Foreword

The City of Greater Bendigo would like to thank all residents and those people living outside the municipality who completed the Active Living Census.

The Census was mailed to every house in Greater Bendigo and was available online. It was completed by 17,437 people, making this the largest ever response to any survey conducted by the City.

The Census holds important information about Greater Bendigo residents’ activity levels, including their participation in organised sport or informal activities like weekend bike rides or walking the dog. It also highlights a range of health indicators, such as smoking rates and fruit and vegetable consumption, and where improvements to services and infrastructure can be made.

The findings provide evidence at a local level not previously available and enable reliable comparisons between other data sets. As a result, the City will be able to better plan for, develop and enhance public and open spaces, recreation facilities and health promotion services across the municipality.

This document supplements the full Active Living Census report, which is publicly available on the City’s website.

Residents and interested groups are encouraged to download the full report by visiting www.bendigo.vic.gov.au/ALC.

Craig Niemann
Chief Executive Officer - City of Greater Bendigo

Suggested Citation:
Active Living Census 2014, selected findings, City of Greater Bendigo, Bendigo, Victoria.

Prepared by the Active and Healthy Communities Unit, City of Greater Bendigo

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The Active Living Census 2014 project is funded through:
Healthy Together Bendigo and Be Active.

- Healthy Together Bendigo, a partnership between City of Greater Bendigo and Bendigo Community Health Services, supported by the Victorian Government, is improving the health of our community.
- VicHealth, in partnership with Sport and Recreation Victoria, is working with City of Greater Bendigo to strengthen physical activity outcomes, under the Be Active initiative.

The Process Undertaken

The ALC 2014 survey was designed by CoGB in consultation with the Social Research Centre. A copy of the ALC 2014 questionnaire can be found in Appendix B of the full Active Living Census 2014 report, available on the CoGB website. A hardcopy form was sent to every household address (sourced through the CoGB rates database) and an online version was also made available.

Active Living Census 2014

The City of Greater Bendigo (CoGB) is located in central Victoria, about 150 kilometres north-west of Melbourne. CoGB is the second largest municipality by population in regional Victoria, with approximately 108,000 residents and growth of approximately 1.6% per annum.

The organisation aimed to undertake evidence-based planning for the provision of health and recreation services to continue to develop and enhance public spaces, open spaces and recreation facilities, and improve the community’s health and wellbeing over time (outlined in the Council Plan 2013-2017).

Greater Bendigo residents have high rates of overweight and obesity and have consistently rated low on a range of health behaviour indicators. Through Healthy Together Victoria, CoGB is building a local prevention system to respond to the prevalence of obesity and related chronic disease in the community.

CoGB also received Be Active funding in 2012 from VicHealth to develop initiatives to promote physical activity in the Greater Bendigo region.

To satisfy these government funding initiatives and Council’s planning requirements, the Active Living Census 2014 (ALC 2014) was developed, with the requirement that all residential households in Greater Bendigo be approached to participate in the survey. The ALC 2014 was designed to measure current physical activity, recreation and health behaviours and trends in the Greater Bendigo region to enable evidence-based planning and provision of services.
How City of Greater Bendigo will use the Active Living Census findings

Results from the ALC 2014 will be utilised by CoGB to:

• Address gaps in current available data (i.e. Department of Health Community Profiles; Exercise Recreation and Sport Survey)
• Benchmark against other relevant collections by providing relevant, reliable and valid health data at a local area level that is not currently available from other sources
• Ascertain residents’ current and future leisure demands, to assist the planning, development and enhancement of public spaces, open spaces and recreation facilities
• Better understand the barriers people face in being active and healthy, to inform future planning
• Identify sub-groups within the population (based on age, gender, location, etc.) requiring further targeting / investigation / support.

The purpose of this document and how to use it

This document supplements the full Active Living Census 2014 report, available on the CoGB website www.bendigo.vic.gov.au/ALC. It has been created to increase the accessibility of the ALC 2014 findings to individuals, groups and organisations in Greater Bendigo and beyond. Information about groups, activities and locations of interest has been drawn from the full ALC 2014 report and collated to facilitate fast location and easy understanding of the report highlights by a wide ranging audience.

The following sections of this document highlight ALC 2014 findings relevant to:

• The Greater Bendigo population overall (City of Greater Bendigo Active Living Census 2014 Summary Findings, p.5)
• Greater Bendigo’s Children and Seniors (p. 10)
• Each suburb and town in Greater Bendigo (p. 14)
  - A comparison of active living in rural and urban locations is followed by a page on each urban area and a page on each rural district
  - Localities were summarised into 19 standard regions within Greater Bendigo (see www.profile.id.com.au/Bendigo for further details) to ensure adequate base sizes for reliable analyses
• The 20 activities with the highest rate of yearly or more participation (p. 35).

Where possible, key findings are compared against Victorian and Australian datasets (Exercise, Recreation and Sport Survey, 2010).

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

Active Living Census 2014
Summary Findings

This section summarises the findings from the ALC 2014.

The Greater Bendigo health profile includes results for all adults in Greater Bendigo relating to self-rated health status, fruit and vegetable consumption, smoking rates and alcohol consumption. Where possible, key findings are compared against recent data specific to Greater Bendigo and Victoria (Victorian Population Health Survey, 2008 and 2011).

The Greater Bendigo activity profile includes results from all Greater Bendigo residents relating to barriers to participation, reasons for using tracks and open spaces, use of local facilities, most popular activities and facility ratings. Where possible, key findings are compared against Victorian and Australian datasets (Exercise, Recreation and Sport Survey, 2010).

These summary results are followed by detailed ALC 2014 findings specific to children and seniors; suburbs and towns in Greater Bendigo; and Greater Bendigo’s 20 most popular physical recreation activities.

Health Profile

Self-rated health status

Self-rated health is a reliable and cost effective predictor of future health, need for health care resources and early mortality. Participants respond to the statement, “In general, would you say your health is…” by selecting one of the 5 response options: excellent, very good, good, fair, poor.

45.5% of Greater Bendigo adults rate their health as excellent or very good, 36.5% as good, and 18% as fair or poor.

Younger residents generally report better health status than older residents.

Self-rated health status has remained relatively stable among Greater Bendigo residents from 2008 to 2014, with levels of poor / fair health similar to the Victorian average.

Meeting fruit guidelines

46.8% of adults meet fruit dietary guidelines.

Females and older adults were most likely to meet fruit consumption guidelines.

Greater Bendigo residents’ levels of fruit consumption have increased since 2008, bringing Greater Bendigo into line with the Victorian average.

45.8% of adult respondents reported that they found it difficult to eat the recommended serves of fruit and vegetables.

Males and females aged under 50 were more likely than those aged 50 and above to report difficulty meeting the dietary guidelines.
Active Living Census 2014

Summary Findings

Meeting veg guidelines
9.5% of adults meet vegetable dietary guidelines.
Females and older adults were most likely to meet vegetable guidelines.
Greater Bendigo residents meet vegetable consumption guidelines at very low rates, similar to other Victorians.
Among those respondents who found it difficult to meet the fruit and veg dietary guidelines, the most commonly identified barriers were:
- Personal preference (i.e. I don’t like fruit and vegetables) 24.5%
- Time poor 19.8%
- The guidelines (i.e. I can’t eat that much) 18.4%
- Cost 14.6%

Current smoking rate
12.8% of adults are current smokers.
Males aged 18 to 49 and females aged 35 to 49 smoke at higher rates than other residents.
A sharp decline in Greater Bendigo residents’ smoking rates has been observed between 2011 and 2014, bringing Greater Bendigo into line with other areas of Victoria, where smoking rates declined between 2008 and 2011.

Alcohol Consumption
15.9% of adults report usually drinking at levels that put them at short-term risk of alcohol-related harm.
Greater Bendigo males, especially those aged 18 to 49, were more likely than other residents to usually drink at risky levels (i.e. more than 4 standard drinks per occasion).
Males, especially those aged 50 and over, were also most likely to drink every day.
Females aged 50 and over abstained from drinking alcohol at the highest rates.
Comparisons with Victorian Population Health Survey data are not available.

Active Living Census 2014

Summary Findings

Physical Activity

Exercise 30 minutes, 4 or more times a week
46.6% of adults exercise for at least 30 minutes, 4 or more times per week.
Children and adults aged 50 and over were most likely to report exercising every day.

Barriers to participation
Of those people who reported experiencing barriers to participation in physical recreation activities, the most common reasons were:

- Time poor (65.4%)
- Personal issue (49.1%) (i.e. low motivation / embarrassment / poor health)
- Cost issue (29.5%)
- Lack of social support (24.3%) (i.e. no encouragement / no one to go with)
- Awareness issues (18.1%)
- Safety issues (17.6%)

Reasons for using off-road walking and cycling tracks
93.7% of off-road walking and cycling tracks users report health and recreation benefits.

- Health and recreation 93.7%
- Me time / back to nature 54.8%
- Commute - other places 43.6%
- Commute - school 11.5%
- Commute - work 7.5%
- Other incl. pets 9.0%

Reasons for using open space
Almost 3/4 of open space users report social and health / fitness benefits.

- Social gatherings 73.9%
- Health and fitness 71.9%
- Me time 34%
- Organised sport 30%
- Commuting 9.5%
- Other 36.2%

Improvements that would encourage more regular use of open spaces

- Walking tracks / paths 6.3%
- Toilets 4.1%
- Bicycle tracks 3.7%
- Playgrounds 3.5%
- Parks / facilities closer to my home / more accessible 3.1%
- Exercise equipment (including sporting fields / facilities) 2.8%
- Bins / rubbish 2.8%
- Lighting 2.7%
- Seating 2.4%
- Cover / shade / shelter 2.4%

The majority of respondents did not make any suggestions for improvement to open spaces.
Over 80% of residents reported participating in at least one activity for physical recreation in the previous 12 months. Younger residents reported participating in more physical recreational activities than older residents.

Most activities occurred within Greater Bendigo. The main reasons for people to travel outside Greater Bendigo for physical recreation activities included:
- Competition, especially for lawn bowls and soccer;
- Social reasons, especially for walking for exercise and golf;
- Activity not available in Greater Bendigo region, especially for jogging/running; and
- Better quality facilities, especially for waterskiing/powerboating.

Over 80% of residents reported participating in at least one activity for physical recreation in the previous 12 months. Younger residents reported participating in more physical recreational activities than older residents.

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

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

The graph on the right below shows participants’ ratings of facility quality and accessibility for each of the 20 most popular physical recreation activities.

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

These graphs display responses from all Greater Bendigo residents who responded to the ALC 2014, including children.

Further details about each of these activities and their associated facilities can be found in the Activity section, on pages 34-73.

To assist ease of browsing, information from this point on is broken down according to:
- Age (page 10 - 13)
- Location (page 14 - 33)
- Activity (page 34 - 73)

Further information about any of the findings can be found in the full report, available at www.bendigo.vic.gov.au/alc.
Greater Bendigo’s Children (3-17 years)

Children are more likely than adults to meet fruit consumption guidelines but meet vegetable consumption guidelines at similar rates.

Meeting fruit guidelines:
- 57.8% children
- 46.8% adults

Meeting veg guidelines:
- 7.6% children
- 9.5% adults

Self-rated health status
Children in Greater Bendigo generally see themselves as healthy.
Eight-in-ten (80.3%) reported their health as ‘very good’ or ‘excellent’.

Meeting fruit & veg dietary guidelines
Children are more likely than adults to meet fruit consumption guidelines but meet vegetable consumption guidelines at similar rates.

Meeting fruit guidelines:
- 57.8% children
- 46.8% adults

Meeting veg guidelines:
- 7.6% children
- 9.5% adults

Children’s Physical Activity
Exercise 30 minutes, 4 or more times a week

Children were more likely than adults to report exercising 4 or more times per week.

- Males, 3 to 11: 74.5%
- Females, 3 to 11: 68.7%
- Males, 12 to 17: 70.3%
- Females, 12 to 17: 57.4%
- Adults: 46.6%

Barriers to participation
Children’s most commonly identified barriers to participation are displayed below. Female children identified barriers at higher rates than male children. Children and adults identified similar barriers to participation, but at different rates. Children identified barriers of cost, awareness and facility access at higher rates and time and personal issues at lower rates than adults.

Most popular activities
Male and female children and young adults participate in physical recreation activities at different rates to adults.

Top 5 activities for Males, 3 to 11:
- Swimming: 41.6%
- Cycling/BMXing: 23.2%
- Australian rules football: 22.4%
- Soccer: 18.5%
- Swimming: 14.8%

Top 5 activities for Males, 12 to 17:
- Australian rules football: 24.2%
- Cycling/BMXing: 17.4%
- Swimming: 17.0%
- Basketball: 15.4%
- Soccer: 13.7%

Top 5 activities for Females, 3 to 11:
- Swimming: 48.2%
- Cycling/BMXing: 19.0%
- Netball: 18.6%
- Walking for exercise: 15.7%
- Dancing/Ballet: 15.7%

Top 5 activities for Females, 12 to 17:
- Netball: 40.0%
- Swimming: 21.7%
- Walking for exercise: 18.4%
- Basketball: 13.0%
- Jogging/running: 9.7%

Use of local facilities
Children use all facilities at higher rates than adults.

Children and adults reported different reasons for using off-road walking and cycling tracks and open spaces.
People aged 70+ comprise approximately 11.8% of the total population of Greater Bendigo. A high response rate was achieved among Greater Bendigo residents aged 70+. This section focuses on the health and physical recreation status of residents aged 70+, as their health and activity profile differs from that of other adults.

### Most popular activities

Residents aged 70+ participate in physical recreation activities at different rates to other residents.

**Top 5 activities for males, 70+**
- Walking: 27.4%
- Lawn bowls: 10.1%
- Golf: 8.0%
- Bushwalking: 6.2%
- Cycling/BMXing: 5.2%

**Top 5 activities for females, 70+**
- Walking: 24.8%
- Fitness/Gym: 5.9%
- Lawn bowls: 5.3%
- Swimming: 4.6%
- Bushwalking: 4.1%

### Senior’s Physical Activity

**Exercise 30 minutes, 4 or more times a week**

- **Males, 70+**: 56.7%
- **Females, 70+**: 47.5%

### Smoking rates

- Compared to other adults, the current rate of smoking among residents aged 70+ is very low:
  - Males 70+: 3.8%
  - Females 70+: 1.9%

### Alcohol consumption

Patterns of alcohol consumption among residents aged 70+ differed from other adults, with higher rates of everyday drinking (17.4% of males aged 70+ vs. 7.3% adults), as well as higher rates of abstaining from alcohol (27.4% of males and 48.5% of females aged 70+ vs. 19.5% adults).

- Males (3.6%) and females (0.2%) aged 70+ were much less likely than other adults (16%) to usually drink at risky levels (i.e. more than 4 standard drinks per occasion).

### Use of local facilities

Residents aged 70+ use facilities at lower rates than other adults.

- **Adults aged 70+**
  - Off-road tracks: 100%
  - Open spaces: 50%
  - Swimming pools: 25%
  - Indoor sports/leisure/fitness centres: 75%
  - Sports grounds, ovals, clubrooms: 15%
  - School facilities after hours: 5%
  - Halls/community centres: 5%

- **Adults**
  - Off-road tracks: 100%
  - Open spaces: 50%
  - Swimming pools: 25%
  - Indoor sports/leisure/fitness centres: 75%
  - Sports grounds, ovals, clubrooms: 15%
  - School facilities after hours: 5%
  - Halls/community centres: 5%

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**Senior’s Health Profile**

**Self-rated health status**

Residents aged 70+ reported high rates of ‘fair’ or ‘poor’ health.

**Meeting fruit & veg guidelines**

Over half of males (51.9%) and females (55.3%) aged 70+ met fruit dietary guidelines.

Rates of meeting veg guidelines were much lower (males 13.1% and females 15.2%).

Residents aged 70+ were less likely than other adults to report difficulty eating the recommended amount of fruit and vegetables each day.

**Smoking rates**

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Males</td>
<td>Females</td>
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<tr>
<td>poor/ fair</td>
<td>good</td>
<td>very good/excellent</td>
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</tbody>
</table>

**Alcohol consumption**

Respondents aged 70+, (females = 65.1%; males = 62.2%) mentioned personal issues (low motivation / embarrassment / poor health) as a barrier to participating more frequently in activities at higher rates than the total sample.

Seniors were most likely to report using open spaces for Health and Fitness (identified by approximately 57% of open space users aged 70+), and to use off-road walking and cycling tracks for Health and Recreation (identified by approximately 85% of track users aged 70+).
### Active living among Urban vs. Rural areas

#### Health Profile (adults)

<table>
<thead>
<tr>
<th></th>
<th>Urban (%)</th>
<th>Rural (%)</th>
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<tbody>
<tr>
<td>Self-rated health status</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rural residents report slightly higher rates of 'fair' or 'poor' health than urban residents.</td>
<td>17.8%</td>
<td>19.8%</td>
</tr>
<tr>
<td>Meeting fruit guidelines</td>
<td></td>
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</tr>
<tr>
<td>Rural residents are slightly more likely than urban residents to meet fruit dietary guidelines.</td>
<td>46.4%</td>
<td>48.7%</td>
</tr>
<tr>
<td>Meeting veg guidelines</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Urban and rural residents meet veg guidelines at similar rates.</td>
<td>9.3%</td>
<td>10.1%</td>
</tr>
<tr>
<td>Smoking rate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Urban residents are more likely than rural residents to smoke.</td>
<td>13.0%</td>
<td>16.6%</td>
</tr>
<tr>
<td>Alcohol consumption</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rural residents are less likely than urban residents to report usually drinking more than 4 standard drinks on one occasion.</td>
<td>16.8%</td>
<td>12.4%</td>
</tr>
</tbody>
</table>

#### Physical Activity

**Exercise 30 minutes, 4 or more times a week (adults)**

<table>
<thead>
<tr>
<th></th>
<th>Urban (%)</th>
<th>Rural (%)</th>
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</table>

**Most popular activities (all residents)**

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<tr>
<th></th>
<th>Urban (%)</th>
<th>Rural (%)</th>
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</thead>
</table>

#### Barriers to participation (all residents)

- Urban and rural residents experience similar barriers to physical recreation activity, but at different rates.

#### Use of local facilities (all residents)

- Urban residents generally report higher rates of facility usage than rural residents, except for usage of halls/community centres.

### Physical Activity

**Exercise 30 minutes, 4 or more times a week (adults)**

<table>
<thead>
<tr>
<th></th>
<th>Urban (%)</th>
<th>Rural (%)</th>
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</table>

**Most popular activities (all residents)**

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<thead>
<tr>
<th></th>
<th>Urban (%)</th>
<th>Rural (%)</th>
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</thead>
</table>

#### Barriers to participation (all residents)

- 61.1% Time poor, 48.0% Personal issue, 24.9% Cost issue

#### Use of local facilities (all residents)

- Bendigo CBD residents use all facilities at similar rates to other residents of Greater Bendigo.

### Bendigo CBD

#### Health Profile (adults)

<table>
<thead>
<tr>
<th></th>
<th>Bendigo CBD (%)</th>
<th>Greater Bendigo average (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-rated health status</td>
<td>17.6%</td>
<td>19.5%</td>
</tr>
<tr>
<td>Meeting fruit guidelines</td>
<td>47.8%</td>
<td>46.8%</td>
</tr>
<tr>
<td>Meeting veg guidelines</td>
<td>13.1%</td>
<td>12.8%</td>
</tr>
<tr>
<td>Smoking rate</td>
<td>13.1%</td>
<td>12.8%</td>
</tr>
<tr>
<td>Alcohol consumption</td>
<td>15.7%</td>
<td>15.9%</td>
</tr>
</tbody>
</table>

#### Findings for the Bendigo CBD area are based on responses from 1,882 residents, or approximately 33.5% of the local population.

#### Use of local facilities (all residents)

- Bendigo CBD residents use all facilities at similar rates to other residents of Greater Bendigo.
Findings for the Eaglehawk - Eaglehawk North - Sailors Gully area are based on responses from 1,181 residents, or approximately 22.2% of the local population.

### Self-rated health status
- 22.5% rate their health as fair or poor; significantly worse than the Greater Bendigo average.
- Eaglehawk - Eaglehawk North Sailors Gully 22.5%
- Greater Bendigo average 17.9%

### Meeting fruit guidelines
- 45.9% meet fruit dietary guidelines.
- Eaglehawk - Eaglehawk North Sailors Gully 45.9%
- Greater Bendigo average 46.8%

### Meeting veg guidelines
- 10.7% meet veg dietary guidelines.
- Eaglehawk - Eaglehawk North Sailors Gully 10.7%
- Greater Bendigo average 9.5%

### Smoking rate
- 13% current smokers.
- Eaglehawk - Eaglehawk North Sailors Gully 13.0%
- Greater Bendigo average 12.8%

### Alcohol consumption
- 14% usually drink at levels that put them at risk of short term alcohol related harm.
- Eaglehawk - Eaglehawk North Sailors Gully 14.0%
- Greater Bendigo average 15.9%

### Exercise 30 minutes, 4 or more times a week (adults)
- 47.7% of adults exercise four or more times per week.
- Eaglehawk - Eaglehawk North Sailors Gully 47.7%
- Greater Bendigo overall 46.6%

### Most popular activities (all residents)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Eaglehawk - Eaglehawk North Sailors Gully</th>
<th>Greater Bendigo average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td>30.3%</td>
<td>31.4%</td>
</tr>
<tr>
<td>Swimming</td>
<td>16.0%</td>
<td>18.2%</td>
</tr>
<tr>
<td>Bushwalking</td>
<td>9.3%</td>
<td>11.4%</td>
</tr>
<tr>
<td>Cycling/BMXing</td>
<td>8.8%</td>
<td>9.7%</td>
</tr>
<tr>
<td>Fitness/Gym</td>
<td>8.7%</td>
<td>6.8%</td>
</tr>
<tr>
<td>Golf</td>
<td>4.8%</td>
<td>5.9%</td>
</tr>
<tr>
<td>Jogging/Running</td>
<td>4.7%</td>
<td>5.5%</td>
</tr>
<tr>
<td>Fishing</td>
<td>4.7%</td>
<td>4.2%</td>
</tr>
<tr>
<td>Lawn bowls</td>
<td>4.1%</td>
<td>4.2%</td>
</tr>
<tr>
<td>Australian rules football</td>
<td>3.6%</td>
<td>4.2%</td>
</tr>
</tbody>
</table>

### Barriers to participation (all residents)
- 57.3% Time poor
- 51.5% Personal issue
- 34.0% Cost issue

### Use of local facilities (all residents)
- Higher than Greater Bendigo average
- Lower than Greater Bendigo average

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Findings for the East Bendigo - Wellsford area are based on responses from 236 residents, or approximately 10.7% of the local population.

### Self-rated health status
- 20.2% rate their health as fair or poor; similar to the Greater Bendigo average.
- East Bendigo - Wellsford 20.2%
- Greater Bendigo average 17.9%

### Meeting fruit guidelines
- 45% meet fruit dietary guidelines.
- East Bendigo - Wellsford 45.0%
- Greater Bendigo average 46.8%

### Meeting veg guidelines
- 9.5% meet veg dietary guidelines.
- East Bendigo - Wellsford 9.5%
- Greater Bendigo average 9.5%

### Smoking rate
- 14.1% current smokers.
- Bendigo CBD 14.1%
- Greater Bendigo average 12.8%

### Alcohol consumption
- 18.9% usually drink at levels that put them at risk of short term alcohol related harm.
- Bendigo CBD 18.9%
- Greater Bendigo average 15.9%
Active living in **Epsom - Ascot**

Findings for the Epsom - Ascot area are based on responses from 914 residents, or approximately 24.0% of the local population.

**Physical Activity**

Exercise 30 minutes, 4 or more times a week (adults)

- 43.9% of adults exercise four or more times per week.

**Most popular activities (all residents)**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Epsom - Ascot</th>
<th>Greater Bendigo average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td>29.2%</td>
<td>37.7%</td>
</tr>
<tr>
<td>Swimming</td>
<td>15.3%</td>
<td>21.1%</td>
</tr>
<tr>
<td>Cycling/BMXing</td>
<td>12.0%</td>
<td>16.5%</td>
</tr>
<tr>
<td>Fitness/Gym</td>
<td>11.8%</td>
<td>16.0%</td>
</tr>
<tr>
<td>Netball</td>
<td>8.0%</td>
<td>13.2%</td>
</tr>
<tr>
<td>Jogging/Running</td>
<td>7.5%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Bushwalking</td>
<td>6.2%</td>
<td></td>
</tr>
<tr>
<td>Australian Rules Football</td>
<td>6.1%</td>
<td></td>
</tr>
<tr>
<td>Fishing</td>
<td>5.8%</td>
<td></td>
</tr>
<tr>
<td>Golf</td>
<td>4.7%</td>
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</tr>
</tbody>
</table>

**Barriers to participation (all residents)**

- Time poor: 72.8%
- Personal issue: 45.7%
- Cost issue: 36.6%

**Use of local facilities (all residents)**

- Epsom - Ascot residents use all facilities at similar rates to other residents of Greater Bendigo.

Active living in **Flora Hill - Quarry Hill - Spring Gully - Golden Gully**

Findings for the Flora Hill - Quarry Hill - Spring Gully - Golden Gully area are based on responses from 1,500 residents, or approximately 16.5% of the local population.

**Physical Activity**

Exercise 30 minutes, 4 or more times a week (adults)

- 46.6% of adults exercise four or more times per week.

**Most popular activities (all residents)**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Flora Hill - Quarry Hill - Spring Gully - Golden Gully</th>
<th>Greater Bendigo average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td>37.7%</td>
<td>47.9%</td>
</tr>
<tr>
<td>Swimming</td>
<td>21.1%</td>
<td>46.8%</td>
</tr>
<tr>
<td>Cycling/BMXing</td>
<td>16.5%</td>
<td>46.8%</td>
</tr>
<tr>
<td>Fitness/Gym</td>
<td>16.0%</td>
<td></td>
</tr>
<tr>
<td>Bushwalking</td>
<td>13.2%</td>
<td></td>
</tr>
<tr>
<td>Jogging/Running</td>
<td>10.0%</td>
<td></td>
</tr>
<tr>
<td>Golf</td>
<td>5.0%</td>
<td></td>
</tr>
<tr>
<td>Tennis</td>
<td>4.7%</td>
<td></td>
</tr>
<tr>
<td>Fishing</td>
<td>3.9%</td>
<td></td>
</tr>
<tr>
<td>Netball</td>
<td>3.7%</td>
<td></td>
</tr>
</tbody>
</table>

**Barriers to participation (all residents)**

- Time poor: 69.7%
- Personal issue: 52.2%
- Cost issue: 31.5%

**Use of local facilities (all residents)**

- Higher than Greater Bendigo average
- Lower than Greater Bendigo average

- Epsom - Ascot residents use all facilities at similar rates to other residents of Greater Bendigo.

---

**Health Profile (adults)**

- **Self-rated health status**
  - 12.3% rate their health as fair or poor; significantly better than the Greater Bendigo average.
  - Epsom - Ascot 12.3%
  - Greater Bendigo average 17.9%

- **Meeting fruit guidelines**
  - 45% meet fruit dietary guidelines.
  - Epsom - Ascot 45.0%
  - Greater Bendigo average 46.8%

- **Meeting veg guidelines**
  - 8.4% meet veg dietary guidelines.
  - Epsom - Ascot 8.4%
  - Greater Bendigo average 9.5%

- **Smoking rate**
  - 12.3% current smokers.
  - Epsom - Ascot 12.3%
  - Greater Bendigo average 12.8%

- **Alcohol consumption**
  - 19.3% usually drink at levels that put them at risk of short term alcohol related harm.
  - Epsom - Ascot 19.3%
  - Greater Bendigo average 15.9%

---

**Use of local facilities (all residents)**

- Off-road tracks
- Open spaces
- Swimming pools
- Indoor sports/leisure/fitness centres
- Sports grounds, ovals, clubrooms
- School facilities after hours
- Halls/community centres

---

**Findings for the Flora Hill - Quarry Hill - Spring Gully - Golden Gully area are based on responses from 1,500 residents, or approximately 16.5% of the local population.**
**Health Profile (adults)**

- **Self-rated health status**: 18.3% rate their health as fair or poor; similar to the Greater Bendigo average.
  - **Golden Square**: 18.3%
  - **Greater Bendigo average**: 17.9%

- **Meeting fruit guidelines**: 47.8% meet fruit dietary guidelines.
  - **Golden Square**: 47.8%
  - **Greater Bendigo average**: 46.8%

- **Meeting veg guidelines**: 9.3% meet veg dietary guidelines.
  - **Golden Square**: 9.3%
  - **Greater Bendigo average**: 9.5%

- **Smoking rate**: 13.5% current smokers.
  - **Golden Square**: 13.5%
  - **Greater Bendigo average**: 12.8%

- **Alcohol consumption**: 15.8% usually drink at levels that put them at risk of short term alcohol related harm.
  - **Golden Square**: 15.8%
  - **Greater Bendigo average**: 15.9%

**Physical Activity**

**Exercise 30 minutes, 4 or more times a week (adults)**

- **Golden Square**: 45.1% of adults exercise four or more times per week.
- **Greater Bendigo overall**: 46.6%

**Most popular activities (all residents)** (Percentage of population participating once or more per year).

- **Walking**: 33.5%
- **Swimming**: 20.5%
- **Fitness/Gym**: 12.2%
- **Cycling/BMXing**: 10.1%
- **Bushwalking**: 8.6%
- **Jogging/Running**: 6.4%
- **Golf**: 4.8%
- **Fishing**: 4.8%
- **Netball**: 4.5%
- **Australian rules football**: 4.5%

**Barriers to participation (all residents)**

- **Time poor**: 66.0%
- **Personal issue**: 52.4%
- **Cost issue**: 31.8%

**Use of local facilities (all residents)**

Golden Square residents use all facilities at similar rates to other residents of Greater Bendigo.

**Active living in Golden Square**

Findings for the Golden Square area are based on responses from 1,212 residents, or approximately 15.2% of the local population.

**Active living in Huntly**

Findings for the Huntly-Bagshot area are based on responses from 359 residents, or approximately 21.7% of the local population.

**Health Profile (adults)**

- **Self-rated health status**: 13.8% rate their health as fair or poor; similar to the Greater Bendigo average.
  - **Huntly**: 13.8%
  - **Greater Bendigo average**: 17.9%

- **Meeting fruit guidelines**: 40% meet fruit dietary guidelines.
  - **Huntly**: 40.0%
  - **Greater Bendigo average**: 46.8%

- **Meeting veg guidelines**: 6.7% meet veg dietary guidelines.
  - **Huntly**: 6.7%
  - **Greater Bendigo average**: 9.5%

- **Smoking rate**: 15.4% current smokers.
  - **Huntly**: 15.4%
  - **Greater Bendigo average**: 12.8%

- **Alcohol consumption**: 15.3% usually drink at levels that put them at risk of short term alcohol related harm.
  - **Huntly**: 15.3%
  - **Greater Bendigo average**: 15.9%

**Physical Activity**

**Exercise 30 minutes, 4 or more times a week (adults)**

- **Huntly**: 39.8% of adults exercise four or more times per week.
- **Greater Bendigo overall**: 46.6%

**Most popular activities (all residents)** (Percentage of population participating once or more per year).

- **Walking**: 20.1%
- **Swimming**: 15.0%
- **Cycling/BMXing**: 8.9%
- **Bushwalking**: 7.8%
- **Fitness/Gym**: 7.0%
- **Soccer**: 5.6%
- **Netball**: 4.2%
- **Golf**: 3.9%
- **Jogging/Running**: 3.6%
- **Fishing**: 3.6%

**Barriers to participation (all residents)**

- **Time poor**: 67.0%
- **Personal issue**: 42.4%
- **Cost issue**: 32.5%

**Use of local facilities (all residents)**

- **Higher than Greater Bendigo average**
- **Lower than Greater Bendigo average**

**Active living in Golden Square**

Golden Square residents use all facilities at similar rates to other residents of Greater Bendigo.
Findings for the Kangaroo Flat - Big Hill - Ravenswood area are based on responses from 1,956 residents, or approximately 19.9% of the local population.

### Physical Activity

**Exercise 30 minutes, 4 or more times a week (adults)**

- Kangaroo Flat - Big Hill - Ravenswood: 44.6%
- Greater Bendigo average: 46.6%

### Most popular activities (all residents)

(Percentage of population participating once or more per year)

- Walking: Kangaroo Flat - Big Hill - Ravenswood: 31.5%
- Greater Bendigo average: 24.5%
- Swimming: Kangaroo Flat - Big Hill - Ravenswood: 14.2%
- Greater Bendigo average: 12.1%
- Fitness/Gym: Kangaroo Flat - Big Hill - Ravenswood: 9.3%
- Greater Bendigo average: 7.2%
- Cycling/BMXing: Kangaroo Flat - Big Hill - Ravenswood: 8.5%
- Greater Bendigo average: 7.4%
- Jogging/Running: Kangaroo Flat - Big Hill - Ravenswood: 8.5%
- Greater Bendigo average: 7.2%
- Bushwalking: Kangaroo Flat - Big Hill - Ravenswood: 8.5%
- Greater Bendigo average: 6.8%
- Australian rules football: Kangaroo Flat - Big Hill - Ravenswood: 5.1%
- Greater Bendigo average: 4.8%
- Fishing: Kangaroo Flat - Big Hill - Ravenswood: 4.2%
- Greater Bendigo average: 3.8%
- Lawn bowls: Kangaroo Flat - Big Hill - Ravenswood: 4.1%
- Greater Bendigo average: 3.8%
- Golf: Kangaroo Flat - Big Hill - Ravenswood: 4.0%
- Greater Bendigo average: 3.5%

### Barriers to participation (all residents)

- Time poor: 60.6%
- Personal issue: 50.8%
- Cost issue: 31.0%

### Use of local facilities (all residents)

- Off-road tracks: Kangaroo Flat - Big Hill - Ravenswood: 34.5%
- Greater Bendigo average: 32.0%
- Open spaces: Kangaroo Flat - Big Hill - Ravenswood: 34.5%
- Greater Bendigo average: 32.0%
- Swimming pools: Kangaroo Flat - Big Hill - Ravenswood: 34.5%
- Greater Bendigo average: 32.0%
- Indoor sports/leisure/fitness centres: Kangaroo Flat - Big Hill - Ravenswood: 34.5%
- Greater Bendigo average: 32.0%
- Sports grounds, ovals, clubrooms: Kangaroo Flat - Big Hill - Ravenswood: 34.5%
- Greater Bendigo average: 32.0%
- School facilities after hours: Kangaroo Flat - Big Hill - Ravenswood: 34.5%
- Greater Bendigo average: 32.0%
- Halls/community centres: Kangaroo Flat - Big Hill - Ravenswood: 34.5%
- Greater Bendigo average: 32.0%

Findings for the Kennington area are based on responses from 854 residents, or approximately 15.1% of the local population.

### Physical Activity

**Exercise 30 minutes, 4 or more times a week (adults)**

- Kennington: 54%
- Greater Bendigo overall: 46.6%

### Most popular activities (all residents)

(Percentage of population participating once or more per year)

- Walking: Kennington: 38.9%
- Greater Bendigo average: 32.8%
- Swimming: Kennington: 18.0%
- Greater Bendigo average: 15.1%
- Fitness/Gym: Kennington: 14.1%
- Greater Bendigo average: 12.1%
- Cycling/BMXing: Kennington: 11.7%
- Greater Bendigo average: 10.6%
- Jogging/Running: Kennington: 11.1%
- Greater Bendigo average: 10.6%
- Bushwalking: Kennington: 7.7%
- Greater Bendigo average: 6.8%
- Netball: Kennington: 5.0%
- Greater Bendigo average: 4.4%
- Golf: Kennington: 4.3%
- Greater Bendigo average: 4.1%
- Tennis: Kennington: 3.7%
- Greater Bendigo average: 3.5%
- Australian rules football: Kennington: 3.4%
- Greater Bendigo average: 3.1%

### Barriers to participation (all residents)

- Time poor: 64.1%
- Personal issue: 51%
- Cost issue: 30.6%

### Use of local facilities (all residents)

- Off-road tracks: Kennington: 34%
- Greater Bendigo average: 32%
- Open spaces: Kennington: 34%
- Greater Bendigo average: 32%
- Swimming pools: Kennington: 34%
- Greater Bendigo average: 32%
- Indoor sports/leisure/fitness centres: Kennington: 34%
- Greater Bendigo average: 32%
- Sports grounds, ovals, clubrooms: Kennington: 34%
- Greater Bendigo average: 32%
- School facilities after hours: Kennington: 34%
- Greater Bendigo average: 32%
- Halls/community centres: Kennington: 34%
- Greater Bendigo average: 32%
**Findings for the Maiden Gully area are based on responses from 889 residents, or approximately 21.5% of the local population.**

## Physical Activity

**Exercise 30 minutes, 4 or more times a week (adults)**

42.6% of adults exercise four or more times per week.

**Most popular activities (all residents)**

(Percentage of population participating once or more per year).

### Walking 30.7%

### Swimming 17.9%

### Fitness/Gym 10.6%

### Cycling/BMXing 8.2%

### Fishing 6.6%

### Bushwalking 6.2%

### Jogging/Running 4.4%

### Netball 4.2%

### Australian rules football 3.3%

### Golf and Tennis 3.3%

## Barriers to participation (all residents)

- **Time poor**: 74.3%
- **Personal issue**: 44.0%
- **Cost issue**: 29.4%

## Use of local facilities (all residents)

- **Higher than Greater Bendigo average**
- **Lower than Greater Bendigo average**

**Findings for the Long Gully - West Bendigo - Ironbark area are based on responses from 548 residents, or approximately 11.9% of the local population.**

## Physical Activity

**Exercise 30 minutes, 4 or more times a week (adults)**

47.3% of adults exercise four or more times per week.

**Most popular activities (all residents)**

(Percentage of population participating once or more per year).

### Walking 47.3%

### Swimming 16.9%

### Fitness/Gym 10.4%

### Cycling/BMXing 7.6%

### Fishing 6.2%

### Bushwalking 3.8%

### Jogging/Running 4.4%

### Netball 4.2%

### Australian rules football 3.3%

### Golf and Tennis 3.3%

## Barriers to participation (all residents)

- **Time poor**: 61.1%
- **Personal issue**: 55.8%
- **Cost issue**: 38.6%

## Use of local facilities (all residents)

- **Higher than Greater Bendigo average**
- **Lower than Greater Bendigo average**
### Active living in North Bendigo - California Gully

Findings for the North Bendigo - California Gully area are based on responses from 823 residents, or approximately 10.5% of the local population.

**Physical Activity**

Exercise 30 minutes, 4 or more times a week (adults)

<table>
<thead>
<tr>
<th>Activity</th>
<th>North Bendigo - California Gully</th>
<th>Greater Bendigo overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td>29.4%</td>
<td>38.0%</td>
</tr>
<tr>
<td>Swimming</td>
<td>16.5%</td>
<td>15.8%</td>
</tr>
<tr>
<td>Fitness/Gym</td>
<td>10.6%</td>
<td>13.7%</td>
</tr>
<tr>
<td>Cycling/BMXing</td>
<td>9.6%</td>
<td>12.2%</td>
</tr>
<tr>
<td>Bushwalking</td>
<td>7.9%</td>
<td>11.6%</td>
</tr>
<tr>
<td>Jogging/Running</td>
<td>6.1%</td>
<td>7.9%</td>
</tr>
<tr>
<td>Fishing</td>
<td>5.2%</td>
<td>7.5%</td>
</tr>
<tr>
<td>Australian rules football</td>
<td>3.3%</td>
<td>4.9%</td>
</tr>
<tr>
<td>Aerobics</td>
<td>3.2%</td>
<td>4.5%</td>
</tr>
<tr>
<td>Tennis bowling</td>
<td>3.0%</td>
<td>3.6%</td>
</tr>
</tbody>
</table>

Most popular activities (all residents)

(Percentage of population participating once or more per year).

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td>29.4%</td>
</tr>
<tr>
<td>Swimming</td>
<td>16.5%</td>
</tr>
<tr>
<td>Fitness/Gym</td>
<td>10.6%</td>
</tr>
<tr>
<td>Cycling/BMXing</td>
<td>9.6%</td>
</tr>
<tr>
<td>Bushwalking</td>
<td>7.9%</td>
</tr>
<tr>
<td>Jogging/Running</td>
<td>6.1%</td>
</tr>
<tr>
<td>Fishing</td>
<td>5.2%</td>
</tr>
<tr>
<td>Australian rules football</td>
<td>3.3%</td>
</tr>
<tr>
<td>Aerobics</td>
<td>3.2%</td>
</tr>
<tr>
<td>Tennis bowling</td>
<td>3.0%</td>
</tr>
</tbody>
</table>

Barriers to participation (all residents)

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time poor</td>
<td>62.8%</td>
</tr>
<tr>
<td>Personal issue</td>
<td>54.4%</td>
</tr>
<tr>
<td>Cost issue</td>
<td>38.1%</td>
</tr>
</tbody>
</table>

Use of local facilities (all residents)

- Off-road tracks: 38.0% (North Bendigo) vs 25.0% (Greater Bendigo)
- Open spaces: 30.0% (North Bendigo) vs 20.0% (Greater Bendigo)
- Swimming pools: 20.0% (North Bendigo) vs 15.0% (Greater Bendigo)
- Indoor sports/leisure/fitness centres: 10.0% (North Bendigo) vs 7.0% (Greater Bendigo)
- Sports grounds, ovals, clubrooms: 5.0% (North Bendigo) vs 3.0% (Greater Bendigo)
- School facilities after hours: 2.0% (North Bendigo) vs 1.0% (Greater Bendigo)
- Halls/community centres: 1.0% (North Bendigo) vs 0.5% (Greater Bendigo)

### Active living in Strathdale

Findings for the Strathdale area are based on responses from 1,143 residents, or approximately 20.8% of the local population.

**Physical Activity**

Exercise 30 minutes, 4 or more times a week (adults)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td>38.0%</td>
</tr>
<tr>
<td>Swimming</td>
<td>15.8%</td>
</tr>
<tr>
<td>Fitness/Gym</td>
<td>13.7%</td>
</tr>
<tr>
<td>Cycling/BMXing</td>
<td>12.2%</td>
</tr>
<tr>
<td>Bushwalking</td>
<td>11.6%</td>
</tr>
<tr>
<td>Jogging/Running</td>
<td>7.9%</td>
</tr>
<tr>
<td>Fishing</td>
<td>7.5%</td>
</tr>
<tr>
<td>Australian rules football</td>
<td>4.9%</td>
</tr>
<tr>
<td>Aerobics</td>
<td>4.5%</td>
</tr>
<tr>
<td>Tennis bowling</td>
<td>3.6%</td>
</tr>
</tbody>
</table>

Most popular activities (all residents)

(Percentage of population participating once or more per year).

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
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<tr>
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</tr>
<tr>
<td>Swimming</td>
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<tr>
<td>Cycling/BMXing</td>
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<td>Bushwalking</td>
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<tr>
<td>Jogging/Running</td>
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</tr>
<tr>
<td>Fishing</td>
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</tr>
<tr>
<td>Australian rules football</td>
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<tr>
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<td>4.5%</td>
</tr>
<tr>
<td>Tennis bowling</td>
<td>3.6%</td>
</tr>
</tbody>
</table>

Barriers to participation (all residents)

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time poor</td>
<td>63.0%</td>
</tr>
<tr>
<td>Personal issue</td>
<td>53.0%</td>
</tr>
<tr>
<td>Lack of social support</td>
<td>22.0%</td>
</tr>
</tbody>
</table>

Use of local facilities (all residents)

- Off-road tracks: 75.0% (Strathdale) vs 50.0% (Greater Bendigo)
- Open spaces: 70.0% (Strathdale) vs 50.0% (Greater Bendigo)
- Swimming pools: 65.0% (Strathdale) vs 45.0% (Greater Bendigo)
- Indoor sports/leisure/fitness centres: 50.0% (Strathdale) vs 30.0% (Greater Bendigo)
- Sports grounds, ovals, clubrooms: 40.0% (Strathdale) vs 25.0% (Greater Bendigo)
- School facilities after hours: 25.0% (Strathdale) vs 15.0% (Greater Bendigo)
- Halls/community centres: 15.0% (Strathdale) vs 10.0% (Greater Bendigo)
Active living in Strathfieldsaye

Findings for the Strathfieldsaye area are based on responses from 1,006 residents, or approximately 22.9% of the local population.

Physical Activity

Exercise 30 minutes, 4 or more times a week (adults)

45.8% of adults exercise four or more times per week.

Walking: 34.8%
Swimming: 23.1%
Cycling/BMXing: 18.1%
Fitness/Gym: 13.3%
Jogging/Running: 10.8%
Bushwalking: 9.1%
Netball: 8.1%
Golf: 6.1%
Australian rules football: 5.6%
Fishing: 5.3%

Most popular activities (all residents)

(Percentage of population participating once or more per year).

Barriers to participation (all residents)

74.0% Time poor
42.4% Personal issue
26.8% Cost issue

Use of local facilities (all residents)

Use of off-road tracks: 34.8%
Use of open spaces: 30.0%
Use of swimming pools: 27.2%
Use of indoor sports/leisure/fitness centres: 26.6%
Use of school facilities after hours: 19.2%
Use of halls/community centres: 17.8%

Higher than Greater Bendigo average
Lower than Greater Bendigo average

Active living in White Hills - Jackass Flat

Findings for the White Hills - Jackass Flat area are based on responses from 504 residents, or approximately 14.7% of the local population.

Physical Activity

Exercise 30 minutes, 4 or more times a week (adults)

47.9% of adults exercise four or more times per week.

Walking: 36.6%
Swimming: 16.9%
Fitness/Gym: 11.5%
Cycling/BMXing: 9.7%
Bushwalking: 7.2%
Jogging/Running: 6.6%
Australian rules football: 5.4%
Netball: 5.0%
Fishing: 4.6%
Basketball: 4.4%

Most popular activities (all residents)

(Percentage of population participating once or more per year).

Barriers to participation (all residents)

71.9% Time poor
57.0% Personal issue
27.8% Cost issue

Use of local facilities (all residents)

Use of off-road tracks: 45.8%
Use of open spaces: 43.2%
Use of swimming pools: 34.1%
Use of indoor sports/leisure/fitness centres: 33.6%
Use of school facilities after hours: 27.5%
Use of halls/community centres: 22.2%

Higher than Greater Bendigo average
Lower than Greater Bendigo average
Active living in **Elmore - Rural North**

Elmore-Rural North includes Elmore & Hunter, Goornong, Neilborough, Raywood, Sebastian, Woodvale and surrounds. Findings in this section are based on responses from 359 residents, or approximately 13.6% of the local population.

On this page, 'Raywood' refers to the townships of Neilborough, Raywood, Sebastian, Woodvale and surrounds. Findings for Goornong and Raywood should be interpreted with caution due to smaller sample sizes.

### Health Profile (adults)

<table>
<thead>
<tr>
<th>Self-rated health status</th>
<th>Goomong 46.6%</th>
<th>Elmore and Hunter 43.2%</th>
<th>Raywood 50.3%</th>
<th>Greater Bendigo average 46.6%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elmore and Hunter 22.4%</td>
<td>Goomong 49.2%</td>
<td>Elmore and Hunter 43.2%</td>
<td>Raywood 50.3%</td>
<td>Greater Bendigo average 46.6%</td>
</tr>
<tr>
<td>Raywood 20.1%</td>
<td>Goomong 46.6%</td>
<td>Elmore and Hunter 39.9%</td>
<td>Raywood 50.3%</td>
<td>Greater Bendigo average 46.6%</td>
</tr>
<tr>
<td>Greater Bendigo average 17.9%</td>
<td>Goomong 52.5%</td>
<td>Elmore and Hunter 43.2%</td>
<td>Raywood 50.3%</td>
<td>Greater Bendigo average 46.6%</td>
</tr>
</tbody>
</table>

### Physical Activity

**Exercise 30 minutes, 4 or more times a week (adults)**

<table>
<thead>
<tr>
<th>Goomong 39.9%</th>
<th>Elmore and Hunter 43.2%</th>
<th>Greater Bendigo overall: 46.6%</th>
<th>Raywood 50.3%</th>
</tr>
</thead>
</table>

### Most popular activities (all residents)

(Percentage of population participating once or more per year).

<table>
<thead>
<tr>
<th>Activity</th>
<th>Goomong</th>
<th>Elmore and Hunter</th>
<th>Raywood</th>
<th>Greater Bendigo average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td>18.2%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swimming</td>
<td>30.4%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cycling/BMXing</td>
<td>8.4%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Netball</td>
<td>5.3%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fishing</td>
<td>9.0%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bushwalking</td>
<td>5.0%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tennis</td>
<td>4.8%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Golf</td>
<td>4.7%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Equestrian activities</td>
<td>4.2%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jogging/Running</td>
<td>3.9%</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Barriers to participation (all residents)

<table>
<thead>
<tr>
<th>Time poor</th>
<th>Personal issue</th>
<th>Cost issue</th>
</tr>
</thead>
<tbody>
<tr>
<td>61.5%</td>
<td>42.8%</td>
<td>26.2%</td>
</tr>
</tbody>
</table>

### Use of local facilities (all residents)

Higher than Greater Bendigo average

Lower than Greater Bendigo average

Active living in **Rural East**

Rural East includes Axe Creek, Eppalock, Harcourt North, Mandurang, Sedgwick, Emu Creek, Axedale, Junortoun, Longlea and surrounds. Findings in this section are based on responses from 1,023 residents, or approximately 17.3% of the local population.

On this page, 'Axe Creek' refers to the townships of Axe Creek, Eppalock, Harcourt North, Mandurang, Sedgwick, Emu Creek and surrounds.

### Health Profile (adults)

<table>
<thead>
<tr>
<th>Self-rated health status</th>
<th>Axe Creek 43.8%</th>
<th>Axedale 46.5%</th>
<th>Junortoun - Longlea 50.5%</th>
<th>Greater Bendigo average 46.8%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Axe Creek 15.1%</td>
<td>Axedale 17.8%</td>
<td>Junortoun - Longlea 12.5%</td>
<td>Greater Bendigo average 17.9%</td>
<td></td>
</tr>
<tr>
<td>Axedale 51.4%</td>
<td></td>
<td>Junortoun - Longlea 49.9%</td>
<td>Greater Bendigo average 46.8%</td>
<td></td>
</tr>
<tr>
<td>Junortoun - Longlea 8.9%</td>
<td></td>
<td>Greater Bendigo average 9.5%</td>
<td>Greater Bendigo average 12.8%</td>
<td></td>
</tr>
</tbody>
</table>

### Physical Activity

**Exercise 30 minutes, 4 or more times a week (adults)**

<table>
<thead>
<tr>
<th>Axe Creek 39.9%</th>
<th>Axedale 46.5%</th>
<th>Junortoun - Longlea 50.5%</th>
<th>Greater Bendigo overall: 46.6%</th>
</tr>
</thead>
</table>

### Most popular activities (all residents)

(Percentage of population participating once or more per year).

<table>
<thead>
<tr>
<th>Activity</th>
<th>Axe Creek</th>
<th>Axedale</th>
<th>Junortoun - Longlea</th>
<th>Greater Bendigo average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td>17.6%</td>
<td></td>
<td>11.6%</td>
<td></td>
</tr>
<tr>
<td>Swimming</td>
<td>16.4%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cycling/BMXing</td>
<td>8.4%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Netball</td>
<td>16.4%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fishing</td>
<td>5.0%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bushwalking</td>
<td>9.8%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tennis</td>
<td>9.1%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Golf</td>
<td>4.6%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Australian rules football and Netball</td>
<td>4.3%</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Barriers to participation (all residents)

<table>
<thead>
<tr>
<th>Time poor</th>
<th>Personal issue</th>
<th>Cost issue</th>
</tr>
</thead>
<tbody>
<tr>
<td>74.0%</td>
<td>42.7%</td>
<td>23.0%</td>
</tr>
</tbody>
</table>

### Use of local facilities (all residents)

Higher than Greater Bendigo average

Lower than Greater Bendigo average

% of residents usually drinking more than 4 standard drinks per occasion.
Active living in Heathcote and District

Heathcote and District includes Heathcote, Knowsley, Mount Camel, Lyal, Mia Mia, Redesdale and surrounds. Findings in this section are based on responses from 347 residents, or approximately 9.3% of the local population.

On this page, ‘Heathcote’ refers to the townships of Heathcote, Knowsley, Mount Camel and surrounds. ‘Redesdale’ refers to the townships of Lyal, Mia Mia and Redesdale. Findings on this page should be interpreted with caution due to smaller sample sizes.

Health Profile (adults)

Self-rated health status
Rates of fair or poor health status were generally higher than the Greater Bendigo average.

Heathcote 26.5%
Redesdale 25.2%
Greater Bendigo average 17.9%

Meeting fruit guidelines
Heathcote 44.9%
Redesdale 46.5%
Greater Bendigo average 46.8%

Meeting veg guidelines
Heathcote 9.2%
Redesdale 8.6%
Greater Bendigo average 9.5%

Smoking rate
Heathcote 14.4%
Redesdale 25.4%
Greater Bendigo average 12.8%

Alcohol consumption
Heathcote 13.3%
Redesdale 12.2%
Greater Bendigo average 15.9%

% of residents usually drinking more than 4 standard drinks per occasion.

Exercise 30 minutes, 4 or more times a week (adults)

Greater Bendigo overall: 46.6%

Heathcote 44%
Redesdale 67.5%

Most popular activities (all residents)

(Walking 25.4%, Swimming 12.1%, Bushwalking 9.8%, Fishing 7.2%, Golf 5.2%, Fitness/Gym 4.6%, Aerobics 4.3%, Lawn bowls 3.8%, Australian rules football 2.9%)

Barriers to participation (all residents)

49.2% Time poor
41.5% Personal issue
18.5% Cost issue

Use of local facilities (all residents)

Higher than Greater Bendigo average
Lower than Greater Bendigo average

Off-road tracks, Open spaces, Swimming pools, Indoor sports/leisure/fitness centres, Sports grounds, ovals, clubrooms, School facilities after hours, Halls/community centres

Active living in Marong - Rural West

Marong-Rural West includes Marong, Leichardt, Myers Flat, Lockwood, Shelbourne and surrounds. Findings in this section are based on responses from 529 residents, or approximately 16.0% of the local population.

Health Profile (adults)

Self-rated health status
Self-ratings of health status as fair or poor were similar to the Greater Bendigo average.

Leichardt - Marong - Myers Flat 17.2%
Lockwood - Shelbourne 14.7%
Greater Bendigo average 17.9%

Meeting fruit guidelines
Leichardt - Marong - Myers Flat 49.3%
Lockwood - Shelbourne 43.4%
Greater Bendigo average 46.8%

Meeting veg guidelines
Leichardt - Marong - Myers Flat 7.2%
Lockwood - Shelbourne 10.0%
Greater Bendigo average 9.5%

Smoking rate
Leichardt - Marong - Myers Flat 14.7%
Lockwood - Shelbourne 7.6%
Greater Bendigo average 12.8%

Alcohol consumption
Leichardt - Marong - Myers Flat 13.1%
Lockwood - Shelbourne 13.5%
Greater Bendigo average 15.9%

% of residents usually drinking more than 4 standard drinks per occasion.

Exercise 30 minutes, 4 or more times a week (adults)

Greater Bendigo overall: 46.6%

Leichardt - Marong - Myers Flat 51.0%
Lockwood - Shelbourne 48.0%

Most popular activities (all residents)

(Walking 25.9%, Swimming 18.6%, Cycling/BMXing 10.0%, Bushwalking 9.3%, Fitness/Gym 6.6%, Netball 4.9%, Jogging/Running 4.9%, Australian rules football 4.7%, Tennis 4.6%, Equestrian activities 4.5%)

Barriers to participation (all residents)

68.9% Time poor
40.6% Personal issue
28.7% Cost issue

Use of local facilities (all residents)

Higher than Greater Bendigo average
Lower than Greater Bendigo average

Off-road tracks, Open spaces, Swimming pools, Indoor sports/leisure/fitness centres, Sports grounds, ovals, clubrooms, School facilities after hours, Halls/community centres

% of residents usually drinking more than 4 standard drinks per occasion.
Walking in Greater Bendigo

Participation in walking
Walking is the most popular physical recreation activity among Greater Bendigo residents, with 32.2% of the Greater Bendigo population (32.9% urban; 28% rural) reporting that they went walking for exercise in the previous 12 months. Walking is less popular in Greater Bendigo (ALC, 2014) compared to the rest of Victoria and Australia (ERASS, 2010).

Walking is most popular among residents of:
- Kennington (38.9%)
- Strathdale (38%)
- Flora Hill - Quarry Hill - Spring Gully - Golden Gully (37.7%)

Walking is least popular among residents of:
- Bagshot - Huntly (20.1%)
- Heathcote - Knowsley - Mount Camel (24.8%)
- Maiden Gully (28.1%)

How often do people walk?
The majority of all residents who went walking for exercise in the past 12 months did so once a week or more.

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less often</td>
<td>4%</td>
</tr>
<tr>
<td>One to three times a month</td>
<td>16.1%</td>
</tr>
<tr>
<td>Once a week or more</td>
<td>79.8%</td>
</tr>
</tbody>
</table>

Who walks?
People of all ages and genders participate in walking for exercise. Females aged 35-69 reported the highest rates of walking.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 - 11</td>
<td>14.5%</td>
<td>15.7%</td>
</tr>
<tr>
<td>12 - 17</td>
<td>8.1%</td>
<td>18.4%</td>
</tr>
<tr>
<td>18 - 34</td>
<td>17.8%</td>
<td>37.1%</td>
</tr>
<tr>
<td>35 - 49</td>
<td>25.7%</td>
<td>47.6%</td>
</tr>
<tr>
<td>50 - 69</td>
<td>36.0%</td>
<td>45.1%</td>
</tr>
<tr>
<td>70+</td>
<td>27.4%</td>
<td>24.8%</td>
</tr>
</tbody>
</table>

Where do people walk?
Bendigo CBD is the most popular place to walk in Greater Bendigo.

<table>
<thead>
<tr>
<th>Location</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bendigo CBD</td>
<td>51.9%</td>
</tr>
<tr>
<td>Kangaroo Flat</td>
<td>9.7%</td>
</tr>
<tr>
<td>Strathdale</td>
<td>7.6%</td>
</tr>
<tr>
<td>Eaglehawk</td>
<td>7.3%</td>
</tr>
<tr>
<td>Other localities</td>
<td>23.6%</td>
</tr>
</tbody>
</table>

Is the activity organised?
The vast majority of people who reported walking for exercise said the activity was not organised by a club, association or other organisation.

<table>
<thead>
<tr>
<th>Organised</th>
<th>Non-organised</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.8%</td>
<td>96.2%</td>
</tr>
</tbody>
</table>

Facility quality rating
- Bendigo CBD
- Kangaroo Flat
- Strathdale
- Eaglehawk
- Other localities

Facility accessibility rating
- Bendigo CBD
- Kangaroo Flat
- Strathdale
- Eaglehawk
- Other localities

Overall, 79.5% of residents who reported walking for exercise rated the walking facilities in Greater Bendigo as good or excellent in terms of their quality and 85.7% in terms of their accessibility. Specifically, the walking facilities in Strathdale were rated highest for quality and accessibility.
Swimming in Greater Bendigo

Participation in swimming
Swimming is the second most popular physical recreation activity among Greater Bendigo residents, with 17.5% of the Greater Bendigo population (17.6% urban; 17.1% rural) reporting that they went swimming in the previous 12 months.
Swimming is more popular in Greater Bendigo (ALC, 2014) compared to the rest of Victoria and Australia (ERASS, 2010).

How often do people swim?
Almost half of all residents who went swimming in the past 12 months did so once a week or more.

- 45.4% Once a week or more
- 27.6% One to three times a month
- 27% Less often

Who swims?
Swimming is popular among males and females of all ages, with especially high rates of swimming among 3-11 year olds.

Where do people swim?
The Peter Krenz Leisure Centre in Eaglehawk is the most popular place to go swimming in Greater Bendigo.
19% of residents swim in their home suburb, with 81% travelling outside their home suburb to swim.

Facility accessibility rating

Average of all facilities
Eaglehawk
Bendigo CBD
East Bendigo
Flora Hill
Other localities

Facility quality rating
Average of all facilities
Eaglehawk
Bendigo CBD
East Bendigo
Flora Hill
Other localities

Is the activity organised?
Less than a quarter of people who had been swimming reported that it was organised by a club, association or other organisation.

78.3% Non-organised
21.7% Organised

Swimming is most popular among residents of:
- Strathfieldsaye (23.1%)
- Flora Hill - Quarry Hill - Spring Gully - Golden Gully (21.1%)
- Golden Square (20.5%)

Swimming is least popular among residents of:
- Kangaroo Flat - Big Hill - Ravenswood (14.2%)
Cycling/BMXing in Greater Bendigo

Participation in cycling/BMXing

Cycling/BMXing is the third most popular physical recreation activity among Greater Bendigo residents, with 11.9% of the Greater Bendigo population (11.9% urban; 12.2% rural) reporting that they went cycling/BMXing in the previous 12 months. The popularity of cycling/BMXing is similar across Greater Bendigo (ALC, 2014), Victoria and Australia (ERASS, 2010).

How often do people cycle/BMX?

Over half of all residents who went cycling/BMXing in the past 12 months did so once a week or more.

- 29.9% One to three times a month
- 57.9% Once a week or more
- 12.2% Less often

Who goes cycling/BMXing?

People of all ages and genders participate in cycling/BMXing. Males in the age brackets of 3-11 and 35-49 reported the highest rates of cycling/BMXing.

Where do people cycle/BMX?

Bendigo CBD is the most popular place to cycle/BMX in Greater Bendigo. 59.2% of residents cycle/BMX in their home suburb, with 40.8% travelling outside their home suburb to cycle/BMX.

- Bendigo CBD: 27.1%
- Strathfieldsaye: 50.5%
- Kangaroo Flat: 8.6%
- Spring Gully: 7.1%
- Other localities: 6.7%

Is the activity organised?

The vast majority of people who went cycling/BMXing said the activity was not organised by a club, association or other organisation.

- 8.5% Organised
- 91.5% Non-organised

Facility quality rating

Overall, 72.4% of residents who cycle/BMX rated the cycling/BMXing facilities in Greater Bendigo as good or excellent in terms of their quality and 78.1% in terms of their accessibility. Specifically, the cycling/BMXing facilities in Kangaroo Flat were rated highest for quality and in Spring Gully for accessibility.

Facility accessibility rating

- Bendigo CBD
- Strathfieldsaye
- Kangaroo Flat
- Spring Gully
- Other localities
Fitness/Gym in Greater Bendigo

Participation in fitness/gym

Fitness/Gym is the fourth most popular physical recreation activity among Greater Bendigo residents, with 10.9% of the population (11.5% urban; 7.1% rural) reporting that they participated in fitness/gym activities in the previous 12 months.

How often do people go to the gym?

The majority of residents who participated in fitness/gym activities in the past 12 months did so once a week or more.

How do people go to the gym?

Bendigo CBD is the most popular place to participate in fitness/gym activities in Greater Bendigo. 27.2% of residents participate in fitness/gym activities in their home suburb, with 72.8% travelling outside their home suburb to participate.

Who goes to the gym?

Males and females of all ages participate in fitness/gym activities. Females aged 18-34 reported the highest rates of participation.

Is the activity organised?

Over half of the people who participated in fitness/gym activities said the activity was organised by a club, association or other organisation.

Facility accessibility rating

Overall, 90.4% of residents who participate in fitness/gym rated the facilities in Greater Bendigo as good or excellent in terms of their quality and 83.9% in terms of their accessibility. Specifically, the facilities in the Bendigo CBD were rated highest for quality and in Strathdale for accessibility.
Bushwalking in Greater Bendigo

Participation in bushwalking

Bushwalking is the fifth most popular physical recreation activity among Greater Bendigo residents, with 8.8% of the Greater Bendigo population (8.7% urban; 9.8% rural) reporting that they went bushwalking in the previous 12 months. Bushwalking is more popular in Greater Bendigo (ALC, 2014) compared to the rest of Victoria and Australia (ERASS, 2010).

How often do people bushwalk?

Almost half of all residents who went bushwalking in the past 12 months did so once a week or more.

- 42.4% Once a week or more
- 17.4% Less often
- 40.2% One to three times a month

Where do people bushwalk?

Kangaroo Flat is the most popular place to go bushwalking in Greater Bendigo.

- 60.7% Kangaroo Flat
- 9.5% Spring Gully
- 8.7% Bendigo CBD
- 9.2% Eaglehawk
- 8% Other localities

Who bushwalks?

People of all ages and genders participate in bushwalking. Females aged 35-49 reported the highest rates of bushwalking.

Is the activity organised?

The vast majority of people who went bushwalking said the activity was not organised by a club, association or other organisation.

- 7.9% Organised
- 92.1% Non-organised

How do people rate bushwalking?

Overall, 77.5% of residents who bushwalk rated the bushwalking facilities in Greater Bendigo as good or excellent in terms of their quality and 81% in terms of their accessibility. Specifically, the bushwalking facilities in Spring Gully were rated highest for quality and in Kangaroo Flat for accessibility.

Facility accessibility rating

- Average of all facilities
- Kangaroo Flat
- Spring Gully
- Bendigo CBD
- Eaglehawk
- Other localities

Facility quality rating

- Average of all facilities
- Kangaroo Flat
- Spring Gully
- Bendigo CBD
- Eaglehawk
- Other localities

Bushwalking is most popular among residents of:

- Flora Hill - Quarry Hill - Spring Gully - Golden Gully (13.2%)
- Strathdale (11.6%)

Bushwalking is least popular among residents of:

- Bendigo CBD (6.2%)
- Epsom - Ascot (6.2%)
**Jogging/Running in Greater Bendigo**

**Participation in jogging/running**

Jogging/running is the sixth most popular physical recreation activity among Greater Bendigo residents, with 7% of the Greater Bendigo population (7.2% urban; 6.2% rural) reporting that they went jogging/running in the previous 12 months.

Jogging/running is less popular in Greater Bendigo (A/LC, 2014) compared to the rest of Victoria and Australia (ERASS, 2010).

### How often do people jog/run?

The majority of all residents who went jogging/running in the past 12 months did so once a week or more.

- **77.9%** Once a week or more
- **17.9%** One to three times a month
- **4.2%** Less often
- **7.0%** Male
- **12.7%** Ages 7 - 11
- **10.6%** Ages 12 - 17

### Where do people jog/run?

Bendigo CBD is the most popular place to go jogging/running in Greater Bendigo.

- **66.5%** of residents jog/run in their home suburb, with 33.5% travelling outside their home suburb to jog/run.

### Who jogs/runs?

People of all ages and genders participate in jogging/running. Females aged 18-34 reported the highest rates of jogging/running.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 - 11</td>
<td>2.5%</td>
<td>3.2%</td>
</tr>
<tr>
<td>12 - 17</td>
<td>7.9%</td>
<td>9.7%</td>
</tr>
<tr>
<td>18 - 34</td>
<td>12.4%</td>
<td>16.5%</td>
</tr>
<tr>
<td>35 - 49</td>
<td>13.4%</td>
<td>12.8%</td>
</tr>
<tr>
<td>50 - 69</td>
<td>4.9%</td>
<td>3.0%</td>
</tr>
<tr>
<td>70+</td>
<td>0.6%</td>
<td>0.1%</td>
</tr>
</tbody>
</table>

### Is the activity organised?

The majority of people who went jogging/running said the activity was not organised by a club, association or other organisation.

- **10.3%** Organised
- **89.7%** Non-organised

**Facility quality rating**

- **Bendigo CBD**
- **Strathdale**
- **Strathfieldsaye**
- **Kennington**
- **Other localities**

**Facility accessibility rating**

- **Bendigo CBD**
- **Strathdale**
- **Strathfieldsaye**
- **Kennington**
- **Other localities**

Overall, 81.6% of residents who jog/run rated the jogging/running facilities in Greater Bendigo as good or excellent in terms of their quality and 87.7% in terms of their accessibility.

Specifically, the jogging/running facilities in Strathfieldsaye were rated highest for quality and in Kennington for accessibility.
Golf in Greater Bendigo

Participation in golf
Golf is the seventh most popular physical recreation activity among Greater Bendigo residents, with 4.7% of the Greater Bendigo population (4.7% urban; 4.4% rural) reporting that they played golf in the previous 12 months.

Golf is less popular in Greater Bendigo (ALC, 2014) compared to the rest of Victoria and Australia (ERASS, 2010).

How often do people play golf?
Almost half of all residents who played golf in the past 12 months did so once a week or more.

29.7% Less often
46.7% Once a week or more
23.6% One to three times a month

Who plays golf?
People of all ages play golf (except, in this sample, females aged 12-17 years). Males aged 18 and over have the highest rates of playing golf.

Is the activity organised?
The majority of people who played golf said the activity was organised by a club, association or other organisation.

61.2% Organised
38.8% Non-organised

Facility quality rating
Average of all facilities
Eaglehawk
Bendigo CBD
Axedale
Epsom
Other localities

Facility accessibility rating
Average of all facilities
Eaglehawk
Bendigo CBD
Axedale
Epsom
Other localities

Golf is most popular among residents of:
Strathdale (7.5%)

Golf is least popular among residents of:
North Bendigo - California Gully (2.6%)
Fishing in Greater Bendigo

Participation in fishing
Fishing is the eighth most popular physical recreation activity among Greater Bendigo residents, with 4.6% of the Greater Bendigo population (4.6% urban; 5.2% rural) reporting that they went fishing in the previous 12 months. Fishing is more popular in Greater Bendigo (ALC, 2014) compared to the rest of Victoria and Australia (ERASS, 2010).

How often do people fish?
The vast majority of people who went fishing in the past 12 months went less than once a week.

Where do people go fishing?
Lake Eppalock is the most popular place to go fishing in Greater Bendigo. 13% of residents go fishing in their home suburb, with 87% travelling outside their home suburb to go fishing.

Who goes fishing?
People of all ages and genders participate in fishing. Males aged 18-69 reported the highest rates of fishing.

Is the activity organised?
The vast majority of people who went fishing said the activity was not organised by a club, association or other organisation.

Facility quality rating
Facility accessibility rating
**Netball in Greater Bendigo**

### Participation in netball

Netball is the ninth most popular physical recreation activity among Greater Bendigo residents, with 4.4% of the Greater Bendigo population (4.4% urban; 4.1% rural) reporting that they played netball in the previous 12 months.

Netball is more popular in Greater Bendigo (ALC, 2014) compared to the rest of Victoria and Australia (ERASS, 2010).

![Netball icons](image)

- **Greater Bendigo**: 4.4%
- **Victoria**: 3.8%
- **Australia**: 3.7%

### Who plays netball?

People of all ages (except in this sample, males and females 70+) play netball, with higher rates for females than males.

Females aged 12-17 reported the highest rates of playing netball.

### Where do people play netball?

Bendigo CBD, Flora Hill, Golden Square and West Bendigo are the most popular places to play netball in Greater Bendigo.

16.9% of residents play netball in their home suburb, with 83.1% travelling outside their home suburb to play netball.

### How often do people play netball?

The majority of all residents who played netball in the past 12 months did so once a week or more.

- **88.3%** Once a week or more
- **7.9%** One to three times a month
- **3.9%** Less often

### Is the activity organised?

The vast majority of people who played netball said the activity was organised by a club, association or other organisation.

- **92.0%** Organised
- **8.0%** Non-organised

### Facility quality rating

<table>
<thead>
<tr>
<th>Average of all facilities</th>
<th>Bendigo CBD</th>
<th>Flora Hill</th>
<th>Golden Square</th>
<th>West Bendigo</th>
<th>Other localities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent, good</td>
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<tr>
<td>Average</td>
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### Facility accessibility rating

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### How do people rate netball facilities?

Overall, 83.8% of residents who play netball rated the netball facilities in Greater Bendigo as good or excellent in terms of their quality and 85.3% in terms of their accessibility.

Specifically, the netball facilities in Flora Hill were rated highest for quality and accessibility.
Participation in Australian rules football

Australian rules football is the tenth most popular physical recreation activity among Greater Bendigo residents, with 4.2% of the Greater Bendigo population (4.2% urban; 4.1% rural) reporting that they played Australian rules football in the previous 12 months. The popularity of Australian rules football in Greater Bendigo (ALC, 2014) is lower than the Victorian average, but higher than the national average (ERASS, 2010).

How often do people play Australian rules football?

The majority of all residents who played Australian rules football in the past 12 months did so once a week or more. 82.7% played once a week or more, 11% one to three times a month, and 6.2% less often.

Who plays Australian rules football?

Males and females of all ages play Australian rules football, with higher participation rates for males than females. Participation rates generally decrease with age. Males aged 3-17 reported the highest rates of playing football.

Where do people play Australian rules football?

The Queen Elizabeth Oval in the Bendigo CBD is the most popular place to play Australian rules football in Greater Bendigo. 36.9% of residents play Australian rules football in their home suburb, with 63.1% travelling outside their home suburb to play Australian Rules Football.

Is the activity organised?

The majority of people who played Australian rules football said the activity was organised by a club, association or other organisation. 87.9% were organised, while 12.1% were non-organised.

How do people rate Australian rules football facilities?

Overall, 75% of residents who play Australian rules football rated the Australian rules football facilities in Greater Bendigo as good or excellent in terms of their quality and 80.1% in terms of their accessibility. Specifically, the Australian rules football facilities in Strathfieldsaye were rated highest for quality and accessibility.
Tennis in Greater Bendigo
(Indoor/Outdoor)

Participation in tennis
Tennis is the eleventh most popular physical recreation activity among Greater Bendigo residents, with 3.4% of the Greater Bendigo population (3.2% urban; 4.3% rural) reporting that they played tennis in the previous 12 months. Tennis is less popular in Greater Bendigo (ALC, 2014) compared to the rest of Victoria and Australia (ERASS, 2010).

How often do people play tennis?
The majority of all residents who played tennis in the past 12 months did so once a week or more.

61.7% Once a week or more
15.4% Less often
23% One to three times a month

Who plays tennis?
People of all ages and genders play tennis. Females aged 12-17 reported the highest rates of participating in tennis.

Tennis is most popular among residents of:
- Flora Hill - Quarry Hill - Spring Gully - Golden Gully (4.7%)
- Junortoun - Longlea (5.6%)

Tennis is least popular among residents of:
- North Bendigo - California Gully (1.1%)

Tennis is the eleventh most popular physical recreation activity among Greater Bendigo residents, with 3.4% of the Greater Bendigo population (3.2% urban; 4.3% rural) reporting that they played tennis in the previous 12 months. Tennis is less popular in Greater Bendigo (ALC, 2014) compared to the rest of Victoria and Australia (ERASS, 2010).

How often do people play tennis?
The majority of all residents who played tennis in the past 12 months did so once a week or more.

61.7% Once a week or more
15.4% Less often
23% One to three times a month

Who plays tennis?
People of all ages and genders play tennis. Females aged 12-17 reported the highest rates of participating in tennis.

Facility quality rating
- Average of all facilities
- Bendigo CBD
- Spring Gully
- Other localities

Facility accessibility rating
- Average of all facilities
- Bendigo CBD
- Spring Gully
- Other localities

Is the activity organised?
The majority of people who played tennis said the activity was organised by a club, association or other organisation.

Organised
Non-organised

Where do people play tennis?
The Bendigo Tennis Centre in the Bendigo CBD is the most popular place to play tennis in Greater Bendigo.

27.5% of residents play tennis in their home suburb, with 72.5% travelling outside their home suburb to play tennis.

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Is the activity organised?
The majority of people who played tennis said the activity was organised by a club, association or other organisation.

Organised
Non-organised

Where do people play tennis?
The Bendigo Tennis Centre in the Bendigo CBD is the most popular place to play tennis in Greater Bendigo.

27.5% of residents play tennis in their home suburb, with 72.5% travelling outside their home suburb to play tennis.

Is the activity organised?
The majority of people who played tennis said the activity was organised by a club, association or other organisation.

Organised
Non-organised
Lawn Bowls in Greater Bendigo

Participation in lawn bowls
Lawn bowls is the twelfth most popular physical recreation activity among Greater Bendigo residents, with 3.1% of the Greater Bendigo population (3.1% urban; 3.1% rural) reporting that they played lawn bowls in the previous 12 months. Lawn bowls is more popular in Greater Bendigo (ALC, 2014) compared to the rest of Victoria and Australia (ERASS, 2010).

Who plays lawn bowls?
Males and females of all ages play lawn bowls. Participation in lawn bowls increases with age. Males aged 70+ reported the highest rates of playing lawn bowls.

How often do people play lawn bowls?
The majority of all residents who played lawn bowls in the past 12 months did so once a week or more.

Where do people play lawn bowls?
The Bendigo Bowls Club in the Bendigo CBD is the most popular place to play lawn bowls in Greater Bendigo. 36.1% of residents play lawn bowls in their home suburb, with 63.9% travelling outside their home suburb to play lawn bowls.

Is the activity organised?
The vast majority of people who played lawn bowls said the activity was organised by a club, association or other organisation.

Facility quality rating
Overall, 90.5% of residents who play lawn bowls rated the lawn bowls facilities in Greater Bendigo as good or excellent in terms of their quality and 89.8% in terms of their accessibility.
Specifically, the lawn bowls facilities in Kangaroo Flat were rated highest for quality and in East Bendigo for accessibility.

Facility accessibility rating
Overall, 90.5% of residents who play lawn bowls rated the lawn bowls facilities in Greater Bendigo as good or excellent in terms of their accessibility.
Specifically, the lawn bowls facilities in Kangaroo Flat were rated highest for accessibility.
Aerobics in Greater Bendigo

Participation in aerobics

Aerobics is the thirteenth most popular physical recreation activity among Greater Bendigo residents, with 2.9% of the Greater Bendigo population (2.8% urban; 2.8% rural) reporting that they did aerobics in the previous 12 months.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 - 11</td>
<td>1.9%</td>
<td>2.6%</td>
</tr>
<tr>
<td>12 - 17</td>
<td>3.4%</td>
<td>2.5%</td>
</tr>
<tr>
<td>18 - 34</td>
<td>3.3%</td>
<td>4.3%</td>
</tr>
<tr>
<td>35 - 49</td>
<td>1.2%</td>
<td>3.7%</td>
</tr>
<tr>
<td>50 - 69</td>
<td>2.2%</td>
<td>3.5%</td>
</tr>
<tr>
<td>70+</td>
<td>1.8%</td>
<td>3.2%</td>
</tr>
</tbody>
</table>

Who does aerobics?

People of all ages and genders participate in aerobics. Females aged 18-34 reported the highest rates of aerobics.

How often do people do aerobics?

The majority of all residents who did aerobics in the past 12 months did so once a week or more.

Where do people do aerobics?

Bendigo CBD is the most popular place to do aerobics in Greater Bendigo. 31.4% of residents do aerobics in their home suburb, with 68.6% travelling outside their home suburb to do aerobics.

Is the activity organised?

About half of the people who did aerobics said the activity was organised by a club, association or other organisation.

How do people rate aerobics facilities?

Overall, 84.4% of residents who do aerobics rated the aerobic facilities in Greater Bendigo as good or excellent in terms of their quality and 83.6% in terms of their accessibility. Specifically, the aerobic facilities in the Bendigo CBD were rated highest for quality and accessibility.
Basketball in Greater Bendigo
(Indoor/Outdoor)

Participation in basketball
Basketball is the fourteenth most popular physical recreation activity among Greater Bendigo residents, with 2.7% of the Greater Bendigo population (2.8% urban; 2.2% rural) reporting that they played basketball in the previous 12 months. Basketball is less popular in Greater Bendigo (ALC, 2014) compared to the rest of Victoria and Australia (ERASS, 2010).

How often do people play basketball?
The majority of all residents who played basketball in the past 12 months did so once a week or more.
- 86.1% Once a week or more
- 9.5% One to three times a month
- 4.4% Less often

Who plays basketball?
Males and females of all ages play basketball. Participation in basketball generally decreases with age. Males and females aged 12-17 reported the highest rates of playing basketball.

Is the activity organised?
The vast majority of people who played basketball said the activity was organised by a club, association or other organisation.
- 91.9% Organised
- 8.1% Non-organised

Where do people play basketball?
Bendigo CBD, West Bendigo and Golden Square are the most popular places to play basketball in Greater Bendigo. 16.9% of residents play basketball in their home suburb, with 83.1% travelling outside their home suburb to play basketball.

Facility quality rating
Overall, 91.7% of residents who play basketball rated the basketball facilities in Greater Bendigo as good or excellent in terms of their quality and 86.5% in terms of their accessibility.
Specifically, the basketball facilities in West Bendigo were rated highest for quality and in Golden Square and the Bendigo CBD for accessibility.

Facility accessibility rating
The vast majority of people who played basketball said the activity was organised by a club, association or other organisation.
- Excellent, good
- Average
- Poor, very poor

Basketball is most popular among residents of:
- Maiden Gully (5.6%)
- Strathfieldsaye (4.9%)

Basketball is least popular among residents of:
- Eaglehawk - Eaglehawk North - Sailors Gully (1.1%)

Where do people play basketball?
Bendigo CBD, West Bendigo and Golden Square are the most popular places to play basketball in Greater Bendigo. 16.9% of residents play basketball in their home suburb, with 83.1% travelling outside their home suburb to play basketball.

How do people rate basketball facilities?
Overall, 91.7% of residents who play basketball rated the basketball facilities in Greater Bendigo as good or excellent in terms of their quality and 86.5% in terms of their accessibility.
Specifically, the basketball facilities in West Bendigo were rated highest for quality and in Golden Square and the Bendigo CBD for accessibility.
Dancing/Ballet in Greater Bendigo

Participation in dancing/ballet

Dancing/ballet is the fifteenth most popular physical recreation activity among Greater Bendigo residents, with 2.5% of the Greater Bendigo population (2.6% urban; 2.2% rural) reporting that they did dancing/ballet in the previous 12 months. The popularity of dancing/ballet is similar in Greater Bendigo (ALC, 2014), Victoria and Australia (ERASS, 2010).

How often do people do dancing/ballet?

The majority of all residents who did dancing/ballet in the past 12 months did so once a week or more. 11.3% Less often, 73.7% Once a week or more, 15% One to three times a month.

Who does dancing/ballet?

Males and females of all ages participate in dancing/ballet. Females participate at higher rates than males. Females aged 3-11 reported the highest rates of dancing/ballet.

Where do people do dancing/ballet?

Bendigo CBD is the most popular place to do dancing/ballet in Greater Bendigo. 17.3% of residents do dancing/ballet in their home suburb, with 82.7% travelling outside their home suburb to do dancing/ballet.

Is the activity organised?

The vast majority of people who did dancing/ballet said the activity was organised by a club, association or other organisation. 91.4% Organised, 8.6% Non-organised.

Dancing/ballet is most popular among residents of:

East Bendigo - Wellsford (5.5%)

Dancing/ballet is least popular among residents of:

There are no areas where dancing/ballet is particularly unpopular.

How do people rate dancing/ballet facilities?

Overall, 83.3% of residents who participate in dancing/ballet rated the facilities in Greater Bendigo as good or excellent in terms of their quality and 85.9% in terms of their accessibility. Specifically, the dancing/ballet facilities in Golden Square were rated highest for quality and in the Bendigo CBD for accessibility.
Soccer in Greater Bendigo
(indoor/outdoor)

Participation in soccer

Soccer is the sixteenth most popular physical recreation activity among Greater Bendigo residents, with 2.4% of the Greater Bendigo population (2.4% urban; 2.3% rural) reporting that they played soccer in the previous 12 months.

How often do people play soccer?

The majority of all residents who played soccer in the past 12 months did so once a week or more.

Where do people play soccer?

Epsom-Huntly Recreation Reserve is the most popular place to play soccer in Greater Bendigo.

27.8% of residents play soccer in their home suburb, with 72.2% travelling outside their home suburb to play soccer.

Who plays soccer?

Males and females of all ages play soccer (except in this sample, females aged 70+). Participation in soccer decreases with age. Males aged 3-17 reported the highest rates of playing soccer.

Is the activity organised?

The majority of people who played soccer said the activity was organised by a club, association or other organisation.

Facility quality rating

Overall, 84.6% of residents who play soccer rated the soccer facilities in Greater Bendigo as good or excellent in terms of their quality and 85.3% in terms of their accessibility.

Specifically, the soccer facilities at Epsom-Huntly Recreation Reserve were rated highest for quality and accessibility.

Facility accessibility rating

Comparisons with Exercise, Recreation and Sport Survey data are unavailable.

Soccer is most popular among residents of:

- Bagshot - Huntly (5.6%)
- Axe Creek - Eppalock - Harcourt North - Mandurang - Sedgwick - Emu Creek (5.1%)
- Epsom - Ascot (4.4%)

Soccer is least popular among residents of:

- Kangaroo Flat - Big Hill - Ravenswood (0.9%)
- Bagshot - Huntly (0.9%)
- Axe Creek - Eppalock - Harcourt North - Mandurang - Sedgwick - Emu Creek (0.9%)
- Epsom - Ascot (0.9%)

Facility
Average of all facilities
Epsom
Strathdale
Spring Gully
Bendigo CBD
Other localities

Facility
Average of all facilities
Epsom
Strathdale
Spring Gully
Bendigo CBD
Other localities

54
65
Cricket in Greater Bendigo (indoor/outdoor)

Participation in cricket
Cricket is the seventeenth most popular physical recreation activity among Greater Bendigo residents, with 2.4% of the Greater Bendigo population (2.5% urban; 1.8% rural) reporting that they played cricket in the previous 12 months.

Comparisons with Exercise, Recreation and Sport Survey data are unavailable.

Cricket is most popular among residents of:
- Maiden Gully (3.9%)
- Strathfieldsaye (3.8%)

Cricket is least popular among residents of:
- Bagshot - Huntly (1.9%)

How often do people play cricket?
The majority of all residents who played cricket in the past 12 months did so once a week or more.

How do people rate cricket facilities?
Overall, 77.1% of residents who play cricket rated the cricket facilities in Greater Bendigo as good or excellent in terms of their quality and 83.4% in terms of their accessibility.

Specifically, the cricket facilities in Strathfieldsaye were rated highest for quality and in Strathdale for accessibility.

Who plays cricket?
Males and females of all ages play cricket, however participation is much higher among males. Males aged 3-17 reported the highest rates of playing cricket.

Is the activity organised?
The vast majority of people who played cricket said the activity was organised by a club, association or other organisation.

Where do people play cricket?
Bendigo CBD, Strathfieldsaye, Kangaroo Flat and Strathdale are the most popular places to play cricket in Greater Bendigo.

32.7% of residents played cricket in their home suburb, with 67.3% travelling outside their home suburb to play cricket.

Is the activity organised?
8.1% of residents who played cricket said the activity was not organised by a club, association or other organisation.

Facility quality rating

Facility accessibility rating
Yoga in Greater Bendigo

Yoga is the eighteenth most popular physical recreation activity among Greater Bendigo residents, with 2.2% of the Greater Bendigo population (2.2% urban; 2.4% rural) reporting that they did yoga in the previous 12 months. Yoga is less popular in Greater Bendigo (ALC, 2014) compared to the rest of Victoria and Australia (ERASS, 2010).

Participation in yoga

Females participate in yoga at higher rates than males. Females aged 18-69 reported the highest rates of yoga participation.

How often do people do yoga?

The majority of all residents who did yoga in the past 12 months did so once a week or more.

How do people rate yoga facilities?

Overall, 86.1% of residents who do yoga rated the yoga facilities in Greater Bendigo as good or excellent in terms of their quality and 80.4% in terms of their accessibility.

Who does yoga?

Females participate in yoga at higher rates than males. Females aged 18-69 reported the highest rates of yoga participation.

Is the activity organised?

The majority of people who did yoga said the activity was organised by a club, association or other organisation.

Facility quality rating

Facility accessibility rating
Personal Training in Greater Bendigo

Participation in personal training

Personal training is the nineteenth most popular physical recreation activity among Greater Bendigo residents, with 1.8% of the Greater Bendigo population (1.9% urban; 1.5% rural) reporting that they did personal training in the previous 12 months.

Comparisons with Exercise, Recreation and Sport Survey data are unavailable.

How often do people do personal training?

The majority of all residents who did personal training in the past 12 months did so once a week or more. 84.1% did personal training once a week or more, 5.1% did it less often, and 10.8% did it one to three times a month.

Where do people do personal training?

The Bendigo CBD is the most popular place to do personal training in Greater Bendigo. 51.3% of residents do personal training in the Bendigo CBD, and 48.7% do it in other localities. 28% of residents do personal training in their home suburb, with 72% travelling outside their home suburb to do personal training.

Is the activity organised?

Over half of the people who did personal training said the activity was organised by a club, association or other organisation. 54.5% of residents who did personal training said the activity was organised, and 45.5% said it was non-organised.

Who does personal training?

Males and females aged 12 and over participate in personal training. Females aged 18-49 reported the highest rates of personal training.

Facility quality rating

Overall, 92% of residents who participate in personal training rated the personal training facilities in Greater Bendigo as good or excellent in terms of their quality and 90.6% in terms of their accessibility.

Facility accessibility rating

Average of all facilities
Bendigo CBD
Other localities
Waterskiing/Powerboating

How often do people waterski/powerboat?

Less than a quarter of all residents who went waterskiing/powerboating in the past 12 months did so once a week or more.

- 24% Once a week or more
- 36.5% Less often
- 39.6% one to three times a month

Where do people do waterskiing/powerboating?

Lake Eppalock is the most popular place to go waterskiing/powerboating in Greater Bendigo.

- 4.7% of residents waterski/powerboat in their home suburb, with 95.3% travelling outside their home suburb to waterski/powerboat.

Is the activity organised?

The vast majority of people who did waterskiing/powerboating said the activity was not organised by a club, association or other organisation.

- 6.9% Organised
- 93.9% Non-organised
Greater Bendigo
Working together to be the most liveable regional city in Australia

Planning collaboratively

Developing quality facilities and infrastructure

Improving communication and education

Implementing appropriate policy

Targeted programs, activities and events

Enhancing current and establishing new partnerships