

Active Living CENSUS

Topline Report
Central Goldfields Shire Council
September 2019



Co-ordinated by the City of Greater Bendigo
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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 1,176 respondents from the Central Goldfields Shire. Compared to Central Goldfields 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 Central Goldfields 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, Central Goldfields participants in the 2019 ALC aged 18 years and over reported similar levels of self-reported health. However, respondents displayed higher levels of participation in health risk behaviours including consumption of sugar-sweetened beverages (16.3% did so daily) and excessive alcohol consumption (57.0% had consumed four or more standard drinks on at least one occasion, with this proportion being higher amongst males). Comparatively fewer respondents to the 2019 ALC reported being current smokers (13.8%). Respondents were more likely to record lower levels of life satisfaction (12.7% rated their life satisfaction as 0 to 4 out of 10) than the Victorian average (5.7%). The 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 Central Goldfields 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 four Central Goldfields adults (26.1%) rated their health as 'fair' or 'poor', while 68.9% 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 5.8%.

In relation to healthy eating in the Central Goldfields Shire, the average consumption of fruit and vegetables amongst adult residents was below the daily guidelines across all subregions. Overall, approximately half of the adult respondents from Central Goldfields (56.0%) were not meeting fruit consumption guidelines, while almost nine in ten (88.7%) 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 a lack of time. 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 (61.9%), over half (54.4%) were heavy users of public open spaces, and around one-third (28.0%) were heavy users of off-road walking and cycling tracks. Heavy users of all three areas were more likely to be children and adolescents, to record higher levels of health and general wellbeing, to meet health guidelines, and not to engage in health risk behaviours. They were also from more financially secure households and were less likely to require assistance with daily activities.

Some respondents from Central Goldfields 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 (27.1%)
- Making available more or better exercise equipment or facilities such as outdoor exercise equipment, sports fields, and swimming pools (23.9%)
- Improving lighting on streets, tracks and trails, and at recreational facilities (13.6%)
- Providing new or improved toilet facilities, change rooms and showers, and improved disability access to these (11.5%)
- Improving or increasing bicycle tracks and lanes, providing better connections between bicycle tracks and lanes, and increasing skate facilities (8.9%)

E5 Participation in physical recreation activities

The 2019 ALC found that the majority of Central Goldfields residents (85.0%) had participated in at least one physical recreational activity in the past 12 months. Overall, approximately one in five respondents (21.0%) had participated in four or more activities (the maximum number of activities measured).

Of the activities mentioned, those most commonly participated in were walking (22.1%), swimming (7.2%), bush walking or hiking (6.3%), and active play (5.9%). The activities recording the heaviest participation rates (weekly or more often) included: outdoor fitness, personal training or group activities (87.3%), basketball (84.8%), netball (84.7%), fitness: gym (81.7%), and dancing, ballet or calisthenics (81.6%).

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

Overall, 57.2% of respondents from Central Goldfields 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 and be less financially secure. They were also more likely to be people who are not meeting health guidelines and who recorded poorer levels of health and wellbeing.

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

Understanding the main barriers preventing residents from participating in activities as often as they would like will assist the Central Goldfields 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 (45.3%); personal reasons such as not feeling motivated or feeling embarrassed (32.6%); poor health or disability (27.3%); the cost (22.2%); and a lack of social support such as encouragement from others or having no one to go with (18.2%).

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. Further research would need to be undertaken to understand the reasons for not taking part in specific activities. Considering the rates of participation against the region might provide some further information around interpretation.

E6 Quality and accessibility of facilities and spaces

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

The main activities for which the facilities received the lowest quality ratings were cricket (3.1) and athletics or track field (3.3). Accessibility ratings for facilities associated with these activities was also amongst the lowest recorded across the main activities (3.9 out of 5). People who had participated in bush walking or hiking also gave lower ratings for the quality (3.8) and accessibility (3.8) of the available locations compared to other facilities and spaces.

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 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 ALC 2019 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 in 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 didn't receive it, it was damaged, or their household had more than five members aged 3 years 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 Central Goldfields area specifically, there were 1,176 individual responses received, making the response rate for Central Goldfields 9.3%.

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 Central Goldfields population distribution for age, gender, residents' household location, education, and other demographics and was therefore not perfectly representative of the Central Goldfields 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, 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 Loddon Campaspe 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 Loddon Campaspe residents.

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

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

1.4. About this report

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

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

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

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

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

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

- 'n' – base size or number of respondents used when calculating results

- '%' – proportion of responses within the base size

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

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

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

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

Table Example

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

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

In the example table above, there were no significant differences recorded between males and females. However, in the gender and age groupings, 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 Central Goldfields population distribution indicates how representative the pool of respondents is to the resident population.

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

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

For reporting at the subregion level, Council allocated responses to two districts with sufficient sample size (Maryborough and elsewhere) according to suburb of residence.

2.1. ABS population benchmarks

Table 2.1.1 shows the population distribution of residents aged 3 years and over in the Central Goldfields region sourced from the 2016 ABS Census. These are compared to the distribution of Central Goldfields 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 (0.3%) is not available. Throughout the report, only the two main gender classifications are used for subgroup comparisons due to the small base size for the other category.

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

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

the views of the Central Goldfields population. Further information regarding weighting is provided in Appendix A.

Table 2.1.1 Achieved sample composition

Age group	ABS population ¹ (Central Goldfields Region)		Active Living Census ² (unweighted)		Achieved sample distribution as % ABS population distribution
	n	%	n	%	%
Total sample	12,669	100.0	1,176	100.0	-
Gender					
Males	6,260	49.4	474	41.6	84.2
Females	6,419	50.6	663	58.2	114.9
Other	-	-	3	0.3	-
Age					
3-11 years	1,241	9.8	63	5.4	55.5
12-17 years	863	6.8	54	4.7	68.5
18-34 years	1,884	14.9	156	13.5	90.6
35-49 years	2,039	16.1	161	13.9	86.4
50-69 years	4,080	32.3	395	34.2	105.9
70+ years	2,539	20.1	327	28.3	140.9
Gender and age					
Males, 3 to 11	657	10.5	30	6.3	60.2
Males, 12 to 17	450	7.2	26	5.5	76.2
Males, 18 to 34	929	14.9	60	12.7	85.1
Males, 35 to 49	1,028	16.5	53	11.2	68.0
Males, 50 to 69	1,991	31.9	153	32.3	101.3
Males, 70+	1,180	18.9	151	31.9	168.7
Females, 3 to 11	598	9.3	32	4.8	52.1
Females, 12 to 17	415	6.5	28	4.2	65.7
Females, 18 to 34	950	14.8	95	14.4	97.3
Females, 35 to 49	1,027	16.0	106	16.0	100.4
Females, 50 to 69	2,076	32.3	234	35.4	109.7
Females, 70+	1,366	21.2	166	25.1	118.3
Subregion³					
Bealiba	275	2.5	2	0.2	0.1
Carisbrook	864	7.8	26	2.3	30.0
Dunolly	1,226	11.1	82	7.4	66.6
Maryborough	7,904	71.7	969	87.5	122.1
Talbot	753	6.8	28	2.5	37.0

¹ Population benchmarks sourced from ABS Census 2016

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

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

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

Table 2.1.2 compares the distribution of respondents aged 18 years and over in the 2019 ALC to available population benchmarks. Results revealed an over-representation of those with a Bachelor degree or higher (this has been adjusted during weighting). Other groups that were over-represented were people who had experienced food insecurity and people who hold a concession card. The main group under-represented were those who don't speak English as a main language. These differences to the benchmarks indicate that results should be interpreted with caution when comparing to the Central Goldfields 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 (Central Goldfields Region)		Active Living Census ² (unweighted)		Achieved sample distribution as % ABS population ¹ distribution
	n	%	n	%	%
Total sample	10,550	100.0	1,019	100.0	-
Country of birth					
Born in Australia	8,370	88.2	918	90.1	102.2
Born overseas	1,124	11.8	101	9.9	83.7
Main language					
Speaks English as main language	9,490	97.3	994	98.4	101.2
Speaks other main language	266	2.7	16	1.6	58.1
ATSI Status					
Aboriginal or Torres Strait Islander (ATSI)	113	1.1	9	0.9	78.3
Non-ATSI	9,722	98.9	991	99.1	100.3
LGBTQIA+ Status					
Identifies as LGBTQIA+	-	-	28	3.2	-
Non-LGBTQIA+	-	-	847	96.8	-
Requires help with self-care, body movement or communication activities					
Requires help	1,060	10.8	140	13.9	128.6
Does not require help	8,716	89.2	864	86.1	96.5
Level of education					
Holds a Bachelor degree or higher	809	8.9	274	30.0	338.2
Less than Bachelor level education	8,297	91.1	638	70.0	76.8
Holds a government concession card³					
Holds a concession card	1,094	32.8	412	40.6	123.9
Does not hold a concession card	2,241	67.2	602	59.4	88.3
Food security (last 12 months)⁴					
Ran out of food and could not afford more	2,019	6.0	98	10.2	169.4
Have not run out of food	31,635	94.0	866	89.8	95.6

¹ Population benchmarks sourced from ABS Census 2016

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

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

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

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

2.2. Health indicator population benchmarks

Table 2.2.1 provides a summary of how the 2019 ALC population compared to available benchmarks for a range of health and wellbeing indicators. 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 VPHS 2017 for Central Goldfields 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, Central Goldfields residents who responded to the survey, recorded lower life satisfaction (12.7% 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 (57.0%) than those who responded to the VPHS (41.5%) or NHS (41.8%). They were also more likely to consume sugar-sweetened beverages daily (16.3%) than those who responded to the VPHS (11.2%) or NHS (9.1%).

Results also revealed areas where Central Goldfields 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 (13.8% 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 Central Goldfields region.

When comparing Body Mass Index (BMI), Central Goldfields respondents were more likely to be overweight or obese (68.8%) than VPHS respondents (49.7%). As BMI is calculated post-survey using self-reported height and weight measurements, this combination of factors may make it more prone to variation than other indicators. This has the potential to impact the results from the 2019 ALC and comparable benchmarks.

Table 2.2.1 Health indicator population benchmarks

Health and wellbeing indicators	Population benchmark (VIC)		Active Living Census ¹ (weighted)	Achieved sample distribution as % of population ⁴ distribution
	NHS ²	VPHS ³		
Self-reported health status			n≥402	
% rating health as fair or poor (persons)	-	19.0	26.1	137.1
% rating health as fair or poor (females)	-	19.1	28.6	149.8
% rating health as fair or poor (males)	-	18.9	23.0	121.8
Body Mass Index (BMI)			n≥381	
% overweight or obese range (BMI ≤25.0) (persons)	68.6	49.7	68.8	138.5
% overweight or obese range (BMI ≤25.0) (females)	60.8	41.0	63.4	154.6
% overweight or obese range (BMI ≤25.0) (males)	76.9	58.8	74.0	125.9
Physical activity guidelines			n≥391	
% not meeting guidelines / sedentary (persons)	-	48.1	49.0	101.9
% not meeting guidelines / sedentary (females)	-	48.2	50.7	105.1
% not meeting guidelines / sedentary (males)	-	47.8	47.4	99.1
Fruit dietary guidelines			n≥391	
% not meeting fruit guidelines (persons)	51.3	58.5	56.0	95.8
% not meeting fruit guidelines (females)	43.8	55.7	52.3	94.0
% not meeting fruit guidelines (males)	53.6	61.4	60.0	97.7
Vegetable dietary guidelines			n≥392	
% not meeting vegetable guidelines (persons)	92.1	95.1	88.7	93.2
% not meeting vegetable guidelines (females)	88.8	92.6	83.5	90.2
% not meeting vegetable guidelines (males)	95.3	97.7	94.3	96.6
Smoking status			n≥392	
% current smokers (persons)	15.2	16.7	13.8	82.7
% current smokers (females)	12.0	13.9	12.6	90.7
% current smokers (males)	18.5	19.6	14.8	75.3
Alcohol consumption (single occasion)				
% had 4 or more standard drinks (persons)	41.8	41.5	57.0	137.3
% had 4 or more standard drinks (females)	29.8	29.7	42.3	142.4
% had 4 or more standard drinks (males)	54.1	53.9	72.4	134.2
Sugar-sweetened beverage consumption			n≥399	
% drinks SSB daily (persons)	9.1	11.2	16.3	145.8
% drinks SSB daily (females)	6.4	7.2	13.9	193.1
% drinks SSB daily (males)	11.8	15.3	18.6	121.6
Life satisfaction			n≥396	
% rating satisfaction as low (0 to 4) (persons)	-	5.7	12.7	223.5
% rating satisfaction as low (0 to 4) (females)	-	5.4	15.0	278.0
% rating satisfaction as low (0 to 4) (males)	-	6.1	10.1	165.2

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

² Population benchmarks sourced from NHS 2017-18

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

⁴ Comparison made to VPHS, unless data not available

3. General health

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

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

3.1. Self-reported health status

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

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

Table 3.1.1 shows that the proportion of Central Goldfields respondents who self-reported a lower level of health (26.1%) was higher 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 or across the subregions. Full data from comparable demographic subgroups is available in Table 3.3.1.

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along' 'poor' or 'very poor' (39.6%) compared to those who are 'reasonably comfortable', 'very comfortable' or 'prosperous' (16.1%)
- Those who recorded a low level of life satisfaction (70.4%, compared to 19.8% who recorded medium to very high life satisfaction)
- Those respondents that have a BMI in the overweight or obese range (29.4%, compared to 17.8% of people in the normal or underweight ranges)
- Those who have experienced food insecurity in the last 12 months (44.8%, compared to 23.1% 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	996	26.1	36.5	37.5
Gender and age				
Males	402	23.0	38.8	38.2
Females	584	28.6	34.5	36.9
Males, 18 to 34	58	8.7	39.2	52.1
Males, 35 to 49	51	28.9	36.2	34.9
Males, 50 to 69	147	26.5	36.0	37.5
Males, 70+	146	23.7	44.9	31.4
Females, 18 to 34	89	19.8	32.5	47.7
Females, 35 to 49	103	27.1	34.5	38.4
Females, 50 to 69	230	29.4	34.3	36.3
Females, 70+	162	36.2	36.5	27.4
Subregion				
Maryborough	822	26.1	36.9	37.0
Central Goldfields - excluding Maryborough	117	29.5	34.6	36.0
Demographic indicators				
Born in Australia	892	26.3	35.7	38.0
Born overseas	95	22.9	42.4	34.7
Speaks English as main language	963	26.2	36.6	37.2
Speaks other main language*	15	9.0	36.1	55.0
Aboriginal and/or Torres Strait Islander*	9	73.6	7.0	19.4
Not Aboriginal or Torres Strait Islander	959	24.6	37.0	38.4
Identifies as LGBTQIA+*	27	42.0	21.7	36.3
Non-LGBTQIA+	819	24.4	37.4	38.2
Holds a Bachelor degree or higher	263	8.0	39.6	52.4
Less than Bachelor level education	619	26.1	37.1	36.8
Just getting along, poor or very poor	372	39.6	37.5	22.9
Reasonably comfortable, very comfortable or prosperous	614	16.1	35.5	48.5

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

* Significance testing not conducted due to small base size

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

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

Table 3.1.2 Self-reported health status by selected health characteristics

	Unweighted base ¹	Fair / poor	Good	Very good / excellent
	n	%	%	%
Total sample	996	26.1	36.5	37.5
Health and wellbeing indicators				
Life satisfaction - Low (0 to 4 out of 10)	113	70.4	21.5	8.1
Life satisfaction - Medium to very high (5+ out of 10)	861	19.8	38.5	41.7
Does not feel valued by society	214	46.8	31.4	21.8
Sometimes feel valued by society	432	22.9	43.4	33.7
Definitely feel valued by society	330	12.4	29.5	58.1
Overweight or obese (BMI ≥25.0)	603	29.4	39.3	31.3
Normal range or underweight (BMI <25.0)	309	17.8	28.2	54.0
Meets fruit intake guidelines	456	21.2	35.9	42.9
Does not meet fruit intake guidelines	503	29.0	37.0	34.0
Meets vegetable intake guidelines	143	18.7	33.6	47.7
Does not meet vegetable intake guidelines	820	26.5	36.6	36.9
Meets physical activity guidelines	492	15.7	37.8	46.5
Does not meet physical activity guidelines / sedentary	447	36.7	34.7	28.6
Current smoker	105	45.1	34.4	20.5
Ex-smoker	362	29.8	36.0	34.2
Never smoked	496	17.8	37.0	45.3
Drinks alcohol every day	98	25.1	42.9	32.0
Drinks alcohol less often than daily	619	22.0	36.0	42.0
Does not drink alcohol	238	38.7	32.9	28.5
Had more than 4 standard drinks on a single occasion	458	21.2	37.2	41.6
Has not had more than 4 standard drinks	459	32.2	34.9	32.9
Drinks sugar-sweetened beverages daily	131	35.7	38.4	25.9
Drinks sugar-sweetened beverages less than daily	844	24.0	35.9	40.1
Meets water consumption guidelines	151	19.6	41.1	39.3
Does not meet water guidelines	807	27.4	34.8	37.7
Ran out of food and could not afford more	94	44.8	45.1	10.1
Have not run out of food	830	23.1	35.4	41.5
Requires help with daily activities	137	64.7	23.3	12.0
Does not require help	837	20.4	38.3	41.3

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

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

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

3.2. Body mass index (BMI)

The ALC asked height and weight as a means of calculating the Body Mass Index (BMI) of respondents. For the purpose of identifying opportunities for supporting improved health amongst Central Goldfields 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 ALC data suggests that 34.4% of respondents within the Central Goldfields region have a BMI that puts them in the obese range.

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

- Males were more likely than females to be classified as overweight (41.3% compared to 27.6%). However, there were no significant gender differences for the obese category
- Across the subregions, there were no significant differences across any of the BMI classifications

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

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

- People who reported their health is 'poor' or 'fair' (39.7%) compared to those who reported 'good', 'very good', or 'excellent' (30.4%)
- Those who recorded a low level of life satisfaction (56.4%, compared to 31.2% who recorded medium to very high life satisfaction)
- Those respondents that do not meet the physical activity guidelines (39.7%, compared to 28.8% of people that do meet the guidelines)
- Those who have experienced food insecurity in the last 12 months (46.0%, compared to 32.8% who have not run out of food)


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

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	918	1.6	29.6	34.5	34.4
Gender and age					
Males	381	0.6	25.4	41.3	32.7
Females	528	2.7	33.9	27.6	35.8
Males, 18 to 34	50	2.1	35.2	41.7	21.0
Males, 35 to 49	50	0.0	20.0	32.8	47.2
Males, 50 to 69	144	0.0	23.2	41.9	34.9
Males, 70+	137	1.1	26.4	46.8	25.8
Females, 18 to 34	82	1.3	46.3	22.9	29.4
Females, 35 to 49	93	1.5	33.6	34.5	30.5
Females, 50 to 69	208	3.6	28.1	25.6	42.6
Females, 70+	145	3.3	34.2	28.4	34.1
Subregion					
Maryborough	759	1.6	29.1	35.0	34.3
Central Goldfields - excluding Maryborough	108	2.3	30.2	32.7	34.8
Demographic indicators					
Born in Australia	821	1.8	29.7	33.5	35.0
Born overseas	89	0.7	28.4	42.3	28.6
Speaks English as main language	885	1.6	29.2	34.4	34.9
Speaks other main language*	15	4.5	34.1	43.5	17.9
Aboriginal and/or Torres Strait Islander*	9	13.4	25.7	10.3	50.6
Not Aboriginal or Torres Strait Islander	887	1.5	29.2	35.2	34.2
Identifies as LGBTQIA+*	26	4.1	33.4	32.2	30.2
Non-LGBTQIA+	755	1.6	28.2	35.8	34.4
Holds a Bachelor degree or higher	248	0.6	36.1	34.1	29.2
Less than Bachelor level education	570	1.6	27.8	35.3	35.3
Just getting along, poor or very poor	332	1.6	27.3	31.4	39.7
Reasonably comfortable, very comfortable or prosperous	578	1.7	31.2	36.7	30.4

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

* Significance testing not conducted due to small base size

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

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

Table 3.2.2 BMI by selected health characteristics

	Unweighted base ¹	Underweight (BMI <18.5)	Normal range (BMI 18.5-24.9)	Overweight (BMI 25.0-29.9)	Obese (BMI ≥30.0)
	n	%	%	%	%
Total sample	918	1.6	29.6	34.5	34.4
Health and wellbeing indicators					
Self-reported health - Fair or poor	222	3.5	18.0	25.2	53.4
Self-reported health - Good, very good, or excellent	690	1.0	33.4	37.8	27.7
Life satisfaction - Low (0 to 4 out of 10)	107	5.0	17.5	21.2	56.4
Life satisfaction - Medium to very high (5+ out of 10)	796	1.2	30.9	36.8	31.2
Does not feel valued by society	198	3.5	24.7	32.5	39.4
Sometimes feel valued by society	392	1.0	31.2	33.5	34.3
Definitely feel valued by society	312	1.2	30.5	38.2	30.2
Meets fruit intake guidelines	423	1.8	31.4	32.5	34.2
Does not meet fruit intake guidelines	471	1.6	28.1	36.0	34.3
Meets vegetable intake guidelines	133	1.4	38.2	28.9	31.5
Does not meet vegetable intake guidelines	766	1.7	28.2	35.4	34.7
Meets physical activity guidelines	462	1.8	35.0	34.5	28.8
Does not meet physical activity guidelines / sedentary	426	1.4	23.6	35.3	39.7
Current smoker	101	2.9	32.0	30.1	35.1
Ex-smoker	331	1.2	24.6	35.2	39.1
Never smoked	465	1.7	31.8	35.6	30.9
Drinks alcohol every day	95	2.1	22.9	40.9	34.1
Drinks alcohol less often than daily	580	0.8	31.8	35.0	32.4
Does not drink alcohol	213	3.6	25.4	31.4	39.6
Had more than 4 standard drinks on a single occasion	431	0.4	29.7	35.8	34.2
Has not had more than 4 standard drinks	423	2.8	29.2	34.5	33.5
Drinks sugar-sweetened beverages daily	119	1.7	27.5	31.9	38.8
Drinks sugar-sweetened beverages less than daily	790	1.6	30.3	35.0	33.1
Meets water consumption guidelines	143	0.5	29.3	30.8	39.4
Does not meet water guidelines	755	1.8	29.5	35.4	33.3
Ran out of food and could not afford more	90	3.0	19.9	31.1	46.0
Have not run out of food	768	1.5	30.6	35.0	32.8
Requires help with daily activities	126	6.2	20.4	24.6	48.8
Does not require help	771	1.0	31.0	36.0	32.0

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

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

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

3.3. Healthy eating

In Australia, the recommended daily serves of vegetables and fruit is outlined in nutrition and healthy eating guidelines provided by the National Health and Medical Research Council (NHMRC) in 2013. The minimum recommended number of serves of vegetables per day is 2.5 for children aged 2-3; 4.5 for children aged 4-8; 5 for children aged 9-11, females aged 12 and over and males aged 70 and over; 5.5 for males aged 12-18 and 51-70 years; and 6 for males aged 19-50. 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 2–3, 1.5 for children aged 4-8, 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 2.5 for residents of Central Goldfields, well below the recommended serves per day. Overall, only 11.4% of respondents were meeting the recommended vegetable consumption guidelines.

Amongst the main demographic indicators:

- Females were more likely than males to be meeting the vegetable consumption guidelines (16.5% compared to 5.7%)
- Amongst women, respondents aged 70 and over were more likely to be meeting the guidelines than respondents aged 35 to 49 years (23.5% compared to 8.3%)
- Across the subregions, there were no significant differences in those meeting the vegetable consumption guidelines

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

In relation to other key demographic or health differences, the subgroups with higher average serves per day were:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'reasonably comfortable', 'very comfortable', or 'prosperous' (2.7) compared to those who are 'just getting along', 'poor', or 'very poor' (2.2)
- Those whose self-reported health was 'good', 'very good', or 'excellent' health (2.7), compared to those with 'fair' or 'poor' health (2.1)
- Those respondents that meet the water consumption guidelines (3.1, compared to 2.4 of people that do not meet the water consumption guidelines)

- Those who drink sugar-sweetened beverages less than daily (2.6, compared to 2.0 who drink them daily)

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	966	35.3	50.0	14.8	11.4	2.5
Gender and age						
Males	392	39.4	48.0	12.7	5.7	2.4
Females	565	31.1	52.5	16.5	16.5	2.6
Males, 18 to 34	57	44.7	44.5	10.8	0.0	2.2
Males, 35 to 49	50	48.7	45.3	6.0	0.0	2.1
Males, 50 to 69	146	37.5	49.8	12.8	3.1	2.4
Males, 70+	139	31.4	49.7	18.9	18.7	2.8
Females, 18 to 34	86	34.9	51.0	14.1	14.1	2.4
Females, 35 to 49	102	33.3	58.4	8.3	8.3	2.4
Females, 50 to 69	225	34.2	47.2	18.6	18.6	2.6
Females, 70+	152	19.2	57.3	23.5	23.5	3.1
Subregion						
Maryborough	800	36.6	49.0	14.4	10.8	2.5
Central Goldfields - excluding Maryborough	112	23.1	60.6	16.3	14.7	3.0
Demographic indicators						
Born in Australia	863	35.7	49.5	14.8	11.1	2.5
Born overseas	94	31.2	55.0	13.8	12.7	2.3
Speaks English as main language	933	35.1	49.7	15.2	11.6	2.5
Speaks other main language*	15	31.0	61.1	7.9	7.9	2.4
Aboriginal and/or Torres Strait Islander*	9	42.9	57.1	0.0	0.0	2.4
Not Aboriginal or Torres Strait Islander	933	34.7	50.1	15.2	11.6	2.5
Identifies as LGBTQIA+*	25	40.5	43.3	16.2	16.2	2.3
Non-LGBTQIA+	802	34.7	49.5	15.9	11.8	2.6
Holds a Bachelor degree or higher	262	23.5	58.1	18.4	14.1	2.8
Less than Bachelor level education	595	35.9	49.6	14.5	10.9	2.5
Just getting along, poor or very poor	356	43.7	44.4	11.9	8.4	2.2
Reasonably comfortable, very comfortable or prosperous	602	29.4	54.1	16.4	13.1	2.7

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

* Significance testing not conducted due to small base size

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

Table 3.3.1.2 Serves of vegetables by selected health characteristics

	Unweighted base ¹	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	966	35.3	50.0	14.8	11.4	2.5
Health and wellbeing indicators						
Self-reported health - Fair or poor	230	41.3	49.4	9.3	8.3	2.1
Self-reported health - Good, very good, or excellent	733	33.2	50.2	16.7	12.5	2.7
Life satisfaction - Low (0 to 4 out of 10)	111	43.4	45.2	11.4	9.3	2.1
Life satisfaction - Medium to very high (5+ out of 10)	844	33.8	50.8	15.4	11.8	2.6
Does not feel valued by society	208	43.5	48.4	8.1	5.9	2.1
Sometimes feel valued by society	420	36.9	48.0	15.1	11.4	2.5
Definitely feel valued by society	324	26.8	53.0	20.2	16.2	2.9
Overweight or obese (BMI ≥25.0)	595	37.0	49.6	13.4	10.0	2.5
Normal range or underweight (BMI <25.0)	304	29.9	51.6	18.5	14.7	2.7
Meets fruit intake guidelines	452	14.0	61.0	25.0	19.3	3.4
Does not meet fruit intake guidelines	501	52.2	41.0	6.8	5.2	1.8
Meets physical activity guidelines	487	30.4	52.6	17.0	12.0	2.8
Does not meet physical activity guidelines / sedentary	437	40.5	47.6	11.9	10.0	2.3
Current smoker	103	56.9	37.7	5.5	4.2	1.8
Ex-smoker	353	32.1	51.6	16.3	13.7	2.6
Never smoked	481	31.5	52.3	16.3	11.6	2.6
Drinks alcohol every day	96	42.1	43.7	14.2	8.8	2.4
Drinks alcohol less often than daily	610	32.5	53.5	14.0	10.6	2.6
Does not drink alcohol	225	40.4	43.9	15.8	13.3	2.4
Had more than 4 standard drinks on a single occasion	448	38.3	47.7	14.0	9.4	2.5
Has not had more than 4 standard drinks	448	30.2	55.0	14.9	12.8	2.5
Drinks sugar-sweetened beverages daily	126	50.1	41.9	8.1	4.1	2.0
Drinks sugar-sweetened beverages less than daily	826	32.8	51.0	16.1	12.8	2.6
Meets water consumption guidelines	150	25.0	53.6	21.4	14.7	3.1
Does not meet water guidelines	791	37.2	49.3	13.6	10.8	2.4
Ran out of food and could not afford more	91	56.7	34.1	9.2	3.6	1.8
Have not run out of food	813	31.8	52.5	15.7	12.4	2.6
Requires help with daily activities	132	43.9	45.1	11.0	9.4	2.2
Does not require help	813	34.2	50.6	15.1	11.3	2.5

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

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

3.3.2. Serves of fruit consumed

As shown in Table 3.3.2.1, the average serves of fruit per day for residents of Central Goldfields was 1.5, lower than the recommended serves per day. However, a larger proportion (44.0%) were meeting the fruit consumption guidelines than the vegetable guidelines (11.4%).

Amongst the main demographic indicators:

- There were no significant differences in those meeting the fruit consumption guidelines between males and females
- Amongst women, respondents aged 70 and over consumed an average of 1.9 serves per day, which was higher than the younger age groups (11.3 for 18 to 34 years, and 1.5 for 50 to 69 years)
- Across the subregions, there were no significant differences in those meeting the guidelines or average daily serves

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'reasonably comfortable', 'very comfortable', or 'prosperous' (48.3%) compared to those who are 'just getting along', 'poor', or 'very poor' (38.1%)
- Those respondents that meet the vegetable consumption guidelines (74.7%, compared to 40.1% of people that do not meet the vegetable consumption guidelines)
- Those who drink sugar-sweetened beverages less than daily (46.8%, compared to 27.5% 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	964	21.9	34.1	44.0	44.0	1.5
Gender and age						
Males	391	25.1	34.9	40.0	40.0	1.4
Females	564	18.3	34.1	47.7	47.7	1.6
Males, 18 to 34	57	31.9	45.8	22.3	22.3	1.0
Males, 35 to 49	50	28.2	32.1	39.7	39.7	1.5
Males, 50 to 69	142	24.4	34.7	41.0	41.0	1.4
Males, 70+	142	19.1	29.0	51.9	51.9	1.7
Females, 18 to 34	84	15.6	44.0	40.4	40.4	1.3
Females, 35 to 49	102	20.9	39.8	39.2	39.2	1.5
Females, 50 to 69	224	21.3	30.6	48.2	48.2	1.5
Females, 70+	154	12.0	26.2	61.9	61.9	1.9
Subregion						
Maryborough	798	22.7	34.1	43.2	43.2	1.4
Central Goldfields - excluding Maryborough	112	14.9	34.0	51.1	51.1	1.8
Demographic indicators						
Born in Australia	862	22.5	34.0	43.5	43.5	1.5
Born overseas	93	16.7	35.7	47.6	47.6	1.6
Speaks English as main language	931	22.2	34.1	43.7	43.7	1.5
Speaks other main language*	15	18.1	32.0	49.9	49.9	2.0
Aboriginal and/or Torres Strait Islander*	9	10.0	49.8	40.2	40.2	1.3
Not Aboriginal or Torres Strait Islander	932	21.9	34.3	43.8	43.8	1.5
Identifies as LGBTQIA+*	26	27.1	36.4	36.5	36.5	1.3
Non-LGBTQIA+	796	21.6	34.5	43.9	43.9	1.5
Holds a Bachelor degree or higher	260	12.8	36.9	50.4	50.4	1.6
Less than Bachelor level education	597	22.4	34.6	43.0	43.0	1.5
Just getting along, poor or very poor	358	30.2	31.7	38.1	38.1	1.3
Reasonably comfortable, very comfortable or prosperous	598	15.8	36.0	48.3	48.3	1.6

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

* Significance testing not conducted due to small base size

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

Table 3.3.2.2 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	964	21.9	34.1	44.0	44.0	1.5
Health and wellbeing indicators						
Self-reported health - Fair or poor	228	23.7	39.5	36.8	36.8	1.4
Self-reported health - Good, very good, or excellent	731	20.7	32.5	46.8	46.8	1.5
Life satisfaction - Low (0 to 4 out of 10)	111	34.7	24.4	41.0	41.0	1.4
Life satisfaction - Medium to very high (5+ out of 10)	841	19.5	35.9	44.7	44.7	1.5
Does not feel valued by society	209	28.5	31.4	40.1	40.1	1.3
Sometimes feel valued by society	417	21.7	37.4	40.9	40.9	1.4
Definitely feel valued by society	323	16.3	31.8	51.9	51.9	1.7
Overweight or obese (BMI ≥25.0)	590	22.9	34.6	42.5	42.5	1.5
Normal range or underweight (BMI <25.0)	304	19.7	33.7	46.6	46.6	1.5
Meets vegetable intake guidelines	142	6.2	19.1	74.7	74.7	2.3
Does not meet vegetable intake guidelines	811	23.5	36.4	40.1	40.1	1.4
Meets physical activity guidelines	488	15.6	34.7	49.7	49.7	1.6
Does not meet physical activity guidelines / sedentary	437	28.7	35.0	36.3	36.3	1.3
Current smoker	101	31.3	38.1	30.6	30.6	1.1
Ex-smoker	352	20.1	32.2	47.7	47.7	1.5
Never smoked	483	21.2	33.4	45.4	45.4	1.6
Drinks alcohol every day	94	27.8	37.1	35.0	35.0	1.3
Drinks alcohol less often than daily	607	21.1	34.9	44.0	44.0	1.5
Does not drink alcohol	229	22.9	29.1	48.1	48.1	1.6
Had more than 4 standard drinks on a single occasion	446	22.7	37.9	39.4	39.4	1.4
Has not had more than 4 standard drinks	448	20.5	30.0	49.5	49.5	1.6
Drinks sugar-sweetened beverages daily	128	35.1	37.4	27.5	27.5	1.2
Drinks sugar-sweetened beverages less than daily	823	19.5	33.7	46.8	46.8	1.5
Meets water consumption guidelines	150	11.5	33.9	54.5	54.5	1.9
Does not meet water guidelines	791	24.3	34.4	41.3	41.3	1.4
Ran out of food and could not afford more	90	28.5	38.8	32.7	32.7	1.4
Have not run out of food	808	21.5	33.0	45.5	45.5	1.5
Requires help with daily activities	133	28.0	32.5	39.5	39.5	1.4
Does not require help	812	20.6	34.8	44.6	44.6	1.5

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

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

3.3.3. Barriers to vegetable consumption

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

While a range of reasons were provided for not having met either requirement, the two main themes that emerged were personal preference / habit (25.1%) and lack of time (22.4%). Other relatively common barriers to increasing serves of vegetables were cost (19.9%), a lack of awareness of, or agreement with, the guidelines (17.1%), and diet or health restrictions (11.4%).

Amongst the main demographic indicators:

- There were no significant differences in the barriers to meeting the vegetable consumption guidelines between males and females
- Amongst women, younger age groups (29.8% for 18 to 34 years, 32.4% for 35 to 49 years, and 27.9% for 50 to 69 years) were more likely to suggest they were 'time poor' was a barrier, when compared to women aged 70 years and over (4.7%)
- Across the subregions, there were no significant differences in the barriers to meeting the vegetable consumption guidelines

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (31.2%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (7.7%)
- Those who have experienced food insecurity (47.2%) compared to those who haven't (13.9%)
- Those who recorded a low level of life satisfaction (38.0%, compared to 17.1% who recorded medium to very high life satisfaction)

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

Table 3.3.3.1 Barriers to meeting vegetable guidelines by selected demographic characteristics

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	511	25.1	22.4	19.9	11.4	17.1	3.2	4.1	3.4	1.8
Gender and age										
Males	205	28.4	19.5	19.0	9.0	19.3	3.2	2.0	3.3	2.2
Females	300	21.7	25.4	20.7	13.8	14.8	3.3	5.9	3.6	1.4
Males, 18 to 34*	32	46.0	34.2	11.5	0.8	0.8	0.0	0.0	6.7	0.0
Males, 35 to 49*	26	22.8	21.0	33.7	9.4	24.5	0.0	0.0	4.7	0.0
Males, 50 to 69	75	26.5	19.2	20.5	10.8	16.3	4.5	5.1	0.4	3.4
Males, 70+	72	19.8	5.0	11.7	12.9	37.5	6.2	0.0	3.9	3.9
Females, 18 to 34	55	32.8	29.8	23.5	11.4	5.4	2.3	4.2	4.4	0.0
Females, 35 to 49	64	23.8	32.4	26.8	12.3	10.2	3.7	4.0	4.3	0.0
Females, 50 to 69	108	19.2	27.9	17.4	12.8	15.0	3.0	7.5	2.5	3.1
Females, 70+*	73	11.7	4.7	15.4	20.6	32.1	4.5	7.2	3.6	1.6
Subregion										
Maryborough	414	26.4	20.1	19.7	11.9	16.8	3.9	4.9	3.3	1.6
Central Goldfields - excluding Maryborough	65	17.6	33.6	22.1	10.2	19.4	0.0	0.0	5.7	0.0

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

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

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

Table 3.3.3.2 Barriers to meeting vegetable guidelines by further demographic indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	511	25.1	22.4	19.9	11.4	17.1	3.2	4.1	3.4	1.8
Demographic indicators										
Born in Australia	449	25.5	24.3	19.6	11.7	15.4	2.6	4.2	3.7	1.8
Born overseas	57	24.4	11.6	23.0	10.3	26.0	7.4	0.9	1.8	0.3
Speaks English as main language	495	23.9	22.9	20.5	11.4	17.5	2.7	4.2	3.6	1.8
Speaks other main language*	6	76.9	7.2	7.2	7.6	8.3	0.0	0.0	0.0	0.0
Aboriginal and/or Torres Strait Islander*	6	15.5	0.0	15.1	49.4	10.6	9.5	0.0	0.0	0.0
Not Aboriginal or Torres Strait Islander	492	25.3	22.8	20.3	11.1	16.9	2.6	4.1	3.6	1.7
Identifies as LGBTQIA+*	10	30.0	13.1	10.7	21.6	10.2	0.0	0.0	24.5	0.0
Non-LGBTQIA+	432	26.6	24.7	20.5	9.9	15.2	2.6	3.7	2.8	2.0
Holds a Bachelor degree or higher	135	27.3	34.3	9.5	12.7	13.1	4.1	2.2	6.4	0.5
Less than Bachelor level education	327	26.3	21.4	20.7	11.5	15.9	3.3	3.4	3.2	1.7
Just getting along, poor or very poor	226	20.0	23.6	31.2	11.6	14.6	4.3	4.7	1.7	0.4
Reasonably comfortable, very comfortable or prosperous	282	30.9	21.1	7.7	11.1	19.9	1.7	3.4	4.9	3.2

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

* Significance testing not conducted due to small base size


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

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

Table 3.3.3.3 Barriers to meeting vegetable guidelines by selected health indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	511	25.1	22.4	19.9	11.4	17.1	3.2	4.1	3.4	1.8
Health and wellbeing indicators										
Self-reported health - Fair or poor	144	22.1	17.6	25.3	18.9	13.7	3.3	8.6	3.0	0.9
Self-reported health - Good, very good, or excellent	364	26.6	24.5	17.5	8.3	18.5	3.2	2.2	3.3	2.1
Life satisfaction - Low (0 to 4 out of 10)*	62	24.1	19.9	38.0	16.0	5.3	1.0	9.4	3.9	0.0
Life satisfaction - Medium to very high (5+ out of 10)	440	25.6	23.1	17.1	10.5	18.5	3.6	3.2	3.4	2.0
Does not feel valued by society	141	25.9	17.3	29.0	13.8	11.6	2.2	4.8	3.2	0.5
Sometimes feel valued by society	217	26.5	23.4	17.1	8.2	18.8	5.3	3.5	3.9	2.1
Definitely feel valued by society	144	22.3	27.4	13.0	13.3	21.6	0.8	3.7	2.9	2.6
Overweight or obese (BMI ≥25.0)	313	27.9	22.7	22.4	10.4	15.4	4.6	3.3	1.9	2.4
Normal range or underweight (BMI <25.0)	164	22.6	23.0	15.6	14.2	18.8	1.0	1.8	7.0	0.2
Meets fruit intake guidelines	190	20.7	20.6	15.7	14.7	25.1	3.5	2.6	2.7	1.1
Does not meet fruit intake guidelines	311	27.6	23.7	22.2	9.7	12.5	3.2	4.8	3.7	2.2
Meets physical activity guidelines	255	27.9	25.3	17.7	11.0	17.5	2.0	1.5	3.3	1.4
Does not meet physical activity guidelines / sedentary	242	21.1	19.8	22.9	11.9	16.8	4.7	6.7	3.4	2.3

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

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

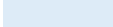
 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.3.3.4 Barriers to vegetable guidelines by further health indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	511	25.1	22.4	19.9	11.4	17.1	3.2	4.1	3.4	1.8
Health and wellbeing indicators										
Current smoker	68	15.3	20.9	36.8	13.1	9.1	3.2	1.8	3.3	1.4
Ex-smoker	184	22.3	26.8	17.3	10.8	19.8	5.4	2.5	2.9	1.1
Never smoked	248	31.5	18.8	15.5	11.4	15.9	1.7	5.5	3.9	2.4
Drinks alcohol every day	52	25.5	10.8	27.1	7.7	14.5	9.6	2.0	5.7	3.4
Drinks alcohol less often than daily	331	25.5	27.0	18.3	9.3	17.9	1.9	3.4	3.5	0.6
Does not drink alcohol	117	25.4	11.0	20.5	19.7	13.1	4.5	7.4	2.1	4.7
Had more than 4 standard drinks on a single occasion	237	26.0	27.3	18.8	8.4	15.2	3.1	4.4	3.6	1.3
Has not had more than 4 standard drinks	245	24.9	16.5	19.9	14.6	18.2	3.6	4.1	3.0	2.5
Drinks sugar-sweetened beverages daily	80	23.8	23.9	25.4	7.8	8.9	4.4	5.7	5.5	1.5
Drinks sugar-sweetened beverages less than daily	427	25.6	22.2	18.5	12.2	19.1	2.9	3.7	2.9	1.4
Meets water consumption guidelines	67	26.3	34.0	19.1	12.3	12.6	6.0	0.0	0.0	0.0
Does not meet water guidelines	438	24.8	20.7	20.0	11.4	17.7	2.0	4.8	4.0	2.1
Ran out of food and could not afford more	67	16.7	24.5	47.2	6.3	6.2	10.3	0.0	2.4	0.0
Have not run out of food	409	27.3	22.3	13.9	12.1	19.7	1.9	4.1	3.5	2.2
Requires help with daily activities	79	17.2	11.5	27.9	17.9	18.6	2.2	6.7	5.3	2.6
Does not require help	426	26.4	24.7	18.2	10.3	16.9	3.4	3.4	3.1	1.6

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

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

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

3.3.4. Barriers to fruit consumption

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

While a range of reasons were provided for not having met the guidelines, the two main themes that emerged were personal preference / habit (38.5%) and cost (20.2%). Other relatively common barriers to increasing serves of fruit were a lack of time (14.5%), diet or health restrictions (12.1%), and a lack of awareness of, or agreement with, the guidelines (10.1%).

Amongst the main demographic indicators:

- There were no significant differences in the barriers to meeting the fruit consumption guidelines between males and females
- Across the subregions, there were no significant differences in the barriers to meeting the fruit consumption guidelines, however, this is mainly due to the small base sizes for this question

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (28.1%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (11.0%)
- Over half of those who have experienced food insecurity (43.6%) compared to those who haven't (14.9%)


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

Table 3.3.4.1 Barriers to meeting fruit guidelines by selected demographic characteristics

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	347	38.5	14.5	20.2	12.1	10.1	4.5	1.8	4.2	1.0
Gender and age										
Males	144	37.2	16.8	19.6	9.8	13.5	3.6	0.9	2.2	0.8
Females	198	39.2	11.8	21.4	14.1	6.7	5.4	2.8	6.2	1.3
Males, 18 to 34*	29	57.9	17.6	17.5	7.1	0.0	0.0	0.0	0.0	0.0
Males, 35 to 49*	18	17.0	32.0	25.9	25.4	12.7	1.4	0.0	0.0	0.0
Males, 50 to 69	51	39.8	12.5	22.2	4.0	14.4	5.6	2.3	3.7	0.4
Males, 70+	46	20.3	9.0	10.4	10.6	33.9	7.3	0.0	4.9	3.7
Females, 18 to 34	40	48.0	6.3	24.4	11.1	4.3	6.2	2.8	6.2	0.0
Females, 35 to 49	49	45.9	16.9	26.0	10.7	2.6	5.9	2.7	2.6	0.0
Females, 50 to 69	69	32.9	15.3	19.1	15.7	3.6	4.4	3.9	8.5	3.6
Females, 70+*	40	27.5	0.5	12.2	21.8	27.4	5.7	0.0	8.4	0.0
Subregion										
Maryborough	285	40.5	13.7	19.7	12.6	10.3	4.6	2.2	3.2	0.7
Central Goldfields - excluding Maryborough	38	25.1	17.8	30.8	13.0	7.9	3.9	0.0	7.9	0.0

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

* Significance testing not conducted due to small base size

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

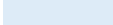
 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.3.4.2 Barriers to meeting fruit guidelines by further demographic indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	347	38.5	14.5	20.2	12.1	10.1	4.5	1.8	4.2	1.0
Demographic indicators										
Born in Australia	303	40.1	15.8	18.0	11.4	10.2	5.0	1.6	4.7	0.8
Born overseas*	40	25.8	5.5	39.3	19.0	9.2	0.3	0.0	0.6	2.8
Speaks English as main language	336	39.2	14.5	18.6	12.0	10.4	4.7	1.9	4.4	1.1
Speaks other main language*	3	0.0	0.0	85.4	14.6	0.0	0.0	0.0	0.0	0.0
Aboriginal and/or Torres Strait Islander*	3	0.0	0.0	80.7	0.0	0.0	0.0	0.0	19.3	0.0
Not Aboriginal or Torres Strait Islander	337	38.6	14.3	19.4	12.5	10.1	4.6	1.9	4.1	1.0
Identifies as LGBTQIA+*	11	48.0	16.3	13.0	20.0	3.8	0.0	0.0	15.3	0.0
Non-LGBTQIA+	294	39.3	14.9	21.1	11.3	8.8	4.8	1.6	3.8	1.2
Holds a Bachelor degree or higher	90	51.3	11.6	9.9	10.4	8.1	3.6	3.3	2.3	3.4
Less than Bachelor level education	229	38.1	14.1	20.8	13.2	9.0	4.8	0.8	4.8	0.8
Just getting along, poor or very poor	162	33.2	11.6	28.1	14.9	8.6	6.1	2.1	4.5	0.6
Reasonably comfortable, very comfortable or prosperous	183	44.8	17.8	11.0	8.9	12.0	2.5	1.5	3.8	1.5

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

* Significance testing not conducted due to small base size


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

Table 3.3.4.3 Barriers to meeting fruit guidelines by selected health indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	347	38.5	14.5	20.2	12.1	10.1	4.5	1.8	4.2	1.0
Health and wellbeing indicators										
Self-reported health - Fair or poor	105	33.1	8.0	25.7	13.9	14.5	4.6	3.5	4.9	1.0
Self-reported health - Good, very good, or excellent	241	40.8	17.6	17.7	11.3	8.1	4.4	1.0	3.9	1.0
Life satisfaction - Low (0 to 4 out of 10)*	42	39.1	6.1	29.5	11.0	7.6	2.6	5.8	7.6	0.0
Life satisfaction - Medium to very high (5+ out of 10)	298	38.7	15.9	18.9	12.1	10.7	4.8	1.3	3.2	1.2
Does not feel valued by society	95	35.6	11.4	30.1	13.9	7.2	2.4	2.4	3.1	0.0
Sometimes feel valued by society	156	37.3	17.9	16.0	13.1	10.3	4.4	1.7	4.8	1.5
Definitely feel valued by society	91	45.0	12.0	15.2	7.7	14.1	7.6	1.3	3.9	1.4
Overweight or obese (BMI ≥25.0)	216	36.9	14.7	21.9	12.4	10.5	5.8	0.7	3.9	1.4
Normal range or underweight (BMI <25.0)	110	43.8	14.3	16.0	12.7	9.1	1.8	3.5	4.1	0.2
Meets vegetable intake guidelines*	24	44.6	0.0	6.6	15.3	12.6	12.6	5.9	4.1	4.9
Does not meet vegetable intake guidelines	316	38.8	15.6	20.8	11.9	9.6	4.1	1.6	4.0	0.8
Meets physical activity guidelines	155	41.3	11.6	19.7	15.0	11.0	6.1	0.9	2.0	1.0
Does not meet physical activity guidelines / sedentary	184	35.1	17.5	21.4	10.0	8.8	3.1	2.7	6.3	1.1

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

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


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

Table 3.3.4.4 Barriers to fruit guidelines by further health indicators

	Unweighted base ¹	Personal preference / habit	Time poor	Cost	Diet / health restrictions	Guidelines	Quality / availability	Preparation / storage	Other	No particular reason
	n	%	%	%	%	%	%	%	%	%
Total sample	347	38.5	14.5	20.2	12.1	10.1	4.5	1.8	4.2	1.0
Health and wellbeing indicators										
Current smoker	50	31.9	12.4	33.2	11.8	0.2	6.1	2.3	4.3	1.8
Ex-smoker	116	32.3	14.8	21.7	13.5	17.2	3.6	0.0	4.2	0.0
Never smoked	170	47.0	14.2	13.2	12.2	8.2	4.8	1.5	3.8	1.5
Drinks alcohol every day*	39	34.8	4.1	16.9	11.1	12.1	7.2	0.0	11.2	3.3
Drinks alcohol less often than daily	229	37.2	18.3	21.1	11.3	11.8	3.9	1.1	2.7	0.4
Does not drink alcohol	69	48.5	4.1	16.5	17.3	3.3	5.4	4.2	4.4	2.1
Had more than 4 standard drinks on a single occasion	187	39.3	17.5	18.0	11.5	10.9	4.5	1.2	2.9	0.9
Has not had more than 4 standard drinks	142	39.9	8.0	21.1	14.2	9.0	5.1	2.2	6.1	1.3
Drinks sugar-sweetened beverages daily	62	34.0	15.3	25.1	10.9	7.6	2.0	1.8	3.8	1.8
Drinks sugar-sweetened beverages less than daily	283	39.9	14.3	18.6	12.5	10.9	5.2	1.8	4.3	0.8
Meets water consumption guidelines*	47	38.9	13.4	16.7	17.3	8.7	7.0	1.9	1.4	0.0
Does not meet water guidelines	296	38.8	14.5	21.1	10.9	10.2	4.1	1.8	4.8	1.2
Ran out of food and could not afford more*	51	28.0	11.2	43.6	9.8	3.9	8.4	0.0	2.0	0.0
Have not run out of food	270	43.0	14.5	14.9	11.9	11.6	3.7	2.4	4.0	1.4
Requires help with daily activities*	52	26.1	2.9	28.8	15.4	17.8	8.9	4.9	5.9	2.0
Does not require help	289	40.9	16.2	19.1	11.4	8.8	3.8	1.3	3.8	0.9

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

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

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

3.3.5. Water consumption

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

Overall, respondents of Central Goldfields reported drinking an average of 4.5 cups of water per day, below the recommended amount.

Amongst the main demographic indicators:

- There were no significant gender differences in terms of meeting the guidelines or average number of cups per day
- For both males and females, water consumption was considerably lower amongst older residents, with 96.8% and 94.6% respectively not meeting water requirements if aged over 70 years. Younger respondents were comparatively more likely to meet requirements with the proportion not meeting requirements being lowest for males aged 18 to 34 years (68.6%) and females aged 35 to 49 years (76.5%)
- Across the subregions, there were no significant differences in those meeting the water consumption guidelines

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

In relation to other key demographic or health differences, the subgroups least likely to meet the guidelines were:

- Those respondents that do not meet the physical activity guidelines (87.2%), compared to those that do (76.8%)
- Those who drink sugar-sweetened beverages daily (92.3%), compared to those that do (80.4%)
- Those who have experienced food insecurity in the last 12 months (84.1%, compared to 66.1% who have not run out of food)

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

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

Table 3.3.5.1 Water consumption by selected demographic characteristics

	Unweighted base ¹	Meets water requirements	Does not meet requirements	Average daily cups
	n	%	%	#
Total sample	965	17.6	82.4	4.5
Gender and age				
Males	393	19.4	80.6	4.4
Females	562	16.0	84.0	4.7
Males, 18 to 34	57	31.4	68.6	5.2
Males, 35 to 49	50	22.8	77.2	5.0
Males, 50 to 69	144	22.1	77.9	4.5
Males, 70+	142	3.2	96.8	3.3
Females, 18 to 34	85	21.2	78.8	5.3
Females, 35 to 49	100	23.6	76.5	5.1
Females, 50 to 69	221	15.2	84.8	4.7
Females, 70+	156	5.4	94.6	3.7
Subregion				
Maryborough	798	18.5	81.5	4.5
Central Goldfields - excluding Maryborough	114	8.7	91.3	5.1
Demographic indicators				
Born in Australia	862	18.6	81.4	4.6
Born overseas	94	9.1	90.9	4.0
Speaks English as main language	934	17.6	82.4	4.5
Speaks other main language*	14	24.2	75.8	5.0
Aboriginal and/or Torres Strait Islander*	9	0.0	100.0	4.6
Not Aboriginal or Torres Strait Islander	935	18.3	81.8	4.6
Identifies as LGBTQIA+*	24	24.6	75.4	4.3
Non-LGBTQIA+	797	18.5	81.5	4.7
Holds a Bachelor degree or higher	259	16.1	83.9	5.1
Less than Bachelor level education	598	18.7	81.3	4.6
Just getting along, poor or very poor	362	14.3	85.7	4.1
Reasonably comfortable, very comfortable or prosperous	596	20.2	79.8	4.9

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

* Significance testing not conducted due to small base size

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

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

Table 3.3.5.2 Water consumption by selected health characteristics

	Unweighted base ¹	Meets water requirements	Does not meet requirements	Average daily cups
	n	%	%	#
Total sample	965	17.6	82.4	4.5
Health and wellbeing indicators				
Self-reported health - Fair or poor	232	13.4	86.6	4.3
Self-reported health - Good, very good, or excellent	726	19.3	80.7	4.7
Life satisfaction - Low (0 to 4 out of 10)	108	18.4	81.6	4.3
Life satisfaction - Medium to very high (5+ out of 10)	838	17.6	82.4	4.6
Does not feel valued by society	208	14.1	85.9	4.3
Sometimes feel valued by society	414	19.4	80.7	4.6
Definitely feel valued by society	325	18.7	81.3	4.7
Overweight or obese (BMI ≥25.0)	595	18.2	81.8	4.6
Normal range or underweight (BMI <25.0)	303	17.1	82.9	4.6
Meets fruit intake guidelines	445	22.4	77.6	5.2
Does not meet fruit intake guidelines	496	14.5	85.5	4.1
Meets vegetable intake guidelines	141	22.9	77.1	5.2
Does not meet vegetable intake guidelines	800	17.3	82.7	4.5
Meets physical activity guidelines	488	23.2	76.8	5.0
Does not meet physical activity guidelines / sedentary	440	12.8	87.2	4.2
Current smoker	104	16.0	84.0	4.2
Ex-smoker	350	17.5	82.6	4.4
Never smoked	486	18.3	81.7	4.7
Drinks alcohol every day	96	13.6	86.4	3.8
Drinks alcohol less often than daily	610	20.6	79.4	4.7
Does not drink alcohol	229	11.1	88.9	4.4
Had more than 4 standard drinks on a single occasion	449	23.1	76.9	4.7
Has not had more than 4 standard drinks	451	11.7	88.4	4.4
Drinks sugar-sweetened beverages daily	124	7.7	92.3	3.5
Drinks sugar-sweetened beverages less than daily	830	19.6	80.4	4.8
Ran out of food and could not afford more	92	33.9	66.1	4.8
Have not run out of food	805	16.0	84.1	4.5
Requires help with daily activities	130	13.7	86.3	4.3
Does not require help	812	18.4	81.6	4.6

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

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

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

3.4. 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.³

In the ALC, all respondents were asked how often they consume sugar-sweetened beverages, specifically, cordial, soft drinks, flavoured mineral water, energy or sports drinks. Overall, 16.3% of respondents from the Central Goldfields region reported that they drink sugar-sweetened beverages at least daily.

Amongst the main demographic indicators:

- Males consumed more sugar-sweetened beverages daily than females (18.6% compared to 13.9%), however, there were no differences in terms of daily sugar-sweetened beverage consumption
- For both males and females, sugar-sweetened beverage consumption was considerably higher amongst residents aged 35 to 49 years, with 36.8% and 23.7% respectively more likely to consume daily, compared to older residents aged 70 years and over
- Across the subregions, there were no significant differences in daily sugar-sweetened beverage consumption

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (20.5%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (13.0%)
- Those who recorded a low level of life satisfaction (24.4%, compared to 14.9% who recorded medium to very high life satisfaction)
- Current smokers (27.5%, compared to 14.3% of those who have never smoked and 15.0% of ex-smokers)
- Households that have experienced food insecurity (30.6%, compared to 13.6% 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 3.4.1.2.

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

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

	Unweighted base ¹	Daily	Weekly	Monthly or less often	Never
	n	%	%	%	%
Total sample	983	16.3	31.2	29.8	22.6
Gender and age					
Males	399	18.6	36.3	27.0	18.2
Females	574	13.9	26.3	32.6	27.3
Males, 18 to 34	58	22.2	53.6	20.3	3.9
Males, 35 to 49	50	36.8	39.8	20.9	2.5
Males, 50 to 69	146	10.8	35.5	32.9	20.8
Males, 70+	145	15.2	22.4	26.8	35.6
Females, 18 to 34	87	13.5	46.1	29.0	11.5
Females, 35 to 49	102	23.7	25.4	36.3	14.6
Females, 50 to 69	226	11.9	22.9	30.8	34.5
Females, 70+	159	7.6	16.6	35.2	40.6
Subregion					
Maryborough	813	16.9	31.3	28.9	22.9
Central Goldfields - excluding Maryborough	116	10.2	37.2	31.7	20.9
Demographic indicators					
Born in Australia	880	16.9	33.4	31.0	18.7
Born overseas	95	11.6	16.1	22.5	49.8
Speaks English as main language	952	16.3	31.6	30.0	22.1
Speaks other main language*	16	11.6	3.7	40.9	43.8
Aboriginal and/or Torres Strait Islander*	9	13.4	36.7	32.8	17.1
Not Aboriginal or Torres Strait Islander	951	16.1	31.6	30.0	22.4
Identifies as LGBTQIA+*	27	40.4	11.1	15.9	32.6
Non-LGBTQIA+	809	15.8	31.4	31.7	21.1
Holds a Bachelor degree or higher	259	7.4	32.9	35.5	24.3
Less than Bachelor level education	616	17.8	31.4	29.1	21.7
Just getting along, poor or very poor	367	20.5	28.2	26.6	24.7
Reasonably comfortable, very comfortable or prosperous	605	13.0	33.8	31.9	21.3

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

* Significance testing not conducted due to small base size

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

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

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

	Unweighted base ¹	Daily	Weekly	Monthly or less often	Never
	n	%	%	%	%
Total sample	983	16.3	31.2	29.8	22.6
Health and wellbeing indicators					
Self-reported health - Fair or poor	238	22.6	28.3	30.8	18.3
Self-reported health - Good, very good, or excellent	737	14.2	32.7	29.5	23.6
Life satisfaction - Low (0 to 4 out of 10)	114	24.4	22.5	28.1	25.0
Life satisfaction - Medium to very high (5+ out of 10)	849	14.9	33.1	29.9	22.1
Does not feel valued by society	213	18.6	30.8	28.7	21.9
Sometimes feel valued by society	425	19.1	32.0	28.7	20.2
Definitely feel valued by society	327	10.1	31.1	31.8	26.9
Overweight or obese (BMI ≥25.0)	598	16.5	32.3	31.5	19.7
Normal range or underweight (BMI <25.0)	311	14.9	26.5	31.0	27.6
Meets fruit intake guidelines	448	10.4	29.4	36.5	23.8
Does not meet fruit intake guidelines	503	21.1	33.1	24.3	21.6
Meets vegetable intake guidelines	142	5.8	18.3	47.3	28.6
Does not meet vegetable intake guidelines	810	17.6	33.4	27.6	21.4
Meets physical activity guidelines	490	11.0	35.0	32.6	21.4
Does not meet physical activity guidelines / sedentary	446	20.8	27.5	26.9	24.8
Current smoker	106	27.5	32.3	22.9	17.3
Ex-smoker	360	15.0	27.8	28.6	28.7
Never smoked	492	14.3	33.5	32.7	19.6
Drinks alcohol every day	95	18.8	24.0	21.4	35.8
Drinks alcohol less often than daily	619	14.5	36.4	31.8	17.3
Does not drink alcohol	238	20.2	20.5	27.5	31.8
Had more than 4 standard drinks on a single occasion	455	16.0	37.6	29.5	17.0
Has not had more than 4 standard drinks	460	16.0	23.8	31.7	28.5
Meets water consumption guidelines	151	6.8	37.1	38.0	18.1
Does not meet water guidelines	803	17.6	30.3	28.1	24.0
Ran out of food and could not afford more	95	30.6	24.7	31.0	13.8
Have not run out of food	821	13.6	32.0	29.8	24.7
Requires help with daily activities	138	18.8	26.9	21.3	33.0
Does not require help	822	16.3	31.7	30.7	21.3

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

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

3.4.2. 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 Central Goldfields region was lower at 13.8%.

Amongst the main demographic indicators:

- There were no significant differences regarding smoking status between males and females
- For males, those aged 35 to 49 (25.5%) and 50 to 69 (17.2%) were more likely to be current smokers, when compared to those aged 70 years and over (2.9%)
- There was a similar pattern with females, with 16.9% of those aged 18 to 34 being current smokers, 18.2% of those aged 35 to 49, and 12.7% of those aged 50 to 69, when compared to those 70 years and over (3.1%).
- Across the subregions, Central Goldfields (excluding Maryborough) residents were likely to be current smokers (26.0%), when compared to residents of Maryborough (12.5%)

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (21.7%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (8.1%)
- Those who recorded a low level of life satisfaction (26.6%, compared to 11.6% who recorded medium to very high life satisfaction)
- Households that have experienced food insecurity (42.9%, compared to 9.6% of people who have not run out of food and been unable to buy more in the past 12 months)
- People who drink alcohol everyday (29.3%, compared to 12.1% who drink less than daily and 12.0% of those that don't drink alcohol)

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

Table 3.4.2.1 Smoking status by selected demographic characteristics

	Unweighted base ¹ n	Current smoker %	Ex-smoker %	Never smoked %
Total sample	973	13.8	36.6	49.6
Gender and age				
Males	392	14.8	39.7	45.6
Females	571	12.6	34.0	53.4
Males, 18 to 34	58	15.4	13.7	70.9
Males, 35 to 49	47	25.5	28.9	45.7
Males, 50 to 69	145	17.2	41.8	41.1
Males, 70+	142	2.9	63.5	33.6
Females, 18 to 34	86	16.9	12.5	70.6
Females, 35 to 49	100	18.2	35.6	46.2
Females, 50 to 69	225	12.7	42.6	44.8
Females, 70+	160	3.1	34.6	62.4
Subregion				
Maryborough	812	12.5	38.2	49.3
Central Goldfields - excluding Maryborough	109	26.0	25.6	48.4
Demographic indicators				
Born in Australia	871	14.2	35.4	50.5
Born overseas	93	9.8	48.3	42.0
Speaks English as main language	939	13.9	37.0	49.0
Speaks other main language*	16	3.7	22.3	74.0
Aboriginal and/or Torres Strait Islander*	9	42.9	40.6	16.6
Not Aboriginal or Torres Strait Islander	937	13.6	36.3	50.2
Identifies as LGBTQIA+*	26	37.0	29.1	33.9
Non-LGBTQIA+	797	13.5	37.2	49.3
Holds a Bachelor degree or higher	252	5.5	33.8	60.8
Less than Bachelor level education	613	14.7	37.2	48.1
Just getting along, poor or very poor	365	21.7	37.2	41.1
Reasonably comfortable, very comfortable or prosperous	598	8.1	35.7	56.2

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

* Significance testing not conducted due to small base size

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

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

Table 3.4.2.2 Smoking status by selected health characteristics

	Unweighted base ¹ n	Current smoker %	Ex-smoker %	Never smoked %
Total sample	973	13.8	36.6	49.6
Health and wellbeing indicators				
Self-reported health - Fair or poor	236	23.9	42.0	34.2
Self-reported health - Good, very good, or excellent	727	10.2	34.6	55.3
Life satisfaction - Low (0 to 4 out of 10)	110	26.6	38.8	34.6
Life satisfaction - Medium to very high (5+ out of 10)	840	11.6	37.0	51.4
Does not feel valued by society	207	21.8	28.7	49.5
Sometimes feel valued by society	426	11.8	44.6	43.6
Definitely feel valued by society	318	9.0	30.6	60.5
Overweight or obese (BMI ≥25.0)	594	13.4	38.2	48.4
Normal range or underweight (BMI <25.0)	303	16.0	29.5	54.4
Meets fruit intake guidelines	446	9.4	39.3	51.3
Does not meet fruit intake guidelines	490	16.9	34.2	48.9
Meets vegetable intake guidelines	140	5.2	43.8	51.0
Does not meet vegetable intake guidelines	797	14.9	35.3	49.8
Meets physical activity guidelines	496	11.4	37.5	51.1
Does not meet physical activity guidelines / sedentary	435	16.5	35.3	48.3
Drinks alcohol every day	98	29.3	43.1	27.6
Drinks alcohol less often than daily	619	12.1	38.1	49.8
Does not drink alcohol	243	12.0	28.8	59.2
Had more than 4 standard drinks on a single occasion	459	16.8	39.0	44.2
Has not had more than 4 standard drinks	464	10.5	31.0	58.6
Drinks sugar-sweetened beverages daily	128	23.1	33.6	43.3
Drinks sugar-sweetened beverages less than daily	830	11.9	37.3	50.8
Meets water consumption guidelines	147	12.6	35.5	51.8
Does not meet water guidelines	793	14.2	36.1	49.7
Ran out of food and could not afford more	95	42.9	26.5	30.6
Have not run out of food	808	9.6	38.8	51.6
Requires help with daily activities	133	20.7	47.5	31.8
Does not require help	817	12.6	35.4	52.0

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

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3.4.3. Alcohol consumption

There are two available benchmarks related to alcohol consumption that were considered for inclusion in the 2019 ALC: potential for lifetime harm from drinking and potential for harm on a single occasion. Unfortunately, restrictions associated with survey length meant that there was only space for two questions related to alcohol consumption, allowing for collection of information for one of the benchmarks. Section 3.4.4 presents a comparison to the benchmark question measuring the risk of harm associated with drinking more than four standard drinks on a single occasion in the past 12 months.

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

Overall, 10.3% of Central Goldfields respondents reported that they drank alcohol every day in the past year.

Amongst the main demographic indicators:

- Males were more likely to drink alcohol daily than females (16.4% compared to 4.5%)
- Males aged 18 to 34 years were less likely (2.0%) to drink daily than older residents (20.2% for 35 to 49, 18.7% for 50 to 69, and 20.8% for 70 years and over)
- Across the subregions, there were no statistically significant differences in the frequency of alcohol consumption

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

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

- Current smokers (22.0%) and ex-smokers (12.3%), when compared to those that have never smoked (5.8%)
- Those who have experienced food insecurity in the last 12 months (18.6%, compared to 9.0% who have not run out of food)

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 (19.0%) when compared to respondents who gamble monthly or less often (6.2%), or never (5.1%).

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	965	10.3	29.8	36.6	23.3
Gender and age					
Males	394	16.4	39.3	30.3	14.0
Females	564	4.5	20.7	42.3	32.4
Males, 18 to 34	58	2.0	38.4	52.7	6.8
Males, 35 to 49	47	20.2	40.4	30.3	9.1
Males, 50 to 69	146	18.7	46.8	25.1	9.4
Males, 70+	143	20.8	27.2	21.9	30.2
Females, 18 to 34	86	3.1	20.8	60.2	16.0
Females, 35 to 49	100	2.7	18.4	52.2	26.8
Females, 50 to 69	221	6.2	24.6	35.6	33.7
Females, 70+	157	4.8	16.1	29.6	49.5
Subregion					
Maryborough	804	10.4	29.6	35.8	24.2
Central Goldfields - excluding Maryborough	111	12.4	25.1	41.7	20.8
Demographic indicators					
Born in Australia	864	10.7	30.5	36.6	22.2
Born overseas	94	7.8	25.5	37.3	29.4
Speaks English as main language	932	10.2	30.1	36.1	23.6
Speaks other main language*	16	0.0	29.2	56.3	14.5
Aboriginal and/or Torres Strait Islander*	9	0.0	29.7	7.0	63.3
Not Aboriginal or Torres Strait Islander	931	10.1	30.3	37.3	22.4
Identifies as LGBTQIA+*	27	13.4	11.4	53.4	21.9
Non-LGBTQIA+	795	10.3	30.4	38.1	21.3
Holds a Bachelor degree or higher	250	6.5	41.3	37.8	14.4
Less than Bachelor level education	609	11.0	29.4	36.8	22.9
Just getting along, poor or very poor	367	10.8	22.7	37.8	28.7
Reasonably comfortable, very comfortable or prosperous	589	10.2	35.6	35.9	18.4

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

* Significance testing not conducted due to small base size

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


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

Table 3.4.3.2 Frequency of alcohol consumption by selected health characteristics

	Unweighted base ¹	Every day	Weekly	Monthly or less often	No longer drinks / Do not drink
	n	%	%	%	%
Total sample	965	10.3	29.8	36.6	23.3
Health and wellbeing indicators					
Self-reported health - Fair or poor	237	10.0	18.7	37.3	33.9
Self-reported health - Good, very good, or excellent	718	10.6	33.6	36.7	19.1
Life satisfaction - Low (0 to 4 out of 10)	111	9.4	28.2	31.2	31.2
Life satisfaction - Medium to very high (5+ out of 10)	832	10.0	30.4	37.9	21.6
Does not feel valued by society	207	8.0	22.9	40.0	29.1
Sometimes feel valued by society	421	10.3	30.0	39.1	20.6
Definitely feel valued by society	316	11.5	35.3	30.8	22.4
Overweight or obese (BMI ≥25.0)	588	11.9	29.0	36.7	22.4
Normal range or underweight (BMI <25.0)	300	8.8	34.8	36.0	20.4
Meets fruit intake guidelines	441	8.2	31.3	35.9	24.7
Does not meet fruit intake guidelines	489	11.9	29.2	38.0	21.0
Meets vegetable intake guidelines	136	8.4	35.1	29.6	26.9
Does not meet vegetable intake guidelines	795	10.8	29.4	38.2	21.7
Meets physical activity guidelines	492	9.3	34.7	40.2	15.8
Does not meet physical activity guidelines / sedentary	431	12.2	25.7	33.2	29.0
Current smoker	106	22.0	23.9	33.9	20.2
Ex-smoker	359	12.3	37.1	32.2	18.5
Never smoked	495	5.8	26.0	40.4	27.9
Had more than 4 standard drinks on a single occasion	458	17.0	43.5	39.3	0.2
Has not had more than 4 standard drinks	461	2.5	13.9	35.3	48.3
Drinks sugar-sweetened beverages daily	127	11.7	22.2	37.5	28.6
Drinks sugar-sweetened beverages less than daily	825	9.8	31.4	36.9	22.0
Meets water consumption guidelines	148	7.8	38.7	39.6	14.0
Does not meet water guidelines	787	10.7	28.6	36.5	24.2
Ran out of food and could not afford more	95	18.6	18.7	38.0	24.7
Have not run out of food	800	9.0	31.9	36.7	22.4
Requires help with daily activities	135	10.6	16.1	34.8	38.5
Does not require help	808	10.4	31.8	37.0	20.9

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

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

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

Overall 57.0% of all Central Goldfields respondents 18 years and over reported they had engaged in risky drinking behaviour in (at least) one sitting in the last 12 months. This compares to benchmarks of 41.8% for respondents to the 2017-18 National Health Survey and 41.5% for respondents of the 2016 Victorian Population Health Survey. Respondents from the Central Goldfields region therefore were more likely to engage in risky drinking behaviour than the benchmarks suggest for Victorian residents more broadly.

Amongst the main demographic indicators:

- Males were more likely to be at risk of alcohol-related injury on a single occasion than females (72.4% compared to 42.3%)
- For males, drinking risk was correlated with age, with the younger age groups more likely to be at risk of alcohol-related injury on a single occasion than those aged 70 years and over (87.5% for those aged 18 to 34, 82.4% for those aged 35 to 49, and 75.8% for those aged 50 to 69, compared to 44.3% of those 70 or over)
- It was similar with females, with 72.6% for those aged 18 to 34 and 50.9% for those aged 35 to 49, 35.5% for those aged 50 to 69, higher when compared to 20.0% of those 70 and over
- Across the subregions, there were no differences for 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 tend to be younger should therefore be considered when analysing results as this may have more bearing on results than the drinking behaviour itself.

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

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

- People who drink alcohol everyday (90.1%) or drink alcohol less than daily (69.1%), compared to 0.6% of those that don't drink alcohol
- Current smokers (68.1%) and ex-smokers (62.7%), when compared to those that have never smoked (50.1%)

⁴ <https://www.nhmrc.gov.au/health-advice/alcohol>

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	927	57.0	43.0
Gender and age			
Males	373	72.4	27.7
Females	544	42.3	57.7
Males, 18 to 34	58	87.5	12.5
Males, 35 to 49	47	82.4	17.6
Males, 50 to 69	142	75.8	24.2
Males, 70+	126	44.3	55.7
Females, 18 to 34	82	72.6	27.4
Females, 35 to 49	98	50.9	49.1
Females, 50 to 69	215	35.5	64.5
Females, 70+	149	20.0	80.0
Subregion			
Maryborough	770	55.9	44.1
Central Goldfields - excluding Maryborough	106	56.2	43.8
Demographic indicators			
Born in Australia	831	59.1	40.9
Born overseas	88	42.6	57.4
Speaks English as main language	895	56.8	43.2
Speaks other main language*	14	54.4	45.6
Aboriginal and/or Torres Strait Islander*	8	22.4	77.6
Not Aboriginal or Torres Strait Islander	895	57.3	42.7
Identifies as LGBTQIA+*	25	61.1	38.9
Non-LGBTQIA+	767	59.8	40.2
Holds a Bachelor degree or higher	240	60.0	40.0
Less than Bachelor level education	585	57.8	42.2
Just getting along, poor or very poor	355	53.1	46.9
Reasonably comfortable, very comfortable or prosperous	562	60.8	39.2

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

* Significance testing not conducted due to small base size


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


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

Table 3.4.4.2 Single occasion risk drinking by selected health 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	927	57.0	43.0
Health and wellbeing indicators			
Self-reported health - Fair or poor	224	46.7	53.3
Self-reported health - Good, very good, or excellent	693	60.7	39.3
Life satisfaction - Low (0 to 4 out of 10)	104	54.9	45.1
Life satisfaction - Medium to very high (5+ out of 10)	804	57.3	42.7
Does not feel valued by society	199	54.6	45.4
Sometimes feel valued by society	404	60.2	39.8
Definitely feel valued by society	304	54.3	45.7
Overweight or obese (BMI ≥25.0)	566	58.3	41.7
Normal range or underweight (BMI <25.0)	288	56.1	43.9
Meets fruit intake guidelines	418	51.6	48.4
Does not meet fruit intake guidelines	476	61.6	38.4
Meets vegetable intake guidelines	130	49.4	50.6
Does not meet vegetable intake guidelines	766	58.2	41.8
Meets physical activity guidelines	473	64.5	35.5
Does not meet physical activity guidelines / sedentary	417	50.8	49.2
Current smoker	103	68.1	31.9
Ex-smoker	339	62.7	37.4
Never smoked	481	50.1	49.9
Drinks alcohol every day	98	90.1	9.9
Drinks alcohol less often than daily	609	69.1	30.9
Does not drink alcohol	212	0.6	99.4
Drinks sugar-sweetened beverages daily	119	56.9	43.1
Drinks sugar-sweetened beverages less than daily	796	56.9	43.1
Meets water consumption guidelines	145	72.7	27.3
Does not meet water guidelines	755	53.9	46.2
Ran out of food and could not afford more	91	62.8	37.2
Have not run out of food	771	55.8	44.2
Requires help with daily activities	128	42.4	57.6
Does not require help	777	59.2	40.8

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

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3.4.5. Gambling

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

The first question asked respondents how often, if at all, they had gambled in the last 12 months. Overall, 39.9% of Central Goldfields 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 Central Goldfields residents who responded to the survey, 7.2% reported that they gamble every week.

Amongst the main demographic indicators:

- Males were more likely to report gambling weekly than females (10.2% compared to 4.4%)
- Males aged 70 years or more were more likely (14.1%) to gamble weekly than those aged 18 to 34 years (0.5%)
- Females aged 70 years or more (8.5%) were more likely to gamble weekly than those aged 18 to 34 years (0.0%)
- Across the subregions, there were no differences in weekly gambling rates but Maryborough had more residents who have gambled in the last 12 months (41.6%), when compared to Central Goldfields (excluding Maryborough) residents (25.5%)

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

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

- Current smokers (14.1%), compared to those that have never smoked (4.4%)

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

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

Table 3.4.5.1 Gambling frequency by selected demographic characteristics

	Unweighted base ¹ n	Weekly %	Monthly or less often %	Never %
Total sample	955	7.2	32.7	60.1
Gender and age				
Males	389	10.2	33.7	56.1
Females	557	4.4	31.7	63.9
Males, 18 to 34	58	0.5	33.0	66.6
Males, 35 to 49	46	10.4	40.0	49.6
Males, 50 to 69	147	12.3	33.1	54.6
Males, 70+	138	14.1	30.7	55.2
Females, 18 to 34	85	0.0	31.2	68.8
Females, 35 to 49	100	3.5	30.3	66.2
Females, 50 to 69	222	4.8	32.6	62.7
Females, 70+	150	8.5	32.2	59.3
Subregion				
Maryborough	798	7.7	33.9	58.4
Central Goldfields - excluding Maryborough	108	0.2	25.3	74.5
Demographic indicators				
Born in Australia	854	7.7	32.8	59.5
Born overseas	93	3.2	33.1	63.8
Speaks English as main language	925	7.3	32.8	59.9
Speaks other main language*	16	3.7	15.2	81.2
Aboriginal and/or Torres Strait Islander*	9	0.0	55.9	44.1
Not Aboriginal or Torres Strait Islander	924	7.3	31.8	60.9
Identifies as LGBTQIA+*	27	0.0	46.6	53.4
Non-LGBTQIA+	789	7.1	32.3	60.6
Holds a Bachelor degree or higher	251	6.2	33.4	60.4
Less than Bachelor level education	606	7.0	33.4	59.5
Just getting along, poor or very poor	361	8.2	32.2	59.6
Reasonably comfortable, very comfortable or prosperous	583	6.5	33.5	60.0

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

* Significance testing not conducted due to small base size


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

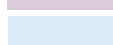
Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.4.5.2 Gambling frequency by selected health characteristics

	Unweighted base ¹	Weekly	Monthly or less often	Never
	n	%	%	%
Total sample	955	7.2	32.7	60.1
Health and wellbeing indicators				
Self-reported health - Fair or poor	233	8.9	30.1	61.1
Self-reported health - Good, very good, or excellent	713	6.7	34.0	59.3
Life satisfaction - Low (0 to 4 out of 10)	112	7.9	24.0	68.1
Life satisfaction - Medium to very high (5+ out of 10)	823	7.1	34.2	58.7
Does not feel valued by society	208	5.7	24.9	69.4
Sometimes feel valued by society	417	8.2	38.1	53.8
Definitely feel valued by society	310	6.8	30.6	62.6
Overweight or obese (BMI ≥25.0)	581	8.6	35.2	56.3
Normal range or underweight (BMI <25.0)	303	4.7	30.2	65.2
Meets fruit intake guidelines	440	7.0	29.1	63.9
Does not meet fruit intake guidelines	483	7.1	36.2	56.7
Meets vegetable intake guidelines	138	6.4	24.4	69.2
Does not meet vegetable intake guidelines	787	7.1	34.6	58.4
Meets physical activity guidelines	487	8.7	32.9	58.5
Does not meet physical activity guidelines / sedentary	425	5.8	33.8	60.4
Current smoker	105	14.1	37.4	48.5
Ex-smoker	360	8.5	36.8	54.7
Never smoked	484	4.4	28.3	67.3
Drinks alcohol every day	97	19.0	30.2	50.8
Drinks alcohol less often than daily	619	6.2	35.6	58.3
Does not drink alcohol	229	5.1	25.4	69.5
Had more than 4 standard drinks on a single occasion	457	9.3	35.3	55.4
Has not had more than 4 standard drinks	451	4.8	27.6	67.6
Drinks sugar-sweetened beverages daily	126	5.4	39.3	55.3
Drinks sugar-sweetened beverages less than daily	819	7.5	31.6	60.9
Meets water consumption guidelines	147	9.9	25.9	64.3
Does not meet water guidelines	778	6.8	33.7	59.5
Ran out of food and could not afford more	94	11.5	33.7	54.8
Have not run out of food	797	5.9	33.2	61.0
Requires help with daily activities	133	10.1	30.3	59.6
Does not require help	801	6.8	33.4	59.8

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

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

The proportion of Central Goldfields respondents who reported having experienced gambling-related problems in the ALC was 2.3% of all respondents and 4.4% of those respondents that gamble.

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

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

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

- Those who have experienced food insecurity in the last 12 months (7.6%, compared to 1.5% who have not run out of food)

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

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


⁶ <https://responsiblegambling.vic.gov.au/resources/gambling-victoria/gambling-harm-victoria/>

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

	Unweighted base ¹	Experienced gambling-related health problems	Not experienced gambling-related health problems
	n	%	%
Total sample	882	2.3	97.7
Gender and age			
Males	353	2.3	97.7
Females	521	2.4	97.6
Males, 18 to 34	53	0.5	99.5
Males, 35 to 49	43	0.6	99.4
Males, 50 to 69	135	5.1	95.0
Males, 70+	122	0.0	100.0
Females, 18 to 34	82	1.5	98.5
Females, 35 to 49	97	2.7	97.3
Females, 50 to 69	202	2.7	97.3
Females, 70+	140	2.4	97.6
Subregion			
Maryborough	726	2.0	98.0
Central Goldfields - excluding Maryborough	104	3.9	96.1
Demographic indicators			
Born in Australia	785	2.6	97.5
Born overseas	88	0.9	99.1
Speaks English as main language	854	2.4	97.6
Speaks other main language*	13	0.0	100.0
Aboriginal and/or Torres Strait Islander*	9	23.1	76.9
Not Aboriginal or Torres Strait Islander	852	2.1	97.9
Identifies as LGBTQIA+*	25	0.0	100.0
Non-LGBTQIA+	748	2.3	97.7
Holds a Bachelor degree or higher	235	1.1	99.0
Less than Bachelor level education	564	2.5	97.5
Just getting along, poor or very poor	331	2.8	97.2
Reasonably comfortable, very comfortable or prosperous	544	2.0	98.0

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

* Significance testing not conducted due to small base size

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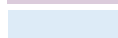

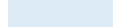
 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

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

	Unweighted base ¹	Experienced gambling-related health problems	Not experienced gambling-related health problems
	n	%	%
Total sample	882	2.3	97.7
Health and wellbeing indicators			
Self-reported health - Fair or poor	216	2.8	97.2
Self-reported health - Good, very good, or excellent	659	2.1	97.9
Life satisfaction - Low (0 to 4 out of 10)	103	2.9	97.1
Life satisfaction - Medium to very high (5+ out of 10)	762	2.1	97.9
Does not feel valued by society	190	1.9	98.1
Sometimes feel valued by society	392	2.9	97.1
Definitely feel valued by society	282	1.9	98.1
Overweight or obese (BMI ≥25.0)	545	2.6	97.4
Normal range or underweight (BMI <25.0)	277	2.4	97.6
Meets fruit intake guidelines	410	0.9	99.1
Does not meet fruit intake guidelines	445	3.4	96.6
Meets vegetable intake guidelines	125	2.2	97.8
Does not meet vegetable intake guidelines	733	2.3	97.7
Meets physical activity guidelines	448	1.8	98.2
Does not meet physical activity guidelines / sedentary	398	2.9	97.1
Current smoker	98	5.0	95.0
Ex-smoker	330	2.3	97.7
Never smoked	449	1.6	98.4
Drinks alcohol every day	90	2.2	97.8
Drinks alcohol less often than daily	582	2.4	97.6
Does not drink alcohol	203	2.3	97.7
Had more than 4 standard drinks on a single occasion	431	2.4	97.6
Has not had more than 4 standard drinks	414	2.4	97.6
Drinks sugar-sweetened beverages daily	120	2.0	98.0
Drinks sugar-sweetened beverages less than daily	751	2.4	97.6
Meets water consumption guidelines	135	3.6	96.4
Does not meet water guidelines	723	2.0	98.0
Ran out of food and could not afford more	118	7.6	92.5
Have not run out of food	744	1.5	98.5
Requires help with daily activities	135	2.3	97.7
Does not require help	723	2.4	97.6

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

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3.5. Physical activity

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

The National Health Survey 2014-15 indicated that 55.5% of Australians aged 18 to 64 years had engaged in sufficient physical activity. The equivalent proportion of Central Goldfields respondents in the same age group who had met the guidelines was 53.1% and, overall, 51.0% of Central Goldfields respondents had met the above-mentioned physical activity guidelines. Respondents were categorised as sedentary if they had done 0 minutes of physical activity, which was 6.5% of the Central Goldfields residents that completed the survey.

Amongst the main demographic indicators:

- There were no differences for physical activity guidelines between males and females
- Females aged 18 to 34 years were more likely (64.8%) to meet the physical activity guidelines than those aged 70 years and over (39.4%)
- Across the subregions, there were no differences for physical activity guidelines

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

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

- People who reported their health is 'poor' or 'fair' (12.6%) compared to those who reported 'good', 'very good', or 'excellent' (4.3%)

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

Table 3.5.1 Meeting physical activity guidelines by selected demographic groups

	Unweighted base ¹	Did not meet guidelines		Meets physical activity guidelines
		Sedentary	Insufficient	
		n	%	
Total sample	949	6.5	42.5	51.0
Gender and age				
Males	391	5.9	41.4	52.6
Females	551	7.1	43.5	49.4
Males, 18 to 34	56	5.9	25.6	68.5
Males, 35 to 49	48	7.3	51.3	41.5
Males, 50 to 69	144	5.9	41.1	52.9
Males, 70+	143	5.1	46.5	48.4
Females, 18 to 34	85	2.7	32.5	64.8
Females, 35 to 49	97	4.0	47.0	49.0
Females, 50 to 69	218	11.6	40.7	47.7
Females, 70+	151	5.9	54.7	39.4
Subregion				
Maryborough	791	7.1	42.8	50.1
Central Goldfields - excluding Maryborough	106	1.4	45.0	53.6
Demographic indicators				
Born in Australia	846	5.5	42.5	52.0
Born overseas	94	13.8	42.5	43.7
Speaks English as main language	916	6.5	43.2	50.3
Speaks other main language	15	8.1	17.8	74.1
Aboriginal and/or Torres Strait Islander	9	13.4	54.1	32.4
Not Aboriginal or Torres Strait Islander	919	6.5	42.2	51.2
Identifies as LGBTQIA+	24	6.7	67.5	25.9
Non-LGBTQIA+	786	5.9	41.9	52.2
Holds a Bachelor degree or higher	257	4.1	37.0	58.9
Less than Bachelor level education	598	6.8	42.4	50.8
Just getting along, poor or very poor	358	8.1	45.4	46.5
Reasonably comfortable, very comfortable or prosperous	585	5.1	40.4	54.6

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

* Significance testing not conducted due to small base size


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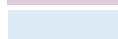
Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Table 3.5.2 Meeting physical activity guidelines by selected health groups

	Unweighted base ¹	Does not meet guidelines		Meets physical activity guidelines
		Sedentary	Insufficient	
		n	%	
Total sample	949	6.5	42.5	51.0
Health and wellbeing indicators				
Self-reported health - Fair or poor	227	12.6	56.6	30.8
Self-reported health - Good, very good, or excellent	712	4.3	37.7	58.0
Life satisfaction - Low (0 to 4 out of 10)	107	9.1	61.6	29.3
Life satisfaction - Medium to very high (5+ out of 10)	822	6.2	39.4	54.4
Does not feel valued by society	202	10.0	51.4	38.6
Sometimes feel valued by society	404	4.2	40.2	55.6
Definitely feel valued by society	323	7.1	38.7	54.2
Overweight or obese (BMI ≥25.0)	589	7.5	46.5	46.0
Normal range or underweight (BMI <25.0)	299	5.0	35.2	59.8
Meets fruit intake guidelines	432	3.5	37.5	59.0
Does not meet fruit intake guidelines	493	8.8	45.9	45.2
Meets vegetable intake guidelines	134	5.3	39.1	55.6
Does not meet vegetable intake guidelines	790	6.8	42.6	50.5
Current smoker	103	10.8	46.4	42.9
Ex-smoker	349	6.5	40.0	53.5
Never smoked	479	5.5	41.1	53.4
Drinks alcohol every day	97	5.1	49.7	45.2
Drinks alcohol less often than daily	603	6.0	36.3	57.8
Does not drink alcohol	223	9.1	53.9	37.0
Had more than 4 standard drinks on a single occasion	450	5.9	36.6	57.5
Has not had more than 4 standard drinks	440	8.2	48.4	43.5
Drinks sugar-sweetened beverages daily	121	8.6	55.8	35.5
Drink sugar-sweetened beverages less than daily	815	6.2	39.8	54.0
Meets water consumption guidelines	150	1.5	33.0	65.6
Does not meet water guidelines	778	7.8	44.2	48.0
Ran out of food and could not afford more	93	8.3	50.0	41.7
Have not run out of food	791	6.3	41.6	52.1
Requires help with daily activities	130	8.2	51.1	40.7
Does not require help	796	6.4	40.7	52.9

¹ Base sizes include respondents aged 18 years and over living in the Central Goldfields region. 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 Central Goldfields region, respondents aged 3 to 17 make up 16.2% of the unweighted sample. These proportions compare to 13.6% in the 2014 ALC (City of Greater Bendigo only).

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 responding to questions about their health. Thus, results may be a reflection of adults' perceptions of the health of children and adolescents, rather than self-reported experiences or behaviours.

Throughout this section, results are presented in two ways:

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

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

3.6.1. Reported health status

Overall, children or adolescent females from Central Goldfields were less likely to report a low-level of health than older respondents, with 1.3% of those aged 3 to 11 years self-reporting a fair or poor level of health compared to 19.8% of those aged 18 to 34, 27.1% aged 35 to 49, 29.4% aged 50 to 69 and 36.2% aged 70 years and over. There were no significant differences observed between males and females or across age groups for males, though this is likely due to the small sample sizes.

For children or adolescents aged 3 to 17 years, there were no differences amongst the main demographic and health indicators. However, this is mainly due to the small base sizes for this question.

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

Table 3.6.1.1 Self-reported health status by selected demographic characteristics

	Unweighted base ¹ n	Fair / poor %	Good %	Very good / excellent %
Total sample	1,110	22.8	33.5	43.7
Gender and age				
Males, 3 to 11*	26	11.5	11.5	76.9
Males, 12 to 17*	26	8.6	25.2	66.2
Males, 18 to 34	58	8.7	39.2	52.1
Males, 35 to 49	51	28.9	36.2	34.9
Males, 50 to 69	147	26.5	36.0	37.5
Males, 70+	146	23.7	44.9	31.4
Females, 3 to 11	31	0.0	9.7	90.3
Females, 12 to 17*	28	3.1	31.7	65.2
Females, 18 to 34	89	19.8	32.5	47.7
Females, 35 to 49	103	27.1	34.5	38.4
Females, 50 to 69	230	29.4	34.3	36.3
Females, 70+	162	36.2	36.5	27.4

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


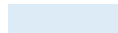
 Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)
 Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)


Table 3.6.1.2 Self-reported health status by selected health characteristics – ages 3 to 17

	Unweighted base ¹ n	Fair / poor %	Good %	Very good / excellent %
Total sample	111	5.8	17.9	76.4
Subregion				
Maryborough	95	5.9	17.4	76.7
Central Goldfields - excluding Maryborough*	12	6.6	18.2	75.2
Demographic indicators				
Born in Australia	105	5.0	18.3	76.8
Born overseas*	4	0.0	18.7	81.3
Aboriginal and/or Torres Strait Islander*	4	25.9	25.9	48.3
Not Aboriginal or Torres Strait Islander	105	3.8	17.9	78.4
Just getting along, poor or very poor	56	10.9	17.8	71.3
Reasonably comfortable, very comfortable or prosperous	53	0.0	15.0	85.0
Health and wellbeing indicators				
Life satisfaction - Low (0 to 4 out of 10)*	0	0.0	0.0	0.0
Life satisfaction - Medium to very high (5+ out of 10)	108	4.8	16.3	78.9
Does not feel valued by society*	15	12.8	36.6	50.6
Sometimes feel valued by society	51	6.9	17.6	75.5
Definitely feel valued by society	39	3.0	5.9	91.1
Meets fruit intake guidelines	67	1.9	12.6	85.6
Does not meet fruit intake guidelines*	34	11.7	21.8	66.5
Meets vegetable intake guidelines*	13	0.0	18.7	81.3
Does not meet vegetable intake guidelines	87	6.0	15.3	78.7
Drinks sugar-sweetened beverages daily*	14	8.9	37.6	53.5
Drinks sugar-sweetened beverages less than daily	90	3.0	15.1	81.9
Meets water consumption guidelines*	16	0.0	10.5	89.5
Does not meet water guidelines	86	6.0	16.4	77.6
Ran out of food and could not afford more*	27	7.0	16.8	76.3
Have not run out of food	79	4.1	16.1	79.8
Requires help with daily activities*	30	12.0	19.8	68.2
Does not require help	74	3.4	16.0	80.6

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

* Significance testing not conducted due to small base size

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

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

3.6.2. Healthy eating

Serves of vegetables consumed

Due to the small base sizes shown in Table 3.6.2.1, significant differences were not observed in relation to vegetable consumption across the age groups. However, the proportion meeting the vegetable consumption requirements for their age group appeared to be higher amongst children aged 3 to 11 years.

Overall just 14.3% of children and adolescent Central Goldfields residents had met the vegetable consumption guidelines, with the average serves per day being 2.7 for children and adolescents. There were no significant differences in the proportions of children and adolescents who had not met the guidelines across a range of demographic and health indicators. However, this is likely due to the small base sizes for this question.

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

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	1,070	33.9	51.3	14.8	11.8	2.5
Gender and age						
Males, 3 to 11*	23	30.4	60.9	8.7	13.0	2.7
Males, 12 to 17*	22	16.1	63.2	20.8	0.0	2.9
Males, 18 to 34	57	44.7	44.5	10.8	0.0	2.2
Males, 35 to 49	50	48.7	45.3	6.0	0.0	2.1
Males, 50 to 69	146	37.5	49.8	12.8	3.1	2.4
Males, 70+	139	31.4	49.7	18.9	18.7	2.8
Females, 3 to 11	31	22.6	58.1	19.4	25.8	2.8
Females, 12 to 17*	25	32.2	57.3	10.5	10.5	2.5
Females, 18 to 34	86	34.9	51.0	14.1	14.1	2.4
Females, 35 to 49	102	33.3	58.4	8.3	8.3	2.4
Females, 50 to 69	225	34.2	47.2	18.6	18.6	2.6
Females, 70+	152	19.2	57.3	23.5	23.5	3.1

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

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

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

Table 3.6.2.2 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	101	25.4	59.7	14.9	14.3	2.7
Subregion						
Maryborough	85	26.3	57.3	16.4	14.2	2.7
Central Goldfields - excluding Maryborough*	12	18.2	72.8	9.1	9.1	3.0
Demographic indicators						
Born in Australia	95	25.2	58.8	16.0	15.3	2.8
Born overseas*	4	44.5	55.5	0.0	0.0	2.1
Aboriginal and/or Torres Strait Islander*	4	22.4	51.7	25.9	25.9	2.6
Not Aboriginal or Torres Strait Islander	95	26.1	59.3	14.7	14.0	2.7
Just getting along, poor or very poor	51	26.1	62.3	11.7	11.3	2.5
Reasonably comfortable, very comfortable or prosperous	50	24.6	56.9	18.5	17.5	3.0
Health and wellbeing indicators						
Self-reported health - Fair or poor*	5	13.0	87.0	0.0	0.0	1.7
Self-reported health - Good, very good, or excellent	95	26.3	58.9	14.8	14.1	2.8
Life satisfaction - Low (0 to 4 out of 10)*	0	0.0	0.0	0.0	0.0	0.0
Life satisfaction - Medium to very high (5+ out of 10)	101	25.4	59.7	14.9	14.3	2.7
Does not feel valued by society*	14	39.1	51.9	9.1	7.9	2.3
Sometimes feel valued by society	46	19.6	73.0	7.5	8.1	2.7
Definitely feel valued by society	37	26.8	52.3	21.0	19.0	2.9
Meets fruit intake guidelines	68	17.7	61.8	20.5	19.6	3.2
Does not meet fruit intake guidelines	33	41.2	55.5	3.3	3.3	1.8
Drinks sugar-sweetened beverages daily*	11	35.2	36.7	28.1	21.0	3.0
Drinks sugar-sweetened beverages less than daily	89	24.5	62.0	13.5	13.6	2.7
Meets water consumption guidelines*	15	7.6	37.6	54.8	35.1	4.0
Does not meet water guidelines	86	28.3	63.4	8.4	10.8	2.5
Ran out of food and could not afford more *	25	24.1	48.8	27.1	28.2	3.1
Have not run out of food	73	25.7	63.0	11.3	10.0	2.6
Requires help with daily activities*	30	22.9	54.0	23.2	23.6	2.9
Does not require help	66	26.5	61.8	11.7	10.5	2.7

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

* Significance testing not conducted due to small base size

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

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Serves of fruit consumed

On average, Central Goldfields respondents had consumed 1.6 serves of fruit per day. Young residents, particularly children aged 3 to 11 years, were more likely to meet fruit consumption requirements than adults (though these differences were not significantly different due to small base sizes).


Overall 66.9% of children and adolescent Central Goldfields residents (aged 3 to 17 years) had met the fruit consumption guidelines, with the average serves per day being 2.0. There were no differences in proportions of children and adolescents who had not met the guidelines. However, this is likely due to the small base sizes for this question.

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

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	1,069	19.9	33.0	47.1	47.4	1.6
Gender and age						
Males, 3 to 11*	23	0.0	34.8	65.2	69.6	2.0
Males, 12 to 17*	23	21.5	17.7	60.8	60.8	1.9
Males, 18 to 34	57	31.9	45.8	22.3	22.3	1.0
Males, 35 to 49	50	28.2	32.1	39.7	39.7	1.5
Males, 50 to 69	142	24.4	34.7	41.0	41.0	1.4
Males, 70+	142	19.1	29.0	51.9	51.9	1.7
Females, 3 to 11	31	3.2	29.0	67.7	71.0	2.2
Females, 12 to 17*	25	14.0	23.8	62.2	62.2	2.0
Females, 18 to 34	84	15.6	44.0	40.4	40.4	1.3
Females, 35 to 49	102	20.9	39.8	39.2	39.2	1.5
Females, 50 to 69	224	21.3	30.6	48.2	48.2	1.5
Females, 70+	154	12.0	26.2	61.9	61.9	1.9

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

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


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


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

	Unweighted base ¹	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	102	8.0	27.4	64.6	66.9	2.0
Subregion						
Maryborough	86	8.2	24.6	67.2	69.9	2.1
Central Goldfields - excluding Maryborough*	12	9.1	50.0	40.9	40.9	1.4
Demographic indicators						
Born in Australia	96	8.6	24.7	66.7	69.1	2.1
Born overseas*	4	0.0	44.5	55.5	55.5	1.8
Aboriginal and/or Torres Strait Islander*	4	0.0	51.7	48.3	48.3	2.4
Not Aboriginal or Torres Strait Islander	96	8.6	26.7	64.7	67.1	2.0
Just getting along, poor or very poor	51	7.9	26.7	65.5	67.5	2.0
Reasonably comfortable, very comfortable or prosperous	51	8.2	28.2	63.7	66.2	2.1
Health and wellbeing indicators						
Self-reported health - Fair or poor*	5	37.0	39.1	24.0	24.0	0.9
Self-reported health - Good, very good, or excellent	96	6.5	27.1	66.4	68.8	2.1
Life satisfaction - Low (0 to 4 out of 10)*	0	0.0	0.0	0.0	0.0	0.0
Life satisfaction - Medium to very high (5+ out of 10)	102	8.0	27.4	64.6	66.9	2.0
Does not feel valued by society*	14	22.0	23.6	54.4	54.4	1.6
Sometimes feel valued by society	47	11.7	26.1	62.2	62.2	1.7
Definitely feel valued by society	37	0.0	27.4	72.6	75.3	2.5
Meets vegetable intake guidelines*	14	0.0	7.5	92.5	92.5	3.1
Does not meet vegetable intake guidelines	87	8.5	30.9	60.5	63.2	1.9
Drinks sugar-sweetened beverages daily*	11	7.1	43.5	49.4	49.4	2.6
Drinks sugar-sweetened beverages less than daily	90	8.3	25.8	66.0	68.6	2.0
Meets water consumption guidelines*	15	5.5	16.3	78.2	78.2	3.2
Does not meet water guidelines	87	8.4	29.2	62.4	65.0	1.9
Ran out of food and could not afford more *	25	2.7	30.3	67.0	71.3	2.5
Have not run out of food	74	10.1	27.4	62.5	64.2	1.9
Requires help with daily activities*	30	7.8	23.2	69.1	69.1	2.0
Does not require help	67	8.7	27.8	63.5	65.2	2.1

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

* Significance testing not conducted due to small base size

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

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

Sugar-sweetened beverage consumption

Children and adolescents were also asked how often they consume sugar-sweetened beverages including cordial, soft drinks, flavoured mineral water, energy, or sports drinks.

Overall 13.5% of young Central Goldfields residents were consuming sugar-sweetened beverages daily. Due to the small base sizes, few significant differences were observed in across the main demographic and health indicators in relation to daily sugar-sweetened beverage consumption.

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

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

	Unweighted base ¹	Daily	Weekly	Monthly or less often	Never
	n	%	%	%	%
Total sample	1,092	15.9	31.9	30.6	21.5
Gender and age					
Males, 3 to 11*	22	18.2	22.7	45.5	13.6
Males, 12 to 17*	24	22.3	54.8	13.3	9.6
Males, 18 to 34	58	22.2	53.6	20.3	3.9
Males, 35 to 49	50	36.8	39.8	20.9	2.5
Males, 50 to 69	146	10.8	35.5	32.9	20.8
Males, 70+	145	15.2	22.4	26.8	35.6
Females, 3 to 11	31	3.2	35.5	48.4	12.9
Females, 12 to 17*	28	14.6	34.2	26.2	25.0
Females, 18 to 34	87	13.5	46.1	29.0	11.5
Females, 35 to 49	102	23.7	25.4	36.3	14.6
Females, 50 to 69	226	11.9	22.9	30.8	34.5
Females, 70+	159	7.6	16.6	35.2	40.6

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

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

	Unweighted base ¹ n	Daily %	Weekly %	Monthly or less often %	Never %
Total sample	105	13.5	35.8	35.8	15.0
Subregion					
Maryborough	89	15.9	34.7	35.3	14.2
Central Goldfields - excluding Maryborough*	12	0.0	48.6	51.4	0.0
Demographic indicators					
Born in Australia	99	11.8	37.4	35.9	14.9
Born overseas*	4	0.0	18.7	55.5	25.8
Aboriginal and/or Torres Strait Islander*	4	77.6	0.0	22.4	0.0
Not Aboriginal or Torres Strait Islander	100	10.4	37.8	36.7	15.1
Just getting along, poor or very poor	51	14.2	24.8	45.9	15.2
Reasonably comfortable, very comfortable or prosperous	52	9.5	48.8	26.4	15.3
Health and wellbeing indicators					
Self-reported health - Fair or poor*	4	31.5	48.6	19.9	0.0
Self-reported health - Good, very good, or excellent	100	12.9	35.6	35.7	15.8
Life satisfaction - Low (0 to 4 out of 10)*	0	0.0	0.0	0.0	0.0
Life satisfaction - Medium to very high (5+ out of 10)	104	12.5	36.1	36.2	15.2
Does not feel valued by society*	14	13.6	36.9	26.0	23.6
Sometimes feel valued by society	50	14.4	40.9	33.6	11.0
Definitely feel valued by society	36	11.4	25.1	44.5	19.0
Meets fruit intake guidelines	67	8.2	29.9	41.4	20.5
Does not meet fruit intake guidelines*	34	16.6	51.2	26.5	5.7
Meets vegetable intake guidelines*	14	16.1	23.6	27.2	33.0
Does not meet vegetable intake guidelines	86	10.2	38.7	38.3	12.7
Meets water consumption guidelines*	16	26.1	43.1	23.5	7.2
Does not meet water guidelines	86	8.3	35.7	39.1	16.9
Ran out of food and could not afford more*	25	22.3	16.2	54.5	7.0
Have not run out of food	76	7.6	43.8	30.3	18.3
Requires help with daily activities*	30	13.3	28.0	48.8	9.9
Does not require help	68	10.8	37.5	32.7	19.0

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

* Significance testing not conducted due to small base size

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3.6.3. Physical activity

For children and adolescents aged 5 to 17 years, the Department of Health's physical activity guidelines recommend 60 minutes of vigorous physical activity per day along with a combination of light physical activities.⁷ The required benchmark questions were not incorporated in the 2019 ALC questionnaire due to space limitations. As a substitute, we have reported the average weekly minutes of vigorous physical activity to provide an indication of variations in activity levels.

Overall, Central Goldfields respondents averaged 205.6 minutes of vigorous physical activity, with younger respondents (aged 3 to 17 years) averaging 274.2 minutes. For children and adolescents, there were no significant differences recorded across the main demographic and health indicators. However, this is largely due to the small base sizes for this question.

Full data from comparable subgroups are available in Table 3.6.4.1 and 3.6.4.2.

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

	Unweighted base ¹	
	n	Average minutes of vigorous physical activity per week #
Total sample	956	205.6
Gender and age		
Males, 3 to 11*	20	437.0
Males, 12 to 17*	22	196.9
Males, 18 to 34	55	328.4
Males, 35 to 49	44	154.5
Males, 50 to 69	137	163.5
Males, 70+	117	213.3
Females, 3 to 11*	29	213.8
Females, 12 to 17*	26	253.4
Females, 18 to 34	81	204.1
Females, 35 to 49	95	152.6
Females, 50 to 69	206	164.7
Females, 70+	116	235.0

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

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


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

	Unweighted base ¹	Average minutes of vigorous physical activity per week
	n	#
Total sample	98	274.2
Subregion		
Maryborough	83	273.4
Central Goldfields - excluding Maryborough*	11	309.5
Demographic indicators		
Born in Australia	91	293.6
Born overseas*	4	79.7
Aboriginal and/or Torres Strait Islander*	4	146.9
Not Aboriginal or Torres Strait Islander	91	255.8
Just getting along, poor or very poor	49	329.0
Reasonably comfortable, very comfortable or prosperous	49	213.6
Health and wellbeing indicators		
Self-reported health - Fair or poor*	5	668.7
Self-reported health - Good, very good, or excellent	92	254.1
Life satisfaction - Low (0 to 4 out of 10)*	0	-
Life satisfaction - Medium to very high (5+ out of 10)	97	276.6
Does not feel valued by society*	14	241.4
Sometimes feel valued by society	47	248.8
Definitely feel valued by society	34	330.4
Meets fruit intake guidelines	65	316.4
Does not meet fruit intake guidelines*	31	183.7
Meets vegetable intake guidelines*	12	303.8
Does not meet vegetable intake guidelines	83	271.5
Drinks sugar-sweetened beverages daily*	10	123.5
Drinks sugar-sweetened beverages less than daily	86	263.9
Meets water consumption guidelines*	16	202.1
Does not meet water guidelines	81	290.4
Ran out of food and could not afford more*	24	289.1
Have not run out of food	71	233.8
Requires help with daily activities*	28	193.3
Does not require help	65	321.6

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

* Significance testing not conducted due to small base size

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4. Wellbeing

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

4.1. Life satisfaction

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

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

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

Overall, 10.7% of Central Goldfields respondents aged 3 years and over recorded low life satisfaction. No children or adolescents recorded low levels of life satisfaction. Across the main demographic indicators, subgroup variations included:

- Female respondents aged 18 to 34 years (19.3%) and 50 to 69 years (16.8%) were more likely to report lower life satisfaction when compared to children aged 3 to 11 years (0.0%)
- There were no significant differences in the proportion of respondents recording low life satisfaction among males and females, for males in different age groups or across the subregions

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (16.0%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (6.5%)
- Those who reported their general health was 'fair' or 'poor' (32.3%, compared to 4.0% who recorded their health as 'good', 'very good', or 'excellent')
- Those respondents that have experienced food insecurity (23.4%, compared to 8.9% of people that have not run out of food and been unable to afford more in the past 12 months)

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

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

	Unweighted base ¹ n	Low, 0 to 4 %	Medium, 5 to 6 %	High, 7 to 8 %	Very high, 9 to 10 %
Total sample	1,092	10.7	19.4	41.2	28.7
Gender and age					
Males	447	8.4	17.4	44.9	29.2
Females	636	12.6	21.5	37.6	28.3
Males, 3 to 11*	25	0.0	0.0	48.0	52.0
Males, 12 to 17*	25	0.0	39.2	34.2	26.6
Males, 18 to 34	57	8.2	16.0	54.6	21.2
Males, 35 to 49	51	13.0	19.9	49.0	18.1
Males, 50 to 69	144	10.3	16.4	42.6	30.6
Males, 70+	144	8.9	19.4	41.3	30.4
Females, 3 to 11	32	0.0	3.1	31.3	65.6
Females, 12 to 17*	27	0.0	22.4	48.1	29.5
Females, 18 to 34	88	19.3	21.9	40.2	18.5
Females, 35 to 49	103	15.9	29.7	37.3	17.1
Females, 50 to 69	226	16.8	21.7	37.0	24.5
Females, 70+	158	7.1	22.4	36.7	33.8
Subregion					
Maryborough	905	10.7	19.4	40.9	29.0
Central Goldfields - excluding Maryborough	127	12.1	22.3	36.0	29.6
Demographic indicators					
Born in Australia	982	10.8	18.9	42.1	28.2
Born overseas	99	9.6	24.2	31.4	34.7
Speaks English as main language	1,055	10.4	19.3	41.2	29.1
Speaks other main language*	16	31.2	7.8	47.8	13.2
Aboriginal and/or Torres Strait Islander*	14	16.1	31.3	36.0	16.7
Not Aboriginal or Torres Strait Islander	1,050	10.6	18.6	41.7	29.2
Identifies as LGBTQIA+*	27	25.2	32.3	38.6	4.0
Non-LGBTQIA+	809	12.8	20.4	42.3	24.5
Holds a Bachelor degree or higher	262	11.1	14.0	41.5	33.4
Less than Bachelor level education	708	10.8	19.7	41.5	28.1
Just getting along, poor or very poor	421	16.0	28.1	34.1	21.8
Reasonably comfortable, very comfortable or prosperous	658	6.5	12.5	47.6	33.5

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

* Significance testing not conducted due to small base size

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

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

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

	Unweighted base ¹	Low, 0 to 4	Medium, 5 to 6	High, 7 to 8	Very high, 9 to 10
	n	%	%	%	%
Total sample	1,092	10.7	19.4	41.2	28.7
Health and wellbeing indicators					
Self-reported health - Fair or poor	243	32.3	35.1	24.8	7.8
Self-reported health - Good, very good, or excellent	842	4.0	15.0	46.3	34.8
Does not feel valued by society	226	33.2	23.2	31.8	11.9
Sometimes feel valued by society	485	5.9	27.2	47.5	19.4
Definitely feel valued by society	366	0.9	4.9	40.4	53.8
Meets fruit intake guidelines	524	9.3	16.8	37.5	36.4
Does not meet fruit intake guidelines	533	12.2	21.1	44.6	22.1
Meets vegetable intake guidelines	158	8.2	11.1	38.3	42.5
Does not meet vegetable intake guidelines	901	10.9	19.9	42.1	27.1
Drinks sugar-sweetened beverages daily	140	17.1	20.8	44.7	17.3
Drinks sugar-sweetened beverages less than daily	930	9.7	19.1	40.2	30.9
Meets water consumption guidelines	167	11.2	19.9	45.1	23.8
Does not meet water guidelines	885	10.4	19.0	40.7	29.9
Ran out of food and could not afford more	122	23.4	28.6	32.5	15.4
Have not run out of food	896	8.9	18.1	42.1	30.9
Requires help with daily activities	165	17.5	25.2	30.2	27.1
Does not require help	898	9.7	19.0	43.1	28.2

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

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

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

Amongst those aged over 18, the proportion of Central Goldfields respondents who provided low ratings for life satisfaction was 12.7%. The main characteristics associated with lower life satisfaction were:

- Current smokers (25.0%), compared to those that have never smoked (8.9%)
- Those who do not meet the physical activity guidelines (18.5%), compared to those who do meet the guidelines (7.3%)

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	980	12.7	20.6	41.5	25.2
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	600	14.3	21.8	42.1	21.9
Normal range or underweight (BMI <25.0)	303	9.3	15.3	42.9	32.6
Meets physical activity guidelines	489	7.3	18.9	47.1	26.7
Does not meet physical activity guidelines / sedentary	440	18.5	22.4	35.6	23.5
Current smoker	101	25.0	26.7	34.8	13.5
Ex-smoker	362	13.3	23.6	40.5	22.7
Never smoked	487	8.9	17.3	44.9	28.9
Drinks alcohol every day	92	12.1	20.3	45.6	22.0
Drinks alcohol less often than daily	616	11.3	19.8	44.4	24.5
Does not drink alcohol	235	17.5	24.5	31.1	26.9
Had more than 4 standard drinks on a single occasion	453	12.3	20.7	46.5	20.5
Has not had more than 4 standard drinks	455	13.4	21.3	34.8	30.4

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

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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, 23.5% of Central Goldfields respondents aged 3 years and over do not feel valued by society. Amongst children and adolescents aged 3 to 17 years, this proportion was 14.3%.

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

- Female respondents aged 18 to 34 years (32.3%) and 35 to 49 years (36.7%), when compared to older females aged 70 years and over (14.2%)
- There were no significant differences recorded between males and females, for males across different age groups or across the subregions

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

In relation to other demographic or health differences, the subgroups of respondents more likely to report not feeling 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' (35.4%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (14.2%)
- Those who recorded a low level of life satisfaction (71.8%, compared to 17.4% who recorded medium to very high life satisfaction)
- Those who reported their general health was 'fair' or 'poor' (44.4%, compared to 17.1% who recorded their health as 'good', 'very good', or 'excellent')
- Those respondents that have experienced food insecurity (43.6%, compared to 20.0% of people who have not run out of food and been unable to afford more in the past 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	Does not feel valued	Sometimes feels valued	Definitely feels valued
	n	%	%	%
Total sample	1,090	23.5	45.8	30.8
Gender and age				
Males	448	21.7	46.3	32.0
Females	632	25.0	45.1	30.0
Males, 3 to 11*	24	8.3	33.3	58.3
Males, 12 to 17*	25	16.1	60.2	23.7
Males, 18 to 34	57	29.6	42.5	27.9
Males, 35 to 49	51	24.4	51.4	24.2
Males, 50 to 69	145	20.3	47.7	32.1
Males, 70+	145	22.6	44.9	32.5
Females, 3 to 11*	29	10.3	44.8	44.8
Females, 12 to 17*	27	26.9	48.7	24.4
Females, 18 to 34	88	32.3	40.8	26.9
Females, 35 to 49	102	36.7	47.5	15.8
Females, 50 to 69	227	24.2	45.3	30.5
Females, 70+	157	14.2	45.0	40.8
Subregion				
Maryborough	901	23.0	45.8	31.3
Central Goldfields - excluding Maryborough	128	26.6	44.0	29.4
Demographic indicators				
Born in Australia	981	21.8	46.8	31.4
Born overseas	97	38.5	34.6	26.9
Speaks English as main language	1,053	22.8	46.5	30.8
Speaks other main language*	16	70.1	14.9	15.1
Aboriginal and/or Torres Strait Islander*	14	50.0	24.1	25.9
Not Aboriginal or Torres Strait Islander	1,046	23.5	45.4	31.1
Identifies as LGBTQIA+*	27	21.9	54.9	23.2
Non-LGBTQIA+	811	27.0	45.6	27.4
Holds a Bachelor degree or higher	260	16.2	40.7	43.1
Less than Bachelor level education	710	24.5	45.5	30.0
Just getting along, poor or very poor	424	35.4	42.8	21.7
Reasonably comfortable, very comfortable or prosperous	653	14.2	47.4	38.5

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

* Significance testing not conducted due to small base size


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

	Unweighted base ¹	Does not feel valued	Sometimes feels valued	Definitely feels valued
	n	%	%	%
Total sample	1,090	23.5	45.8	30.8
Health and wellbeing indicators				
Self-reported health - Fair or poor	241	44.4	41.3	14.3
Self-reported health - Good, very good, or excellent	843	17.1	47.1	35.8
Life satisfaction - Low (0 to 4 out of 10)	114	71.8	25.6	2.6
Life satisfaction - Medium to very high (5+ out of 10)	963	17.4	48.6	34.0
Meets fruit intake guidelines	517	20.7	42.2	37.1
Does not meet fruit intake guidelines	533	26.4	48.0	25.6
Meets vegetable intake guidelines	156	12.5	42.7	44.8
Does not meet vegetable intake guidelines	896	24.7	45.9	29.4
Drinks sugar-sweetened beverages daily	143	26.8	53.2	20.0
Drinks sugar-sweetened beverages less than daily	925	23.0	44.5	32.5
Meets water consumption guidelines	169	18.7	47.4	34.0
Does not meet water guidelines	880	24.7	44.6	30.7
Ran out of food and could not afford more	120	43.6	37.8	18.6
Have not run out of food	896	20.0	47.5	32.5
Requires help with daily activities	165	31.8	45.6	22.7
Does not require help	898	22.4	45.5	32.1

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

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Amongst those aged over 18 years, the proportion of Central Goldfields respondents who did not feel valued by society was 24.9%. The main characteristics associated with not feeling valued by society were:

- Being a current smoker (40.2%), compared to being an ex-smoker (19.5%) or having never smoked (24.9%)
- Not meeting the physical activity guidelines (31.2%), compared to those who meet the guidelines (19.0%).

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

	Unweighted base ¹	Does not feel valued	Sometimes feels valued	Definitely feels valued
	n	%	%	%
Total sample	982	24.9	45.9	29.2
Health and wellbeing indicators				
Overweight or obese (BMI ≥25.0)	597	25.9	44.3	29.8
Normal range or underweight (BMI <25.0)	305	22.6	46.8	30.6
Meets physical activity guidelines	487	19.0	49.0	32.1
Does not meet physical activity guidelines / sedentary	442	31.2	40.7	28.1
Current smoker	102	40.2	40.6	19.3
Ex-smoker	357	19.5	56.4	24.1
Never smoked	493	24.9	40.2	34.9
Drinks alcohol every day	92	21.1	46.6	32.3
Drinks alcohol less often than daily	614	23.5	47.9	28.6
Does not drink alcohol	239	31.3	41.0	27.8
Had more than 4 standard drinks on a single occasion	453	24.4	48.1	27.6
Has not had more than 4 standard drinks	455	26.7	42.4	30.9

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

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

5. Public space and facility use

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

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

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

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

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

5.1. Public open space user profile

Overall, 54.4% of Central Goldfields respondents aged 3 years and over reported being heavy (weekly or more often) users of public open spaces. This proportion was highest for respondents who recorded medium to very high life satisfaction, respondents who definitely feel valued by society, and respondents who recorded their health as 'good', 'very good', or 'excellent'.

Overall, 15.4% of Central Goldfields respondents reported being non-users of public open spaces, meaning they use them less than once every three months or never. The proportion was 5.2% amongst children and adolescents aged 3 to 17 years. Across the main demographic indicators, there were limited significant differences in the proportion of respondents who were non-users of open spaces. The heaviest users appeared to be children aged 3 to 11 years with 84.4% of females in this age groups being heavy users (weekly or more often) compared to 55.1% of those aged 18 to 34 years, 55.2% aged 35 to 49 years, 46.3% aged 50 to 69 years and 41.1% aged 70 years and over.

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (20.9%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (10.8%)
- Those who reported their general health was 'fair' or 'poor' (26.2%, compared to 11.8% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (34.4%, compared to 12.7% 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	1,126	54.4	20.6	9.6	15.4
Gender and age					
Males	461	55.8	17.8	10.4	16.0
Females	654	53.2	23.1	9.0	14.7
Males, 3 to 11*	28	82.1	14.3	3.6	0.0
Males, 12 to 17*	25	67.8	10.5	11.1	10.5
Males, 18 to 34	59	50.9	22.0	13.8	13.3
Males, 35 to 49	53	47.4	25.2	7.6	19.8
Males, 50 to 69	152	49.5	19.9	10.6	20.0
Males, 70+	143	60.0	10.2	12.8	17.0
Females, 3 to 11*	32	84.4	6.3	3.1	6.3
Females, 12 to 17*	28	66.5	22.6	4.9	6.1
Females, 18 to 34	92	55.1	24.7	10.2	10.0
Females, 35 to 49	106	55.2	20.7	8.2	15.9
Females, 50 to 69	233	46.3	26.3	10.5	16.9
Females, 70+	161	41.1	28.0	9.9	21.1
Subregion					
Maryborough	929	55.2	20.0	10.0	14.8
Central Goldfields - excluding Maryborough	132	46.6	23.9	7.7	21.9
Demographic indicators					
Born in Australia	1,009	55.6	20.4	9.3	14.7
Born overseas	104	46.0	21.9	10.5	21.6
Speaks English as main language	1,090	55.0	20.5	9.1	15.4
Speaks other main language*	16	30.0	17.3	31.3	21.4
Aboriginal and/or Torres Strait Islander*	14	44.6	9.0	10.2	36.2
Not Aboriginal or Torres Strait Islander	1,080	54.6	20.9	9.5	14.9
Identifies as LGBTQIA+*	26	34.6	28.6	17.9	18.9
Non-LGBTQIA+	839	49.6	23.3	9.8	17.3
Holds a Bachelor degree or higher	270	58.0	27.7	7.5	6.8
Less than Bachelor level education	737	54.6	19.8	9.6	16.1
Just getting along, poor or very poor	442	48.9	18.9	11.2	20.9
Reasonably comfortable, very comfortable or prosperous	672	58.3	22.3	8.5	10.8

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



* Significance testing not conducted due to small base size

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

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

	Unweighted base ¹	Heavy Once a week or more	Medium 1-3 times a month	Light 1-2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	1,126	54.4	20.6	9.6	15.4
Health and wellbeing indicators					
Self-reported health - Fair or poor	245	34.0	22.9	16.9	26.2
Self-reported health - Good, very good, or excellent	848	60.8	19.6	7.8	11.8
Life satisfaction - Low (0 to 4 out of 10)	113	31.9	17.5	16.2	34.4
Life satisfaction - Medium to very high (5+ out of 10)	963	57.6	20.5	9.2	12.7
Does not feel valued by society	229	37.2	15.3	16.2	31.2
Sometimes feel valued by society	483	58.6	22.8	7.9	10.7
Definitely feel valued by society	361	60.0	20.8	8.6	10.6
Meets fruit intake guidelines	521	62.2	19.9	6.2	11.7
Does not meet fruit intake guidelines	533	47.7	21.0	13.5	17.8
Meets vegetable intake guidelines	156	58.6	23.4	9.0	9.0
Does not meet vegetable intake guidelines	901	54.1	20.2	10.0	15.7
Drinks sugar-sweetened beverages daily	145	39.7	24.6	13.5	22.2
Drinks sugar-sweetened beverages less than daily	929	56.7	19.3	9.5	14.6
Meets water consumption guidelines	168	59.6	18.1	12.7	9.7
Does not meet water guidelines	887	52.9	20.9	9.5	16.7
Ran out of food and could not afford more	126	54.2	11.3	11.1	23.4
Have not run out of food	925	53.5	22.1	9.7	14.7
Requires help with daily activities	167	53.4	18.0	11.9	16.7
Does not require help	926	54.2	21.1	9.4	15.3

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

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

Further analysis looked at use of public open spaces amongst those aged 18 years and over who were asked about their participation in a range of health risk behaviours. Overall, 17.2% of those aged 18 years and over reported being non-users of open spaces.

This proportion was higher amongst:

- Current smokers (30.8%), compared to ex-smokers (13.1%) or people who have never smoked (16.7%)
- Respondents who do not meet physical activity guidelines (26.6%), compared to those who do engage in sufficient physical activity (8.1%)

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	1,010	50.2	22.1	10.4	17.2
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	596	49.0	22.8	11.1	17.1
Normal range or underweight (BMI <25.0)	306	55.2	17.1	9.4	18.3
Meets physical activity guidelines	491	61.2	22.1	8.6	8.1
Does not meet physical activity guidelines / sedentary	445	40.0	20.8	12.6	26.6
Current smoker	105	38.2	18.9	12.1	30.8
Ex-smoker	361	53.1	21.9	12.0	13.1
Never smoked	494	50.8	22.7	9.9	16.7
Drinks alcohol every day	98	46.0	16.8	8.5	28.8
Drinks alcohol less often than daily	614	51.7	25.0	10.0	13.2
Does not drink alcohol	239	47.9	15.3	13.9	23.0
Had more than 4 standard drinks on a single occasion	458	51.5	23.8	10.9	13.8
Has not had more than 4 standard drinks	457	45.9	20.2	10.7	23.2

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

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

5.2. Footpath user profile

Overall, 61.9% of Central Goldfields 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, and those who meet the fruit consumption requirements.

Overall, 14.9% of Central Goldfields respondents reported being non-users of footpaths, meaning they use them less than once every three months or never. In relation to the main demographic indicators, the main subgroup differences included:

- Older male respondents aged 50 to 69 years (22.7%), and 70 years and over (22.1%), were more likely to be non-users, compared to those aged 18 to 34 years (5.7%)
- Female respondents aged 70 years and over (20.8%) were more likely to be non-users, compared to those aged 18 to 34 years (7.0%)
- Across the subregions, Central Goldfields residents who live in suburbs other than Maryborough were more likely to be non-users of footpaths (27.5%), than residents of Maryborough (13.3%)

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (19.6%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (11.1%)
- Those who reported their general health was 'fair' or 'poor' (27.3%, compared to 10.9% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (25.8%, compared to 13.1% who recorded medium to very high life satisfaction)
- Those respondents who drink sugar-sweetened beverages daily (22.9%, compared to those who drink them less than daily (13.4%))

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	1,090	61.9	13.4	9.8	14.9
Gender and age					
Males	438	58.7	14.6	10.7	16.1
Females	635	64.4	12.7	9.2	13.8
Males, 3 to 11*	27	66.7	22.2	11.1	0.0
Males, 12 to 17*	24	60.9	18.8	5.8	14.5
Males, 18 to 34	59	65.4	10.0	19.0	5.7
Males, 35 to 49	51	49.4	23.5	12.6	14.5
Males, 50 to 69	146	54.9	14.1	8.3	22.7
Males, 70+	130	63.0	6.8	8.1	22.1
Females, 3 to 11*	32	78.1	12.5	6.3	3.1
Females, 12 to 17*	28	86.0	3.1	11.0	0.0
Females, 18 to 34	93	71.3	15.3	6.4	7.0
Females, 35 to 49	106	53.5	17.6	11.6	17.3
Females, 50 to 69	224	63.1	10.9	8.9	17.1
Females, 70+	150	56.1	12.3	10.7	20.8
Subregion					
Maryborough	904	63.1	13.4	10.3	13.3
Central Goldfields - excluding Maryborough	123	54.8	10.7	7.1	27.5
Demographic indicators					
Born in Australia	971	62.9	13.6	9.4	14.1
Born overseas	100	54.0	12.7	10.2	23.1
Speaks English as main language	1,049	62.3	13.5	9.1	15.2
Speaks other main language*	13	64.3	2.5	28.4	4.9
Aboriginal and/or Torres Strait Islander*	14	35.1	17.3	20.4	27.3
Not Aboriginal or Torres Strait Islander	1,041	62.8	13.3	9.4	14.5
Identifies as LGBTQIA+*	27	71.7	1.3	13.6	13.5
Non-LGBTQIA+	807	58.7	14.6	9.3	17.4
Holds a Bachelor degree or higher	261	69.5	17.8	7.0	5.7
Less than Bachelor level education	708	60.1	14.0	9.6	16.2
Just getting along, poor or very poor	427	53.0	15.5	11.9	19.6
Reasonably comfortable, very comfortable or prosperous	650	68.7	12.0	8.2	11.1

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

* Significance testing not conducted due to small base size

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

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

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

	Unweighted base ¹	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	1,090	61.9	13.4	9.8	14.9
Health and wellbeing indicators					
Self-reported health - Fair or poor	237	41.4	14.6	16.8	27.3
Self-reported health - Good, very good, or excellent	814	68.0	13.3	7.8	10.9
Life satisfaction - Low (0 to 4 out of 10)	109	44.5	18.8	10.9	25.8
Life satisfaction - Medium to very high (5+ out of 10)	927	64.5	12.6	9.8	13.1
Does not feel valued by society	220	44.3	16.9	13.8	25.0
Sometimes feel valued by society	466	71.4	10.3	6.9	11.5
Definitely feel valued by society	345	60.8	15.7	11.2	12.3
Meets fruit intake guidelines	505	67.5	13.1	6.8	12.6
Does not meet fruit intake guidelines	513	57.1	13.9	12.7	16.3
Meets vegetable intake guidelines	146	65.2	11.3	10.9	12.5
Does not meet vegetable intake guidelines	875	61.3	13.9	9.8	15.1
Drinks sugar-sweetened beverages daily	141	47.7	17.2	12.2	22.9
Drinks sugar-sweetened beverages less than daily	895	64.6	12.9	9.1	13.4
Meets water consumption guidelines	166	69.0	13.0	10.9	7.1
Does not meet water guidelines	850	59.9	13.7	10.0	16.5
Ran out of food and could not afford more	121	50.6	15.4	16.3	17.7
Have not run out of food	900	63.6	12.7	8.5	15.2
Requires help with daily activities	159	56.6	12.3	11.0	20.1
Does not require help	893	61.9	13.9	9.8	14.4

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

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

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

Amongst respondents aged 18 years and over, 17.0% were non-users of footpaths in their area. This proportion was higher amongst:

- Current smokers (28.1%), when compared to people who have never smoked (13.8%)
- Respondents who do not meet physical activity guidelines (23.4%), compared to those who do engage in sufficient physical activity (9.7%)

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	971	59.6	13.3	10.1	17.0
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	582	57.1	13.8	11.8	17.3
Normal range or underweight (BMI <25.0)	285	65.2	11.4	7.3	16.1
Meets physical activity guidelines	468	69.4	12.4	8.6	9.7
Does not meet physical activity guidelines / sedentary	430	49.6	14.7	12.4	23.4
Current smoker	103	43.0	12.2	16.6	28.1
Ex-smoker	342	62.6	13.7	7.1	16.6
Never smoked	475	62.5	13.0	10.7	13.8
Drinks alcohol every day	87	44.5	11.9	12.2	31.5
Drinks alcohol less often than daily	599	64.8	14.0	10.4	10.8
Does not drink alcohol	227	52.5	11.9	9.0	26.7
Had more than 4 standard drinks on a single occasion	440	61.1	16.1	10.3	12.6
Has not had more than 4 standard drinks	440	57.0	10.2	10.6	22.2

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

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

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

5.3. Off-road walking and cycling tracks user profile

Overall, 28.0% of Central Goldfields respondents aged 3 years and over reported being heavy (weekly or more often) users of off-road walking and cycling tracks, while 36.3% of Central Goldfields respondents reported being non-users of off-road walking and cycling tracks, meaning they use them less than once every three months or never.

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

- Female respondents aged 70 and over were more likely to be non-users (57.7%) than those aged 3 to 11 (22.6%), and 18 to 34 (33.3%)
- There were no significant differences in the proportions who do not use off-road walking and cycling tracks between male and female respondents, across males from different age groups or across the subregions

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (44.8%) compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (28.9%)
- Those who reported their general health was 'fair' or 'poor' (57.5%, compared to 30.4% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (53.0%, compared to 33.9% who recorded medium to very high life satisfaction)
- Those respondents that drink sugar-sweetened beverages daily (55.8%, compared to those who drink them less than daily (33.5%))


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

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

	Unweighted base ¹	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	926	28.0	23.3	12.5	36.3
Gender and age					
Males	380	29.4	24.8	12.9	32.9
Females	532	26.0	22.4	12.0	39.6
Males, 3 to 11*	25	40.0	24.0	16.0	20.0
Males, 12 to 17*	22	38.2	24.2	6.2	31.4
Males, 18 to 34	58	33.7	25.8	8.8	31.8
Males, 35 to 49	50	19.2	25.8	23.9	31.1
Males, 50 to 69	126	25.7	29.2	12.0	33.2
Males, 70+	98	33.1	14.6	8.9	43.5
Females, 3 to 11*	31	29.0	35.5	12.9	22.6
Females, 12 to 17*	26	25.7	29.1	17.6	27.7
Females, 18 to 34	90	28.9	30.3	7.5	33.3
Females, 35 to 49	100	22.8	25.6	16.0	35.6
Females, 50 to 69	188	23.3	16.8	12.7	47.3
Females, 70+	95	32.3	3.6	6.5	57.7
Subregion					
Maryborough	758	27.2	23.2	13.2	36.4
Central Goldfields - excluding Maryborough	113	32.1	21.8	4.9	41.2
Demographic indicators					
Born in Australia	827	28.4	24.9	12.7	34.0
Born overseas	83	22.4	11.6	9.4	56.7
Speaks English as main language	892	27.8	23.5	12.4	36.3
Speaks other main language*	10	26.1	21.4	0.0	52.5
Aboriginal and/or Torres Strait Islander*	10	13.8	9.3	0.0	76.9
Not Aboriginal or Torres Strait Islander	896	28.1	24.0	12.5	35.5
Identifies as LGBTQIA+*	21	39.7	10.6	12.1	37.6
Non-LGBTQIA+	706	26.1	22.7	12.3	38.9
Holds a Bachelor degree or higher	242	30.0	37.5	9.8	22.7
Less than Bachelor level education	600	27.9	22.9	12.5	36.7
Just getting along, poor or very poor	377	26.2	17.9	11.2	44.8
Reasonably comfortable, very comfortable or prosperous	542	29.3	28.1	13.7	28.9

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

* Significance testing not conducted due to small base size

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




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

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

	Unweighted base ¹	Heavy Once a week or more often	Medium 1 to 3 times a month	Light 1 or 2 times in the last 3 months	Non-user Less often / never
	n	%	%	%	%
Total sample	926	28.0	23.3	12.5	36.3
Health and wellbeing indicators					
Self-reported health - Fair or poor	183	14.5	13.7	14.2	57.5
Self-reported health - Good, very good, or excellent	708	30.6	26.7	12.3	30.4
Life satisfaction - Low (0 to 4 out of 10)	96	21.3	15.2	10.5	53.0
Life satisfaction - Medium to very high (5+ out of 10)	785	28.0	25.0	13.1	33.9
Does not feel valued by society	193	18.8	20.9	10.0	50.3
Sometimes feel valued by society	387	29.1	24.0	14.4	32.5
Definitely feel valued by society	299	31.8	25.0	12.4	30.8
Meets fruit intake guidelines	421	35.1	23.1	11.3	30.5
Does not meet fruit intake guidelines	448	20.1	24.4	14.5	41.0
Meets vegetable intake guidelines	116	33.6	20.1	10.0	36.3
Does not meet vegetable intake guidelines	756	26.3	24.3	13.4	36.0
Drinks sugar-sweetened beverages daily	115	11.1	18.6	14.5	55.8
Drinks sugar-sweetened beverages less than daily	768	29.9	24.5	12.1	33.5
Meets water consumption guidelines	147	35.2	26.0	13.8	25.0
Does not meet water guidelines	723	25.2	23.3	12.7	38.7
Ran out of food and could not afford more	114	20.3	20.6	9.7	49.3
Have not run out of food	760	29.5	23.5	12.6	34.4
Requires help with daily activities	125	30.6	14.7	11.5	43.2
Does not require help	769	26.1	24.6	12.9	36.4

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


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


Overall, 38.8% of respondents aged 18 years and over were non-users of off-road walking and cycling tracks. Adults were more likely to be non-users if they do not meet physical activity guidelines (52.8%, compared to 25.2% of those who meet the guidelines) or if they were current smokers (54.2%, compared to 33.8% of those who never smoked).

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	816	26.8	22.3	12.2	38.8
Health and wellbeing indicators					
Overweight or obese (BMI ≥25.0)	482	22.5	22.0	13.2	42.3
Normal range or underweight (BMI <25.0)	250	33.0	25.3	10.5	31.2
Meets physical activity guidelines	401	33.4	28.1	13.3	25.2
Does not meet physical activity guidelines / sedentary	357	18.6	17.5	11.2	52.8
Current smoker	93	25.7	13.7	6.4	54.2
Ex-smoker	286	24.9	22.1	14.2	38.9
Never smoked	393	27.3	25.4	13.6	33.8
Drinks alcohol every day	77	17.6	16.3	15.3	50.8
Drinks alcohol less often than daily	510	27.5	27.2	14.2	31.1
Does not drink alcohol	182	26.9	9.9	6.5	56.7
Had more than 4 standard drinks on a single occasion	395	26.4	29.2	14.7	29.7
Has not had more than 4 standard drinks	347	24.2	13.1	10.0	52.8

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

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

5.4. Other public facility and open space use

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

Of the other types of public facilities and open spaces listed, parks were the most commonly used with approximately three-quarters of respondents (76.3%) having used these facilities. Over half of all respondents had used sports grounds, ovals and clubrooms (56.2%), while halls or community centres (44.8%) and community gardens (42.8%) 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)	979	600	300	79
Parks	76.3	81.3	72.8	49.9
Sports grounds, ovals and clubrooms	56.2	66.5	45.1	18.4
Swimming pools / splash parks	42.6	48.0	36.0	25.7
Community gardens	42.8	46.0	39.7	29.6
Indoor sports / leisure / fitness centres	40.8	48.9	29.7	19.2
Halls / community centres	44.8	49.7	38.4	30.6
Hard courts (e.g. netball / tennis)	23.8	30.6	13.2	11.1
After hours usage of education facilities	10.4	13.8	5.7	2.3
Skateparks / BMX	11.6	15.5	5.5	4.8
Playgrounds*	21.8	24.6	20.4	5.8
Other	14.6	15.5	14.8	6.6

* Category not included in the paper version meaning base is all online respondents to this question (n=1,169).

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

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

- Females were more likely to use swimming pools or splash parks
- Children and young people (under 18 years of age) were more likely to use most of the facilities, except community gardens when compared to people aged 70 years and over

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	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	996	75.7	55.9	42.6	42.3	40.3	44.4	23.8	10.4	11.5	21.5
Gender and age											
Males	399	73.3	60.5	36.6	38.4	39.0	40.4	23.0	9.3	12.2	17.4
Females	584	78.6	52.3	47.9	46.7	42.1	48.7	25.1	11.4	11.0	25.8
3 to 11	58	89.6	81.3	85.6	39.1	59.9	57.3	50.0	16.4	50.0	61.8
12 to 17	52	69.8	83.5	69.7	47.4	68.8	49.2	54.6	27.6	15.7	22.9
18 to 34	141	79.4	68.7	45.8	48.4	58.5	33.2	36.0	18.2	9.5	27.6
35 to 49	138	87.4	69.1	53.3	52.6	49.7	46.2	30.1	13.2	16.2	30.8
50 to 69	340	77.3	46.0	30.4	43.0	26.0	46.6	12.1	4.9	2.4	11.2
70+	259	54.3	26.2	14.6	27.9	19.7	40.7	1.2	0.6	0.5	2.2
Subregion											
Maryborough	826	76.8	57.1	41.5	42.9	40.4	42.7	24.6	9.1	11.4	20.2
Central Goldfields - excluding Maryborough	111	62.2	43.3	48.2	32.1	35.6	62.7	22.4	15.1	12.6	22.2

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

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

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

	Unweighted base ¹	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres	Halls / community centres	Hard courts (e.g. netball / tennis)	After hours usage of education facilities	Skateparks / BMX	Playgrounds*
	n	%	%	%	%	%	%	%	%	%	%
Total sample	996	75.7	55.9	42.6	42.3	40.3	44.4	23.8	10.4	11.5	21.5
Demographic indicators											
Born in Australia	889	76.6	60.1	43.0	42.2	43.2	44.9	26.1	11.5	12.2	22.0
Born overseas	89	72.3	23.7	35.5	50.0	19.0	43.1	5.5	0.9	7.0	20.5
Speaks English as main language*	959	76.5	56.8	42.7	42.8	41.2	45.5	24.5	10.8	11.9	22.0
Speaks other main language	14	60.9	28.3	30.3	48.2	24.2	24.3	1.4	0.0	4.0	21.7
Aboriginal and/or Torres Strait Islander	9	80.8	47.3	54.8	9.5	9.5	14.6	9.5	0.0	9.5	9.5
Not Aboriginal or Torres Strait Islander	961	76.9	57.0	42.5	43.8	41.5	45.4	24.6	10.9	11.8	22.3
Identifies as LGBTQIA+	22	94.6	34.1	63.9	52.4	49.8	46.6	7.6	2.0	7.0	34.4
Non-LGBTQIA+	736	76.4	52.6	33.9	44.2	37.2	42.9	19.5	8.8	6.6	18.2
Holds a Bachelor degree or higher	260	85.4	58.1	47.8	49.7	49.0	49.7	29.3	16.5	6.0	23.5
Less than Bachelor level education	639	75.5	57.5	43.4	42.6	41.9	44.3	25.1	10.5	12.9	23.4
Just getting along, poor or very poor	368	73.0	49.8	44.3	42.2	37.2	34.2	20.1	9.7	10.8	23.7
Reasonably comfortable, very comfortable or prosperous	617	77.8	60.4	41.6	42.9	42.7	52.2	26.5	11.1	12.1	20.3

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

* Significance testing not conducted due to small base size

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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 Central Goldfields 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	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres
	n	%	%	%	%	%
Total sample	996	75.7	55.9	42.6	42.3	40.3
Health and wellbeing indicators						
Self-reported health - Fair or poor	187	67.6	38.8	32.1	43.1	24.8
Self-reported health - Good, very good, or excellent	777	78.7	60.4	44.6	42.6	44.1
Life satisfaction - Low (0 to 4 out of 10)	85	66.3	36.8	35.7	37.4	25.1
Life satisfaction - Medium to very high (5+ out of 10)	870	77.5	57.8	42.3	43.4	41.8
Does not feel valued by society	181	72.7	45.9	34.6	38.6	31.2
Sometimes feel valued by society	432	77.0	54.8	42.5	45.0	43.7
Definitely feel valued by society	335	77.6	62.7	44.5	44.1	40.0
Meets fruit intake guidelines	481	75.0	56.1	44.8	43.3	42.7
Does not meet fruit intake guidelines	460	77.3	55.8	38.6	42.8	37.8
Meets vegetable intake guidelines	145	76.8	52.5	44.9	51.1	45.6
Does not meet vegetable intake guidelines	795	77.1	56.5	41.6	41.8	39.5
Drinks sugar-sweetened beverages daily	117	74.7	53.2	36.1	36.4	33.2
Drinks sugar-sweetened beverages less than daily	832	76.9	56.3	43.1	44.0	41.3
Meets water consumption guidelines	157	83.6	67.4	49.7	53.3	54.5
Drink sugar-sweetened beverages less than daily	779	74.3	53.5	40.0	40.9	36.9
Ran out of food and could not afford more	104	79.7	57.4	52.5	37.1	48.2
Have not run out of food	820	75.7	55.3	43.3	42.8	40.3
Requires help with daily activities	139	69.1	42.8	48.8	33.7	37.0
Does not require help	825	76.9	58.9	41.2	45.0	40.7

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

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

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

Amongst respondents aged 18 years and over, respondents who meet physical activity guidelines were more likely to use sports grounds, ovals and clubrooms, and indoor sports / leisure / fitness centres, when compared to those who do not engage in sufficient physical activity. Full differences are shown below in Table 5.4.5.

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

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

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

	Unweighted base	Parks	Sports grounds, ovals and clubrooms	Swimming pools / splash parks	Community gardens	Indoor sports / leisure / fitness centres
	n	%	%	%	%	%
Total sample	878	74.7	50.6	34.4	42.6	35.6
Health and wellbeing indicators						
Overweight or obese (BMI ≥ 25.0)	527	76.2	51.5	35.9	41.9	35.2
Normal range or underweight (BMI < 25.0)	262	73.9	51.8	33.0	44.4	39.2
Meets physical activity guidelines	474	78.9	57.7	36.9	45.2	40.8
Does not meet physical activity guidelines / sedentary	347	69.7	43.0	32.1	39.4	29.7
Current smoker	79	69.9	48.9	33.1	34.2	29.3
Ex-smoker	326	76.3	48.2	31.0	44.5	31.5
Never smoked	434	74.7	52.9	36.7	42.9	39.2
Drinks alcohol every day	80	69.1	52.0	25.9	27.5	25.7
Drinks alcohol less often than daily	556	79.0	56.4	37.6	46.5	38.4
Does not drink alcohol	195	64.9	32.0	26.8	36.7	27.9
Had more than 4 standard drinks on a single occasion	405	78.8	61.2	38.1	44.7	39.9
Has not had more than 4 standard drinks	390	70.7	37.2	29.4	39.7	29.3

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

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

5.5. Reasons for using public facilities or opens spaces

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

The top three reasons for use of public facilities and open spaces were each selected by over half of all respondents: exercise or health and fitness (62.0%), socialising with family or friends (57.6%), and for fun or enjoyment (54.8%). Other main reasons were to participate in unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends) (46.9%), for time to myself (33.3%), exercising the dog (33.2%), and organised sport (e.g. cricket or netball for a club) (31.8%).

Full data from comparable demographic subgroups is available in Tables 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)	996	606	312	78
Exercise / health and fitness	62.0	72.1	49.1	35.4
Socialising with family / friends	57.6	61.2	55.0	41.0
For fun / enjoyment	54.8	61.2	49.9	25.9
Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends)	46.9	55.4	36.8	21.7
Exercising the dog	33.2	38.3	25.3	25.4
For time to myself	33.3	38.9	25.2	22.1
Organised sport (e.g. cricket or netball for a club)	31.8	38.4	24.2	10.7
Getting back to nature	23.8	28.4	17.4	13.9
Commuting (i.e. to get from a to b)	21.5	23.5	19.5	15.2
Some other reason	6.4	5.5	7.1	9.6

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

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

	Unweighted base ¹	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog	For time to myself	Organised sport (e.g. cricket or netball for a club)	Getting back to nature	Commuting (i.e. to get from a to b)
	n	%	%	%	%	%	%	%	%	%
Total sample	1,010	61.8	57.4	54.7	46.7	33.2	33.3	31.9	23.8	21.8
Gender and age										
Males	411	58.7	54.2	52.2	44.8	33.1	31.1	34.8	21.6	22.4
Females	587	65.4	60.9	57.9	49.2	33.4	35.7	29.2	26.2	20.6
3 to 11	57	45.3	78.3	91.3	78.3	22.9	8.7	58.5	24.5	21.0
12 to 17	51	68.7	71.3	80.4	48.8	30.2	40.7	68.7	16.7	26.0
18 to 34	141	72.1	67.2	65.6	50.8	48.1	37.9	42.7	17.1	25.3
35 to 49	143	67.5	61.2	61.7	54.3	28.0	40.2	47.1	23.3	26.4
50 to 69	350	61.0	55.4	43.9	42.2	36.0	39.7	15.8	28.6	20.8
70+	266	57.5	33.0	28.9	26.9	27.1	23.7	8.9	24.1	14.6
Subregion										
Maryborough	839	63.2	58.2	52.9	47.5	33.2	33.0	32.0	22.3	23.0
Central Goldfields - excluding Maryborough	110	52.0	54.5	62.6	40.4	33.3	33.4	28.7	31.6	9.8

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

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

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

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

	Unweighted base ¹	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog	For time to myself	Organised sport (e.g. cricket or netball for a club)	Getting back to nature	Commuting (i.e. to get from a to b)
	n	%	%	%	%	%	%	%	%	%
Total sample	1,010	61.8	57.4	54.7	46.7	33.2	33.3	31.9	23.8	21.8
Demographic indicators										
Born in Australia	903	63.2	60.1	56.0	49.0	35.0	33.6	33.9	23.9	22.6
Born overseas	93	54.3	36.8	43.8	27.8	20.4	29.1	12.9	25.2	12.6
Speaks English as main language	976	62.2	58.5	55.3	47.4	34.0	33.5	31.7	23.4	21.5
Speaks other main language*	13	57.2	4.3	53.5	24.2	6.7	39.2	33.3	29.9	4.3
Aboriginal and/or Torres Strait Islander*	11	30.6	23.4	65.6	44.4	6.7	16.7	21.0	42.5	10.9
Not Aboriginal or Torres Strait Islander	977	62.8	58.1	55.5	47.4	34.2	33.9	32.3	23.4	21.5
Identifies as LGBTQIA+*	24	32.6	61.9	42.7	19.5	28.4	40.3	36.1	21.2	31.8
Non-LGBTQIA+	751	65.2	54.7	50.8	45.1	35.9	36.1	26.2	25.3	22.1
Holds a Bachelor degree or higher	262	80.1	55.9	70.4	63.9	41.4	47.6	33.5	34.9	27.0
Less than Bachelor level education	644	61.6	59.3	54.8	47.0	33.0	31.9	33.3	22.6	20.8
Just getting along, poor or very poor	370	52.5	53.8	52.4	41.9	27.4	34.4	26.5	24.7	23.3
Reasonably comfortable, very comfortable or prosperous	630	68.9	60.2	56.5	50.2	38.1	31.6	35.9	23.2	20.8

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

* Significance testing not conducted due to small base size

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


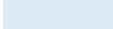
Blue shaded cells indicate a significantly lower result compared to purple shaded cells (at 99% confidence level)

Respondents were 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	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	1,010	61.8	57.4	54.7	46.7	33.2	33.3	31.9	23.8	21.8
Facility type										
Parks	743	66.5	65.9	64.1	54.3	35.3	37.6	35.1	27.5	24.6
Sports grounds, ovals and clubrooms	501	69.1	67.6	69.4	58.6	40.1	38.7	54.1	24.7	25.6
Swimming pools / splash parks	370	69.8	70.4	72.1	60.8	29.7	32.0	43.8	27.6	27.8
Community gardens	418	70.3	69.4	68.3	60.0	37.4	41.7	31.3	29.5	28.6
Indoor sports / leisure / fitness centres	374	78.6	70.6	73.3	61.8	36.1	39.4	55.1	26.3	31.7
Halls / community centres	437	69.8	71.7	66.6	60.3	37.3	39.5	41.1	30.5	30.2
Hard courts (e.g. netball / tennis)	92	83.2	77.1	81.6	71.9	44.2	41.0	77.7	27.8	28.5
After hours usage of education facilities	198	72.1	77.0	76.3	69.1	40.3	35.5	54.8	26.1	41.0
Skateparks / BMX	81	62.9	82.5	82.2	70.9	28.9	22.2	62.7	29.3	29.1
Playgrounds*	187	52.7	74.2	78.2	66.7	30.4	27.6	56.9	27.8	26.6
Other	128	61.7	59.7	66.3	54.9	37.7	45.7	27.0	44.5	16.9

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

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

For the top five reasons 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	1,010	61.8	57.4	54.7	46.7	33.2
Health and wellbeing indicators						
Self-reported health - Fair or poor	193	45.7	48.2	39.2	26.2	23.1
Self-reported health - Good, very good, or excellent	790	66.4	60.4	58.6	52.2	36.1
Life satisfaction - Low (0 to 4 out of 10)	85	43.6	41.5	42.2	37.6	27.5
Life satisfaction - Medium to very high (5+ out of 10)	890	64.1	59.2	56.0	47.9	34.1
Does not feel valued by society	183	50.3	48.6	46.6	34.1	30.0
Sometimes feel valued by society	446	64.7	59.8	58.0	51.0	35.0
Definitely feel valued by society	338	66.2	59.5	54.4	48.3	32.9
Meets fruit intake guidelines	484	65.0	58.7	56.2	52.1	32.5
Does not meet fruit intake guidelines	476	59.2	56.7	53.1	42.0	35.2
Meets vegetable intake guidelines	145	60.4	55.2	61.3	56.2	39.9
Does not meet vegetable intake guidelines	813	62.5	58.4	54.0	45.5	33.2
Drinks sugar-sweetened beverages daily	118	43.9	51.8	46.1	36.6	28.6
Drinks sugar-sweetened beverages less than daily	850	65.3	58.3	56.4	48.7	34.6
Meets water consumption guidelines	161	69.9	64.1	62.1	51.2	42.5
Drink sugar-sweetened beverages less than daily	795	60.5	55.8	52.6	45.5	32.1
Ran out of food and could not afford more	106	51.4	63.2	59.6	49.5	25.8
Have not run out of food	828	63.0	56.8	54.9	46.8	33.3
Requires help with daily activities	140	44.2	57.1	50.9	44.7	26.1
Does not require help	839	64.5	57.4	55.6	47.8	35.1

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

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

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

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

	Unweighted base	Exercise / health and fitness	Socialising with family / friends	For fun / enjoyment	Unstructured physical recreation activities	Exercising the dog
	n	%	%	%	%	%
Total sample	900	63.6	53.8	48.1	42.8	34.8
Health and wellbeing indicators						
Overweight or obese (BMI ≥25.0)	541	63.4	52.2	47.5	41.6	35.1
Normal range or underweight (BMI <25.0)	271	67.3	56.4	52.9	47.4	39.1
Meets physical activity guidelines	476	76.4	59.4	57.3	50.2	37.8
Does not meet physical activity guidelines / sedentary	368	49.4	47.1	37.1	33.7	33.0
Current smoker	82	36.3	51.0	37.7	34.4	24.3
Ex-smoker	328	65.6	53.2	46.1	45.0	36.8
Never smoked	447	69.3	54.8	50.5	43.0	37.6
Drinks alcohol every day	82	51.2	48.2	48.0	39.5	31.9
Drinks alcohol less often than daily	573	67.0	56.8	49.9	45.0	38.9
Does not drink alcohol	196	57.3	45.7	40.2	36.0	26.3
Had more than 4 standard drinks on a single occasion	419	64.5	58.8	52.0	47.0	39.0
Has not had more than 4 standard drinks	394	60.8	48.2	41.4	36.0	30.1

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

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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, 37.7% of respondents from Central Goldfields 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 provides for the associated theme due to respondents having provided multiple improvement suggestions under the same category (or theme).

Of all the themes that emerged, suggestions most commonly related to **walking tracks and footpaths**. Approximately one-quarter of all respondents who provided suggestions (27.1%) 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** – 23.9% would like to see more or better exercise equipment and facilities in the area including outdoor exercise equipment, sports fields and facilities, swimming pools, etc
- **Bicycle tracks / lanes and skate facilities** – 8.9% 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** – 11.5% sought more or new toilet facilities, improved existing toilet facilities, more or better changerooms and showers, and improved disability access to toilets
- **Lighting** – 13.6% suggested better lighting on the streets, tracks and trails and at facilities in the area

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

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

Theme	%	Detailed suggestion	%
Unweighted base (n) ¹	443		443
Walking tracks / footpaths	27.1	Provide / extend footpaths / connect to open spaces	8.0
		Provide new / more / connected walking tracks / paths	3.4
		Improve existing walking tracks / paths	4.4
		Improve footpaths	9.2
		Other footpaths NFI	2.2
Exercise equipment (including sporting fields / facilities)	23.9	Exercise equipment (including sporting fields / facilities)	23.9
Bicycle tracks / lanes and skate facilities	8.9	Provide new / more / connected bicycle tracks	3.7
		Other bicycle tracks NFI	0.8
		Improve existing bicycle tracks	1.1
		Provide / improve skate facilities, including ramps	3.0
		Provide / extend / connect bike lanes	0.3
Toilets / change rooms	11.5	Provide more / new toilets	2.8
		Improve existing toilets	1.9
		Other toilets NFI	2.1
		Provide / improve changerooms showers	4.3
		Disabled access to toilets	0.5
Lighting	13.6	Lighting	13.6
Safety measures / restrictions (including dogs on leashes)	4.9	Safety measures / restrictions (including dogs on leashes)	4.9
Bins / rubbish collection / clean environment	7.5	Environmental cleanup / cleanliness	3.9
		Provide new / more bins	1.0
		Improve existing bins	0.0
		Other bins / rubbish NFI	1.0
Accessibility	4.8	Parks / facilities closer to my home / more accessible	3.9
		Disability access	0.9
Playgrounds	5.2	Improve existing playgrounds	3.8
		Provide more / new playgrounds	1.0
		Other playgrounds NFI	0.5
Cover / shade / shelter	4.3	Cover / shade / shelter	4.3
Dog friendly areas	3.7	Dog friendly areas	3.7
More / better facilities	3.4	More / better facilities NFI	3.4
Maintenance / management of spaces and facilities	4.0	Maintenance / management of spaces and facilities	4.0
Seating	2.5	Seating	2.5
Drinking fountains	1.4	Drinking fountains	1.4
More / better vegetation / trees / gardens	1.6	More / better vegetation / trees / gardens	1.6
Improve signage / maps / communication	2.6	Signage / maps / more communication / awareness	2.6

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

* NFI = No further information provided

5.7. Improvements by suburb

The proportion of respondents from Central Goldfields who offered improvement suggestions was highest amongst respondents from the following suburbs (reflecting population and response sizes): Maryborough, Dunolly, Carisbrook, Alma, And Talbot.

Walking tracks and footpath improvements were amongst the main suggestions provided across all suburbs except Carisbrook. This was followed by exercise equipment improvements, which was amongst the top mentions for all suburbs except Talbot. The other common mentions for each suburb were:

- Lighting (12.8%) and bins or rubbish collection (8.4%) among respondents from Maryborough
- Cover, shade or shelter (11.3%) and accessibility (10.7%) among respondents from Dunolly
- BBQs or picnic areas (21.9%) and toilets or change rooms (20.0%) among respondents from Carisbrook
- Bicycle tracks or lanes and skate facilities (24.9%) and maintenance or management of spaces and facilities (24.9%) among respondents from Alma
- Toilets or change rooms (29.3%) and lighting (28.3%) among respondents from Talbot

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	Maryborough	Dunolly	Carisbrook	Alma	Talbot
	%	%	%	%	%	%
Unweighted base (n)¹	354	262	24	15	6	6
Walking tracks / footpaths	25.8	26.9	31.9	11.9	58.1	36.5
Exercise equipment (including sporting fields / facilities)	24.8	23.3	31.1	39.9	24.9	5.9
Bicycle tracks / lanes and skate facilities	8.1	6.2	9.8	22.5	24.9	14.8
Toilets / change rooms	8.2	7.3	3.8	20.0	0.0	29.3
Lighting	12.7	12.8	9.4	13.5	0.0	28.3
Safety measures / restrictions (including dogs on leashes)	4.7	4.2	0.0	8.8	0.0	14.8
Bins / rubbish collection / clean environment	7.6	8.4	0.0	0.0	0.0	0.0
Accessibility	4.8	3.9	10.7	8.8	2.5	0.0
Playgrounds	5.3	6.3	0.0	0.0	22.1	0.0
Cover / shade / shelter	4.5	4.5	11.7	0.0	0.0	0.0
Dog friendly areas	3.5	3.6	2.9	10.0	0.0	0.0
More / better facilities NFI	3.3	2.0	13.7	18.1	0.0	0.0
Maintenance / management of spaces and facilities	3.6	3.4	0.0	8.8	24.9	0.0
Seating	3.1	3.3	2.7	0.0	0.0	0.0
Drinking fountains	1.4	0.8	2.7	1.7	0.0	21.7
More / better vegetation / trees / gardens	1.5	1.7	2.7	0.0	0.0	0.0
Improve signage / maps / communication	2.4	1.3	8.1	0.0	0.0	0.0
Events programming / activities	1.0	1.1	0.5	0.0	0.0	0.0
Free activities / no charges for use	1.8	1.9	0.0	0.0	0.0	0.0
BBQs / picnic areas	3.2	2.2	6.9	21.9	0.0	0.0
Parking	0.0	0.0	0.0	0.0	0.0	0.0
Fencing	2.4	2.1	0.0	8.8	17.2	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	3.1	2.0	5.6	0.0	0.0	0.0

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

* NFI = No further information provided

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

6. Participation in physical recreation activities

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

While 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 on 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 Central Goldfields 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 Maryborough Sports and Leisure Centre (8.3%) and Princes Park (5.5%). Of these two facilities, Princes Park was used by people who participate in the associated activity more frequently (70.1% were heavy users). Amongst those who had participated in activities at Maryborough Sports and Leisure Centre, 64.3% were heavy users. People who use the following venues for their main activity were more likely to be heavy users of the facility: Dunolly Bowling Club (100.0%) and Maryborough VRI Croquet Club (89.8%).

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

- Lake Victoria (36.3%)
- Cairn Curran Reservoir (35.2%)
- Paddy Ranges (28.3%)

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

Table 6.1.1 Main recreational facilities used by frequency of activity

	Unweighted base ¹	Heavy Once a week or more often	Medium 1 to 3 times a month	Light Less than once a month
	n	%	%	%
All activities	2,116	60.9	26.4	12.6
Maryborough Sports & Leisure Centre, Maryborough	170	64.3	24.9	10.8
Princes Park, Maryborough	96	70.1	20.6	9.2
Maryborough Golf and Bowling Club, Maryborough	62	55.1	22.1	22.8
Lake Victoria, Maryborough	36	44.6	19.1	36.3
Goldfields Reservoir, Maryborough	30	54.8	22.9	22.3
Hedges Oval, Maryborough	29	77.8	13.9	8.3
Maryborough Highland Society, Maryborough	23	58.7	24.1	17.2
Carisbrook Recreation Reserve, Carisbrook	19	87.2	1.5	11.3
Cairn Curran Reservoir, Baringhup	18	16.3	48.5	35.2
Maryborough Lawn Tennis Courts, Maryborough	17	25.1	53.3	21.7
Maryborough Netball, Maryborough	14	88.3	11.7	0.0
Maryborough Senior Citizens Club, Maryborough	14	63.0	29.0	8.1
Jubilee Oval, Maryborough	13	73.9	18.6	7.6
Paddy Ranges, Maryborough	12	10.1	61.6	28.3
Maryborough VRI Croquet Club, Maryborough	11	89.8	6.3	3.9
Dunolly Bowling Club, Dunolly	9	100.0	0.0	0.0
Jack Pascoe Reserve, Maryborough	10	80.0	13.2	6.8
Maryborough Town Hall, Maryborough	10	77.9	22.2	0.0
No Limits 24/7 Health Clubs, Maryborough	10	43.8	42.0	14.2
Maryborough Education Centre, Maryborough	9	60.0	40.0	0.0

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

6.2. Participation in physical recreational activity

All respondents were asked to list up to four activities they had participated in over the past 12 months. Overall, 85.0% reported participating in at least one activity (15.0% responded that they had not participated in any activities). Just over one fifth of respondents (21.0%) 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.

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

- Female respondents aged 70 years and over (23.1%), when compared to those aged 3 to 11 years (3.1%)
- There were no significant differences in participation between males and females or males of different ages or across the subregions

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (22.0%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (9.3%)
- Those who reported their general health was 'fair' or 'poor' (32.8%, compared to 9.8% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (35.3%, compared to 12.2% who recorded medium to very high life satisfaction)
- Those respondents that drink sugar-sweetened beverages daily (24.0%, compared to those who drink them less than daily (13.0%))

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

Table 6.2.1 Number of physical recreational activities by demographic indicators

	Unweighted base ¹ n	None %	One %	Two %	Three %	Four or more %
Total sample	1,089	15.0	28.3	21.2	14.5	21.0
Gender and age						
Males	447	15.3	27.7	23.3	13.9	19.8
Females	629	14.3	28.0	19.6	15.5	22.6
Males, 3 to 11*	27	7.4	18.5	14.8	18.5	40.7
Males, 12 to 17*	26	13.9	19.9	11.9	21.9	32.4
Males, 18 to 34	59	7.9	19.9	38.8	17.2	16.3
Males, 35 to 49	51	17.0	23.7	28.8	10.3	20.3
Males, 50 to 69	144	15.5	29.0	22.5	13.1	19.9
Males, 70+	139	22.9	42.2	17.0	10.5	7.5
Females, 3 to 11	32	3.1	15.6	15.6	9.4	56.3
Females, 12 to 17*	28	0.0	22.0	26.8	42.1	9.2
Females, 18 to 34	90	9.3	21.3	21.6	21.7	26.1
Females, 35 to 49	105	17.7	21.6	19.1	11.5	30.1
Females, 50 to 69	225	16.0	32.7	18.9	13.4	19.1
Females, 70+	148	23.1	42.2	19.6	12.2	2.8
Subregion						
Maryborough	900	14.4	29.9	21.4	14.6	19.7
Central Goldfields - excluding Maryborough	129	22.4	20.6	20.2	11.7	25.2
Demographic indicators						
Born in Australia	977	14.1	26.5	21.4	15.7	22.3
Born overseas	97	21.9	41.8	18.0	6.0	12.4
Speaks English as main language	1,052	15.0	27.4	20.6	15.1	21.9
Speaks other main language*	13	4.3	63.9	27.1	4.7	0.0
Aboriginal and/or Torres Strait Islander*	15	34.0	32.7	14.3	3.4	15.7
Not Aboriginal or Torres Strait Islander	1,046	14.3	27.8	21.2	15.1	21.7
Identifies as LGBTQIA+*	26	25.1	25.2	26.9	10.1	12.7
Non-LGBTQIA+	811	14.9	27.8	23.3	14.3	19.8
Holds a Bachelor degree or higher	266	3.0	25.8	23.3	20.3	27.6
Less than Bachelor level education	707	14.1	27.9	21.1	14.5	22.4
Just getting along, poor or very poor	425	22.0	29.9	18.8	12.9	16.5
Reasonably comfortable, very comfortable or prosperous	652	9.3	25.9	23.4	16.2	25.1

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

* Significance testing not conducted due to small base size

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

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

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

	Unweighted base ¹ n	None %	One %	Two %	Three %	Four or more %
Total sample	1,089	15.0	28.3	21.2	14.5	21.0
Health and wellbeing indicators						
Self-reported health - Fair or poor	234	32.8	30.9	19.6	7.9	8.8
Self-reported health - Good, very good, or excellent	834	9.8	26.7	22.1	16.6	24.8
Life satisfaction - Low (0 to 4 out of 10)	109	35.3	25.7	14.7	6.1	18.2
Life satisfaction - Medium to very high (5+ out of 10)	946	12.2	28.2	22.2	15.7	21.7
Does not feel valued by society	226	28.4	32.3	19.2	9.1	11.0
Sometimes feel valued by society	467	12.9	26.5	21.7	14.6	24.3
Definitely feel valued by society	359	7.0	26.5	23.5	19.5	23.5
Meets fruit intake guidelines	513	11.4	25.9	20.4	16.7	25.7
Does not meet fruit intake guidelines	526	17.4	29.8	23.0	13.3	16.5
Meets vegetable intake guidelines	154	8.5	29.0	19.8	14.8	27.9
Does not meet vegetable intake guidelines	886	15.7	27.2	22.1	15.0	20.0
Drinks sugar-sweetened beverages daily	139	24.0	33.1	22.0	10.9	10.0
Drinks sugar-sweetened beverages less than daily	910	13.0	27.8	21.0	15.4	22.7
Meets water consumption guidelines	165	4.5	18.8	24.1	18.4	34.2
Does not meet water guidelines	870	16.4	29.8	21.6	14.0	18.3
Ran out of food and could not afford more	120	17.6	24.8	20.4	8.7	28.4
Have not run out of food	895	14.6	28.2	20.2	16.2	20.9
Requires help with daily activities	161	21.5	30.2	12.5	16.1	19.7
Does not require help	895	14.2	27.2	22.4	14.5	21.8

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

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

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

For Central Goldfields respondents aged 18 years and over in the 2019 ALC, 16.6% had not participated in any activities. This proportion was higher amongst:

- Respondents who do not meet physical activity guidelines (25.6%), compared to those who do engage in sufficient physical activity (6.5%).

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

	Unweighted base ¹	None	One	Two	Three	Four or more
	n	%	%	%	%	%
Total sample	970	16.6	29.9	22.2	13.4	17.9
Health and wellbeing indicators						
Overweight or obese (BMI ≥25.0)	585	16.1	28.8	23.5	14.7	17.0
Normal range or underweight (BMI <25.0)	299	17.0	29.5	20.6	12.3	20.6
Meets physical activity guidelines	482	6.5	25.4	24.7	16.1	27.3
Does not meet physical activity guidelines / sedentary	429	25.6	35.7	19.6	10.9	8.3
Current smoker	100	24.9	31.5	22.8	5.7	15.2
Ex-smoker	354	15.5	32.6	16.4	14.3	21.2
Never smoked	479	14.8	27.8	26.5	15.0	16.0
Drinks alcohol every day	95	21.3	42.2	20.1	4.6	11.8
Drinks alcohol less often than daily	607	13.6	25.4	22.7	16.6	21.8
Does not drink alcohol	227	23.7	38.3	21.7	8.1	8.3
Had more than 4 standard drinks on a single occasion	449	13.4	25.7	23.4	15.3	22.3
Has not had more than 4 standard drinks	443	21.1	34.4	21.0	11.7	11.8

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

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

6.3. Activity overview

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

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

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

Of the activities respondents from Central Goldfields had participated in, the five most commonly mentioned included:

- Walking – 22.1%
- Swimming – 7.2%
- Bush walking / hiking – 6.3%
- Active play (at playgrounds / playcentre) – 5.9%
- Fitness: gym – 5.1%

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 levels included: fitness activities including outdoor fitness, personal training or group activities (87.3%), basketball (84.8%), netball (84.7%), gym-based fitness activities (81.7%), and dancing, ballet or calisthenics (81.6%).

Activities with high proportions of 'light' participation were fishing (40.7%), lawn bowls (29.6%), and golf (24.0%).

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

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

Table 6.3.1 Activities by frequency of participation

	Unweighted base ¹	Heavy	Medium	Light
	n	Once a week or more often %	1 to 3 times a month %	Less than once a month %
All activities	2,116	60.9	26.4	12.6
Walking	514	73.6	19.1	7.3
Swimming	145	47.5	31.6	20.9
Bush walking / Hiking	153	47.1	40.9	11.9
Active play (at playgrounds / play centre)	102	60.8	34.1	5.1
Fitness: Gym	115	81.7	12.7	5.6
Australian Rules football	55	76.8	15.7	7.6
Netball (indoor/ outdoor)	67	84.7	9.7	5.7
Cycling: General cycling for recreation or transport	77	34.3	46.5	19.3
Fishing	60	9.7	49.6	40.7
Golf	63	42.5	33.5	24.0
Basketball (Indoor/Outdoor)	36	84.8	15.2	0.0
Jogging / Running	47	58.1	37.4	4.5
Dancing / Ballet / Calisthenics	40	81.6	15.8	2.5
Cricket (all types)	26	58.9	38.0	3.1
Athletics / track and field	24	65.8	33.9	0.3
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	57	71.6	16.8	11.6
Fitness: Outdoor fitness / Personal training / Group activities	35	87.3	8.3	4.4
Tennis (indoor / outdoor)	38	46.0	38.6	15.4
Lawn bowls	35	52.0	18.5	29.5
Aqua aerobics	34	58.0	38.2	3.8
Other activities	393	52.8	26.6	20.6

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

Table 6.3.2 Activities by demographic indicators – 3 years and over

	Unweighted base ¹	Walking	Swimming	Bush walking / Hiking	Active play (at playgrounds / play centre)	Fitness: Gym	Australian Rules football	Netball (indoor/ outdoor)	Cycling: General cycling for recreation or transport	Fishing	Golf
	n	%	%	%	%	%	%	%	%	%	%
All activities	2,172	22.1	7.2	6.3	5.9	5.1	4.0	3.6	3.4	3.3	2.9
Gender and age											
Males	858	19.2	6.3	5.9	4.7	4.9	6.6	0.4	3.8	4.7	4.6
Females	1,302	24.8	7.9	6.8	7.0	5.3	1.5	6.7	3.2	1.8	1.3
Males, 3 to 11	72	8.3	11.1	5.6	11.1	0.0	16.7	1.4	4.2	0.0	0.0
Males, 12 to 17	62	7.0	12.2	1.4	5.0	1.4	16.3	0.0	2.8	2.2	1.4
Males, 18 to 34	130	15.2	4.2	3.3	3.9	13.7	10.7	0.0	2.6	4.5	1.8
Males, 35 to 49	100	15.4	5.5	5.8	5.4	2.5	5.3	0.0	5.5	6.5	6.8
Males, 50 to 69	277	25.7	5.5	5.6	2.4	4.1	1.2	0.6	4.8	7.4	6.4
Males, 70+	217	31.2	2.9	12.9	3.7	4.9	0.0	0.0	1.2	2.7	7.5
Females, 3 to 11	96	7.3	12.5	3.1	19.8	0.0	3.1	9.4	9.4	0.0	0.0
Females, 12 to 17	68	20.0	7.2	1.3	0.0	3.8	1.3	28.6	0.0	0.0	0.0
Females, 18 to 34	227	22.7	7.0	8.0	5.2	9.0	2.8	10.9	0.2	2.4	1.9
Females, 35 to 49	247	26.0	7.1	8.9	7.5	5.9	1.4	5.3	4.0	2.6	1.2
Females, 50 to 69	459	30.7	8.0	7.4	5.1	5.9	0.5	0.4	2.7	2.6	1.7
Females, 70+	205	37.2	5.2	7.9	1.8	4.5	0.0	0.4	1.5	1.3	2.1

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


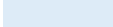
Purple shaded cells indicate a significantly higher result compared to blue shaded cells (at 99% confidence level)

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

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

	Unweighted base ¹	Basketball (Indoor / Outdoor)	Jogging / Running	Dancing / Ballet / Calisthenics	Cricket (all types)	Athletics / track and field	Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	Fitness: Outdoor fitness / Personal training / Group activities	Tennis (indoor / outdoor)	Lawn bowls	Aqua aerobics
	n	%	%	%	%	%	%	%	%	%	%
All activities	2,172	2.3	2.1	2.0	1.9	1.8	1.7	1.7	1.7	1.5	1.5
Gender and age											
Males	858	3.0	1.9	0.7	3.6	2.4	0.7	0.3	2.0	2.5	1.0
Females	1,302	1.6	2.3	3.3	0.3	1.3	2.6	3.0	1.4	0.6	1.9
Males, 3 to 11	72	6.9	0.0	0.0	4.2	11.1	0.0	0.0	2.8	0.0	0.0
Males, 12 to 17	62	15.8	2.2	1.4	6.4	3.6	0.0	0.0	2.8	0.0	2.2
Males, 18 to 34	130	1.9	6.0	0.9	9.3	0.9	0.9	0.9	2.5	0.0	0.9
Males, 35 to 49	100	1.5	1.5	0.0	1.2	2.8	1.3	0.0	2.4	0.0	0.0
Males, 50 to 69	277	0.4	1.2	0.5	1.8	0.0	0.5	0.0	1.7	4.6	1.0
Males, 70+	217	0.0	0.7	2.0	0.7	0.0	1.4	0.7	0.6	6.9	2.8
Females, 3 to 11	96	2.1	0.0	8.3	1.0	5.2	0.0	1.0	2.1	0.0	0.0
Females, 12 to 17	68	6.4	3.8	6.7	0.0	3.3	0.0	4.6	1.3	2.1	0.0
Females, 18 to 34	227	2.8	3.2	0.3	0.0	0.0	0.8	7.1	0.2	0.2	1.3
Females, 35 to 49	247	1.4	3.7	1.2	0.6	1.2	3.7	3.5	1.4	0.0	1.2
Females, 50 to 69	459	0.3	2.0	2.1	0.0	0.0	4.0	1.8	2.0	0.8	2.9
Females, 70+	205	0.0	0.7	6.2	0.0	0.1	4.9	0.6	0.6	2.2	5.2

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

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

6.4. 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, 57.2% of Central Goldfields 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, few sub-group variations were recorded, in part, due to small sample sizes. Though not significant, children aged 3 to 11 years appeared to be more likely to have participated in physical activity as much as they would like compared to those in other age groups.

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

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

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' (64.9%), compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (51.8%)
- Those who reported their general health was 'fair' or 'poor' (80.7%, compared to 50.7% who recorded their health as 'good', 'very good', or 'excellent')
- Those who recorded a low level of life satisfaction (89.6%, compared to 53.2% 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	1,050	42.8	57.2
Gender and age			
Males	429	45.7	54.4
Females	610	39.9	60.1
Males, 3 to 11*	24	79.2	20.8
Males, 12 to 17*	25	57.9	42.1
Males, 18 to 34	54	40.4	59.6
Males, 35 to 49	49	42.3	57.7
Males, 50 to 69	142	32.6	67.4
Males, 70+	134	53.4	46.6
Females, 3 to 11	30	80.0	20.0
Females, 12 to 17*	28	50.0	50.0
Females, 18 to 34	88	33.3	66.7
Females, 35 to 49	103	26.4	73.7
Females, 50 to 69	218	31.4	68.6
Females, 70+	141	50.7	49.3
Subregion			
Maryborough	860	41.8	58.2
Central Goldfields - excluding Maryborough	127	49.5	50.5
Demographic indicators			
Born in Australia	938	43.9	56.1
Born overseas	98	35.6	64.4
Speaks English as main language	1,012	42.7	57.3
Speaks other main language*	16	20.1	79.9
Aboriginal and/or Torres Strait Islander*	14	35.4	64.7
Not Aboriginal or Torres Strait Islander	1,007	42.9	57.1
Identifies as LGBTQIA+*	26	22.7	77.4
Non-LGBTQIA+	795	37.3	62.7
Holds a Bachelor degree or higher	264	42.8	57.2
Less than Bachelor level education	689	43.1	56.9
Just getting along, poor or very poor	394	35.1	64.9
Reasonably comfortable, very comfortable or prosperous	644	48.3	51.8

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

* Significance testing not conducted due to small base size

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




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

Table 6.4.1.2 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	1,050	42.8	57.2
Health and wellbeing indicators			
Self-reported health - Fair or poor	225	19.3	80.7
Self-reported health - Good, very good, or excellent	808	49.3	50.7
Life satisfaction - Low (0 to 4 out of 10)	108	10.4	89.6
Life satisfaction - Medium to very high (5+ out of 10)	910	46.8	53.2
Does not feel valued by society	212	22.6	77.4
Sometimes feel valued by society	462	40.2	59.8
Definitely feel valued by society	343	61.0	39.0
Meets fruit intake guidelines	504	50.1	50.0
Does not meet fruit intake guidelines	497	35.0	65.1
Meets vegetable intake guidelines	150	55.1	44.9
Does not meet vegetable intake guidelines	853	40.6	59.4
Drinks sugar-sweetened beverages daily	136	38.2	61.8
Drinks sugar-sweetened beverages less than daily	880	42.8	57.2
Meets water consumption guidelines	162	37.0	63.0
Does not meet water guidelines	836	43.2	56.8
Ran out of food and could not afford more	114	32.6	67.4
Have not run out of food	869	44.0	56.0
Requires help with daily activities	154	40.9	59.1
Does not require help	866	42.3	57.7

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

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


For Central Goldfields respondents aged 18 years and over in the 2019 ALC, 62.5% had not participated in physical activity as often as they would have liked. This proportion was higher amongst:

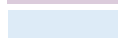
- Those respondents with a BMI classified as overweight or obese (65.6%, compared to 52.3% of respondents classified as normal or underweight)
- Respondents who do not meet physical activity guidelines (68.4%), compared to those who do engage in sufficient physical activity (56.2%)

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	939	37.5	62.5
Health and wellbeing indicators			
Overweight or obese (BMI ≥25.0)	571	34.4	65.6
Normal range or underweight (BMI <25.0)	279	47.7	52.3
Meets physical activity guidelines	465	43.9	56.2
Does not meet physical activity guidelines / sedentary	420	31.7	68.4
Current smoker	95	26.2	73.9
Ex-smoker	343	41.6	58.5
Never smoked	465	37.4	62.6
Drinks alcohol every day	96	41.4	58.6
Drinks alcohol less often than daily	581	35.5	64.5
Does not drink alcohol	218	41.6	58.4
Had more than 4 standard drinks on a single occasion	437	34.7	65.3
Has not had more than 4 standard drinks	423	40.5	59.5

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

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6.4.2. Reasons for not participating as frequently as would like

Respondents who had indicated they had not participated in physical recreation activities as frequently as they would like were asked to provide the reasons why this was the case, from a list provided in 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 (45.3%)
- Personal reasons such as not feeling motivated or feeling embarrassed (32.6%)
- Poor health or disability (27.3%)
- The cost (22.2%)
- A lack of social support such as encouragement from others or having no one to go with (18.2%)

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 (38.3%).

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)	657	129	183	150	80
Too busy / not enough time	45.3	23.8	40.9	52.7	50.5
Personal reasons (e.g. don't feel motivated, feel embarrassed)	32.6	32.9	27.3	33.0	38.4
Cost	22.2	24.0	20.7	17.0	16.4
Poor health or disability	27.3	38.3	28.8	23.8	26.1
Lack of social support (e.g. no encouragement, no one to go with)	18.2	17.2	13.3	20.2	15.1
Safety (e.g. poor lighting, remote venue / facility)	13.9	3.1	11.7	14.2	15.8
Lack of awareness about what activities are available	10.8	8.9	13.5	11.6	5.3
Lack of transport	4.3	6.7	2.8	3.6	6.9
Other reason	10.3	8.6	7.9	9.9	14.1

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

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

- Women were more likely to report a lack of support (22.0%) and safety (17.5%) as barriers to more physical activity when compared to men (12.1% and 8.4% respectively)
- For each age group, the most recorded barrier to participation was:
 - Too busy or not enough time for those aged 18 to 34 (67.0%) or 35 to 49 (57.0%)
 - Personal reasons such as not feeling motivated or feeling embarrassed for those aged 50 to 69 (33.8%)
 - Poor health or disability for those aged 70 years and over (43.6%)
- Across the subregions, there were no differences in barriers to participation

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

In relation to other key demographic or health differences:

- People who self-reported, with regard to their household needs and financial responsibilities, their household is 'just getting along', 'poor', or 'very poor' were more likely to suggest cost was a barrier, compared to those who are 'reasonably comfortable', 'very comfortable', or 'prosperous' (28.0% compared to 12.5%)
- Those who do not feel valued by society were more likely to indicate that personal reasons were a barrier for not doing as much physical activity as they would like (41.5%, compared to 22.2% of those who definitely feel valued by society)
- Those who recorded a low level of life satisfaction were more likely to indicate poor health or disability was a barrier, compared to those who recorded medium to very high life satisfaction (39.9%, compared to 24.4%)

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

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

- Those respondents with a BMI classified as overweight or obese were more likely to suggest personal reasons were a barrier (37.7%, compared to 21.6% of respondents classified as normal or underweight)
- Respondents who have had more than four standard alcoholic drinks on at least one occasion in the last 12 months were more likely to cite being too busy or not having enough time as a barrier to activity than those who have not consumed four standard drinks on one occasion in the last 12 months (53.6% compared to 34.2%)

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

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

	Unweighted base ¹	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	731	42.0	30.1	20.3	25.3	16.7	12.5	9.8	4.1	9.5
Gender and age										
Males	272	48.5	29.1	16.8	23.1	12.1	8.4	6.9	2.8	10.2
Females	425	39.9	32.7	24.8	28.6	22.0	17.5	13.5	5.3	9.8
3 to 11*	20	39.7	4.6	14.5	0.0	19.2	4.6	4.6	9.9	0.0
12 to 17*	27	41.2	46.2	6.7	15.8	17.4	15.3	13.0	0.0	13.4
18 to 34	103	67.0	42.1	28.3	15.2	17.8	12.0	16.2	3.2	9.5
35 to 49	113	57.0	37.0	28.5	20.8	19.5	19.8	15.6	5.8	12.4
50 to 69	270	40.1	33.8	20.4	29.8	20.0	14.4	8.8	3.6	9.3
70+	182	13.9	11.0	12.4	43.6	7.0	5.0	2.2	4.1	10.2
Subregion										
Maryborough	613	41.2	30.7	19.7	26.1	16.0	11.7	9.0	3.4	8.8
Central Goldfields - excluding Maryborough	76	45.3	18.1	26.8	27.4	21.0	17.7	13.9	8.6	16.1

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

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


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

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

	Unweighted base ¹	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	731	42.0	30.1	20.3	25.3	16.7	12.5	9.8	4.1	9.5
Demographic indicators										
Born in Australia	631	45.3	31.5	19.3	26.9	17.2	12.9	8.5	3.2	11.2
Born overseas	64	30.8	31.2	36.9	22.6	19.7	15.2	23.6	12.2	1.3
Speaks English as main language	687	43.0	31.4	20.3	26.8	17.8	13.4	9.0	4.4	10.3
Speaks other main language*	10	51.6	25.9	45.0	5.5	6.9	1.6	45.0	0.0	0.0
Aboriginal and/or Torres Strait Islander*	11	27.2	16.8	16.3	38.0	4.4	0.0	5.0	4.4	0.0
Not Aboriginal or Torres Strait Islander	672	44.8	31.8	21.5	25.7	18.2	13.6	10.2	4.4	10.1
Identifies as LGBTQIA+*	22	20.1	40.8	19.3	42.8	31.8	18.5	8.5	10.7	14.3
Non-LGBTQIA+	532	48.3	32.4	23.7	26.9	18.1	15.0	11.3	3.7	10.2
Holds a Bachelor degree or higher	166	57.7	37.6	24.9	13.6	22.5	23.4	15.5	3.5	8.5
Less than Bachelor level education	453	44.8	31.6	20.3	26.3	17.5	13.0	10.6	4.0	9.9
Just getting along, poor or very poor	323	34.6	29.2	28.0	31.5	18.6	11.6	9.7	6.0	9.3
Reasonably comfortable, very comfortable or prosperous	398	50.7	31.2	12.5	18.3	14.9	13.6	10.2	2.1	9.7

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

* Significance testing not conducted due to small base size

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

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

	Unweighted base ¹	Too busy / not enough time	Personal reasons	Cost	Poor health or disability	Lack of social support	Safety	Lack of awareness	Lack of transport	Other reason
	n	%	%	%	%	%	%	%	%	%
Total sample	731	42.0	30.1	20.3	25.3	16.7	12.5	9.8	4.1	9.5
Health and wellbeing indicators										
Self-reported health - Fair or poor	202	26.0	37.4	28.2	57.4	24.3	11.8	11.5	6.9	7.5
Self-reported health - Good, very good, or excellent	470	53.0	30.5	19.5	13.7	15.2	14.2	10.4	3.1	11.5
Life satisfaction - Low (0 to 4 out of 10)	102	30.4	45.6	39.4	39.9	32.7	13.3	18.4	6.5	5.5
Life satisfaction - Medium to very high (5+ out of 10)	556	47.7	30.8	18.5	24.4	15.7	13.8	9.5	3.8	11.5
Does not feel valued by society	180	33.7	41.5	31.6	34.8	22.6	12.2	14.9	6.7	8.4
Sometimes feel valued by society	304	48.5	32.3	20.4	26.9	17.9	17.0	10.9	2.8	9.8
Definitely feel valued by society	177	51.4	22.2	8.5	16.1	13.2	8.7	5.2	4.3	14.9
Meets fruit intake guidelines	282	46.3	33.2	19.2	24.5	15.4	16.6	8.8	2.9	12.8
Does not meet fruit intake guidelines	363	44.7	32.1	24.2	28.4	19.8	11.7	12.5	5.3	9.1
Meets water consumption guidelines	101	54.8	27.8	29.3	25.3	19.0	23.7	14.8	3.7	12.7
Does not meet water guidelines	548	43.3	33.9	20.7	27.8	18.4	11.2	9.9	4.5	9.7
Ran out of food and could not afford more	97	43.1	30.3	28.3	25.4	23.7	15.7	12.8	7.2	8.7
Have not run out of food	587	41.5	31.1	18.9	25.3	15.6	12.2	9.2	3.4	9.5
Requires help with daily activities	114	16.8	15.9	20.1	58.5	20.3	13.2	8.2	8.0	5.7
Does not require help	576	49.1	34.2	21.1	20.3	17.0	13.3	11.0	3.6	11.1

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

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

Table 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	668	43.3	31.5	21.9	28.0	16.9	13.2	10.2	4.1	10.1
Health and wellbeing indicators										
Overweight or obese (BMI ≥25.0)	403	46.5	37.7	22.3	30.8	21.0	13.5	11.6	3.0	8.4
Normal range or underweight (BMI <25.0)	174	42.5	21.8	24.1	24.0	11.6	15.5	11.4	6.8	17.1
Meets physical activity guidelines	276	49.5	33.1	20.2	24.9	14.3	17.8	10.6	3.3	12.5
Does not meet physical activity guidelines / sedentary	318	41.0	33.5	25.6	31.1	20.5	11.1	11.9	4.5	8.6
Current smoker	80	47.9	20.4	28.4	36.9	19.0	6.3	11.9	5.5	6.7
Ex-smoker	216	40.7	32.3	21.6	34.7	17.5	14.8	8.8	2.7	9.0
Never smoked	321	47.0	36.8	20.1	23.4	16.1	14.9	11.4	3.6	12.2
Drinks alcohol every day	59	40.8	17.0	10.4	32.2	19.2	7.2	6.9	2.4	11.1
Drinks alcohol less often than daily	408	49.8	36.0	23.8	23.5	18.5	14.0	11.3	2.7	9.6
Does not drink alcohol	145	31.4	30.0	25.1	46.7	12.9	14.0	10.0	8.1	12.1
Had more than 4 standard drinks on a single occasion	305	53.6	34.0	21.4	23.0	19.7	13.7	11.0	2.4	10.4
Has not had more than 4 standard drinks	289	34.2	33.7	24.9	36.5	14.8	11.1	9.2	4.6	10.0

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

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

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

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

Approximately two-thirds of activities (67.1%) had been accessed via car while around one-third of activities (33.6%) were accessed on foot. Approximately less than one in ten (7.1%) activities were accessed via bicycle. Few (1.4%) used public transport, taxis or Uber to get to or from their main activities.

Some activities (e.g. fishing, netball, golf) were almost always accessed via car (94.8%, 94.5% and 92.1% 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 Central Goldfields had participated in, residents had travelled the furthest to go fishing (49.5 kilometres on average). Of the most popular activities, people had to travel the least distance for athletics or track and field (3.9 kilometres) and fitness activities including indoor group activities, aerobics, Zumba, yoga or pilates (5.8 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
All activities	2,092	67.1	33.6	7.1	1.4	11.3
Walking	504	32.8	75.1	0.5	0.8	4.1
Swimming	141	86.3	14.8	2.6	3.2	7.7
Bush walking / Hiking	154	62.7	45.2	0.0	0.0	8.2
Active play (at playgrounds / play centre)	100	71.4	37.2	6.3	0.8	3.9
Fitness: Gym	115	87.9	14.0	2.8	0.0	5.6
Australian Rules football	56	96.4	19.5	5.1	0.0	15.9
Netball (indoor/ outdoor)	67	94.5	30.7	1.4	1.4	7.3
Cycling: General cycling for recreation or transport	76	22.1	3.9	88.7	2.0	5.5
Fishing	61	94.8	5.2	0.0	0.0	49.5
Golf	63	92.1	18.7	0.0	0.0	11.9
Basketball (Indoor/Outdoor)	33	90.1	23.9	2.4	0.0	12.7
Jogging / Running	47	21.4	75.4	0.0	0.0	5.4
Dancing / Ballet / Calisthenics	40	90.2	2.6	0.0	2.0	15.3
Cricket (all types)	26	90.9	21.5	0.0	0.0	13.2
Athletics / track and field	23	81.9	22.0	3.4	10.7	3.9
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	56	83.0	6.5	3.4	2.7	5.8
Fitness: Outdoor fitness / Personal training / Group activities	34	82.4	22.5	0.0	0.0	6.0
Tennis (indoor / outdoor)	38	74.7	26.3	12.2	0.0	3.7
Lawn bowls	35	73.5	34.1	0.0	0.0	10.7
Aqua aerobics	34	88.7	10.9	0.9	0.0	10.2
Other activities	389	73.8	15.7	14.4	2.9	22.9

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

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

6.4.4. Average travel distance to activities

Table 6.4.4.1 shows the average travel distance to get to main activities was 11.3 kilometres.

Across the subregions, residents of Central Goldfields (excluding Maryborough) subregions had travelled further on average to access their activities (16.7 kilometres) than residents of Maryborough (9.8 kilometres). Of the main facilities used, respondents were travelling furthest to get to Cairn Curran Reservoir (19.7 kilometres), Dunolly Bowling Club (16.9 kilometres) and Carisbrook Recreation Reserve (12.0 kilometres).

Table 6.4.4.1 Average distance travelled to participate in activities

	Unweighted base ¹	Average kms travelled
	n	#
Total sample	1,987	11.3
Subregion		
Maryborough	1,616	9.8
Central Goldfields - excluding Maryborough	234	16.7
Top 20 facilities		
Maryborough Sports & Leisure Centre, Maryborough	166	5.6
Princes Park, Maryborough	100	4.3
Maryborough Golf and Bowling Club, Maryborough	63	2.6
Lake Victoria, Maryborough*	35	2.2
Goldfields Reservoir, Maryborough*	30	3.8
Hedges Oval, Maryborough*	28	3.1
Maryborough Highland Society, Maryborough*	23	2.4
Carisbrook Recreation Reserve, Carisbrook*	19	12.0
Cairn Curran Reservoir, Baringhup*	18	19.7
Maryborough Lawn Tennis Courts, Maryborough*	17	2.4
Maryborough Netball, Maryborough*	14	10.0
Maryborough Senior Citizens Club, Maryborough*	14	1.7
Jubilee Oval, Maryborough*	13	5.0
Paddy Ranges, Maryborough*	12	6.7
Maryborough VRI Croquet Club, Maryborough*	10	3.4
Dunolly Bowling Club, Dunolly*	9	16.9
Jack Pascoe Reserve, Maryborough*	10	3.7
Maryborough Town Hall, Maryborough*	10	4.5
No Limits 24/7 Health Clubs, Maryborough*	9	2.2
Maryborough Education Centre, Maryborough*	8	5.9

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

* Significance testing not conducted due to small base sizes

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7. Quality and accessibility

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

7.1. Quality and accessibility of facilities available for main activities

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

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

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

The lowest rating for quality was received for cricket facilities (3.1).

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

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

The lowest ratings for accessibility were received for bushwalking / hiking facilities (3.8), cricket (all types) (3.9) and athletics / track and field (3.9). The full ratings and differences between activities are shown in Table 7.1.1.

Table 7.1.1 Quality and accessibility ratings for facility by activity

	Unweighted base ¹	Quality rating (out of 5)	Accessibility rating (out of 5)
	n	#	#
Average - all activities	1,998	4.0	4.2
Walking	499	4.0	4.2
Swimming	146	4.0	4.1
Bush walking / Hiking	151	3.8	3.8
Active play (at playgrounds / play centre)	98	4.1	4.3
Fitness: Gym	114	4.4	4.5
Australian Rules football	58	4.0	4.4
Netball (indoor/ outdoor)	68	3.8	4.2
Cycling: General cycling for recreation or transport	76	3.9	4.2
Fishing	61	4.1	4.1
Golf	65	4.3	4.4
Basketball (Indoor/Outdoor)	36	4.2	4.6
Jogging / Running	47	4.0	4.2
Dancing / Ballet / Calisthenics	40	4.2	4.1
Cricket (all types)*	26	3.1	3.9
Athletics / track and field*	23	3.3	3.9
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	57	4.3	4.4
Fitness: Outdoor fitness / Personal training / Group activities*	35	4.3	4.4
Tennis (indoor / outdoor)*	38	4.2	4.4
Lawn bowls*	34	4.3	4.4
Aqua aerobics*	33	3.7	4.4
Other activities	387	4.0	4.0

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

* Significance testing not conducted due to small base size

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

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

7.2. Quality and accessibility of specific facilities

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

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

- Maryborough Highland Society (4.8)
- Dunolly Bowling Club (4.7)
- Maryborough Netball (4.5)
- Lake Victoria, Maryborough (4.5)
- Maryborough Lawn Tennis Courts (4.4)

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


The lowest rating for quality was received for Jubilee Oval (3.1), while the lowest ratings for accessibility were received for Maryborough Education Centre (3.0) and Paddy Ranges (3.5). The full ratings and differences between facilities are shown in Table 7.2.1.


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

	Unweighted base ¹	Quality rating (out of 5)	Accessibility rating (out of 5)
	n	#	#
Average - all activities	1,998	4.0	4.2
Maryborough Sports & Leisure Centre, Maryborough	172	3.9	4.2
Princes Park, Maryborough	99	4.0	4.5
Maryborough Golf and Bowling Club, Maryborough	65	4.2	4.3
Lake Victoria, Maryborough*	36	4.5	4.7
Goldfields Reservoir, Maryborough*	30	4.0	4.4
Hedges Oval, Maryborough*	29	3.3	3.7
Maryborough Highland Society, Maryborough*	23	4.8	4.8
Carisbrook Recreation Reserve, Carisbrook*	19	4.1	4.2
Cairn Curran Reservoir, Baringhup*	18	4.0	4.2
Maryborough Lawn Tennis Courts, Maryborough*	17	4.4	4.6
Maryborough Netball, Maryborough*	14	4.5	4.8
Maryborough Senior Citizens Club, Maryborough*	13	3.7	4.3
Jubilee Oval, Maryborough*	13	3.1	3.8
Paddy Ranges, Maryborough*	12	3.6	3.5
Maryborough VRI Croquet Club, Maryborough*	11	3.8	4.4
Dunolly Bowling Club, Dunolly*	9	4.7	4.3
Jack Pascoe Reserve, Maryborough*	10	2.4	4.1
Maryborough Town Hall, Maryborough*	10	3.8	3.7
No Limits 24/7 Health Clubs, Maryborough*	10	3.6	3.9
Maryborough Education Centre, Maryborough*	9	3.7	3.0

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

* Significance testing not conducted due to small base size

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

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

Appendices

Appendix A: Detailed description of weighting

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

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

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

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

Each step will now be covered in turn.

Design weights

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

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

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

Calibrating to population benchmarks

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

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

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

Treatment of missing values

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

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

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

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

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

Benchmarks

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

Table A2 Central Goldfields – Population benchmarks used for calibration

Benchmark category		Population proportion ¹
Age group	Education	%
3 to 9	-	0.5
14 to 17	-	0.2
18 to 24	-	0.4
25 to 34	Has Bachelors	0.4
	No Bachelors	0.6
35 to 44	Has Bachelors	0.4
	No Bachelors	0.9
45 to 54	Has Bachelors	0.4
	No Bachelors	1.1
55 to 64	Has Bachelors	0.3
	No Bachelors	0.9
65 to 74	Has Bachelors	0.1
	No Bachelors	0.7
75+	Has Bachelors	2.3
	No Bachelors	0.8
Age group	Gender	%
3 to 17	Male	0.5
	Female	0.4
18+	Male	2.3
	Female	2.4
Age group	Country of birth	%
3 to 17	-	0.9
18+	Australia	4.1
	New Zealand/UK	0.2
	Other	0.3

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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IMPORTANT – How to complete this form

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

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

Example:

B1	How old are you?	Record age (in years):	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px; text-align: center;">2</td> <td style="width: 20px; height: 20px; text-align: center;">8</td> </tr> </table> years	2	8
2	8				

2	3	4	5
SECTION B – About You			

<input type="text"/> <input type="text"/> <input type="text"/> years old		<input type="text"/> <input type="text"/> <input type="text"/> years old		<input type="text"/> <input type="text"/> <input type="text"/> years old		<input type="text"/> <input type="text"/> <input type="text"/> years old	
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Yes	No	Yes	No	Yes	No	Yes	No
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REA
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respo

Person number →

1

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

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

C1	In the last 12 months, how often have you used public open spaces in your area?	Daily	<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"/>
----	---	----------------------

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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		Person number →	1
SECTION D – Use of Public Facilities and Participation in Physical Activity			
D1	In the last 12 months, have you participated in physical activities as often as you would like?	Yes	<input type="checkbox"/> → Go to D3
		No	<input type="checkbox"/>
D2	What are the reasons why you have not done physical activities as often as you would like? <i>Please select all that apply</i>	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"/>	
		Not done any activities	<input type="checkbox"/> → Go to E1 page 12	
D4	In the last 12 months, how often have you participated in this activity outside the home?	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"/>	
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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		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: <input type="text"/></p> <p>No other activities <input type="checkbox"/> → Go to E1 page 12</p>																			
D11	<p>In the last 12 months, how often have you participated in this activity outside the home?</p>	<p>Daily <input type="checkbox"/></p> <p>4 to 6 times a week <input type="checkbox"/></p> <p>1 to 3 times a week <input type="checkbox"/></p> <p>2 to 3 times a month <input type="checkbox"/></p> <p>Once a month <input type="checkbox"/></p> <p>Once or twice in last 3 months <input type="checkbox"/></p> <p>Less often <input type="checkbox"/></p>																			
D12	<p>What is the name of the facility, venue, or place where you participated in this activity most often? <i>Please clearly describe the specific location, venue or place</i></p>	<input type="text"/>																			
D13	<p>What is the name of the suburb or town where the facility, venue, or place is located? <i>Please record the specific suburb or town</i></p>	<input type="text"/>																			
D14	<p>How would you rate the <u>quality</u> and <u>accessibility</u> of the facility, venue or place where you participated in this activity? <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>		<table border="1"> <thead> <tr> <th></th> <th>Quality</th> <th>Accessibility</th> </tr> </thead> <tbody> <tr> <td>Excellent</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Good</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Average</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Poor</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Very Poor</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>		Quality	Accessibility	Excellent	<input type="checkbox"/>	<input type="checkbox"/>	Good	<input type="checkbox"/>	<input type="checkbox"/>	Average	<input type="checkbox"/>	<input type="checkbox"/>	Poor	<input type="checkbox"/>	<input type="checkbox"/>	Very Poor	<input type="checkbox"/>	<input type="checkbox"/>
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Average	<input type="checkbox"/>	<input type="checkbox"/>																			
Poor	<input type="checkbox"/>	<input type="checkbox"/>																			
Very Poor	<input type="checkbox"/>	<input type="checkbox"/>																			
D15	<p>How do / did you get to this activity? <i>Please select all that apply</i></p>	<p>Public transport <input type="checkbox"/></p> <p>Taxi / Uber <input type="checkbox"/></p> <p>Car <input type="checkbox"/></p> <p>Motorbike or motor scooter <input type="checkbox"/></p> <p>Bicycle <input type="checkbox"/></p> <p>Walked <input type="checkbox"/></p> <p>Other <input type="checkbox"/></p>																			
D16	<p>How many kilometres do / did you travel to get to this activity? <i>If you did not travel, record 0</i> <i>If you normally travel less than 1km, please record 1</i></p>	Record distance in kilometres:	<input type="text"/> kms																		
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: <input type="text"/></p> <p>No other activities <input type="checkbox"/> → Go to E1 page 12</p>																			
D18	<p>In the last 12 months, how often have you participated in this activity outside the home?</p>	<p>Daily <input type="checkbox"/></p> <p>4 to 6 times a week <input type="checkbox"/></p> <p>1 to 3 times a week <input type="checkbox"/></p> <p>2 to 3 times a month <input type="checkbox"/></p> <p>Once a month <input type="checkbox"/></p> <p>Once or twice in last 3 months <input type="checkbox"/></p> <p>Less often <input type="checkbox"/></p>																			
D19	<p>What is the name of the facility, venue, or place where you participated in this activity most often? <i>Please clearly describe the specific location, venue or place</i></p>	<input type="text"/>																			
D20	<p>What is the name of the suburb or town where the facility, venue, or place is located? <i>Please record the specific suburb or town</i></p>	<input type="text"/>																			

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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"/>
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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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Participation in Physical Activity 4							
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Quality	Accessibility	Quality	Accessibility	Quality	Accessibility	Quality	Accessibility
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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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2	3	4	5
SECTION E – Health, Wellbeing and Life Satisfaction			
<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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		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 D1 Population by subregions

	Total	Maryborough	Central Goldfields - excluding Maryborough	Unknown subregion
	%	%	%	%
Unweighted base¹	1,176	969	138	69
Gender				
Males	49.5	50.0	46.2	48.1
Females	50.2	49.8	52.9	51.9
Other	0.3	0.3	0.8	-
Age				
Males, 3 to 11	10.5	11.1	6.8	7.9
Males, 12 to 17	6.6	6.7	4.3	10.0
Males, 18 to 34	15.1	14.2	16.3	30.6
Males, 35 to 49	14.7	14.3	16.2	17.9
Males, 50 to 69	32.5	33.1	31.9	20.9
Males, 70+	20.7	20.6	24.5	12.7
Females, 3 to 11	9.5	9.3	15.5	-
Females, 12 to 17	6.1	6.5	3.2	6.4
Females, 18 to 34	15.6	15.3	12.0	29.9
Females, 35 to 49	18.2	17.7	18.2	27.5
Females, 50 to 69	32.7	33.0	32.5	27.8
Females, 70+	17.8	18.2	18.6	8.4

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

Table D2 Health behaviours by subregions

	Total	Maryborough	Central Goldfields - excluding Maryborough	Unknown subregion
	%	%	%	%
Unweighted base¹	1,176	969	138	69
Health				
General health - Fair / poor	22.8	22.8	25.9	15.0
Life satisfaction - Low (0 to 4 out of 10)	10.7	10.7	12.1	8.3
Overweight or obese (BMI ≥25.0) (18+ only)	68.8	69.3	67.5	62.6
Meets guidelines				
Exercise (18+ only)	51.0	50.1	53.6	61.8
Fruit	47.4	47.2	49.4	46.2
Vegetables	11.8	11.4	13.8	16.1
Water (18+ only)	17.6	18.5	8.7	21.7
Other risk factors				
Drinks sugar-sweetened beverages daily	15.9	16.8	8.6	17.8
Current smoker (18+ only)	13.8	12.5	26.0	10.3
Drinks alcohol daily (18+ only)	10.5	10.5	12.4	4.5
Consumed more than 4 standard drinks on at least one occasion in the last 12 months (18+ only)	57.1	56.0	56.2	78.9
Weekly gambler (18+ only)	7.2	7.7	0.2	13.8
Food security				
Household has run out of food in the last 12 months	15.2	16.3	8.7	11.0

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

Table D3 Facility usage by subregions

	Total	Maryborough	Central Goldfields - excluding Maryborough	Unknown subregion
	%	%	%	%
Unweighted base¹	1,176	969	138	69
Facilities usage in last 12 months				
Open spaces - total users	84.6	85.2	78.1	88.1
<i>Heavy</i>	54.4	55.2	46.6	56.4
<i>Medium</i>	20.6	20.0	23.9	23.2
<i>Light</i>	9.6	10.0	7.7	8.5
<i>Non-user</i>	15.4	14.8	21.9	11.9
Footpaths - total users	85.1	86.7	72.5	82.9
<i>Heavy</i>	61.9	63.1	54.8	56.3
<i>Medium</i>	13.4	13.4	10.7	20.7
<i>Light</i>	9.8	10.3	7.1	5.9
<i>Non-user</i>	14.9	13.3	27.5	17.1
Off-road walking / cycling tracks - total users	63.7	63.6	58.8	78.0
<i>Heavy</i>	28.0	27.2	32.1	33.0
<i>Medium</i>	23.3	23.2	21.8	27.0
<i>Light</i>	12.5	13.2	4.9	18.1
<i>Non-user</i>	36.3	36.4	41.2	22.0
Parks	62.8	64.2	48.1	71.3
Sports grounds, ovals and clubrooms	46.4	47.7	33.4	52.5
Swimming pools / splash parks	35.3	34.7	37.2	43.2
Community gardens	35.1	35.9	24.8	44.8
Indoor sports / leisure / fitness centres	33.5	33.7	27.5	42.9

¹ Base sizes include all respondents aged 3 years and over living in the Central Goldfields 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 D4 Activities – Walking

	Total	Maryborough	Central Goldfields - excluding Maryborough	Unknown subregion
	%	%	%	%
Total activities	2,172	1,756	263	153
% of respondents undertaking activity	22.1	23.5	15.6	14.4
# respondents undertaking activity	526	452	50	24
Frequency of participation				
Heavy - Once a week or more	73.6	73.9	71.2	71.2
Medium - One to three times a month	19.1	18.7	19.5	28.9
Light - Less often	7.3	7.4	9.2	0.0
Travel mode				
Car	31.5	32.2	24.9	27.7
Walking	72.3	72.8	70.4	62.9
Bike	0.5	0.6	0.0	0.0
Public transport / taxi / Uber	0.8	0.5	0.0	9.3
Other	0.0	0.0	0.0	0.0
Distance to activity				
Average distance travelled to activity	4.1	3.6	9.8	3.2
Facility quality rating				
Good, excellent	74.3	74.9	64.1	80.5
Average	21.2	21.3	21.3	17.6
Very poor, poor	3.1	2.4	13.5	0.0
<i>Mean score (out of 5)</i>	4.0	4.0	3.7	4.3
Facility accessibility rating				
Good, excellent	81.4	82.7	66.0	83.1
Average	12.7	11.9	21.2	15.1
Very poor, poor	3.6	3.0	11.7	0.0
<i>Mean score (out of 5)</i>	4.2	4.2	3.8	4.4

¹ Base sizes include all respondents aged 3 years and over living in the Central Goldfields 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 D5 Activities – Swimming

	Total	Maryborough	Central Goldfields - excluding Maryborough	Unknown subregion
	%	%	%	%
Total activities	2,172	1,756	263	153
% of respondents undertaking activity	7.2	6.9	9.2	7.8
# respondents undertaking activity	150	116	21	13
Frequency of participation				
Heavy - Once a week or more	47.5	44.2	72.0	34.4
Medium - One to three times a month	31.6	34.5	12.0	39.3
Light - Less often	20.9	21.3	16.0	26.3
Travel mode				
Car	80.3	76.8	98.7	82.9
Walking	13.8	17.0	0.0	3.0
Bike	2.4	3.0	0.0	0.0
Public transport / taxi / Uber	3.0	2.7	0.0	14.1
Other	0.0	0.0	0.0	0.0
Distance to activity				
Average distance travelled to activity	7.7	6.0	18.0	5.7
Facility quality rating				
Good, excellent	65.5	68.2	36.8	94.8
Average	30.7	27.4	61.9	3.2
Very poor, poor	1.7	1.7	1.3	2.0
<i>Mean score (out of 5)</i>	4.0	4.0	3.4	4.5
Facility accessibility rating				
Good, excellent	76.7	74.4	81.9	93.8
Average	18.5	20.7	13.4	3.2
Very poor, poor	2.6	2.2	4.8	2.9
<i>Mean score (out of 5)</i>	4.1	4.1	3.8	4.5

¹ Base sizes include all respondents aged 3 years and over living in the Central Goldfields 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 D6 Activities – Bushwalking / Hiking

	Total	Maryborough	Central Goldfields - excluding Maryborough	Unknown subregion
	%	%	%	%
Total activities	2,172	1,756	263	153
% of respondents undertaking activity	6.3	5.9	9.3	7.1
# respondents undertaking activity	155	116	28	11
Frequency of participation				
Heavy - Once a week or more	47.1	53.7	23.2	27.7
Medium - One to three times a month	40.9	35.4	70.0	35.2
Light - Less often	11.9	10.9	6.9	37.1
Travel mode				
Car	62.6	57.8	85.0	63.7
Walking	45.1	50.8	16.4	48.1
Bike	0.0	0.0	0.0	0.0
Public transport / taxi / Uber	0.0	0.0	0.0	0.0
Other	0.3	0.4	0.0	0.0
Distance to activity				
Average distance travelled to activity	8.2	5.9	12.3	27.6
Facility quality rating				
Good, excellent	72.7	75.7	68.0	50.0
Average	20.5	17.3	32.1	28.8
Very poor, poor	6.6	6.7	0.0	21.3
<i>Mean score (out of 5)</i>	3.8	3.9	3.9	3.5
Facility accessibility rating				
Good, excellent	68.1	73.1	53.5	50.0
Average	21.4	19.7	26.0	28.8
Very poor, poor	9.3	5.7	20.5	21.3
<i>Mean score (out of 5)</i>	3.8	3.9	3.5	3.5

¹ Base sizes include all respondents aged 3 years and over living in the Central Goldfields 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 D7 Activities – Active Play

	Total	Maryborough	Central Goldfields - excluding Maryborough	Unknown subregion
	%	%	%	%
Total activities	2,172	1,756	263	153
% of respondents undertaking activity	5.9	5.8	7.5	4.2
# respondents undertaking activity	106	83	15	8
Frequency of participation				
Heavy - Once a week or more	60.8	57.3	81.8	59.4
Medium - One to three times a month	34.1	36.6	18.2	40.6
Light - Less often	5.1	6.2	0.0	0.0
Travel mode				
Car	67.8	69.0	63.9	58.2
Walking	35.4	36.7	25.0	44.0
Bike	6.0	7.3	0.0	0.0
Public transport / taxi / Uber	0.7	0.6	0.0	5.6
Other	0.0	0.0	0.0	0.0
Distance to activity				
Average distance travelled to activity	3.9	3.3	8.4	2.0
Facility quality rating				
Good, excellent	83.2	83.6	80.2	86.0
Average	13.4	12.3	19.8	14.0
Very poor, poor	0.9	1.1	0.0	0.0
<i>Mean score (out of 5)</i>	4.1	4.1	4.0	4.3
Facility accessibility rating				
Good, excellent	88.4	86.2	100.0	94.0
Average	4.3	4.9	0.0	6.0
Very poor, poor	6.1	7.4	0.0	0.0
<i>Mean score (out of 5)</i>	4.3	4.2	4.7	4.7

¹ Base sizes include all respondents aged 3 years and over living in the Central Goldfields 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 D8 Activities – Fitness: Gym

	Total	Maryborough	Central Goldfields - excluding Maryborough	Unknown subregion
	%	%	%	%
Total activities	2,172	1,756	263	153
% of respondents undertaking activity	5.1	4.8	5.9	7.2
# respondents undertaking activity	118	91	13	14
Frequency of participation				
Heavy - Once a week or more	81.7	78.7	100.0	86.2
Medium - One to three times a month	12.7	14.4	0.0	13.8
Light - Less often	5.6	6.8	0.0	0.0
Travel mode				
Car	85.5	85.9	87.9	77.2
Walking	13.6	16.3	0.0	8.1
Bike	2.7	3.4	0.0	0.0
Public transport / taxi / Uber	0.0	0.0	0.0	0.0
Other	4.7	5.9	0.0	0.0
Distance to activity				
Average distance travelled to activity	5.6	3.7	18.0	6.2
Facility quality rating				
Good, excellent	90.2	90.0	89.1	94.4
Average	5.5	4.7	10.9	5.6
Very poor, poor	4.3	5.3	0.0	0.0
<i>Mean score (out of 5)</i>	4.4	4.4	4.7	4.2
Facility accessibility rating				
Good, excellent	90.8	91.0	88.5	91.8
Average	8.9	9.0	11.6	4.1
Very poor, poor	0.3	0.0	0.0	4.1
<i>Mean score (out of 5)</i>	4.5	4.5	4.7	4.2

¹ Base sizes include all respondents aged 3 years and over living in the Central Goldfields 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 D9 Activities – Australian Rules football

	Total	Maryborough	Central Goldfields - excluding Maryborough	Unknown subregion
	%	%	%	%
Total activities	2,172	1,756	263	153
% of respondents undertaking activity	4.0	4.4	1.9	1.9
# respondents undertaking activity	59	53	3	3
Frequency of participation				
Heavy - Once a week or more	76.8	75.7	100.0	83.2
Medium - One to three times a month	15.7	16.2	0.0	16.8
Light - Less often	7.6	8.1	0.0	0.0
Travel mode				
Car	90.4	91.7	62.1	100.0
Walking	18.3	19.8	0.0	0.0
Bike	4.8	5.2	0.0	0.0
Public transport / taxi / Uber	0.0	0.0	0.0	0.0
Other	0.0	0.0	0.0	0.0
Distance to activity				
Average distance travelled to activity	15.9	13.4	17.4	93.5
Facility quality rating				
Good, excellent	69.8	69.7	45.0	100.0
Average	22.1	23.6	0.0	0.0
Very poor, poor	8.1	6.7	55.0	0.0
<i>Mean score (out of 5)</i>	4.0	4.0	2.8	4.1
Facility accessibility rating				
Good, excellent	83.3	84.2	45.0	100.0
Average	14.5	15.5	0.0	0.0
Very poor, poor	2.1	0.4	55.0	0.0
<i>Mean score (out of 5)</i>	4.4	4.4	3.4	4.8

¹ Base sizes include all respondents aged 3 years and over living in the Central Goldfields 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 D10 Activities – Netball

	Total	Maryborough	Central Goldfields - excluding Maryborough	Unknown subregion
	%	%	%	%
Total activities	2,172	1,756	263	153
% of respondents undertaking activity	3.6	3.8	3.1	1.3
# respondents undertaking activity	68	59	7	2
Frequency of participation				
Heavy - Once a week or more	84.7	86.1	67.3	100.0
Medium - One to three times a month	9.7	7.4	32.7	0.0
Light - Less often	5.7	6.4	0.0	0.0
Travel mode				
Car	92.4	91.5	100.0	100.0
Walking	30.1	29.9	38.3	0.0
Bike	1.3	1.5	0.0	0.0
Public transport / taxi / Uber	1.4	1.5	0.0	0.0
Other	1.4	1.5	0.0	0.0
Distance to activity				
Average distance travelled to activity	7.3	6.4	13.4	13.5
Facility quality rating				
Good, excellent	65.7	66.8	47.4	100.0
Average	16.7	14.8	38.3	0.0
Very poor, poor	17.6	18.4	14.3	0.0
Mean score (out of 5)	3.8	3.8	3.7	4.2
Facility accessibility rating				
Good, excellent	86.4	84.7	100.0	100.0
Average	6.3	7.1	0.0	0.0
Very poor, poor	7.3	8.2	0.0	0.0
Mean score (out of 5)	4.2	4.2	4.5	4.0

¹ Base sizes include all respondents aged 3 years and over living in the Central Goldfields 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 D11 Activities – Cycling: For recreation or transport

	Total	Maryborough	Central Goldfields - excluding Maryborough	Unknown subregion
	%	%	%	%
Total activities	2,172	1,756	263	153
% of respondents undertaking activity	3.4	3.0	6.0	4.8
# respondents undertaking activity	79	58	14	7
Frequency of participation				
Heavy - Once a week or more	34.3	37.0	24.3	33.5
Medium - One to three times a month	46.5	39.0	66.6	66.5
Light - Less often	19.3	24.0	9.1	0.0
Travel mode				
Car	21.2	12.5	63.1	0.0
Walking	3.7	5.1	0.0	0.0
Bike	85.0	87.3	85.4	62.9
Public transport / taxi / Uber	2.0	2.7	0.0	0.0
Other	0.3	0.3	0.0	0.0
Distance to activity				
Average distance travelled to activity	5.5	4.9	8.4	3.0
Facility quality rating				
Good, excellent	77.4	76.6	92.8	45.8
Average	19.5	22.1	7.2	26.7
Very poor, poor	3.2	1.4	0.0	27.5
<i>Mean score (out of 5)</i>	3.9	3.9	4.0	3.2
Facility accessibility rating				
Good, excellent	82.3	81.4	100.0	45.8
Average	14.5	17.2	0.0	26.7
Very poor, poor	3.2	1.4	0.0	27.5
<i>Mean score (out of 5)</i>	4.2	4.3	4.5	3.2

¹ Base sizes include all respondents aged 3 years and over living in the Central Goldfields 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 D12 Activities – Fishing

	Total	Maryborough	Central Goldfields - excluding Maryborough	Unknown subregion
	%	%	%	%
Total activities	2,172	1,756	263	153
% of respondents undertaking activity	3.3	3.2	3.7	3.2
# respondents undertaking activity	63	50	10	3
Frequency of participation				
Heavy - Once a week or more	9.7	11.9	0.0	0.0
Medium - One to three times a month	49.6	53.3	23.9	54.0
Light - Less often	40.7	34.8	76.1	46.0
Travel mode				
Car	92.2	91.0	100.0	92.8
Walking	5.0	6.1	0.0	0.0
Bike	0.0	0.0	0.0	0.0
Public transport / taxi / Uber	0.0	0.0	0.0	0.0
Other	0.0	0.0	0.0	0.0
Distance to activity				
Average distance travelled to activity	49.5	51.0	44.4	35.4
Facility quality rating				
Good, excellent	74.0	75.1	75.1	54.0
Average	21.2	19.1	24.9	46.0
Very poor, poor	2.4	2.9	0.0	0.0
<i>Mean score (out of 5)</i>	4.1	4.2	3.8	3.5
Facility accessibility rating				
Good, excellent	75.6	77.3	75.1	54.0
Average	21.7	19.4	24.9	46.0
Very poor, poor	0.0	0.0	0.0	0.0
<i>Mean score (out of 5)</i>	4.1	4.2	3.8	3.5

¹ Base sizes include all respondents aged 3 years and over living in the Central Goldfields 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 D13 Activities – Golf

	Total	Maryborough	Central Goldfields - excluding Maryborough	Unknown subregion
	%	%	%	%
Total activities	2,172	1,756	263	153
% of respondents undertaking activity	2.9	2.8	3.0	3.3
# respondents undertaking activity	66	56	7	3
Frequency of participation				
Heavy - Once a week or more	42.5	51.4	1.8	5.8
Medium - One to three times a month	33.5	28.7	59.8	46.4
Light - Less often	24.0	19.9	38.4	47.8
Travel mode				
Car	86.2	86.1	78.5	100.0
Walking	17.5	21.4	0.0	0.0
Bike	0.0	0.0	0.0	0.0
Public transport / taxi / Uber	0.0	0.0	0.0	0.0
Other	0.2	0.3	0.0	0.0
Distance to activity				
Average distance travelled to activity	11.9	11.6	9.4	19.7
Facility quality rating				
Good, excellent	98.3	97.9	100.0	100.0
Average	1.7	2.1	0.0	0.0
Very poor, poor	0.0	0.0	0.0	0.0
<i>Mean score (out of 5)</i>	4.3	4.3	4.6	4.0
Facility accessibility rating				
Good, excellent	92.0	90.6	100.0	100.0
Average	8.0	9.4	0.0	0.0
Very poor, poor	0.0	0.0	0.0	0.0
<i>Mean score (out of 5)</i>	4.4	4.4	4.6	4.5

¹ Base sizes include all respondents aged 3 years and over living in the Central Goldfields 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 D14 Top activities by subregions

	Total	Maryborough	Central Goldfields - excluding Maryborough	Unknown subregion
	%	%	%	%
Unweighted base¹	2,172	1,756	263	153
Walking	22.1	23.5	15.6	14.4
Swimming	7.2	6.9	9.2	7.8
Bush walking / Hiking	6.3	5.9	9.3	7.1
Active play (at playgrounds / play centre)	5.9	5.8	7.5	4.2
Fitness: Gym	5.1	4.8	5.9	7.2
Australian Rules football	4.0	4.4	1.9	1.9
Netball (indoor/ outdoor)	3.6	3.8	3.1	1.3
Cycling: General cycling for recreation or transport	3.4	3.0	6.0	4.8
Fishing	3.3	3.2	3.7	3.2
Golf	2.9	2.8	3.0	3.3
Basketball (Indoor/Outdoor)	2.3	2.7	0.3	0.0
Jogging / Running	2.1	1.6	2.1	9.1
Dancing / Ballet / Calisthenics	2.0	1.8	4.4	0.5
Cricket (all types)	1.9	1.8	3.2	0.0
Athletics / track and field	1.8	2.2	0.0	0.0
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	1.7	1.7	0.7	2.3
Fitness: Outdoor fitness / Personal training / Group activities	1.7	1.9	0.6	1.0
Tennis (indoor / outdoor)	1.7	1.8	0.6	2.7
Lawn bowls	1.5	1.4	1.5	3.5
Aqua aerobics	1.5	1.6	1.4	0.2
Other activities	18.4	17.6	20.2	25.6

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Central Goldfields 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 D15 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	2,172	858	72	62	130	100	277	217
Walking	22.1	19.2	8.3	7.0	15.2	15.4	25.7	31.2
Swimming	7.2	6.3	11.1	12.2	4.2	5.5	5.5	2.9
Bush walking / Hiking	6.3	5.9	5.6	1.4	3.3	5.8	5.6	12.9
Active play (at playgrounds / play centre)	5.9	4.7	11.1	5.0	3.9	5.4	2.4	3.7
Fitness: Gym	5.1	4.9	0.0	1.4	13.7	2.5	4.1	4.9
Australian Rules football	4.0	6.6	16.7	16.3	10.7	5.3	1.2	0.0
Netball (indoor/ outdoor)	3.6	0.4	1.4	0.0	0.0	0.0	0.6	0.0
Cycling: General cycling for recreation or transport	3.4	3.8	4.2	2.8	2.6	5.5	4.8	1.2
Fishing	3.3	4.7	0.0	2.2	4.5	6.5	7.4	2.7
Golf	2.9	4.6	0.0	1.4	1.8	6.8	6.4	7.5
Basketball (Indoor/Outdoor)	2.3	3.0	6.9	15.8	1.9	1.5	0.4	0.0
Jogging / Running	2.1	1.9	0.0	2.2	6.0	1.5	1.2	0.7
Dancing / Ballet / Calisthenics	2.0	0.7	0.0	1.4	0.9	0.0	0.5	2.0
Cricket (all types)	1.9	3.6	4.2	6.4	9.3	1.2	1.8	0.7
Athletics / track and field	1.8	2.4	11.1	3.6	0.9	2.8	0.0	0.0
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	1.7	0.7	0.0	0.0	0.9	1.3	0.5	1.4
Fitness: Outdoor fitness / Personal training / Group activities	1.7	0.3	0.0	0.0	0.9	0.0	0.0	0.7
Tennis (indoor / outdoor)	1.7	2.0	2.8	2.8	2.5	2.4	1.7	0.6
Lawn bowls	1.5	2.5	0.0	0.0	0.0	0.0	4.6	6.9
Aqua aerobics	1.5	1.0	0.0	2.2	0.9	0.0	1.0	2.8
Other activities	18.4	21.2	16.7	16.1	15.9	30.7	24.6	17.1

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Central Goldfields 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 D16 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	2,172	1,302	96	68	227	247	459	205
Walking	22.1	24.8	7.3	20.0	22.7	26.0	30.7	37.2
Swimming	7.2	7.9	12.5	7.2	7.0	7.1	8.0	5.2
Bush walking / Hiking	6.3	6.8	3.1	1.3	8.0	8.9	7.4	7.9
Active play (at playgrounds / play centre)	5.9	7.0	19.8	0.0	5.2	7.5	5.1	1.8
Fitness: Gym	5.1	5.3	0.0	3.8	9.0	5.9	5.9	4.5
Australian Rules football	4.0	1.5	3.1	1.3	2.8	1.4	0.5	0.0
Netball (indoor/ outdoor)	3.6	6.7	9.4	28.6	10.9	5.3	0.4	0.4
Cycling: General cycling for recreation or transport	3.4	3.2	9.4	0.0	0.2	4.0	2.7	1.5
Fishing	3.3	1.8	0.0	0.0	2.4	2.6	2.6	1.3
Golf	2.9	1.3	0.0	0.0	1.9	1.2	1.7	2.1
Basketball (Indoor/Outdoor)	2.3	1.6	2.1	6.4	2.8	1.4	0.3	0.0
Jogging / Running	2.1	2.3	0.0	3.8	3.2	3.7	2.0	0.7
Dancing / Ballet / Calisthenics	2.0	3.3	8.3	6.7	0.3	1.2	2.1	6.2
Cricket (all types)	1.9	0.3	1.0	0.0	0.0	0.6	0.0	0.0
Athletics / track and field	1.8	1.3	5.2	3.3	0.0	1.2	0.0	0.1
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	1.7	2.6	0.0	0.0	0.8	3.7	4.0	4.9
Fitness: Outdoor fitness / Personal training / Group activities	1.7	3.0	1.0	4.6	7.1	3.5	1.8	0.6
Tennis (indoor / outdoor)	1.7	1.4	2.1	1.3	0.2	1.4	2.0	0.6
Lawn bowls	1.5	0.6	0.0	2.1	0.2	0.0	0.8	2.2
Aqua aerobics	1.5	1.9	0.0	0.0	1.3	1.2	2.9	5.2
Other activities	18.4	15.6	15.6	9.7	14.3	12.5	19.4	17.5

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Central Goldfields 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 D17 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	2,172	1,983	165	2,121	18	19	2,116	47	1,655
Walking	22.1	21.6	29.4	21.7	36.1	14.2	22.2	27.1	25.2
Swimming	7.2	7.3	5.0	7.2	3.5	11.6	7.1	17.6	5.9
Bush walking / Hiking	6.3	6.2	8.5	6.3	3.5	18.6	6.1	9.6	7.5
Active play (at playgrounds / play centre)	5.9	5.7	7.3	6.0	0.5	21.4	5.7	0.0	4.6
Fitness: Gym	5.1	5.2	3.7	4.9	15.9	0.0	5.2	0.8	6.3
Australian Rules football	4.0	4.2	0.0	4.1	0.0	6.9	3.9	5.5	2.5
Netball (indoor/ outdoor)	3.6	3.8	1.3	3.6	0.0	4.7	3.7	3.1	2.3
Cycling: General cycling for recreation or transport	3.4	3.7	1.1	3.5	0.0	0.0	3.6	0.0	3.3
Fishing	3.3	3.3	1.8	3.2	0.0	0.0	3.2	0.0	4.0
Golf	2.9	2.9	2.5	2.9	0.0	0.0	2.9	0.0	3.8
Basketball (Indoor/Outdoor)	2.3	2.5	0.0	2.3	0.0	0.0	2.4	0.0	1.1
Jogging / Running	2.1	2.2	1.1	2.0	3.1	0.0	2.2	2.5	2.4
Dancing / Ballet / Calisthenics	2.0	1.8	4.2	2.1	0.0	0.0	2.1	0.5	1.6
Cricket (all types)	1.9	1.7	3.5	1.7	15.9	0.0	1.8	0.0	1.4
Athletics / track and field	1.8	2.0	0.0	1.8	0.0	11.7	1.7	0.0	0.5
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	1.7	1.8	0.1	1.7	0.0	0.0	1.6	0.8	2.1
Fitness: Outdoor fitness / Personal training / Group activities	1.7	1.6	2.6	1.6	11.5	0.0	1.7	5.2	1.7
Tennis (indoor / outdoor)	1.7	1.7	1.2	1.7	1.1	0.0	1.7	0.0	1.6
Lawn bowls	1.5	1.6	0.8	1.6	0.0	2.5	1.5	0.0	1.8
Aqua aerobics	1.5	1.2	5.1	1.5	0.0	0.0	1.5	8.0	1.7
Other activities	18.4	18.1	20.6	18.5	8.9	8.5	18.3	19.3	18.9

¹ Base sizes include all activities mentioned by respondents aged 3 years and over living in the Central Goldfields 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 D18 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	2,172	647	1,391	737	1,422	273	1,841
Walking	22.1	24.8	21.1	21.8	22.2	20.7	22.2
Swimming	7.2	6.3	7.4	8.2	6.6	10.9	6.5
Bush walking / Hiking	6.3	8.7	6.0	6.8	5.9	3.9	6.8
Active play (at playgrounds / play centre)	5.9	2.6	6.4	7.2	5.1	12.4	4.9
Fitness: Gym	5.1	7.7	4.9	4.4	5.5	2.8	5.3
Australian Rules football	4.0	1.4	4.3	5.1	3.3	2.3	4.2
Netball (indoor/ outdoor)	3.6	3.1	3.9	4.1	3.2	3.7	3.5
Cycling: General cycling for recreation or transport	3.4	4.3	3.5	2.8	3.9	6.6	2.9
Fishing	3.3	2.1	3.1	3.8	3.0	2.3	3.5
Golf	2.9	2.1	2.8	1.0	4.1	0.6	3.2
Basketball (Indoor/Outdoor)	2.3	1.5	2.4	3.8	1.3	1.2	2.5
Jogging / Running	2.1	4.0	2.0	1.4	2.5	0.0	2.5
Dancing / Ballet / Calisthenics	2.0	0.7	2.1	1.2	2.6	3.6	1.8
Cricket (all types)	1.9	0.4	2.2	1.1	2.3	1.1	2.0
Athletics / track and field	1.8	0.2	2.0	2.4	1.5	3.0	1.4
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	1.7	3.1	1.4	1.4	1.8	1.4	1.7
Fitness: Outdoor fitness / Personal training / Group activities	1.7	2.7	1.7	1.2	2.0	0.8	1.8
Tennis (indoor / outdoor)	1.7	2.8	1.6	0.9	2.2	1.0	1.9
Lawn bowls	1.5	0.7	1.6	1.7	1.4	1.6	1.6
Aqua aerobics	1.5	0.8	1.6	2.2	1.0	3.5	1.2
Other activities	18.4	19.8	18.1	17.7	18.7	16.7	18.8

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