



Macedon Ranges
Shire Council

Active Living CENSUS

Topline Report Macedon Ranges Shire

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Co-ordinated by the City of Greater Bendigo
on behalf of Healthy Heart of Victoria.



**Social
Research
Centre**



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Executive Summary

E1 Background and methodology

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

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

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

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

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

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

This report presents the results collected from the 3,691 respondents from the Macedon Ranges Shire. Compared to Macedon Ranges 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 Macedon Ranges population. The weighting benchmarks used for adults in the 2019 ALC were age by education, gender, and country of birth, while children (aged 3 to 17) were weighted by age and gender only.

E2 Health indicator population benchmarks

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

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

In comparison to Victorian benchmarks, respondents from Macedon Ranges in the 2019 ALC aged 18 years and over reported similar levels of self-reported health. However, compared to the state average, Macedon Ranges residents were more likely to report daily consumption of sugar-sweetened beverages (10.3%) and at least one occasion of risky alcohol consumption in the past year (57.5% 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 (7.8%) than Victorian benchmarks. Respondents were more likely to record lower levels of life satisfaction (6.6% 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 Macedon Ranges 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 Macedon Ranges adults (16.2%) rated their health as 'fair' or 'poor', while 61.0% have a BMI within the overweight or obese range. While self-reported health was poorer amongst respondents aged 70 years and over, rates of obesity were highest amongst those aged 35 to 69 years. Few children and adolescents recorded poor levels of health with 'fair' or 'poor' health at 2.5%.

In relation to healthy eating in the Macedon Ranges Shire, the average consumption of fruit and vegetables amongst adult residents was below the daily guidelines across all subregions. Overall, approximately half of Macedon Ranges adult respondents (51.0%) were not meeting fruit consumption guidelines, while almost nine in ten (86.1%) were not eating enough vegetables. This is clearly an area where significant gains can be made by understanding barriers to healthy eating and creating environments where meeting the recommended daily serves is more achievable. Two of the reported main barriers to meeting daily serve requirements included personal preferences and routines and a lack of time or convenience. The next step to increasing the proportion of residents meeting the guidelines is understanding how best to assist the community in overcoming these obstacles, which would require further investigation.

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

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

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

Residents were classified as 'heavy users' of public spaces and recreational areas if they use the areas once a week or more often while 'non-users' were those who use the spaces less than once every three months or not at all. Overall, approximately two-thirds of residents were heavy users of footpaths (65.9%), over half (60.5%) were heavy users of public open spaces, and around one-third (32.3%) 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 Macedon Ranges 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 (35.9%)
- Making available more or better exercise equipment or facilities such as outdoor exercise equipment, sports fields, and swimming pools (16.8%)
- Improving or increasing bicycle tracks and lanes, providing better connections between bicycle tracks and lanes, and increasing skate facilities (16.8%)
- Providing new or improved toilet facilities, change rooms and showers, and improved disability access to these (10.8%)
- Improving safety measures or restrictions at recreational facilities (8.0%)

E5 Participation in physical recreation activities

The 2019 ALC found that the majority of Macedon Ranges residents (92.2%) had participated in at least one physical recreational activity in the past 12 months. Overall, approximately one in four respondents (25.5%) had participated in four or more activities (the maximum number of activities measured).

Of the activities mentioned, those most commonly participated in were walking (21.1%), swimming (9.0%), bushwalking or hiking (6.7%), gym-based fitness (6.5%), and active play (6.1%). The activities recording the heaviest participation rates (weekly or more often) were: netball (87.5%), dancing / ballet / calisthenics (84.1%), fitness: gym (83.5%), basketball (81.9%), and walking (81.8%).

Low participation rates might suggest either that there is little demand for that activity, or 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 Macedon Ranges against the whole Loddon Campaspe region might provide some further information for interpretation.

Overall, 52.7% of respondents from Macedon Ranges 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

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

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

Understanding the main barriers preventing residents from participating in activities as often as they would like will assist for Macedon Ranges 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 (59.7%); personal reasons such as not feeling motivated or feeling embarrassed (27.3%); the cost (23.7%); a lack of social support such as encouragement from others or having no one to go with (17.9%), and safety (17.0%).

E6 Quality and accessibility of facilities and spaces

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

The main activities for which the facilities received the lowest quality ratings were cycling-based: road and sport cycling (3.6 out of 5) and general cycling for recreation or transport (3.8). People who had participated in fishing gave lower ratings for accessibility (3.7). However, residents tended to travel further on average (88.2 kilometres) to access fishing locations, so any improvements may fall outside of the control of the Shire of Macedon Ranges.

1. Introduction

1.1. Background / context

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

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



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

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

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

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

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

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

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

1.2. Research objectives

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

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

1.3. Methodology

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

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

1.3.1. Sample frame / distribution

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

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

1.3.2. Questionnaire

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

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

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

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

1.3.3. Enumeration period

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

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

1.3.4. Returns / response rate

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

The population of residents (aged 3 years and over) in the Loddon Campaspe region is 224,947, making the response rate for individuals 10.9%. For the Macedon Ranges region specifically, there were 3,691 individual responses received, from the population of 44,444 individuals aged 3 years and up, making the response rate for Macedon Ranges 8.3%.

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 Macedon Ranges population distribution for age, gender, residents' household location, education, and other demographics and was therefore not perfectly representative of the Macedon Ranges 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 Macedon Ranges 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 Macedon Ranges 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
- Appendix C – Invitation letter and activity listing
- Appendix D – Detailed tables

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

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

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

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

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


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

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

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

Table Example

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


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

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

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

2. Respondent Profile

The respondent profile, or the achieved sample distribution, for the 2019 ALC was measured across a range of demographic characteristics. The extent to which the achieved sample distribution (i.e. the composition of survey respondents) matches the Macedon Ranges 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, responses were allocated to districts according to suburb of residence allocations available on *profile.id*.^b

2.1. ABS population benchmarks

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

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

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

^b <https://profile.id.com.au/macedon-ranges/about>

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 Macedon Ranges population. Further information regarding weighting is provided in Appendix A.

Table 2.1.1 Achieved sample composition

Age group	ABS population ¹ (Macedon Ranges Shire)		Active Living Census ² (unweighted)		ALC % as a % of the population ³
	n	%	n	%	%
Total sample	44,444	100.0	3,691	100.0	-
Gender					
Males	21,843	49.1	1,595	44.0	89.6
Females	22,608	50.9	2,018	55.7	109.5
Other	-	-	9	0.2	-
Age					
3-11 years	5,909	13.3	406	11.1	83.9
12-17 years	3,740	8.4	221	6.1	72.1
18-34 years	7,098	16.0	440	12.1	75.7
35-49 years	9,999	22.5	774	21.2	94.5
50-69 years	12,797	28.8	1,205	33.1	114.9
70+ years	4,923	11.1	597	16.4	148.0
Gender and age					
Males, 3 to 11	3,037	13.9	206	12.9	92.9
Males, 12 to 17	1,913	8.8	116	7.3	83.1
Males, 18 to 34	3,559	16.3	192	12.1	73.9
Males, 35 to 49	4,738	21.7	302	19.0	87.3
Males, 50 to 69	6,206	28.4	501	31.5	110.6
Males, 70+	2,361	10.8	275	17.3	159.6
Females, 3 to 11	2,881	12.7	195	9.7	76.3
Females, 12 to 17	1,830	8.1	98	4.9	60.3
Females, 18 to 34	3,559	15.7	243	12.1	76.9
Females, 35 to 49	5,246	23.2	469	23.4	100.7
Females, 50 to 69	6,551	29.0	696	34.7	119.7
Females, 70+	2,539	11.2	305	15.2	135.4
Subregion					
Gisborne District	9,952	26.5	1,007	27.8	105.0
Kyneton District	8,107	21.6	751	20.7	96.1
Lancefield District	2,237	6.0	215	5.9	99.7
Macedon-Woodend District	9,403	25.0	1161	32.1	128.1
Riddells Creek District	3,257	8.7	211	5.8	67.2
Romsey District	4,593	12.2	275	7.6	62.1

¹ Population benchmarks sourced from ABS Census 2016

² Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire

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

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

Table 2.1.2 compares the distribution of respondents aged 18 years and over in the 2019 ALC to available population benchmarks. Results revealed an over-representation of those with a Bachelor degree or higher (this has been adjusted during weighting). Other groups that were over-represented were people who require help from others and those who hold a concession card. The main group under-represented were those who don't speak English as a main language. These differences to the benchmarks indicate that results should be interpreted with caution when comparing to the Macedon Ranges 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 (Macedon Ranges Shire)		Active Living Census ² (unweighted)		ALC % as a % of the population ¹
	n	%	n	%	%
Total sample	34,796	100.0	2,957	100.0	-
Country of birth					
Born in Australia	26,387	83.2	2,411	81.5	98.0
Born overseas	5,344	16.8	546	18.5	109.6
Main language					
Speaks English as main language	30,722	94.9	2,907	98.7	104.1
Speaks other main language	1,663	5.1	38	1.3	25.1
Aboriginal and/or Torres Strait Islander status					
Aboriginal and/or Torres Strait Islander	177	0.5	19	0.6	117.5
Not Aboriginal or Torres Strait Islander	32,226	99.5	2,942	99.4	99.9
LGBTQIA+ Status					
Identifies as LGBTQIA+	-	-	69	2.4	-
Non-LGBTQIA+	-	-	2,762	97.6	-
Requires help with self-care, body movement or communication activities					
Requires help	1,619	5.0	172	5.9	117.9
Does not require help	30,492	95.0	2,721	94.1	99.0
Level of education					
Holds a Bachelor degree or higher	8,067	25.9	1,508	52.4	202.2
Less than Bachelor level education	23,086	74.1	1,372	47.6	64.3
Holds a government concession card³					
Holds a concession card	1,094	32.8	2,064	69.8	212.7
Does not hold a concession card	2,241	67.2	895	30.2	45.0
Food security (last 12 months)⁴					
Ran out of food and could not afford more	2,019	6.0	136	4.8	80.2
Have not run out of food	31,635	94.0	2,691	95.2	101.3

¹ Population benchmarks sourced from ABS Census 2016

² Base sizes include respondents aged 18 years and over living in the Macedon Ranges Shire

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. As it is the most recent benchmark data, 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 2017 VPHS for Macedon Ranges may assist in interpreting these benchmarks.

There were some results from the ALC that revealed greater variation in the health and wellbeing of residents when compared to the available Victorian benchmarks. In particular, Macedon Ranges residents who responded to the survey, recorded lower life satisfaction (6.6% had 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 (57.5%) than those who responded to the VPHS (41.5%) or NHS (41.8%). They were also more likely to consume sugar-sweetened beverages daily (10.3%) than those who responded to the NHS (9.1%), but less likely than respondents to the VPHS (11.2%).

Results also revealed areas where Macedon Ranges 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 (7.8% 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 Macedon Ranges region.

When comparing Body Mass Index (BMI), Macedon Ranges respondents were more likely to be overweight or obese (61.0%) 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 (weighted)	ALC % of the % of the population ⁴
	NHS ²	VPHS ³		
Self-reported health status			n≥1,218	
% rating health as fair or poor (persons)	-	19.0	16.2	85.5
% rating health as fair or poor (females)	-	19.1	15.8	82.6
% rating health as fair or poor (males)	-	18.9	16.8	88.8
Body Mass Index (BMI)			n≥1,157	
% overweight or obese range (BMI ≥25.0) (persons)	68.6	49.7	61.0	122.7
% overweight or obese range (BMI ≥25.0) (females)	60.8	41.0	55.4	135.1
% overweight or obese range (BMI ≥25.0) (males)	76.9	58.8	66.8	113.6
Physical activity guidelines			n≥1,188	
% not meeting guidelines / sedentary (persons)	-	48.1	38.5	79.9
% not meeting guidelines / sedentary (females)	-	48.2	36.3	75.4
% not meeting guidelines / sedentary (males)	-	47.8	40.6	85.0
Fruit dietary guidelines			n≥1,197	
% not meeting fruit guidelines (persons)	51.3	58.5	51.0	87.2
% not meeting fruit guidelines (females)	43.8	55.7	52.1	93.5
% not meeting fruit guidelines (males)	53.6	61.4	49.9	81.3
Vegetable dietary guidelines			n≥1,202	
% not meeting vegetable guidelines (persons)	92.1	95.1	86.1	90.6
% not meeting vegetable guidelines (females)	88.8	92.6	79.7	86.1
% not meeting vegetable guidelines (males)	95.3	97.7	92.7	94.8
Smoking status			n≥1,206	
% current smokers (persons)	15.2	16.7	7.8	46.6
% current smokers (females)	12.0	13.9	6.2	44.5
% current smokers (males)	18.5	19.6	9.4	47.8
Alcohol consumption (single occasion)				
% had 4 or more standard drinks (persons)	41.8	41.5	57.5	138.7
% had 4 or more standard drinks (females)	29.8	29.7	45.3	152.5
% had 4 or more standard drinks (males)	54.1	53.9	70.0	129.8
Sugar-sweetened beverage consumption			n≥1,208	
% drinks SSB daily (persons)	9.1	11.2	10.3	92.3
% drinks SSB daily (females)	6.4	7.2	7.8	108.3
% drinks SSB daily (males)	11.8	15.3	13.0	85.0
Life satisfaction			n≥1,202	
% rating satisfaction as low (0 to 4) (persons)	-	5.7	6.6	114.9
% rating satisfaction as low (0 to 4) (females)	-	5.4	6.9	128.0
% rating satisfaction as low (0 to 4) (males)	-	6.1	6.2	102.3

¹ Base sizes include respondents aged 18 years and over living in the Macedon Ranges Shire

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 (16.2%) was slightly lower than the VPHS benchmark of 19.0%.

In relation to the main demographic indicators:

- There were no significant differences in perceived levels of health between males and females
- For males, the proportion of respondents with lower health increased with age, with those aged 35 to 49 (16.7%), 50 to 69 (19.2%), or 70 years and over (26.5%) all more likely to report lower levels of health than those aged 18 to 34 years (6.6%)
- For females, those aged over 70 years were more likely to report lower levels of health than those in younger age groups (24.3%, compared to 13.0% of those aged 18 to 34, 13.7% of 35 to 49, and 15.7% of 50 to 69)
- Across the subregions, there were no differences for low reported health. However, those more likely to record 'very good' or 'excellent' health were respondents from Gisborne District (53.6%), when compared to respondents from Kyneton District (45.2%)

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

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

- Those who recorded a low level of life satisfaction (61.1%, compared to 13.2% who recorded medium to very high life satisfaction)
- Those respondents that have a BMI in the overweight or obese range (20.3%, compared to 8.7% of people in the normal or underweight ranges)
- Those who have experienced food insecurity in the last 12 months (39.9%, compared to 14.5% of those who have not run out of food)

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	2,859	16.2	35.1	48.7
Gender and age				
Males	1,218	16.8	34.2	49.1
Females	1,622	15.8	35.8	48.4
Males, 18 to 34	184	6.6	26.7	66.7
Males, 35 to 49	282	16.7	37.1	46.2
Males, 50 to 69	485	19.2	34.5	46.3
Males, 70+	267	26.5	38.6	34.9
Females, 18 to 34	223	13.0	30.6	56.4
Females, 35 to 49	436	13.7	36.9	49.5
Females, 50 to 69	667	15.7	35.9	48.4
Females, 70+	296	24.3	40.3	35.4
Subregion				
Gisborne District	760	14.6	31.8	53.6
Kyneton District	607	16.7	38.1	45.2
Lancefield District	174	21.3	30.7	48.1
Macedon-Woodend District	881	15.7	35.2	49.1
Riddells Creek District	168	12.4	36.9	50.7
Romsey District	221	20.0	37.1	43.0
Demographic indicators				
Born in Australia	2,288	15.5	34.5	50.0
Born overseas	524	19.9	37.6	42.5
Speaks English as main language	2,766	16.4	34.8	48.8
Speaks other main language*	37	12.2	57.9	29.9
Aboriginal and/or Torres Strait Islander*	18	29.0	37.9	33.1
Not Aboriginal or Torres Strait Islander	2,798	16.2	35.0	48.8
Identifies as LGBTQIA+	67	18.2	45.7	36.2
Non-LGBTQIA+	2,628	15.9	34.5	49.7
Holds a Bachelor degree or higher	1,446	10.8	28.7	60.5
Less than Bachelor level education	1,294	17.6	37.5	44.8
Just getting along, poor or very poor	657	27.9	39.3	32.8
Reasonably comfortable, very comfortable or prosperous	2,178	12.0	33.7	54.2

¹ Base sizes include respondents aged 18 years and over living in the Macedon Ranges Shire. 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	2,859	16.2	35.1	48.7
Health and wellbeing indicators				
Life satisfaction - Low (0 to 4 out of 10)	164	61.1	25.9	13.0
Life satisfaction - Medium to very high (5+ out of 10)	2,654	13.2	35.9	50.9
Does not feel valued by society	447	33.0	34.2	32.8
Sometimes feel valued by society	1,288	15.7	39.0	45.3
Definitely feel valued by society	1,076	8.3	31.3	60.5
Overweight or obese (BMI ≥25.0)	1,576	20.3	39.3	40.4
Normal range or underweight (BMI <25.0)	1,094	8.7	28.4	62.9
Meets fruit intake guidelines	1,474	12.9	32.5	54.7
Does not meet fruit intake guidelines	1,322	19.2	37.6	43.2
Meets vegetable intake guidelines	476	9.8	31.7	58.5
Does not meet vegetable intake guidelines	2,335	17.1	35.5	47.4
Meets physical activity guidelines	1,763	9.6	31.1	59.3
Does not meet physical activity guidelines / sedentary	1,000	25.2	41.7	33.1
Current smoker	164	26.0	40.1	33.9
Ex-smoker	1,059	20.2	36.9	43.0
Never smoked	1,575	11.8	32.9	55.2
Drinks alcohol every day	236	26.5	34.6	38.9
Drinks alcohol less often than daily	2,143	14.8	35.1	50.1
Does not drink alcohol	417	18.3	34.6	47.1
Had more than 4 standard drinks on a single occasion	1,434	16.0	35.1	48.8
Has not had more than 4 standard drinks	1,263	15.9	35.0	49.1
Drinks sugar-sweetened beverages daily	226	24.7	40.5	34.8
Drinks sugar-sweetened beverages less than daily	2,597	15.2	34.7	50.1
Meets water consumption guidelines	512	13.2	25.2	61.6
Does not meet water guidelines	2,284	17.0	37.7	45.2
Ran out of food and could not afford more	124	39.9	28.6	31.5
Have not run out of food	2,553	14.5	35.8	49.7
Requires help with daily activities	162	57.6	27.2	15.2
Does not require help	2,590	13.3	35.9	50.8

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

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

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

3.2. Body mass index (BMI)

The ALC asked height and weight as a means of calculating the Body Mass Index (BMI) of respondents. For the purpose of identifying opportunities for supporting improved health amongst Macedon Ranges 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 24.5% of respondents within the Macedon Ranges Shire have a BMI that puts them in the obese range.

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

- Males were more likely than females to be classified as overweight (44.7%, compared to 28.5%). However, there were no gender differences for the obese category
- There were no significant age differences amongst either males or females for the obese category
- Across the subregions, respondents from Kyneton District (30.8%), Riddells Creek District (32.0%), and Romsey District (30.0%) were all more likely to be obese than respondents from the Macedon-Woodend District

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

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

- People who classified their health as 'fair' or 'poor' (47.5%), compared to those who reported their health as 'good', 'very good' or 'excellent' (20.2%)
- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along' 'poor' or 'very poor' (31.8%) compared to those who are 'reasonably comfortable', 'very comfortable' or 'prosperous' (22.1%)
- Those who recorded a low level of life satisfaction (42.1%, compared to 23.3% who recorded medium to very high life satisfaction)
- Those who do not meet the physical activity guidelines (31.7%, compared to 20.0% of people who do meet the guidelines)

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 results of people whose BMI is in the obese or overweight range.

Table 3.2.1 BMI by selected demographic characteristics

	Unweighted base ¹	Underweight (BMI <18.5)	Normal range (BMI 18.5-24.9)	Overweight (BMI 25.0-29.9)	Obese (BMI ≥30.0)
	n	%	%	%	%
Total sample	2,684	1.5	37.5	36.5	24.5
Gender and age					
Males	1,157	0.4	32.8	44.7	22.1
Females	1,510	2.6	42.0	28.5	26.9
Males, 18 to 34	170	0.0	46.8	35.6	17.6
Males, 35 to 49	267	0.0	29.6	49.9	20.5
Males, 50 to 69	466	0.2	26.4	45.6	27.8
Males, 70+	254	2.4	33.7	45.6	18.3
Females, 18 to 34	206	4.4	48.2	22.4	25.0
Females, 35 to 49	404	1.9	43.8	27.0	27.4
Females, 50 to 69	623	2.0	38.6	31.2	28.2
Females, 70+	277	3.3	39.3	32.3	25.0
Subregion					
Gisborne District	708	1.8	38.3	37.3	22.7
Kyneton District	568	1.6	34.0	33.6	30.8
Lancefield District	165	1.3	31.6	46.0	21.2
Macedon-Woodend District	838	0.9	46.1	34.4	18.6
Riddells Creek District	156	2.6	28.8	36.7	32.0
Romsey District	206	2.1	28.2	39.8	30.0
Demographic indicators					
Born in Australia	2,148	1.3	37.5	36.4	24.9
Born overseas	495	2.5	37.6	36.6	23.4
Speaks English as main language	2,596	1.3	37.5	36.4	24.9
Speaks other main language*	36	7.4	41.8	30.6	20.3
Aboriginal and/or Torres Strait Islander*	17	0.0	38.3	36.7	25.0
Not Aboriginal or Torres Strait Islander	2,633	1.5	37.5	36.5	24.5
Identifies as LGBTQIA+	65	0.4	27.0	47.9	24.7
Non-LGBTQIA+	2,473	1.5	38.2	35.8	24.5
Holds a Bachelor degree or higher	1,370	1.3	45.5	35.3	17.9
Less than Bachelor level education	1,206	1.6	34.7	36.8	26.9
Just getting along, poor or very poor	612	2.3	31.1	34.9	31.8
Reasonably comfortable, very comfortable or prosperous	2,051	1.2	39.7	37.0	22.1

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

* Significance testing not conducted due to small base size

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

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

Table 3.2.2 BMI by selected health characteristics

	Unweighted base ¹	Underweight (BMI <18.5)	Normal range (BMI 18.5-24.9)	Overweight (BMI 25.0-29.9)	Obese (BMI ≥30.0)
	n	%	%	%	%
Total sample	2,684	1.5	37.5	36.5	24.5
Health and wellbeing indicators					
Self-reported health - Fair or poor	387	1.7	19.9	31.0	47.5
Self-reported health - Good, very good, or excellent	2,283	1.4	40.9	37.5	20.2
Life satisfaction - Low (0 to 4 out of 10)	159	0.7	28.0	29.2	42.1
Life satisfaction - Medium to very high (5+ out of 10)	2,500	1.6	38.3	36.9	23.3
Does not feel valued by society	427	2.7	34.1	30.3	32.9
Sometimes feel valued by society	1,201	1.0	38.7	35.6	24.8
Definitely feel valued by society	1,022	1.5	36.9	41.2	20.4
Meets fruit intake guidelines	1,403	1.6	39.2	36.3	23.0
Does not meet fruit intake guidelines	1,238	1.3	36.2	36.7	25.8
Meets vegetable intake guidelines	456	2.1	44.3	35.0	18.6
Does not meet vegetable intake guidelines	2,198	1.4	36.5	36.8	25.3
Meets physical activity guidelines	1,695	1.2	43.3	35.6	20.0
Does not meet physical activity guidelines / sedentary	939	2.1	28.6	37.6	31.7
Current smoker	156	1.2	39.1	38.1	21.6
Ex-smoker	999	0.9	31.6	37.7	29.7
Never smoked	1,489	1.9	41.9	34.8	21.5
Drinks alcohol every day	226	0.7	28.3	45.4	25.6
Drinks alcohol less often than daily	2,029	1.1	38.0	36.8	24.1
Does not drink alcohol	389	4.1	39.3	29.9	26.8
Had more than 4 standard drinks on a single occasion	1,376	0.4	35.0	40.4	24.2
Has not had more than 4 standard drinks	1,184	2.9	41.3	30.8	25.0
Drinks sugar-sweetened beverages daily	212	0.2	28.3	40.5	31.0
Drinks sugar-sweetened beverages less than daily	2,453	1.7	38.6	36.1	23.7
Meets water consumption guidelines	492	0.6	38.9	37.2	23.3
Does not meet water guidelines	2,154	1.7	37.3	36.1	24.9
Ran out of food and could not afford more	116	2.6	28.0	36.9	32.5
Have not run out of food	2,402	1.5	38.1	36.1	24.3
Requires help with daily activities	147	2.5	31.2	39.6	26.8
Does not require help	2,450	1.4	37.9	35.9	24.8

¹ Base sizes include respondents aged 18 years and over living in the Macedon Ranges Shire. 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. 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.

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

3.3.1. Serves of vegetables consumed

Table 3.3.1.1 shows that the average daily serves of vegetables was 2.9 for residents of Macedon Ranges, well below the recommended serves per day for all adults. Overall, only 13.9% 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 (20.3%, compared to 7.3%)
- Amongst men, respondents aged 70 and over were more likely to be meeting the guidelines than all of the younger age groups (22.0%, compared to 5.6% for 18 to 34 years, 5.0% for 35 to 49 years, and 4.2% for 50 to 69 years)
- There were no significant differences for women of different age groups
- Across the subregions, there were no significant differences in regard to meeting vegetable consumption guidelines

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

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

- Those whose self-reported their general health was 'good', 'very good', or 'excellent' health (14.9%), compared to those whose self-reported health was 'fair' or 'poor' health (8.4%)
- Those respondents who meet the fruit consumption guidelines (19.4%, compared to 8.8% of people who do not meet the fruit guidelines)

- Those respondents who meet the water consumption guidelines (18.6%, compared to 12.7% of people who do not meet the water guidelines)

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

Table 3.3.1.1 Serves of vegetables by selected demographic characteristics

	Unweighted base ¹	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	2,828	25.6	54.3	20.2	13.9	2.9
Gender and age						
Males	1,202	28.2	51.6	20.2	7.3	2.9
Females	1,607	22.7	57.0	20.3	20.3	3.0
Males, 18 to 34	182	32.8	49.2	18.0	5.6	2.7
Males, 35 to 49	280	27.4	52.1	20.5	5.0	2.9
Males, 50 to 69	478	27.1	53.2	19.8	4.2	2.9
Males, 70+	262	25.6	50.4	24.1	22.0	3.1
Females, 18 to 34	221	26.2	57.6	16.3	16.3	2.8
Females, 35 to 49	432	19.6	59.3	21.1	21.1	3.0
Females, 50 to 69	663	22.4	55.9	21.7	21.7	3.1
Females, 70+	291	25.7	54.2	20.1	20.1	3.0
Subregion						
Gisborne District	743	25.9	54.3	19.8	13.1	3.0
Kyneton District	603	27.2	53.0	19.8	13.4	2.8
Lancefield District	171	29.8	47.3	22.8	16.5	2.9
Macedon-Woodend District	876	21.4	56.7	21.9	14.8	3.1
Riddells Creek District	167	25.7	59.7	14.6	12.9	2.7
Romsey District	221	33.0	51.9	15.1	10.8	2.7
Demographic indicators						
Born in Australia	2,268	25.7	54.6	19.7	13.7	2.9
Born overseas	513	25.2	52.0	22.9	14.7	3.1
Speaks English as main language	2,734	25.6	54.4	19.9	13.9	2.9
Speaks other main language*	37	28.8	37.6	33.6	14.2	2.9
Aboriginal and/or Torres Strait Islander*	17	22.8	59.0	18.2	8.0	3.2
Not Aboriginal or Torres Strait Islander	2,769	25.6	54.0	20.3	14.0	2.9
Identifies as LGBTQIA+	68	31.9	50.1	18.0	11.6	2.8
Non-LGBTQIA+	2,600	24.8	54.6	20.6	14.0	3.0
Holds a Bachelor degree or higher	1,432	15.5	60.4	24.1	17.2	3.3
Less than Bachelor level education	1,277	29.3	51.8	18.9	12.8	2.8
Just getting along, poor or very poor	647	33.7	48.1	18.2	13.3	2.7
Reasonably comfortable, very comfortable or prosperous	2,157	22.7	56.5	20.8	14.0	3.0

¹ Base sizes include respondents aged 18 years and over living in the Macedon Ranges Shire. 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 3.3.1.2 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	2,828	25.6	54.3	20.2	13.9	2.9
Health and wellbeing indicators						
Self-reported health - Fair or poor	418	37.5	47.0	15.5	8.4	2.5
Self-reported health - Good, very good, or excellent	2,393	23.2	55.8	21.0	14.9	3.0
Life satisfaction - Low (0 to 4 out of 10)	165	29.0	51.8	19.2	8.6	2.7
Life satisfaction - Medium to very high (5+ out of 10)	2,630	25.2	54.5	20.3	14.3	3.0
Does not feel valued by society	444	37.1	46.5	16.4	10.4	2.5
Sometimes feel valued by society	1,270	27.6	55.2	17.2	12.0	2.8
Definitely feel valued by society	1,072	17.3	57.3	25.4	18.1	3.3
Overweight or obese (BMI ≥25.0)	1,565	27.5	53.3	19.2	12.3	2.9
Normal range or underweight (BMI <25.0)	1,089	21.9	55.2	22.9	16.7	3.1
Meets fruit intake guidelines	1,475	11.9	59.3	28.8	19.4	3.5
Does not meet fruit intake guidelines	1,316	38.7	49.1	12.2	8.8	2.4
Meets physical activity guidelines	1,760	20.6	55.9	23.5	16.1	3.2
Does not meet physical activity guidelines / sedentary	991	32.3	51.8	15.9	11.0	2.7
Current smoker	161	36.8	52.3	10.9	7.4	2.4
Ex-smoker	1,052	23.6	54.6	21.9	14.9	3.0
Never smoked	1,565	24.2	55.0	20.8	14.5	3.0
Drinks alcohol every day	233	29.4	49.5	21.1	11.2	2.8
Drinks alcohol less often than daily	2,126	24.1	55.9	20.0	13.7	3.0
Does not drink alcohol	417	27.7	50.7	21.7	17.5	2.9
Had more than 4 standard drinks on a single occasion	1,425	25.6	55.2	19.2	11.4	2.9
Has not had more than 4 standard drinks	1,254	24.6	53.7	21.7	17.1	3.0
Drinks sugar-sweetened beverages daily	225	40.5	47.3	12.3	8.3	2.3
Drinks sugar-sweetened beverages less than daily	2,581	23.8	55.1	21.1	14.5	3.0
Meets water consumption guidelines	510	17.8	51.8	30.4	18.6	3.5
Does not meet water guidelines	2,276	27.5	54.8	17.7	12.7	2.8
Ran out of food and could not afford more	124	53.2	36.6	10.2	7.1	2.0
Have not run out of food	2,525	23.6	55.5	20.9	14.2	3.0
Requires help with daily activities	160	38.4	45.2	16.4	14.7	2.4
Does not require help	2,566	24.8	54.7	20.6	14.0	3.0

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

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3.3.2. Serves of fruit consumed

As shown in Table 3.3.2.1, the average serves of fruit per day for residents of Macedon Ranges was 1.6, lower than the recommended serves per day for adults. However, a larger proportion of respondents (49.0%) were meeting the fruit consumption guidelines than the vegetable consumption guidelines (13.9%).

In relation to the main demographic indicators:

- In contrast to vegetables, there were no significant differences within gender, among either number of serves or the proportion meeting the guidelines
- Amongst women, those aged 70 years and over (55.7%) and those aged 50 to 69 years (51.1%) were both more likely to be meeting the requirements than those aged 35 to 49 years (41.1%)
- Across the subregions, there were no significant differences in those meeting the guidelines

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

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

- Those who self-reported their general health as 'good', 'very good', or 'excellent' (51.1%, compared to 39.3% of those whose self-reported health was 'fair' or 'poor')
- Those who meets the vegetable consumption guidelines (68.3%, compared to 46.2% of those who do not meet the guidelines)
- Those who drink sugar-sweetened beverages less than daily (51.2%, compared to 30.5% who drink them daily)

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

Table 3.3.2.1 Serves of fruit by selected demographic characteristics

	Unweighted base ¹	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	2,815	16.2	34.8	49.0	49.0	1.6
Gender and age						
Males	1,197	17.3	32.7	50.1	50.1	1.6
Females	1,600	15.1	37.0	47.9	47.9	1.6
Males, 18 to 34	183	20.6	35.5	43.9	43.9	1.5
Males, 35 to 49	277	11.3	35.9	52.8	52.8	1.7
Males, 50 to 69	474	20.3	29.4	50.3	50.3	1.6
Males, 70+	263	17.1	29.6	53.4	53.4	1.7
Females, 18 to 34	221	14.5	38.7	46.8	46.8	1.6
Females, 35 to 49	432	12.9	46.0	41.1	41.1	1.5
Females, 50 to 69	658	17.9	31.1	51.1	51.1	1.6
Females, 70+	289	12.9	31.4	55.7	55.7	1.8
Subregion						
Gisborne District	741	14.7	34.4	50.9	50.9	1.6
Kyneton District	599	21.7	31.4	46.9	46.9	1.5
Lancefield District	170	20.1	37.0	42.9	42.9	1.6
Macedon-Woodend District	877	13.3	35.9	50.9	50.9	1.7
Riddells Creek District	162	13.2	36.9	50.0	50.0	1.6
Romsey District	218	17.2	39.1	43.8	43.8	1.5
Demographic indicators						
Born in Australia	2,255	15.6	35.3	49.1	49.1	1.6
Born overseas	514	17.9	32.5	49.6	49.6	1.6
Speaks English as main language	2,724	16.0	35.1	48.9	48.9	1.6
Speaks other main language*	37	16.6	29.8	53.6	53.6	1.9
Aboriginal and/or Torres Strait Islander*	18	30.3	25.4	44.3	44.3	1.3
Not Aboriginal or Torres Strait Islander	2,759	15.9	35.1	49.0	49.0	1.6
Identifies as LGBTQIA+	68	17.3	35.1	47.6	47.6	1.5
Non-LGBTQIA+	2,585	15.2	35.3	49.5	49.5	1.6
Holds a Bachelor degree or higher	1,426	10.1	33.8	56.1	56.1	1.8
Less than Bachelor level education	1,273	18.4	35.4	46.2	46.2	1.5
Just getting along, poor or very poor	641	20.6	34.7	44.7	44.7	1.5
Reasonably comfortable, very comfortable or prosperous	2,150	14.5	35.1	50.5	50.5	1.6

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

* Significance testing not conducted due to small base size

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Table 3.3.2.2 Serves of fruit by selected health characteristics

	Unweighted base ¹	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	2,815	16.2	34.8	49.0	49.0	1.6
Health and wellbeing indicators						
Self-reported health - Fair or poor	415	25.4	35.3	39.3	39.3	1.4
Self-reported health - Good, very good, or excellent	2,381	14.0	35.0	51.1	51.1	1.6
Life satisfaction - Low (0 to 4 out of 10)	164	22.8	37.7	39.5	39.5	1.4
Life satisfaction - Medium to very high (5+ out of 10)	2,616	15.3	34.8	49.8	49.8	1.6
Does not feel valued by society	442	21.7	36.5	41.8	41.8	1.4
Sometimes feel valued by society	1,268	17.4	34.5	48.1	48.1	1.6
Definitely feel valued by society	1,063	11.9	34.7	53.4	53.4	1.7
Overweight or obese (BMI ≥25.0)	1,557	16.9	34.8	48.2	48.2	1.6
Normal range or underweight (BMI <25.0)	1,084	13.4	35.0	51.7	51.7	1.7
Meets vegetable intake guidelines	473	8.8	22.9	68.3	68.3	2.1
Does not meet vegetable intake guidelines	2,318	16.8	37.0	46.2	46.2	1.5
Meets physical activity guidelines	1,752	13.2	32.0	54.8	54.8	1.7
Does not meet physical activity guidelines / sedentary	982	19.1	39.7	41.2	41.2	1.4
Current smoker	160	30.2	35.2	34.6	34.6	1.2
Ex-smoker	1,048	14.9	37.5	47.7	47.7	1.6
Never smoked	1,557	14.6	33.0	52.5	52.5	1.7
Drinks alcohol every day	233	28.3	31.9	39.8	39.8	1.4
Drinks alcohol less often than daily	2,114	14.6	35.5	50.0	50.0	1.6
Does not drink alcohol	416	15.9	34.1	50.0	50.0	1.7
Had more than 4 standard drinks on a single occasion	1,421	16.6	36.0	47.4	47.4	1.6
Has not had more than 4 standard drinks	1,247	14.2	33.2	52.6	52.6	1.7
Drinks sugar-sweetened beverages daily	223	26.3	43.2	30.5	30.5	1.2
Drinks sugar-sweetened beverages less than daily	2,566	14.5	34.3	51.2	51.2	1.6
Meets water consumption guidelines	508	11.4	34.1	54.6	54.6	1.8
Does not meet water guidelines	2,263	17.0	35.1	47.8	47.8	1.6
Ran out of food and could not afford more	121	26.1	33.5	40.3	40.3	1.4
Have not run out of food	2,515	15.8	33.8	50.5	50.5	1.6
Requires help with daily activities	158	24.4	40.5	35.2	35.2	1.3
Does not require help	2,556	15.2	35.0	49.9	49.9	1.6

¹ Base sizes include respondents aged 18 years and over living in the Macedon Ranges Shire. 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. Open-ended responses were then coded to reflect the main themes emerging from the responses.

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' (34.3%) and 'personal preference or habit' (26.7%). Other relatively common barriers to increasing serves of vegetables were 'diet or health restrictions' (12.2%), a 'lack of awareness of, or agreement with, the guidelines' (12.1%), and 'cost' (11.0%).

In relation to the main demographic indicators:

- Males were more likely to identify 'personal preference or habit' as a reason for not consuming the recommended amount of vegetables when compared to females (30.8%, compared to 23.0%)
- Amongst men, respondents aged 18 to 34 (40.4%), 35 to 49 (44.2%), and 50 to 69 years (32.1%) were more likely than those aged 70 years and over (11.0%) to give the reason of 'being time poor' for not meeting the vegetable guidelines
- Amongst women, respondents aged 18 to 34 (41.0%) and 35 to 49 (45.5%) were more likely to suggest they were 'time poor', compared to women aged 50 to 69 (26.6%) or 70 years and over (12.4%)
- Across the subregions, respondents from Lancefield District were more likely to identify 'cost' as a barrier (18.8%), when compared to respondents from Macedon-Woodend District (7.7%). Lancefield District respondents were also more likely to indicate that quality or availability of vegetables was a barrier, when compared to Gisborne District respondents (11.0%, compared to 2.0%)

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

In relation to other demographic or health differences, among 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' (24.3%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (5.5%)
- Those who have experienced food insecurity (44.7%), compared to those who have not run out of food in the last 12 months (7.7%)
- Those who recorded a low level of life satisfaction (23.2%, compared to 9.6% 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	Not aware / supportive of guidelines	Poor quality / availability	Unable to prepare / store	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,347	26.7	34.3	11.0	12.2	12.1	4.0	1.3	3.8	3.8
Gender and age										
Males	543	30.8	34.9	8.9	7.3	11.4	3.5	1.5	4.0	4.6
Females	795	23.0	33.9	13.0	16.6	12.6	4.4	0.8	3.6	3.1
Males, 18 to 34	92	34.9	40.4	8.0	2.6	5.6	2.5	0.5	8.6	3.7
Males, 35 to 49	125	28.1	44.2	12.6	3.0	10.4	4.2	0.0	1.6	4.4
Males, 50 to 69	219	29.7	32.1	5.6	9.1	11.7	3.9	3.6	3.9	6.7
Males, 70+	107	32.1	11.0	11.2	21.1	23.9	2.9	1.5	1.0	1.5
Females, 18 to 34	134	24.3	41.0	16.0	10.4	11.0	4.0	0.0	3.1	3.3
Females, 35 to 49	234	23.9	45.5	14.0	12.0	8.5	5.0	0.0	3.7	3.1
Females, 50 to 69	290	22.8	26.6	12.5	20.5	11.7	5.0	1.7	3.7	3.4
Females, 70+	137	18.7	12.4	7.1	28.6	27.7	2.3	1.7	4.4	1.5
Subregion										
Gisborne District	358	27.4	36.0	10.2	10.9	13.4	2.0	2.4	4.7	1.9
Kyneton District	280	23.9	34.0	10.4	13.3	14.2	5.9	0.9	2.3	4.1
Lancefield District	97	24.5	32.0	18.8	7.5	8.9	11.0	1.3	5.8	7.4
Macedon-Woodend District	410	26.8	33.3	7.7	13.6	10.0	3.7	1.0	3.8	6.3
Riddells Creek District	82	30.7	36.4	12.5	11.1	12.6	0.0	0.9	2.2	0.0
Romsey District	98	30.3	35.5	13.8	13.5	12.2	2.2	0.6	3.5	0.0

¹ Base sizes include respondents aged 18 years and over living in the Macedon Ranges Shire. 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	Not aware / supportive of guidelines	Poor quality / availability	Unable to prepare / store	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,347	26.7	34.3	11.0	12.2	12.1	4.0	1.3	3.8	3.8
Demographic indicators										
Born in Australia	1,083	27.0	35.2	10.8	11.6	12.0	3.8	0.9	3.7	3.8
Born overseas	238	26.0	28.5	12.6	15.6	12.5	4.5	2.9	4.8	3.8
Speaks English as main language	1,299	26.5	34.2	11.4	12.3	12.3	4.2	1.3	3.8	3.7
Speaks other main language*	17	39.0	18.5	4.5	10.7	4.6	0.0	0.0	9.8	12.9
Aboriginal and/or Torres Strait Islander*	6	11.6	25.3	20.5	14.6	17.0	11.1	0.0	0.0	0.0
Not Aboriginal or Torres Strait Islander	1,321	27.1	34.1	11.1	12.2	12.0	4.0	1.3	3.9	3.8
Identifies as LGBTQIA+*	39	19.0	32.1	17.6	14.4	17.6	4.8	3.0	4.0	1.4
Non-LGBTQIA+	1,236	27.7	35.1	11.0	11.9	11.1	4.1	1.2	3.6	3.6
Holds a Bachelor degree or higher	694	27.8	37.5	7.8	14.6	11.4	3.0	1.7	3.1	3.0
Less than Bachelor level education	610	26.5	33.2	12.5	11.1	12.3	4.4	1.1	4.1	4.0
Just getting along, poor or very poor	350	20.9	32.5	24.3	11.7	9.0	4.2	2.2	5.0	2.2
Reasonably comfortable, very comfortable or prosperous	988	29.3	35.4	5.5	12.4	13.0	3.8	0.9	3.3	4.5

¹ Base sizes include respondents aged 18 years and over living in the Macedon Ranges Shire. 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)

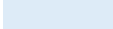

 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

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	Not aware / supportive of guidelines	Poor quality / availability	Unable to prepare / store	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,347	26.7	34.3	11.0	12.2	12.1	4.0	1.3	3.8	3.8
Health and wellbeing indicators										
Self-reported health - Fair or poor	240	20.2	29.8	22.0	15.5	9.3	8.9	2.0	4.9	2.2
Self-reported health - Good, very good, or excellent	1,104	28.2	35.4	8.5	11.5	12.7	2.8	1.2	3.5	4.1
Life satisfaction - Low (0 to 4 out of 10)	101	29.6	32.0	23.2	10.8	6.1	6.9	1.2	6.3	0.7
Life satisfaction - Medium to very high (5+ out of 10)	1,232	26.5	34.6	9.6	12.5	12.7	3.7	1.4	3.5	4.0
Does not feel valued by society	249	25.1	29.3	18.3	12.2	11.0	5.3	1.7	4.5	2.9
Sometimes feel valued by society	644	27.4	35.7	11.3	11.4	11.5	3.2	1.7	3.3	4.7
Definitely feel valued by society	444	26.8	35.6	5.5	13.8	13.6	4.4	0.5	3.7	3.0
Overweight or obese (BMI ≥25.0)	780	27.3	34.4	12.4	10.8	10.1	4.0	1.4	4.5	4.0
Normal range or underweight (BMI <25.0)	503	24.5	36.8	8.8	14.6	15.0	3.5	1.4	2.2	3.3
Meets fruit intake guidelines	590	26.3	32.2	9.6	12.1	12.9	5.1	1.8	3.5	3.8
Does not meet fruit intake guidelines	738	26.9	36.1	12.3	12.2	11.4	3.3	1.0	3.7	3.8
Meets physical activity guidelines	810	25.7	35.0	9.6	12.8	13.6	4.2	0.8	3.7	3.7
Does not meet physical activity guidelines / sedentary	514	28.7	34.1	13.2	10.7	9.3	3.8	2.1	3.3	4.1

¹ Base sizes include respondents aged 18 years and over living in the Macedon Ranges Shire. 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)

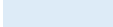
 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

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	Not aware / supportive of guidelines	Poor quality / availability	Unable to prepare / store	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,347	26.7	34.3	11.0	12.2	12.1	4.0	1.3	3.8	3.8
Health and wellbeing indicators										
Current smoker	82	29.5	33.4	18.6	7.0	8.1	4.8	0.9	2.9	3.5
Ex-smoker	506	27.6	36.1	9.1	11.3	9.9	3.9	1.5	6.1	4.3
Never smoked	739	25.6	34.1	11.3	13.4	13.7	3.9	1.2	2.5	3.5
Drinks alcohol every day	115	33.0	25.2	9.0	6.9	15.2	2.0	1.2	7.4	7.4
Drinks alcohol less often than daily	1,017	25.9	37.5	9.8	11.5	11.6	3.8	1.1	4.0	3.5
Does not drink alcohol	195	28.1	26.1	17.1	18.2	10.7	5.7	2.2	1.1	4.0
Had more than 4 standard drinks on a single occasion	710	26.5	39.6	9.7	8.8	10.2	4.4	1.0	4.7	3.5
Has not had more than 4 standard drinks	573	26.9	27.9	12.4	17.0	14.0	3.4	2.0	2.5	4.6
Drinks sugar-sweetened beverages daily	130	30.7	37.6	13.8	9.4	4.3	2.5	0.3	5.8	6.9
Drinks sugar-sweetened beverages less than daily	1,209	26.2	33.8	10.7	12.4	13.2	4.2	1.5	3.6	3.4
Meets water consumption guidelines	231	26.2	39.9	12.8	6.0	11.6	5.3	1.3	5.0	3.8
Does not meet water guidelines	1,103	26.8	33.1	10.8	13.6	12.1	3.6	1.4	3.6	3.8
Ran out of food and could not afford more	69	19.9	24.5	44.7	6.6	4.7	6.0	0.5	5.8	0.0
Have not run out of food	1,192	27.7	35.0	7.7	12.5	12.5	3.2	1.4	3.9	4.1
Requires help with daily activities	91	17.2	17.9	27.2	26.6	13.1	8.6	0.2	1.8	0.0
Does not require help	1,210	27.4	35.5	9.9	11.3	11.9	3.6	1.4	3.9	4.1

¹ Base sizes include respondents aged 18 years and over living in the Macedon Ranges Shire. 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 fruit consumption guidelines, the two main themes that emerged were 'personal preference or habit' (39.8%) and a 'lack of time' (18.1%). Other relatively common barriers to increasing serves of fruit were 'diet or health restrictions' (14.3%), 'cost' (11.2%), and a 'lack of awareness of, or agreement with, the guidelines' (9.1%).

In relation to the main demographic indicators:

- The only difference in the barriers to meeting the fruit consumption guidelines between males and females was 'diet or health restrictions', with 18.9% of females suggesting this was a barrier compared to 8.7% of males
- Amongst men, respondents aged 35 to 49 were more likely (30.2%) than those aged 70 years and over (5.4%) to give the reason of 'being time poor' for not meeting the fruit guidelines
- Amongst women, respondents aged 18 to 34 were more likely (28.1%) than those aged 50 to 69 (11.0%) or those aged 70 years and over (5.2%) to give the reason of 'being time poor' for not meeting the fruit guidelines
- Across the subregions, there were no significant differences in the barriers to meeting the fruit consumption guidelines

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

In relation to other demographic or health differences, among 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' (21.1%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (6.7%)
- Those who have experienced food insecurity (37.7%), compared to those who have not run out of food in the last 12 months (9.5%)

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	Not aware / supportive of guidelines	Poor quality / availability	Unable to prepare / store	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	842	39.8	18.1	11.2	14.3	9.1	5.5	0.9	4.5	5.1
Gender and age										
Males	338	41.9	18.5	9.9	8.7	8.7	3.5	0.9	4.3	7.4
Females	498	37.9	17.8	12.3	18.9	9.4	7.2	0.9	4.6	3.2
Males, 18 to 34	58	38.6	18.0	16.8	6.7	8.5	2.2	2.2	6.0	7.9
Males, 35 to 49	77	38.6	30.2	10.6	7.7	6.6	2.0	0.0	0.0	7.0
Males, 50 to 69	131	49.8	14.5	2.1	8.6	8.5	4.7	1.2	5.2	8.1
Males, 70+	72	35.7	5.4	15.0	14.9	14.1	5.9	0.0	7.7	5.8
Females, 18 to 34	81	34.5	28.1	12.6	15.1	8.9	4.4	2.4	8.1	2.7
Females, 35 to 49	159	40.3	21.5	15.7	15.5	6.0	11.5	0.0	1.4	4.0
Females, 50 to 69	190	39.8	11.0	9.3	25.7	9.8	3.7	1.2	4.6	3.0
Females, 70+	68	30.0	5.2	10.2	15.7	21.3	10.5	0.0	8.8	2.6
Subregion										
Gisborne District	231	41.6	15.9	11.2	16.1	7.3	6.3	0.0	3.8	4.7
Kyneton District	186	42.8	14.2	11.7	15.2	12.0	4.1	1.9	3.0	3.5
Lancefield District	66	23.3	24.9	12.8	12.6	8.1	10.0	1.4	6.0	11.7
Macedon-Woodend District	236	41.7	19.4	7.2	12.0	8.8	4.4	0.4	5.7	7.8
Riddells Creek District*	45	50.7	23.4	24.9	0.6	7.7	7.3	0.0	2.2	0.6
Romsey District	65	27.4	22.7	11.3	20.8	10.6	4.3	3.1	8.3	0.0

¹ Base sizes include respondents aged 18 years and over living in the Macedon Ranges Shire. 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	Not aware / supportive of guidelines	Poor quality / availability	Unable to prepare / store	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	842	39.8	18.1	11.2	14.3	9.1	5.5	0.9	4.5	5.1
Demographic indicators										
Born in Australia	682	39.8	19.2	10.6	12.8	9.8	5.4	1.1	4.4	4.9
Born overseas	148	41.5	12.6	13.1	19.2	6.3	5.8	0.2	5.2	6.3
Speaks English as main language	814	39.3	18.4	11.6	14.2	9.3	5.7	1.0	4.2	4.9
Speaks other main language*	10	41.2	0.0	0.0	16.9	7.0	0.0	0.0	19.6	15.3
Aboriginal and/or Torres Strait Islander*	7	52.0	0.0	22.6	20.2	0.0	0.0	0.0	0.0	5.2
Not Aboriginal or Torres Strait Islander	821	39.7	18.1	11.2	14.0	9.3	5.6	0.9	4.6	5.2
Identifies as LGBTQIA+*	27	48.4	17.2	21.4	2.1	3.5	9.7	0.0	5.2	0.0
Non-LGBTQIA+	771	39.6	18.7	10.6	14.5	9.2	5.3	1.0	4.6	5.3
Holds a Bachelor degree or higher	427	44.8	15.4	7.0	18.9	10.4	7.1	0.7	2.1	3.3
Less than Bachelor level education	388	37.6	19.2	12.9	12.6	8.6	4.9	1.1	5.5	5.9
Just getting along, poor or very poor	226	34.7	14.4	21.1	13.5	8.0	4.6	1.0	8.0	4.8
Reasonably comfortable, very comfortable or prosperous	611	42.2	20.0	6.7	14.5	9.3	5.9	0.9	2.9	5.3

¹ Base sizes include respondents aged 18 years and over living in the Macedon Ranges Shire. 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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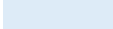

 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

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	Not aware / supportive of guidelines	Poor quality / availability	Unable to prepare / store	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	842	39.8	18.1	11.2	14.3	9.1	5.5	0.9	4.5	5.1
Health and wellbeing indicators										
Self-reported health - Fair or poor	162	40.9	17.6	16.1	18.2	4.2	2.9	0.7	3.7	2.7
Self-reported health - Good, very good, or excellent	679	39.4	18.2	10.0	13.4	10.3	6.1	1.0	4.7	5.7
Life satisfaction - Low (0 to 4 out of 10)	73	29.1	25.6	16.9	23.2	2.5	7.2	4.0	4.2	2.0
Life satisfaction - Medium to very high (5+ out of 10)	758	40.4	17.4	10.4	13.7	9.8	5.4	0.6	4.6	5.5
Does not feel valued by society	149	30.0	17.3	21.0	15.2	5.6	5.9	2.4	9.7	4.5
Sometimes feel valued by society	397	37.0	20.6	11.4	15.4	9.7	5.1	0.8	3.9	4.7
Definitely feel valued by society	289	49.4	15.0	4.8	12.4	10.1	5.9	0.2	2.3	6.2
Overweight or obese (BMI ≥25.0)	493	38.4	17.7	10.2	14.0	7.0	5.9	1.4	5.5	6.7
Normal range or underweight (BMI <25.0)	315	41.3	19.2	12.7	14.9	11.4	4.7	0.2	3.1	3.1
Meets fruit intake guidelines	103	42.1	7.0	3.2	31.5	10.4	7.3	0.7	3.7	0.7
Does not meet fruit intake guidelines	735	39.4	19.4	12.2	12.1	9.0	5.3	1.0	4.6	5.7
Meets physical activity guidelines	476	38.5	17.0	9.7	17.3	10.9	5.6	1.1	3.5	4.4
Does not meet physical activity guidelines / sedentary	358	40.7	19.7	13.3	10.6	7.0	5.4	0.7	5.6	6.1

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

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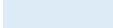
 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.3.4.4 Barriers to fruit guidelines by further health indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Not aware / supportive of guidelines	Poor quality / availability	Unable to prepare / store	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	842	39.8	18.1	11.2	14.3	9.1	5.5	0.9	4.5	5.1
Health and wellbeing indicators										
Current smoker	66	43.3	27.3	11.8	8.2	5.0	5.3	3.0	2.1	1.0
Ex-smoker	325	42.2	15.5	9.8	15.0	6.6	5.4	0.2	5.4	7.0
Never smoked	440	37.4	18.6	11.9	15.2	11.8	5.7	1.1	3.5	4.6
Drinks alcohol every day	80	40.6	16.9	6.1	9.5	7.3	1.4	0.0	7.4	10.7
Drinks alcohol less often than daily	640	40.0	19.3	9.6	15.5	10.2	5.9	0.5	3.7	4.5
Does not drink alcohol	110	40.4	13.6	20.2	12.7	3.7	6.7	3.7	4.3	5.6
Had more than 4 standard drinks on a single occasion	472	38.1	22.6	9.8	13.4	9.0	5.2	0.5	4.4	4.7
Has not had more than 4 standard drinks	338	41.7	12.2	13.5	16.3	9.2	6.4	1.1	3.5	6.5
Drinks sugar-sweetened beverages daily	158	38.1	18.9	11.7	19.6	7.1	6.3	1.4	2.7	5.3
Drinks sugar-sweetened beverages less than daily	679	40.4	18.0	10.9	12.8	9.4	5.3	0.8	5.0	5.1
Meets water consumption guidelines	99	49.4	16.0	12.2	7.1	4.1	2.4	1.2	4.9	8.4
Does not meet water guidelines	741	38.0	18.4	11.0	15.6	9.9	6.0	0.9	4.4	4.6
Ran out of food and could not afford more	42	38.0	14.3	37.7	13.1	4.9	2.0	2.0	4.7	0.0
Have not run out of food	748	40.6	18.0	9.5	14.0	9.6	5.6	0.9	4.3	5.5
Requires help with daily activities	67	27.9	11.1	18.5	24.7	11.4	9.9	0.0	6.3	0.3
Does not require help	754	41.2	18.5	10.5	13.1	9.1	5.2	1.0	4.2	5.6

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

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

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

3.3.5. Water consumption

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

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

In relation to the main demographic indicators:

- There were no significant differences between males and females around meeting the requirements of average cups per day
- For both males and females, water consumption was considerably lower amongst older residents, with 97.1% and 95.7% respectively not meeting water requirements if aged 70 years and over. Younger respondents were comparatively more likely to meet requirements with the proportion not meeting requirements being lowest for males aged 18 to 34 years (63.8%) and females aged 18 to 34 years (72.7%)
- Across the subregions, those who do not meet the recommended water consumption guidelines were residents of Romsey District (13.5%) and Macedon-Woodend District (16.5%), when compared to Gisborne District (23.0%) and Lancefield District (26.8%) residents

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

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

- People whose education is less than a Bachelor level of education (18.5%), compared to those with a Bachelor level of education or higher (23.9%)
- Those who do not meet the vegetable consumption guidelines (18.4%, compared to 26.1% of those who do meet the guidelines)
- Those who drink sugar-sweetened beverages daily (12.1%), compared to those who drink them less than daily (20.4%)
- Those who do not meet the physical activity guidelines (14.3%), compared to those that do meet the guidelines (23.3%)

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

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

Table 3.3.5.1 Water consumption by selected demographic characteristics

	Unweighted base ¹	Meets water requirements	Does not meet requirements	Average daily cups*
	n	%	%	#
Total sample	2,814	19.5	80.5	4.9
Gender and age				
Males	1,194	21.3	78.8	5.0
Females	1,601	17.6	82.4	4.8
Males, 18 to 34	185	36.2	63.8	6.3
Males, 35 to 49	278	29.3	70.7	5.7
Males, 50 to 69	469	12.6	87.4	4.2
Males, 70+	262	3.0	97.1	3.5
Females, 18 to 34	222	27.3	72.7	5.7
Females, 35 to 49	427	23.6	76.4	5.1
Females, 50 to 69	661	13.0	87.0	4.5
Females, 70+	291	4.3	95.7	3.6
Subregion				
Gisborne District	742	23.0	77.1	5.1
Kyneton District	598	20.0	80.0	4.8
Lancefield District	173	26.8	73.2	5.3
Macedon-Woodend District	870	16.5	83.5	4.9
Riddells Creek District	165	16.8	83.2	4.5
Romsey District	220	13.5	86.6	4.4
Demographic indicators				
Born in Australia	2,254	20.4	79.6	4.9
Born overseas	515	15.4	84.6	4.7
Speaks English as main language	2,723	19.8	80.2	4.9
Speaks other main language*	36	15.2	84.8	5.4
Aboriginal and/or Torres Strait Islander*	17	13.6	86.4	5.1
Not Aboriginal or Torres Strait Islander	2,756	19.7	80.4	4.9
Identifies as LGBTQIA+	66	13.8	86.2	4.6
Non-LGBTQIA+	2,587	20.3	79.7	5.0
Holds a Bachelor degree or higher	1,425	23.9	76.1	5.4
Less than Bachelor level education	1,274	18.5	81.5	4.7
Just getting along, poor or very poor	646	14.4	85.6	4.4
Reasonably comfortable, very comfortable or prosperous	2,145	21.5	78.5	5.1

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

* Significance testing not conducted due to small base size

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

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

Table 3.3.5.2 Water consumption by selected health characteristics

	Unweighted base ¹	Meets water requirements	Does not meet requirements	Average daily cups
	n	%	%	%
Total sample	2,814	19.5	80.5	4.9
Health and wellbeing indicators				
Self-reported health - Fair or poor	421	15.8	84.2	4.2
Self-reported health - Good, very good, or excellent	2,375	20.2	79.8	5.0
Life satisfaction - Low (0 to 4 out of 10)	167	16.1	83.9	4.5
Life satisfaction - Medium to very high (5+ out of 10)	2,614	19.5	80.5	4.9
Does not feel valued by society	449	16.3	83.7	4.6
Sometimes feel valued by society	1,264	17.8	82.2	4.7
Definitely feel valued by society	1,061	22.3	77.7	5.2
Overweight or obese (BMI ≥25.0)	1,561	19.7	80.3	4.8
Normal range or underweight (BMI <25.0)	1,085	20.1	79.9	5.1
Meets fruit intake guidelines	1,461	21.6	78.4	5.3
Does not meet fruit intake guidelines	1,310	17.4	82.6	4.4
Meets vegetable intake guidelines	472	26.1	73.9	5.5
Does not meet vegetable intake guidelines	2,314	18.4	81.6	4.8
Meets physical activity guidelines	1,742	23.3	76.7	5.3
Does not meet physical activity guidelines / sedentary	997	14.3	85.7	4.4
Current smoker	161	22.1	77.9	4.7
Ex-smoker	1,047	18.1	81.9	4.8
Never smoked	1,559	20.1	79.9	5.0
Drinks alcohol every day	232	14.0	86.0	4.0
Drinks alcohol less often than daily	2,122	20.3	79.8	5.0
Does not drink alcohol	414	18.6	81.4	4.9
Had more than 4 standard drinks on a single occasion	1,421	22.6	77.4	5.1
Has not had more than 4 standard drinks	1,252	15.4	84.6	4.6
Drinks sugar-sweetened beverages daily	227	12.1	88.0	4.0
Drinks sugar-sweetened beverages less than daily	2,570	20.4	79.6	5.0
Ran out of food and could not afford more	123	15.9	84.1	4.6
Have not run out of food	2,512	19.5	80.5	4.9
Requires help with daily activities	164	13.7	86.3	4.2
Does not require help	2,547	20.2	79.8	4.9

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

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

3.4. Health risk behaviours

3.4.1. Sugar-sweetened beverage consumption

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

In the 2019 ALC, all respondents were asked how often they consume sugar-sweetened beverages, specifically, cordial, soft drinks, flavoured mineral water, energy or sports drinks. Overall, 10.3% of respondents from the Macedon Ranges Shire 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 (13.0%, compared to 7.8%)
- For males, sugar-sweetened beverage consumption was considerably lower amongst older respondents, with 30.6% of those aged 70 years and over never consuming them, compared to 10.7% of those aged 18 to 34 years and 16.9% of those aged 35 to 49 years
- Across the subregions, there were no significant differences around daily consumption

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

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

- Those who have less than a Bachelor level of education (12.3%, compared to 5.2% of people with at least a Bachelor level of education)
- Those who self-reported their general health as 'fair' or 'poor' (15.5%, compared to 9.2% of those whose self-reported health was 'good', 'very good', or 'excellent')
- Those who require help with daily activities (18.7%), compared to 9.8% among those who do not require assistance
- People whose BMI puts them in the overweight or obese range (11.9%, compared to 7.4% who are in the normal range or underweight)
- Current smokers (18.0%, compared to 8.6% of those who have never smoked)

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


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

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

	Unweighted base ¹	Daily	Weekly	Monthly or less often	Never
	n	%	%	%	%
Total sample	2,839	10.3	25.4	38.4	25.9
Gender and age					
Males	1,208	13.0	30.0	37.4	19.6
Females	1,612	7.8	20.9	39.2	32.1
Males, 18 to 34	182	13.5	40.7	35.2	10.7
Males, 35 to 49	279	15.0	32.0	36.1	16.9
Males, 50 to 69	482	12.7	25.0	39.6	22.7
Males, 70+	265	9.4	22.1	38.0	30.6
Females, 18 to 34	222	5.8	36.6	38.0	19.5
Females, 35 to 49	432	9.6	20.7	43.8	25.9
Females, 50 to 69	665	7.4	16.8	37.0	38.8
Females, 70+	293	7.6	11.5	36.8	44.0
Subregion					
Gisborne District	742	11.3	25.0	40.8	23.0
Kyneton District	600	9.9	27.4	38.6	24.0
Lancefield District	175	13.2	37.3	30.9	18.6
Macedon-Woodend District	884	8.5	23.1	38.4	29.9
Riddells Creek District	168	11.3	20.8	42.7	25.2
Romsey District	222	10.5	25.8	33.2	30.6
Demographic indicators					
Born in Australia	2,273	10.8	26.8	38.6	23.7
Born overseas	521	8.5	19.4	36.7	35.4
Speaks English as main language	2,746	10.6	25.7	38.1	25.6
Speaks other main language*	37	2.4	11.4	42.3	44.0
Aboriginal and/or Torres Strait Islander*	18	18.7	5.2	57.1	19.0
Not Aboriginal or Torres Strait Islander	2,779	10.4	25.3	38.4	26.0
Identifies as LGBTQIA+	67	2.5	21.7	44.0	31.8
Non-LGBTQIA+	2,608	10.3	25.8	38.3	25.7
Holds a Bachelor degree or higher	1,436	5.2	20.8	43.8	30.3
Less than Bachelor level education	1,286	12.3	27.2	36.5	24.1
Just getting along, poor or very poor	653	11.1	28.1	34.8	26.1
Reasonably comfortable, very comfortable or prosperous	2,161	10.0	24.4	39.8	25.8

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

* Significance testing not conducted due to small base size

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


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

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

	Unweighted base ¹	Daily	Weekly	Monthly or less often	Never
	n	%	%	%	%
Total sample	2,839	10.3	25.4	38.4	25.9
Health and wellbeing indicators					
Self-reported health - Fair or poor	423	15.5	28.6	34.0	21.9
Self-reported health - Good, very good, or excellent	2,400	9.2	24.8	39.4	26.7
Life satisfaction - Low (0 to 4 out of 10)	166	14.4	25.9	34.9	24.9
Life satisfaction - Medium to very high (5+ out of 10)	2,637	10.0	25.4	38.7	25.9
Does not feel valued by society	449	11.8	26.5	37.4	24.3
Sometimes feel valued by society	1,280	10.9	27.2	38.7	23.3
Definitely feel valued by society	1,067	8.7	22.9	38.3	30.1
Overweight or obese (BMI ≥25.0)	1,574	11.9	28.0	37.2	22.9
Normal range or underweight (BMI <25.0)	1,091	7.4	20.9	41.1	30.6
Meets fruit intake guidelines	1,470	6.4	23.8	40.7	29.1
Does not meet fruit intake guidelines	1,319	14.0	27.3	36.1	22.6
Meets vegetable intake guidelines	475	6.1	17.6	37.4	38.9
Does not meet vegetable intake guidelines	2,331	10.9	26.5	38.7	23.9
Meets physical activity guidelines	1,760	8.3	24.2	40.4	27.1
Does not meet physical activity guidelines / sedentary	1,000	12.6	27.1	36.1	24.2
Current smoker	165	18.0	40.6	30.6	10.7
Ex-smoker	1,057	11.7	24.1	38.6	25.6
Never smoked	1,567	8.6	24.1	39.0	28.4
Drinks alcohol every day	236	15.0	25.3	31.2	28.5
Drinks alcohol less often than daily	2,136	9.4	26.6	40.2	23.8
Does not drink alcohol	418	13.1	18.7	31.7	36.5
Had more than 4 standard drinks on a single occasion	1,433	10.2	30.3	37.9	21.6
Has not had more than 4 standard drinks	1,258	10.2	18.6	40.1	31.1
Meets water consumption guidelines	512	6.4	26.2	41.9	25.5
Does not meet water guidelines	2,285	11.4	25.3	37.4	26.0
Ran out of food and could not afford more	124	16.4	31.7	25.8	26.2
Have not run out of food	2,531	10.1	24.5	39.6	25.9
Requires help with daily activities	161	18.7	29.1	26.7	25.5
Does not require help	2,575	9.8	25.0	39.2	26.0

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

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

3.4.2. Smoking

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

Compared to the benchmark data, from the 2016 VPHS, which gave the proportion of current smokers as 16.7% (19.6% of males and 13.9% of females), the proportion of current smokers in the Macedon Ranges region was lower at 7.8%.

In relation to the main demographic indicators:

- Consistent with the VPHS, males were more likely to be current smokers than females (9.4% compared to 6.2%)
- For males, while respondents aged 18 to 34 years had the highest proportion of current smokers (12.4%), they were more likely to have never smoked (66.1%, compared to 47.5% of those aged 35 to 49 years, 47.7% of those aged 50 to 69 years, and 46.0% of those aged 70 years and over)
- For females, there were no significant age differences for current smokers. However, 71.1% of those aged 18 to 34 years and 64.8% of those aged 70 years and over have never smoked, which is lower than those aged 35 to 49 years (51.2%) and those aged 50 to 69 years (51.3%)
- Across the subregions, respondents from Lancefield District (15.1%) and Romsey District (14.5%) were more likely to be current smokers when compared to respondents from Gisborne District (6.0%), Macedon-Woodend District (6.9%), and Riddells Creek District (1.7%)

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

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

- People who identify as LGBTQIA+ (18.8%), compared to those who do not (7.4%)
- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (13.1%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (6.0%)
- People who drink alcohol every day (19.5%, compared to 7.0% who drink less than daily and 6.1% of those that don't drink alcohol)
- Households that have experienced food insecurity (20.2%, compared to 7.1% of people who have not run out of food and been unable to buy more in the past 12 months)


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

Table 3.4.2.1 Smoking status by selected demographic characteristics

	Unweighted base ¹ n	Current smoker %	Ex-smoker %	Never smoked %
Total sample	2,819	7.8	38.1	54.1
Gender and age				
Males	1,206	9.4	39.2	51.4
Females	1,596	6.2	37.0	56.8
Males, 18 to 34	182	12.4	21.5	66.1
Males, 35 to 49	280	11.4	41.1	47.5
Males, 50 to 69	480	7.9	44.5	47.7
Males, 70+	264	4.5	49.5	46.0
Females, 18 to 34	220	4.9	24.0	71.1
Females, 35 to 49	427	7.8	41.0	51.2
Females, 50 to 69	657	6.4	42.3	51.3
Females, 70+	292	4.0	31.2	64.8
Subregion				
Gisborne District	745	6.0	33.3	60.7
Kyneton District	598	7.7	42.2	50.1
Lancefield District	169	15.1	34.3	50.6
Macedon-Woodend District	876	6.9	39.2	53.9
Riddells Creek District	163	1.7	38.2	60.1
Romsey District	220	14.5	39.6	45.9
Demographic indicators				
Born in Australia	2,257	8.5	37.0	54.5
Born overseas	515	4.2	43.0	52.7
Speaks English as main language	2,729	7.9	38.3	53.8
Speaks other main language*	35	2.6	36.2	61.2
Aboriginal and/or Torres Strait Islander*	17	10.2	28.6	61.2
Not Aboriginal or Torres Strait Islander	2,762	7.7	38.3	54.1
Identifies as LGBTQIA+	66	18.8	39.5	41.8
Non-LGBTQIA+	2,591	7.4	38.1	54.5
Holds a Bachelor degree or higher	1,428	4.1	35.0	60.9
Less than Bachelor level education	1,273	8.8	39.3	51.9
Just getting along, poor or very poor	647	13.1	38.8	48.1
Reasonably comfortable, very comfortable or prosperous	2,149	6.0	37.7	56.3

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

* Significance testing not conducted due to small base size

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

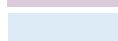
 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.4.2.2 Smoking status by selected health characteristics

	Unweighted base n	Current smoker %	Ex-smoker %	Never smoked %
Total sample	2,819	7.8	38.1	54.1
Health and wellbeing indicators				
Self-reported health - Fair or poor	415	12.4	47.8	39.7
Self-reported health - Good, very good, or excellent	2,383	6.8	36.4	56.8
Life satisfaction - Low (0 to 4 out of 10)	167	10.1	47.1	42.8
Life satisfaction - Medium to very high (5+ out of 10)	2,613	7.6	37.6	54.8
Does not feel valued by society	442	11.1	38.6	50.3
Sometimes feel valued by society	1,271	8.9	37.7	53.4
Definitely feel valued by society	1,061	4.3	39.0	56.7
Overweight or obese (BMI ≥25.0)	1,556	7.7	42.3	50.1
Normal range or underweight (BMI <25.0)	1,088	8.0	31.6	60.4
Meets fruit intake guidelines	1,462	5.3	37.0	57.7
Does not meet fruit intake guidelines	1,303	9.7	39.5	50.8
Meets vegetable intake guidelines	476	4.0	40.3	55.8
Does not meet vegetable intake guidelines	2,302	8.2	37.9	54.0
Meets physical activity guidelines	1,765	6.7	37.7	55.5
Does not meet physical activity guidelines / sedentary	982	9.7	38.7	51.6
Drinks alcohol every day	237	19.5	55.0	25.6
Drinks alcohol less often than daily	2,143	7.0	39.3	53.7
Does not drink alcohol	423	6.1	23.8	70.1
Had more than 4 standard drinks on a single occasion	1,437	10.5	44.5	44.9
Has not had more than 4 standard drinks	1,265	4.0	29.4	66.6
Drinks sugar-sweetened beverages daily	228	13.3	42.6	44.1
Drinks sugar-sweetened beverages less than daily	2,561	7.1	37.8	55.1
Meets water consumption guidelines	507	8.7	35.4	55.9
Does not meet water guidelines	2,260	7.4	38.8	53.8
Ran out of food and could not afford more	119	20.2	42.2	37.6
Have not run out of food	2,521	7.1	37.5	55.4
Requires help with daily activities	160	16.1	45.5	38.4
Does not require help	2,556	7.2	38.0	54.8

¹ Base sizes include respondents aged 18 years and over living in the Macedon Ranges Shire. 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, 7.4% of respondents reported that they drank alcohol every day in the past year.

In relation to the main demographic indicators:

- Males were more likely to drink alcohol daily than females (9.7%, compared to 5.0%)
- Males aged 50 to 69 years (14.3%) or aged 70 years and over (15.7%) were more likely to drink daily than those aged 18 to 34 years (2.3%) or 35 to 49 years (6.9%)
- A similar pattern was observed for females, with the proportion of respondents drinking daily increasing with age, with no respondents aged 18 to 34 years and 3.5% of those aged 35 to 49 years drinking daily, compared to 10.6% of those aged 70 years and over
- Across the subregions, there were no statistically significant differences in daily alcohol consumption

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

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

- Those who self-reported their general health as 'fair' or 'poor' (12.3%, compared to 6.6% of those whose self-reported health was 'good', 'very good', or 'excellent')
- Current smokers (18.7%) and ex-smokers (10.8%), compared to those that have never smoked (3.5%)
- Those who had more than four standard drinks on a single occasion (11.2%, compared to 3.0% of those who has not had more than 4 standard drinks)

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 approximately twice as likely to drink alcohol every day (18.5%) when compared to respondents who gamble monthly or less often (7.4%), or never (6.7%).

Table 3.4.3.1 Frequency of alcohol consumption by selected demographic characteristics

	Unweighted base ¹	Every day	Weekly	Monthly or less often	No longer drinks / Do not drink
	n	%	%	%	%
Total sample	2,819	7.4	43.4	33.9	15.4
Gender and age					
Males	1,201	9.7	50.1	29.4	10.8
Females	1,600	5.0	36.9	38.3	19.9
Males, 18 to 34	182	2.3	46.4	40.4	10.9
Males, 35 to 49	280	6.9	53.9	31.8	7.4
Males, 50 to 69	477	14.3	52.6	24.3	8.8
Males, 70+	262	15.7	42.7	20.1	21.5
Females, 18 to 34	220	0.0	22.0	56.7	21.3
Females, 35 to 49	427	3.5	45.6	38.6	12.2
Females, 50 to 69	658	6.5	38.8	34.0	20.8
Females, 70+	295	10.6	33.1	24.6	31.7
Subregion					
Gisborne District	744	6.1	40.9	40.4	12.6
Kyneton District	596	9.0	40.2	31.4	19.4
Lancefield District	169	7.0	43.2	31.7	18.1
Macedon-Woodend District	879	7.7	51.1	27.8	13.5
Riddells Creek District	164	6.4	37.8	38.3	17.5
Romsey District	219	8.4	38.5	36.9	16.3
Demographic indicators					
Born in Australia	2,256	7.3	43.1	35.1	14.5
Born overseas	516	7.7	44.9	28.5	19.0
Speaks English as main language	2,729	7.5	43.8	33.9	14.8
Speaks other main language*	34	4.6	26.7	19.2	49.5
Aboriginal and/or Torres Strait Islander*	18	13.6	49.3	25.3	11.8
Not Aboriginal or Torres Strait Islander	2,761	7.3	43.3	34.1	15.3
Identifies as LGBTQIA+	66	13.8	39.1	32.2	14.9
Non-LGBTQIA+	2,591	7.0	44.0	34.2	14.9
Holds a Bachelor degree or higher	1,428	6.0	48.0	34.1	12.0
Less than Bachelor level education	1,274	7.4	41.4	34.7	16.5
Just getting along, poor or very poor	646	6.9	32.5	38.7	22.0
Reasonably comfortable, very comfortable or prosperous	2,150	7.6	47.2	32.4	12.9

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

* Significance testing not conducted due to small base size

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

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

Table 3.4.3.2 Frequency of alcohol consumption by selected health characteristics

	Unweighted base ¹	Every day	Weekly	Monthly or less often	No longer drinks / Do not drink
	n	%	%	%	%
Total sample	2,819	7.4	43.4	33.9	15.4
Health and wellbeing indicators					
Self-reported health - Fair or poor	417	12.3	34.3	36.3	17.1
Self-reported health - Good, very good, or excellent	2,379	6.6	45.1	33.5	14.8
Life satisfaction - Low (0 to 4 out of 10)	166	12.2	26.4	37.5	23.9
Life satisfaction - Medium to very high (5+ out of 10)	2,614	7.2	44.7	33.5	14.7
Does not feel valued by society	442	8.3	34.0	36.7	21.0
Sometimes feel valued by society	1,268	7.6	43.3	36.2	12.8
Definitely feel valued by society	1,064	6.7	48.2	29.1	16.0
Overweight or obese (BMI ≥25.0)	1,560	8.8	42.1	35.1	14.1
Normal range or underweight (BMI <25.0)	1,084	5.6	46.3	31.3	16.9
Meets fruit intake guidelines	1,457	6.1	44.6	33.7	15.6
Does not meet fruit intake guidelines	1,306	8.9	42.2	33.8	15.2
Meets vegetable intake guidelines	475	5.9	39.1	36.2	18.9
Does not meet vegetable intake guidelines	2,301	7.6	44.1	33.7	14.6
Meets physical activity guidelines	1,765	6.7	46.1	33.7	13.6
Does not meet physical activity guidelines / sedentary	980	8.6	39.5	34.4	17.5
Current smoker	166	18.7	43.7	25.5	12.1
Ex-smoker	1,058	10.8	47.2	32.5	9.6
Never smoked	1,579	3.5	40.6	36.0	19.9
Had more than 4 standard drinks on a single occasion	1,439	11.2	59.2	29.5	0.1
Has not had more than 4 standard drinks	1,268	3.0	24.2	41.6	31.3
Drinks sugar-sweetened beverages daily	225	10.8	32.4	37.6	19.3
Drinks sugar-sweetened beverages less than daily	2,565	7.1	44.6	33.5	14.8
Meets water consumption guidelines	508	5.4	45.5	34.6	14.6
Does not meet water guidelines	2,260	8.0	42.7	33.8	15.5
Ran out of food and could not afford more	119	3.5	31.0	37.8	27.7
Have not run out of food	2,520	7.4	44.6	33.3	14.7
Requires help with daily activities	158	6.9	26.0	33.5	33.6
Does not require help	2,559	7.3	44.4	34.2	14.1

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

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

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

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

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

Overall 57.5% of all Macedon Ranges 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 Macedon Ranges 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 (70.0%, compared to 45.3%)
- For males, drinking risk was correlated with age, with all age groups except those aged 70 years and over being more likely to be at risk of alcohol-related injury on a single occasion than those aged 70 years and over (74.4% for those aged 18 to 34 years, 77.5% for those aged 35 to 49 years, and 70.2% for those aged 50 to 69 years, compared to 47.5% of those aged 70 years or over)
- For females, 57.7% of those aged 18 to 34 years and 59.2% of those aged 35 to 49 years were at risk, compared to 37.2% of those aged 50 to 69 years and 20.4% of those aged 70 years and over
- Across the subregions, there were no significant differences of risk of alcohol-related injury on a single occasion

Throughout the report, respondents who engage in risky drinking behaviour behave differently to those who reported other health risks (they are more likely to participate in physical activity and use public facilities and open spaces). The fact that respondents who reported having four or more drinks on a single occasion were more likely to be males and tend to be under the age of 70 should therefore be considered when analysing results as this may have more bearing on results than the drinking behaviour itself.

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

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'reasonably comfortable', 'very comfortable', or 'prosperous' (60.6%), compared to those who are 'just getting along', 'poor', or 'very poor' (49.5%)
- People whose BMI puts them in the overweight or obese range (61.5%, compared to 52.6% who are in the normal range or underweight)
- Current smokers (78.1%) and ex-smokers (67.3%), compared to those that have never smoked (47.8%)

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

Table 3.4.4.1 Single occasion risk drinking by selected demographic characteristics

	Unweighted base ¹	Has had 4 or more drinks on a single occasion in last 12 months	Has not had 4 or more drinks in one sitting in last 12 months
	n	%	%
Total sample	2,718	57.5	42.5
Gender and age			
Males	1,163	70.0	30.0
Females	1,536	45.3	54.7
Males, 18 to 34	177	74.4	25.6
Males, 35 to 49	275	77.5	22.5
Males, 50 to 69	458	70.2	29.8
Males, 70+	253	47.5	52.5
Females, 18 to 34	208	57.7	42.4
Females, 35 to 49	415	59.2	40.8
Females, 50 to 69	635	37.2	62.8
Females, 70+	278	20.4	79.6
Subregion			
Gisborne District	720	59.1	40.9
Kyneton District	573	56.3	43.7
Lancefield District	160	59.1	40.9
Macedon-Woodend District	842	60.1	39.9
Riddells Creek District	164	48.5	51.5
Romsey District	212	53.3	46.7
Demographic indicators			
Born in Australia	2,175	58.9	41.2
Born overseas	500	49.8	50.2
Speaks English as main language	2,629	58.1	41.9
Speaks other main language*	34	34.2	65.8
Aboriginal and/or Torres Strait Islander*	16	65.8	34.2
Not Aboriginal or Torres Strait Islander	2,664	57.4	42.6
Identifies as LGBTQIA+	64	65.5	34.5
Non-LGBTQIA+	2,497	58.4	41.7
Holds a Bachelor degree or higher	1,382	57.0	43.0
Less than Bachelor level education	1,225	58.2	41.9
Just getting along, poor or very poor	621	49.5	50.5
Reasonably comfortable, very comfortable or prosperous	2,076	60.6	39.5

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

* Significance testing not conducted due to small base size


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

Table 3.4.4.2 Single occasion risk drinking by selected health characteristics

	Unweighted base	Has had 4 or more drinks on a single occasion in last 12 months	Has not had 4 or more drinks in one sitting in last 12 months
	n	%	%
Total sample	2,718	57.5	42.5
Health and wellbeing indicators			
Self-reported health - Fair or poor	392	57.9	42.1
Self-reported health - Good, very good, or excellent	2,305	57.5	42.5
Life satisfaction - Low (0 to 4 out of 10)	159	59.8	40.2
Life satisfaction - Medium to very high (5+ out of 10)	2,523	57.3	42.7
Does not feel valued by society	426	52.6	47.4
Sometimes feel valued by society	1,228	60.1	39.9
Definitely feel valued by society	1,022	56.9	43.1
Overweight or obese (BMI ≥25.0)	1,506	61.5	38.5
Normal range or underweight (BMI <25.0)	1,054	52.6	47.5
Meets fruit intake guidelines	1,411	55.0	45.0
Does not meet fruit intake guidelines	1,257	60.1	39.9
Meets vegetable intake guidelines	456	47.5	52.5
Does not meet vegetable intake guidelines	2,223	59.2	40.9
Meets physical activity guidelines	1,712	59.2	40.8
Does not meet physical activity guidelines / sedentary	940	55.6	44.4
Current smoker	160	78.1	22.0
Ex-smoker	1,017	67.3	32.7
Never smoked	1,525	47.8	52.2
Drinks alcohol every day	235	83.5	16.5
Drinks alcohol less often than daily	2,124	64.6	35.4
Does not drink alcohol	348	0.6	99.4
Drinks sugar-sweetened beverages daily	212	57.4	42.6
Drinks sugar-sweetened beverages less than daily	2,479	57.6	42.4
Meets water consumption guidelines	489	66.5	33.5
Does not meet water guidelines	2,184	55.3	44.7
Ran out of food and could not afford more	114	53.3	46.7
Have not run out of food	2,436	57.7	42.4
Requires help with daily activities	145	39.6	60.4
Does not require help	2,473	58.5	41.5

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

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3.4.5. Gambling

Questions related to gambling were introduced for respondents aged 18 years and over in the 2019 ALC as a first attempt to comprehensively measure the incidence and impact of gambling in the region. At the time of reporting, there were few publicly available benchmarks for gambling incidence in Victoria. 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.⁶

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, 29.5% of Macedon Ranges 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 Macedon Ranges residents who responded to the survey, 4.6% reported that they gamble every week.

In relation to the main demographic indicators:

- Males were more likely to report gambling weekly than females (7.6%, compared to 1.6%)
- There were no significant age differences for males or females around gambling frequency
- Across the subregions, respondents from Kyneton District were more likely to gamble weekly than those from Macedon-Woodend District (6.8%, compared to 2.7%)

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

In relation to other demographic or health differences, among the subgroups more likely to gamble weekly were:

- Those who self-reported their general health as 'fair' or 'poor' (7.9%, compared to 4.0% of those whose self-reported their health was 'good', 'very good', or 'excellent')
- People whose BMI puts them in the overweight or obese range (5.8%, compared to 2.7% who are in the normal range or underweight)
- Ex-smokers (6.3%), compared to those that have never smoked (3.1%)
- People who drink alcohol every day (11.5%), compared to respondents who drink less than daily (4.2%) and those who do not drink at all (3.2%)

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

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

Table 3.4.5.1 Gambling frequency by selected demographic characteristics

	Unweighted base ¹ n	Weekly %	Monthly or less often %	Never %
Total sample	2,807	4.6	24.9	70.5
Gender and age				
Males	1,200	7.6	27.7	64.7
Females	1,590	1.6	22.3	76.1
Males, 18 to 34	181	4.0	28.6	67.5
Males, 35 to 49	279	7.7	27.9	64.4
Males, 50 to 69	477	8.8	29.7	61.5
Males, 70+	263	10.1	21.3	68.6
Females, 18 to 34	219	0.0	18.8	81.2
Females, 35 to 49	428	0.9	24.7	74.4
Females, 50 to 69	652	2.6	23.5	73.9
Females, 70+	291	2.7	18.4	78.9
Subregion				
Gisborne District	738	5.2	29.1	65.7
Kyneton District	594	6.8	26.8	66.5
Lancefield District	168	7.1	21.0	71.9
Macedon-Woodend District	878	2.7	23.1	74.3
Riddells Creek District	164	1.6	15.4	83.1
Romsey District	218	3.9	23.5	72.6
Demographic indicators				
Born in Australia	2,245	4.5	25.9	69.6
Born overseas	516	5.3	19.1	75.6
Speaks English as main language	2,719	4.4	25.3	70.3
Speaks other main language*	33	3.7	10.2	86.2
Aboriginal and/or Torres Strait Islander*	17	0.0	34.1	65.9
Not Aboriginal or Torres Strait Islander	2,749	4.7	24.6	70.8
Identifies as LGBTQIA+	67	5.6	15.8	78.6
Non-LGBTQIA+	2,576	4.4	24.7	70.9
Holds a Bachelor degree or higher	1,425	3.0	19.0	78.0
Less than Bachelor level education	1,265	5.0	27.0	68.0
Just getting along, poor or very poor	640	5.9	23.4	70.7
Reasonably comfortable, very comfortable or prosperous	2,143	4.2	25.7	70.2

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

* Significance testing not conducted due to small base size

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Table 3.4.5.2 Gambling frequency by selected health characteristics

	Unweighted base ¹	Weekly	Monthly or less often	Never
	n	%	%	%
Total sample	2,807	4.6	24.9	70.5
Health and wellbeing indicators				
Self-reported health - Fair or poor	414	7.9	26.7	65.3
Self-reported health - Good, very good, or excellent	2,371	4.0	24.7	71.3
Life satisfaction - Low (0 to 4 out of 10)	167	7.9	23.0	69.1
Life satisfaction - Medium to very high (5+ out of 10)	2,602	4.5	24.9	70.6
Does not feel valued by society	443	5.2	20.0	74.8
Sometimes feel valued by society	1,264	4.9	27.3	67.8
Definitely feel valued by society	1,057	3.9	24.5	71.6
Overweight or obese (BMI ≥25.0)	1,554	5.8	28.4	65.8
Normal range or underweight (BMI <25.0)	1,080	2.7	19.4	77.9
Meets fruit intake guidelines	1,453	5.4	21.2	73.5
Does not meet fruit intake guidelines	1,300	4.0	27.9	68.2
Meets vegetable intake guidelines	473	1.8	14.8	83.4
Does not meet vegetable intake guidelines	2,292	5.1	26.2	68.7
Meets physical activity guidelines	1,759	4.2	25.6	70.3
Does not meet physical activity guidelines / sedentary	976	5.4	23.7	70.9
Current smoker	166	6.3	30.8	62.9
Ex-smoker	1,057	6.3	27.4	66.3
Never smoked	1,569	3.1	22.4	74.5
Drinks alcohol every day	234	11.5	25.0	63.6
Drinks alcohol less often than daily	2,141	4.2	26.9	69.0
Does not drink alcohol	415	3.2	15.6	81.2
Had more than 4 standard drinks on a single occasion	1,438	6.2	30.7	63.1
Has not had more than 4 standard drinks	1,259	2.6	18.1	79.3
Drinks sugar-sweetened beverages daily	224	5.8	29.9	64.3
Drinks sugar-sweetened beverages less than daily	2,554	4.5	24.5	71.0
Meets water consumption guidelines	502	3.8	26.3	69.9
Does not meet water guidelines	2,254	4.9	24.6	70.6
Ran out of food and could not afford more	120	6.5	22.6	70.9
Have not run out of food	2,506	4.7	25.0	70.3
Requires help with daily activities	158	6.0	21.6	72.5
Does not require help	2,550	4.2	24.9	70.9

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

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

The proportion of Macedon Ranges respondents who reported having experienced gambling-related problems in the 2019 ALC was 1.7%, increasing to 3.9% 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, among the subgroups more likely to have experienced gambling-related health problems were:

- Those who recorded a low level of life satisfaction (5.9%, compared to 1.4% who recorded medium to very high life satisfaction)

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

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


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

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

	Unweighted base ¹	Experienced gambling-related health problems	Not experienced gambling-related health problems
	n	%	%
Total sample	2,642	1.7	98.3
Gender and age			
Males	1,133	2.1	97.9
Females	1,494	1.2	98.8
Males, 18 to 34	172	0.6	99.4
Males, 35 to 49	268	3.3	96.7
Males, 50 to 69	450	3.0	97.0
Males, 70+	243	0.0	100.0
Females, 18 to 34	218	1.0	99.0
Females, 35 to 49	412	1.0	99.0
Females, 50 to 69	615	1.5	98.5
Females, 70+	249	1.0	99.0
Subregion			
Gisborne District	705	1.8	98.2
Kyneton District	551	2.1	97.9
Lancefield District	162	0.8	99.2
Macedon-Woodend District	823	1.2	98.8
Riddells Creek District	154	0.4	99.6
Romsey District	199	2.7	97.3
Demographic indicators			
Born in Australia	2,121	1.8	98.3
Born overseas	480	1.4	98.6
Speaks English as main language	2,559	1.7	98.3
Speaks other main language*	31	0.0	100.0
Aboriginal and/or Torres Strait Islander*	14	0.0	100.0
Not Aboriginal or Torres Strait Islander	2,591	1.7	98.3
Identifies as LGBTQIA+	63	2.3	97.7
Non-LGBTQIA+	2,437	1.6	98.4
Holds a Bachelor degree or higher	1,365	1.3	98.7
Less than Bachelor level education	1,180	1.9	98.1
Just getting along, poor or very poor	589	2.1	97.9
Reasonably comfortable, very comfortable or prosperous	2,033	1.5	98.5

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

* Significance testing not conducted due to small base size

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

	Unweighted base ¹	Experienced gambling-related health problems	Not experienced gambling-related health problems
	n	%	%
Total sample	2,642	1.7	98.3
Health and wellbeing indicators			
Self-reported health - Fair or poor	385	2.9	97.1
Self-reported health - Good, very good, or excellent	2,237	1.4	98.6
Life satisfaction - Low (0 to 4 out of 10)	160	5.9	94.1
Life satisfaction - Medium to very high (5+ out of 10)	2,449	1.4	98.6
Does not feel valued by society	423	1.8	98.2
Sometimes feel valued by society	1,192	1.7	98.3
Definitely feel valued by society	988	1.6	98.4
Overweight or obese (BMI ≥25.0)	1,472	1.3	98.7
Normal range or underweight (BMI <25.0)	1,013	1.9	98.1
Meets fruit intake guidelines	1,345	1.8	98.3
Does not meet fruit intake guidelines	1,246	1.6	98.4
Meets vegetable intake guidelines	440	0.6	99.4
Does not meet vegetable intake guidelines	2,165	1.9	98.1
Meets physical activity guidelines	1,657	1.4	98.7
Does not meet physical activity guidelines / sedentary	927	2.3	97.7
Current smoker	162	2.7	97.3
Ex-smoker	989	2.0	98.0
Never smoked	1,477	1.3	98.7
Drinks alcohol every day	226	3.4	96.6
Drinks alcohol less often than daily	2,029	1.7	98.3
Does not drink alcohol	372	0.7	99.3
Had more than 4 standard drinks on a single occasion	1,366	2.2	97.8
Has not had more than 4 standard drinks	1,173	1.0	99.0
Drinks sugar-sweetened beverages daily	214	1.8	98.2
Drinks sugar-sweetened beverages less than daily	2,403	1.7	98.3
Meets water consumption guidelines	483	2.2	97.9
Does not meet water guidelines	2,114	1.6	98.4
Ran out of food and could not afford more	145	3.5	96.5
Have not run out of food	2,408	1.6	98.4
Requires help with daily activities	483	4.2	95.8
Does not require help	2,114	1.4	98.6

¹ Base sizes include respondents aged 18 years and over living in the Macedon Ranges Shire. 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. Note that the VPHS uses different definitions for people aged 65 years and over. 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).

Physical activity category	Age groups	
	18 to 64 years	65 years or over
Meets the physical activity guidelines	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	30 minutes of moderate intensity physical activity per day
Insufficient	Less than 150 minutes of moderate intensity or 75 vigorous intensity physical activity, or an equivalent combination of both and / or engaging in muscle strengthening activities less than two days per week	Less than 30 minutes of moderate intensity physical activity per day
Sedentary	0 minutes of moderate or vigorous intensity physical activity	0 minutes

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 Macedon Ranges respondents in the same age group who had met the guidelines was 63.2% and, overall, 61.6% of adult Macedon Ranges respondents had met the above-mentioned physical activity guidelines. Respondents were categorised as sedentary if they had done 0 minutes of physical activity, which included 2.9% of adult Macedon Ranges residents that completed the survey.

In relation to the main demographic indicators:

- There were no differences between the genders in physical activity guidelines
- Younger males were more likely to meet the activity guidelines than those aged 70 years and over (67.0% of those aged 18 to 34 years, compared to 52.7% of those aged 70 years and over)
- Amongst females, there were no significant age differences
- Across the subregions, respondents from Macedon-Woodend District were more likely to meet the activity guidelines, compared to respondents from Romsey District (66.7%, compared to 51.7%)

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

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

- Those who self-reported their general health as 'fair' or 'poor' (6.3%, compared to 2.2% of those whose self-reported health was 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (6.6%, compared to 2.6% who recorded medium to very high life satisfaction)
- Respondents who require help with daily activities (8.5%, compared to 2.6% of those who do not require help)


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

Table 3.5.1 Meeting physical activity guidelines by selected demographic groups

	Unweighted base ¹	Does not meet guidelines		Meets physical activity guidelines
		Sedentary	Insufficient	
	n	%	%	%
Total sample	2,782	2.9	35.5	61.6
Gender and age				
Males	1,189	3.7	37.1	59.2
Females	1,576	2.2	34.2	63.6
Males, 18 to 34	179	4.2	28.8	67.0
Males, 35 to 49	278	3.1	37.6	59.3
Males, 50 to 69	477	3.9	39.2	57.0
Males, 70+	255	3.5	43.8	52.7
Females, 18 to 34	222	2.5	30.1	67.5
Females, 35 to 49	427	2.2	31.2	66.6
Females, 50 to 69	653	2.0	36.4	61.6
Females, 70+	274	2.6	40.5	56.9
Subregion				
Gisborne District	730	4.6	34.7	60.7
Kyneton District	587	2.0	37.0	61.1
Lancefield District	172	1.8	42.2	56.1
Macedon-Woodend District	872	2.3	31.0	66.7
Riddells Creek District	158	3.3	32.6	64.1
Romsey District	217	3.1	45.2	51.7
Demographic indicators				
Born in Australia	2,227	2.7	34.6	62.7
Born overseas	510	4.1	41.2	54.7
Speaks English as main language	2,691	2.9	35.2	61.9
Speaks other main language*	36	5.5	52.8	41.7
Aboriginal and/or Torres Strait Islander*	18	6.5	42.6	50.9
Not Aboriginal or Torres Strait Islander	2,728	2.9	35.5	61.6
Identifies as LGBTQIA+	65	4.1	52.8	43.0
Non-LGBTQIA+	2,564	3.0	35.0	62.0
Holds a Bachelor degree or higher	1,425	1.8	29.1	69.1
Less than Bachelor level education	1,253	3.3	38.0	58.6
Just getting along, poor or very poor	633	3.9	44.4	51.7
Reasonably comfortable, very comfortable or prosperous	2,125	2.5	32.5	65.0

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

* Significance testing not conducted due to small base size

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


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

Table 3.5.2 Meeting physical activity guidelines by selected health groups

	Unweighted base ¹	Does not meet guidelines		Meets physical activity guidelines
		Sedentary	Insufficient	
	n	%	%	%
Total sample	2,782	2.9	35.5	61.6
Health and wellbeing indicators				
Self-reported health - Fair or poor	400	6.3	55.9	37.8
Self-reported health - Good, very good, or excellent	2,363	2.2	32.0	65.8
Life satisfaction - Low (0 to 4 out of 10)	163	6.6	53.6	39.9
Life satisfaction - Medium to very high (5+ out of 10)	2,587	2.6	34.3	63.2
Does not feel valued by society	437	3.6	40.9	55.5
Sometimes feel valued by society	1,253	3.1	39.0	57.9
Definitely feel valued by society	1,053	2.4	28.4	69.2
Overweight or obese (BMI ≥25.0)	1,552	3.3	40.0	56.7
Normal range or underweight (BMI <25.0)	1,082	2.6	27.1	70.3
Meets fruit intake guidelines	1,453	2.1	29.8	68.1
Does not meet fruit intake guidelines	1,281	3.8	41.0	55.2
Meets vegetable intake guidelines	475	1.7	28.2	70.1
Does not meet vegetable intake guidelines	2,276	3.1	36.9	60.1
Current smoker	163	2.7	44.2	53.1
Ex-smoker	1,041	2.6	36.0	61.4
Never smoked	1,543	3.2	33.1	63.7
Drinks alcohol every day	230	3.0	41.1	55.9
Drinks alcohol less often than daily	2,112	2.5	33.7	63.8
Does not drink alcohol	403	4.9	39.2	55.9
Had more than 4 standard drinks on a single occasion	1,418	2.7	33.6	63.7
Has not had more than 4 standard drinks	1,234	3.2	36.6	60.2
Drinks sugar-sweetened beverages daily	216	3.7	45.3	51.0
Drink sugar-sweetened beverages less than weekly	2,544	2.8	34.7	62.5
Meets water consumption guidelines	511	2.2	25.9	71.9
Does not meet water guidelines	2,228	3.1	38.4	58.5
Ran out of food and could not afford more	119	7.0	37.4	55.6
Have not run out of food	2,489	2.6	35.8	61.6
Requires help with daily activities	152	8.5	56.3	35.2
Does not require help	2,532	2.6	34.3	63.1

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

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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 Macedon Ranges region, children and adolescents aged 3 to 17 make up 18.2% of the unweighted sample.

Children and adolescents 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 the 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 of 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 young people 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 throughout this report.

3.6.1. Reported health status

Overall, results for children and adolescents in Macedon Ranges demonstrate a higher level of reported health, with poor-fair health reported for only 1.1% of males aged 3 to 11 years, 3.8% of those aged 12 to 17 years, and 6.6% of those aged 18 to 34 years, compared to 16.7% of males aged 35 to 49 years, 19.2% of those aged 50 to 69 years, and 26.5% of those aged 70 years and over.. However, for females, 0.5% of those aged 3 to 11 years recorded lower levels of health compared to 7.7% of those aged 12 to 17 years.

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

- Those from Kyneton District were more likely to demonstrate 'fair' or 'poor' health (6.2%, compared to 0.5% of those from Macedon-Woodend District)
- Those who do not feel valued by society were more likely to demonstrate 'fair' or 'poor' health (16.5%, compared to 1.3% of those who sometimes feel valued and 0.7% of those who definitely feel valued by society)

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

Table 3.6.1.1 Reported health status by selected demographic characteristics

	Unweighted base ¹	Fair / poor	Good	Very good / excellent
	n	%	%	%
Total sample	3,467	13.3	30.2	56.4
Gender and age				
Males, 3 to 11	191	1.1	11.5	87.4
Males, 12 to 17	107	3.8	16.8	79.4
Males, 18 to 34	184	6.6	26.7	66.7
Males, 35 to 49	282	16.7	37.1	46.2
Males, 50 to 69	485	19.2	34.5	46.3
Males, 70+	267	26.5	38.6	34.9
Females, 3 to 11	188	0.5	8.5	91.0
Females, 12 to 17	92	7.7	19.6	72.6
Females, 18 to 34	223	13.0	30.6	56.4
Females, 35 to 49	436	13.7	36.9	49.5
Females, 50 to 69	667	15.7	35.9	48.4
Females, 70+	296	24.3	40.3	35.4

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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 3.6.1.2 Reported health status by selected health characteristics – ages 3 to 17

	Unweighted base ¹ n	Fair / poor %	Good %	Very good / excellent %
Total sample	589	2.5	13.0	84.6
Subregion				
Gisborne District	189	1.7	8.0	90.4
Kyneton District	100	6.2	18.1	75.7
Lancefield District*	23	0.0	0.0	100.0
Macedon-Woodend District	196	0.5	14.4	85.1
Riddells Creek District*	26	7.6	19.5	72.8
Romsey District	38	0.0	26.4	73.6
Demographic indicators				
Born in Australia	559	1.8	12.8	85.4
Born overseas*	21	14.9	18.5	66.6
Aboriginal and/or Torres Strait Islander*	2	0.0	0.0	100.0
Not Aboriginal or Torres Strait Islander	572	2.5	12.5	85.0
Just getting along, poor or very poor	164	3.2	18.4	78.4
Reasonably comfortable, very comfortable or prosperous	423	2.2	10.9	86.9
Health and wellbeing indicators				
Life satisfaction - Low (0 to 4 out of 10)*	13	24.1	14.8	61.1
Life satisfaction - Medium to very high (5+ out of 10)	563	2.0	12.7	85.3
Does not feel valued by society	56	16.5	14.3	69.2
Sometimes feel valued by society	231	1.3	18.3	80.4
Definitely feel valued by society	272	0.7	8.1	91.2
Meets fruit intake guidelines	454	0.7	11.5	87.8
Does not meet fruit intake guidelines	128	7.3	18.0	74.7
Meets vegetable intake guidelines	112	0.0	8.9	91.2
Does not meet vegetable intake guidelines	464	2.7	13.9	83.5
Drinks sugar-sweetened beverages daily*	28	11.1	14.1	74.8
Drinks sugar-sweetened beverages less than daily	538	1.5	12.9	85.6
Meets water consumption guidelines	58	0.0	12.3	87.7
Does not meet water guidelines	510	2.6	13.0	84.4
Ran out of food and could not afford more	39	2.7	18.2	79.2
Have not run out of food	508	2.4	11.3	86.3
Requires help with daily activities	132	4.0	12.1	83.9
Does not require help	432	2.1	12.8	85.0

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

* Significance testing not conducted due to small base size

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3.6.2. Healthy eating

Serves of vegetables consumed

Male children aged 3 to 11 years were more likely to have met the vegetable consumption guidelines (23.1%) than respondents aged 12 to 17 years (3.9%), 18 to 34 years (5.6%), 35 to 49 years (5.0%), and 50 to 69 years (4.2%). There were no significant differences by age for females.

Overall 19.3% of young Macedon Ranges residents had met the vegetable consumption guidelines, with the average serves per day being 2.9 for children aged 3 to 11 years and adolescents aged 12 to 17 years. The proportion of children and adolescents who had not met the guidelines was higher amongst:

- Those who do not meet the fruit consumption guidelines (96.0%), compared to 76.3% of those who meet the fruit consumption guidelines
- Those who do not require help with daily activities (84.1%), compared to 69.4% of those who do require help

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	3,425	25.4	54.5	20.1	15.2	2.9
Gender and age						
Males, 3 to 11	186	22.0	57.0	21.0	23.1	3.0
Males, 12 to 17	103	28.3	51.4	20.3	3.9	2.7
Males, 18 to 34	182	32.8	49.2	18.0	5.6	2.7
Males, 35 to 49	280	27.4	52.1	20.5	5.0	2.9
Males, 50 to 69	478	27.1	53.2	19.8	4.2	2.9
Males, 70+	262	25.6	50.4	24.1	22.0	3.1
Females, 3 to 11	189	24.3	56.6	19.1	25.4	2.9
Females, 12 to 17	91	23.0	59.4	17.7	17.7	2.8
Females, 18 to 34	221	26.2	57.6	16.3	16.3	2.8
Females, 35 to 49	432	19.6	59.3	21.1	21.1	3.0
Females, 50 to 69	663	22.4	55.9	21.7	21.7	3.1
Females, 70+	291	25.7	54.2	20.1	20.1	3.0

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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	578	25.0	55.5	19.5	19.3	2.9
Subregion						
Gisborne District	183	25.2	55.7	19.1	15.8	2.9
Kyneton District	99	36.2	50.6	13.2	12.1	2.5
Lancefield District*	23	13.0	48.3	38.7	38.9	3.8
Macedon-Woodend District	194	14.5	63.4	22.2	24.7	3.1
Riddells Creek District*	26	27.2	57.5	15.3	15.3	2.5
Romsey District	38	47.4	34.4	18.2	20.9	2.2
Demographic indicators						
Born in Australia	549	24.3	55.9	19.8	19.7	2.9
Born overseas*	20	45.1	35.3	19.6	19.6	2.5
Aboriginal and/or Torres Strait Islander*	2	0.0	49.3	50.7	50.7	5.0
Not Aboriginal or Torres Strait Islander	563	24.9	55.2	19.9	19.7	2.9
Just getting along, poor or very poor	159	28.3	50.4	21.3	22.6	2.8
Reasonably comfortable, very comfortable or prosperous	417	23.8	57.3	18.9	18.2	2.9
Health and wellbeing indicators						
Reported health - Fair or poor*	12	41.8	58.2	0.0	0.0	2.2
Reported health - Good, very good, or excellent	564	24.5	55.5	20.0	19.8	2.9
Life satisfaction - Low (0 to 4 out of 10)*	12	67.8	24.2	8.1	8.1	1.9
Life satisfaction - Medium to very high (5+ out of 10)	556	23.8	56.3	20.0	19.6	2.9
Does not feel valued by society	53	34.0	47.3	18.7	15.0	2.5
Sometimes feel valued by society	227	26.9	55.0	18.2	15.5	2.8
Definitely feel valued by society	270	20.8	56.7	22.5	24.4	3.0
Meets fruit intake guidelines	450	16.7	59.8	23.5	23.7	3.2
Does not meet fruit intake guidelines	127	54.3	40.2	5.5	4.0	1.8
Drinks sugar-sweetened beverages daily*	27	52.2	40.5	7.4	3.6	2.0
Drinks sugar-sweetened beverages less than daily	535	23.2	56.1	20.7	20.7	2.9
Meets water consumption guidelines	58	12.0	56.8	31.2	24.3	3.5
Does not meet water guidelines	507	26.5	55.4	18.1	18.7	2.8
Ran out of food and could not afford more	38	44.9	47.4	7.8	13.0	1.9
Have not run out of food	498	22.5	56.8	20.7	20.7	3.0
Requires help with daily activities	131	19.0	58.1	22.9	30.6	3.0
Does not require help	422	26.4	55.7	18.0	15.9	2.9

¹ Base sizes include respondents aged 3 to 17 years living in the Macedon Ranges Shire. 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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Serves of fruit consumed

On average, Macedon Ranges respondents had consumed 1.7 serves of fruit per day. Young residents, particularly children aged 3 to 11 years, were more likely to meet fruit consumption requirements than adults. The proportion of children who had met fruit requirements was 80.4% for males (compared to 59.7% of those aged 12 to 17 years, 43.9% of those aged 18 to 34 years, 52.8% aged 35 to 49 years, 50.3% aged 50 to 69 years, and 53.4% aged 70 years and over). For females, the proportion meeting the guidelines was 87.4% of children aged 3 to 11 years and 71.3% of adolescents aged 12 to 17 years, both higher when compared to 46.8% of those aged 18 to 34 years, 41.1% aged 35 to 49 years, and 51.1% aged 50 to 69 years.

Overall 77.5% of young Macedon Ranges residents (aged 3 to 17 years) had met the fruit consumption guidelines, with the average serves per day being 2.3 for children aged 3 to 11 years and adolescents aged 12 to 17 years. The proportion of children and adolescents who had not met the guidelines was higher amongst:

- Children and adolescents from Romsey District (42.2%), compared to those from Macedon-Woodend District (18.4%)
- Those who do not meet the vegetable consumption guidelines (26.3%), compared to 4.5% of those who do meet the vegetable consumption guidelines

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

Table 3.6.2.3 Serves of fruit by selected demographic characteristics

	Unweighted base ¹	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	3,420	13.9	31.1	55.1	55.3	1.7
Gender and age						
Males, 3 to 11	189	4.8	15.9	79.4	80.4	2.5
Males, 12 to 17	107	12.1	28.2	59.7	59.7	2.0
Males, 18 to 34	183	20.6	35.5	43.9	43.9	1.5
Males, 35 to 49	277	11.3	35.9	52.8	52.8	1.7
Males, 50 to 69	474	20.3	29.4	50.3	50.3	1.6
Males, 70+	263	17.1	29.6	53.4	53.4	1.7
Females, 3 to 11	190	2.6	12.6	84.7	87.4	2.4
Females, 12 to 17	91	6.7	22.0	71.3	71.3	2.0
Females, 18 to 34	221	14.5	38.7	46.8	46.8	1.6
Females, 35 to 49	432	12.9	46.0	41.1	41.1	1.5
Females, 50 to 69	658	17.9	31.1	51.1	51.1	1.6
Females, 70+	289	12.9	31.4	55.7	55.7	1.8

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

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

	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	586	5.7	18.0	76.4	77.5	2.3
Subregion						
Gisborne District	189	3.8	20.2	76.0	76.5	2.3
Kyneton District	99	10.0	18.3	71.7	73.7	2.0
Lancefield District*	23	0.0	9.0	91.0	91.0	3.8
Macedon-Woodend District	196	3.6	15.3	81.1	81.6	2.4
Riddells Creek District*	25	16.0	0.0	84.0	84.0	2.3
Romsey District	38	10.5	39.6	49.9	57.8	1.6
Demographic indicators						
Born in Australia	554	4.9	17.6	77.5	78.8	2.3
Born overseas*	23	25.9	18.0	56.1	56.1	1.6
Aboriginal and/or Torres Strait Islander*	2	0.0	0.0	100.0	100.0	3.0
Not Aboriginal or Torres Strait Islander	571	5.5	18.1	76.4	77.5	2.3
Just getting along, poor or very poor	161	5.6	18.1	76.3	77.6	2.4
Reasonably comfortable, very comfortable or prosperous	423	5.7	18.1	76.2	77.4	2.3
Health and wellbeing indicators						
Reported health - Fair or poor*	12	25.3	50.3	24.4	24.4	1.2
Reported health - Good, very good, or excellent	570	4.9	17.3	77.8	79.1	2.3
Life satisfaction - Low (0 to 4 out of 10)*	12	34.2	33.6	32.2	32.2	1.2
Life satisfaction - Medium to very high (5+ out of 10)	564	5.1	17.5	77.4	78.5	2.3
Does not feel valued by society	54	11.3	22.4	66.3	66.3	2.0
Sometimes feel valued by society	231	6.0	17.4	76.6	77.4	2.2
Definitely feel valued by society	273	4.4	16.6	79.0	80.1	2.4
Meets vegetable intake guidelines	112	0.0	5.4	94.6	95.5	2.8
Does not meet vegetable intake guidelines	465	6.7	20.9	72.4	73.7	2.2
Drinks sugar-sweetened beverages daily*	28	21.8	39.3	38.9	38.9	1.4
Drinks sugar-sweetened beverages less than daily	539	4.3	16.8	79.0	80.3	2.3
Meets water consumption guidelines	58	5.2	17.3	77.5	77.5	2.7
Does not meet water guidelines	511	5.5	17.9	76.6	78.0	2.2
Ran out of food and could not afford more	38	7.9	21.1	71.0	76.2	2.1
Have not run out of food	506	5.7	17.9	76.4	77.2	2.3
Requires help with daily activities	131	3.9	15.3	80.9	83.9	2.5
Does not require help	430	5.3	18.5	76.2	76.7	2.2

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

* Significance testing not conducted due to small base size

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

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

Sugar-sweetened beverage consumption

Children and adolescents were also asked how often they consume sugar-sweetened beverages including cordial, soft drinks, flavoured mineral water, energy, or sports drinks. Male children aged 3 to 11 years, were less likely to drink sugar-sweetened beverages daily (2.7%) than males aged 12 to 17 years (13.6%), 18 to 34 years (13.5%), 35 to 49 years (15.0%), and 50 to 69 years (12.7%). For females, those aged 35 to 49 years (9.6%) were more likely to consume sugar-sweetened beverages daily than female children aged 3 to 11 years (2.7%).

Overall 5.1% of young Macedon Ranges respondents were consuming sugar-sweetened beverages daily. The proportion of children and adolescents who were consuming sugar-sweetened beverages daily was higher amongst:

- Those who do not meet the fruit consumption guidelines (13.9%), compared to 2.5% of those who do meet the guidelines

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

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

	Unweighted base ¹	Daily	Weekly	Monthly or less often	Never
	n	%	%	%	%
Total sample	3,432	9.3	26.1	38.8	25.8
Gender and age					
Males, 3 to 11	184	2.7	26.6	39.7	31.0
Males, 12 to 17	103	13.6	39.0	34.7	12.6
Males, 18 to 34	182	13.5	40.7	35.2	10.7
Males, 35 to 49	279	15.0	32.0	36.1	16.9
Males, 50 to 69	482	12.7	25.0	39.6	22.7
Males, 70+	265	9.4	22.1	38.0	30.6
Females, 3 to 11	188	2.7	25.0	38.8	33.5
Females, 12 to 17	87	5.7	25.2	52.9	16.2
Females, 18 to 34	222	5.8	36.6	38.0	19.5
Females, 35 to 49	432	9.6	20.7	43.8	25.9
Females, 50 to 69	665	7.4	16.8	37.0	38.8
Females, 70+	293	7.6	11.5	36.8	44.0

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

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

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

	Unweighted base ¹	Daily	Weekly	Monthly or less often	Never
	n	%	%	%	%
Total sample	570	5.1	28.8	40.4	25.7
Subregion					
Gisborne District	179	5.7	29.1	38.5	26.7
Kyneton District	99	4.1	22.2	48.6	25.1
Lancefield District*	23	4.4	17.4	51.8	26.5
Macedon-Woodend District	194	4.6	30.5	41.7	23.2
Riddells Creek District*	21	0.0	42.6	38.4	19.0
Romsey District	38	13.1	31.5	18.8	36.6
Demographic indicators					
Born in Australia	541	5.0	28.7	40.5	25.8
Born overseas*	21	9.9	28.8	42.8	18.6
Aboriginal and/or Torres Strait Islander*	2	0.0	0.0	50.7	49.3
Not Aboriginal or Torres Strait Islander	556	5.3	28.8	40.7	25.3
Just getting along, poor or very poor	157	5.7	30.1	38.9	25.3
Reasonably comfortable, very comfortable or prosperous	411	4.9	28.5	40.6	26.0
Health and wellbeing indicators					
Reported health - Fair or poor*	11	27.5	9.0	36.6	26.8
Reported health - Good, very good, or excellent	555	4.5	29.4	40.7	25.3
Life satisfaction - Low (0 to 4 out of 10)*	12	42.3	33.6	16.1	8.1
Life satisfaction - Medium to very high (5+ out of 10)	547	4.2	29.3	40.6	25.9
Does not feel valued by society	50	10.2	29.8	40.3	19.7
Sometimes feel valued by society	228	7.0	25.9	41.3	25.8
Definitely feel valued by society	268	3.0	33.7	39.1	24.2
Meets fruit intake guidelines	444	2.5	28.4	42.0	27.2
Does not meet fruit intake guidelines	123	13.9	30.9	35.7	19.4
Meets vegetable intake guidelines	112	0.9	16.0	50.1	33.0
Does not meet vegetable intake guidelines	450	5.8	31.8	38.7	23.7
Meets water consumption guidelines	56	5.3	28.5	46.5	19.8
Does not meet water guidelines	501	5.0	29.0	39.5	26.4
Ran out of food and could not afford more	38	10.4	34.4	37.0	18.2
Have not run out of food	490	5.2	26.8	41.5	26.7
Requires help with daily activities	131	3.9	21.3	42.8	32.1
Does not require help	418	5.8	31.6	40.2	22.4

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

* Significance testing not conducted due to small base size

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3.6.3. Physical activity

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

Overall, Macedon Ranges respondents averaged 223.1 minutes of vigorous physical activity. There were no significant differences for the amount of physical activity undertaken by respondents aged 3 to 17 years across any indicators. However, this may be due to small base sizes.

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

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

	Unweighted base n	Average minutes of vigorous physical activity per week #
Total sample	3,155	223.1
Gender and age		
Males, 3 to 11	164	346.4
Males, 12 to 17	99	319.5
Males, 18 to 34	172	290.7
Males, 35 to 49	268	208.3
Males, 50 to 69	444	192.3
Males, 70+	222	200.6
Females, 3 to 11	170	295.3
Females, 12 to 17	83	228.9
Females, 18 to 34	214	211.2
Females, 35 to 49	418	180.2
Females, 50 to 69	623	182.0
Females, 70+	237	137.3

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. Results are weighted to population benchmarks and exclude ‘Not answered’ / ‘Not applicable’ responses from base sizes.

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


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

	Unweighted base ¹	Average minutes of vigorous physical activity per week
	n	#
Total sample	524	304.0
Subregion		
Gisborne District	170	276.1
Kyneton District	90	343.5
Lancefield District*	21	230.3
Macedon-Woodend District	175	320.1
Riddells Creek District*	20	218.3
Romsey District	32	321.3
Demographic indicators		
Born in Australia	495	304.2
Born overseas*	20	210.8
Aboriginal and/or Torres Strait Islander*	2	504.5
Not Aboriginal or Torres Strait Islander	512	301.4
Just getting along, poor or very poor	136	250.3
Reasonably comfortable, very comfortable or prosperous	386	322.5
Health and wellbeing indicators		
Reported health - Fair or poor*	9	39.6
Reported health - Good, very good, or excellent	514	309.4
Life satisfaction - Low (0 to 4 out of 10)*	11	198.7
Life satisfaction - Medium to very high (5+ out of 10)	508	303.9
Does not feel valued by society	50	297.4
Sometimes feel valued by society	209	279.0
Definitely feel valued by society	247	318.1
Meets fruit intake guidelines	411	316.7
Does not meet fruit intake guidelines	112	256.3
Meets vegetable intake guidelines	96	288.6
Does not meet vegetable intake guidelines	422	308.4
Drinks sugar-sweetened beverages daily*	28	241.7
Drinks sugar-sweetened beverages less than daily	482	309.2
Meets water consumption guidelines	52	391.4
Does not meet water guidelines	459	292.1
Ran out of food and could not afford more	34	305.8
Have not run out of food	462	301.7
Requires help with daily activities	113	285.7
Does not require help	388	308.3

¹ Base sizes include respondents aged 3 to 17 years living in the Macedon Ranges Shire. 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, 5.7% of Macedon Ranges respondents aged 3 years and over recorded low life satisfaction. The proportion for children and adolescents aged 3 to 17 years was 2.4%. Amongst the main demographic indicators, the subgroups more likely to report low life satisfaction were:

- Female respondents aged 12 years and over (average 6.6%), compared to female children aged 3 to 11 years (0.0%)
- Respondents from Kyneton District (7.0%), Lancefield District (8.4%), and Romsey District (9.7%), when compared to respondents from Gisborne District (3.3%)

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

In relation to other demographic or health differences, among 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' (3.7%)
- Those who self-reported their general health as 'fair' or 'poor' (23.7%, compared to 2.7% of those whose self-reported their health was 'good', 'very good', or 'excellent')
- Those who have experienced food insecurity (12.8%, compared to 5.3% of those who have not run out of food in the last 12 months)
- Those who drink sugar-sweetened beverages daily (10.5%, compared to 5.1% who drink them less than daily)

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

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

	Unweighted base ¹	Low, 0 to 4	Medium, 5 to 6	High, 7 to 8	Very high, 9 to 10
	n	%	%	%	%
Total sample	3,434	5.7	15.0	46.9	32.4
Gender and age					
Males	1,500	5.4	15.5	45.5	33.6
Females	1,903	6.0	14.8	47.9	31.3
Males, 3 to 11	189	2.7	6.4	29.6	61.4
Males, 12 to 17	106	1.8	13.3	45.3	39.6
Males, 18 to 34	177	3.4	16.3	46.8	33.5
Males, 35 to 49	280	6.4	17.8	53.3	22.5
Males, 50 to 69	486	7.0	18.3	48.9	25.8
Males, 70+	259	8.3	15.8	39.9	36.1
Females, 3 to 11	183	0.0	2.7	28.4	68.9
Females, 12 to 17	92	6.6	16.3	43.5	33.6
Females, 18 to 34	222	9.2	15.3	53.0	22.5
Females, 35 to 49	433	8.1	15.0	58.4	18.5
Females, 50 to 69	665	5.6	19.1	47.2	28.1
Females, 70+	296	4.8	16.3	47.6	31.3
Subregion					
Gisborne District	934	3.3	13.6	47.3	35.7
Kyneton District	702	7.0	18.7	47.0	27.3
Lancefield District	197	8.4	17.0	39.8	34.8
Macedon-Woodend District	1,084	5.0	12.6	47.8	34.7
Riddells Creek District	196	4.4	14.6	47.3	33.7
Romsey District	256	9.7	18.0	46.1	26.2
Demographic indicators					
Born in Australia	2,830	5.4	15.2	46.2	33.2
Born overseas	547	7.5	14.3	50.0	28.2
Speaks English as main language	3,313	5.6	14.9	46.9	32.6
Speaks other main language*	41	9.1	18.5	42.7	29.7
Aboriginal and/or Torres Strait Islander*	20	14.7	8.8	29.6	47.0
Not Aboriginal or Torres Strait Islander	3,358	5.7	15.1	46.9	32.3
Identifies as LGBTQIA+	67	9.3	20.8	60.4	9.6
Non-LGBTQIA+	2,609	6.7	16.8	50.3	26.3
Holds a Bachelor degree or higher	1,451	5.0	13.2	53.9	28.0
Less than Bachelor level education	1,838	5.9	15.4	45.2	33.5
Just getting along, poor or very poor	813	11.1	23.9	41.5	23.5
Reasonably comfortable, very comfortable or prosperous	2,595	3.7	11.8	49.0	35.6

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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 4.1.2 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	3,434	5.7	15.0	46.9	32.4
Health and wellbeing indicators					
Self-reported health - Fair or poor	440	23.7	36.7	33.8	5.8
Self-reported health - Good, very good, or excellent	2,972	2.7	11.7	49.1	36.5
Does not feel valued by society	505	21.1	28.2	37.9	12.7
Sometimes feel valued by society	1,521	4.5	17.8	56.2	21.5
Definitely feel valued by society	1,357	0.6	6.2	39.7	53.5
Meets fruit intake guidelines	1,929	3.9	11.9	44.2	40.0
Does not meet fruit intake guidelines	1,445	7.7	18.5	50.2	23.6
Meets vegetable intake guidelines	592	3.4	11.8	42.3	42.5
Does not meet vegetable intake guidelines	2,789	6.0	15.4	47.8	30.8
Drinks sugar-sweetened beverages daily	254	10.5	20.7	41.5	27.2
Drinks sugar-sweetened beverages less than daily	3,126	5.1	14.5	47.7	32.7
Meets water consumption guidelines	565	4.8	11.6	50.7	32.9
Does not meet water guidelines	2,795	5.9	15.9	46.1	32.1
Ran out of food and could not afford more	160	12.8	28.6	36.3	22.4
Have not run out of food	3,049	5.3	14.1	47.1	33.5
Requires help with daily activities	294	9.9	19.1	35.7	35.4
Does not require help	3,015	5.3	14.4	48.4	32.0

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

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



Amongst those aged over 18 years, the proportion of Macedon Ranges respondents who provided low ratings for life satisfaction was 6.6%. The main characteristics associated with lower life satisfaction were:

- Those who do not meet the physical activity guidelines (10.2%), compared to those who meet the guidelines (4.2%)
- Those who drink alcohol every day (10.8%) or do not drink alcohol (10.3%), compared to those who drink less than daily (5.5%)

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	2,836	6.6	17.0	50.0	26.4
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	1,569	7.8	19.6	48.4	24.2
Normal range or underweight (BMI <25.0)	1,090	4.9	13.8	51.9	29.4
Meets physical activity guidelines	1,757	4.2	13.1	52.8	30.0
Does not meet physical activity guidelines / sedentary	993	10.2	23.0	45.9	20.9
Current smoker	163	8.7	29.9	45.8	15.6
Ex-smoker	1,053	8.2	15.5	52.6	23.8
Never smoked	1,564	5.3	16.5	48.7	29.7
Drinks alcohol every day	234	10.8	16.1	45.1	28.1
Drinks alcohol less often than daily	2,129	5.5	16.8	51.7	26.0
Does not drink alcohol	417	10.3	19.3	43.4	27.0
Had more than 4 standard drinks on a single occasion	1,424	6.9	15.4	53.8	24.0
Has not had more than 4 standard drinks	1,258	6.2	19.4	44.6	29.8

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

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

4.2. Valued by society

A second wellbeing indicator involved asking people whether they feel valued by society. They 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, 16.7% of Macedon Ranges respondents aged 3 years and over do not feel valued by society. Amongst children aged 3 to 17, this proportion was 10.1%.

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 (20.4%), 50 to 69 years (19.3%), and 70 years and over (19.3%), compared to male children aged 3 to 11 years (7.7%)
- Female respondents aged 12 to 17 years (23.2%), 18 to 34 years (23.6%), 35 to 49 years (16.0%), and 50 to 69 years (20.6%), compared to female children aged 3 to 11 years (4.0%) and females aged 70 years and over (8.8%)
- Respondents from Lancefield District (24.0%) and Romsey District (21.5%), compared to respondents from Gisborne District (13.8%)

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

In relation to other demographic or health differences, among 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' (27.7%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (12.7%)
- Those who self-reported their general health as 'fair' or 'poor' (38.1%, compared to 13.2% of those whose self-reported their health was 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (60.6%, compared to 13.8% who recorded medium to very high life satisfaction)
- Those who have experienced food insecurity (31.9%, compared to 15.7% of those who have not run out of food in the last 12 months)


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

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

	Unweighted base ¹ n	Does not feel valued %	Sometimes feels valued %	Definitely feels valued %
Total sample	3,413	16.7	45.6	37.7
Gender and age				
Males	1,489	16.4	46.2	37.4
Females	1,889	16.8	45.2	38.0
Males, 3 to 11	183	7.7	42.1	50.3
Males, 12 to 17	107	12.2	47.7	40.1
Males, 18 to 34	177	20.4	47.2	32.4
Males, 35 to 49	276	15.3	53.2	31.5
Males, 50 to 69	481	19.3	44.0	36.7
Males, 70+	262	19.3	39.9	40.8
Females, 3 to 11	176	4.0	33.0	63.1
Females, 12 to 17	87	23.2	49.3	27.5
Females, 18 to 34	220	23.6	49.7	26.7
Females, 35 to 49	434	16.0	47.2	36.8
Females, 50 to 69	663	20.6	45.4	34.0
Females, 70+	297	8.8	47.5	43.7
Subregion				
Gisborne District	923	13.8	45.8	40.4
Kyneton District	699	18.7	44.9	36.4
Lancefield District	196	24.0	45.3	30.7
Macedon-Woodend District	1,078	14.6	46.5	38.9
Riddells Creek District	195	19.3	39.0	41.7
Romsey District	257	21.5	47.5	31.0
Demographic indicators				
Born in Australia	2,802	16.5	45.9	37.6
Born overseas	550	17.6	43.2	39.2
Speaks English as main language	3,289	16.9	45.6	37.6
Speaks other main language*	40	9.3	46.5	44.2
Aboriginal and/or Torres Strait Islander*	20	14.7	37.1	48.2
Not Aboriginal or Torres Strait Islander	3,337	16.8	45.5	37.7
Identifies as LGBTQIA+	68	32.0	40.1	28.0
Non-LGBTQIA+	2,594	18.0	47.2	34.9
Holds a Bachelor degree or higher	1,446	11.4	45.2	43.4
Less than Bachelor level education	1,821	17.8	46.4	35.9
Just getting along, poor or very poor	817	27.7	47.9	24.5
Reasonably comfortable, very comfortable or prosperous	2,572	12.7	44.8	42.5

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

* Significance testing not conducted due to small base size

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




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

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

	Unweighted base ¹ n	Does not feel valued %	Sometimes feels valued %	Definitely feels valued %
Total sample	3,413	16.7	45.6	37.7
Health and wellbeing indicators				
Self-reported health - Fair or poor	440	38.1	44.3	17.6
Self-reported health - Good, very good, or excellent	2,949	13.2	46.1	40.7
Life satisfaction - Low (0 to 4 out of 10)	182	60.6	35.6	3.8
Life satisfaction - Medium to very high (5+ out of 10)	3,201	13.8	46.3	39.9
Meets fruit intake guidelines	1,907	13.7	44.9	41.5
Does not meet fruit intake guidelines	1,443	20.3	46.8	32.9
Meets vegetable intake guidelines	587	12.2	38.5	49.4
Does not meet vegetable intake guidelines	2,768	17.4	46.9	35.7
Drinks sugar-sweetened beverages daily	254	21.0	49.7	29.3
Drinks sugar-sweetened beverages less than daily	3,107	16.2	45.4	38.4
Meets water consumption guidelines	559	14.3	43.4	42.3
Does not meet water guidelines	2,777	17.4	46.0	36.6
Ran out of food and could not afford more	161	31.9	46.5	21.6
Have not run out of food	3,034	15.7	45.5	38.8
Requires help with daily activities	291	19.9	39.1	41.0
Does not require help	2,993	16.5	46.3	37.3

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

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

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


Amongst those aged over 18, the proportion of Macedon Ranges respondents who did not feel valued by society was 18.4%. The main characteristics associated with not feeling valued by society were:


- Being a current smoker (26.4%), compared to those that have never smoked (17.0%)
- Those who do not drink alcohol (24.9%), compared to those that drink less than daily (16.8%)

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	2,830	18.4	46.8	34.9
Health and wellbeing indicators				
Overweight or obese (BMI ≥25.0)	1,570	18.9	45.8	35.3
Normal range or underweight (BMI <25.0)	1,080	17.5	47.7	34.8
Meets physical activity guidelines	1,749	16.6	44.0	39.4
Does not meet physical activity guidelines / sedentary	994	21.2	50.9	27.9
Current smoker	161	26.4	54.4	19.3
Ex-smoker	1,053	18.4	46.1	35.5
Never smoked	1,561	17.0	46.4	36.6
Drinks alcohol every day	232	20.4	47.9	31.6
Drinks alcohol less often than daily	2,125	16.8	48.3	35.0
Does not drink alcohol	418	24.9	38.9	36.2
Had more than 4 standard drinks on a single occasion	1,425	16.9	48.9	34.2
Has not had more than 4 standard drinks	1,252	20.7	44.2	35.2

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

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

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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, 60.5% of Macedon Ranges 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, respondents who definitely feel valued by society, and adults with a normal or underweight BMI classification.

Overall, 10.3% of Macedon Ranges respondents reported being non-users of public open spaces, meaning they use them less than once every three months or never. This proportion was 2.1% amongst children and adolescents aged 3 to 17 years. Amongst the main demographic indicators, the non-use was highest among:

- Male respondents aged 18 to 34 years (14.0%), 35 to 49 years (10.4%), 50 to 69 years (16.8%), and aged 70 years and over (22.9%), compared to male children aged 3 to 11 years (1.5%)
- Female respondents aged 50 to 69 years (11.6%) and 70 and over (21.6%) were more likely to be non-users than those aged 3 to 11 years (0.5%) and 35 to 49 years (5.7%)
- Across the subregions, respondents from Lancefield District (18.0%) and Romsey District (16.8%) were more likely to be non-users of public open spaces, compared to respondents from the Districts of Gisborne and Macedon-Woodend (both 7.9%)

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (13.5%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (9.0%)
- Those who self-reported their general health as 'fair' or 'poor' (23.5%, compared to 8.5% of those whose self-reported health was 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (21.9%, compared to 9.7% who recorded medium to very high life satisfaction)

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

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

	Unweighted base ¹	Heavy Once a week or more	Medium 1-3 times a month	Light 1-2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	3,598	60.5	20.8	8.3	10.3
Gender and age					
Males	1,566	58.3	21.4	8.1	12.2
Females	1,983	62.8	20.2	8.7	8.3
Males, 3 to 11	202	85.2	10.9	2.5	1.5
Males, 12 to 17	114	68.3	20.2	8.0	3.5
Males, 18 to 34	188	51.6	23.2	11.1	14.0
Males, 35 to 49	297	58.0	25.1	6.5	10.4
Males, 50 to 69	493	49.4	25.2	8.7	16.8
Males, 70+	269	48.2	16.5	12.5	22.9
Females, 3 to 11	190	86.3	10.5	2.6	0.5
Females, 12 to 17	96	72.8	16.7	7.4	3.1
Females, 18 to 34	241	56.1	29.4	8.6	5.9
Females, 35 to 49	464	65.1	22.6	6.6	5.7
Females, 50 to 69	685	56.0	19.2	13.2	11.6
Females, 70+	295	50.3	18.9	9.2	21.6
Subregion					
Gisborne District	985	63.3	21.4	7.4	7.9
Kyneton District	729	56.7	23.4	8.3	11.6
Lancefield District	210	43.8	28.0	10.2	18.0
Macedon-Woodend District	1,137	66.8	17.5	7.8	7.9
Riddells Creek District	205	62.4	17.5	8.8	11.3
Romsey District	263	51.0	21.5	10.7	16.8
Demographic indicators					
Born in Australia	2,955	61.1	20.6	8.5	9.8
Born overseas	569	57.3	22.6	7.2	12.9
Speaks English as main language	3,460	60.9	20.7	8.5	9.9
Speaks other main language*	42	44.0	25.6	1.6	28.8
Aboriginal and/or Torres Strait Islander*	23	64.5	3.6	9.0	22.9
Not Aboriginal or Torres Strait Islander	3,505	60.5	20.9	8.5	10.1
Identifies as LGBTQIA+	68	47.9	26.0	11.8	14.4
Non-LGBTQIA+	2,721	56.2	22.7	9.4	11.8
Holds a Bachelor degree or higher	1,506	65.0	21.4	7.5	6.1
Less than Bachelor level education	1,928	60.1	20.2	8.7	11.0
Just getting along, poor or very poor	869	54.9	21.8	9.8	13.5
Reasonably comfortable, very comfortable or prosperous	2,698	62.6	20.5	7.9	9.0

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

* Significance testing not conducted due to small base size

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

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

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

	Unweighted base ¹	Heavy Once a week or more	Medium 1-3 times a month	Light 1-2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	3,598	60.5	20.8	8.3	10.3
Health and wellbeing indicators					
Self-reported health - Fair or poor	437	35.0	29.0	12.5	23.5
Self-reported health - Good, very good, or excellent	2,971	64.6	19.3	7.7	8.5
Life satisfaction - Low (0 to 4 out of 10)	179	39.7	24.6	13.8	21.9
Life satisfaction - Medium to very high (5+ out of 10)	3,197	61.5	20.6	8.2	9.7
Does not feel valued by society	507	51.5	20.0	12.2	16.3
Sometimes feel valued by society	1,502	58.1	22.9	9.1	9.9
Definitely feel valued by society	1,347	65.7	19.4	6.0	9.0
Meets fruit intake guidelines	1,920	69.1	17.0	6.4	7.5
Does not meet fruit intake guidelines	1,442	49.8	25.3	10.7	14.1
Meets vegetable intake guidelines	590	70.3	16.1	6.8	6.7
Does not meet vegetable intake guidelines	2,777	59.0	21.3	8.6	11.1
Drinks sugar-sweetened beverages daily	253	41.1	24.0	13.5	21.5
Drink sugar-sweetened beverages less than daily	3,118	62.4	20.2	8.0	9.5
Meets water consumption guidelines	567	62.8	20.0	9.1	8.0
Does not meet water guidelines	2,780	60.0	20.7	8.3	11.0
Ran out of food and could not afford more	178	48.3	21.3	18.0	12.5
Have not run out of food	3,190	60.9	20.9	7.6	10.6
Requires help with daily activities	299	55.5	16.2	12.0	16.4
Does not require help	3,153	61.5	21.2	8.1	9.2

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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, 12.5% of those aged 18 years and over reported being non-users of open spaces.

This proportion was higher amongst:

- Those who do not meet physical activity guidelines (18.9%), compared to those who do engage in sufficient physical activity (8.4%)
- Those who do not drink alcohol (18.2%), compared to those that drink less than daily (10.7%)

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	Medium	Light	Non-user
	n	Once a week or more	1-3 times a month	1-2 times in the last 3 months	Less often / never
		%	%	%	%
Total sample	2,956	55.2	22.8	9.5	12.5
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	1,561	50.5	24.4	11.5	13.5
Normal range or underweight (BMI <25.0)	1,080	62.5	19.3	6.9	11.3
Meets physical activity guidelines	1,753	62.4	21.1	8.0	8.4
Does not meet physical activity guidelines / sedentary	990	43.6	25.8	11.7	18.9
Current smoker	162	39.1	31.2	12.5	17.3
Ex-smoker	1,051	55.9	22.2	9.9	12.0
Never smoked	1,562	56.6	22.3	9.1	12.0
Drinks alcohol every day	233	46.8	27.3	9.9	16.0
Drinks alcohol less often than daily	2,129	57.3	22.8	9.1	10.7
Does not drink alcohol	413	47.8	21.7	12.4	18.2
Had more than 4 standard drinks on a single occasion	1,427	57.9	23.2	8.8	10.1
Has not had more than 4 standard drinks	1,250	50.4	23.1	10.6	15.9

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

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5.2. Footpath user profile

Overall, 65.9% of Macedon Ranges respondents aged 3 years and over reported being heavy users (weekly or more often) of footpaths. Heavy use was most common amongst females, younger respondents, those with a Bachelor degree or higher, and those who meet the vegetable consumption requirements.

Overall, 11.5% of Macedon Ranges respondents reported being non-users of footpaths, meaning they use them less than once every three months or never. Amongst the main demographic indicators, the main subgroup differences were:

- Males were more likely to be non-users than females (13.5%, compared to 9.5%)
- Male respondents aged 18 to 34 years (13.5%), 50 to 69 years (18.2%), and aged 70 years and over (23.1%) were more likely to be non-users than those aged 3 to 11 years (5.1%)
- Female respondents aged 50 to 69 years (13.2%) and 70 years and over (17.4%) were more likely to be non-users than those aged 3 to 11 years (5.2%), 18 to 34 years (6.4%), and 35 to 49 years (6.1%)
- Across the subregions, respondents from Lancefield District (22.2%) and Romsey District (16.5%) were more likely to be non-users of footpaths, compared to respondents from Gisborne District (8.5%) or Kyneton District (9.0%)

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

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

- Those who reported their general health as 'fair' or 'poor' (22.7%, compared to 10.1% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (19.2%, compared to 11.2% who recorded medium to very high life satisfaction)
- Respondents who drink sugar-sweetened beverages daily (19.2%, compared to those who drink them less than daily (10.8%))

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	3,476	65.9	15.0	7.7	11.5
Gender and age					
Males	1,499	62.2	15.9	8.4	13.5
Females	1,924	69.4	13.9	7.2	9.5
Males, 3 to 11	198	78.3	12.1	4.6	5.1
Males, 12 to 17	110	73.5	13.7	5.5	7.4
Males, 18 to 34	185	59.9	19.4	7.2	13.5
Males, 35 to 49	289	61.2	18.7	9.1	11.1
Males, 50 to 69	468	54.0	17.2	10.6	18.2
Males, 70+	246	57.2	8.4	11.2	23.1
Females, 3 to 11	193	77.2	13.5	4.2	5.2
Females, 12 to 17	96	78.1	9.3	2.1	10.5
Females, 18 to 34	237	69.3	17.1	7.2	6.4
Females, 35 to 49	454	71.5	15.4	7.1	6.1
Females, 50 to 69	650	65.4	12.7	8.6	13.2
Females, 70+	283	59.3	13.2	10.2	17.4
Subregion					
Gisborne District	976	70.7	14.5	6.3	8.5
Kyneton District	712	67.8	14.3	9.0	9.0
Lancefield District	195	48.1	15.8	13.9	22.2
Macedon-Woodend District	1,072	65.9	15.7	6.4	12.1
Riddells Creek District	188	73.4	10.1	6.3	10.2
Romsey District	262	54.7	18.0	10.9	16.5
Demographic indicators					
Born in Australia	2,863	66.6	15.0	7.6	10.8
Born overseas	539	60.8	15.7	8.6	14.9
Speaks English as main language	3,340	66.0	15.2	7.7	11.2
Speaks other main language*	41	61.8	2.2	18.7	17.4
Aboriginal and/or Torres Strait Islander*	21	64.6	11.4	11.8	12.2
Not Aboriginal or Torres Strait Islander	3,377	65.8	15.0	7.7	11.4
Identifies as LGBTQIA+	67	58.1	16.3	14.5	11.2
Non-LGBTQIA+	2,605	63.2	15.7	8.7	12.4
Holds a Bachelor degree or higher	1,445	70.8	14.0	6.2	9.1
Less than Bachelor level education	1,870	64.7	15.1	8.1	12.1
Just getting along, poor or very poor	839	64.0	13.3	7.7	15.0
Reasonably comfortable, very comfortable or prosperous	2,607	66.5	15.7	7.7	10.1

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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 5.2.2 Frequency of footpath use by selected health characteristics – ages 3 and up

	Unweighted base ¹	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	3,476	65.9	15.0	7.7	11.5
Health and wellbeing indicators					
Self-reported health - Fair or poor	415	49.4	16.8	11.1	22.7
Self-reported health - Good, very good, or excellent	2,881	68.8	14.4	6.7	10.1
Life satisfaction - Low (0 to 4 out of 10)	171	52.4	16.2	12.2	19.2
Life satisfaction - Medium to very high (5+ out of 10)	3,094	66.9	14.8	7.1	11.2
Does not feel valued by society	492	60.0	15.4	9.2	15.4
Sometimes feel valued by society	1,456	66.9	15.1	6.9	11.1
Definitely feel valued by society	1,297	67.3	14.8	7.4	10.5
Meets fruit intake guidelines	1,859	72.8	12.1	5.3	9.9
Does not meet fruit intake guidelines	1,397	58.1	18.1	10.2	13.6
Meets vegetable intake guidelines	566	76.6	11.2	5.9	6.3
Does not meet vegetable intake guidelines	2,693	64.6	15.4	7.7	12.3
Drinks sugar-sweetened beverages daily	249	48.4	19.3	13.1	19.2
Drink sugar-sweetened beverages less than daily	3,015	68.0	14.2	7.0	10.8
Meets water consumption guidelines	556	68.3	15.8	7.9	8.0
Does not meet water guidelines	2,680	65.9	14.5	7.4	12.2
Ran out of food and could not afford more	171	57.3	13.4	12.7	16.6
Have not run out of food	3,082	66.2	15.0	7.6	11.3
Requires help with daily activities	290	64.8	15.2	6.8	13.2
Does not require help	3,048	66.0	15.0	7.9	11.1

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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, 12.8% were non-users of footpaths in their area. This proportion was higher amongst:

- Those whose BMI puts them in the overweight or obese range (14.9%, compared to 9.5% who are in the normal range or underweight)
- Respondents who do not meet physical activity guidelines (19.7%), compared to those who do engage in sufficient physical activity (8.2%)

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

	Unweighted base ¹	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	2,841	62.8	15.7	8.7	12.8
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	1,500	59.6	16.2	9.3	14.9
Normal range or underweight (BMI <25.0)	1,041	69.5	13.8	7.2	9.5
Meets physical activity guidelines	1,683	70.1	14.5	7.3	8.2
Does not meet physical activity guidelines / sedentary	956	53.2	17.2	9.9	19.7
Current smoker	156	47.5	20.2	16.4	15.9
Ex-smoker	1,005	64.3	15.1	8.8	11.9
Never smoked	1,507	64.9	15.3	7.2	12.6
Drinks alcohol every day	230	58.1	16.9	12.5	12.5
Drinks alcohol less often than daily	2,041	64.9	16.1	7.4	11.6
Does not drink alcohol	398	59.2	11.9	11.7	17.2
Had more than 4 standard drinks on a single occasion	1,372	63.1	18.4	8.7	9.8
Has not had more than 4 standard drinks	1,202	64.7	11.1	7.5	16.7

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

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

5.3. Off-road walking and cycling tracks user profile

Overall, 32.3% of Macedon Ranges respondents aged 3 years and over reported being heavy (weekly or more often) users of off-road walking and cycling tracks, while 28.0% of Macedon Ranges respondents reported being non-users of off-road walking and cycling tracks, meaning they use them less than once every three months or never.

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

- There were no significant differences between male and female respondents
- Male respondents aged 18 to 34 years (36.9%), 50 to 69 years (32.4%), and aged 70 years and over (43.1%) were more likely to be non-users, compared to those aged 3 to 11 years (14.5%) and 12 to 17 years (16.9%)
- Female respondents aged 50 to 69 years (34.6%) and 70 and over (48.9%) were more likely to be non-users than those aged 3 to 11 years (18.4%) or 35 to 49 years (23.3%)
- Across the subregions, respondents from Lancefield District (45.6%) and Romsey District (47.3%) were more likely to be non-users of footpaths, compared to respondents from Gisborne District (25.3%), Kyneton District (26.8%), or Macedon-Woodend District (21.8%)

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (36.7%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (25.0%)
- Those who reported their general health was 'fair' or 'poor' (44.6%, compared to 25.6% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (41.7%, compared to 27.4% who recorded medium to very high life satisfaction)
- Those who drink sugar-sweetened beverages daily (45.8%, compared to those who drink them less than daily (26.5%)

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	3,130	32.3	25.6	14.1	28.0
Gender and age					
Males	1,370	32.5	25.7	13.9	27.9
Females	1,721	32.1	25.6	14.1	28.3
Males, 3 to 11	186	40.9	27.4	17.2	14.5
Males, 12 to 17	107	32.6	37.4	13.1	16.9
Males, 18 to 34	178	28.4	24.5	10.2	36.9
Males, 35 to 49	284	32.7	28.3	16.0	23.0
Males, 50 to 69	429	30.4	24.2	13.0	32.4
Males, 70+	183	33.4	10.2	13.3	43.1
Females, 3 to 11	185	33.0	30.3	18.4	18.4
Females, 12 to 17	91	26.2	31.9	14.4	27.5
Females, 18 to 34	225	29.7	29.4	15.9	25.0
Females, 35 to 49	444	34.6	26.2	15.9	23.3
Females, 50 to 69	575	32.5	22.1	10.8	34.6
Females, 70+	194	29.9	14.6	6.6	48.9
Subregion					
Gisborne District	837	30.4	27.3	17.0	25.3
Kyneton District	604	33.3	27.3	12.7	26.8
Lancefield District	190	23.5	16.4	14.4	45.6
Macedon-Woodend District	1,028	39.1	27.4	11.7	21.8
Riddells Creek District	172	29.0	22.9	16.8	31.3
Romsey District	234	22.9	17.3	12.5	47.3
Demographic indicators					
Born in Australia	2,600	31.9	26.2	14.2	27.7
Born overseas	475	34.2	21.4	13.3	31.1
Speaks English as main language	3,012	32.4	25.5	14.4	27.7
Speaks other main language*	35	26.0	10.4	8.5	55.1
Aboriginal and/or Torres Strait Islander*	19	38.3	27.1	6.2	28.3
Not Aboriginal or Torres Strait Islander	3,060	32.2	25.7	14.1	28.1
Identifies as LGBTQIA+	61	26.5	13.0	16.9	43.7
Non-LGBTQIA+	2,358	32.2	24.5	13.1	30.2
Holds a Bachelor degree or higher	1,348	38.8	26.0	13.8	21.5
Less than Bachelor level education	1,669	30.8	25.2	14.0	30.0
Just getting along, poor or very poor	720	28.0	23.5	11.8	36.7
Reasonably comfortable, very comfortable or prosperous	2,380	33.7	26.4	15.0	25.0

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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	3,130	32.3	25.6	14.1	28.0
Health and wellbeing indicators					
Self-reported health - Fair or poor	362	18.7	22.5	14.2	44.6
Self-reported health - Good, very good, or excellent	2,603	34.4	26.2	13.8	25.6
Life satisfaction - Low (0 to 4 out of 10)	162	16.1	26.9	15.3	41.7
Life satisfaction - Medium to very high (5+ out of 10)	2,780	33.2	25.6	13.8	27.4
Does not feel valued by society	444	26.6	24.5	11.3	37.6
Sometimes feel valued by society	1,307	31.3	26.3	13.6	28.8
Definitely feel valued by society	1,177	35.4	25.1	15.3	24.2
Meets fruit intake guidelines	1,688	36.8	26.9	12.9	23.4
Does not meet fruit intake guidelines	1,245	26.1	24.4	15.1	34.4
Meets vegetable intake guidelines	516	39.5	25.5	14.5	20.5
Does not meet vegetable intake guidelines	2,421	31.2	25.9	13.4	29.5
Drinks sugar-sweetened beverages daily	230	18.1	20.8	15.3	45.8
Drink sugar-sweetened beverages less than daily	2,711	33.8	26.3	13.5	26.5
Meets water consumption guidelines	521	39.3	23.5	13.1	24.2
Does not meet water guidelines	2,396	30.9	26.4	13.6	29.1
Ran out of food and could not afford more	150	25.1	21.6	7.6	45.7
Have not run out of food	2,797	32.2	26.3	14.7	26.9
Requires help with daily activities	260	26.8	26.2	15.1	32.0
Does not require help	2,754	32.6	25.6	14.2	27.6

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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, 30.9% of respondents aged 18 years and over were non-users of off-road walking and cycling tracks. Similar to footpaths, this proportion was higher amongst:

- Those whose BMI puts them in the overweight or obese range (33.8%, compared to 25.3% who are in the normal range or underweight)
- Those who do not meet physical activity guidelines (44.5%), compared to those who do engage in sufficient physical activity (22.6%)

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	2,533	31.7	24.2	13.3	30.9
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	1,322	29.4	22.7	14.1	33.8
Normal range or underweight (BMI <25.0)	948	37.3	26.6	10.8	25.3
Meets physical activity guidelines	1,543	39.3	24.7	13.5	22.6
Does not meet physical activity guidelines / sedentary	817	19.7	23.9	11.9	44.5
Current smoker	137	19.8	31.5	9.3	39.5
Ex-smoker	889	34.4	22.4	13.0	30.2
Never smoked	1,351	32.0	24.5	13.7	29.9
Drinks alcohol every day	184	26.5	26.3	14.1	33.1
Drinks alcohol less often than daily	1,862	32.8	25.5	13.5	28.2
Does not drink alcohol	331	30.2	16.6	10.0	43.2
Had more than 4 standard drinks on a single occasion	1,261	32.8	27.0	14.3	25.9
Has not had more than 4 standard drinks	1,044	31.1	21.0	10.5	37.5

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

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

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

5.4. Other public facility and open space use

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

Of the other types of public facilities and open spaces listed, parks were the most commonly used with approximately four fifths of respondents (83.0%) having used these facilities. Over half of all respondents had used sports grounds, ovals and clubrooms (52.8%) and swimming pools or splash parks (51.0%), while community gardens (44.6%) and halls or community centres (44.0%) were the next most commonly used spaces.

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

	All respondents	Heavy Once a week or more often	Medium / Light < once a week, > once in the last 3 months	Non-user Less often / never
	%	%	%	%
Unweighted base (n)	3,306	2,157	968	181
Parks	83.0	89.1	78.2	39.1
Sports grounds, ovals and clubrooms	52.8	60.8	42.1	17.6
Swimming pools / splash parks	51.0	58.8	39.6	21.8
Community gardens	44.6	51.0	35.9	16.9
Indoor sports / leisure / fitness centres	43.9	49.8	35.1	23.0
Halls / community centres	44.0	47.4	39.5	29.3
Hard courts (e.g. netball / tennis)	23.9	30.0	14.6	3.4
After hours usage of Education facilities	12.4	13.7	11.4	3.4
Skateparks / BMX	18.5	24.0	8.9	6.7
Playgrounds*	22.6	25.3	19.3	9.0
Other	14.3	16.8	9.6	9.8

* Category not included in the paper version meaning base is all online respondents to this question (n=1,277).

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

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

- Females were more likely than males to use hall or community centres and playgrounds, while males were more likely to use sports ground, ovals and clubrooms and skateparks or BMX facilities
- Young people (under 18 years of age) were more likely to use most of the facilities, except community gardens (where those aged 35 to 49 years were the most likely users)

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

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

	Unweighted base ¹	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres	Halls / community centres	Hard courts (e.g. netball / tennis)	After hours usage of Education facilities	Skateparks / BMX	Playgrounds*	Other
	n	%	%	%	%	%	%	%	%	%	%	%
Total sample	3,353	82.9	52.6	51.1	44.5	43.9	44.1	23.9	12.6	18.5	22.3	14.4
Gender and age												
Males	1,427	81.8	56.7	48.7	43.6	42.1	38.9	24.0	11.5	22.1	20.3	15.6
Females	1,881	84.6	49.0	53.3	46.0	46.1	49.6	24.1	13.3	15.4	24.7	13.2
3 to 11	395	94.2	69.8	89.9	50.1	51.1	51.9	42.3	20.7	51.1	43.8	13.2
12 to 17	212	81.1	70.2	68.1	40.5	64.1	44.4	49.1	25.4	33.1	22.4	17.9
18 to 34	406	83.6	57.6	46.2	47.5	52.7	34.4	23.1	16.6	13.5	22.6	15.5
35 to 49	734	89.1	60.6	60.3	51.6	47.4	45.9	29.2	13.1	22.2	31.6	17.0
50 to 69	1,084	80.3	38.6	30.7	42.3	32.3	42.8	10.2	5.7	2.7	10.6	12.1
70+	494	61.5	27.1	22.2	24.6	28.2	49.0	2.4	1.7	1.3	1.3	10.8
Subregion												
Gisborne District	938	87.4	53.7	53.3	51.0	45.8	37.2	24.6	12.4	21.4	20.8	12.0
Kyneton District	692	81.6	51.0	54.1	53.6	45.2	43.5	20.3	15.7	13.0	19.6	16.7
Lancefield District	180	80.0	56.9	45.7	26.8	31.6	59.4	14.6	5.2	26.3	27.4	12.0
Macedon-Woodend District	1,064	81.5	54.9	50.7	39.4	47.1	52.3	30.1	13.0	17.5	24.8	15.6
Riddells Creek District	178	73.9	39.6	41.0	39.7	38.5	41.0	16.3	14.3	15.0	10.9	12.1
Romsey District	237	80.6	49.9	42.9	30.0	35.7	36.3	14.0	7.6	24.4	22.8	15.1

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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	3,353	82.9	52.6	51.1	44.5	43.9	44.1	23.9	12.6	18.5	22.3
Demographic indicators											
Born in Australia	2,765	83.6	54.8	52.9	44.3	45.8	44.5	26.0	13.3	20.2	23.1
Born overseas	517	80.4	40.4	40.3	46.6	34.2	44.4	12.1	9.5	9.6	20.7
Speaks English as main language	3,231	83.1	53.1	51.1	44.2	44.2	44.7	24.3	12.5	18.5	22.8
Speaks other main language*	33	87.6	26.7	47.6	58.1	39.0	35.6	5.9	13.3	9.0	33.6
Aboriginal and/or Torres Strait Islander*	19	76.1	35.9	49.3	39.8	17.4	37.9	12.8	17.6	15.6	25.2
Not Aboriginal or Torres Strait Islander	3,268	83.4	52.6	51.2	44.6	44.3	44.2	24.0	12.5	18.6	22.6
Identifies as LGBTQIA+	59	77.0	51.5	38.0	42.0	34.3	33.4	6.8	13.7	1.9	15.6
Non-LGBTQIA+	2,508	82.9	48.3	42.8	44.6	41.5	43.3	19.0	9.9	11.6	19.6
Holds a Bachelor degree or higher	1,422	89.5	50.0	53.7	51.4	46.8	50.0	22.2	13.2	12.2	24.4
Less than Bachelor level education	1,788	81.6	54.0	50.8	43.0	43.7	42.9	24.8	12.9	20.8	22.9
Just getting along, poor or very poor	777	81.9	53.1	55.3	43.0	40.2	46.5	19.6	13.6	18.8	23.6
Reasonably comfortable, very comfortable or prosperous	2,548	83.2	52.3	49.8	45.3	45.0	43.0	25.3	12.4	18.5	21.9

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

* Significance testing not conducted due to small base size

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

For the top five facilities used across the whole Loddon Campaspe region (parks; sports grounds, ovals and clubrooms; swimming pools and splash parks; community gardens; indoor sports, leisure, and fitness centres), analysis was conducted regarding the health and wellbeing characteristics of users. While these were the top five facilities in the Loddon Campaspe region, halls or community centres were in the top five for Macedon Ranges 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	3,353	82.9	52.6	51.1	44.5	43.9
Health and wellbeing indicators						
Self-reported health - Fair or poor	367	72.6	40.9	37.6	41.0	27.8
Self-reported health - Good, very good, or excellent	2,813	85.1	54.1	52.9	46.0	46.1
Life satisfaction - Low (0 to 4 out of 10)	153	74.4	39.1	44.9	38.9	31.4
Life satisfaction - Medium to very high (5+ out of 10)	2,996	83.5	53.4	51.0	45.5	44.8
Does not feel valued by society	438	78.5	44.0	45.6	44.1	37.7
Sometimes feel valued by society	1,416	82.1	53.3	47.4	44.3	42.5
Definitely feel valued by society	1,271	85.6	55.9	56.0	46.2	47.7
Meets fruit intake guidelines	1,827	86.0	54.1	58.0	46.6	47.3
Does not meet fruit intake guidelines	1,313	79.8	50.1	41.5	43.8	39.6
Meets vegetable intake guidelines	559	89.8	45.6	57.2	52.3	45.6
Does not meet vegetable intake guidelines	2,591	82.6	53.5	49.8	44.3	43.6
Drinks sugar-sweetened beverages daily	226	72.9	49.6	39.7	34.2	35.1
Drink sugar-sweetened beverages less than daily	2,922	84.5	52.4	52.0	46.4	44.5
Meets water consumption guidelines	539	89.2	55.9	56.1	47.9	54.9
Drink sugar-sweetened beverages less than daily	2,582	82.2	51.7	49.4	44.8	41.7
Ran out of food and could not afford more	160	82.1	54.1	51.1	52.3	32.3
Have not run out of food	2,972	83.2	52.5	51.6	43.8	44.0
Requires help with daily activities	268	83.7	51.0	62.7	44.0	39.7
Does not require help	2,956	83.2	52.8	50.1	44.4	44.7

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

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

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

One subgroup variation that is observed across a range of indicators is that people who have had more than four standard drinks on any occasion are more likely to record higher rates of physical activity and use of facilities and open spaces. When interpreting these results, it is useful to consider the link between this drinking behaviour and other demographic indicators. As reported in section 3.4.4, respondents who have consumed more than four standard alcoholic drinks on a single occasion and are at risk of injury are more likely to fall into the younger age groups. People in these age groups are also more active and more prolific users of facilities and open spaces than people in the older age groups meaning further research would be required to discern whether the variations observed below are a function of the risky drinking behaviour or the age of respondents who fall into this category.

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

	Unweighted base ¹	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres
	n	%	%	%	%	%
Total sample	2,718	81.3	47.9	42.0	44.0	40.7
Health and wellbeing indicators						
Overweight or obese (BMI ≥25.0)	1,424	80.5	46.8	39.5	42.9	37.6
Normal range or underweight (BMI <25.0)	1,014	84.1	48.7	45.4	47.9	45.1
Meets physical activity guidelines	1,671	83.3	50.4	45.2	47.5	49.8
Does not meet physical activity guidelines / sedentary	862	78.3	42.2	35.1	38.5	24.1
Current smoker	140	76.8	56.5	28.7	33.5	25.0
Ex-smoker	968	81.7	46.2	41.6	45.7	38.6
Never smoked	1,452	81.4	47.1	42.8	44.8	43.0
Drinks alcohol every day	218	74.8	48.6	31.1	36.2	27.7
Drinks alcohol less often than daily	1,978	83.3	50.3	43.5	46.2	42.1
Does not drink alcohol	367	72.7	31.9	35.4	38.6	36.8
Had more than 4 standard drinks on a single occasion	1,337	82.8	56.7	42.1	47.3	42.5
Has not had more than 4 standard drinks	1,128	79.9	35.7	40.8	40.4	37.3

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

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

5.5. Reasons for using public facilities or opens spaces

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

The top three reasons for use of public facilities and open spaces were each selected by over half of all respondents: exercise or health and fitness (71.3%), socialising with family or friends (60.8%), for fun or enjoyment (62.7%), and unstructured physical recreation activities (56.6%). Other main reasons were exercising the dog (38.2%), for time to myself (32.8%), getting back to nature (31.5%), and to participate in organised sport (31.4%).

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

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

	All respondents	Heavy Once a week or more often	Medium / Light < once a week, > once in the last 3 months	Non-user Less often / never
	%	%	%	%
Unweighted base (n)	3,341	2,171	990	180
Exercise / health and fitness	71.3	78.2	61.6	45.6
Socialising with family / friends	60.8	64.9	56.6	36.5
For fun / enjoyment	62.7	70.4	53.4	26.4
Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends)	56.6	65.5	46.3	12.0
Exercising the dog	38.2	43.2	31.9	14.7
For time to myself	32.8	37.2	27.1	13.8
Organised sport (e.g. cricket or netball for a club)	31.4	38.5	20.4	10.2
Getting back to nature	31.5	37.8	22.9	6.3
Commuting (i.e. to get from a to b)	25.2	29.0	19.0	15.0
Some other reason	7.6	7.2	7.5	11.9

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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	3,383	71.3	60.8	62.8	56.5	38.1	32.7	31.4	31.6	25.3
Gender and age										
Males	1,446	70.4	58.7	62.9	53.4	35.9	27.9	34.4	27.7	23.8
Females	1,903	72.3	63.0	62.6	59.8	40.0	37.2	28.9	35.2	26.6
3 to 11	387	59.1	78.3	90.2	72.1	29.0	15.5	55.7	29.2	34.6
12 to 17	214	71.0	74.2	76.4	60.2	35.2	28.2	57.8	20.7	40.7
18 to 34	411	79.7	65.3	65.1	54.6	45.1	35.2	29.5	31.1	26.0
35 to 49	741	70.0	62.4	67.8	60.0	41.3	41.1	35.7	38.2	26.1
50 to 69	1,107	74.8	50.4	48.7	51.6	42.8	37.7	16.3	32.7	19.7
70+	503	68.6	42.5	34.6	39.6	22.5	23.2	10.3	25.1	12.7
Subregion										
Gisborne District	951	74.1	60.6	61.9	60.0	39.6	32.6	33.0	29.1	23.7
Kyneton District	690	71.8	62.9	63.4	58.2	37.8	39.2	26.0	36.2	28.4
Lancefield District	185	56.1	54.8	62.5	46.2	37.1	22.8	24.3	26.3	11.2
Macedon-Woodend District	1,070	74.5	60.7	65.9	56.3	39.5	32.5	38.3	33.5	29.3
Riddells Creek District	180	70.6	58.7	54.6	48.8	38.7	29.2	24.4	27.6	22.2
Romsey District	241	61.9	62.7	57.6	54.0	28.7	23.7	23.3	24.6	21.4

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




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

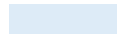
Table 5.5.3 Reason for use of public facilities and open spaces by further demographic characteristics

	Unweighted base ¹	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog	For time to myself	Organised sport (e.g. cricket or netball for a club)	Getting back to nature	Commuting (i.e. to get from a to b)
	n	%	%	%	%	%	%	%	%	%
Total sample	3,383	71.3	60.8	62.8	56.5	38.1	32.7	31.4	31.6	25.3
Demographic indicators										
Born in Australia	2,800	71.2	61.8	64.5	58.0	38.4	32.2	33.9	30.9	26.5
Born overseas	525	70.8	55.0	52.9	49.3	36.8	36.7	17.7	35.1	19.1
Speaks English as main language	3,269	71.6	60.8	62.8	57.0	38.3	32.8	31.5	31.7	25.5
Speaks other main language*	37	53.1	62.7	63.5	34.1	26.2	42.8	12.4	26.2	15.3
Aboriginal and/or Torres Strait Islander*	18	93.1	69.2	76.2	77.1	35.2	47.8	28.5	57.1	48.9
Not Aboriginal or Torres Strait Islander	3,308	71.2	60.6	62.8	56.6	38.2	32.9	31.3	31.6	25.0
Identifies as LGBTQIA+	62	67.7	30.6	54.2	35.0	32.8	33.1	9.0	25.1	16.2
Non-LGBTQIA+	2,550	73.8	57.2	56.9	54.7	41.3	36.8	25.1	33.6	22.3
Holds a Bachelor degree or higher	1,435	80.3	62.1	66.0	64.1	43.7	45.6	26.9	46.1	26.6
Less than Bachelor level education	1,812	68.6	60.6	62.2	55.0	36.8	29.2	33.3	27.4	24.7
Just getting along, poor or very poor	790	65.1	57.2	60.3	54.7	33.5	32.2	27.8	30.1	27.8
Reasonably comfortable, very comfortable or prosperous	2,566	73.3	62.0	63.6	57.1	40.0	32.8	32.7	31.8	24.5

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

* Significance testing not conducted due to small base size

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


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


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

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

	Unweighted base 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	2,762	2,475	1,891	1,892	1,794	1,352	1,224	817	1,115	742
Facility type										
Parks	2,772	73.3	67.3	70.2	63.8	41.8	36.6	32.7	36.7	28.5
Sports grounds, ovals and clubrooms	1,611	76.8	70.4	73.4	64.9	42.9	34.1	52.5	32.5	28.9
Swimming pools / splash parks	1,632	76.5	72.7	77.8	67.7	36.9	36.9	42.1	37.1	30.0
Community gardens	1,480	76.2	72.7	75.5	70.2	41.9	46.1	32.9	45.8	32.9
Indoor sports / leisure / fitness centres	1,409	85.9	71.0	74.7	68.1	42.3	39.3	48.6	37.1	30.5
Halls / community centres	1,549	76.2	73.2	73.4	69.7	39.1	37.9	40.7	39.4	32.5
Hard courts (e.g. netball / tennis)	377	78.7	76.4	79.9	74.9	42.9	34.8	70.1	31.7	37.6
After hours usage of Education facilities	694	77.6	79.9	85.8	78.6	46.4	43.3	49.1	41.8	44.5
Skateparks / BMX	512	71.8	82.8	89.8	77.0	39.1	32.8	53.9	39.1	39.0
Playgrounds*	698	60.8	74.5	78.6	67.2	35.8	32.6	43.7	33.1	27.7
Other	445	79.5	68.7	75.5	66.4	40.0	43.1	31.1	47.8	37.5

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

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

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

	Unweighted base ¹	Exercise / health	Socialising	For fun / enjoyment	Unstructured physical recreation	Exercising the dog
	n	%	%	%	%	%
Total sample	3,383	71.3	60.8	62.8	56.5	38.1
Health and wellbeing indicators						
Self-reported health - Fair or poor	367	58.6	51.6	45.7	44.0	38.6
Self-reported health - Good, very good, or excellent	2,860	73.2	62.7	65.6	58.3	37.6
Life satisfaction - Low (0 to 4 out of 10)	153	56.7	45.6	41.4	41.4	37.1
Life satisfaction - Medium to very high (5+ out of 10)	3,045	72.4	61.9	64.0	56.9	38.0
Does not feel valued by society	446	67.2	56.0	54.1	48.8	39.7
Sometimes feel valued by society	1,435	72.1	59.7	62.6	54.3	37.5
Definitely feel valued by society	1,290	72.1	64.1	66.1	60.4	36.6
Meets fruit intake guidelines	1,840	73.6	63.1	68.2	61.9	37.7
Does not meet fruit intake guidelines	1,345	69.0	58.8	56.6	50.1	38.2
Meets vegetable intake guidelines	567	71.1	63.2	67.2	64.2	36.2
Does not meet vegetable intake guidelines	2,629	71.6	60.9	62.4	55.5	38.2
Drinks sugar-sweetened beverages daily	225	57.3	57.8	54.5	45.2	38.7
Drinks sugar-sweetened beverages less than daily	2,969	72.8	61.3	63.7	57.6	37.7
Meets water consumption guidelines	552	79.8	62.3	63.3	63.3	46.0
Drink sugar-sweetened beverages less than daily	2,616	69.6	60.9	62.9	55.1	36.3
Ran out of food and could not afford more	159	53.5	58.7	63.3	58.1	32.9
Have not run out of food	3,007	71.8	60.7	62.0	56.4	38.2
Requires help with daily activities	268	56.6	64.1	71.8	60.2	27.9
Does not require help	2,992	73.0	60.5	62.2	56.5	39.3

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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 have used the facilities for the top five reasons listed, compared to those who do not engage in sufficient physical activity. Detailed are shown below in Table 5.5.6.

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

	Unweighted base ¹	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog
	n	%	%	%	%	%
Total sample	2,762	73.5	56.2	56.2	53.3	40.2
Health and wellbeing indicators						
Overweight or obese (BMI ≥25.0)	1,440	70.8	55.7	54.2	51.7	40.5
Normal range or underweight (BMI <25.0)	1,037	79.7	58.3	61.0	56.5	38.7
Meets physical activity guidelines	1,690	83.4	59.1	60.5	59.2	41.9
Does not meet physical activity guidelines / sedentary	889	58.1	52.1	48.9	43.9	36.7
Current smoker	145	51.0	53.9	43.3	37.3	40.5
Ex-smoker	978	72.3	57.5	57.9	56.6	42.3
Never smoked	1,482	78.8	55.9	56.5	52.7	38.4
Drinks alcohol every day	218	67.6	53.1	48.6	50.3	37.3
Drinks alcohol less often than daily	2,016	75.6	58.5	58.5	55.0	40.7
Does not drink alcohol	374	70.6	46.0	47.4	44.2	38.2
Had more than 4 standard drinks on a single occasion	1,349	74.4	59.5	58.9	54.8	43.9
Has not had more than 4 standard drinks	1,157	73.8	53.0	53.7	52.1	35.0

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

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

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

5.6. Improvements overview

All respondents were asked to answer a fully open-ended question about what improvements would encourage them to use public facilities and open spaces more often. In total, 42.8% of respondents from Macedon Ranges 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-third of all respondents who provided suggestions (35.9%) 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** – 16.8% 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** – 16.8% would like to see more or better bicycle tracks, more or extended bike lanes, better connected bicycle tracks and lanes, and more or improved skate facilities and skate ramps
- **Toilets / change rooms** – 10.8% sought more or new toilet facilities, improved existing toilet facilities, more or better changerooms and showers, and improved disability access to toilets
- **Safety measures / restrictions** – 8.0% sought changes that would improve their sense of safety, including dogs being made to be on leashes

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	1,580		1,580
Walking tracks / footpaths	35.9	Provide / extend footpaths / connect to open spaces	11.0
		Provide new / more / connected walking tracks / paths	7.4
		Improve existing walking tracks / paths	4.8
		Improve footpaths	7.0
		Other footpaths NFI	5.7
Exercise equipment / facilities	16.8	Exercise equipment (including sporting fields / facilities)	16.8
Bicycle tracks / lanes and skate facilities	16.8	Provide new / more / connected bicycle tracks	7.3
		Other bicycle tracks NFI	4.3
		Improve existing bicycle tracks	3.0
		Provide / improve skate facilities, including ramps	1.1
		Provide / extend / connect bike lanes	1.0
Toilets / change rooms	10.8	Provide more / new toilets	3.4
		Improve existing toilets	2.2
		Other toilets NFI	3.8
		Provide / improve changerooms showers	1.3
		Disabled access to toilets	0.1
Lighting	7.4	Lighting	7.4
Safety measures / restrictions	8.0	Safety measures / restrictions (including dogs on leashes)	8.0
Bins / rubbish collection / clean environment	4.7	Environmental cleanup / cleanliness	1.4
		Provide new / more bins	1.6
		Other bins / rubbish NFI	1.0
		Provide dog poo bags / ensure cleaning of dog faeces	0.8
Accessibility	6.8	Parks / facilities closer to my home / more accessible	6.4
		Disability access	0.5
Playgrounds	3.9	Improve existing playgrounds	1.7
		Provide more / new playgrounds	1.9
		Other playgrounds NFI	0.4
Cover / shade / shelter	3.6	Cover / shade / shelter	3.6
Dog friendly areas	4.3	Dog friendly areas	4.3
More / better facilities	3.8	More / better facilities NFI	3.8
Maintenance / management of spaces and facilities	2.8	Maintenance / management of spaces and facilities	2.8
Seating	1.7	Seating	1.7
Drinking fountains	2.0	Drinking fountains	2.0
More / better vegetation / trees / gardens	1.9	More / better vegetation / trees / gardens	1.9
Improve signage / maps / communication	1.9	Signage / maps / more communication / awareness	1.9

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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 who offered improvement suggestions was highest amongst residents of the following suburbs: Gisborne, Woodend, Kyneton, Romsey, and Riddells Creek.

Walking tracks and footpath improvements were among the main suggestions provided consistently across the five suburbs. The other common suggestions for each suburb were:

- Exercise equipment (24.4%) and toilets or change rooms (17.3%) among respondents from Gisborne
- Bicycle tracks or lanes and skate facilities (19.9%) and exercise equipment (16.1%) among respondents from Woodend
- Bicycle tracks or lanes and skate facilities (18.3%) and exercise equipment (14.3%) among respondents from Kyneton
- Exercise equipment (23.2%) and bicycle tracks or lanes and skate facilities (11.7%) among respondents from Romsey
- Toilets or change rooms (14.9%) and bicycle tracks or lanes and skate facilities (12.6%) among respondents from Riddells Creek

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	Gisborne	Woodend	Kyneton	Romsey	Riddells Creek
	%	%	%	%	%	%
Unweighted base (n)¹	1,235	274	255	214	87	72
Walking tracks / footpaths	35.1	21.9	43.5	38.3	23.8	38.8
Exercise equipment (including sporting fields / facilities)	17.8	24.4	16.1	14.3	23.2	8.1
Bicycle tracks / lanes and skate facilities	15.5	8.5	19.9	18.3	11.7	12.6
Toilets / change rooms	10.4	17.3	5.0	10.4	8.1	14.9
Lighting	7.3	6.6	4.0	13.7	7.4	6.9
Safety measures / restrictions (including dogs on leashes)	7.7	8.0	7.3	5.5	11.4	12.2
Bins / rubbish collection / clean environment	4.5	2.7	3.2	10.8	5.9	0.6
Accessibility	6.5	6.5	5.6	7.4	9.1	3.0
Playgrounds	4.2	5.4	0.2	6.8	9.9	0.0
Cover / shade / shelter	4.0	3.5	2.9	4.6	8.8	0.8
Dog friendly areas	4.1	4.0	3.3	5.3	1.5	7.9
More / better facilities NFI	4.0	1.8	11.5	0.9	4.5	8.1
Maintenance / management of spaces and facilities	1.9	0.7	2.4	1.1	0.4	1.8
Seating	1.9	2.8	1.6	0.9	3.3	3.3
Drinking fountains	2.1	1.2	0.6	5.3	3.4	0.0
More / better vegetation / trees / gardens	1.8	2.8	1.7	2.5	1.5	0.0
Improve signage / maps / communication	1.7	1.0	3.0	1.0	0.3	0.0
Events programming / activities	1.2	1.4	2.0	0.9	3.4	0.0
Free activities / no charges for use	1.4	2.2	1.5	2.1	0.0	2.6
BBQs / picnic areas	0.8	0.9	0.9	2.3	0.6	0.0
Parking	1.0	0.5	0.6	0.0	0.0	2.9
Fencing	0.9	0.5	0.0	1.3	6.0	0.0
Café / coffee / tea / food shop	0.0	0.0	0.0	0.0	0.0	0.0
Camping	0.0	0.0	0.0	0.0	0.0	0.0
Other	3.4	4.5	3.0	1.8	5.4	4.2

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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 Macedon Ranges 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 Kyneton Sports and Aquatic Centre, Kyneton (4.3%) and Gisborne Aquatic Centre, Gisborne (4.0%). Of these two facilities, Kyneton Sports and Aquatic Centre was used by people who participate in the associated activity more frequently (64.3% were heavy users). Amongst those who had participated in activities at the Gisborne Aquatic Centre, 63.0% were heavy users. The facilities with the most frequent users for their main activity were: Gisborne Fitness Centre, Gisborne (91.4%) and Gisborne Secondary College, Gisborne (84.6%).

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

- Sanatorium Lake, Mount Macedon (21.7%)
- Gisborne Golf Club, Gisborne (20.8%)
- Hanging Rock Reserve, Woodend (16.8%)

While less regular rates of activity may reflect the seasonal or otherwise less regular nature of the activity itself, 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	7,775	63.78	23.57	12.7
Kyneton Sports and Aquatic Centre, Kyneton	335	64.3	23.1	12.6
Gisborne Aquatic Centre, Gisborne	308	63.0	22.0	15.0
Buffalo Stadium - Woodend, Woodend	154	83.0	14.1	2.9
Lancefield Park, Lancefield	95	60.8	33.0	6.2
Campaspe River Walk - Kyneton, Kyneton	93	79.4	17.2	3.5
Woodend Children's Park, Woodend	88	53.1	43.9	3.1
Gisborne Botanic Gardens, Gisborne	74	81.7	12.2	6.1
Gisborne Fitness Centre, Gisborne	71	91.4	7.2	1.4
Gisborne Adventure Playground, Gisborne	69	55.0	31.6	13.4
Body Blitz 24/7 Fitness Centres, Gisborne	59	82.6	14.0	3.5
Gardiner Reserve - Gisborne, Gisborne	54	81.5	15.8	2.7
Gisborne Secondary College, Gisborne	53	84.6	8.9	6.5
Gisborne Golf Club, Gisborne	52	44.5	34.8	20.8
Five Mile Creek - Woodend, Woodend	52	61.3	31.5	7.2
Woodend Tennis Club, Woodend	46	76.6	16.4	7.1
Gilbert Gordon Oval, Woodend	41	78.2	11.8	10.0
Hanging Rock Reserve, Woodend*	36	42.4	40.8	16.8
Sanatorium Lake, Mount Macedon*	36	13.5	64.8	21.7
Kyneton Botanic Gardens, Kyneton*	35	69.7	26.7	3.6
Kyneton Showgrounds Recreation Reserve, Kyneton*	33	75.2	20.7	4.1

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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, 91.6% reported participating in at least one activity (8.4% responded that they had not participated in any activities). Around one-quarter of respondents (24.8%) had participated in four or more activities.

This section focusses on the demographic, health, and wellbeing characteristics of less active respondents. While this analysis reports on the proportions of respondents from subgroups of residents who 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.

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

- Male respondents when compared to females (9.9% compared to 7.0%)
- Older male respondents aged 70 years and over (19.2%), compared to those aged 3 to 11 years (6.2%), 12 to 17 years (2.8%), 18 to 34 years (9.4%), and 35 to 49 years (7.6%)
- Female respondents aged 70 and over (17.3%), compared to those aged 3 to 11 years (3.7%), 12 to 17 years (2.2%), 18 to 34 years (7.4%), 35 to 49 years (5.6%), and 50 to 69 years (7.2%)
- Across the subregions, respondents from Romsey District were more likely (14.9%) to participate no activities than respondents from Gisborne District (7.2%), Kyneton District (6.9%), and Macedon-Woodend District (7.9%)

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

In relation to other key demographic or health differences, among 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' (13.6%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (6.4%)
- Those who self-reported their general health was 'fair' or 'poor' (21.5%, compared to 6.0% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (16.1%, compared to 7.9% who recorded medium to very high life satisfaction)
- Those who drink sugar-sweetened beverages daily (16.0% compared to those who drink them less than daily (7.2%))
- Those who have experienced food insecurity (20.1%, compared to 7.8% of those who have not run out of food in the last 12 months)

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	3,485	8.4	23.9	24.6	18.3	24.8
Gender and age						
Males	1,522	9.9	23.5	25.0	17.1	24.5
Females	1,924	7.0	24.2	24.1	19.5	25.3
Males, 3 to 11	194	6.2	12.9	19.1	23.2	38.7
Males, 12 to 17	108	2.8	15.7	22.4	18.4	40.7
Males, 18 to 34	185	9.4	26.4	25.2	11.1	27.9
Males, 35 to 49	286	7.6	20.7	24.9	17.2	29.7
Males, 50 to 69	488	12.3	27.8	29.0	18.6	12.4
Males, 70+	258	19.2	33.6	24.3	13.9	9.0
Females, 3 to 11	191	3.7	15.2	19.4	23.0	38.7
Females, 12 to 17	91	2.2	22.1	26.4	18.7	30.6
Females, 18 to 34	232	7.4	18.8	25.0	19.2	29.5
Females, 35 to 49	452	5.6	17.8	19.7	20.1	36.8
Females, 50 to 69	669	7.2	30.8	28.4	19.7	14.0
Females, 70+	278	17.3	41.2	24.5	13.5	3.6
Subregion						
Gisborne District	957	7.2	24.3	23.6	20.2	24.7
Kyneton District	717	6.9	26.9	24.4	15.3	26.5
Lancefield District	200	12.9	22.7	29.9	12.9	21.7
Macedon-Woodend District	1,084	7.9	20.1	24.2	20.1	27.7
Riddells Creek District	198	7.9	31.3	27.2	21.3	12.3
Romsey District	262	14.9	24.7	26.4	14.7	19.3
Demographic indicators						
Born in Australia	2,867	7.3	23.0	25.3	18.7	25.7
Born overseas	554	14.2	27.6	20.9	16.4	20.9
Speaks English as main language	3,362	8.1	23.5	24.6	18.5	25.4
Speaks other main language*	39	23.8	25.9	18.7	7.4	24.2
Aboriginal and/or Torres Strait Islander*	22	8.7	27.4	10.8	32.7	20.4
Not Aboriginal or Torres Strait Islander	3,404	8.3	23.6	24.7	18.2	25.1
Identifies as LGBTQIA+	66	11.6	35.9	22.7	19.0	10.8
Non-LGBTQIA+	2,640	8.7	25.0	25.8	17.6	22.9
Holds a Bachelor degree or higher	1,473	4.0	17.9	27.2	19.7	31.2
Less than Bachelor level education	1,862	8.9	24.9	24.3	18.1	23.7
Just getting along, poor or very poor	818	13.6	28.8	19.4	14.3	23.8
Reasonably comfortable, very comfortable or prosperous	2,642	6.4	22.2	26.4	19.7	25.2

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

* Significance testing not conducted due to small base size

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

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

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

	Unweighted base ¹ n	None %	One %	Two %	Three %	Four or more %
Total sample	3,485	8.4	23.9	24.6	18.3	24.8
Health and wellbeing indicators						
Self-reported health - Fair or poor	419	21.5	32.1	20.6	12.5	13.4
Self-reported health - Good, very good, or excellent	2,969	6.0	22.8	25.6	19.3	26.4
Life satisfaction - Low (0 to 4 out of 10)	177	16.1	27.9	24.1	12.2	19.7
Life satisfaction - Medium to very high (5+ out of 10)	3,179	7.9	23.7	24.8	18.7	24.9
Does not feel valued by society	493	12.6	26.2	23.2	14.6	23.5
Sometimes feel valued by society	1,500	8.1	24.9	25.1	18.8	23.2
Definitely feel valued by society	1,341	7.0	21.9	25.1	19.9	26.1
Meets fruit intake guidelines	1,914	6.2	21.3	24.8	19.0	28.7
Does not meet fruit intake guidelines	1,432	10.9	27.0	24.7	17.6	19.8
Meets vegetable intake guidelines	588	4.2	25.7	20.4	20.1	29.5
Does not meet vegetable intake guidelines	2,765	8.4	23.8	25.7	18.2	23.8
Drinks sugar-sweetened beverages daily	253	16.0	26.3	26.2	11.6	19.9
Drink sugar-sweetened beverages less than daily	3,097	7.2	23.7	24.9	19.0	25.2
Meets water consumption guidelines	569	3.4	22.5	24.5	19.5	30.1
Does not meet water guidelines	2,758	8.9	24.1	25.0	18.2	23.7
Ran out of food and could not afford more	164	20.1	25.0	18.8	15.1	20.9
Have not run out of food	3,099	7.8	23.3	24.3	18.4	26.3
Requires help with daily activities	288	15.6	19.9	17.6	21.4	25.5
Does not require help	3,063	7.1	24.4	25.1	18.0	25.3

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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 Macedon Ranges respondents aged 18 years and over in the 2019 ALC, 9.6% had not participated in any activities. This proportion was higher amongst:

- Those respondents with a BMI classified as overweight or obese (11.2%, compared to 6.3% of respondents classified as normal or underweight)
- Current smokers (17.2%, compared to 7.9% of people who have never smoked)
- Respondents who do not meet physical activity guidelines (15.8%), compared to those who do engage in sufficient physical activity (5.1%)

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

	Unweighted base ¹ n	None %	One %	Two %	Three %	Four or more %
Total sample	2,753	9.6	26.0	25.5	17.5	21.5
Health and wellbeing indicators						
Overweight or obese (BMI ≥25.0)	1,545	11.2	25.6	26.6	17.6	19.0
Normal range or underweight (BMI <25.0)	1,080	6.3	24.8	23.9	18.4	26.7
Meets physical activity guidelines	1,760	5.1	20.2	27.9	19.8	27.0
Does not meet physical activity guidelines / sedentary	961	15.8	35.0	23.5	13.9	11.8
Current smoker	162	17.2	34.2	25.2	9.4	14.0
Ex-smoker	1,039	9.9	24.1	25.1	19.5	21.5
Never smoked	1,549	7.9	26.6	26.2	17.4	21.8
Drinks alcohol every day	231	10.1	30.7	30.9	15.3	13.0
Drinks alcohol less often than daily	2,112	8.0	24.2	25.6	18.8	23.4
Does not drink alcohol	407	15.5	33.5	24.5	13.4	13.2
Had more than 4 standard drinks on a single occasion	1,422	7.6	22.4	26.2	18.3	25.5
Has not had more than 4 standard drinks	1,234	11.2	30.9	25.1	16.7	16.2

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

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

6.3. Activity overview

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

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

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

Of the activities respondents from Macedon Ranges had participated in, the five most commonly mentioned included:

- Walking – 21.1%
- Swimming – 9.0%
- Bushwalking / Hiking – 6.7%
- Fitness: gym – 6.5%
- Active play (at playgrounds / playcentre) – 6.1%

Frequency of participation was classified as 'heavy' if respondents participated in the activity at least weekly, 'medium' if participation was once or twice per month and 'light' if the frequency of participation was less than once a month. Activities recording the heaviest participation were: netball (87.5%), dancing, ballet or calisthenics (84.1%), fitness: gym (83.5%), basketball (81.9%), and walking (81.8%).

Activities with high proportions of 'light' participation were fishing (50.5%), golf (31.8%), and bushwalking or hiking (25.2%).

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

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

Table 6.3.1 Activities by frequency of participation

	Unweighted base ¹	Heavy	Medium	Light
		Once a week or more often	1 to 3 times a month	Less than once a month
	n	%	%	%
All activities	7,775	63.8	23.6	12.7
Walking	1,786	81.8	14.9	3.3
Swimming	691	53.5	27.1	19.4
Bush walking / Hiking	555	20.5	54.3	25.2
Fitness: Gym	500	83.5	12.3	4.2
Active play (at playgrounds / play centre)	419	62.8	31.2	6.0
Cycling: General cycling for recreation or transport	396	48.9	34.4	16.7
Jogging / Running	340	76.5	19.8	3.7
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	367	75.7	14.7	9.6
Australian Rules football	198	81.6	11.0	7.4
Tennis (indoor / outdoor)	188	64.2	19.9	15.9
Cycling: Mountain bike riding	163	42.6	39.5	17.9
Dancing / Ballet / Calisthenics	159	84.1	14.9	1.0
Basketball (Indoor/Outdoor)	123	81.9	8.0	10.0
Golf	165	42.3	25.8	31.8
Netball (indoor/ outdoor)	124	87.5	9.7	2.9
Fishing	111	4.0	45.5	50.5
Cycling: Road and sport cycling	120	57.9	29.4	12.6
Soccer (indoor/outdoor)	77	81.6	12.8	5.6
Aqua aerobics	111	65.0	22.8	12.2
Horse riding / Equestrian activities / Polo	81	66.0	25.9	8.1
Other activities	1,101	54.0	24.4	21.6

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Macedon Ranges Shire. 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	Fitness: Gym	Active play (at playgrounds / play centre)	Cycling: General cycling for recreation or transport	Jogging / Running	Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	Australian Rules football	Tennis (indoor / outdoor)
	n	%	%	%	%	%	%	%	%	%	%
All activities	7,991	21.1	9.0	6.7	6.5	6.1	5.0	4.3	3.7	3.3	2.6
Gender and age											
Males	3,407	18.2	7.9	6.2	6.1	5.6	5.4	4.7	1.3	5.4	2.9
Females	4,504	23.9	10.2	7.2	6.6	6.6	4.6	3.8	5.9	1.2	2.4
Males, 3 to 11	534	9.0	14.6	3.2	0.2	15.4	9.4	1.5	0.0	11.2	5.1
Males, 12 to 17	301	7.0	7.7	3.0	4.0	2.6	4.9	3.4	0.3	8.7	6.7
Males, 18 to 34	431	13.6	7.2	5.8	14.3	4.3	2.1	8.7	1.3	8.3	1.9
Males, 35 to 49	725	17.8	6.8	9.3	6.4	4.6	5.4	6.0	0.7	3.6	2.1
Males, 50 to 69	965	28.1	6.0	7.6	4.9	2.5	5.7	4.2	2.7	1.2	2.4
Males, 70+	447	33.7	3.6	4.5	7.0	1.7	3.8	2.3	2.8	0.7	0.1
Females, 3 to 11	531	6.8	19.4	4.1	0.0	16.6	9.4	0.4	0.8	2.1	3.0
Females, 12 to 17	231	13.9	8.5	3.9	7.9	2.2	3.9	2.2	2.2	4.8	6.5
Females, 18 to 34	586	23.7	7.9	6.9	10.2	6.9	2.0	7.2	6.2	0.8	1.0
Females, 35 to 49	1,269	24.7	8.6	9.6	6.6	6.1	4.7	6.2	7.7	0.8	3.0
Females, 50 to 69	1,438	34.4	8.5	8.4	8.0	3.2	4.2	2.8	7.6	0.3	1.4
Females, 70+	426	33.8	7.0	3.7	8.6	2.0	1.0	0.2	7.8	0.4	0.7

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


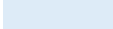

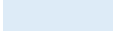
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 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

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

	Unweighted base ¹	Cycling: Mountain bike riding	Dancing / Ballet / Calisthenics	Basketball (indoor / outdoor)	Golf	Netball (indoor / outdoor)	Fishing	Cycling: Road and sport cycling	Soccer (indoor / outdoor)	Aqua aerobics	Horse riding / Equestrian activities / Polo	Other activities
	n	%	%	%	%	%	%	%	%	%	%	%
All activities	7,991	2.4	2.2	1.9	1.8	1.8	1.7	1.4	1.2	1.2	1.1	15.1
Gender and age												
Males	3,407	4.0	0.4	2.4	3.2	0.1	2.9	2.1	2.0	0.5	0.5	18.3
Females	4,504	0.9	3.8	1.4	0.6	3.4	0.6	0.7	0.5	1.8	1.7	12.1
Males, 3 to 11	534	1.7	0.8	3.9	0.0	0.2	0.4	0.2	5.4	0.2	0.6	17.2
Males, 12 to 17	301	4.7	0.3	8.0	0.3	0.0	3.7	1.0	4.9	0.7	0.7	27.5
Males, 18 to 34	431	2.4	0.0	2.7	2.2	0.0	3.0	2.3	1.3	0.7	0.6	17.5
Males, 35 to 49	725	7.6	0.1	1.7	2.5	0.3	3.1	3.2	0.6	0.0	0.2	18.1
Males, 50 to 69	965	3.5	0.7	0.3	6.7	0.0	3.7	3.0	0.7	0.9	0.7	14.7
Males, 70+	447	1.9	1.1	0.0	7.9	0.2	4.2	1.6	0.0	1.5	0.0	21.6
Females, 3 to 11	531	1.5	10.7	1.3	0.0	6.0	0.4	0.4	1.3	0.0	0.8	15.1
Females, 12 to 17	231	1.7	8.2	6.1	0.0	12.1	0.0	0.0	1.7	0.9	2.6	10.8
Females, 18 to 34	586	0.9	3.2	1.3	0.1	3.0	0.9	0.2	0.6	1.0	2.4	13.7
Females, 35 to 49	1,269	1.0	1.1	1.5	0.3	3.0	1.0	1.1	0.2	0.4	1.7	10.4
Females, 50 to 69	1,438	0.4	1.6	0.3	1.0	0.6	0.5	1.1	0.2	3.9	1.8	10.0
Females, 70+	426	0.0	3.2	0.0	3.6	1.0	0.0	0.5	0.0	7.7	0.7	18.3

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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, 52.7% of Macedon Ranges respondents aged 3 years and over indicated they had not been involved in physical activity as often as they would have liked.

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

- Male respondents aged 35 to 49 years (67.9%) and 50 to 69 years (59.7%) were likely to not have been involved in physical activity as often as they would like, compared to those aged 3 to 11 years (28.9%), 12 to 17 years (31.9%), and 70 years and over (42.8%)
- Female respondents aged 18 to 34 years (57.7%), 35 to 49 years (70.2%) and 50 to 69 years (60.1%) were likely to not have been involved in physical activity as often as they would like, compared to those aged 3 to 11 years (28.5%), 12 to 17 years (36.8%), and 70 years and over (41.6%)
- Across the subregions, respondents from Kyneton District (60.3%) were more likely to not have been involved in physical activity as often as they would have liked, compared to respondents from Gisborne District (47.8%), Macedon-Woodend District (50.7%), and Riddells Creek District (48.0%)

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

In relation to other demographic or health differences, among the subgroups more likely to have not been involved in physical activity as often 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' (59.6%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (50.3%)
- Those who reported their general health was 'fair' or 'poor' (79.3%, compared to 48.6% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (80.7%, compared to 51.2% who recorded medium to very high life satisfaction)


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

Table 6.4.1.1 Preference to increase frequency of participation by demographic indicators

	Unweighted base ¹	Done physical activity as often as would like	Not done physical activity as often as would like
	n	%	%
Total sample	3,446	47.3	52.7
Gender and age			
Males	1,490	48.9	51.1
Females	1,916	45.6	54.5
Males, 3 to 11	194	71.1	28.9
Males, 12 to 17	110	68.1	31.9
Males, 18 to 34	180	52.0	48.0
Males, 35 to 49	288	32.1	67.9
Males, 50 to 69	467	40.4	59.7
Males, 70+	248	57.3	42.8
Females, 3 to 11	186	71.5	28.5
Females, 12 to 17	93	63.2	36.8
Females, 18 to 34	227	42.3	57.7
Females, 35 to 49	458	29.8	70.2
Females, 50 to 69	666	39.9	60.1
Females, 70+	275	58.4	41.6
Subregion			
Gisborne District	942	52.2	47.8
Kyneton District	706	39.7	60.3
Lancefield District	197	43.2	56.9
Macedon-Woodend District	1,078	49.3	50.7
Riddells Creek District	197	52.0	48.0
Romsey District	257	43.1	56.9
Demographic indicators			
Born in Australia	2,846	48.1	51.9
Born overseas	547	41.6	58.5
Speaks English as main language	3,325	47.4	52.6
Speaks other main language*	38	33.9	66.1
Aboriginal and/or Torres Strait Islander*	22	52.5	47.5
Not Aboriginal or Torres Strait Islander	3,368	47.0	53.0
Identifies as LGBTQIA+	65	29.4	70.6
Non-LGBTQIA+	2,625	41.1	58.9
Holds a Bachelor degree or higher	1,462	40.4	59.6
Less than Bachelor level education	1,846	49.1	50.9
Just getting along, poor or very poor	833	40.4	59.6
Reasonably comfortable, very comfortable or prosperous	2,584	49.8	50.3

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

* Significance testing not conducted due to small base size

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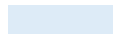

 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

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

	Unweighted base ¹	Done physical activity as often as would like	Not done physical activity as often as would like
	n	%	%
Total sample	3,446	47.3	52.7
Health and wellbeing indicators			
Self-reported health - Fair or poor	410	20.7	79.3
Self-reported health - Good, very good, or excellent	2,910	51.4	48.6
Life satisfaction - Low (0 to 4 out of 10)	178	19.4	80.7
Life satisfaction - Medium to very high (5+ out of 10)	3,116	48.8	51.2
Does not feel valued by society	492	32.8	67.2
Sometimes feel valued by society	1,463	44.4	55.6
Definitely feel valued by society	1,315	56.2	43.8
Meets fruit intake guidelines	1,880	52.8	47.2
Does not meet fruit intake guidelines	1,399	40.2	59.8
Meets vegetable intake guidelines	576	53.4	46.6
Does not meet vegetable intake guidelines	2,709	46.6	53.4
Drinks sugar-sweetened beverages daily	247	45.4	54.6
Drink sugar-sweetened beverages less than daily	3,035	47.5	52.5
Meets water consumption guidelines	562	47.8	52.2
Does not meet water guidelines	2,702	47.4	52.6
Ran out of food and could not afford more	164	36.2	63.8
Have not run out of food	3,061	47.9	52.1
Requires help with daily activities	286	51.4	48.6
Does not require help	3,039	46.9	53.1

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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 Macedon Ranges respondents aged 18 years and over in the 2019 ALC, 59.0% had not participated in physical activity as often as they would have liked. This proportion was higher amongst:

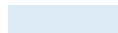
- Those respondents with a BMI classified as overweight or obese (65.3%, compared to 50.3% of respondents classified as normal or underweight)
- Ex-smokers (61.9%, compared to 55.1% of people who have never smoked)
- Respondents who do not meet physical activity guidelines (72.4%), compared to those who do engage in sufficient physical activity (50.4%)

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

	Unweighted base ¹	Done physical activity as often as would like	Not done physical activity as often as would like
	n	%	%
Total sample	2,832	41.1	59.0
Health and wellbeing indicators			
Overweight or obese (BMI ≥25.0)	1,512	34.7	65.3
Normal range or underweight (BMI <25.0)	1,059	49.7	50.3
Meets physical activity guidelines	1,709	49.6	50.4
Does not meet physical activity guidelines / sedentary	956	27.6	72.4
Current smoker	157	33.2	66.8
Ex-smoker	1,014	38.1	61.9
Never smoked	1,524	44.9	55.1
Drinks alcohol every day	227	44.4	55.6
Drinks alcohol less often than daily	2,074	40.5	59.5
Does not drink alcohol	395	44.4	55.6
Had more than 4 standard drinks on a single occasion	1,397	38.4	61.6
Has not had more than 4 standard drinks	1,206	44.9	55.1

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

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

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

6.4.2. 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 (59.7%)
- Personal reasons such as not feeling motivated or feeling embarrassed (27.3%)
- The cost (23.7%)
- A lack of social support such as encouragement from others or having no one to go with (17.9%)
- Safety (17.0%)

Being too busy or not having enough time was the main reason for not doing as much activity as desired regardless of how many activities people had participated in. For people who had not participated in any activities, poor health or disability was the second most often mentioned reason for not having participated in physical activity as much as they would like (27.9%).

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	1,887	216	444	453	774
Too busy / not enough time	59.7	40.7	53.9	61.5	68.6
Personal reasons (e.g. don't feel motivated, feel embarrassed)	27.3	26.9	27.7	26.7	27.4
Cost	23.7	16.7	23.7	21.1	27.6
Poor health or disability	15.2	27.9	13.4	14.5	12.6
Lack of social support (e.g. no encouragement, no one to go with)	17.9	15.3	16.3	17.1	20.1
Safety (e.g. poor lighting, remote venue / facility)	17.0	5.8	14.6	14.6	23.5
Lack of awareness about what activities are available	12.4	13.3	11.5	9.5	14.5
Lack of transport	4.9	3.2	4.4	3.6	6.6
Other reason	14.4	16.0	12.2	11.1	17.1

¹ Base sizes include respondents aged 3 years and over living in the Macedon Ranges Shire. 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:

- When compared to men, women were more likely to report personal reasons (29.7% compared to 22.5%), cost (29.0% compared to 15.8%), lack of social support (19.8% compared to 14.3%), and safety (20.5% compared to 11.2%) as barriers to more physical activity
- For each age group, the most recorded barrier to participation was:
 - Too busy or not enough time for those aged 3 to 11 years (32.6%), 12 to 17 years (31.6%), 18 to 34 years (64.6%), 35 to 49 years (77.7%), and 50 to 69 years (56.3%)
 - Poor health or disability for those aged 70 years and over (35.5%)
- Across the subregions, residents of Kyneton District were more likely to indicate that cost was a barrier (29.4%) when compared to residents of Macedon-Woodend District (17.5%)

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

In relation to other key demographic or health differences:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' were more likely to suggest cost was a barrier, compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (33.6%, compared to 16.9%)
- Those who do not feel valued by society were more likely to indicate that a lack of social support was a reason for not doing physical activity as often as they would like (24.0%, compared to 13.6% of those who definitely feel valued by society)
- Those who recorded a low level of life satisfaction were more likely to indicate that personal reasons were a barrier, compared to those who recorded medium to very high life satisfaction (52.4%, compared to 24.8%)

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

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

- Those respondents with a BMI classified as overweight or obese were more likely to suggest personal reasons were a barrier (32.9%, compared to 21.4% of respondents classified as normal or underweight)
- Respondents who do not meet physical activity guidelines were more likely to suggest safety was a reason for not doing more activity compared to those who do engage in sufficient physical activity (20.4%, compared to 13.5%)
- Respondents who currently smoke were more likely to cite cost was a barrier to activity (37.0% compared to 20.2% of ex-smokers and 20.8% of those that have never smoked)

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	2,056	55.9	25.7	22.1	14.6	16.7	15.7	11.3	4.5	13.3
Gender and age										
Males	840	59.7	22.5	15.8	13.7	14.3	11.2	10.1	4.2	12.8
Females	1,159	55.4	29.7	29.0	15.7	19.8	20.5	12.9	4.9	14.4
3 to 11	132	32.6	6.8	28.8	2.3	17.4	18.9	13.6	15.1	31.8
12 to 17	82	31.6	28.4	30.4	9.9	24.5	14.6	7.3	24.2	14.5
18 to 34	253	64.6	34.4	33.2	8.5	22.5	16.2	15.4	4.3	12.7
35 to 49	543	77.7	27.6	23.4	10.7	16.1	19.2	11.9	1.7	13.4
50 to 69	725	56.3	27.6	17.5	19.2	15.2	16.3	11.5	1.7	10.0
70+	282	19.4	18.5	8.8	35.5	11.8	3.8	5.5	3.8	10.4
Subregion										
Gisborne District	511	54.5	23.3	21.6	12.3	17.4	12.9	10.4	4.0	14.3
Kyneton District	465	58.3	27.9	29.4	15.2	19.0	18.4	14.4	5.1	11.8
Lancefield District	128	53.8	31.1	18.1	21.0	13.4	14.7	13.3	0.6	14.3
Macedon-Woodend District	632	57.4	25.3	17.5	11.9	14.9	16.3	9.8	5.2	14.4
Riddells Creek District	115	54.1	24.5	18.1	18.4	13.0	14.9	7.7	2.5	7.7
Romsey District	163	49.8	26.4	20.8	20.2	19.5	18.2	11.7	6.5	14.1

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


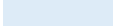

 Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)
 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

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

	Unweighted base ¹	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	2,056	55.9	25.7	22.1	14.6	16.7	15.7	11.3	4.5	13.3
Demographic indicators										
Born in Australia	1,658	56.8	26.6	23.4	13.8	17.3	17.0	11.0	4.6	13.7
Born overseas	322	59.1	24.1	19.2	20.6	16.6	11.5	15.3	4.6	13.8
Speaks English as main language	1,944	57.7	26.7	22.1	15.1	17.2	16.5	11.4	4.2	13.4
Speaks other main language*	26	61.9	15.6	31.5	3.9	22.4	3.9	28.4	18.1	31.9
Aboriginal and/or Torres Strait Islander*	11	41.8	37.3	15.1	31.5	33.1	15.1	15.8	0.0	0.0
Not Aboriginal or Torres Strait Islander	1,973	57.4	26.1	22.5	14.8	17.1	16.1	11.7	4.4	13.8
Identifies as LGBTQIA+	46	64.1	47.6	22.4	14.7	28.9	9.6	16.3	1.2	6.3
Non-LGBTQIA+	1,642	62.7	27.6	21.9	15.7	16.4	16.1	11.7	2.2	12.0
Holds a Bachelor degree or higher	907	72.1	26.0	22.6	12.3	16.9	18.9	12.1	3.4	16.7
Less than Bachelor level education	1,028	52.9	26.6	23.1	15.0	17.3	15.7	11.8	5.1	12.6
Just getting along, poor or very poor	565	44.6	27.8	33.6	21.5	21.9	15.9	14.0	6.3	14.8
Reasonably comfortable, very comfortable or prosperous	1,475	60.8	25.0	16.9	11.5	14.6	15.5	10.3	3.7	12.8

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

* Significance testing not conducted due to small base size

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

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

	Unweighted base ¹	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	2,056	55.9	25.7	22.1	14.6	16.7	15.7	11.3	4.5	13.3
Health and wellbeing indicators										
Self-reported health - Fair or poor	353	45.4	40.1	24.3	39.1	23.5	12.3	13.7	3.5	10.0
Self-reported health - Good, very good, or excellent	1,536	62.2	24.1	23.0	9.7	16.3	18.0	11.5	5.1	15.4
Life satisfaction - Low (0 to 4 out of 10)	148	43.6	52.4	31.3	28.2	33.2	19.0	18.6	4.5	11.1
Life satisfaction - Medium to very high (5+ out of 10)	1,728	60.6	24.8	22.4	14.2	16.2	16.5	11.1	4.8	14.7
Does not feel valued by society	358	48.8	33.4	31.9	22.9	24.0	18.7	14.9	2.9	14.6
Sometimes feel valued by society	881	59.7	28.7	23.5	14.2	17.6	18.7	10.6	5.7	13.5
Definitely feel valued by society	632	65.0	21.5	17.3	13.0	13.6	12.0	10.9	4.9	15.0
Meets fruit intake guidelines	962	58.0	22.2	23.7	13.7	17.4	18.0	12.3	6.1	16.8
Does not meet fruit intake guidelines	906	61.2	31.2	22.8	16.7	18.2	16.2	11.5	3.6	11.8
Meets water consumption guidelines	316	70.5	24.3	29.5	14.0	19.5	19.9	13.8	3.4	15.7
Does not meet water guidelines	1,536	56.7	27.8	22.3	15.8	17.5	16.4	11.6	5.1	14.2
Ran out of food and could not afford more	125	39.9	31.3	33.2	28.7	20.8	23.1	11.4	10.1	10.4
Have not run out of food	1,796	58.3	25.3	21.1	13.8	16.2	14.6	11.9	3.8	14.0
Requires help with daily activities	168	30.4	23.1	26.5	45.6	19.2	16.5	14.6	14.1	16.5
Does not require help	1,761	60.7	27.1	22.4	11.8	17.3	15.7	11.6	3.6	13.4

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

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

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

	Unweighted base ¹	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	1,803	60.9	27.8	21.4	16.2	16.5	15.8	11.7	2.4	11.7
Health and wellbeing indicators										
Overweight or obese (BMI ≥25.0)	1,027	62.1	32.9	22.4	18.8	18.6	14.7	13.0	2.9	10.3
Normal range or underweight (BMI <25.0)	564	67.8	21.4	20.7	12.6	15.7	20.1	10.9	1.6	16.0
Meets physical activity guidelines	917	66.0	26.7	23.0	15.0	15.3	20.4	12.5	2.8	12.4
Does not meet physical activity guidelines / sedentary	720	62.0	31.9	21.3	17.3	19.9	13.5	12.6	2.4	12.4
Current smoker	113	60.1	35.8	37.0	17.3	21.7	13.8	16.6	2.1	9.8
Ex-smoker	653	62.8	32.4	20.2	20.9	18.8	17.6	14.0	2.3	9.9
Never smoked	892	63.9	25.3	20.8	13.4	15.3	16.7	10.1	2.8	14.2
Drinks alcohol every day	125	59.0	33.1	11.6	19.5	13.4	13.1	8.4	3.3	8.3
Drinks alcohol less often than daily	1,281	66.9	29.2	22.9	15.6	16.9	17.1	12.5	2.4	12.2
Does not drink alcohol	252	46.1	25.2	22.8	21.1	20.7	16.4	13.6	2.9	14.6
Had more than 4 standard drinks on a single occasion	891	69.1	31.1	22.5	14.2	17.3	16.9	12.3	2.3	11.0
Has not had more than 4 standard drinks	707	55.6	26.4	21.5	19.5	17.3	16.9	12.7	3.0	14.6

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

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

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

Approximately two-thirds of activities (65.1%) had been accessed via car while around one-third of activities (33.6%) were accessed on foot. Approximately one in ten (10.2%) 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. netball, golf, fishing) were almost always accessed via car (99.1%, 98.7%, and 94.2% respectively). As might be expected, where the activity is also a mode of transport (walking or cycling), respondents often mentioned accessing their activity via this same mode.

Average distance travelled by activity

Of the main activities that respondents from Macedon Ranges had participated in, residents had travelled the furthest to go fishing (88.2 kilometres on average) and bush walking or hiking (29.4 kilometres). Of the most popular activities, people had to travel the least distance for walking (3.4 kilometres), jogging / running (3.5 kilometres), and active play (4.5 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	7,653	65.1	33.6	10.2	1.6	14.9
Walking	1,767	25.1	79.9	1.1	1.5	3.4
Swimming	687	92.9	13.7	2.6	1.7	12.1
Bush walking / Hiking	544	86.4	21.5	3.6	0.7	29.4
Fitness: Gym	494	86.1	22.3	3.5	2.9	10.6
Active play (at playgrounds / play centre)	417	67.9	49.1	14.2	1.4	4.5
Cycling: General cycling for recreation or transport	378	16.7	6.8	82.0	0.8	11.7
Jogging / Running	330	39.6	61.7	2.2	0.8	3.5
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	353	83.4	19.3	1.7	3.2	9.2
Australian Rules football	191	88.9	27.5	12.5	2.1	7.9
Tennis (indoor / outdoor)	188	87.2	21.1	9.0	0.6	5.7
Cycling: Mountain bike riding	157	48.7	1.0	60.8	0.8	12.7
Dancing / Ballet / Calisthenics	161	89.8	13.1	3.0	2.3	16.3
Basketball (Indoor/Outdoor)	122	92.6	14.2	7.6	4.1	13.4
Golf	166	98.7	6.4	0.0	0.0	10.9
Netball (indoor/ outdoor)	128	99.1	5.8	1.8	0.0	8.6
Fishing	107	94.2	15.6	2.6	0.6	88.2
Cycling: Road and sport cycling	120	13.2	3.5	87.2	2.3	7.4
Soccer (indoor/outdoor)	78	88.8	15.4	10.4	2.0	12.8
Aqua aerobics	108	92.1	10.9	2.4	1.7	10.2
Horse riding / Equestrian activities / Polo	78	58.3	24.2	2.7	0.0	13.5
Other activities	1,079	79.0	18.4	3.5	2.0	35.5

¹Base sizes include all activities mentioned by respondents aged 3 years and over living in the Macedon Ranges Shire. 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 main activities was 14.9 kilometres.



Across the subregions, there were no significant differences in the average distance travelled to reach activities. Of the main facilities used, respondents were travelling furthest to get to Sanatorium Lake, Mount Macedon (11.5 kilometres) and Hanging Rock Reserve, Woodend (10.7 kilometres).

Table 6.4.4.1 Average distance travelled to participate in activities

	Unweighted base ¹ n	Average kms travelled #
Total sample	7,424	14.9
Subregion		
Gisborne District	2,081	12.3
Kyneton District	1,500	18.1
Lancefield District	413	14.4
Macedon-Woodend District	2,446	14.4
Riddells Creek District	366	15.9
Romsey District	458	19.5
Top 20 facilities		
Kyneton Sports and Aquatic Centre, Kyneton	334	9.0
Gisborne Aquatic Centre, Gisborne	302	8.5
Buffalo Stadium - Woodend, Woodend	157	6.3
Lancefield Park, Lancefield	95	4.0
Campaspe River Walk - Kyneton, Kyneton	89	2.7
Woodend Children's Park, Woodend	86	5.5
Gisborne Botanic Gardens, Gisborne	73	2.9
Gisborne Fitness Centre, Gisborne	71	6.2
Gisborne Adventure Playground, Gisborne	69	4.2
Body Blitz 24/7 Fitness Centres, Gisborne	59	8.3
Gardiner Reserve - Gisborne, Gisborne	55	4.5
Gisborne Secondary College, Gisborne	54	7.6
Gisborne Golf Club, Gisborne	53	4.9
Five Mile Creek - Woodend, Woodend	52	1.9
Woodend Tennis Club, Woodend	48	3.6
Gilbert Gordon Oval, Woodend	41	8.1
Hanging Rock Reserve, Woodend*	36	10.7
Sanatorium Lake, Mount Macedon*	34	11.5
Kyneton Botanic Gardens, Kyneton*	34	2.8
Kyneton Showgrounds Recreation Reserve, Kyneton*	30	8.0

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

* Significance testing not conducted due to small base sizes

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7. Quality and accessibility

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

7.1. Quality and accessibility of facilities available for main activities

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

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

- Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates (4.4)
- Fitness: Gym (4.3)
- Swimming (4.2)
- Bush walking / Hiking (4.2)
- Active play (4.2)

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

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

- Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates (4.4)
- Golf (4.4)
- Fitness: Gym (4.3)
- Active play (4.3)
- Horse riding / Equestrian activities / Polo (4.3)


The lowest ratings for accessibility were received for fishing facilities (3.7) and Australian Rules football facilities (4.0). 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	7,436	4.1	4.2
Walking	1,730	3.9	4.1
Swimming	695	4.2	4.2
Bush walking / Hiking	535	4.2	4.1
Fitness: Gym	492	4.3	4.3
Active play (at playgrounds / play centre)	412	4.2	4.3
Cycling: General cycling for recreation or transport	380	3.8	4.1
Jogging / Running	329	3.9	4.2
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	359	4.4	4.4
Australian Rules football	195	3.8	4.0
Tennis (indoor / outdoor)	191	4.1	4.2
Cycling: Mountain bike riding	163	4.2	4.1
Dancing / Ballet / Calisthenics	164	4.2	4.2
Basketball (Indoor/Outdoor)	122	4.2	4.1
Golf	163	4.2	4.4
Netball (indoor/ outdoor)	128	4.1	4.3
Fishing	107	4.0	3.7
Cycling: Road and sport cycling	116	3.6	4.2
Soccer (indoor/outdoor)	77	4.0	4.2
Aqua aerobics	109	4.2	4.1
Horse riding / Equestrian activities / Polo	79	4.2	4.3
Other activities	1,073	4.1	4.0

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Macedon Ranges Shire. 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 Macedon Ranges respondents had used for their main activities in the last 12 months.

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

- Woodend Tennis Club, Woodend (4.7)
- Woodend Children's Park, Woodend (4.6)
- Kyneton Sports and Aquatic Centre, Kyneton (4.4)
- Five Mile Creek – Woodend, Woodend (4.4)
- Gisborne Secondary College, Gisborne (4.4)


The above facilities were also amongst the highest rated for **accessibility**. The lowest ratings for quality was received for Gardiner Reserve and Gilbert Gordon Oval (both 3.7), while the lowest ratings for accessibility were received for Gisborne Fitness Centre (4.0), Gisborne Aquatic Centre (4.1), and Gilbert Gordon Oval (4.1). 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 facilities	7,909	4.2	4.3
Kyneton Sports and Aquatic Centre, Kyneton	340	4.4	4.4
Gisborne Aquatic Centre, Gisborne	308	4.0	4.1
Buffalo Stadium - Woodend, Woodend	158	4.1	4.3
Lancefield Park, Lancefield	95	4.3	4.5
Campaspe River Walk - Kyneton, Kyneton	93	4.3	4.4
Woodend Children's Park, Woodend	87	4.6	4.6
Gisborne Botanic Gardens, Gisborne	73	4.2	4.5
Gisborne Fitness Centre, Gisborne	70	3.9	4.0
Gisborne Adventure Playground, Gisborne	69	4.3	4.3
Body Blitz 24/7 Fitness Centres, Gisborne	59	4.3	4.3
Gardiner Reserve - Gisborne, Gisborne	55	3.7	4.2
Gisborne Secondary College, Gisborne	54	4.4	4.2
Gisborne Golf Club, Gisborne	53	4.1	4.6
Five Mile Creek - Woodend, Woodend	51	4.4	4.6
Woodend Tennis Club, Woodend	48	4.7	4.6
Gilbert Gordon Oval, Woodend	41	3.7	4.1
Hanging Rock Reserve, Woodend*	36	4.1	4.3
Sanatorium Lake, Mount Macedon*	35	4.3	4.4
Kyneton Botanic Gardens, Kyneton*	35	4.3	4.2
Kyneton Showgrounds Recreation Reserve, Kyneton*	33	3.5	4.0

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Macedon Ranges Shire. 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 Macedon Ranges – Population benchmarks used for calibration

Benchmark category		Population proportion ¹
Age group	Education	%
3 to 9	-	1.3
14 to 17	-	0.4
18 to 24	-	1.4
25 to 34	Has Bachelors	0.3
	No Bachelors	2
35 to 44	Has Bachelors	0.3
	No Bachelors	2.2
45 to 54	Has Bachelors	0.1
	No Bachelors	1.8
55 to 64	Has Bachelors	0.1
	No Bachelors	1.4
65 to 74	Has Bachelors	0.5
	No Bachelors	0.2
75+	Has Bachelors	0.4
	No Bachelors	0.4
Age	Sex	%
3 to 17	Male	2.2
	Female	2.1
18+	Male	7.5
	Female	8
Age	Country of birth	%
3 to 17	-	4.3
18+	Australia	12.8
	New Zealand/UK	1.1
	Other	1.6

¹ Population benchmarks sourced from ABS Census 2016

References

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

Appendix B: The Questionnaire Booklet

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Active Living...

CENSUS



Census Booklet - 2019

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

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

SECTION A – Household Questions

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

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

SECTION B – About You

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

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

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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	<input type="checkbox"/>
		4 to 6 times a week	<input type="checkbox"/>
		1 to 3 times a week	<input type="checkbox"/>
		2 to 3 times a month	<input type="checkbox"/>
		Once a month	<input type="checkbox"/>
		Once or twice in the last 3 months	<input type="checkbox"/>
		Less often / Never	<input type="checkbox"/>

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

C2	In the last 12 months, how often have you used off-road walking and cycling tracks or footpaths in your area? <i>Please answer separately for footpaths and for off-road walking and cycling tracks</i>		
		Footpaths	Off-road tracks
	Daily	<input type="checkbox"/>	<input type="checkbox"/>
	4 to 6 times a week	<input type="checkbox"/>	<input type="checkbox"/>
	1 to 3 times a week	<input type="checkbox"/>	<input type="checkbox"/>
	2 to 3 times a month	<input type="checkbox"/>	<input type="checkbox"/>
	Once a month	<input type="checkbox"/>	<input type="checkbox"/>
	Once or twice in the last 3 months	<input type="checkbox"/>	<input type="checkbox"/>
	Less often / Never	<input type="checkbox"/>	<input type="checkbox"/>

C3	Which of the following types of public facilities or open spaces have you used in your area in the last 12 months? <i>Please select 'Yes' or 'No' for each category</i>	Yes	No
		Swimming pools / splash parks	<input type="checkbox"/>
Indoor sports / leisure / fitness centres	<input type="checkbox"/>	<input type="checkbox"/>	
Sports grounds, ovals and clubrooms	<input type="checkbox"/>	<input type="checkbox"/>	
Halls / community centres	<input type="checkbox"/>	<input type="checkbox"/>	
After hours usage of education facilities (e.g. school, TAFE, university)	<input type="checkbox"/>	<input type="checkbox"/>	
Parks	<input type="checkbox"/>	<input type="checkbox"/>	
Community gardens	<input type="checkbox"/>	<input type="checkbox"/>	
Hard courts (e.g. netball / tennis)	<input type="checkbox"/>	<input type="checkbox"/>	
Skateparks / BMX	<input type="checkbox"/>	<input type="checkbox"/>	
Other	<input type="checkbox"/>	<input type="checkbox"/>	

C4	What are the reasons why you have used public facilities and open spaces in your area in the last 12 months? <i>Please select all that apply</i>	Exercise / health and fitness	<input type="checkbox"/>
		Socialising with family / friends	<input type="checkbox"/>
		For fun / enjoyment	<input type="checkbox"/>
		Commuting (i.e. to get from a to b)	<input type="checkbox"/>
		Exercising the dog	<input type="checkbox"/>
		Organised sport (e.g. cricket or netball for a club)	<input type="checkbox"/>
		Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends)	<input type="checkbox"/>
		For time to myself	<input type="checkbox"/>
		Getting back to nature	<input type="checkbox"/>
		Some other reason	<input type="checkbox"/>
	Have not used public facilities and open spaces	<input type="checkbox"/>	

C5	What improvements would encourage you to use public facilities and open spaces more often? <i>Please record suggested improvements</i>	<input type="text"/>
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C6	Where would you like to see these improvements made? <i>Please record specific location(s) in detail</i>	<input type="text"/>
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2	3	4	5
SECTION C – Use of Public Facilities, Open Spaces and Walking and Cycling Tracks			

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Footpaths	Off-road tracks	Footpaths	Off-road tracks	Footpaths	Off-road tracks	Footpaths	Off-road tracks
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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 No	<input type="checkbox"/> → Go to D3 <input type="checkbox"/>
D2	What are the reasons why you have not done physical activities as often as you would like? <i>Please select all that apply</i>	Too busy / not enough time	<input type="checkbox"/>
		Lack of social support (e.g. no encouragement, no one to go with)	<input type="checkbox"/>
		Personal reasons (e.g. don't feel motivated, feel embarrassed)	<input type="checkbox"/>
		Safety (e.g. poor lighting, remote venue / facility)	<input type="checkbox"/>
		Lack of awareness about what activities are available	<input type="checkbox"/>
		Poor health or disability	<input type="checkbox"/>
		Lack of transport	<input type="checkbox"/>
		Cost	<input type="checkbox"/>
		Other reason	<input type="checkbox"/>

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? <i>Refer to Activity List</i>	Record number from Activity List: <input style="width: 40px; height: 20px;" type="text"/>	<input type="checkbox"/> → Go to E1 page 12
D4	In the last 12 months, how often have you participated in this activity outside the home?	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	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
D5	What is the name of the facility, venue, or place where you participated in this activity most often? <i>Please clearly describe the specific location, venue or place</i>	<input style="width: 100%; height: 30px;" type="text"/>	
D6	What is the name of the suburb or town where the facility, venue, or place is located? <i>Please record the specific suburb or town</i>	<input style="width: 100%; height: 30px;" type="text"/>	
D7	How would you rate the <u>quality</u> and <u>accessibility</u> of the facility, venue or place where you participated in this activity? <i>By accessibility, we mean how easy is it for you to get to and use</i> <i>Please provide a response in each column</i>		Quality Accessibility
		Excellent	<input type="checkbox"/> <input type="checkbox"/>
		Good	<input type="checkbox"/> <input type="checkbox"/>
		Average	<input type="checkbox"/> <input type="checkbox"/>
		Poor	<input type="checkbox"/> <input type="checkbox"/>
		Very Poor	<input type="checkbox"/> <input type="checkbox"/>
D8	How do / did you get to this activity? <i>Please select all that apply</i>	Public transport	<input type="checkbox"/>
		Taxi / Uber	<input type="checkbox"/>
		Car	<input type="checkbox"/>
		Motorbike or motor scooter	<input type="checkbox"/>
		Bicycle	<input type="checkbox"/>
		Walked	<input type="checkbox"/>
		Other	<input type="checkbox"/>
D9	How many kilometres do / did you travel to get to this activity? <i>If you did not travel, record 0</i> <i>If you normally travel less than 1km, please record 1</i>	Record distance in kilometres:	<input style="width: 40px; height: 20px;" type="text"/> <input style="width: 40px; height: 20px;" type="text"/> <input style="width: 40px; height: 20px;" type="text"/> kms

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SECTION D – Use of Public Facilities and Participation in Physical Activity			
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Participation in Physical Activity 1			

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		Person number →	1												
Participation in Physical Activity 2															
D10	<p>Please list another of the main physical activities you have participated in outside the home over the last 12 months? <i>Refer to Activity List</i></p>	<p>Record number from Activity List:</p> <p>No other activities</p>	<p><input style="width: 40px; height: 20px;" type="text"/></p> <p><input type="checkbox"/> → Go to E1 page 12</p>												
D11	<p>In the last 12 months, how often have you participated in this activity outside the home?</p>	<p>Daily</p> <p>4 to 6 times a week</p> <p>1 to 3 times a week</p> <p>2 to 3 times a month</p> <p>Once a month</p> <p>Once or twice in last 3 months</p> <p>Less often</p>	<p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>												
D12	<p>What is the name of the facility, venue, or place where you participated in this activity most often? <i>Please clearly describe the specific location, venue or place</i></p>	<p><input style="width: 100%; height: 20px;" type="text"/></p>													
D13	<p>What is the name of the suburb or town where the facility, venue, or place is located? <i>Please record the specific suburb or town</i></p>	<p><input style="width: 100%; height: 20px;" type="text"/></p>													
D14	<p>How would you rate the <u>quality</u> and <u>accessibility</u> of the facility, venue or place where you participated in this activity? <i>By accessibility, we mean how easy is it for you to get to and use</i> <i>Please provide a response in each column</i></p>	<p>Excellent</p> <p>Good</p> <p>Average</p> <p>Poor</p> <p>Very Poor</p>	<table border="0"> <thead> <tr> <th>Quality</th> <th>Accessibility</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>	Quality	Accessibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quality	Accessibility														
<input type="checkbox"/>	<input type="checkbox"/>														
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<input type="checkbox"/>	<input type="checkbox"/>														
<input type="checkbox"/>	<input type="checkbox"/>														
<input type="checkbox"/>	<input type="checkbox"/>														
D15	<p>How do / did you get to this activity? <i>Please select all that apply</i></p>	<p>Public transport</p> <p>Taxi / Uber</p> <p>Car</p> <p>Motorbike or motor scooter</p> <p>Bicycle</p> <p>Walked</p> <p>Other</p>	<p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>												
D16	<p>How many kilometres do / did you travel to get to this activity? <i>If you did not travel, record 0</i> <i>If you normally travel less than 1km, please record 1</i></p>	<p>Record distance in kilometres:</p>	<p><input style="width: 40px; height: 20px;" type="text"/> kms</p>												
Participation in Physical Activity 3															
D17	<p>Please list another of the main physical activities you have participated in outside the home over the last 12 months? <i>Refer to Activity List</i></p>	<p>Record number from Activity List:</p> <p>No other activities</p>	<p><input style="width: 40px; height: 20px;" type="text"/></p> <p><input type="checkbox"/> → Go to E1 page 12</p>												
D18	<p>In the last 12 months, how often have you participated in this activity outside the home?</p>	<p>Daily</p> <p>4 to 6 times a week</p> <p>1 to 3 times a week</p> <p>2 to 3 times a month</p> <p>Once a month</p> <p>Once or twice in last 3 months</p> <p>Less often</p>	<p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>												
D19	<p>What is the name of the facility, venue, or place where you participated in this activity most often? <i>Please clearly describe the specific location, venue or place</i></p>	<p><input style="width: 100%; height: 20px;" type="text"/></p>													
D20	<p>What is the name of the suburb or town where the facility, venue, or place is located? <i>Please record the specific suburb or town</i></p>	<p><input style="width: 100%; height: 20px;" type="text"/></p>													

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		Person number →	1			
Activity 3 (continued)						
D21	<p>How would you rate the <u>quality</u> and <u>accessibility</u> of the facility, venue or place where you participated in this activity?</p> <p><i>By accessibility, we mean how easy is it for you to get to and use</i></p> <p><i>Please provide a response in each column</i></p>		Quality Accessibility			
		Excellent	<input type="checkbox"/> <input type="checkbox"/>			
		Good	<input type="checkbox"/> <input type="checkbox"/>			
		Average	<input type="checkbox"/> <input type="checkbox"/>			
		Poor	<input type="checkbox"/> <input type="checkbox"/>			
		Very Poor	<input type="checkbox"/> <input type="checkbox"/>			
D22	<p>How do / did you get to this activity?</p> <p><i>Please select all that apply</i></p>	Public transport	<input type="checkbox"/>			
		Taxi / Uber	<input type="checkbox"/>			
		Car	<input type="checkbox"/>			
		Motorbike or motor scooter	<input type="checkbox"/>			
		Bicycle	<input type="checkbox"/>			
		Walked	<input type="checkbox"/>			
		Other	<input type="checkbox"/>			
D23	<p>How many kilometres do / did you travel to get to this activity? <i>If you did not travel, record 0</i></p> <p><i>If you normally travel less than 1km, please record 1</i></p>	Record distance in kilometres:	<table border="1" style="display: inline-table; width: 60px; height: 20px;"> <tr> <td style="width: 20px;"></td> <td style="width: 20px;"></td> <td style="width: 20px;"></td> </tr> </table> kms			
Participation in Physical Activity 4						
D24	<p>Please list another of the main physical activities you have participated in outside the home over the last 12 months?</p> <p><i>Refer to Activity List</i></p>	Record number from Activity List:	<table border="1" style="display: inline-table; width: 40px; height: 20px;"> <tr> <td style="width: 20px;"></td> <td style="width: 20px;"></td> </tr> </table>			
		No other activities	<input type="checkbox"/> → Go to E1 page 12			
D25	<p>In the last 12 months, how often have you participated in this activity outside the home?</p>	Daily	<input type="checkbox"/>			
		4 to 6 times a week	<input type="checkbox"/>			
		1 to 3 times a week	<input type="checkbox"/>			
		2 to 3 times a month	<input type="checkbox"/>			
		Once a month	<input type="checkbox"/>			
		Once or twice in last 3 months	<input type="checkbox"/>			
		Less often	<input type="checkbox"/>			
D26	<p>What is the name of the facility, venue, or place where you participated in this activity most often?</p> <p><i>Please clearly describe the specific location, venue or place</i></p>	<table border="1" style="width: 100%; height: 30px;"> <tr> <td></td> </tr> </table>				
D27	<p>What is the name of the suburb or town where the facility, venue, or place is located?</p> <p><i>Please record the specific suburb or town</i></p>	<table border="1" style="width: 100%; height: 30px;"> <tr> <td></td> </tr> </table>				
D28	<p>How would you rate the <u>quality</u> and <u>accessibility</u> of the facility, venue or place where you participated in this activity?</p> <p><i>By accessibility, we mean how easy is it for you to get to and use</i></p> <p><i>Please provide a response in each column</i></p>		Quality Accessibility			
		Excellent	<input type="checkbox"/> <input type="checkbox"/>			
		Good	<input type="checkbox"/> <input type="checkbox"/>			
		Average	<input type="checkbox"/> <input type="checkbox"/>			
		Poor	<input type="checkbox"/> <input type="checkbox"/>			
		Very Poor	<input type="checkbox"/> <input type="checkbox"/>			
D29	<p>How do / did you get to this activity?</p> <p><i>Please select all that apply</i></p>	Public transport	<input type="checkbox"/>			
		Taxi / Uber	<input type="checkbox"/>			
		Car	<input type="checkbox"/>			
		Motorbike or motor scooter	<input type="checkbox"/>			
		Bicycle	<input type="checkbox"/>			
		Walked	<input type="checkbox"/>			
		Other	<input type="checkbox"/>			
D30	<p>How many kilometres do / did you travel to get to this activity? <i>If you did not travel, record 0</i></p> <p><i>If you normally travel less than 1km, please record 1</i></p>	Record distance in kilometres:	<table border="1" style="display: inline-table; width: 60px; height: 20px;"> <tr> <td style="width: 20px;"></td> <td style="width: 20px;"></td> <td style="width: 20px;"></td> </tr> </table> kms			

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2		3		4		5	
Activity 3 (continued)							
Quality	Accessibility	Quality	Accessibility	Quality	Accessibility	Quality	Accessibility
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
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<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Participation in Physical Activity 4							
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="checkbox"/>	→ Go to E1 page 12	<input type="checkbox"/>	→ Go to E1 page 12	<input type="checkbox"/>	→ Go to E1 page 12	<input type="checkbox"/>	→ Go to E1 page 12
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<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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Person number →

1

SECTION E – Health, Wellbeing and Life Satisfaction

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

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

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		Person number →	1
SECTION E (continued)			
E13	Excluding household chores and gardening, in the last week, what do you estimate was the total time that you spent doing vigorous physical activity (e.g. tennis, jogging, cycling or keep fit exercises) that made you breathe harder or puff and pant?	Record hours and / or minutes:	<input type="text"/> hrs <input type="text"/> mins
E14	How often do you do physical activities in your own time that strengthen your muscles (i.e. activities that are not carried out as part of your job)? This includes resistance training such as free weights, using weight machines and exercises like push ups / sit ups along with other tasks you may do around the home such as lifting, carrying or digging. Include all such activities even if you have included them before.	Record number of days per week or month (if less than once a month, record 0):	<input type="text"/> days per week <input type="text"/> days per month
The following questions only need to be answered by household members aged 18 years and over			
E15	Which of the following best describes your smoking status? <i>This includes cigarettes, cigars and pipes</i>	Smoke daily	<input type="checkbox"/>
		Smoke occasionally	<input type="checkbox"/>
		Don't smoke now, but used to	<input type="checkbox"/>
		Tried a few times but never smoked regularly	<input type="checkbox"/>
		Never smoked	<input type="checkbox"/>
E16	In the last 12 months, how often did you have an alcoholic drink of any kind?	Every day	<input type="checkbox"/>
		3 to 6 days a week	<input type="checkbox"/>
		1 to 2 days a week	<input type="checkbox"/>
		1 to 3 days a month	<input type="checkbox"/>
		Less than once a month	<input type="checkbox"/>
		No longer drink	<input type="checkbox"/> → Go to E18
		Do not drink	<input type="checkbox"/> → Go to E18
E17	In the last 12 months, how often did you have more than four standard drinks in a day? <i>Alcoholic drinks are measured in terms of a 'standard drink'. A standard drink is equal to 1 pot of full strength beer, 1 small glass of wine or 1 pub-sized nip of spirits</i>	Every day	<input type="checkbox"/>
		3 to 6 days a week	<input type="checkbox"/>
		1 to 2 days a week	<input type="checkbox"/>
		1 to 3 days a month	<input type="checkbox"/>
		Less than once a month	<input type="checkbox"/>
		Never	<input type="checkbox"/>
E18	How often did you gamble in the past 12 months?	Every day	<input type="checkbox"/>
		3 to 6 days a week	<input type="checkbox"/>
		1 to 2 days a week	<input type="checkbox"/>
		1 to 3 days a month	<input type="checkbox"/>
		Less than once a month	<input type="checkbox"/>
E19	Has gambling caused you any health problems, including stress or anxiety?	Yes	<input type="checkbox"/>
		No	<input type="checkbox"/>
General comments about improving health and activity levels			
Do you have any other comments or feedback about what would help you be healthier and more active?			
<div style="border: 1px solid black; padding: 5px;"> <hr/><hr/><hr/><hr/><hr/><hr/><hr/><hr/><hr/><hr/> </div>			

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Entry into the prize draw

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

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

Person 1			
P1a	First name:	<input type="text"/>	
P1b	Contact number:	<input type="text"/>	
P1c	Email address:	<input type="text"/>	
Person 2		Person 3	
P2a	First name:	P3a	First name:
P2b	Contact number:	P3b	Contact number:
P2c	Email address:	P3c	Email address:
Person 4		Person 5	
P4a	First name:	P5a	First name:
P4b	Contact number:	P5b	Contact number:
P4c	Email address:	P5c	Email address:

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

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

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



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

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

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

Appendix C: Invitation letter and activity list



27th May 2019

Dear Local Resident,

Healthy Heart of Victoria – 2019 Active Living Census

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

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

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

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

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

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

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

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

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

Sincerely,
Healthy Heart of Victoria

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



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

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

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

Appendix D: Detailed tables

Table D.1 Population by subregions

	Total	Gisborne District	Kyneton District	Lancefield District	Macedon-Woodend District	Riddells Creek District	Romsey District	Unknown subregion
	%	%	%	%	%	%	%	%
Unweighted base¹	3,691	1,007	751	215	1,161	211	275	71
Gender								
Males	49.2	49.6	46.5	51.1	51.9	44.7	48.3	39.8
Females	50.5	50.1	53.2	48.3	47.8	55.3	51.7	59.8
Other	0.3	0.3	0.2	0.6	0.3	-	-	0.4
Age								
Males, 3 to 11	14.2	13.4	11.2	8.9	19.0	8.9	12.4	17.8
Males, 12 to 17	8.3	9.6	6.5	1.1	8.6	10.8	9.2	13.8
Males, 18 to 34	17.0	18.2	17.2	25.3	13.3	14.6	21.2	19.6
Males, 35 to 49	22.9	27.5	22.9	21.9	21.2	19.6	16.8	17.2
Males, 50 to 69	26.3	23.5	29.8	26.3	27.3	26.2	25.7	18.4
Males, 70+	11.3	7.8	12.4	16.5	10.6	20.0	14.8	13.3
Females, 3 to 11	13.5	16.1	10.1	15.8	15.7	8.8	7.6	15.2
Females, 12 to 17	7.0	8.3	6.2	3.8	7.2	7.7	4.3	12.7
Females, 18 to 34	15.0	15.9	16.9	21.8	10.9	10.9	18.9	14.6
Females, 35 to 49	24.0	26.8	22.3	20.0	24.0	19.1	24.8	24.6
Females, 50 to 69	29.9	22.8	33.7	30.8	32.0	35.8	34.1	26.7
Females, 70+	10.5	10.1	10.8	7.8	10.2	17.7	10.3	6.3

¹ Base sizes include all respondents aged 3 years and over living in the Macedon Ranges 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	Gisborne District	Kyneton District	Lancefield District	Macedon-Woodend District	Riddells Creek District	Romsey District	Unknown subregion
	%	%	%	%	%	%	%	%
Unweighted base¹	3,691	1,007	751	215	1,161	211	275	71
Health								
General health - Fair / poor	13.3	11.4	14.9	18.2	11.9	13.3	16.5	17.7
Life satisfaction - Low (0 to 4 out of 10)	5.7	3.3	7.0	8.4	5.0	4.4	9.7	14.2
Overweight or obese (BMI ≥25.0) (18+ only)	61.0	60.0	64.5	67.2	52.9	68.7	69.8	75.6
Meets guidelines								
Exercise (18+ only)	61.6	60.7	61.1	56.1	66.7	64.1	51.7	59.3
Fruit	55.3	57.3	51.7	49.9	58.5	57.3	46.2	67.7
Vegetables	15.2	13.8	13.9	19.8	17.2	13.0	12.5	22.9
Water (18+ only)	19.5	23.0	20.0	26.8	16.5	16.8	13.5	17.9
Other risk factors								
Drinks sugar-sweetened beverages daily	9.3	9.9	9.2	11.9	7.6	9.4	10.9	11.6
Current smoker (18+ only)	7.8	6.0	7.7	15.1	6.9	1.7	14.5	8.0
Drinks alcohol daily (18+ only)	7.4	6.1	9.0	7.0	7.7	6.4	8.4	3.2
Consumed more than 4 standard drinks on at least one occasion in the last 12 months (18+ only)	57.5	59.1	56.3	59.1	60.1	48.5	53.3	51.4
Weekly gambler (18+ only)	4.6	5.2	6.8	7.1	2.7	1.6	3.9	2.7
Food security								
Household has run out of food in the last 12 months	6.4	3.9	9.1	9.9	4.5	5.5	12.9	6.6

¹ Base sizes include all respondents aged 3 years and over living in the Macedon Ranges 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	Gisborne District	Kyneton District	Lancefield District	Macedon-Woodend District	Riddells Creek District	Romsey District	Unknown subregion
	%	%	%	%	%	%	%	%
Unweighted base¹	3,691	1,007	751	215	1,161	211	275	71
Facilities usage in last 12 months								
Open spaces - total users	89.7	92.1	88.4	82.0	92.1	88.7	83.2	83.7
<i>Heavy</i>	60.5	63.3	56.7	43.8	66.8	62.4	51.0	52.6
<i>Medium</i>	20.8	21.4	23.4	28.0	17.5	17.5	21.5	16.9
<i>Light</i>	8.3	7.4	8.3	10.2	7.8	8.8	10.7	14.3
<i>Non-user</i>	10.3	7.9	11.6	18.0	7.9	11.3	16.8	16.3
Footpaths - total users	88.5	91.5	91.0	77.8	87.9	89.8	83.5	76.3
<i>Heavy</i>	65.9	70.7	67.8	48.1	65.9	73.4	54.7	53.5
<i>Medium</i>	15.0	14.5	14.3	15.8	15.7	10.1	18.0	17.2
<i>Light</i>	7.7	6.3	9.0	13.9	6.4	6.3	10.9	5.5
<i>Non-user</i>	11.5	8.5	9.0	22.2	12.1	10.2	16.5	23.8
Off-road walking / cycling tracks - total users	72.0	74.7	73.3	54.4	78.2	68.7	52.7	67.4
<i>Heavy</i>	32.3	30.4	33.3	23.5	39.1	29.0	22.9	18.3
<i>Medium</i>	25.6	27.3	27.3	16.4	27.4	22.9	17.3	27.8
<i>Light</i>	14.1	17.0	12.7	14.4	11.7	16.8	12.5	21.2
<i>Non-user</i>	28.0	25.3	26.8	45.6	21.8	31.3	47.3	32.6
Parks	74.8	81.1	73.8	65.5	74.7	62.5	69.4	82.0
Sports grounds, ovals and clubrooms	47.5	49.8	46.2	46.7	50.3	33.5	42.9	44.0
Swimming pools / splash parks	46.1	49.4	49.0	37.4	46.5	34.6	36.9	59.1
Community gardens	40.2	47.4	48.5	22.0	36.1	33.5	25.9	42.6
Indoor sports / leisure / fitness centres	39.6	42.5	40.9	25.9	43.2	32.5	30.7	27.9

¹ Base sizes include all respondents aged 3 years and over living in the Macedon Ranges 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	Gisborne District	Kyneton District	Lancefield District	Macedon-Woodend District	Riddells Creek District	Romsey District	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	7,991	2,222	1,627	439	2,600	399	533	171
% of respondents undertaking activity	21.1	21.6	22.1	18.9	19.7	25.6	21.7	18.7
# respondents undertaking activity	1,839	520	396	90	562	110	127	34
Frequency of participation								
Heavy - Once a week or more	81.8	83.2	82.1	72.0	87.2	79.3	67.4	60.7
Medium - One to three times a month	14.9	15.1	15.7	19.1	10.4	18.2	21.2	28.6
Light - Less often	3.3	1.7	2.3	8.9	2.4	2.5	11.4	10.8
Travel mode								
Car	24.0	25.6	24.0	22.6	23.3	17.7	26.3	23.2
Walking	76.5	75.6	74.4	79.9	76.9	81.5	78.8	77.4
Bike	1.0	1.0	1.3	0.7	1.4	0.0	0.5	0.0
Public transport / taxi / Uber	1.4	0.9	1.7	0.0	1.8	1.4	1.9	0.9
Other	0.6	0.6	0.6	0.0	0.9	0.9	0.3	0.0
Distance to activity								
Average distance travelled to activity	3.4	3.6	3.3	2.6	3.5	2.7	3.5	3.3
Facility quality rating								
Good, excellent	71.9	78.6	67.8	77.5	70.9	57.1	68.2	70.4
Average	20.9	17.7	23.2	19.2	21.1	21.4	26.2	24.1
Very poor, poor	5.8	3.1	7.0	1.3	6.9	19.7	3.3	0.0
Mean score (out of 5)	3.9	4.0	3.8	4.1	3.9	3.5	3.9	3.9
Facility accessibility rating								
Good, excellent	79.9	86.2	80.5	78.6	78.0	65.1	72.1	76.6
Average	14.5	11.4	12.3	17.0	14.1	26.1	24.5	17.9
Very poor, poor	4.1	2.0	4.3	4.4	6.3	8.9	1.5	0.0
Mean score (out of 5)	4.1	4.2	4.2	4.2	4.1	3.7	4.0	4.0

¹ Base sizes include all respondents aged 3 years and over living in the Macedon Ranges 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	Gisborne District	Kyneton District	Lancefield District	Macedon-Woodend District	Riddells Creek District	Romsey District	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	7,991	2,222	1,627	439	2,600	399	533	171
% of respondents undertaking activity	9.0	9.0	10.0	12.0	8.2	8.4	7.5	11.5
# respondents undertaking activity	711	195	165	47	207	37	40	20
Frequency of participation								
Heavy - Once a week or more	53.5	55.5	52.6	35.3	51.7	74.6	60.2	57.6
Medium - One to three times a month	27.1	23.6	24.6	27.4	37.5	19.6	11.5	26.2
Light - Less often	19.4	20.9	22.8	37.3	10.9	5.9	28.3	16.2
Travel mode								
Car	89.7	91.3	82.2	88.4	94.6	87.9	87.1	100.0
Walking	13.2	12.4	27.0	17.7	6.1	1.9	4.0	2.0
Bike	2.5	1.2	4.3	4.0	3.0	0.0	0.0	0.0
Public transport / taxi / Uber	1.7	0.6	2.4	0.0	1.9	3.6	4.0	0.0
Other	1.5	0.9	0.3	0.0	2.6	0.0	8.0	0.0
Distance to activity								
Average distance travelled to activity	12.1	7.4	8.5	17.8	14.7	14.4	29.3	16.7
Facility quality rating								
Good, excellent	85.4	76.7	86.0	80.6	93.5	90.4	93.4	78.1
Average	11.4	16.0	13.2	7.8	6.3	9.6	6.6	21.9
Very poor, poor	2.4	5.0	0.8	10.1	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.2	4.0	4.3	4.0	4.3	4.1	4.3	4.1
Facility accessibility rating								
Good, excellent	85.2	80.7	90.7	77.6	83.5	91.6	92.3	98.5
Average	9.3	9.4	6.4	9.0	13.6	7.1	5.3	1.5
Very poor, poor	5.2	9.3	2.3	13.4	2.7	1.3	2.4	0.0
Mean score (out of 5)	4.2	4.1	4.4	3.9	4.2	4.3	4.2	4.3

¹ Base sizes include all respondents aged 3 years and over living in the Macedon Ranges 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	Gisborne District	Kyneton District	Lancefield District	Macedon-Woodend District	Riddells Creek District	Romsey District	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	7,991	2,222	1,627	439	2,600	399	533	171
% of respondents undertaking activity	6.7	6.5	5.8	6.0	7.4	6.5	7.7	7.2
# respondents undertaking activity	571	147	99	24	220	23	45	13
Frequency of participation								
Heavy - Once a week or more	20.5	14.5	13.7	21.5	24.6	48.3	17.7	39.4
Medium - One to three times a month	54.3	52.7	58.5	68.2	54.5	32.9	51.6	60.7
Light - Less often	25.2	32.8	27.9	10.4	20.9	18.8	30.7	0.0
Travel mode								
Car	82.1	80.1	86.6	91.2	81.0	77.1	83.0	74.4
Walking	20.4	17.2	10.3	17.0	27.2	32.6	15.0	43.0
Bike	3.4	2.6	8.3	2.1	1.4	11.0	1.3	0.0
Public transport / taxi / Uber	0.6	0.8	2.1	0.0	0.0	0.0	0.0	0.0
Other	1.0	0.0	3.9	0.0	0.6	2.9	0.0	0.0
Distance to activity								
Average distance travelled to activity	29.4	19.6	36.7	35.8	32.2	9.1	52.0	5.0
Facility quality rating								
Good, excellent	86.6	85.6	85.8	98.5	85.9	100.0	81.9	81.2
Average	11.3	12.7	12.6	1.5	11.7	0.0	16.4	4.7
Very poor, poor	0.9	0.0	0.6	0.0	1.7	0.0	1.8	4.7
<i>Mean score (out of 5)</i>	4.2	4.2	4.2	4.4	4.3	4.2	4.0	4.3
Facility accessibility rating								
Good, excellent	80.8	81.6	80.9	79.6	77.5	100.0	83.9	81.2
Average	14.2	14.3	15.3	13.3	15.2	0.0	16.1	9.5
Very poor, poor	3.4	1.4	3.2	7.1	5.8	0.0	0.0	0.0
<i>Mean score (out of 5)</i>	4.1	4.1	4.1	4.1	4.1	4.1	4.1	4.4

¹ Base sizes include all respondents aged 3 years and over living in the Macedon Ranges 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 – Fitness: Gym

	Total	Gisborne District	Kyneton District	Lancefield District	Macedon-Woodend District	Riddells Creek District	Romsey District	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	7,991	2,222	1,627	439	2,600	399	533	171
% of respondents undertaking activity	6.5	7.2	6.7	4.4	5.9	8.7	5.7	4.3
# respondents undertaking activity	516	168	105	19	156	31	29	8
Frequency of participation								
Heavy - Once a week or more	83.5	87.1	80.0	90.5	81.5	78.9	87.6	76.3
Medium - One to three times a month	12.3	9.4	15.8	5.8	13.6	19.8	8.7	0.0
Light - Less often	4.2	3.4	4.2	3.8	4.9	1.3	3.7	23.7
Travel mode								
Car	81.8	82.7	72.1	71.1	83.3	91.7	97.2	100.0
Walking	21.2	22.9	31.8	15.9	12.8	12.0	24.2	24.7
Bike	3.4	2.0	8.0	0.0	2.9	0.0	0.8	8.0
Public transport / taxi / Uber	2.8	2.8	1.7	0.0	3.0	9.5	1.2	0.0
Other	2.9	3.4	3.3	11.2	2.1	1.3	0.0	0.0
Distance to activity								
Average distance travelled to activity	10.6	4.8	10.6	15.2	14.9	16.0	14.0	6.4
Facility quality rating								
Good, excellent	84.3	82.9	89.6	82.0	84.6	78.6	81.8	76.3
Average	12.9	12.0	8.8	18.0	14.6	21.4	15.3	0.0
Very poor, poor	1.5	2.8	1.6	0.0	0.0	0.0	2.9	0.0
Mean score (out of 5)	4.3	4.2	4.3	4.4	4.2	4.2	4.4	4.1
Facility accessibility rating								
Good, excellent	87.4	85.1	89.6	92.5	89.7	86.9	82.9	76.3
Average	8.9	10.6	8.7	5.4	6.9	5.1	17.1	0.0
Very poor, poor	2.1	2.5	1.7	2.1	2.6	1.9	0.0	0.0
Mean score (out of 5)	4.3	4.3	4.4	4.5	4.4	4.3	4.6	4.2

¹ Base sizes include all respondents aged 3 years and over living in the Macedon Ranges 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 – Active Play

	Total	Gisborne District	Kyneton District	Lancefield District	Macedon-Woodend District	Riddells Creek District	Romsey District	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	7,991	2,222	1,627	439	2,600	399	533	171
% of respondents undertaking activity	6.1	6.5	5.1	11.2	5.0	6.6	7.5	7.3
# respondents undertaking activity	429	127	74	43	116	21	39	9
Frequency of participation								
Heavy - Once a week or more	62.8	64.6	71.3	62.3	61.4	48.0	55.5	45.2
Medium - One to three times a month	31.2	28.4	19.8	37.7	36.0	48.6	30.4	44.5
Light - Less often	6.0	7.0	8.8	0.0	2.6	3.4	14.1	10.3
Travel mode								
Car	66.0	75.3	55.9	51.9	66.9	58.5	68.1	79.2
Walking	47.7	43.9	61.4	59.8	49.5	24.4	34.8	24.4
Bike	13.8	11.0	13.4	11.8	18.1	10.2	20.9	0.0
Public transport / taxi / Uber	1.4	1.4	1.6	0.0	2.3	0.0	1.3	0.0
Other	1.9	2.8	2.9	0.0	1.1	0.0	0.0	10.3
Distance to activity								
Average distance travelled to activity	4.5	4.6	3.7	3.5	4.6	5.3	5.7	7.2
Facility quality rating								
Good, excellent	85.1	86.2	91.0	97.0	84.0	73.4	65.3	79.2
Average	12.9	11.0	8.7	3.1	14.8	26.6	24.5	20.8
Very poor, poor	1.4	0.8	0.3	0.0	1.2	0.0	10.2	0.0
Mean score (out of 5)	4.2	4.2	4.3	4.4	4.3	4.0	3.7	4.0
Facility accessibility rating								
Good, excellent	87.7	83.5	89.7	98.8	86.9	100.0	77.1	89.7
Average	10.9	16.1	10.4	0.0	10.9	0.0	15.4	10.3
Very poor, poor	1.1	0.4	0.0	1.2	1.2	0.0	7.5	0.0
Mean score (out of 5)	4.3	4.2	4.4	4.4	4.4	4.4	4.0	4.0

¹ Base sizes include all respondents aged 3 years and over living in the Macedon Ranges 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 – Cycling: General for recreation or transport

	Total	Gisborne District	Kyneton District	Lancefield District	Macedon-Woodend District	Riddells Creek District	Romsey District	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	7,991	2,222	1,627	439	2,600	399	533	171
% of respondents undertaking activity	5.0	4.8	4.9	4.9	5.7	3.1	4.7	5.8
# respondents undertaking activity	407	100	81	19	161	11	25	10
Frequency of participation								
Heavy - Once a week or more	48.9	32.9	65.9	43.6	56.8	24.2	27.5	61.5
Medium - One to three times a month	34.4	48.1	14.8	18.5	33.1	69.2	48.1	26.2
Light - Less often	16.7	19.0	19.2	37.9	10.2	6.6	24.4	12.2
Travel mode								
Car	15.2	22.3	5.3	8.3	11.0	31.5	31.8	25.9
Walking	6.2	4.2	9.0	9.5	5.9	0.0	4.9	13.3
Bike	74.6	70.4	81.5	72.6	78.6	64.6	63.2	54.9
Public transport / taxi / Uber	0.7	0.3	1.9	0.0	0.7	0.0	0.0	0.0
Other	3.3	0.7	2.9	0.0	4.4	0.0	2.6	32.6
Distance to activity								
Average distance travelled to activity	11.7	17.5	5.0	8.1	10.0	9.2	24.4	4.1
Facility quality rating								
Good, excellent	61.2	60.3	57.3	96.2	57.5	71.1	62.0	80.6
Average	26.2	26.2	32.6	3.8	28.4	14.8	22.0	6.1
Very poor, poor	10.9	12.8	8.0	0.0	12.7	4.8	14.6	0.0
Mean score (out of 5)	3.8	3.7	3.7	4.4	3.7	3.9	3.8	4.0
Facility accessibility rating								
Good, excellent	76.1	82.1	62.9	90.9	78.9	70.0	65.4	86.7
Average	16.9	9.9	29.9	9.2	15.5	22.3	22.9	0.0
Very poor, poor	4.2	7.3	0.0	0.0	4.2	0.0	10.3	0.0
Mean score (out of 5)	4.1	4.1	4.0	4.2	4.2	4.0	3.9	4.2

¹ Base sizes include all respondents aged 3 years and over living in the Macedon Ranges 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 – Jogging / Running

	Total	Gisborne District	Kyneton District	Lancefield District	Macedon-Woodend District	Riddells Creek District	Romsey District	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	7,991	2,222	1,627	439	2,600	399	533	171
% of respondents undertaking activity	4.3	3.8	3.5	4.3	4.7	4.9	5.4	6.6
# respondents undertaking activity	350	88	60	21	121	21	30	9
Frequency of participation								
Heavy - Once a week or more	76.5	68.7	70.6	79.7	89.0	70.8	61.3	81.3
Medium - One to three times a month	19.8	29.5	26.8	14.1	8.8	22.4	31.0	0.0
Light - Less often	3.7	1.8	2.6	6.3	2.2	6.8	7.8	18.7
Travel mode								
Car	37.4	30.6	40.5	54.4	32.7	33.0	63.6	30.6
Walking	58.2	63.5	53.6	71.9	56.1	62.9	46.7	64.0
Bike	2.1	0.0	6.9	15.6	0.0	0.0	0.0	0.0
Public transport / taxi / Uber	0.7	0.0	0.8	0.0	1.7	0.0	0.0	0.0
Other	8.0	6.9	3.4	10.6	12.1	8.1	3.7	5.4
Distance to activity								
Average distance travelled to activity	3.5	2.6	3.0	3.8	4.1	1.2	3.5	9.3
Facility quality rating								
Good, excellent	70.8	60.5	59.7	79.0	81.3	66.5	76.6	79.4
Average	21.6	32.7	23.0	21.0	12.8	26.4	19.9	20.6
Very poor, poor	6.4	4.3	16.1	0.0	5.4	7.2	1.9	0.0
Mean score (out of 5)	3.9	3.8	3.6	3.9	4.1	3.8	4.1	4.2
Facility accessibility rating								
Good, excellent	84.1	72.8	80.7	87.8	88.9	90.3	92.1	100.0
Average	12.4	21.6	13.0	12.2	8.8	9.7	6.3	0.0
Very poor, poor	2.5	3.0	5.1	0.0	2.4	0.0	0.0	0.0
Mean score (out of 5)	4.2	4.1	4.1	4.3	4.3	4.3	4.3	4.5

¹ Base sizes include all respondents aged 3 years and over living in the Macedon Ranges 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 – Indoor fitness: Aerobics / Zumba / Yoga / Pilates

	Total	Gisborne District	Kyneton District	Lancefield District	Macedon-Woodend District	Riddells Creek District	Romsey District	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	7,991	2,222	1,627	439	2,600	399	533	171
% of respondents undertaking activity	3.7	4.3	3.5	4.1	3.3	4.2	3.7	1.1
# respondents undertaking activity	374	111	71	26	112	22	27	5
Frequency of participation								
Heavy - Once a week or more	75.7	76.9	70.7	81.5	74.2	81.4	78.3	100.0
Medium - One to three times a month	14.7	14.2	15.6	13.0	14.0	12.3	21.7	0.0
Light - Less often	9.6	9.0	13.7	5.5	11.8	6.3	0.0	0.0
Travel mode								
Car	78.8	80.0	70.4	74.1	84.2	96.0	69.2	68.1
Walking	18.3	17.7	35.5	29.2	8.3	2.7	13.9	0.0
Bike	1.6	0.4	3.5	0.0	2.2	0.0	2.8	0.0
Public transport / taxi / Uber	3.0	1.2	6.7	11.7	1.7	2.7	0.0	0.0
Other	3.8	5.4	5.5	0.0	2.9	1.4	0.0	0.0
Distance to activity								
Average distance travelled to activity	9.2	4.3	12.9	15.2	10.7	12.5	10.1	2.9
Facility quality rating								
Good, excellent	87.2	90.6	87.9	74.1	87.4	83.5	81.4	100.0
Average	11.6	7.3	12.1	25.9	11.9	16.5	14.0	0.0
Very poor, poor	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.4	4.5	4.4	4.0	4.3	4.3	4.4	4.7
Facility accessibility rating								
Good, excellent	92.8	93.6	98.5	96.7	89.6	85.2	87.3	100.0
Average	4.2	2.9	0.0	3.3	6.0	14.9	7.9	0.0
Very poor, poor	2.3	3.1	1.5	0.0	3.7	0.0	0.0	0.0
Mean score (out of 5)	4.4	4.4	4.6	4.4	4.3	4.3	4.3	5.0

¹ Base sizes include all respondents aged 3 years and over living in the Macedon Ranges 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 – Australian Rules Football

	Total	Gisborne District	Kyneton District	Lancefield District	Macedon-Woodend District	Riddells Creek District	Romsey District	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	7,991	2,222	1,627	439	2,600	399	533	171
% of respondents undertaking activity	3.3	3.8	2.6	2.5	3.7	2.1	3.1	2.2
# respondents undertaking activity	202	71	34	8	70	5	12	2
Frequency of participation								
Heavy - Once a week or more	81.6	85.2	75.8	66.2	76.5	100.0	100.0	100.0
Medium - One to three times a month	11.0	10.1	14.5	26.9	12.1	0.0	0.0	0.0
Light - Less often	7.4	4.7	9.7	6.9	11.4	0.0	0.0	0.0
Travel mode								
Car	83.7	88.6	65.0	72.1	87.8	73.1	92.9	100.0
Walking	25.9	23.3	23.6	54.6	25.1	26.9	26.5	44.8
Bike	11.7	4.9	17.3	36.3	12.3	0.0	22.2	0.0
Public transport / taxi / Uber	1.9	0.0	3.0	0.0	4.2	0.0	0.0	0.0
Other	1.1	0.0	6.7	0.0	0.0	0.0	0.0	0.0
Distance to activity								
Average distance travelled to activity	7.9	5.5	7.7	4.0	9.7	10.8	9.4	17.0
Facility quality rating								
Good, excellent	69.5	52.4	68.6	72.7	78.8	100.0	100.0	55.3
Average	21.6	30.8	21.3	0.0	19.8	0.0	0.0	44.8
Very poor, poor	8.0	14.7	10.0	20.3	1.4	0.0	0.0	0.0
Mean score (out of 5)	3.8	3.5	3.7	3.6	4.1	4.7	4.2	4.1
Facility accessibility rating								
Good, excellent	79.6	67.0	77.2	93.1	85.2	100.0	100.0	100.0
Average	13.4	21.5	10.5	6.9	11.7	0.0	0.0	0.0
Very poor, poor	6.0	8.7	12.3	0.0	3.1	0.0	0.0	0.0
Mean score (out of 5)	4.0	3.8	3.8	4.4	4.2	4.0	4.6	5.0

¹ Base sizes include all respondents aged 3 years and over living in the Macedon Ranges 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 – Tennis

	Total	Gisborne District	Kyneton District	Lancefield District	Macedon-Woodend District	Riddells Creek District	Romsey District	Unknown subregion
	%	%	%	%	%	%	%	%
Total activities	7,991	2,222	1,627	439	2,600	399	533	171
% of respondents undertaking activity	2.6	2.2	1.9	2.1	4.0	0.5	1.1	7.3
# respondents undertaking activity	192	47	30	8	91	2	4	10
Frequency of participation								
Heavy - Once a week or more	64.2	55.8	84.8	71.7	59.8	100.0	49.4	76.0
Medium - One to three times a month	19.9	28.8	6.6	28.3	22.5	0.0	0.0	5.8
Light - Less often	15.9	15.4	8.6	0.0	17.7	0.0	50.6	18.3
Travel mode								
Car	85.3	90.3	61.2	100.0	88.3	100.0	100.0	83.8
Walking	20.7	8.4	41.8	13.6	19.6	0.0	50.6	19.4
Bike	8.8	9.9	0.0	0.0	12.6	0.0	0.0	10.5
Public transport / taxi / Uber	0.6	2.3	0.0	0.0	0.0	0.0	0.0	0.0
Other	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Distance to activity								
Average distance travelled to activity	5.7	4.9	6.4	5.4	5.8	16.0	10.0	5.2
Facility quality rating								
Good, excellent	73.6	66.2	77.7	100.0	76.9	14.7	100.0	44.6
Average	19.3	13.2	17.0	0.0	20.3	85.3	0.0	55.4
Very poor, poor	6.4	20.6	5.3	0.0	1.0	0.0	0.0	0.0
Mean score (out of 5)	4.1	3.6	4.1	4.8	4.3	3.1	4.8	3.7
Facility accessibility rating								
Good, excellent	83.5	79.0	71.0	100.0	88.4	100.0	100.0	79.4
Average	10.6	13.5	8.8	0.0	9.8	0.0	0.0	20.6
Very poor, poor	5.1	7.5	20.2	0.0	0.0	0.0	0.0	0.0
Mean score (out of 5)	4.2	4.2	3.9	4.6	4.4	4.0	4.0	4.3

¹ Base sizes include all respondents aged 3 years and over living in the Macedon Ranges 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	Gisborne District	Kyneton District	Lancefield District	Macedon-Woodend District	Riddells Creek District	Romsey District	Unknown subregion
	%	%	%	%	%	%	%	%
Unweighted base¹	7,991	2,222	1,627	439	2,600	399	533	171
Walking	21.1	21.6	22.1	18.9	19.7	25.6	21.7	18.7
Swimming	9.0	9.0	10.0	12.0	8.2	8.4	7.5	11.5
Bush walking / Hiking	6.7	6.5	5.8	6.0	7.4	6.5	7.7	7.2
Fitness: Gym	6.5	7.2	6.7	4.4	5.9	8.7	5.7	4.3
Active play (at playgrounds / play centre)	6.1	6.5	5.1	11.2	5.0	6.6	7.5	7.3
Cycling: General cycling for recreation or transport	5.0	4.8	4.9	4.9	5.7	3.1	4.7	5.8
Jogging / Running	4.3	3.8	3.5	4.3	4.7	4.9	5.4	6.6
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.7	4.3	3.5	4.1	3.3	4.2	3.7	1.1
Australian Rules football	3.3	3.8	2.6	2.5	3.7	2.1	3.1	2.2
Tennis (indoor / outdoor)	2.6	2.2	1.9	2.1	4.0	0.5	1.1	7.3
Cycling: Mountain bike riding	2.4	2.6	2.2	2.1	2.8	2.7	0.5	1.8
Dancing / Ballet / Calisthenics	2.2	2.0	1.6	2.8	2.6	2.5	2.2	2.1
Basketball (Indoor/Outdoor)	1.9	2.0	1.5	1.6	2.2	1.3	2.0	0.8
Golf	1.8	2.3	0.9	1.5	2.2	1.5	1.9	1.0
Netball (indoor/ outdoor)	1.8	2.5	0.9	0.9	2.1	1.6	1.1	3.5
Fishing	1.7	1.2	2.8	0.4	1.3	1.4	3.4	1.2
Cycling: Road and sport cycling	1.4	1.0	1.8	0.8	1.8	1.1	0.9	0.3
Soccer (indoor/outdoor)	1.2	1.0	1.1	1.2	1.7	0.3	0.9	2.3
Aqua aerobics	1.2	1.3	1.1	0.2	1.3	2.1	0.7	2.1
Horse riding / Equestrian activities / Polo	1.1	0.5	1.6	1.8	1.0	0.9	2.1	1.0
Other activities	15.1	14.0	18.4	16.3	13.5	14.1	16.5	12.2

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Macedon Ranges region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

Table D.15 Top activities for males by age

	Total	Males	Males, 3 to 11	Males, 12 to 17	Males, 18 to 34	Males, 35 to 49	Males, 50 to 69	Males, 70+
	%	%	%	%	%	%	%	%
Unweighted base¹	7,991	3,407	534	301	431	725	965	447
Walking	21.1	18.2	9.0	7.0	13.6	17.8	28.1	33.7
Swimming	9.0	7.9	14.6	7.7	7.2	6.8	6.0	3.6
Bush walking / Hiking	6.7	6.2	3.2	3.0	5.8	9.3	7.6	4.5
Fitness: Gym	6.5	6.1	0.2	4.0	14.3	6.4	4.9	7.0
Active play (at playgrounds / play centre)	6.1	5.6	15.4	2.6	4.3	4.6	2.5	1.7
Cycling: General cycling for recreation or transport	5.0	5.4	9.4	4.9	2.1	5.4	5.7	3.8
Jogging / Running	4.3	4.7	1.5	3.4	8.7	6.0	4.2	2.3
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.7	1.3	0.0	0.3	1.3	0.7	2.7	2.8
Australian Rules football	3.3	5.4	11.2	8.7	8.3	3.6	1.2	0.7
Tennis (indoor / outdoor)	2.6	2.9	5.1	6.7	1.9	2.1	2.4	0.1
Cycling: Mountain bike riding	2.4	4.0	1.7	4.7	2.4	7.6	3.5	1.9
Dancing / Ballet / Calisthenics	2.2	0.4	0.8	0.3	0.0	0.1	0.7	1.1
Basketball (Indoor/Outdoor)	1.9	2.4	3.9	8.0	2.7	1.7	0.3	0.0
Golf	1.8	3.2	0.0	0.3	2.2	2.5	6.7	7.9
Netball (indoor/ outdoor)	1.8	0.1	0.2	0.0	0.0	0.3	0.0	0.2
Fishing	1.7	2.9	0.4	3.7	3.0	3.1	3.7	4.2
Cycling: Road and sport cycling	1.4	2.1	0.2	1.0	2.3	3.2	3.0	1.6
Soccer (indoor/outdoor)	1.2	2.0	5.4	4.9	1.3	0.6	0.7	0.0
Aqua aerobics	1.2	0.5	0.2	0.7	0.7	0.0	0.9	1.5
Horse riding / Equestrian activities / Polo	1.1	0.5	0.6	0.7	0.6	0.2	0.7	0.0
Other activities	15.1	18.3	17.2	27.5	17.5	18.1	14.7	21.6

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Macedon Ranges region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

Table D.16 Top activities for females by age

	Total	Females	Females, 3 to 11	Females, 12 to 17	Females, 18 to 34	Females, 35 to 49	Females, 50 to 69	Females, 70+
	%	%	%	%	%	%	%	%
Unweighted base¹	7,991	4,504	531	231	586	1,269	1,438	426
Walking	21.1	23.9	6.8	13.9	23.7	24.7	34.4	33.8
Swimming	9.0	10.2	19.4	8.5	7.9	8.6	8.5	7.0
Bush walking / Hiking	6.7	7.2	4.1	3.9	6.9	9.6	8.4	3.7
Fitness: Gym	6.5	6.6	0.0	7.9	10.2	6.6	8.0	8.6
Active play (at playgrounds / play centre)	6.1	6.6	16.6	2.2	6.9	6.1	3.2	2.0
Cycling: General cycling for recreation or transport	5.0	4.6	9.4	3.9	2.0	4.7	4.2	1.0
Jogging / Running	4.3	3.8	0.4	2.2	7.2	6.2	2.8	0.2
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.7	5.9	0.8	2.2	6.2	7.7	7.6	7.8
Australian Rules football	3.3	1.2	2.1	4.8	0.8	0.8	0.3	0.4
Tennis (indoor / outdoor)	2.6	2.4	3.0	6.5	1.0	3.0	1.4	0.7
Cycling: Mountain bike riding	2.4	0.9	1.5	1.7	0.9	1.0	0.4	0.0
Dancing / Ballet / Calisthenics	2.2	3.8	10.7	8.2	3.2	1.1	1.6	3.2
Basketball (Indoor/Outdoor)	1.9	1.4	1.3	6.1	1.3	1.5	0.3	0.0
Golf	1.8	0.6	0.0	0.0	0.1	0.3	1.0	3.6
Netball (indoor/ outdoor)	1.8	3.4	6.0	12.1	3.0	3.0	0.6	1.0
Fishing	1.7	0.6	0.4	0.0	0.9	1.0	0.5	0.0
Cycling: Road and sport cycling	1.4	0.7	0.4	0.0	0.2	1.1	1.1	0.5
Soccer (indoor/outdoor)	1.2	0.5	1.3	1.7	0.6	0.2	0.2	0.0
Aqua aerobics	1.2	1.8	0.0	0.9	1.0	0.4	3.9	7.7
Horse riding / Equestrian activities / Polo	1.1	1.7	0.8	2.6	2.4	1.7	1.8	0.7
Other activities	15.1	12.1	15.1	10.8	13.7	10.4	10.0	18.3

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Macedon Ranges region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

Table D.17 Top activities by demographic indicators

	Total	Born in Australia	Born overseas	Speaks English as main language	Speaks other main language	Aboriginal and/or Torres Strait Islander	Not Aboriginal or Torres Strait Islander	Identifies as LGBTQIA+	Non-LGBTQIA+
	%	%	%	%	%	%	%	%	%
Unweighted base¹	7,991	6,698	1,176	7,775	83	45	7,851	129	5,973
Walking	21.1	20.7	24.7	21.3	23.2	18.0	21.2	33.1	25.3
Swimming	9.0	9.2	7.6	9.0	11.2	12.7	9.0	9.2	7.2
Bush walking / Hiking	6.7	6.2	9.9	6.7	6.3	7.1	6.7	6.5	8.0
Fitness: Gym	6.5	6.4	6.6	6.4	6.8	6.3	6.5	9.1	7.9
Active play (at playgrounds / play centre)	6.1	6.3	5.2	6.1	12.2	4.9	6.1	4.9	4.2
Cycling: General cycling for recreation or transport	5.0	5.1	4.6	5.1	2.8	8.2	5.0	6.9	4.1
Jogging / Running	4.3	4.1	5.4	4.3	3.5	0.0	4.3	1.6	5.3
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.7	3.5	5.2	3.7	4.5	2.1	3.8	8.4	4.8
Australian Rules football	3.3	3.7	0.8	3.3	1.7	6.5	3.2	2.2	2.1
Tennis (indoor / outdoor)	2.6	2.7	2.0	2.7	2.2	2.4	2.6	0.5	1.9
Cycling: Mountain bike riding	2.4	2.3	3.0	2.3	2.7	4.1	2.4	0.5	2.5
Dancing / Ballet / Calisthenics	2.2	2.3	1.3	2.1	0.0	0.0	2.2	1.5	1.1
Basketball (Indoor/Outdoor)	1.9	2.0	1.0	1.9	4.4	2.5	1.9	0.3	1.2
Golf	1.8	1.7	2.6	1.8	3.8	11.7	1.8	3.3	2.3
Netball (indoor/ outdoor)	1.8	2.0	0.8	1.9	0.0	0.0	1.8	2.6	1.1
Fishing	1.7	1.8	1.5	1.7	1.0	2.2	1.7	0.2	2.0
Cycling: Road and sport cycling	1.4	1.3	2.3	1.4	0.0	0.0	1.4	0.3	1.8
Soccer (indoor/outdoor)	1.2	1.3	0.8	1.2	2.5	2.4	1.2	0.0	0.5
Aqua aerobics	1.2	1.0	1.9	1.2	1.0	0.0	1.1	1.4	1.4
Horse riding / Equestrian activities / Polo	1.1	1.1	0.9	1.1	0.0	0.0	1.1	0.2	1.2
Other activities	15.1	15.5	12.0	15.1	10.4	8.9	15.1	7.3	14.0

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Macedon Ranges region. Results are weighted to population benchmarks and exclude 'Not answered' / 'Not applicable' responses. Activities not in the top 20 are included in the base but not shown in the table.

Table D.18 Top activities by further demographic indicators

	Total	Holds a Bachelor degree or higher	Less than Bachelor level education	Just getting along, poor or very poor	Reasonably comfortable, very comfortable or prosperous	Requires help with daily activities	Does not require help
	%	%	%	%	%	%	%
Unweighted base¹	7,991	3,635	4,125	1,698	6,235	618	7,134
Walking	21.1	23.2	20.2	21.3	21.0	14.8	22.0
Swimming	9.0	8.3	9.3	10.2	8.7	15.7	8.3
Bush walking / Hiking	6.7	9.3	5.9	6.0	6.9	4.6	6.9
Fitness: Gym	6.5	7.5	6.2	5.3	6.8	2.6	6.7
Active play (at playgrounds / play centre)	6.1	4.0	6.7	7.9	5.6	14.5	5.2
Cycling: General cycling for recreation or transport	5.0	5.4	4.9	5.1	5.0	5.8	5.0
Jogging / Running	4.3	6.9	3.4	3.7	4.4	1.5	4.6
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	3.7	6.3	2.8	2.5	4.0	2.8	3.8
Australian Rules football	3.3	1.2	4.1	3.0	3.4	3.5	3.3
Tennis (indoor / outdoor)	2.6	2.6	2.7	1.6	3.0	3.3	2.6
Cycling: Mountain bike riding	2.4	2.6	2.3	1.4	2.7	1.1	2.5
Dancing / Ballet / Calisthenics	2.2	1.1	2.5	2.8	2.0	4.0	2.0
Basketball (Indoor/Outdoor)	1.9	1.2	2.1	1.7	1.9	1.5	1.9
Golf	1.8	1.9	1.8	1.1	2.1	0.6	2.0
Netball (indoor/ outdoor)	1.8	1.1	2.1	2.1	1.7	1.0	1.9
Fishing	1.7	0.8	2.0	1.5	1.8	1.0	1.7
Cycling: Road and sport cycling	1.4	2.1	1.2	1.3	1.4	0.9	1.5
Soccer (indoor/outdoor)	1.2	0.4	1.5	1.6	1.1	2.2	1.2
Aqua aerobics	1.2	1.0	1.2	1.4	1.1	1.5	1.1
Horse riding / Equestrian activities / Polo	1.1	0.9	1.1	1.0	1.1	0.4	1.2
Other activities	15.1	12.2	16.0	17.6	14.4	16.9	14.7

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Macedon Ranges 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.