeing indicators					
Self-reported health - Fair or poor	327	29.1	32.9	33.5	4.5
Self-reported health - Good, very good, or excellent	1,814	2.5	13.2	51.2	33.1
Does not feel valued by society	356	23.4	30.3	37.0	9.3
Sometimes feel valued by society	950	4.3	20.7	54.5	20.6
Definitely feel valued by society	814	1.3	3.7	45.6	49.4
Meets fruit intake guidelines	1,261	4.9	13.6	47.5	34.1
Does not meet fruit intake guidelines	864	9.5	20.4	49.3	20.8
Meets vegetable intake guidelines	420	3.8	10.4	45.8	40.0
Does not meet vegetable intake guidelines	1,711	7.4	17.9	48.7	26.0
Drinks sugar-sweetened beverages daily	160	11.3	21.8	47.9	18.9
Drinks sugar-sweetened beverages less than daily	1,972	6.2	16.0	48.2	29.7
Meets water consumption guidelines	341	4.7	14.7	52.9	27.7
Does not meet water guidelines	1,767	6.8	17.1	47.3	28.8
Ran out of food and could not afford more	111	22.1	34.8	30.0	13.1
Have not run out of food	1,911	5.9	15.2	49.4	29.5
Requires help with daily activities	209	19.3	24.4	33.2	23.1
Does not require help	1,891	5.1	15.4	50.5	29.0

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

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

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

Amongst those aged over 18 years, the proportion of Mount Alexander respondents who provided low ratings for life satisfaction was 7.8%. The subgroups more likely to report lower life satisfaction were:

- Current smokers (16.3%), compared to those who have never smoked (5.5%)
- Those who do not meet the physical activity guidelines (10.5%), compared to those who do meet the guidelines (4.9%)

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

	Unweighted base[1]	Low, 0 to 4	Medium, 5 to 6	High, 7 to 8	Very high, 9 to 10
	n	%	%	%	%
Total sample	1,917	7.8	17.3	49.8	25.1
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	967	9.1	20.1	49.7	21.1
Normal range or underweight (BMI <25.0)	836	5.8	13.1	50.3	30.9
Meets physical activity guidelines	1,183	4.9	16.1	51.4	27.6
Does not meet physical activity guidelines / sedentary	675	10.5	19.4	48.5	21.6
Current smoker	120	16.3	26.1	45.1	12.4
Ex-smoker	810	8.2	18.0	49.4	24.3
Never smoked	956	5.5	14.7	51.7	28.1
Drinks alcohol every day	187	9.4	13.9	48.8	28.0
Drinks alcohol less often than daily	1,383	6.1	15.6	52.2	26.1
Does not drink alcohol	315	12.3	24.0	43.6	20.0
Had more than 4 standard drinks on a single occasion	886	6.3	16.2	53.0	24.4
Has not had more than 4 standard drinks	940	8.7	16.7	48.4	26.2

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

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

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

4.2. Valued by society

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

Overall, 19.7% of Mount Alexander respondents aged 3 years and over do not feel valued by society. Amongst children aged 3 to 17 years, this proportion was 10.8%.

In relation to the main demographic indicators, the subgroups more likely to not feel valued by society were:

- Male respondents aged 18 to 34 years (29.2%), 35 to 49 years (25.4%), and 70 years and over (22.0%), compared to male children aged 3 to 11 years (7.0%)
- Female respondents aged 18 to 34 years (25.5%), compared to female children aged 3 to 11 years (7.5%)
- There were no differences in the proportion of respondents not feeling valued by society by gender or subregion

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (31.4%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (13.9%)
- Those who recorded a low level of life satisfaction (65.5%, compared to 16.0% who recorded medium to very high life satisfaction)
- Those who self-reported their general health was 'fair' or 'poor' (41.2%, compared to 15.1% who recorded their health as 'good', 'very good', or 'excellent')
- Those who have experienced food insecurity in the last 12 months (45.8%, compared to 18.3% of those who have not run out of food and been unable to afford more)
- Those who drink sugar-sweetened beverages daily (33.3%, compared to 18.1% who drink them less than daily)

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

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

	Unweighted base[1]	Does not feel valued	Sometimes feels valued	Definitely feels valued
	n	%	%	%
Total sample	2,143	19.7	45.8	34.5
Gender and age				
Males	904	21.0	45.5	33.5
Females	1,215	18.5	45.6	35.9
Males, 3 to 11	71	7.0	39.4	53.5
Males, 12 to 17	40	14.9	52.5	32.6
Males, 18 to 34	83	29.2	51.9	19.0
Males, 35 to 49	130	25.4	45.1	29.6
Males, 50 to 69	356	19.9	46.9	33.3
Males, 70+	222	22.0	37.8	40.2
Females, 3 to 11	67	7.5	37.3	55.2
Females, 12 to 17	40	20.1	42.7	37.3
Females, 18 to 34	96	25.5	48.0	26.5
Females, 35 to 49	213	20.6	46.8	32.5
Females, 50 to 69	524	18.3	48.7	33.0
Females, 70+	271	16.8	39.1	44.1
Subregion				
Campbells Creek / Guildford and surrounds	277	20.8	46.4	32.8
Castlemaine	1,120	19.0	45.0	36.0
Chewton / Taradale / Elphinstone and surrounds	162	16.6	54.7	28.8
Harcourt and surrounds	153	26.0	39.8	34.3
Maldon and surrounds	192	23.4	47.3	29.3
Newstead and surrounds	213	14.4	45.7	39.9
Demographic indicators				
Born in Australia	1,846	20.0	45.7	34.3
Born overseas	272	17.6	45.5	36.9
Speaks English as main language	2,089	19.7	45.5	34.8
Speaks other main language*	15	14.6	44.8	40.7
Aboriginal and / or Torres Strait Islander*	15	65.7	26.7	7.6
Not Aboriginal or Torres Strait Islander	2,102	19.0	46.0	35.1
Identifies as LGBTQIA+	146	33.4	35.7	30.9
Non-LGBTQIA+	1,660	19.4	47.5	33.1
Holds a Bachelor degree or higher	1,049	13.1	46.0	40.9
Less than Bachelor level education	986	22.1	45.2	32.7
Just getting along, poor or very poor	603	31.4	43.0	25.6
Reasonably comfortable, very comfortable or prosperous	1,524	13.9	47.1	39.0

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

* Significance testing not conducted due to small base size

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

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

	Unweighted base[1]	Does not feel valued	Sometimes feels valued	Definitely feels valued
	n	%	%	%
Total sample	2,143	19.7	45.8	34.5
Health and wellbeing indicators				
Self-reported health - Fair or poor	330	41.2	43.3	15.5
Self-reported health - Good, very good, or excellent	1,796	15.1	46.5	38.4
Life satisfaction - Low (0 to 4 out of 10)	129	65.5	28.2	6.3
Life satisfaction - Medium to very high (5+ out of 10)	1,991	16.0	47.3	36.7
Meets fruit intake guidelines	1,251	17.5	45.7	36.7
Does not meet fruit intake guidelines	862	22.4	45.9	31.8
Meets vegetable intake guidelines	416	12.0	46.5	41.5
Does not meet vegetable intake guidelines	1,703	21.2	45.7	33.1
Drinks sugar-sweetened beverages daily	162	33.3	38.8	27.9
Drinks sugar-sweetened beverages less than daily	1,960	18.1	46.5	35.4
Meets water consumption guidelines	342	20.3	46.3	33.4
Does not meet water guidelines	1,754	19.1	46.1	34.8
Ran out of food and could not afford more	111	45.8	35.8	18.4
Have not run out of food	1,897	18.3	46.4	35.3
Requires help with daily activities	202	40.8	35.0	24.2
Does not require help	1,879	16.5	47.3	36.2

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

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

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

Amongst those aged over 18 years, the proportion of Mount Alexander respondents who did not feel valued by society was 21.1%. The main characteristics associated with not feeling valued by society were:

- Those respondents that had a BMI classification of overweight or obese (23.8%, compared to 16.1% of people classified as underweight or normal)
- Not meeting the physical activity guidelines (27.4%), compared to those who meet the guidelines (16.0%)

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

	Unweighted base[1]	Does not feel valued	Sometimes feels valued	Definitely feels valued
	n	%	%	%
Total sample	1,911	21.1	46.1	32.8
Health and wellbeing indicators				
Overweight or obese (BMI ≥25.0)	968	23.8	46.7	29.5
Normal range or underweight (BMI <25.0)	834	16.1	46.2	37.8
Meets physical activity guidelines	1,180	16.0	48.4	35.6
Does not meet physical activity guidelines / sedentary	671	27.4	43.8	28.8
Current smoker	121	29.7	48.5	21.9
Ex-smoker	810	20.7	46.3	33.0
Never smoked	951	19.7	45.3	34.9
Drinks alcohol every day	187	23.3	45.0	31.8
Drinks alcohol less often than daily	1,383	17.6	48.2	34.2
Does not drink alcohol	313	33.3	37.9	28.8
Had more than 4 standard drinks on a single occasion	881	17.2	50.4	32.4
Has not had more than 4 standard drinks	940	23.7	42.6	33.7

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

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

5. Public space and facility use

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

> ***Public open spaces*** *include all land which is freely accessible that people can visit for recreation, relaxation and socialising, including organised sporting activities and informal play (e.g. your local park, oval or playground). Public open spaces also include 'green spaces', which include areas of natural or cultural heritage value, habitat corridors, some easements, and open water / wetlands (e.g. lakes, state forests, national parks).*
>
> ***Off-road walking and cycling tracks*** *are signed paths / tracks that are not accessible to cars and provide connections between townships, major suburban areas and surrounding open space networks. Footpaths are paved sidewalks, generally found in urban areas. This question is not referring to informal tracks, such as animal tracks or unpaved road reserves.*

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

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

5.1. Public open space user profile

Overall, 63.9% of Mount Alexander respondents aged 3 years and over reported being heavy (weekly or more often) users of public open spaces. This proportion was highest for younger respondents, those with better self-reported health, and those who are meeting fruit and vegetable consumption guidelines.

Overall, 8.7% of Mount Alexander respondents reported being non-users of public open spaces, meaning they use them less than once every three months or never. This proportion was 1.6% amongst children and adolescents aged 3 to 17 years. In relation to the main demographic indicators:

- Female respondents aged 70 years and over (20.7%) were more likely to be non-users than all other age groups (1.2% of those aged 3 to 11 years, 2.3% of those aged 12 to 17 years, 1.9% of those aged 18 to 34 years, 7.3% of those aged 35 to 49 years, and 8.0% of those aged 50 to 69 years)
- There were no differences in the proportion of non-users of public open spaces by gender, or across the male age groups or subregions

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

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

- Those who self-reported their general health was ‘fair’ or ‘poor’ (23.2%, compared to 5.8% who recorded their health as ‘good’, ‘very good’, or ‘excellent’)
- Those who recorded a low level of life satisfaction (18.7%, compared to 7.9% who recorded medium to very high life satisfaction)
- Those who drink sugar-sweetened beverages daily (18.0%, compared to 7.5% of those who drink them less than daily)

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

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

	Unweighted base[1]	Heavy Once a week or more	Medium 1-3 times a month	Light 1-2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	2,259	63.9	18.0	9.4	8.7
Gender and age					
Males	941	63.3	18.7	8.8	9.2
Females	1,285	64.4	17.5	9.9	8.3
Males, 3 to 11	82	85.4	9.8	3.7	1.2
Males, 12 to 17	43	86.1	11.6	0.0	2.4
Males, 18 to 34	88	57.4	21.0	13.4	8.2
Males, 35 to 49	136	63.2	24.6	7.4	4.7
Males, 50 to 69	367	61.2	17.5	10.0	11.4
Males, 70+	223	51.0	21.5	9.7	17.8
Females, 3 to 11	82	76.8	17.1	4.9	1.2
Females, 12 to 17	45	64.2	29.1	4.4	2.3
Females, 18 to 34	103	60.1	21.4	16.7	1.9
Females, 35 to 49	221	72.6	16.8	3.3	7.3
Females, 50 to 69	551	64.0	16.2	11.7	8.0
Females, 70+	279	50.4	15.4	13.5	20.7
Subregion					
Campbells Creek / Guildford and surrounds	287	65.2	17.7	7.7	9.4
Castlemaine	1,172	66.6	16.8	8.5	8.0
Chewton / Taradale / Elphinstone and surrounds	172	57.3	24.1	9.9	8.6
Harcourt and surrounds	163	64.7	21.3	5.6	8.4
Maldon and surrounds	209	57.8	17.0	16.1	9.1
Newstead and surrounds	227	60.6	18.3	11.1	10.0
Demographic indicators					
Born in Australia	1,939	64.4	17.8	9.1	8.8
Born overseas	286	60.5	19.4	11.8	8.2
Speaks English as main language	2,193	63.9	18.0	9.4	8.7
Speaks other main language*	17	58.0	18.9	12.3	10.7
Aboriginal and / or Torres Strait Islander*	16	25.3	43.1	28.6	3.1
Not Aboriginal or Torres Strait Islander	2,204	64.2	17.9	9.3	8.6
Identifies as LGBTQIA+	147	68.9	18.7	5.9	6.5
Non-LGBTQIA+	1,729	61.7	18.5	10.7	9.1
Holds a Bachelor degree or higher	1,093	72.6	18.2	5.7	3.5
Less than Bachelor level education	1,049	61.9	17.9	10.5	9.8
Just getting along, poor or very poor	641	59.2	19.5	11.4	9.9
Reasonably comfortable, very comfortable or prosperous	1,600	66.1	17.3	8.5	8.1

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

* Significance testing not conducted due to small base size

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

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

	Unweighted base[1]	Heavy Once a week or more	Medium 1-3 times a month	Light 1-2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	2,259	63.9	18.0	9.4	8.7
Health and wellbeing indicators					
Self-reported health - Fair or poor	327	45.1	17.8	13.9	23.2
Self-reported health - Good, very good, or excellent	1,837	67.5	18.1	8.6	5.8
Life satisfaction - Low (0 to 4 out of 10)	127	48.9	18.0	14.4	18.7
Life satisfaction - Medium to very high (5+ out of 10)	2,000	65.1	17.9	9.1	7.9
Does not feel valued by society	356	52.0	20.7	10.3	17.0
Sometimes feel valued by society	946	64.8	18.3	10.0	7.0
Definitely feel valued by society	811	68.8	16.7	8.6	6.0
Meets fruit intake guidelines	1,262	70.2	15.7	7.1	7.1
Does not meet fruit intake guidelines	874	55.3	21.5	12.6	10.6
Meets vegetable intake guidelines	418	70.6	18.6	5.9	4.9
Does not meet vegetable intake guidelines	1,724	62.3	18.2	10.2	9.4
Drinks sugar-sweetened beverages daily	162	54.1	18.0	9.9	18.0
Drinks sugar-sweetened beverages less than daily	1,987	64.8	18.2	9.6	7.5
Meets water consumption guidelines	344	68.9	16.8	5.9	8.4
Does not meet water guidelines	1,775	63.0	18.6	10.0	8.5
Ran out of food and could not afford more	123	53.1	28.4	10.3	8.2
Have not run out of food	1,989	65.1	17.1	9.0	8.8
Requires help with daily activities	216	57.1	13.8	10.8	18.4
Does not require help	1,974	64.8	18.4	9.2	7.7

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

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

Further analysis looked at use of public open spaces amongst those aged 18 years and over who were asked about their participation in a range of health risk behaviours. Overall, 10.0% of those aged 18 years and over reported being non-users of open spaces.

Across subgroups of interest, the proportions who reported being non-users of open spaces was higher amongst:

- Those respondents with a BMI classified as overweight or obese (12.0%, compared to 6.2% of respondents classified as normal or underweight)
- Those who do not meet physical activity guidelines (15.5%), compared to those who do engage in sufficient physical activity (5.2%)

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

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

	Unweighted base[1]	Heavy Once a week or more	Medium 1-3 times a month	Light 1-2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	1,985	61.0	18.6	10.4	10.0
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	965	55.1	20.7	12.2	12.0
Normal range or underweight (BMI <25.0)	845	69.5	16.3	8.0	6.2
Meets physical activity guidelines	1,186	70.3	16.6	7.9	5.2
Does not meet physical activity guidelines / sedentary	677	47.5	22.4	14.7	15.5
Current smoker	122	55.7	14.9	12.5	16.9
Ex-smoker	818	61.6	21.0	9.0	8.4
Never smoked	957	61.6	17.1	11.3	10.0
Drinks alcohol every day	188	54.4	21.9	8.7	15.0
Drinks alcohol less often than daily	1,396	65.1	18.8	9.2	6.9
Does not drink alcohol	312	48.4	15.8	16.4	19.3
Had more than 4 standard drinks on a single occasion	892	62.8	19.4	9.5	8.3
Has not had more than 4 standard drinks	945	59.8	16.8	11.4	12.0

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

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

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

5.2. Footpath user profile

Overall, 67.9% of Mount Alexander respondents aged 3 years and over reported being heavy users (weekly or more often) of footpaths. Heavy use was most common amongst younger respondents, those with a Bachelor degree or higher level of education, respondents who have better self-reported health, and those who meet the fruit and vegetable consumption requirements.

Overall, 14.0% of Mount Alexander respondents reported being non-users of footpaths, meaning they use them less than once every three months or never. In relation to the main demographic indicators:

- There were no differences in the proportions of non-users of public open spaces by gender or across the male age groups
- Females aged 70 years and over (25.2%) were more likely to be non-users than all other age groups (7.9% of those aged 3 to 11 years, 7.0% of those aged 12 to 17 years, 10.4% of those aged 35 to 49 years, and 11.5% of those aged 50 to 69 years)
- Across the subregions, respondents from Chewton, Taradale, Elphinstone and surrounds (24.0%) and respondents from Maldon and surrounds (22.8%) were more likely to be non-users of footpaths when compared to respondents from Castlemaine (9.9%)

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

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

- Those who self-reported their general health was ‘fair’ or ‘poor’ (28.5%, compared to 11.5% who reported their health as ‘good’, ‘very good’, or ‘excellent’)
- Those who recorded a low level of life satisfaction (29.4%, compared to 13.0% who recorded medium to very high life satisfaction)
- Those who require help with daily activities (21.2%, compared to 12.8% of those who do not require assistance)

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

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

	Unweighted base[1]	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	2,117	67.9	10.8	7.3	14.0
Gender and age					
Males	877	65.4	11.8	7.9	14.9
Females	1,208	70.2	10.1	6.8	13.0
Males, 3 to 11	83	81.9	4.8	8.4	4.8
Males, 12 to 17	39	74.5	7.7	7.8	10.1
Males, 18 to 34	84	51.5	24.2	8.6	15.7
Males, 35 to 49	130	65.6	14.3	3.7	16.4
Males, 50 to 69	337	65.9	10.1	9.4	14.6
Males, 70+	202	62.5	7.7	7.7	22.1
Females, 3 to 11	76	77.6	5.3	9.2	7.9
Females, 12 to 17	43	86.0	7.0	0.0	7.0
Females, 18 to 34	99	61.5	18.5	7.4	12.7
Females, 35 to 49	213	76.7	9.5	3.5	10.4
Females, 50 to 69	515	70.3	10.0	8.2	11.5
Females, 70+	258	57.6	9.2	8.0	25.2
Subregion					
Campbells Creek / Guildford and surrounds	258	61.5	15.9	7.5	15.1
Castlemaine	1,124	73.9	10.2	6.1	9.9
Chewton / Taradale / Elphinstone and surrounds	153	59.0	8.4	8.6	24.0
Harcourt and surrounds	153	62.6	8.9	11.1	17.5
Maldon and surrounds	192	57.9	9.3	10.2	22.6
Newstead and surrounds	209	69.3	11.1	5.5	14.1
Demographic indicators					
Born in Australia	1,816	67.6	11.5	7.3	13.7
Born overseas	271	69.8	6.9	8.0	15.3
Speaks English as main language	2,054	67.7	10.8	7.4	14.2
Speaks other main language*	17	92.5	2.9	4.6	0.0
Aboriginal and / or Torres Strait Islander*	15	34.7	22.7	19.8	22.8
Not Aboriginal or Torres Strait Islander	2,064	68.0	10.9	7.2	13.9
Identifies as LGBTQIA+	145	68.6	12.0	9.2	10.2
Non-LGBTQIA+	1,616	65.7	12.1	7.2	15.1
Holds a Bachelor degree or higher	1,030	76.5	10.2	4.2	9.1
Less than Bachelor level education	988	65.2	11.3	8.3	15.2
Just getting along, poor or very poor	591	62.6	11.7	9.2	16.5
Reasonably comfortable, very comfortable or prosperous	1,510	70.3	10.4	6.5	12.9

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

* Significance testing not conducted due to small base size

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

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

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

	Unweighted base[1]	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	2,117	67.9	10.8	7.3	14.0
Health and wellbeing indicators					
Self-reported health - Fair or poor	305	52.5	10.7	8.3	28.5
Self-reported health - Good, very good, or excellent	1,730	70.3	11.1	7.0	11.5
Life satisfaction - Low (0 to 4 out of 10)	116	49.5	7.5	13.6	29.4
Life satisfaction - Medium to very high (5+ out of 10)	1,893	68.4	11.6	7.0	13.0
Does not feel valued by society	330	56.8	10.1	10.0	23.1
Sometimes feel valued by society	896	66.7	13.0	6.8	13.6
Definitely feel valued by society	766	73.2	9.4	7.3	10.1
Meets fruit intake guidelines	1,208	73.7	9.6	5.9	10.8
Does not meet fruit intake guidelines	802	57.9	13.6	9.5	19.0
Meets vegetable intake guidelines	404	74.2	7.1	6.1	12.6
Does not meet vegetable intake guidelines	1,612	65.5	12.2	7.7	14.6
Drinks sugar-sweetened beverages daily	158	53.9	13.9	11.3	20.9
Drinks sugar-sweetened beverages less than daily	1,862	68.9	11.0	7.0	13.2
Meets water consumption guidelines	331	70.9	14.3	3.5	11.3
Does not meet water guidelines	1,666	67.0	10.8	8.0	14.2
Ran out of food and could not afford more	107	63.8	17.6	6.2	12.5
Have not run out of food	1,877	68.3	10.2	7.2	14.2
Requires help with daily activities	204	58.7	10.8	9.4	21.2
Does not require help	1,858	69.1	10.9	7.2	12.8

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

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

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

Amongst respondents aged 18 years and over, 15.3% were non-users of footpaths in their area. This proportion was higher amongst:

- Those respondents that had a BMI classification of overweight or obese (18.6%, compared to 9.5% of people classified as underweight or normal)
- People who were not meeting the physical activity guidelines (20.9%), compared to those who do engage in sufficient physical activity (10.4%)

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

	Unweighted base[1]	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	1,858	65.5	11.9	7.4	15.3
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	890	60.1	12.6	8.8	18.6
Normal range or underweight (BMI <25.0)	807	74.0	10.9	5.6	9.5
Meets physical activity guidelines	1,107	71.0	12.5	6.1	10.4
Does not meet physical activity guidelines / sedentary	642	58.5	11.5	9.1	20.9
Current smoker	108	53.1	13.7	15.6	17.7
Ex-smoker	771	70.0	9.1	6.4	14.5
Never smoked	898	63.7	14.2	7.0	15.2
Drinks alcohol every day	169	61.4	7.9	9.8	21.0
Drinks alcohol less often than daily	1,319	67.3	12.8	6.8	13.0
Does not drink alcohol	288	59.7	10.5	8.9	20.9
Had more than 4 standard drinks on a single occasion	833	67.0	13.2	6.4	13.6
Has not had more than 4 standard drinks	892	63.8	10.9	8.7	16.6

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

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

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

5.3. Off-road walking and cycling tracks user profile

Overall, 41.0% of Mount Alexander respondents aged 3 years and over reported being heavy (weekly or more often) users of off-road walking and cycling tracks, while 24.8% of Mount Alexander respondents reported being non-users of off-road walking and cycling tracks, meaning they use them less than once every three months or never.

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

- Male respondents aged 18 to 34 years (34.7%) and aged 70 years and over (37.2%) were more likely to be non-users when compared to those aged 3 to 11 years (14.1%) and 35 to 49 years (16.8%)
- Female respondents aged 70 years and over (51.8%) were more likely to be non-users than all other age groups (12.2% of those aged 3 to 11 years, 9.5% of those aged 12 to 17 years, 28.9% of those aged 18 to 34 years, 16.2% of those aged 35 to 49 years, and 23.6% of those aged 50 to 69 years)
- There were no significant differences between males and females, or across the subregions

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

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

- Those who self-reported their general health was ‘fair’ or ‘poor’ (44.8%, compared to 21.3% who reported their health as ‘good’, ‘very good’, or ‘excellent’)
- Those who recorded a low level of life satisfaction (44.1%, compared to 23.6% who recorded medium to very high life satisfaction)
- Those do not feel valued by society (36.9%, compared to 17.0% of those who do feel valued by society)
- Those respondents who drink sugar-sweetened beverages daily (35.0%, compared to those who drink them less than daily (23.5%)

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

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

	Unweighted base[1]	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	1,949	41.0	21.2	13.0	24.8
Gender and age					
Males	839	39.9	21.0	13.6	25.5
Females	1,090	42.0	21.8	12.4	23.9
Males, 3 to 11	78	50.0	23.1	12.8	14.1
Males, 12 to 17	40	42.4	22.5	10.1	25.0
Males, 18 to 34	76	23.5	29.4	12.5	34.7
Males, 35 to 49	130	45.8	20.6	16.8	16.8
Males, 50 to 69	333	41.6	19.3	13.6	25.5
Males, 70+	180	35.1	14.7	13.1	37.2
Females, 3 to 11	74	37.8	27.0	23.0	12.2
Females, 12 to 17	42	35.7	38.1	16.7	9.5
Females, 18 to 34	97	40.3	24.3	6.5	28.9
Females, 35 to 49	211	48.7	25.0	10.1	16.2
Females, 50 to 69	480	45.8	17.6	13.0	23.6
Females, 70+	182	25.3	13.3	9.9	51.6
Subregion					
Campbells Creek / Guildford and surrounds	263	34.5	25.3	14.2	26.0
Castlemaine	975	48.5	19.7	9.0	22.8
Chewton / Taradale / Elphinstone and surrounds	162	36.5	29.6	6.3	27.6
Harcourt and surrounds	141	38.0	20.4	15.4	26.2
Maldon and surrounds	178	31.0	17.8	26.2	25.1
Newstead and surrounds	206	33.4	21.2	18.8	26.6
Demographic indicators					
Born in Australia	1,689	40.3	21.7	12.9	25.1
Born overseas	241	45.4	17.8	13.9	22.9
Speaks English as main language	1,900	41.1	21.2	12.8	24.9
Speaks other main language*	16	34.8	19.0	35.0	11.2
Aboriginal and / or Torres Strait Islander*	13	8.1	36.4	19.1	36.4
Not Aboriginal or Torres Strait Islander	1,916	41.2	21.2	12.9	24.7
Identifies as LGBTQIA+	132	42.3	18.9	15.5	23.4
Non-LGBTQIA+	1,500	40.8	20.4	12.5	26.3
Holds a Bachelor degree or higher	979	51.5	23.8	9.8	15.0
Less than Bachelor level education	895	38.1	20.3	14.0	27.6
Just getting along, poor or very poor	541	37.3	18.8	14.7	29.2
Reasonably comfortable, very comfortable or prosperous	1,395	42.6	22.1	12.3	23.0

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

* Significance testing not conducted due to small base size

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

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

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

	Unweighted base[1]	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	1,949	41.0	21.2	13.0	24.8
Health and wellbeing indicators					
Self-reported health - Fair or poor	261	24.1	18.1	12.9	44.8
Self-reported health - Good, very good, or excellent	1,620	44.4	21.1	13.2	21.3
Life satisfaction - Low (0 to 4 out of 10)	109	16.5	21.0	18.4	44.1
Life satisfaction - Medium to very high (5+ out of 10)	1,747	43.3	20.7	12.4	23.6
Does not feel valued by society	312	33.7	15.8	13.6	36.9
Sometimes feel valued by society	828	40.7	22.7	11.1	25.5
Definitely feel valued by society	705	46.4	22.0	14.6	17.0
Meets fruit intake guidelines	1,110	46.1	21.3	13.3	19.3
Does not meet fruit intake guidelines	755	34.8	20.0	13.0	32.2
Meets vegetable intake guidelines	368	54.6	17.6	8.2	19.7
Does not meet vegetable intake guidelines	1,503	38.4	21.4	14.4	25.9
Drinks sugar-sweetened beverages daily	150	29.4	19.2	16.4	35.0
Drinks sugar-sweetened beverages less than daily	1,723	42.6	21.0	12.9	23.5
Meets water consumption guidelines	313	52.5	19.9	9.2	18.4
Does not meet water guidelines	1,541	38.9	21.6	14.0	25.5
Ran out of food and could not afford more	106	44.3	20.3	8.8	26.7
Have not run out of food	1,723	41.1	21.6	12.4	25.0
Requires help with daily activities	179	31.4	16.3	16.5	35.8
Does not require help	1,719	42.3	21.6	12.8	23.2

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

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

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

Overall, 26.6% of respondents aged 18 years and over were non-users of off-road walking and cycling tracks. Adults were more likely to be non-users if they do not meet physical activity guidelines (36.3%, compared to 19.7% of those who meet the guidelines) or if they were current smokers (38.0%, compared to 21.2% of ex-smokers).

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

	Unweighted base[1]	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	1,700	40.8	20.2	12.5	26.6
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	839	36.0	19.5	13.7	30.8
Normal range or underweight (BMI <25.0)	729	48.8	20.3	11.5	19.4
Meets physical activity guidelines	1,036	48.7	19.7	11.9	19.7
Does not meet physical activity guidelines / sedentary	572	30.2	19.3	14.2	36.3
Current smoker	110	24.4	21.6	16.1	38.0
Ex-smoker	699	44.7	20.7	13.4	21.2
Never smoked	824	41.6	18.6	11.3	28.5
Drinks alcohol every day	163	35.0	22.1	12.5	30.5
Drinks alcohol less often than daily	1,226	43.5	20.5	13.0	23.1
Does not drink alcohol	242	35.4	14.6	11.3	38.8
Had more than 4 standard drinks on a single occasion	812	41.1	22.3	13.4	23.2
Has not had more than 4 standard drinks	773	41.2	16.5	11.7	30.7

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

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

5.4. Other public facility and open space use

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

Of the other types of public facilities and open spaces listed, parks were the most commonly used with the majority of respondents (85.4%) having used these facilities. Approximately half used community gardens (49.9%), while sports grounds, ovals and clubrooms (45.7%), and swimming pools or splash parks (45.3%) were the next most commonly used spaces.

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

	All respondents	Heavy	Medium / Light	Non-user
		Once a week or more often	< once a week, > once in the last 3 months	Less often / never
	%	%	%	%
Unweighted base (n)	**2,113**	**1,451**	**543**	**119**
Parks	85.8	91.0	80.8	50.3
Sports grounds, ovals and clubrooms	45.7	53.6	33.4	13.3
Swimming pools / splash parks	45.3	51.6	33.5	28.4
Community gardens	49.9	52.6	49.1	23.1
Indoor sports / leisure / fitness centres	33.8	36.7	30.0	17.4
Halls / community centres	52.6	57.0	44.5	39.8
Hard courts (e.g. netball / tennis)	19.6	24.1	11.9	3.2
After hours usage of education facilities	14.1	16.5	10.9	2.4
Skateparks / BMX	14.9	19.0	6.8	4.3
Playgrounds*	19.4	22.5	14.4	7.2
Other	18.6	20.0	15.9	15.0

* Category not included in the paper version meaning base is all online respondents to this question (n=801).

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

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

- Females were more likely to be users of halls or community centres, while males were more likely to be users of sports grounds, ovals and clubrooms
- Adolescents (under 18 years of age) were more likely to use most of the facilities, except halls or community centres (where those aged 50 years and over were the most likely users)

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

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

	Unweighted base[1]	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres	Halls / community centres	Hard courts (e.g. netball / tennis)	After hours usage of education facilities	Skateparks / BMX	Playgrounds*
	n	%	%	%	%	%	%	%	%	%	%
Total sample	2,139	85.4	45.4	45.3	49.9	33.7	52.2	19.5	14.1	14.7	19.1
Gender and age											
Males	887	84.0	49.6	42.4	48.1	30.9	46.8	18.2	13.7	16.9	17.6
Females	1,224	87.7	41.8	47.6	51.8	36.8	58.1	21.0	14.4	12.5	20.8
3 to 11	167	97.7	74.5	90.3	52.4	42.3	55.5	46.1	27.5	54.1	51.7
12 to 17	87	91.9	68.2	74.6	53.0	50.7	53.6	53.8	26.4	31.5	25.0
18 to 34	183	83.3	58.1	39.4	50.8	44.3	41.0	20.8	19.7	10.5	16.9
35 to 49	349	92.1	55.9	63.1	55.1	38.3	52.8	28.1	15.4	25.6	34.9
50 to 69	873	85.7	33.3	32.8	51.9	29.6	53.4	8.7	8.9	2.6	9.0
70+	465	69.7	24.4	16.7	36.0	18.1	56.4	3.8	6.9	1.4	2.4
Subregion											
Campbells Creek / Guildford and surrounds	274	87.1	49.7	49.6	52.8	30.3	46.8	21.3	14.0	20.3	27.0
Castlemaine	1,120	86.7	44.5	43.3	49.4	34.9	50.7	17.0	14.5	15.6	16.6
Chewton / Taradale / Elphinstone and surrounds	151	87.1	44.4	44.7	40.9	40.7	52.7	20.4	16.2	12.3	23.7
Harcourt and surrounds	149	90.3	52.0	54.7	53.5	39.1	55.5	24.7	10.9	15.9	23.8
Maldon and surrounds	201	71.5	33.0	37.4	54.4	21.5	58.6	15.0	6.1	2.8	10.5
Newstead and surrounds	217	86.5	49.5	47.4	46.0	33.9	60.5	28.6	21.6	14.8	19.4

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

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

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

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

	Unweighted base[1]	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres	Halls / community centres	Hard courts (e.g. netball / tennis)	After hours usage of education facilities	Skateparks / BMX	Playgrounds*
	n	%	%	%	%	%	%	%	%	%	%
Total sample	2,139	85.4	45.4	45.3	49.9	33.7	52.2	19.5	14.1	14.7	19.1
Demographic indicators											
Born in Australia	1,839	86.5	47.1	46.1	50.5	33.2	52.6	21.1	13.9	15.8	20.2
Born overseas	271	83.3	35.9	40.7	46.7	37.7	53.4	10.1	16.2	8.2	14.0
Speaks English as main language	2,078	85.9	45.7	44.8	50.5	33.8	53.0	19.5	14.2	15.0	19.5
Speaks other main language*	16	100.0	54.2	51.1	43.6	16.6	62.7	26.2	12.7	17.0	20.5
Aboriginal and / or Torres Strait Islander*	15	80.2	44.9	24.1	63.2	46.2	36.6	27.3	14.9	0.0	13.0
Not Aboriginal or Torres Strait Islander	2,089	86.1	46.0	45.3	50.2	33.9	52.4	19.7	14.1	15.1	19.6
Identifies as LGBTQIA+	147	85.5	28.6	41.2	62.8	34.6	55.4	13.7	15.7	8.7	17.4
Non-LGBTQIA+	1,632	85.1	42.6	38.8	49.1	32.5	51.7	14.8	12.0	9.2	15.5
Holds a Bachelor degree or higher	1,065	91.8	41.9	44.9	55.7	36.3	59.3	17.7	16.4	10.6	19.1
Less than Bachelor level education	974	84.6	47.8	46.8	48.7	34.2	50.3	21.0	13.6	16.6	20.4
Just getting along, poor or very poor	594	84.9	43.4	48.5	51.4	32.0	50.6	21.1	13.6	15.2	21.4
Reasonably comfortable, very comfortable or prosperous	1,525	85.9	46.4	44.0	49.3	34.7	53.2	18.8	14.5	14.7	18.3

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

* Significance testing not conducted due to small base size

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

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

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

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

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

	Unweighted base[1]	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres
	n	%	%	%	%	%
Total sample	2,139	85.4	45.4	45.3	49.9	33.7
Health and wellbeing indicators						
Self-reported health - Fair or poor	287	73.6	34.0	33.8	50.6	22.5
Self-reported health - Good, very good, or excellent	1,769	87.7	47.7	47.4	49.8	35.8
Life satisfaction - Low (0 to 4 out of 10)	110	79.0	35.8	41.3	54.3	24.2
Life satisfaction - Medium to very high (5+ out of 10)	1,917	86.1	45.9	44.9	50.0	34.8
Does not feel valued by society	319	78.2	33.8	40.8	47.5	25.5
Sometimes feel valued by society	907	85.8	47.8	43.8	49.3	35.8
Definitely feel valued by society	784	89.2	47.7	47.5	53.8	36.2
Meets fruit intake guidelines	1,225	85.9	46.6	49.3	51.0	35.9
Does not meet fruit intake guidelines	809	85.0	44.4	38.4	48.0	30.8
Meets vegetable intake guidelines	407	90.8	45.4	49.5	51.3	37.7
Does not meet vegetable intake guidelines	1,634	84.6	45.5	44.1	49.4	33.2
Drinks sugar-sweetened beverages daily	143	80.8	48.1	41.6	48.0	27.8
Drinks sugar-sweetened beverages less than daily	1,903	86.4	45.3	45.4	50.1	34.1
Meets water consumption guidelines	332	90.2	46.6	48.6	57.3	41.9
Drink sugar-sweetened beverages less than daily	1,687	85.1	44.8	44.3	48.5	32.5
Ran out of food and could not afford more	106	84.3	53.9	51.2	58.5	28.1
Have not run out of food	1,893	85.8	45.4	44.8	48.8	33.9
Requires help with daily activities	195	81.2	42.6	52.7	45.5	27.8
Does not require help	1,882	86.8	46.2	44.7	50.3	34.8

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

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

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

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

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

	Unweighted base[1]	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres
	n	%	%	%	%	%
Total sample	1,870	83.9	40.6	37.7	49.6	31.7
Health and wellbeing indicators						
Overweight or obese (BMI ≥25.0)	909	81.5	38.7	36.1	47.4	31.1
Normal range or underweight (BMI <25.0)	811	87.5	42.2	39.1	53.3	33.8
Meets physical activity guidelines	1,159	86.2	43.7	41.2	51.9	39.4
Does not meet physical activity guidelines / sedentary	611	80.0	34.6	32.2	46.5	19.4
Current smoker	110	77.8	37.2	34.0	48.8	18.3
Ex-smoker	781	84.9	37.7	37.0	50.4	31.7
Never smoked	902	84.0	43.4	39.0	49.7	34.4
Drinks alcohol every day	172	82.8	33.2	30.4	42.9	22.4
Drinks alcohol less often than daily	1,343	85.1	42.3	40.6	51.6	34.0
Does not drink alcohol	277	78.5	36.1	28.3	46.1	27.7
Had more than 4 standard drinks on a single occasion	846	85.4	45.3	39.3	51.0	33.5
Has not had more than 4 standard drinks	894	82.6	34.1	36.3	48.4	29.8

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

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5.5. Reasons for using public facilities or opens spaces

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

The top three reasons for use of public facilities and open spaces were each selected by approximately two thirds of all respondents: 'exercise or health and fitness' (70.3%), 'socialising with family or friends (63.2%); and 'for fun or enjoyment' (63.6%). Other main reasons were to participate in 'unstructured physical recreation activities' (e.g. going for a walk, playing ball games with friends) (56.7%), 'getting back to nature' (44.2%), and 'for time to myself' (41.1%).

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

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

	All respondents	Heavy Once a week or more often	Medium / Light < once a week, > once in the last 3 months	Non-user Less often / never
	%	%	%	%
Unweighted base (n)	**2,129**	**1,471**	**548**	**110**
Exercise / health and fitness	70.3	78.0	58.5	33.2
Socialising with family / friends	63.2	66.9	59.3	37.5
For fun / enjoyment	63.6	69.5	57.3	22.2
Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends)	56.7	65.5	42.3	20.0
Exercising the dog	35.4	40.2	27.5	15.2
For time to myself	41.1	46.9	31.7	14.9
Organised sport (e.g. cricket or netball for a club)	26.3	31.3	16.5	12.6
Getting back to nature	44.2	51.6	32.8	9.7
Commuting (i.e. to get from a to b)	26.1	30.6	18.3	9.8
Some other reason	9.2	9.0	8.9	13.9

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

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

	Unweighted base[1]	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog	For time to myself	Organised sport (e.g. cricket or netball for a club)	Getting back to nature	Commuting (i.e. to get from a to b)
	n	%	%	%	%	%	%	%	%	%
Total sample	2,151	70.1	63.1	63.5	56.7	35.4	40.8	26.4	43.9	26.0
Gender and age										
Males	896	65.2	61.3	62.6	53.6	33.9	35.3	29.0	41.9	26.1
Females	1,234	74.8	64.8	64.3	59.5	36.8	45.7	23.3	45.8	25.5
3 to 11	166	57.8	80.5	91.0	69.3	25.8	12.6	52.5	43.3	34.2
12 to 17	89	60.5	79.7	77.4	57.3	36.0	33.6	60.8	30.2	38.1
18 to 34	189	72.1	60.2	58.8	50.4	39.1	47.1	36.0	36.2	31.5
35 to 49	349	75.3	69.7	71.5	69.8	42.9	56.0	28.7	61.0	32.6
50 to 69	877	72.9	60.1	60.8	55.8	37.9	45.9	14.9	45.5	21.3
70+	474	67.5	47.8	42.1	40.7	24.0	26.7	12.5	32.4	14.3
Subregion										
Campbells Creek / Guildford and surrounds	277	63.8	64.6	66.7	55.9	40.8	42.8	30.9	43.9	22.3
Castlemaine	1,120	73.9	65.8	62.9	58.8	32.8	41.1	22.8	45.0	31.4
Chewton / Taradale / Elphinstone and surrounds	161	62.8	53.3	63.2	54.5	41.6	43.7	30.3	39.3	21.2
Harcourt and surrounds	147	75.1	63.9	69.6	60.8	42.5	42.3	31.2	49.5	22.8
Maldon and surrounds	200	61.4	53.9	55.7	46.9	28.9	34.4	19.5	44.4	18.7
Newstead and surrounds	219	70.7	64.3	66.7	58.3	35.6	37.7	34.0	39.8	17.6

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

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

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

	Unweighted base[1]	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog	For time to myself	Organised sport (e.g. cricket or netball for a club)	Getting back to nature	Commuting (i.e. to get from a to b)
	n	%	%	%	%	%	%	%	%	%
Total sample	2,151	70.1	63.1	63.5	56.7	35.4	40.8	26.4	43.9	26.0
Demographic indicators										
Born in Australia	1,859	69.8	64.4	64.8	56.4	35.9	40.1	27.9	43.1	26.2
Born overseas	269	71.9	54.6	56.7	60.1	31.2	45.1	14.7	50.0	24.2
Speaks English as main language	2,098	70.0	63.3	63.6	56.6	35.6	40.6	26.3	43.6	25.8
Speaks other main language*	16	75.0	69.7	77.7	57.2	3.9	56.5	19.6	67.7	32.0
Aboriginal and / or Torres Strait Islander*	15	54.1	38.5	40.7	67.3	61.3	19.8	36.0	29.0	8.9
Not Aboriginal or Torres Strait Islander	2,108	70.5	63.4	64.0	56.9	35.1	40.7	26.3	43.7	26.1
Identifies as LGBTQIA+	146	72.5	59.2	66.9	64.1	40.2	52.2	12.9	59.1	26.7
Non-LGBTQIA+	1,643	73.8	61.2	60.4	55.8	36.7	44.6	21.7	44.7	24.8
Holds a Bachelor degree or higher	1,067	84.4	69.3	70.1	70.7	38.4	52.6	19.9	60.3	31.9
Less than Bachelor level education	987	65.8	61.8	62.6	52.8	34.5	36.8	29.0	38.8	24.7
Just getting along, poor or very poor	600	65.5	58.9	64.1	54.6	36.5	44.5	26.2	42.9	27.4
Reasonably comfortable, very comfortable or prosperous	1,535	72.5	65.2	63.5	57.7	34.9	39.2	26.5	44.6	25.4

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

* Significance testing not conducted due to small base size

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

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

	Unweighted base[1]	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog	For time to myself	Organised sport (e.g. cricket or netball for a club)	Getting back to nature	Commuting (i.e. to get from a to b)
	n	%	%	%	%	%	%	%	%	%
Unweighted base	2,151	70.1	63.1	63.5	56.7	35.4	40.8	26.4	43.9	26.0
Facility type										
Parks	1,843	73.5	69.3	69.9	62.5	37.6	44.3	27.9	48.8	28.6
Sports grounds, ovals and clubrooms	863	73.7	75.9	75.2	67.1	39.6	42.5	51.0	47.1	34.2
Swimming pools / splash parks	898	76.3	77.2	79.2	68.5	36.1	45.3	37.1	51.3	34.8
Community gardens	1,077	75.7	71.8	71.7	65.9	40.7	48.5	26.6	51.3	29.8
Indoor sports / leisure / fitness centres	701	84.9	74.9	76.4	68.7	36.1	47.1	38.3	50.7	37.4
Halls / community centres	1,184	76.1	77.0	72.4	67.9	35.0	49.6	29.3	53.0	33.2
Hard courts (e.g. netball / tennis)	302	79.4	80.6	80.9	80.2	40.8	41.1	61.6	47.2	36.9
After hours usage of education facilities	363	75.8	82.6	81.2	80.9	42.9	51.7	45.2	57.7	44.5
Skateparks / BMX	252	71.8	84.0	88.4	75.5	33.8	37.1	53.8	57.8	42.3
Playgrounds*	363	63.5	81.2	81.1	64.1	34.7	40.1	43.6	47.9	30.4
Other	370	76.2	69.2	77.7	71.3	39.0	50.6	29.4	56.1	35.5

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

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

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

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

	Unweighted base[1]	Exercise / health	Socialising	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog
	n	%	%	%	%	%
Total sample	2,151	70.1	63.1	63.5	56.7	35.4
Health and wellbeing indicators						
Self-reported health - Fair or poor	285	57.5	56.0	45.1	45.9	30.1
Self-reported health - Good, very good, or excellent	1,793	72.6	64.7	67.0	58.8	36.2
Life satisfaction - Low (0 to 4 out of 10)	109	56.3	49.3	46.4	52.6	36.9
Life satisfaction - Medium to very high (5+ out of 10)	1,936	71.7	64.0	64.7	57.2	35.3
Does not feel valued by society	326	61.4	49.2	50.9	48.6	36.6
Sometimes feel valued by society	917	70.6	64.7	62.4	57.5	35.5
Definitely feel valued by society	789	75.5	67.2	70.7	60.0	34.5
Meets fruit intake guidelines	1,226	71.6	65.0	66.4	58.3	35.7
Does not meet fruit intake guidelines	830	69.5	60.7	59.7	55.0	35.3
Meets vegetable intake guidelines	413	74.1	67.3	70.2	61.1	37.1
Does not meet vegetable intake guidelines	1,650	70.2	62.5	62.5	56.4	35.0
Drinks sugar-sweetened beverages daily	144	57.3	56.6	56.9	42.4	39.5
Drinks sugar-sweetened beverages less than daily	1,924	71.7	64.0	64.5	58.6	35.0
Meets water consumption guidelines	332	72.2	65.1	65.9	64.1	42.4
Drink sugar-sweetened beverages less than daily	1,707	70.8	63.7	63.8	56.6	34.1
Ran out of food and could not afford more	108	61.5	65.6	69.9	55.9	49.0
Have not run out of food	1,901	70.5	62.2	62.7	56.7	34.1
Requires help with daily activities	191	63.8	70.0	68.4	48.7	23.6
Does not require help	1,903	71.1	62.7	63.3	57.8	36.6

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

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Amongst respondents aged 18 years and over, respondents who meet physical activity guidelines were more likely to have used the facilities for the top five reasons listed, when compared to those who do not engage in sufficient physical activity. Details are shown below in Table 5.5.6.

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

	Unweighted base[1]	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog
	n	%	%	%	%	%
Total sample	1,889	72.3	60.0	59.4	55.2	36.6
Health and wellbeing indicators						
Overweight or obese (BMI ≥25.0)	919	69.0	57.4	54.9	51.3	37.9
Normal range or underweight (BMI <25.0)	821	77.7	64.8	65.3	61.4	35.2
Meets physical activity guidelines	1,170	81.6	63.5	64.3	60.6	37.8
Does not meet physical activity guidelines / sedentary	620	58.6	54.4	53.1	47.1	34.1
Current smoker	108	51.5	58.6	57.1	49.8	38.1
Ex-smoker	792	72.7	60.1	61.0	59.6	37.9
Never smoked	915	76.1	61.2	58.9	53.5	34.7
Drinks alcohol every day	177	58.3	58.3	50.6	51.5	37.0
Drinks alcohol less often than daily	1,353	76.3	62.9	62.3	59.0	37.7
Does not drink alcohol	284	64.3	51.3	51.9	45.1	30.3
Had more than 4 standard drinks on a single occasion	863	72.7	62.6	61.3	58.8	38.1
Has not had more than 4 standard drinks	898	73.0	58.4	57.5	52.9	34.2

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

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

5.6. Improvements overview

All respondents were asked to answer a fully open-ended question about what improvements would encourage them to use public facilities and open spaces more often. In total, 46.5% of respondents from Mount Alexander were able to provide suggestions for improvement that would increase their use of local facilities and spaces.

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

Of all the themes that emerged, suggestions most commonly related to **walking tracks and footpaths**. Approximately one-quarter of all respondents who provided suggestions (25.8%) indicated they would be more likely to use public facilities and open spaces if more or better footpaths were available, if existing footpaths were improved or extended, or if footpaths were better connected with open spaces or tracks and paths in the area.

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

- **Exercise equipment and facilities** – 24.6% would like to see more or better exercise equipment and facilities in the area including outdoor exercise equipment, sports fields and facilities, swimming pools, etc.
- **Bicycle tracks / lanes and skate facilities** – 18.0% would like to see more or better bicycle tracks, more or extended bike lanes, better connected bicycle tracks and lanes, and more or improved skate facilities and skate ramps
- **Dog friendly areas** – 8.6% would like to see more or better dog friendly areas
- **Accessibility** – 7.7% would like to see parks or facilities closer to home, more accessible by walking or bicycle tracks, and with more disability access
- **Lighting** – 7.4% suggested better lighting on the streets, tracks and trails and at facilities in the area

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

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

Theme	%	Detailed suggestion	%
Unweighted base (n) [1]	**1,083**		**1,083**
Walking tracks / footpaths	25.8	Provide / extend footpaths / connect to open spaces	4.9
		Provide new / more / connected walking tracks / paths	5.9
		Improve existing walking tracks / paths	5.3
		Improve footpaths	6.1
		Other footpaths NFI	3.6
Exercise equipment (including sporting fields / facilities)	24.6	Exercise equipment (including sporting fields / facilities)	24.6
Bicycle tracks / lanes and skate facilities	18.0	Provide new / more / connected bicycle tracks	7.5
		Other bicycle tracks NFI	3.4
		Improve existing bicycle tracks	4.0
		Provide / improve skate facilities, including ramps	0.5
		Provide / extend / connect bike lanes	2.6
Toilets / change rooms	6.9	Provide more / new toilets	2.7
		Improve existing toilets	2.3
		Other toilets NFI	1.3
		Provide / improve changerooms showers	0.7
		Disabled access to toilets	0.0
Lighting	7.4	Lighting	7.4
Safety measures / restrictions (including dogs on leashes)	7.1	Safety measures / restrictions (including dogs on leashes)	7.1
Bins / rubbish collection / clean environment	3.7	Environmental clean-up / cleanliness	1.2
		Provide new / more bins	1.3
		Improve existing bins	0.0
		Other bins / rubbish NFI	0.8
		Provide dog poo bags / ensure cleaning of dog faeces	0.4
Accessibility	7.7	Parks / facilities closer to my home / more accessible	6.3
		Disability access	1.4
Playgrounds	1.8	Improve existing playgrounds	1.4
		Provide more / new playgrounds	0.4
		Other playgrounds NFI	0.0
Cover / shade / shelter	4.1	Cover / shade / shelter	4.1
Dog friendly areas	8.6	Dog friendly areas	8.6
More / better facilities NFI	1.4	More / better facilities NFI	1.4
Maintenance / management of spaces and facilities	2.6	Maintenance / management of spaces and facilities	2.6
Seating	3.2	Seating	3.2
Drinking fountains	2.8	Drinking fountains	2.8
More / better vegetation / trees / gardens	2.4	More / better vegetation / trees / gardens	2.4
Improve signage / maps / communication	3.5	Signage / maps / more communication / awareness	3.5

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

* NFI = No further information provided

5.7. Improvements by suburb

The proportion of respondents from Mount Alexander who offered improvement suggestions was highest amongst respondents from the following suburbs (reflecting population and response sizes): Castlemaine, Campbells Creek, Maldon, Newstead, and Chewton.

Improvements for walking tracks and footpaths, exercise equipment, and bicycle tracks or lanes and skate facilities were among the main suggestions provided consistently across the top five suburbs. The other common mentions for each suburb were:

- Lighting (9.9%) and safety measures or restrictions (9.3%) among respondents from Castlemaine
- Dog friendly areas (15.2%) and lighting (8.3%) among respondents from Campbells Creek
- Safety measures or restrictions (14.2%) and bicycle tracks or lanes and skate facilities (14.1%) among respondents from Maldon
- Lighting (13.2%) and bins or rubbish collections (12.8%) among respondents from Newstead
- Cover, shade, or shelter (11.2%) and toilets or change rooms (10.6%) among respondents from Chewton

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

Table 5.7.1 Improvements specific to identified locations

Theme	All answering	Castlemaine	Campbells Creek	Maldon	Newstead	Chewton
	%	%	%	%	%	%
Unweighted base (n)	**872**	**443**	**87**	**50**	**47**	**36**
Walking tracks / footpaths	24.9	27.6	34.2	19.0	22.2	19.8
Exercise equipment (including sporting fields / facilities)	25.2	26.1	20.6	15.0	17.8	9.0
Bicycle tracks / lanes and skate facilities	15.2	15.4	16.1	14.1	13.4	6.7
Toilets / change rooms	5.8	3.0	3.5	6.6	3.7	10.6
Lighting	7.3	9.9	8.3	0.0	13.2	1.2
Safety measures / restrictions (including dogs on leashes)	7.0	9.3	6.4	14.2	1.2	3.2
Bins / rubbish collection / clean environment	3.3	2.1	0.7	11.7	12.8	0.8
Accessibility	6.7	6.4	1.6	4.4	3.2	4.5
Playgrounds	1.9	0.5	2.2	8.7	3.0	0.0
Cover / shade / shelter	5.0	3.6	1.4	10.5	12.2	11.2
Dog friendly areas	8.2	6.7	15.2	2.3	5.4	1.2
More / better facilities NFI	1.0	0.5	0.0	1.3	3.2	0.0
Maintenance / management of spaces and facilities	2.4	2.6	1.6	2.3	1.3	2.1
Seating	3.6	4.6	3.5	1.4	4.8	8.9
Drinking fountains	2.9	3.4	0.0	1.5	2.9	6.1
More / better vegetation / trees / gardens	2.4	2.7	2.1	0.0	0.5	9.0
Improve signage / maps / communication	2.6	1.9	1.9	6.5	0.0	8.9
Events programming / activities	2.0	1.7	3.6	1.1	1.0	4.2
Free activities / no charges for use	1.7	0.7	2.5	13.0	0.0	1.2
BBQs / picnic areas	0.5	1.0	0.0	0.0	0.0	0.0
Parking	0.8	0.7	0.0	0.8	3.5	0.0
Fencing	0.9	0.4	2.6	1.5	0.0	0.0
Café / coffee / tea / food shop	0.0	0.0	0.0	0.0	0.0	0.0
Camping	0.4	0.0	0.0	0.0	6.7	0.0
Other	5.8	6.4	8.7	5.2	2.9	14.0

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

* NFI = No further information provided

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

6. Participation in physical recreation activities

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

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

6.1. Use of recreational facilities

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

The two most often used facilities for respondents' main activities were Castlemaine Botanical Gardens (7.7%) and Chewton Soldiers Memorial Park (1.4%). Of these two facilities, Chewton Soldiers Memorial Park was used by people who participate in the associated activity more frequently (79.0% were heavy users). Amongst those who had participated in activities at Castlemaine Botanical Gardens, 72.8% were heavy users. People who use the following venues for their main activity were more likely to be heavy users of the facility: Over The Moon Yoga and Dance Studios, Castlemaine (90.2%) and Camp Reserve, Castlemaine (84.7%).

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

- Castlemaine Golf Course (72.1%)
- Cairn Curran Reservoir, Baringhup (59.2%)
- Harcourt Swimming Pool (43.1%)

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

Table 6.1.1 Main recreational facilities used by frequency of activity

	Unweighted base[1]	Heavy Once a week or more often	Medium 1 to 3 times a month	Light Less than once a month
	n	%	%	%
All activities	**5,256**	**60.5**	**24.2**	**15.4**
Castlemaine Botanical Gardens, Castlemaine	467	72.8	19.8	7.4
Castlemaine War Memorial Stadium, Castlemaine	96	59.6	23.2	17.2
Gurri Wanyarra Wellbeing Centre, Kangaroo Flat	72	40.6	42.9	16.5
Chewton Soldiers Memorial Park, Chewton	53	79.0	19.2	1.8
Maine Fitness, Castlemaine	47	78.9	5.9	15.2
Mount Alexander Golf Course, Castlemaine	44	69.3	11.5	19.2
Over the moon yoga and dance studios, Castlemaine	45	90.2	5.2	4.6
Camp Reserve, Castlemaine	41	84.7	11.9	3.4
Castlemaine Lawn Tennis Club, Castlemaine	36	63.8	32.0	4.2
Kyneton Sports and Aquatic Centre, Kyneton	35	43.0	35.9	21.1
Cairn Curran Reservoir, Baringhup	33	16.6	24.2	59.2
Castlemaine Bowling Club, Castlemaine	33	79.9	7.0	13.1
Castlemaine Swimming Pool, Castlemaine	34	42.8	42.8	14.4
Campbells Creek Trail, Campbells Creek	32	54.2	6.9	38.9
Mountain Bike Trail Harcourt, Harcourt	27	21.0	69.0	10.0
Newstead Recreation Reserve, Newstead	26	79.1	15.3	5.6
Harcourt Swimming Pool, Harcourt	23	4.3	52.6	43.1
Castlemaine Golf Course, Muckleford	21	11.8	16.2	72.1
Campbells Creek Community Centre, Campbells Creek	18	67.1	30.8	2.1
Campbells Creek Recreation Reserve, Campbells Creek	15	78.0	10.7	11.2

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

6.2. Participation in physical recreational activity

All respondents were asked to list up to four activities they had participated in over the past 12 months. Overall, 91.3% reported participating in at least one activity (8.7% responded that they had not participated in any activities). Over one-quarter of respondents (28.9%) had participated in four or more activities.

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

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

- Female respondents aged 70 and over (17.6%) were more likely to be non-users than all other age groups (1.3% of those aged 3 to 11 years, 2.3% of those aged 12 to 17 years, 3.0% of those aged 18 to 34 years, 2.8% of those aged 35 to 49 years, and 7.1% of those aged 50 to 69 years)
- There were no significant differences in participation between males and females, males of different ages, or across the subregions

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is ‘just getting along’, ‘poor’, or ‘very poor’ (12.4%) compared to those who are ‘reasonably comfortable’, ‘very comfortable’, or ‘prosperous’ (6.6%)
- Those who self-reported their general health was ‘fair’ or ‘poor’ (26.9%, compared to 5.0% who reported their health as ‘good’, ‘very good’, or ‘excellent’)
- Those who recorded a low level of life satisfaction (22.5%, compared to 7.6% who recorded medium to very high life satisfaction)
- Those respondents who drink sugar-sweetened beverages daily (20.1%, compared to those who drink them less than daily (7.2%)

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

Table 6.2.1 Number of physical recreational activities by demographic indicators

	Unweighted base[1]	None	One	Two	Three	Four or more
	n	%	%	%	%	%
Total sample	2,210	8.7	19.9	22.7	19.8	28.9
Gender and age						
Males	928	10.1	19.9	23.8	18.3	27.9
Females	1,247	6.6	19.0	22.2	21.7	30.5
Males, 3 to 11	86	3.5	5.8	15.1	27.9	47.7
Males, 12 to 17	42	4.8	12.0	16.7	9.5	56.9
Males, 18 to 34	85	5.9	26.9	24.5	10.8	31.9
Males, 35 to 49	134	10.8	9.8	15.8	22.7	41.0
Males, 50 to 69	363	11.2	20.2	31.8	19.7	17.1
Males, 70+	216	17.1	36.4	21.6	13.3	11.7
Females, 3 to 11	79	1.3	7.6	20.3	16.5	54.4
Females, 12 to 17	44	2.3	18.2	11.5	15.8	52.2
Females, 18 to 34	98	3.0	18.5	21.6	26.4	30.4
Females, 35 to 49	218	2.8	8.2	19.7	27.6	41.7
Females, 50 to 69	539	7.1	19.3	24.7	22.9	26.0
Females, 70+	266	17.6	39.2	23.9	13.0	6.4
Subregion						
Campbells Creek / Guildford and surrounds	290	8.1	18.9	20.2	22.1	30.7
Castlemaine	1,147	8.5	19.7	23.4	18.7	29.8
Chewton / Taradale / Elphinstone and surrounds	164	8.8	15.4	25.0	11.8	38.9
Harcourt and surrounds	159	13.3	13.9	21.4	22.6	28.7
Maldon and surrounds	200	8.4	32.9	19.5	27.3	12.0
Newstead and surrounds	225	7.3	17.3	26.8	19.9	28.8
Demographic indicators						
Born in Australia	1,896	8.0	19.4	22.8	19.6	30.3
Born overseas	278	11.0	18.5	24.2	22.4	23.9
Speaks English as main language	2,143	8.3	19.6	23.1	19.9	29.1
Speaks other main language*	17	24.7	15.0	0.0	16.5	43.9
Aboriginal and / or Torres Strait Islander*	15	3.5	17.7	44.6	1.9	32.3
Not Aboriginal or Torres Strait Islander	2,155	8.5	19.2	22.8	20.1	29.4
Identifies as LGBTQIA+	147	8.4	19.7	24.5	16.8	30.5
Non-LGBTQIA+	1,690	8.3	20.7	24.0	21.2	25.8
Holds a Bachelor degree or higher	1,074	2.8	13.1	22.7	25.5	35.9
Less than Bachelor level education	1,031	9.5	20.5	23.3	18.5	28.2
Just getting along, poor or very poor	621	12.4	21.5	25.9	17.4	22.8
Reasonably comfortable, very comfortable or prosperous	1,572	6.6	19.3	21.3	20.9	31.9

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

* Significance testing not conducted due to small base size

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

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

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

	Unweighted base[1]	None	One	Two	Three	Four or more
	n	%	%	%	%	%
Total sample	2,210	8.7	19.9	22.7	19.8	28.9
Health and wellbeing indicators						
Self-reported health - Fair or poor	319	26.9	21.0	25.3	15.5	11.3
Self-reported health - Good, very good, or excellent	1,819	5.0	19.3	22.3	20.8	32.6
Life satisfaction - Low (0 to 4 out of 10)	125	22.5	21.2	23.0	18.6	14.8
Life satisfaction - Medium to very high (5+ out of 10)	1,980	7.6	18.8	22.9	20.2	30.4
Does not feel valued by society	352	19.5	21.0	26.2	16.8	16.4
Sometimes feel valued by society	933	7.2	19.7	22.2	20.0	30.9
Definitely feel valued by society	806	4.8	17.7	22.5	22.2	32.7
Meets fruit intake guidelines	1,248	6.7	17.5	22.2	20.6	33.0
Does not meet fruit intake guidelines	869	11.1	21.2	24.3	19.9	23.6
Meets vegetable intake guidelines	412	4.5	18.5	20.3	20.5	36.1
Does not meet vegetable intake guidelines	1,715	9.3	19.3	23.7	20.3	27.5
Drinks sugar-sweetened beverages daily	160	20.1	28.7	23.4	16.9	11.0
Drinks sugar-sweetened beverages less than daily	1,968	7.2	18.4	23.2	20.3	31.0
Meets water consumption guidelines	334	6.8	15.9	19.8	18.0	39.5
Does not meet water guidelines	1,768	8.7	19.9	23.6	20.6	27.2
Ran out of food and could not afford more	114	12.5	18.8	27.1	10.8	30.9
Have not run out of food	1,946	7.8	19.5	22.1	20.8	29.8
Requires help with daily activities	215	21.9	18.8	25.4	13.9	20.0
Does not require help	1,929	6.2	19.6	22.5	20.8	31.0

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

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

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

For Mount Alexander respondents aged 18 years and over in the 2019 ALC, 9.7% had not participated in any activities. This proportion was higher amongst:

- Those respondents with a BMI classified as overweight or obese (11.6%, compared to 6.6% of respondents classified as normal or underweight)
- Current smokers (21.3%, compared to 7.9% of ex-smokers and 9.2% of people who have never smoked)
- Respondents who do not meet physical activity guidelines (16.7%), compared to those who do engage in sufficient physical activity (4.2%)

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

	Unweighted base[1]	None	One	Two	Three	Four or more
	n	%	%	%	%	%
Total sample	1,937	9.7	21.1	24.1	20.1	25.0
Health and wellbeing indicators						
Overweight or obese (BMI ≥25.0)	952	11.6	23.4	25.1	18.7	21.2
Normal range or underweight (BMI <25.0)	836	6.6	17.2	23.0	21.9	31.3
Meets physical activity guidelines	1,184	4.2	16.9	22.9	22.8	33.2
Does not meet physical activity guidelines / sedentary	661	16.7	26.4	28.2	16.1	12.6
Current smoker	122	21.3	23.9	22.4	18.4	14.0
Ex-smoker	813	7.9	21.6	23.8	20.3	26.4
Never smoked	938	9.2	19.9	24.7	20.6	25.7
Drinks alcohol every day	186	14.8	28.5	28.3	14.0	14.5
Drinks alcohol less often than daily	1,382	6.5	18.6	22.6	22.8	29.5
Does not drink alcohol	303	20.3	26.5	28.8	13.1	11.4
Had more than 4 standard drinks on a single occasion	888	7.5	19.4	22.6	20.8	29.6
Has not had more than 4 standard drinks	929	11.2	22.1	26.1	19.9	20.7

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

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

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

6.3. Activity overview

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

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

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

Of the activities respondents from Mount Alexander had participated in, the five most commonly mentioned included:

- Walking – 21.6%
- Active play (at playgrounds / playcentre) – 9.5%
- Fitness: gym – 8.6%
- Swimming – 6.7%
- Bushwalking / hiking – 4.4%

Frequency of participation was classified as ‘heavy’ if respondents participated in the activity at least weekly, ‘medium’ if participation was once or twice per month and ‘light’ if the frequency of participation was less than once a month. The activities recording the heaviest participation rates (weekly or more often) were: walking (81.3%); soccer (81.0%); weight lifting / body building (80.7%), and dancing, ballet, or calisthenics (79.1%).

Activities with high proportions of ‘light’ participation were fishing (45.4%), and golf (42.4%).

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

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

Table 6.3.1 Activities by frequency of participation

	Unweighted base[1]	Heavy Once a week or more often	Medium 1 to 3 times a month	Light Less than once a month
	n	%	%	%
All activities	**5,256**	**60.5**	**24.2**	**15.4**
Walking	1,254	81.3	15.0	3.7
Swimming	484	40.0	33.9	26.1
Bush walking / Hiking	499	39.6	36.7	23.7
Cycling: General cycling for recreation or transport	364	53.9	30.7	15.4
Fitness: Gym	233	75.5	17.8	6.7
Active play (at playgrounds / play centre)	204	65.2	23.4	11.4
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	248	75.3	14.7	10.0
Jogging / Running	176	66.6	23.2	10.2
Cycling: Mountain bike riding	170	51.4	36.8	11.8
Dancing / Ballet / Calisthenics	140	79.1	14.5	6.4
Fishing	85	6.9	47.7	45.4
Soccer (indoor/outdoor)	79	81.0	17.8	1.2
Australian Rules football	73	76.5	15.0	8.4
Tennis (indoor / outdoor)	90	45.3	25.8	28.9
Cycling: Road and sport cycling	94	68.8	24.6	6.6
Golf	77	35.3	22.3	42.4
Fitness: Outdoor fitness / Personal training / Group activities	75	68.3	26.0	5.7
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	70	10.8	16.1	73.0
Weight lifting / Body building	61	80.7	8.5	10.8
Basketball (Indoor/Outdoor)	47	61.8	25.9	12.3
Other activities	733	54.7	24.4	20.9

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

Table 6.3.2 Activities by demographic indicators – 3 years and over

	Unweighted base[1]	Walking	Swimming	Bush walking / Hiking	Cycling: General cycling for recreation or transport	Fitness: Gym	Active play (at playgrounds / play centre)	Fitness: Indoor	Jogging / Running	Cycling: Mountain bike riding	Dancing / Ballet / Calisthenics
	n	%	%	%	%	%	%	%	%	%	%
All activities	5,397	21.6	9.5	8.6	6.7	4.5	4.4	3.6	3.6	3.5	2.6
Gender and age											
Males	2,186	18.8	8.6	8.4	7.2	4.2	3.8	1.1	3.9	4.9	1.4
Females	3,159	24.2	10.4	9.0	6.3	4.8	5.0	6.0	3.2	2.1	3.9
Males, 3 to 11	267	6.7	16.1	4.1	8.2	0.0	13.9	0.4	1.1	5.2	3.4
Males, 12 to 17	127	7.1	6.3	2.4	3.9	1.6	1.6	0.0	4.7	7.2	2.3
Males, 18 to 34	200	12.4	4.1	5.3	7.4	8.3	1.8	1.2	8.5	3.3	0.6
Males, 35 to 49	385	19.4	9.6	8.1	6.1	5.7	4.0	0.3	6.9	9.4	0.3
Males, 50 to 69	808	25.0	8.5	11.2	8.4	3.9	1.3	1.3	2.2	3.7	1.4
Males, 70+	396	29.5	5.1	13.1	5.7	4.4	1.7	3.8	0.5	0.4	1.1
Females, 3 to 11	249	9.6	18.5	4.4	10.8	0.0	15.7	0.8	0.0	2.0	10.4
Females, 12 to 17	131	18.5	12.9	6.1	9.2	1.6	4.6	0.8	2.3	2.3	11.5
Females, 18 to 34	274	21.9	8.3	11.8	2.2	9.0	6.6	5.6	5.0	0.8	0.6
Females, 35 to 49	674	22.2	11.0	10.8	6.2	3.2	5.1	5.6	6.0	3.6	2.7
Females, 50 to 69	1,365	28.8	8.7	9.6	6.7	6.2	1.9	7.9	2.5	2.2	2.6
Females, 70+	458	35.9	6.4	5.8	2.6	6.1	2.2	9.6	0.9	0.0	3.2

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

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

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

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

	Unweighted base[1]	Fishing	Soccer (indoor/ outdoor)	Australian Rules football	Tennis (indoor / outdoor)	Cycling: Road and sport cycling	Golf	Fitness: Outdoor	Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	Weight lifting / Body building	Basketball (Indoor/Outdoor)	Other activities
	n	%	%	%	%	%	%	%	%	%		
All activities	5,397	2.2	2.1	1.9	1.8	1.8	1.5	1.5	1.3	1.2	1.1	15.0
Gender and age												
Males	2,186	3.2	3.2	3.5	1.6	2.6	2.3	0.8	2.0	1.3	1.3	16.1
Females	3,159	1.3	1.0	0.4	2.0	1.0	0.8	2.1	0.7	1.1	0.9	14.1
Males, 3 to 11	267	1.5	9.0	7.5	3.4	0.8	1.1	0.8	0.8	0.0	2.3	13.9
Males, 12 to 17	127	0.8	10.3	7.9	3.9	3.2	0.0	0.8	0.8	1.6	7.9	25.9
Males, 18 to 34	200	4.3	5.0	7.7	0.8	2.1	2.7	1.4	2.7	3.1	1.8	15.9
Males, 35 to 49	385	2.4	1.4	1.8	1.9	2.0	1.8	0.4	2.4	1.3	0.9	14.2
Males, 50 to 69	808	4.3	0.8	1.3	0.8	4.3	2.6	0.8	2.5	1.2	0.1	14.5
Males, 70+	396	3.8	0.0	0.1	0.7	1.0	4.9	0.9	1.0	0.6	0.0	21.8
Females, 3 to 11	249	1.2	4.4	1.2	0.8	1.2	0.0	0.8	0.8	0.0	1.6	15.7
Females, 12 to 17	131	0.0	3.0	0.8	3.1	0.0	0.0	1.6	0.0	0.0	3.8	18.2
Females, 18 to 34	274	1.7	0.0	0.8	2.9	0.2	0.7	3.3	0.2	1.3	1.9	15.2
Females, 35 to 49	674	1.0	1.0	0.1	2.8	2.0	0.1	2.9	0.8	1.0	1.0	11.0
Females, 50 to 69	1,365	1.8	0.0	0.1	1.4	1.0	1.5	2.0	0.9	1.6	0.1	12.6
Females, 70+	458	0.4	0.0	0.4	1.1	0.5	1.6	1.0	0.6	1.2	0.0	20.6

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

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6.4. Barriers to participation in physical recreational activity

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

6.4.1. Preference to increase frequency of participation

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

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

Overall, 55.3% of Mount Alexander respondents aged 3 years and over indicated they had not been involved in physical activity as often as they would have liked. Across the main demographic indicators, the main subgroup differences were:

- Females were more likely than males to not have been involved in physical activity as often as they would have liked (59.5%, compared to 50.8%)
- Male respondents aged 35 to 49 years (71.2%) and 50 to 69 years (54.8%) were more likely to not have been involved in physical activity as often as they would have liked, compared to those aged 3 to 11 years (21.2%), and 12 to 17 years (32.6%)
- Female respondents aged 18 to 34 years (76.0%), 35 to 49 years (80.3%), and 50 to 69 years (58.4%) were more likely to not have been involved in physical activity as often as they would have liked, compared to those aged 3 to 11 years (32.9%), and 70 years and over (44.2%)
- Across the subregions, respondents from Newstead and surrounds (63.4%) were more likely to not have been involved in physical activity as often as they would have liked, compared to respondents from Castlemaine (51.6%)

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is ‘just getting along’, ‘poor’, or ‘very poor’ (66.3%), compared to those who are ‘reasonably comfortable’, ‘very comfortable’, or ‘prosperous’ (52.3%)
- Those who self-reported their general health was ‘fair’ or ‘poor’ (81.2%, compared to 50.7% who recorded their health as ‘good’, ‘very good’, or ‘excellent’)
- Those who recorded a low level of life satisfaction (84.7%, compared to 53.8% who recorded medium to very high life satisfaction)

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

Table 6.4.1.1 Preference to increase frequency of participation by demographic indicators

	Unweighted base[1]	Done physical activity as often as would like	Not done physical activity as often as would like
	n	%	%
Total sample	2,134	44.7	55.3
Gender and age			
Males	894	49.2	50.8
Females	1,216	40.5	59.5
Males, 3 to 11	85	78.8	21.2
Males, 12 to 17	40	67.4	32.6
Males, 18 to 34	87	47.5	52.5
Males, 35 to 49	129	28.8	71.2
Males, 50 to 69	348	45.2	54.8
Males, 70+	203	57.2	42.8
Females, 3 to 11	73	67.1	32.9
Females, 12 to 17	41	55.6	44.4
Females, 18 to 34	96	24.0	76.0
Females, 35 to 49	215	19.8	80.3
Females, 50 to 69	529	41.6	58.4
Females, 70+	259	55.8	44.2
Subregion			
Campbells Creek / Guildford and surrounds	273	44.4	55.6
Castlemaine	1,108	48.4	51.6
Chewton / Taradale / Elphinstone and surrounds	161	44.0	56.0
Harcourt and surrounds	156	38.0	62.0
Maldon and surrounds	192	44.7	55.3
Newstead and surrounds	217	36.6	63.4
Demographic indicators			
Born in Australia	1,842	43.9	56.1
Born overseas	268	49.0	51.0
Speaks English as main language	2,082	44.7	55.3
Speaks other main language*	15	32.0	68.1
Aboriginal and / or Torres Strait Islander*	15	40.8	59.2
Not Aboriginal or Torres Strait Islander	2,089	44.8	55.2
Identifies as LGBTQIA+	141	28.5	71.5
Non-LGBTQIA+	1,653	40.9	59.1
Holds a Bachelor degree or higher	1,053	33.7	66.3
Less than Bachelor level education	989	48.4	51.6
Just getting along, poor or very poor	599	38.3	61.7
Reasonably comfortable, very comfortable or prosperous	1,519	47.8	52.3

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

* Significance testing not conducted due to small base size

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

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

	Unweighted base[1]	Done physical activity as often as would like	Not done physical activity as often as would like
	n	%	%
Total sample	2,134	44.7	55.3
Health and wellbeing indicators			
Self-reported health - Fair or poor	299	18.8	81.2
Self-reported health - Good, very good, or excellent	1,772	49.3	50.7
Life satisfaction - Low (0 to 4 out of 10)	120	15.3	84.7
Life satisfaction - Medium to very high (5+ out of 10)	1,920	46.3	53.8
Does not feel valued by society	338	30.8	69.2
Sometimes feel valued by society	899	42.0	58.0
Definitely feel valued by society	788	54.4	45.6
Meets fruit intake guidelines	1,216	50.9	49.1
Does not meet fruit intake guidelines	835	35.6	64.4
Meets vegetable intake guidelines	407	51.4	48.7
Does not meet vegetable intake guidelines	1,650	42.7	57.4
Drinks sugar-sweetened beverages daily	155	32.7	67.3
Drinks sugar-sweetened beverages less than daily	1,903	45.5	54.5
Meets water consumption guidelines	335	39.1	60.9
Does not meet water guidelines	1,699	44.4	55.6
Ran out of food and could not afford more	111	27.4	72.6
Have not run out of food	1,886	46.0	54.0
Requires help with daily activities	194	42.8	57.2
Does not require help	1,883	44.8	55.2

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

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

For Mount Alexander respondents aged 18 years and over in the 2019 ALC, 59.7% had not participated in physical activity as often as they would have liked. This proportion was higher amongst:

- Those respondents with a BMI classified as overweight or obese (64.4%, compared to 54.2% of respondents classified as normal or underweight)
- Those who do not meet physical activity guidelines (69.6%), compared to those who do engage in sufficient physical activity (54.0%)

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

	Unweighted base[1]	Done physical activity as often as would like	Not done physical activity as often as would like
	n	%	%
Total sample	1,882	40.4	59.7
Health and wellbeing indicators			
Overweight or obese (BMI ≥25.0)	922	35.6	64.4
Normal range or underweight (BMI <25.0)	812	45.8	54.2
Meets physical activity guidelines	1,146	46.1	54.0
Does not meet physical activity guidelines / sedentary	644	30.4	69.6
Current smoker	117	32.9	67.1
Ex-smoker	780	40.9	59.1
Never smoked	920	39.9	60.1
Drinks alcohol every day	180	44.6	55.4
Drinks alcohol less often than daily	1,342	38.6	61.4
Does not drink alcohol	294	41.5	58.5
Had more than 4 standard drinks on a single occasion	854	38.0	62.1
Has not had more than 4 standard drinks	906	41.1	59.0

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

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6.4.2. Reasons for not participating as frequently as would like

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

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

- That they were too busy or did not have enough time (52.2%)
- Personal reasons such as not feeling motivated or feeling embarrassed (31.0%)
- Poor health or disability (21.8%)
- The cost (20.6%)
- A lack of social support such as encouragement from others or having no one to go with (15.8%)

Being too busy or not having enough time was the main reason for not doing as much activity as desired regardless of how many activities people had participated in. For people who had not participated in any activities, poor health or disability was the most mentioned reason for not having participated in physical activity as often as they would like (40.9%).

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

	All answering	None	One	Two	Three or more
	%	%	%	%	%
Unweighted base (n)	**1,286**	**129**	**257**	**292**	**608**
Too busy / not enough time	52.2	29.7	40.0	52.6	63.7
Personal reasons (e.g. don't feel motivated, feel embarrassed)	31.0	23.6	32.6	31.4	32.2
Cost	20.6	16.2	12.3	17.9	26.8
Poor health or disability	21.8	40.9	23.5	19.9	16.7
Lack of social support (e.g. no encouragement, no one to go with)	15.8	13.6	11.6	16.2	18.0
Safety (e.g. poor lighting, remote venue / facility)	15.7	5.6	14.2	16.3	18.9
Lack of awareness about what activities are available	10.0	11.2	8.2	8.6	11.0
Lack of transport	6.8	9.7	5.1	4.2	8.1
Other reason	13.8	7.5	5.5	10.5	20.8

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

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

- Females were more likely to report 'personal reasons' (35.0%) and 'cost' (25.0%) as barriers to more physical activity when compared to males (25.6% and 13.9% respectively)
- Across the age groups, the most recorded barrier to participation was:
    - 'Personal reasons' for those aged 12 to 17 years (42.8%)
    - 'Too busy or not enough time' for those aged 18 to 34 years (64.7%), 35 to 49 years (67.4%), and 50 to 69 years (52.3%)
    - 'Poor health or disability' for those aged 70 years and over (42.7%)
- Across the subregions, respondents from Chewton / Taradale / Elphinstone and surrounds (32.8%), Harcourt and surrounds (27.0%), and Campbells Creek, Guildford and surrounds (24.6%) were more likely to indicate that cost was a barrier when compared to respondents from Newstead and surrounds (10.5%)

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

In relation to other demographic or health differences:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' were more likely to suggest cost was a barrier, compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (32.7%, compared to 11.4%)
- Those who recorded a low level of life satisfaction were more likely to indicate a 'poor health or disability' was a barrier, compared to those who recorded medium to very high life satisfaction (52.5%, compared to 19.0%)

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

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

- Those respondents with a BMI classified as overweight or obese were more likely to suggest 'personal reasons' were a barrier (35.9%, compared to 24.6% of respondents classified as normal or underweight)
- Current smokers were more likely to cite 'cost' as a barrier to activity than ex-smokers (31.4%, compared to 17.0%)
- Respondents who have had more than four standard alcoholic drinks on at least one occasion in the last 12 months were more likely to cite 'poor health or disability' as a barrier to activity than those who have not consumed four standard drinks on one occasion in the last 12 months (30.5%, compared to 18.2%)

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

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

	Unweighted base[1]	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,381	49.2	29.0	19.2	20.7	14.7	14.7	9.2	6.3	12.8
Gender and age										
Males	519	53.9	25.6	13.9	21.3	12.9	10.3	10.9	6.5	11.3
Females	794	49.8	35.0	25.0	22.1	17.6	19.6	8.6	6.6	15.3
3 to 11*	56	32.4	10.6	18.2	10.8	17.9	16.3	7.5	10.8	21.4
12 to 17*	42	42.6	42.8	25.9	9.3	14.1	19.3	9.6	31.4	9.3
18 to 34	135	64.7	33.2	23.8	17.5	13.3	14.9	12.0	6.8	11.1
35 to 49	283	67.4	29.4	22.4	15.3	17.0	19.4	12.5	4.7	17.7
50 to 69	552	52.3	33.6	21.7	22.6	17.0	15.1	9.3	5.7	12.1
70+	263	17.4	25.5	7.0	42.7	10.3	7.5	4.0	3.2	10.4
Subregion										
Campbells Creek / Guildford and surrounds	175	55.8	29.1	24.6	18.2	16.4	18.0	8.4	6.3	12.3
Castlemaine	681	47.2	27.9	17.1	20.8	14.4	11.9	8.8	5.8	13.1
Chewton / Taradale / Elphinstone and surrounds	109	48.0	43.2	32.8	25.1	17.7	17.8	10.2	6.0	10.0
Harcourt and surrounds	110	52.1	28.7	27.0	19.9	13.2	21.4	15.8	10.9	19.0
Maldon and surrounds	128	44.3	30.8	13.3	22.2	12.2	12.8	9.9	8.3	10.2
Newstead and surrounds	157	53.3	22.5	10.5	20.5	15.6	17.0	6.3	4.0	12.7

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

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

	Unweighted base[1]	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,381	49.2	29.0	19.2	20.7	14.7	14.7	9.2	6.3	12.8
Demographic indicators										
Born in Australia	1,155	52.6	30.4	19.7	21.5	15.6	15.3	9.6	6.2	12.7
Born overseas	162	44.4	32.2	21.8	22.8	14.3	13.8	10.6	9.5	19.0
Speaks English as main language	1,295	51.6	30.7	19.8	22.0	15.2	15.3	9.5	6.5	13.2
Speaks other main language*	13	48.8	16.0	32.2	0.0	26.6	10.5	27.1	15.6	38.3
Aboriginal and / or Torres Strait Islander*	11	29.5	16.9	9.3	31.2	22.1	0.0	5.0	0.0	21.6
Not Aboriginal or Torres Strait Islander	1,301	52.2	30.9	19.9	21.3	15.1	15.4	9.7	6.5	13.4
Identifies as LGBTQIA+	106	52.1	44.5	31.4	24.8	22.6	13.7	17.4	3.2	21.0
Non-LGBTQIA+	1,054	55.4	31.5	18.8	21.2	14.9	15.7	9.3	5.2	13.2
Holds a Bachelor degree or higher	696	62.9	32.0	17.5	16.9	18.8	19.7	11.8	5.2	20.0
Less than Bachelor level education	573	48.3	31.1	21.4	22.8	14.4	14.2	8.4	6.8	11.4
Just getting along, poor or very poor	452	47.1	27.5	32.7	27.3	17.5	17.7	10.1	7.5	10.0
Reasonably comfortable, very comfortable or prosperous	915	50.6	30.4	11.4	16.9	13.1	12.9	8.3	5.2	14.2

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

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

	Unweighted base[1]	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,381	49.2	29.0	19.2	20.7	14.7	14.7	9.2	6.3	12.8
Health and wellbeing indicators										
Self-reported health - Fair or poor	279	31.7	36.4	29.9	50.8	19.8	17.5	10.4	9.5	10.9
Self-reported health - Good, very good, or excellent	993	59.4	29.6	17.7	13.2	14.3	14.9	9.5	6.0	14.5
Life satisfaction - Low (0 to 4 out of 10)	116	30.6	40.4	36.6	52.5	27.4	23.0	17.2	7.4	12.5
Life satisfaction - Medium to very high (5+ out of 10)	1,139	55.2	30.4	18.9	19.0	14.4	14.9	8.7	6.6	13.6
Does not feel valued by society	259	45.4	33.7	33.2	32.0	22.0	18.0	15.1	8.0	11.5
Sometimes feel valued by society	585	56.1	30.9	19.9	20.9	16.3	14.4	9.1	7.4	12.0
Definitely feel valued by society	407	53.4	29.2	12.7	17.1	9.0	15.7	6.7	5.1	18.7
Meets fruit intake guidelines	667	53.3	27.8	18.1	22.8	13.2	14.7	9.4	7.8	14.8
Does not meet fruit intake guidelines	588	52.6	34.7	23.3	21.6	17.4	16.8	9.6	5.5	12.8
Meets water consumption guidelines	207	64.3	31.2	15.4	18.3	13.9	18.6	9.0	6.9	16.7
Does not meet water guidelines	1,048	51.0	30.8	22.1	23.2	16.0	15.4	9.9	6.7	13.1
Ran out of food and could not afford more	96	37.2	28.5	47.9	32.7	17.2	15.3	16.1	10.3	9.2
Have not run out of food	1,194	51.1	29.8	16.1	19.8	14.3	14.0	8.3	5.6	13.2
Requires help with daily activities	142	18.5	24.3	31.5	54.0	19.3	19.7	11.6	9.9	11.7
Does not require help	1,154	56.7	31.3	18.1	17.0	15.0	14.6	9.4	5.7	13.7

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

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

	Unweighted base[1]	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,233	52.9	31.1	19.9	23.0	15.3	15.1	9.8	5.2	13.2
Health and wellbeing indicators										
Overweight or obese (BMI ≥25.0)	631	54.4	35.9	19.1	25.5	16.4	16.1	10.6	3.9	11.6
Normal range or underweight (BMI <25.0)	482	56.3	24.6	20.0	19.5	14.6	15.3	9.1	6.2	16.9
Meets physical activity guidelines	665	58.2	28.6	21.0	20.2	15.9	17.1	10.0	3.9	15.6
Does not meet physical activity guidelines / sedentary	480	51.2	34.6	19.5	25.9	15.9	14.2	9.8	6.1	10.7
Current smoker	87	52.5	33.9	31.4	24.9	24.5	13.8	12.9	12.8	4.4
Ex-smoker	505	50.1	30.4	17.0	23.9	14.5	15.0	10.5	3.3	13.4
Never smoked	583	58.6	32.0	21.4	23.2	14.5	16.3	8.8	5.8	15.4
Drinks alcohol every day	107	46.1	40.5	16.5	22.7	18.9	8.6	8.9	1.0	15.5
Drinks alcohol less often than daily	870	59.1	32.1	19.4	20.9	16.1	16.7	9.8	4.6	13.9
Does not drink alcohol	196	40.1	25.1	27.2	34.6	11.4	13.7	11.0	11.2	10.6
Had more than 4 standard drinks on a single occasion	569	62.3	33.6	17.4	18.2	15.9	14.1	10.5	4.0	13.2
Has not had more than 4 standard drinks	569	45.8	29.1	25.4	30.5	16.0	17.7	9.3	6.9	14.2

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

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

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

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

Approximately two-thirds of activities (62.3%) had been accessed via car while around one-third of activities (32.8%) were accessed on foot. Approximately one in ten (14.6%) activities were accessed via bicycle. Few (1.6%) used public transport, taxis or Uber to get to or from their main activities.

Some activities (e.g. soccer; canoeing, kayaking, rowing, dragon boating, or paddle boarding; fishing) were almost always accessed via car (98.7%, 92.2% and 91.9% respectively). As might be expected, where the activity is also a mode of transport (walking or cycling), respondents often mentioned accessing their activity via this same mode.

Average distance travelled by activity

Of the main activities that respondents from Mount Alexander had participated in, residents had travelled the furthest to go fishing (54.9 kilometres on average) and canoeing, kayaking, rowing, dragon boating, or paddle boarding (49.6 kilometres). Of the most popular activities, people had to travel the least distance for walking (3.7 kilometres) and general cycling for recreation or transport (4.1 kilometres), making these more easily accessible activity options.

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

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

	Unweighted base[1]	Car	Walking	Bicycle	Public transport / taxi / uber	Average kms travelled
	n	%	%	%	%	#
All activities	**5,183**	**62.3**	**32.8**	**14.6**	**1.6**	**14.1**
Walking	1,248	33.7	73.3	2.3	1.6	3.7
Swimming	485	91.2	9.0	6.9	0.7	18.2
Bush walking / Hiking	488	57.6	53.9	4.8	0.4	16.2
Cycling: General cycling for recreation or transport	348	10.2	4.3	87.0	0.7	4.1
Fitness: Gym	233	83.3	17.0	9.9	1.5	9.8
Active play (at playgrounds / play centre)	196	74.6	42.2	17.7	0.6	5.4
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	248	87.0	19.3	5.8	0.8	10.3
Jogging / Running	170	36.9	50.8	6.3	0.8	2.7
Cycling: Mountain bike riding	166	49.3	2.5	63.6	1.2	7.2
Dancing / Ballet / Calisthenics	136	88.8	22.5	8.2	6.4	10.0
Fishing	84	91.9	10.6	0.2	0.0	54.9
Soccer (indoor/outdoor)	79	98.7	10.0	5.0	1.3	12.3
Australian Rules football	72	78.3	29.0	8.5	6.0	14.8
Tennis (indoor / outdoor)	90	83.4	27.6	16.7	0.0	6.9
Cycling: Road and sport cycling	93	11.4	3.7	87.4	0.0	4.1
Golf	78	95.5	10.8	0.0	0.0	7.1
Fitness: Outdoor fitness / Personal training / Group activities	73	71.4	29.0	10.1	2.5	20.5
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	69	92.2	2.1	0.8	0.0	49.6
Weight lifting / Body building	60	67.2	24.9	5.4	2.4	8.2
Basketball (Indoor/Outdoor)	45	80.0	30.3	13.1	7.2	8.2
Other activities	722	82.3	16.5	5.2	3.1	33.0

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

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

6.4.4. Average travel distance to activities

Table 6.4.4.1 shows the average travel distance to get to particular activities was 14.1 kilometres.

Across the subregions, respondents from Chewton, Taradale, Elphinstone and surrounds had travelled further on average to access their activities (27.6 kilometres) than respondents from Newstead and surrounds (14.3 kilometres), Harcourt and surrounds (11.0 kilometres), and Castlemaine (10.5 kilometres).

Of the main facilities used, respondents were travelling furthest to get to Gurri Wanyarra Wellbeing Centre, Kangaroo Flat (31.3 kilometres).

Table 6.4.4.1 Average distance travelled to participate in activities

	Unweighted base[1]	Average kms travelled
	n	#
Total sample	5,015	14.1
Subregion		
Campbells Creek / Guildford and surrounds	663	19.0
Castlemaine	2,630	10.5
Chewton / Taradale / Elphinstone and surrounds	382	27.6
Harcourt and surrounds	358	11.0
Maldon and surrounds	406	16.3
Newstead and surrounds	517	14.3
Top 20 facilities		
Castlemaine Botanical Gardens, Castlemaine	463	4.8
Castlemaine War Memorial Stadium, Castlemaine	96	6.9
Gurri Wanyarra Wellbeing Centre, Kangaroo Flat	72	31.3
Chewton Soldiers Memorial Park, Chewton	52	7.1
Maine Fitness, Castlemaine	46	6.7
Mount Alexander Golf Course, Castlemaine	45	5.9
Over the moon yoga and dance studios, Castlemaine	43	6.6
Camp Reserve, Castlemaine	41	5.2
Castlemaine Lawn Tennis Club, Castlemaine*	36	8.2
Kyneton Sports and Aquatic Centre, Kyneton*	32	31.9
Cairn Curran Reservoir, Baringhup*	34	20.1
Castlemaine Bowling Club, Castlemaine*	33	4.4
Castlemaine Swimming Pool, Castlemaine*	34	5.8
Campbells Creek Trail, Campbells Creek*	31	1.8
Mountain Bike Trail Harcourt, Harcourt*	27	9.1
Newstead Recreation Reserve, Newstead*	26	6.4
Harcourt Swimming Pool, Harcourt*	23	9.9
Castlemaine Golf Course, Muckleford*	21	6.4
Campbells Creek Community Centre, Campbells Creek*	18	6.1
Campbells Creek Recreation Reserve, Campbells Creek*	15	3.0

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

* Significance testing not conducted due to small base sizes

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

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

7. Quality and accessibility

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

7.1. Quality and accessibility of facilities available for main activities

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

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

- Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates (4.4)
- Dancing / Ballet / Calisthenics (4.4)
- Weight lifting / Body building (4.4)
- Fitness: Outdoor fitness / Personal training / Group activities (4.3)
- Active play (at playgrounds / play centre) (4.3)

The lowest rating for quality was received for road and sport cycling facilities (3.4).

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

- Weight lifting / Body building (4.4)
- Fitness: Outdoor fitness / Personal training / Group activities (4.4)
- Tennis (indoor / outdoor) (4.4)
- Jogging / Running (4.4)
- Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates (4.3)

The lowest ratings for accessibility were received for canoeing, kayaking, rowing, dragon boating, or paddle boarding facilities (3.2). The full ratings and differences between activities are shown in Table 7.1.1.

Table 7.1.1 Quality and accessibility ratings for facility by activity

	Unweighted base[1]	Quality rating (out of 5)	Accessibility rating (out of 5)
	n	#	#
Average - all activities	**5,016**	**4.1**	**4.1**
Walking	1,213	4.1	4.2
Swimming	482	4.0	3.9
Bush walking / Hiking	484	4.1	4.1
Cycling: General cycling for recreation or transport	350	3.6	3.9
Fitness: Gym	233	4.0	4.2
Active play (at playgrounds / play centre)	196	4.3	4.3
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	248	4.4	4.3
Jogging / Running	173	4.2	4.4
Cycling: Mountain bike riding	165	4.3	4.2
Dancing / Ballet / Calisthenics	135	4.4	4.3
Fishing	84	3.9	3.9
Soccer (indoor/outdoor)	78	4.0	4.0
Australian Rules football	71	4.0	4.1
Tennis (indoor / outdoor)	89	4.0	4.4
Cycling: Road and sport cycling	92	3.4	4.1
Golf	77	3.9	4.3
Fitness: Outdoor fitness / Personal training / Group activities	69	4.3	4.4
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	68	3.7	3.2
Weight lifting / Body building	59	4.4	4.4
Basketball (Indoor/Outdoor)	46	4.1	4.3
Other activities	720	4.1	4.2

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

* Significance testing not conducted due to small base size

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

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

7.2. Quality and accessibility of specific facilities

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

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

- Gurri Wanyarra Wellbeing Centre, Kangaroo Flat (4.8)
- Over The Moon Yoga and Dance Studios, Castlemaine (4.7)
- Castlemaine Botanical Gardens (4.5)

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

The lowest rating for quality was received for Castlemaine Indoor Sports (3.0), while the lowest ratings for accessibility were received for Kyneton Sports and Aquatic Centre (3.3). The full ratings and differences between facilities are shown in Table 7.2.1.

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

	Unweighted base[1]	Quality rating (out of 5)	Accessibility rating (out of 5)
	n	#	#
Average - all activities	**5,016**	**4.1**	**4.1**
Castlemaine Botanical Gardens, Castlemaine	468	4.5	4.6
Castlemaine War Memorial Stadium, Castlemaine	96	3.8	4.2
Gurri Wanyarra Wellbeing Centre, Kangaroo Flat	72	4.8	4.1
Chewton Soldiers Memorial Park, Chewton	52	3.9	3.9
Maine Fitness, Castlemaine	42	4.1	4.4
Mount Alexander Golf Course, Castlemaine*	44	3.9	4.3
Over the moon yoga and dance studios, Castlemaine	45	4.7	4.5
Camp Reserve, Castlemaine*	38	4.0	4.3
Castlemaine Lawn Tennis Club, Castlemaine**	35	4.4	4.4
Kyneton Sports and Aquatic Centre, Kyneton**	33	4.5	3.3
Cairn Curran Reservoir, Baringhup**	33	3.8	4.1
Castlemaine Bowling Club, Castlemaine**	34	4.3	4.4
Castlemaine Swimming Pool, Castlemaine**	34	3.5	3.9
Campbells Creek Trail, Campbells Creek**	31	4.0	3.8
Mountain Bike Trail Harcourt, Harcourt**	27	4.1	3.8
Newstead Recreation Reserve, Newstead**	26	4.3	4.5
Harcourt Swimming Pool, Harcourt**	23	4.1	4.8
Castlemaine Golf Course, Muckleford**	21	3.8	4.2
Campbells Creek Community Centre, Campbells Creek**	17	4.1	4.1
Campbells Creek Recreation Reserve, Campbells Creek**	15	3.9	4.1

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

* Significance testing not conducted due to small base size

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

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

Appendices

Appendix A: Detailed description of weighting

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

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

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

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

Each step will now be covered in turn.

Design weights

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

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

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

Calibrating to population benchmarks

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

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

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

Treatment of missing values

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

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

Table A1 Extent of missing values among weighting characteristics

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

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

Benchmarks

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

Table A2 Mount Alexander – Population benchmarks used for calibration

Benchmark category		Population proportion[1]
Age group	**Education**	**%**
3 to 9	-	0.6
14 to 17	-	0.4
18 to 24	-	0.9
25 to 34	Has Bachelors	0.4
	No Bachelors	1.1
35 to 44	Has Bachelors	0.3
	No Bachelors	0.9
45 to 54	Has Bachelors	0.1
	No Bachelors	0.7
55 to 64	Has Bachelors	2.3
	No Bachelors	0.8
65 to 74	Has Bachelors	1.2
	No Bachelors	0.3
75+	Has Bachelors	1.3
	No Bachelors	0.4
Age	**Sex**	**%**
3 to 17	Male	0.7
	Female	0.6
18+	Male	3.4
	Female	3.4
Age	**Country of birth**	**%**
3 to 17	-	1.3
18+	Australia	5.8
	New Zealand/UK	0.5
	Other	0.6

[1] Population benchmarks sourced from ABS Census 2016

References

Deville, J., C. Särndal and O. Sautory (1993). Generalized raking procedures in survey sampling. *Journal of the American Statistical Association*, 88(423), 1013-1020.

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R Core Team (2018). R: A language and environment for statistical computing. R Foundation for Statistical Computing, Vienna, Austria. https://www.R-project.org/.

Valliant, R., J. Dever, and F. Kreuter (2013). Practical Tools for Designing and Weighting Survey Samples. New York: Springer.

Appendix B: The Questionnaire Booklet

27th May 2019

Dear Local Resident,

Healthy Heart of Victoria – 2019 Active Living Census

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

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

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

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

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

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

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

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

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

Sincerely,
Healthy Heart of Victoria

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

REGIONAL PARTNERSHIPS LODDON CAMPASPE

VICTORIA State Government

This census is conducted in accordance with the Australian Privacy Principles; any identifying details are strictly confidential.
**For prize draw Terms and Conditions please go to: www.srcentre.com.au/alcinfo*

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

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

Appendix C: Invitation letter and activity list

HEALTHY Heart of VICTORIA

Active Living CENSUS

Census Booklet - 2019

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

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

SECTION A – Household Questions

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

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

SECTION B – About You

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

B1	How old are you?	Record age *(in years)*:	*years old*
B2	Which of the following best describes your current gender identity?	Male	☐
		Female	☐
		Gender diverse / Non-binary / Self-described / Other	☐
B3	Do you currently identify as LGBTQIA+?	Yes	☐
		No	☐
B4	Is English your main language?	Yes	☐
		No	☐
B5	Are you of Aboriginal or Torres Strait Islander origin?	No	☐
		Yes, Aboriginal	☐
		Yes, Torres Strait Islander	☐
		Yes, both Aboriginal and Torres Strait Islander	☐
B6	In which country were you born?	Australia	☐
		Other Country *(please write in)*	
B7	What is the highest level of education you have completed?	Bachelor degree or higher	☐
		Completed year 12	☐
		Have not finished year 12 / still in school	☐
B8	Do you ever need someone to help you with, or be with you for, self-care activities, body movement activities and / or communication activities?	Yes, always	☐
		Yes, sometimes	☐
		No	☐

B9	Are you covered by any of these concession cards? *Please select 'Yes' or 'No' for each*		**Yes**	**No**
		Health Care Card	☐	☐
		Pensioner Concession Card	☐	☐
		Commonwealth Seniors Health Card	☐	☐
		Veterans Affairs Treatment Entitled Card	☐	☐

READ THIS CAREFULLY
Whilst every care is taken in reading and proofing this document, it is the customer's responsibility to ensure that all wording and images are reproduced to your expectations.

IMPORTANT – How to complete this form

This questionnaire should be completed for all members of the household aged 3 years and over. Parents are invited to complete on behalf of their children aged 3 to 17 years **or provide consent for their children aged 14 to 17 to complete their own section**. If any household members are unable to complete, a person aged 18+ can answer on their behalf.

- Please cross boxes like this: ☒ Yes
- Correct mistakes like this: ☒ No
  (If you make a mistake, simply cross this out and mark the correct answer as shown above).
- Use a ballpoint blue or black pen (do not use a felt tipped pen).
- Some boxes have 'Go to' instructions that look like this ☐ → **Go to C3**
  Please follow the 'Go to' even if you miss out on some questions.
- Where exact information is not known, please give the best answer you can.
- Where a written answer is required, please write clearly in the boxes provided.

Example:

B1	**How old are you?**	Record age *(in years)*:	2 8 *years*

2 | 3 | 4 | 5

SECTION B – About You

☐☐☐ *years old*	☐☐☐ *years old*	☐☐☐ *years old*	☐☐☐ *years old*
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐
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Yes ☐ **No** ☐	**Yes** ☐ **No** ☐	**Yes** ☐ **No** ☐	**Yes** ☐ **No** ☐
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SECTION C – Use of Public Facilities, Open Spaces and Walking and Cycling Tracks

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

C1	**In the last 12 months, how often have you used public open spaces in your area?**	Daily	☐
		4 to 6 times a week	☐
		1 to 3 times a week	☐
		2 to 3 times a month	☐
		Once a month	☐
		Once or twice in the last 3 months	☐
		Less often / Never	☐

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

C2	**In the last 12 months, how often have you used off-road walking and cycling tracks or footpaths in your area?** *Please answer separately for footpaths and for off-road walking and cycling tracks*		**Footpaths**	**Off-road tracks**
		Daily	☐	☐
		4 to 6 times a week	☐	☐
		1 to 3 times a week	☐	☐
		2 to 3 times a month	☐	☐
		Once a month	☐	☐
		Once or twice in the last 3 months	☐	☐
		Less often / Never	☐	☐
C3	**Which of the following types of public facilities or open spaces have you used in your area in the last 12 months?** *Please select 'Yes' or 'No' for each category*		**Yes**	**No**
		Swimming pools / splash parks	☐	☐
		Indoor sports / leisure / fitness centres	☐	☐
		Sports grounds, ovals and clubrooms	☐	☐
		Halls / community centres	☐	☐
		After hours usage of education facilities (e.g. school, TAFE, university)	☐	☐
		Parks	☐	☐
		Community gardens	☐	☐
		Hard courts (e.g. netball / tennis)	☐	☐
		Skateparks / BMX	☐	☐
		Other	☐	☐
C4	**What are the reasons why you have used public facilities and open spaces in your area in the last 12 months?** *Please select all that apply*	Exercise / health and fitness	☐	
		Socialising with family / friends	☐	
		For fun / enjoyment	☐	
		Commuting (i.e. to get from a to b)	☐	
		Exercising the dog	☐	
		Organised sport (e.g. cricket or netball for a club)	☐	
		Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends)	☐	
		For time to myself	☐	
		Getting back to nature	☐	
		Some other reason	☐	
		Have not used public facilities and open spaces	☐	
C5	**What improvements would encourage you to use public facilities and open spaces more often?** *Please record suggested improvements*			
C6	**Where would you like to see these improvements made?** *Please record specific location(s) in detail*			

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SECTION C – Use of Public Facilities, Open Spaces and Walking and Cycling Tracks			

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Footpaths	Off-road tracks	Footpaths	Off-road tracks	Footpaths	Off-road tracks	Footpaths	Off-road tracks
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Yes	No	Yes	No	Yes	No	Yes	No
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		Person number →	1

SECTION D – Use of Public Facilities and Participation in Physical Activity

D1	**In the last 12 months, have you participated in physical activities as often as you would like?**	**Yes**	☐ → **Go to D3**
		No	☐
D2	**What are the reasons why you have not done physical activities as often as you would like?** *Please select all that apply*	Too busy / not enough time	☐
		Lack of social support (e.g. no encouragement, no one to go with)	☐
		Personal reasons (e.g. don't feel motivated, feel embarrassed)	☐
		Safety (e.g. poor lighting, remote venue / facility)	☐
		Lack of awareness about what activities are available	☐
		Poor health or disability	☐
		Lack of transport	☐
		Cost	☐
		Other reason	☐

Participation in Physical Activity 1

The following questions ask about your participation in physical activities over the last 12 months. Please consider all types of physical activities you participated in outside the home – this includes activities like walking, ballgames, etc. Please exclude activities you have participated in as a spectator only. You can provide information on up to four of your most frequent activities.

When answering, you will need to refer to the separate Activity List on the back of the cover letter sent to you.

D3	**Please list one of the main physical activities you have participated in outside the home over the last 12 months?** *Refer to Activity List*	Record number from Activity List:	☐☐
		Not done any activities	☐ → **Go to E1 page 12**
D4	**In the last 12 months, how often have you participated in this activity outside the home?**	Daily	☐
		4 to 6 times a week	☐
		1 to 3 times a week	☐
		2 to 3 times a month	☐
		Once a month	☐
		Once or twice in last 3 months	☐
		Less often	☐
D5	**What is the name of the facility, venue, or place where you participated in this activity most often?** *Please clearly describe the specific location, venue or place*		
D6	**What is the name of the suburb or town where the facility, venue, or place is located?** *Please record the specific suburb or town*		

D7	**How would you rate the quality and accessibility of the facility, venue or place where you participated in this activity?** *By accessibility, we mean how easy is it for you to get to and use* *Please provide a response in each column*		**Quality**	**Accessibility**
		Excellent	☐	☐
		Good	☐	☐
		Average	☐	☐
		Poor	☐	☐
		Very Poor	☐	☐
D8	**How do / did you get to this activity?** *Please select all that apply*	Public transport	☐	
		Taxi / Uber	☐	
		Car	☐	
		Motorbike or motor scooter	☐	
		Bicycle	☐	
		Walked	☐	
		Other	☐	
D9	**How many kilometres do / did you travel to get to this activity?** *If you did not travel, record 0* *If you normally travel less than 1km, please record 1*	Record distance in kilometres:	☐☐☐ *kms*	

2	3	4	5
SECTION D – Use of Public Facilities and Participation in Physical Activity			
☐ → Go to D3	☐ → Go to D3	☐ → Go to D3	☐ → Go to D3
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Participation in Physical Activity 1			
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Quality / Accessibility	Quality / Accessibility	Quality / Accessibility	Quality / Accessibility
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		Person number →	1
Participation in Physical Activity 2			
D10	**Please list another of the main physical activities you have participated in outside the home over the last 12 months?** *Refer to Activity List*	Record number from Activity List:	
		No other activities	☐ → **Go to E1 page 12**
D11	**In the last 12 months, how often have you participated in this activity outside the home?**	Daily	☐
		4 to 6 times a week	☐
		1 to 3 times a week	☐
		2 to 3 times a month	☐
		Once a month	☐
		Once or twice in last 3 months	☐
		Less often	☐
D12	**What is the name of the facility, venue, or place where you participated in this activity most often?** *Please clearly describe the specific location, venue or place*		
D13	**What is the name of the suburb or town where the facility, venue, or place is located?** *Please record the specific suburb or town*		
D14	**How would you rate the quality and accessibility of the facility, venue or place where you participated in this activity?** *By accessibility, we mean how easy is it for you to get to and use* *Please provide a response in each column*		**Quality** / **Accessibility**
		Excellent	☐ / ☐
		Good	☐ / ☐
		Average	☐ / ☐
		Poor	☐ / ☐
		Very Poor	☐ / ☐
D15	**How do / did you get to this activity?** *Please select all that apply*	Public transport	☐
		Taxi / Uber	☐
		Car	☐
		Motorbike or motor scooter	☐
		Bicycle	☐
		Walked	☐
		Other	☐
D16	**How many kilometres do / did you travel to get to this activity?** *If you did not travel, record 0* *If you normally travel less than 1km, please record 1*	Record distance in kilometres:	*kms*
Participation in Physical Activity 3			
D17	**Please list another of the main physical activities you have participated in outside the home over the last 12 months?** *Refer to Activity List*	Record number from Activity List:	
		No other activities	☐ → **Go to E1 page 12**
D18	**In the last 12 months, how often have you participated in this activity outside the home?**	Daily	☐
		4 to 6 times a week	☐
		1 to 3 times a week	☐
		2 to 3 times a month	☐
		Once a month	☐
		Once or twice in last 3 months	☐
		Less often	☐
D19	**What is the name of the facility, venue, or place where you participated in this activity most often?** *Please clearly describe the specific location, venue or place*		
D20	**What is the name of the suburb or town where the facility, venue, or place is located?** *Please record the specific suburb or town*		

2	3	4	5
Participation in Physical Activity 2			
☐ → Go to E1 page 12	☐ → Go to E1 page 12	☐ → Go to E1 page 12	☐ → Go to E1 page 12
Quality / Accessibility	Quality / Accessibility	Quality / Accessibility	Quality / Accessibility
kms	*kms*	*kms*	*kms*
Participation in Physical Activity 3			
☐ → Go to E1 page 12	☐ → Go to E1 page 12	☐ → Go to E1 page 12	☐ → Go to E1 page 12

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

2	3	4	5
Activity 3 (continued)			
Quality ☐ / Accessibility ☐	Quality ☐ / Accessibility ☐	Quality ☐ / Accessibility ☐	Quality ☐ / Accessibility ☐
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☐ kms	☐ kms	☐ kms	☐ kms
Participation in Physical Activity 4			
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☐ → Go to E1 page 12	☐ → Go to E1 page 12	☐ → Go to E1 page 12	☐ → Go to E1 page 12
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Quality ☐ / Accessibility ☐	Quality ☐ / Accessibility ☐	Quality ☐ / Accessibility ☐	Quality ☐ / Accessibility ☐
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☐ kms	☐ kms	☐ kms	☐ kms

		Person number →	1

SECTION E – Health, Wellbeing and Life Satisfaction

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

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

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SECTION E – Health, Wellbeing and Life Satisfaction			
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☐☐ *hrs* ☐☐ *mins*	☐☐ *hrs* ☐☐ *mins*	☐☐ *hrs* ☐☐ *mins*	☐☐ *hrs* ☐☐ *mins*

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

General comments about improving health and activity levels

Do you have any other comments or feedback about what would help you be healthier and more active?

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SECTION E (continued)			
☐☐ *hrs* ☐☐ *mins*	☐☐ *hrs* ☐☐ *mins*	☐☐ *hrs* ☐☐ *mins*	☐☐ *hrs* ☐☐ *mins*
☐ *days per week* ☐☐ *days per month*	☐ *days per week* ☐☐ *days per month*	☐ *days per week* ☐☐ *days per month*	☐ *days per week* ☐☐ *days per month*
The following questions only need to be answered by household members aged 18 years and over			
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General comments about improving health and activity levels			

Entry into the prize draw

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

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

Person 1		
P1a	First name:	
P1b	Contact number:	
P1c	Email address:	

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

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

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

Active Living Census
Reply Paid 91906
PORT MELBOURNE VIC 3207

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

REGIONAL PARTNERSHIPS LODDON CAMPAS

VICTORIA State Government

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

This Census is conducted in accordance with the Australian Privacy Principles; any identifying details are strictly confidential.
**For prize draw Terms and Conditions please go to: www.srcentre.com.au/alcinfo*

Appendix D: Detailed tables

Table D.1 Population by subregions

	Total	Campbells Creek / Guildford and surrounds	Castlemaine	Chewton / Taradale / Elphinstone and surrounds	Harcourt and surrounds	Maldon and surrounds	Newstead and surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
Unweighted base[1]	**2,329**	**295**	**1,220**	**173**	**164**	**216**	**232**	**29**
Gender								
Males	49.8	53.3	50.5	42.0	48.8	48.3	50.1	47.9
Females	49.7	46.1	48.8	58.0	50.4	51.7	49.9	52.1
Other	0.5	0.7	0.7	-	0.8	-	-	-
Age								
Males, 3 to 11	10.7	15.8	9.8	5.6	11.3	8.8	11.0	18.9
Males, 12 to 17	5.4	8.5	4.5	1.9	5.0	3.9	9.0	-
Males, 18 to 34	14.4	15.5	15.3	17.9	5.0	11.4	13.8	28.2
Males, 35 to 49	17.2	16.6	18.6	15.4	25.8	12.1	12.7	4.8
Males, 50 to 69	36.2	31.7	33.3	43.6	44.0	43.5	40.4	29.0
Males, 70+	16.2	11.8	18.5	15.6	8.8	20.3	13.1	19.1
Females, 3 to 11	9.5	8.9	9.0	11.4	13.1	6.6	12.3	-
Females, 12 to 17	5.2	9.1	4.1	6.4	4.5	4.5	6.4	-
Females, 18 to 34	11.4	12.5	10.4	12.7	13.1	9.8	12.9	15.3
Females, 35 to 49	19.7	23.5	17.6	21.4	25.2	17.6	19.8	32.3
Females, 50 to 69	37.9	33.2	37.7	39.6	33.4	42.7	39.7	52.3
Females, 70+	16.3	12.8	21.2	8.5	10.8	18.8	8.9	-

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

Table D.2 Health behaviours by subregions

	Total	Campbells Creek / Guildford and surrounds	Castlemaine	Chewton / Taradale / Elphinstone and surrounds	Harcourt and surrounds	Maldon and surrounds	Newstead and surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
Unweighted base[1]	**2,329**	**295**	**1,220**	**173**	**164**	**216**	**232**	**29**
Health								
General health - Fair / poor	16.7	15.8	16.5	13.1	18.4	21.1	16.0	17.6
Life satisfaction - Low (0 to 4 out of 10)	6.9	4.5	6.5	6.0	10.5	10.4	5.3	18.4
Overweight or obese (BMI ≥25.0) (18+ only)	56.0	58.7	53.7	59.9	55.9	56.8	59.7	58.5
Meets guidelines								
Exercise (18+ only)	61.5	64.9	59.9	66.5	59.3	59.3	64.1	67.7
Fruit	57.7	56.8	57.8	59.4	59.9	62.6	52.2	47.8
Vegetables	17.1	17.0	16.3	20.7	13.1	19.0	18.4	22.6
Water (18+ only)	18.0	28.1	15.8	22.2	11.7	15.1	19.2	24.0
Other risk factors								
Drinks sugar-sweetened beverages daily	9.5	7.0	9.2	11.2	10.8	11.6	8.1	21.3
Current smoker (18+ only)	9.0	11.0	8.9	6.5	4.9	9.7	11.1	9.7
Drinks alcohol daily (18+ only)	9.8	11.2	9.3	9.1	7.4	10.7	12.6	-
Consumed more than 4 standard drinks on at least one occasion in the last 12 months (18+ only)	53.5	56.2	51.0	53.9	51.8	48.8	63.9	82.3
Weekly gambler (18+ only)	4.1	4.3	4.6	4.8	2.1	5.4	1.3	-
Food security								
Household has run out of food in the last 12 months	7.7	8.5	7.9	8.9	5.1	4.2	7.8	20.5

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

Table D.3 Facility usage by subregions

	Total	Campbells Creek / Guildford and surrounds	Castlemaine	Chewton / Taradale / Elphinstone and surrounds	Harcourt and surrounds	Maldon and surrounds	Newstead and surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
Unweighted base[1]	**2,329**	**295**	**1,220**	**173**	**164**	**216**	**232**	**29**
Facilities usage in last 12 months								
Open spaces - total users	91.3	90.6	92.0	91.4	91.6	90.9	90.0	84.3
Heavy	63.9	65.2	66.6	57.3	64.7	57.8	60.6	58.9
Medium	18.0	17.7	16.8	24.1	21.3	17.0	18.3	12.7
Light	9.4	7.7	8.5	9.9	5.6	16.1	11.1	12.7
Non-user	8.7	9.4	8.0	8.6	8.4	9.1	10.0	15.7
Footpaths - total users	86.0	84.9	90.1	76.0	82.6	77.4	85.9	81.2
Heavy	67.9	61.5	73.9	59.0	62.6	57.9	69.3	44.9
Medium	10.8	15.9	10.2	8.4	8.9	9.3	11.1	18.8
Light	7.3	7.5	6.1	8.6	11.1	10.2	5.5	17.5
Non-user	14.0	15.1	9.9	24.0	17.5	22.6	14.1	18.9
Off-road walking / cycling tracks - total users	75.2	74.0	77.2	72.4	73.8	74.9	73.4	57.1
Heavy	41.0	34.5	48.5	36.5	38.0	31.0	33.4	30.1
Medium	21.2	25.3	19.7	29.6	20.4	17.8	21.2	2.5
Light	13.0	14.2	9.0	6.3	15.4	26.2	18.8	24.5
Non-user	24.8	26.0	22.8	27.6	26.2	25.1	26.6	42.9
Parks	76.7	79.9	77.2	76.0	81.5	65.8	78.3	71.8
Sports grounds, ovals and clubrooms	40.8	45.6	39.6	38.7	46.9	30.3	44.9	58.2
Swimming pools / splash parks	40.7	45.5	38.5	39.0	49.4	34.4	42.9	61.1
Community gardens	44.8	48.4	44.0	35.7	48.3	50.1	41.7	55.9
Indoor sports / leisure / fitness centres	30.3	27.7	31.1	35.5	35.3	19.8	30.7	42.5

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

Table D.4 Activities – Walking

	Total	Campbells Creek / Guildford and surrounds	Castlemaine	Chewton / Taradale / Elphinstone and surrounds	Harcourt and surrounds	Maldon and surrounds	Newstead and surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	**5,397**	**717**	**2,825**	**415**	**381**	**443**	**548**	**68**
% of respondents undertaking activity	**21.6**	**21.4**	**21.9**	**17.5**	**18.6**	**28.0**	**21.6**	**17.7**
# respondents undertaking activity	**1,296**	**163**	**702**	**88**	**82**	**121**	**128**	**12**
Frequency of participation								
Heavy - Once a week or more	81.3	72.0	85.4	75.2	74.0	82.2	82.9	74.4
Medium - One to three times a month	15.0	19.1	11.7	19.6	17.0	17.8	16.6	25.6
Light - Less often	3.7	8.9	2.9	5.2	9.1	0.0	0.5	0.0
Travel mode								
Car	32.3	35.2	31.9	21.1	61.6	21.2	29.0	44.7
Walking	70.2	68.8	72.3	80.5	43.1	74.3	69.6	55.4
Bike	2.2	3.0	2.5	5.2	0.7	1.4	0.0	0.0
Public transport / taxi / Uber	1.5	1.8	1.4	0.8	4.3	0.0	2.1	0.0
Other	0.9	0.9	0.9	1.7	0.6	0.0	1.4	0.0
Distance to activity								
Average distance travelled to activity	3.7	4.0	2.9	3.9	4.6	3.1	6.9	3.7
Facility quality rating								
Good, excellent	75.6	79.7	74.1	75.0	77.3	81.2	71.1	84.1
Average	16.7	12.9	17.0	11.4	17.2	15.8	24.2	11.6
Very poor, poor	6.0	6.0	6.3	13.6	4.3	2.7	4.3	4.4
Mean score (out of 5)	4.1	4.1	4.1	4.0	4.2	4.1	4.0	4.0
Facility accessibility rating								
Good, excellent	81.7	77.0	81.3	75.5	85.1	88.6	86.2	80.4
Average	11.8	15.4	12.1	10.0	11.7	10.6	8.8	0.0
Very poor, poor	4.2	5.4	3.5	14.6	1.9	0.3	2.9	19.6
Mean score (out of 5)	4.2	4.1	4.3	4.0	4.3	4.3	4.2	3.9

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

Table D.5 Activities – Swimming

	Total	Campbells Creek / Guildford and surrounds	Castlemaine	Chewton / Taradale / Elphinstone and surrounds	Harcourt and surrounds	Maldon and surrounds	Newstead and surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	**5,397**	**717**	**2,825**	**415**	**381**	**443**	**548**	**68**
% of respondents undertaking activity	**9.5**	**8.2**	**9.5**	**7.6**	**14.0**	**10.2**	**8.5**	**14.9**
# respondents undertaking activity	**501**	**66**	**253**	**32**	**49**	**43**	**48**	**10**
Frequency of participation								
Heavy - Once a week or more	40.0	33.8	42.8	40.0	31.2	55.1	27.0	53.7
Medium - One to three times a month	33.9	37.6	29.4	55.8	40.7	23.6	40.0	27.9
Light - Less often	26.1	28.6	27.8	4.2	28.1	21.4	33.0	18.5
Travel mode								
Car	87.9	93.2	83.9	86.5	97.7	91.9	89.5	74.9
Walking	8.6	0.7	10.7	25.9	3.4	3.1	7.7	9.7
Bike	6.7	2.8	10.1	1.8	3.5	0.0	4.9	19.8
Public transport / taxi / Uber	0.7	0.0	0.0	9.5	0.0	0.7	0.0	0.0
Other	1.6	0.0	2.6	3.4	1.3	0.0	0.0	0.0
Distance to activity								
Average distance travelled to activity	18.2	14.6	15.5	16.8	15.0	36.2	24.4	18.2
Facility quality rating								
Good, excellent	70.6	77.2	69.4	81.6	73.3	70.4	57.3	74.9
Average	19.5	8.8	19.3	13.7	18.4	21.0	34.7	25.1
Very poor, poor	9.2	11.8	11.1	0.0	8.3	7.6	8.0	0.0
Mean score (out of 5)	4.0	4.0	4.0	4.5	3.9	4.1	3.7	3.9
Facility accessibility rating								
Good, excellent	69.3	53.9	72.4	91.8	73.1	73.7	57.8	34.3
Average	16.9	14.2	15.0	6.9	13.8	18.1	30.3	52.8
Very poor, poor	12.5	29.7	11.6	1.4	13.1	3.4	11.9	13.0
Mean score (out of 5)	3.9	3.4	4.0	4.5	4.0	4.2	3.6	3.2

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

Table D.6 Activities – Bushwalking / Hiking

	Total	Campbells Creek / Guildford and surrounds	Castlemaine	Chewton / Taradale / Elphinstone and surrounds	Harcourt and surrounds	Maldon and surrounds	Newstead and surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	**5,397**	**717**	**2,825**	**415**	**381**	**443**	**548**	**68**
% of respondents undertaking activity	**8.6**	**7.3**	**8.8**	**10.5**	**9.8**	**8.7**	**7.3**	**8.5**
# respondents undertaking activity	**510**	**62**	**262**	**48**	**41**	**46**	**44**	**7**
Frequency of participation								
Heavy - Once a week or more	39.6	46.0	41.4	34.8	40.2	41.4	29.0	16.9
Medium - One to three times a month	36.7	37.6	34.1	33.5	39.3	34.0	50.0	58.5
Light - Less often	23.7	16.4	24.5	31.7	20.5	24.6	21.0	24.6
Travel mode								
Car	55.6	56.0	55.9	51.1	73.1	41.3	54.4	55.8
Walking	52.0	53.3	53.9	54.2	30.7	59.2	52.7	44.2
Bike	4.6	6.6	5.1	1.3	8.4	3.2	0.0	9.1
Public transport / taxi / Uber	0.4	0.0	0.2	0.0	0.0	3.5	0.0	0.0
Other	0.3	1.1	0.1	0.0	0.0	1.6	0.0	0.0
Distance to activity								
Average distance travelled to activity	16.2	7.3	12.3	60.0	10.4	11.7	16.1	6.6
Facility quality rating								
Good, excellent	80.7	78.7	83.1	84.0	66.8	82.9	79.2	75.4
Average	17.2	17.2	16.5	13.2	27.3	16.5	15.9	24.6
Very poor, poor	1.9	4.2	0.1	2.8	5.9	0.6	5.0	0.0
Mean score (out of 5)	4.1	4.1	4.2	4.2	3.9	4.2	4.0	3.9
Facility accessibility rating								
Good, excellent	80.9	90.1	83.7	73.2	67.2	87.1	76.4	43.5
Average	16.4	5.8	15.1	22.9	27.1	11.4	21.9	24.6
Very poor, poor	2.4	3.7	1.0	2.8	5.7	1.5	1.7	31.8
Mean score (out of 5)	4.1	4.2	4.2	4.0	3.9	4.4	4.1	2.9

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

Table D.7 Activities – Cycling: For recreation or transport

	Total	Campbells Creek / Guildford and surrounds	Castlemaine	Chewton / Taradale / Elphinstone and surrounds	Harcourt and surrounds	Maldon and surrounds	Newstead and surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	**5,397**	**717**	**2,825**	**415**	**381**	**443**	**548**	**68**
% of respondents undertaking activity	**6.7**	**9.4**	**7.0**	**7.8**	**3.4**	**4.1**	**6.1**	**1.9**
# respondents undertaking activity	**372**	**64**	**203**	**30**	**13**	**25**	**34**	**3**
Frequency of participation								
Heavy - Once a week or more	53.9	47.7	61.1	40.1	32.8	33.7	58.7	100.0
Medium - One to three times a month	30.7	29.2	29.2	37.1	30.7	41.0	30.7	0.0
Light - Less often	15.4	23.1	9.6	22.8	36.5	25.3	10.6	0.0
Travel mode								
Car	9.3	8.3	6.1	0.0	24.7	10.9	27.7	59.9
Walking	4.0	0.9	6.4	3.8	3.3	1.8	0.0	0.0
Bike	80.0	75.6	85.7	72.9	58.8	91.6	69.4	65.5
Public transport / taxi / Uber	0.7	2.0	0.5	0.0	0.0	0.0	0.0	0.0
Other	2.7	0.8	1.6	15.2	0.0	0.0	2.7	0.0
Distance to activity								
Average distance travelled to activity	4.1	4.9	3.3	2.6	13.5	1.9	5.5	6.3
Facility quality rating								
Good, excellent	58.8	73.4	58.8	47.7	57.8	64.6	38.1	59.9
Average	26.6	19.1	28.4	23.8	9.7	35.4	37.8	0.0
Very poor, poor	11.6	3.6	9.2	28.5	32.5	0.0	20.3	40.1
Mean score (out of 5)	3.6	3.9	3.7	3.3	3.3	3.8	3.3	3.2
Facility accessibility rating								
Good, excellent	69.8	60.5	75.9	60.8	72.8	82.3	58.5	59.9
Average	18.4	31.4	14.0	11.3	13.0	17.7	24.1	0.0
Very poor, poor	8.2	4.1	5.2	27.9	14.2	0.0	13.6	40.1
Mean score (out of 5)	3.9	3.8	4.0	3.7	3.8	4.3	3.5	3.5

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

Table D.8 Activities – Fitness: Gym

	Total	Campbells Creek / Guildford and surrounds	Castlemaine	Chewton / Taradale / Elphinstone and surrounds	Harcourt and surrounds	Maldon and surrounds	Newstead and surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	**5,397**	**717**	**2,825**	**415**	**381**	**443**	**548**	**68**
% of respondents undertaking activity	**4.5**	**5.2**	**5.1**	**4.9**	**3.6**	**3.2**	**2.4**	**6.1**
# respondents undertaking activity	**242**	**37**	**145**	**20**	**13**	**11**	**12**	**4**
Frequency of participation								
Heavy - Once a week or more	75.5	64.6	80.8	79.0	82.3	53.2	79.9	31.8
Medium - One to three times a month	17.8	22.4	15.5	18.1	11.7	46.8	9.2	0.0
Light - Less often	6.7	13.0	3.7	2.9	6.0	0.0	11.0	68.2
Travel mode								
Car	78.3	82.4	76.6	61.8	87.8	100.0	80.2	68.2
Walking	16.0	5.4	24.1	14.3	0.0	0.0	0.0	31.8
Bike	9.3	16.2	10.9	0.0	0.0	0.0	9.9	0.0
Public transport / taxi / Uber	1.4	5.0	1.0	0.0	0.0	0.0	0.0	0.0
Other	2.7	0.0	3.3	10.2	0.0	0.0	0.0	0.0
Distance to activity								
Average distance travelled to activity	9.8	8.4	6.2	16.5	12.7	28.5	17.5	4.8
Facility quality rating								
Good, excellent	73.1	61.2	72.4	77.5	74.1	100.0	80.5	68.2
Average	20.1	18.7	23.0	22.5	11.7	0.0	19.5	31.8
Very poor, poor	6.1	15.7	4.6	0.0	14.3	0.0	0.0	0.0
Mean score (out of 5)	4.0	3.7	3.9	4.3	3.9	4.6	4.2	4.0
Facility accessibility rating								
Good, excellent	85.9	71.5	88.6	90.5	84.5	100.0	84.1	85.2
Average	11.1	18.7	9.5	9.5	15.5	0.0	11.3	14.8
Very poor, poor	2.2	5.4	1.9	0.0	0.0	0.0	4.6	0.0
Mean score (out of 5)	4.2	4.0	4.2	4.4	4.2	4.4	4.2	4.2

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

Table D.9 Activities – Active Play

	Total	Campbells Creek / Guildford and surrounds	Castlemaine	Chewton / Taradale / Elphinstone and surrounds	Harcourt and surrounds	Maldon and surrounds	Newstead and surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	**5,397**	**717**	**2,825**	**415**	**381**	**443**	**548**	**68**
% of respondents undertaking activity	**4.4**	**6.0**	**3.9**	**6.2**	**2.6**	**3.2**	**4.6**	**10.3**
# respondents undertaking activity	**207**	**38**	**99**	**20**	**8**	**11**	**25**	**6**
Frequency of participation								
Heavy - Once a week or more	65.2	49.5	63.9	80.5	67.9	56.2	79.2	82.9
Medium - One to three times a month	23.4	32.8	25.1	19.5	12.2	28.6	9.6	17.1
Light - Less often	11.4	17.8	11.0	0.0	19.9	15.2	11.2	0.0
Travel mode								
Car	70.4	71.8	67.8	52.1	100.0	81.4	80.5	63.1
Walking	39.8	46.6	39.3	55.5	0.0	39.7	21.5	74.3
Bike	16.7	25.2	19.8	22.1	0.0	0.0	0.0	19.8
Public transport / taxi / Uber	0.6	0.0	0.0	0.0	13.6	0.0	0.0	0.0
Other	2.1	5.3	0.4	2.7	0.0	10.0	0.0	0.0
Distance to activity								
Average distance travelled to activity	5.4	3.6	2.9	9.4	13.1	5.3	11.2	2.2
Facility quality rating								
Good, excellent	83.9	81.4	88.4	78.8	62.1	82.1	83.9	91.4
Average	12.0	9.7	8.0	21.2	37.9	9.3	16.1	0.0
Very poor, poor	1.5	2.9	1.0	0.0	0.0	8.6	0.0	0.0
Mean score (out of 5)	4.3	4.0	4.4	4.1	4.1	4.2	4.3	4.5
Facility accessibility rating								
Good, excellent	85.1	85.6	89.1	87.1	87.8	91.4	68.1	65.3
Average	8.9	8.4	3.8	12.9	0.0	8.6	31.9	0.0
Very poor, poor	2.7	0.0	3.0	0.0	12.2	0.0	0.0	26.1
Mean score (out of 5)	4.3	4.3	4.4	4.3	4.5	4.5	4.0	4.0

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

Table D.10 Activities – Indoor fitness: Aerobics / Zumba / Yoga / Pilates

	Total	Campbells Creek / Guildford and surrounds	Castlemaine	Chewton / Taradale / Elphinstone and surrounds	Harcourt and surrounds	Maldon and surrounds	Newstead and surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	**5,397**	**717**	**2,825**	**415**	**381**	**443**	**548**	**68**
% of respondents undertaking activity	**3.6**	**2.9**	**4.1**	**3.5**	**2.5**	**3.2**	**3.8**	**1.6**
# respondents undertaking activity	**253**	**25**	**151**	**17**	**11**	**23**	**24**	**2**
Frequency of participation								
Heavy - Once a week or more	75.3	91.8	73.8	84.9	78.3	71.6	60.3	100.0
Medium - One to three times a month	14.7	5.5	17.6	8.2	9.8	20.9	13.7	0.0
Light - Less often	10.0	2.7	8.6	7.0	11.9	7.5	26.0	0.0
Travel mode								
Car	85.6	100.0	82.3	86.2	100.0	55.7	100.0	42.7
Walking	19.0	3.2	26.0	10.9	0.0	43.8	0.0	42.7
Bike	5.7	3.5	8.5	4.0	0.0	0.0	0.0	57.3
Public transport / taxi / Uber	0.8	0.0	1.5	0.0	0.0	0.0	0.0	0.0
Other	1.2	0.0	0.4	0.0	0.0	13.7	0.0	0.0
Distance to activity								
Average distance travelled to activity	10.3	9.3	8.3	11.5	20.3	15.0	12.3	1.6
Facility quality rating								
Good, excellent	89.8	80.6	89.8	100.0	83.1	84.3	98.1	100.0
Average	9.7	19.4	9.3	0.0	16.9	15.7	1.9	0.0
Very poor, poor	0.5	0.0	0.9	0.0	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.4	4.3	4.4	4.7	4.4	4.4	4.2	4.6
Facility accessibility rating								
Good, excellent	85.8	85.5	85.4	100.0	94.1	96.2	68.2	100.0
Average	10.2	13.5	10.9	0.0	5.9	1.8	18.6	0.0
Very poor, poor	2.6	0.0	3.7	0.0	0.0	2.0	3.1	0.0
Mean score (out of 5)	4.3	4.2	4.2	4.6	4.4	4.4	4.2	4.0

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

Table D.11 Activities – Jogging / Running

	Total	Campbells Creek / Guildford and surrounds	Castlemaine	Chewton / Taradale / Elphinstone and surrounds	Harcourt and surrounds	Maldon and surrounds	Newstead and surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	**5,397**	**717**	**2,825**	**415**	**381**	**443**	**548**	**68**
% of respondents undertaking activity	**3.6**	**3.2**	**3.9**	**2.4**	**6.1**	**2.9**	**2.2**	**4.4**
# respondents undertaking activity	**179**	**23**	**96**	**10**	**25**	**11**	**11**	**3**
Frequency of participation								
Heavy - Once a week or more	66.6	79.8	68.5	51.6	59.8	62.0	63.0	44.2
Medium - One to three times a month	23.2	14.4	18.7	48.5	40.2	21.0	27.2	0.0
Light - Less often	10.2	5.7	12.8	0.0	0.0	17.0	9.8	55.8
Travel mode								
Car	35.4	18.8	30.7	30.0	64.0	38.0	46.3	55.8
Walking	48.9	53.4	55.3	42.6	35.1	26.1	53.7	0.0
Bike	6.0	8.2	5.5	0.0	6.7	17.7	0.0	0.0
Public transport / taxi / Uber	0.8	0.0	0.0	0.0	5.8	0.0	0.0	0.0
Other	17.5	18.6	18.0	27.4	5.8	39.5	0.0	44.2
Distance to activity								
Average distance travelled to activity	2.7	1.6	1.2	5.3	5.7	7.5	3.7	6.0
Facility quality rating								
Good, excellent	81.4	85.4	80.8	57.4	84.6	100.0	70.4	100.0
Average	15.9	14.6	15.2	42.6	11.1	0.0	29.6	0.0
Very poor, poor	2.7	0.0	4.0	0.0	4.3	0.0	0.0	0.0
Mean score (out of 5)	4.2	4.2	4.2	3.9	4.0	4.7	4.3	4.6
Facility accessibility rating								
Good, excellent	86.9	78.5	87.7	100.0	85.5	100.0	75.8	100.0
Average	9.6	11.1	8.9	0.0	12.1	0.0	24.2	0.0
Very poor, poor	1.8	0.0	3.4	0.0	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.4	4.3	4.4	4.6	4.1	4.8	4.4	4.6

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

Table D.12 Activities – Mountain bike riding

	Total	Campbells Creek / Guildford and surrounds	Castlemaine	Chewton / Taradale / Elphinstone and surrounds	Harcourt and surrounds	Maldon and surrounds	Newstead and surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	**5,397**	**717**	**2,825**	**415**	**381**	**443**	**548**	**68**
% of respondents undertaking activity	**3.5**	**3.5**	**3.6**	**3.1**	**7.4**	**1.7**	**1.7**	**1.7**
# respondents undertaking activity	**174**	**26**	**94**	**12**	**22**	**9**	**9**	**2**
Frequency of participation								
Heavy - Once a week or more	51.4	61.8	51.1	53.1	40.9	73.0	43.7	45.9
Medium - One to three times a month	36.8	18.3	37.6	38.0	50.9	16.5	43.2	54.1
Light - Less often	11.8	19.9	11.3	9.0	8.2	10.6	13.1	0.0
Travel mode								
Car	47.4	27.4	50.7	48.3	63.8	11.8	43.5	54.1
Walking	2.4	0.0	2.4	0.0	0.0	19.7	7.0	0.0
Bike	61.1	83.1	60.1	62.1	48.8	52.1	56.5	45.9
Public transport / taxi / Uber	1.1	0.0	2.1	0.0	0.0	0.0	0.0	0.0
Other	1.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0
Distance to activity								
Average distance travelled to activity	7.2	5.6	7.1	14.9	4.8	9.1	6.8	6.3
Facility quality rating								
Good, excellent	87.0	89.7	92.0	81.6	73.0	69.0	93.1	100.0
Average	10.4	8.5	7.1	14.6	18.1	31.0	7.0	0.0
Very poor, poor	2.2	1.8	0.4	3.9	9.0	0.0	0.0	0.0
Mean score (out of 5)	4.3	4.3	4.4	4.2	4.1	4.3	4.5	4.5
Facility accessibility rating								
Good, excellent	80.8	89.3	84.8	91.1	41.5	100.0	94.1	100.0
Average	12.6	10.8	9.9	9.0	32.2	0.0	5.9	0.0
Very poor, poor	5.8	0.0	3.7	0.0	26.3	0.0	0.0	0.0
Mean score (out of 5)	4.2	4.4	4.2	4.3	3.3	4.9	4.4	4.5

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

Table D.13 Activities – Dancing / Ballet / Calisthenics

	Total	Campbells Creek / Guildford and surrounds	Castlemaine	Chewton / Taradale / Elphinstone and surrounds	Harcourt and surrounds	Maldon and surrounds	Newstead and surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	**5,397**	**717**	**2,825**	**415**	**381**	**443**	**548**	**68**
% of respondents undertaking activity	**2.6**	**2.3**	**2.6**	**2.4**	**3.2**	**1.8**	**3.9**	**2.7**
# respondents undertaking activity	**144**	**16**	**76**	**10**	**12**	**7**	**21**	**2**
Frequency of participation								
Heavy - Once a week or more	79.1	81.7	80.4	67.0	89.0	68.5	77.2	75.6
Medium - One to three times a month	14.5	11.3	12.6	23.0	11.0	31.5	14.2	24.4
Light - Less often	6.4	7.0	7.0	10.0	0.0	0.0	8.6	0.0
Travel mode								
Car	83.4	92.7	82.1	94.2	80.3	81.7	82.4	24.4
Walking	21.1	7.3	35.5	18.0	2.5	18.3	2.6	24.4
Bike	7.7	0.0	12.2	12.6	0.0	0.0	0.0	75.6
Public transport / taxi / Uber	6.0	0.0	2.8	24.8	0.0	17.3	11.3	0.0
Other	2.7	0.0	0.0	0.0	2.5	17.3	8.9	0.0
Distance to activity								
Average distance travelled to activity	10.0	11.6	4.1	16.8	17.4	28.2	12.3	1.0
Facility quality rating								
Good, excellent	92.4	78.2	93.1	94.2	100.0	100.0	93.8	100.0
Average	5.9	21.8	4.2	0.0	0.0	0.0	6.2	0.0
Very poor, poor	1.3	0.0	2.7	0.0	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.4	4.1	4.5	4.9	4.4	4.6	4.4	4.8
Facility accessibility rating								
Good, excellent	86.1	67.8	91.1	94.2	88.9	93.3	76.5	100.0
Average	8.3	16.2	5.2	0.0	11.1	0.0	17.5	0.0
Very poor, poor	5.2	16.0	3.7	0.0	0.0	6.7	6.0	0.0
Mean score (out of 5)	4.3	3.8	4.4	4.6	4.3	4.3	4.1	4.8

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

Table D.14 Top activities by subregions

	Total	Campbells Creek / Guildford and surrounds	Castlemaine	Chewton / Taradale / Elphinstone and surrounds	Harcourt and surrounds	Maldon and surrounds	Newstead and surrounds	Unknown subregion
	%	%	%	%	%	%	%	%
Unweighted base[1]	**5,397**	**717**	**2,825**	**415**	**381**	**443**	**548**	**68**
Walking	21.6	21.4	21.9	17.5	18.6	28.0	21.6	17.7
Swimming	9.5	8.2	9.5	7.6	14.0	10.2	8.5	14.9
Bush walking / Hiking	8.6	7.3	8.8	10.5	9.8	8.7	7.3	8.5
Cycling: General cycling for recreation or transport	6.7	9.4	7.0	7.8	3.4	4.1	6.1	1.9
Fitness: Gym	4.5	5.2	5.1	4.9	3.6	3.2	2.4	6.1
Active play (at playgrounds / play centre)	4.4	6.0	3.9	6.2	2.6	3.2	4.6	10.3
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.6	2.9	4.1	3.5	2.5	3.2	3.8	1.6
Jogging / Running	3.6	3.2	3.9	2.4	6.1	2.9	2.2	4.4
Cycling: Mountain bike riding	3.5	3.5	3.6	3.1	7.4	1.7	1.7	1.7
Dancing / Ballet / Calisthenics	2.6	2.3	2.6	2.4	3.2	1.8	3.9	2.7
Fishing	2.2	2.9	1.6	3.6	2.8	2.7	2.2	0.0
Soccer (indoor/outdoor)	2.1	2.9	2.4	1.1	1.2	0.0	2.3	6.1
Australian Rules football	1.9	2.4	1.3	1.8	2.7	2.5	3.2	1.3
Tennis (indoor / outdoor)	1.8	1.5	1.7	2.1	1.4	2.9	1.7	0.9
Cycling: Road and sport cycling	1.8	1.8	1.9	1.9	2.0	1.1	1.0	6.4
Golf	1.5	1.1	1.6	1.1	0.6	1.7	2.8	0.0
Fitness: Outdoor fitness / Personal training / Group activities	1.5	1.1	1.1	0.7	2.4	2.2	2.4	6.5
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	1.3	1.1	1.3	0.5	1.5	1.1	2.5	0.0
Weight lifting / Body building	1.2	1.4	1.3	1.0	1.2	0.2	1.4	0.0
Basketball (Indoor/Outdoor)	1.1	0.6	1.0	3.3	1.7	0.3	1.3	0.0
Other activities	15.0	14.0	14.6	17.4	11.3	18.6	17.1	9.1

[1] Base sizes include all activities mentioned by respondents aged 3 years and over living in the Mount Alexander region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

Table D.15 Top activities for males by age

	Total	Males	Males, 3 to 11	Males, 12 to 17	Males, 18 to 34	Males, 35 to 49	Males, 50 to 69	Males, 70+
	%	%	%	%	%	%	%	%
Unweighted base[1]	**5,397**	**2,186**	**267**	**127**	**200**	**385**	**808**	**396**
Walking	21.6	18.8	6.7	7.1	12.4	19.4	25.0	29.5
Swimming	9.5	8.6	16.1	6.3	4.1	9.6	8.5	5.1
Bush walking / Hiking	8.6	8.4	4.1	2.4	5.3	8.1	11.2	13.1
Cycling: General cycling for recreation or transport	6.7	7.2	8.2	3.9	7.4	6.1	8.4	5.7
Fitness: Gym	4.5	4.2	0.0	1.6	8.3	5.7	3.9	4.4
Active play (at playgrounds / play centre)	4.4	3.8	13.9	1.6	1.8	4.0	1.3	1.7
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.6	1.1	0.4	0.0	1.2	0.3	1.3	3.8
Jogging / Running	3.6	3.9	1.1	4.7	8.5	6.9	2.2	0.5
Cycling: Mountain bike riding	3.5	4.9	5.2	7.2	3.3	9.4	3.7	0.4
Dancing / Ballet / Calisthenics	2.6	1.4	3.4	2.3	0.6	0.3	1.4	1.1
Fishing	2.2	3.2	1.5	0.8	4.3	2.4	4.3	3.8
Soccer (indoor/outdoor)	2.1	3.2	9.0	10.3	5.0	1.4	0.8	0.0
Australian Rules football	1.9	3.5	7.5	7.9	7.7	1.8	1.3	0.1
Tennis (indoor / outdoor)	1.8	1.6	3.4	3.9	0.8	1.9	0.8	0.7
Cycling: Road and sport cycling	1.8	2.6	0.8	3.2	2.1	2.0	4.3	1.0
Golf	1.5	2.3	1.1	0.0	2.7	1.8	2.6	4.9
Fitness: Outdoor fitness / Personal training / Group activities	1.5	0.8	0.8	0.8	1.4	0.4	0.8	0.9
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	1.3	2.0	0.8	0.8	2.7	2.4	2.5	1.0
Weight lifting / Body building	1.2	1.3	0.0	1.6	3.1	1.3	1.2	0.6
Basketball (Indoor/Outdoor)	1.1	1.3	2.3	7.9	1.8	0.9	0.1	0.0
Other activities	15.0	16.1	13.9	25.9	15.9	14.2	14.5	21.8

[1] Base sizes include all activities mentioned by respondents aged 3 years and over living in the Mount Alexander region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

Table D.16 Top activities for females by age

	Total	Females	Females, 3 to 11	Females, 12 to 17	Females, 18 to 34	Females, 35 to 49	Females, 50 to 69	Females, 70+
	%	%	%	%	%	%	%	%
Unweighted base[1]	**5,397**	**3,159**	**249**	**131**	**274**	**674**	**1,365**	**458**
Walking	21.6	24.2	9.6	18.5	21.9	22.2	28.8	35.9
Swimming	9.5	10.4	18.5	12.9	8.3	11.0	8.7	6.4
Bush walking / Hiking	8.6	9.0	4.4	6.1	11.8	10.8	9.6	5.8
Cycling: General cycling for recreation or transport	6.7	6.3	10.8	9.2	2.2	6.2	6.7	2.6
Fitness: Gym	4.5	4.8	0.0	1.6	9.0	3.2	6.2	6.1
Active play (at playgrounds / play centre)	4.4	5.0	15.7	4.6	6.6	5.1	1.9	2.2
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.6	6.0	0.8	0.8	5.6	5.6	7.9	9.6
Jogging / Running	3.6	3.2	0.0	2.3	5.0	6.0	2.5	0.9
Cycling: Mountain bike riding	3.5	2.1	2.0	2.3	0.8	3.6	2.2	0.0
Dancing / Ballet / Calisthenics	2.6	3.9	10.4	11.5	0.6	2.7	2.6	3.2
Fishing	2.2	1.3	1.2	0.0	1.7	1.0	1.8	0.4
Soccer (indoor/outdoor)	2.1	1.0	4.4	3.0	0.0	1.0	0.0	0.0
Australian Rules football	1.9	0.4	1.2	0.8	0.8	0.1	0.1	0.4
Tennis (indoor / outdoor)	1.8	2.0	0.8	3.1	2.9	2.8	1.4	1.1
Cycling: Road and sport cycling	1.8	1.0	1.2	0.0	0.2	2.0	1.0	0.5
Golf	1.5	0.8	0.0	0.0	0.7	0.1	1.5	1.6
Fitness: Outdoor fitness / Personal training / Group activities	1.5	2.1	0.8	1.6	3.3	2.9	2.0	1.0
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	1.3	0.7	0.8	0.0	0.2	0.8	0.9	0.6
Weight lifting / Body building	1.2	1.1	0.0	0.0	1.3	1.0	1.6	1.2
Basketball (Indoor/Outdoor)	1.1	0.9	1.6	3.8	1.9	1.0	0.1	0.0
Other activities	15.0	14.1	15.7	18.2	15.2	11.0	12.6	20.6

[1] Base sizes include all activities mentioned by respondents aged 3 years and over living in the Mount Alexander region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

Table D.17 Top activities by demographic indicators

	Total	Born in Australia	Born overseas	Speaks English as main language	Speaks other main language	Aboriginal and / or Torres Strait Islander	Not Aboriginal or Torres Strait Islander	Identifies as LGBTQIA+	Non-LGBTQIA+
	%	%	%	%	%	%	%	%	%
Unweighted base[1]	**5,397**	**4,689**	**664**	**5,263**	**44**	**36**	**5,311**	**367**	**4,085**
Walking	21.6	21.2	23.9	21.5	23.3	21.1	21.4	25.2	24.2
Swimming	9.5	9.3	11.0	9.4	14.0	3.7	9.5	11.0	8.1
Bush walking / Hiking	8.6	8.5	9.8	8.7	9.1	15.4	8.6	11.8	9.4
Cycling: General cycling for recreation or transport	6.7	6.5	8.1	6.6	13.9	1.2	6.8	6.5	6.4
Fitness: Gym	4.5	4.4	5.1	4.5	2.1	6.6	4.5	5.4	5.6
Active play (at playgrounds / play centre)	4.4	4.8	2.3	4.4	3.9	2.2	4.4	3.2	2.9
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.6	3.4	5.2	3.6	1.3	1.1	3.7	4.6	4.5
Jogging / Running	3.6	3.7	2.3	3.6	4.9	0.0	3.6	3.9	4.1
Cycling: Mountain bike riding	3.5	3.3	4.5	3.6	0.0	0.0	3.5	2.4	3.5
Dancing / Ballet / Calisthenics	2.6	2.7	2.1	2.7	2.1	0.0	2.7	0.7	1.7
Fishing	2.2	2.4	0.7	2.2	0.9	6.3	2.2	0.1	2.6
Soccer (indoor/outdoor)	2.1	2.1	1.9	2.1	5.1	0.0	2.1	1.3	1.0
Australian Rules football	1.9	2.2	0.2	1.9	0.0	0.0	1.9	0.5	1.3
Tennis (indoor / outdoor)	1.8	1.8	1.6	1.7	7.5	0.0	1.8	1.6	1.6
Cycling: Road and sport cycling	1.8	1.8	1.6	1.8	0.0	0.0	1.8	1.5	2.0
Golf	1.5	1.5	2.0	1.6	0.0	0.0	1.5	0.3	1.9
Fitness: Outdoor fitness / Personal training / Group activities	1.5	1.6	1.0	1.5	0.0	0.0	1.5	1.5	1.7
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	1.3	1.2	1.8	1.3	0.9	0.0	1.3	2.7	1.3
Weight lifting / Body building	1.2	1.1	1.6	1.2	0.0	5.1	1.2	3.9	1.2
Basketball (Indoor/Outdoor)	1.1	1.2	0.5	1.1	0.0	10.2	1.1	1.4	0.6
Other activities	15.0	15.3	12.7	15.0	11.2	27.1	15.0	10.6	14.6

[1] Base sizes include all activities mentioned by respondents aged 3 years and over living in the Mount Alexander region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

Table D.18 Top activities by further demographic indicators

	Total	Holds a Bachelor degree or higher	Less than Bachelor level education	Just getting along, poor or very poor	Reasonably comfortable, very comfortable or prosperous	Requires help with daily activities	Does not require help
	%	%	%	%	%	%	%
Unweighted base[1]	**5,397**	**2,876**	**2,390**	**1,392**	**3,972**	**411**	**4,895**
Walking	21.6	24.6	20.2	22.3	21.3	16.9	22.0
Swimming	9.5	9.6	9.6	11.5	8.7	16.1	8.7
Bush walking / Hiking	8.6	11.0	7.7	9.1	8.5	9.2	8.6
Cycling: General cycling for recreation or transport	6.7	7.8	6.4	4.7	7.6	8.7	6.6
Fitness: Gym	4.5	4.4	4.7	4.5	4.5	3.9	4.5
Active play (at playgrounds / play centre)	4.4	2.7	5.1	5.7	3.9	12.1	3.7
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.6	5.5	2.8	2.4	4.1	2.7	3.7
Jogging / Running	3.6	4.4	3.2	2.7	3.9	0.9	3.9
Cycling: Mountain bike riding	3.5	4.3	3.2	2.5	3.9	1.3	3.6
Dancing / Ballet / Calisthenics	2.6	2.1	2.8	2.4	2.8	4.8	2.5
Fishing	2.2	1.0	2.6	2.9	1.9	1.7	2.2
Soccer (indoor/outdoor)	2.1	0.9	2.6	2.0	2.1	2.0	2.1
Australian Rules football	1.9	0.9	2.4	2.1	1.8	2.9	1.8
Tennis (indoor / outdoor)	1.8	1.8	1.8	1.0	2.1	0.6	1.9
Cycling: Road and sport cycling	1.8	1.9	1.8	1.5	1.9	1.5	1.8
Golf	1.5	1.3	1.7	1.1	1.7	0.1	1.7
Fitness: Outdoor fitness / Personal training / Group activities	1.5	1.7	1.4	1.2	1.5	0.5	1.6
Canoeing / Kayaking / Rowing / Dragon boating / Paddle boarding	1.3	1.7	1.1	1.4	1.3	0.6	1.4
Weight lifting / Body building	1.2	1.4	1.1	0.6	1.4	0.2	1.3
Basketball (Indoor/Outdoor)	1.1	0.5	1.4	1.7	0.9	0.3	1.3
Other activities	15.0	10.5	16.5	17.1	14.1	13.3	15.2

[1] Base sizes include all activities mentioned by respondents aged 3 years and over living in the Mount Alexander region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.