



# Active Living

## CENSUS



2019  
Central Goldfields Shire  
Selected Findings



# 2019 Active Living Census

## Acknowledgement

Central Goldfields Shire Council acknowledges the ancestors and descendants of the Dja Dja Wurrung. We acknowledge that their forebears are the Traditional Owners of the area we are on and have been for many thousands of years. The Djaara have performed age old ceremonies of celebration, initiation and renewal. We acknowledge their living culture and their unique role in the life of this region.

## Foreword

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

The ALC was mailed to every household in the Loddon Campaspe region, and was also available for residents to complete online. Within Central Goldfields Shire, the Census was completed by almost 1,200 residents, which equated to 9.3% of our local government area.

The ALC holds important information about the activity levels of residents across the Loddon Campaspe region, 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 produce evidence at a local level not previously available across our region and enable reliable comparisons between other data sets, including between townships and demographic groups.

As a result, Central Goldfields Shire will be able to better plan for, develop and enhance public and open spaces, recreation facilities and health promotion services, as well as help influence health outcomes both within the municipality and more broadly across the Loddon Campaspe region.

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

Lucy Roffey  
Chief Executive Officer,  
Central Goldfields Shire Council



Noel Harvey  
Chief Administrator,  
Central Goldfields Shire Council



## Contents

Introduction	1
Summary findings	3
Health and wellbeing profile	4
Physical activity profile	12
<b>Detailed findings</b>	
Active living among groups of interest	16
Active living in our towns and suburbs	24
10 most popular physical activities	28

## Introduction

Central Goldfields Shire Council is located at the geographical centre of Victoria, is within one hour's drive of the regional centres of Ballarat and Bendigo and just two hours from Melbourne.

The municipality covers an area of 1,532 square kilometres and has an estimated population of almost 13,000 people.

Maryborough, the major business centre, along with the townships of Bealiba, Carisbrook, Dunolly, Majorca, Talbot, Bowenvale-Timor, and Daisy Hill feature iconic heritage architecture. Agricultural industries are spread across the municipality and include grain, sheep grazing and broiler farming.

The Healthy Heart of Victoria initiative works across the Loddon Campaspe region, of which Central Goldfields Shire is a part of, to improve health outcomes for residents. A key component of this State-funded initiative was to conduct the 2019 Active Living Census as a region-wide evaluation and measurement tool to allow a deep understanding of people's wellbeing, activity levels and preferences, and increase the effectiveness of investment in infrastructure and programs.

Through the Healthy Heart of Victoria initiative, Central Goldfields Shire is building a local prevention system to respond to the prevalence of obesity, chronic disease and high-risk health behaviours in the community, and encourage more people to be more active, more often.

## The Process undertaken

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

A hard copy version of the Census was sent to each household across the municipality, and an online version was also made available.

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

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

In total, 24,549 individual responses were received for the 2019 ALC, including almost 1,200 from Central Goldfields Shire.

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

## Suggested citation

Healthy Heart of Victoria Active Living Census 2019 Selected Findings, Healthy Greater Bendigo, City of Greater Bendigo, Bendigo, Australia.

Produced by Healthy Greater Bendigo on behalf of Healthy Heart of Victoria.

Copyright, Healthy Heart of Victoria, 2020

Authorised and published by Healthy Heart of Victoria, City of Greater Bendigo, 15 Hopetoun Street, Bendigo.

June 2020

## Project management

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

## Project funding

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

## How the findings can be used

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

## The purpose of this document and how to use it

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

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

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

- Central Goldfields population overall
- Local Groups:
  - o Gender
  - o Children and adolescents, 3 – 17
  - o Older adults, 70+
  - o Disability
- Each town/suburb in Central Goldfields
  - o Localities were summarised into 2 standard regions within Central Goldfields
- The 10 activities with the highest rate of yearly or more participation

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

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

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

# Summary Findings



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

- **Summary findings (page 4 - 15)**
- **Groups of interest (page 16 - 23)**
- **Towns / Suburbs (page 24 - 27)**
- **10 most popular physical activities (page 28 - 47)**

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

# Summary Findings



This section summarises the findings from the ALC 2019 for Central Goldfields.

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

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

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

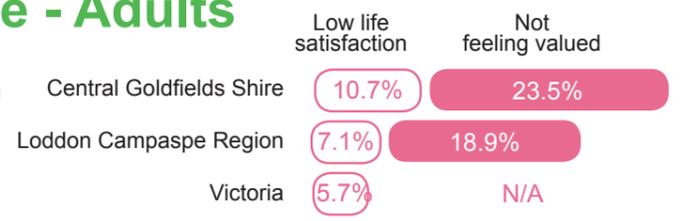
Where possible key findings are compared against recent data specific to Central Goldfields and Victoria (Victorian Population Health Survey 2016) and the Loddon Campaspe Region (2019 ALC).

These summary results are followed by detailed 2019 ALC findings specific to population groups, areas of Central Goldfields Shire, and Central Goldfields most popular physical recreation activities.

## Health and wellbeing profile - Adults

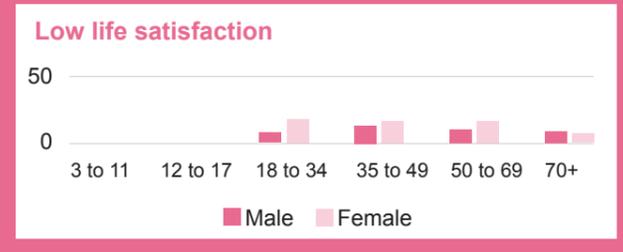
### General wellbeing (all residents 3+)

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



### Life satisfaction

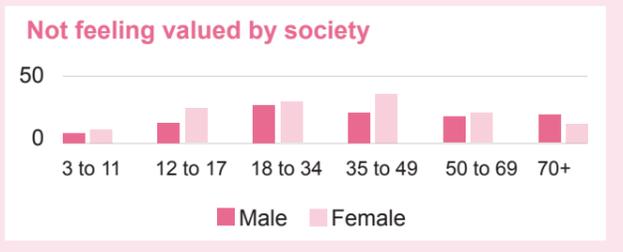
People were asked how satisfied they feel about life in general. Most people have high or very high life satisfaction. The graph below focusses on low life satisfaction.



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

### Valued by society

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



## General health

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

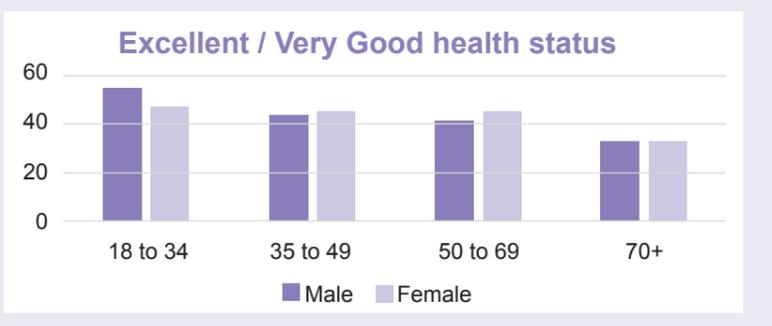
People responded to the statement, "In general, would you say your health is..." by selecting one of the 5 response options: excellent, very good, good, fair, poor.



### Very good or excellent health

- 37.5% Central Goldfields Shire
- 44.1% Loddon Campaspe Region
- 44.1% Victoria

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

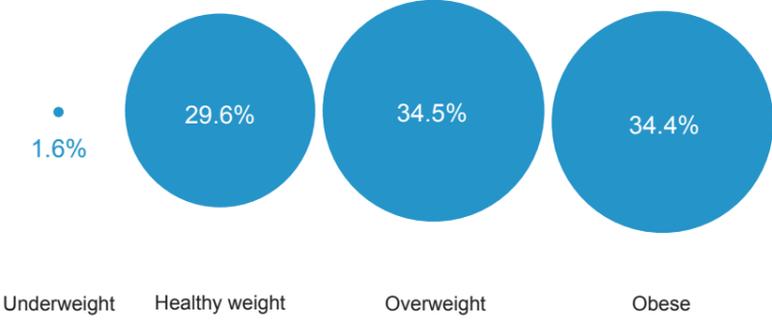


## Overweight and obesity

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

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

2 in every 3 adults in Central Goldfields are overweight or obese.



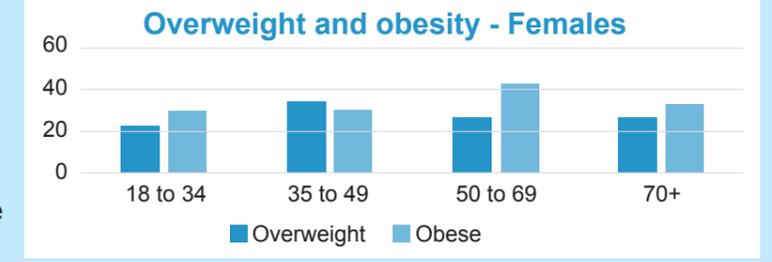
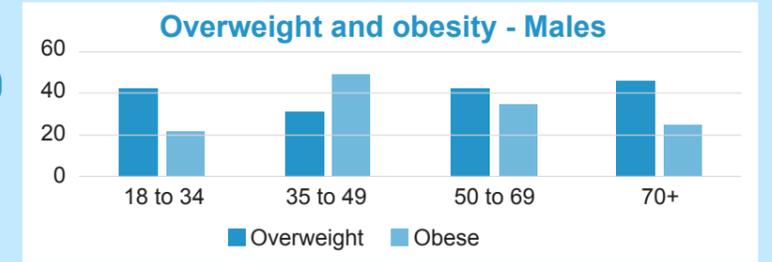
### Overweight and obesity

- 69.1% Central Goldfields Shire
- 62.5% Loddon Campaspe Region
- 49.7% Victoria

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

#### Groups to focus on:

- Adults 35 to 69 years old
- Low income households
- Aboriginal and/or Torres Strait Islander people

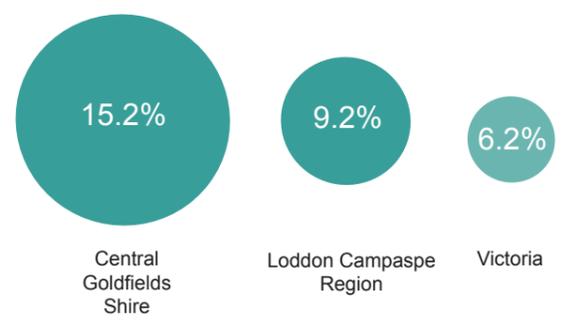


## Food security

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

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

## Food insecurity rate



**1 in 7 households in Central Goldfields are food insecure - they do not have enough to eat.**

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

## Household has run out of food in the last 12 months



## People who experience food insecurity are more likely to:

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



## Recommended daily consumption

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

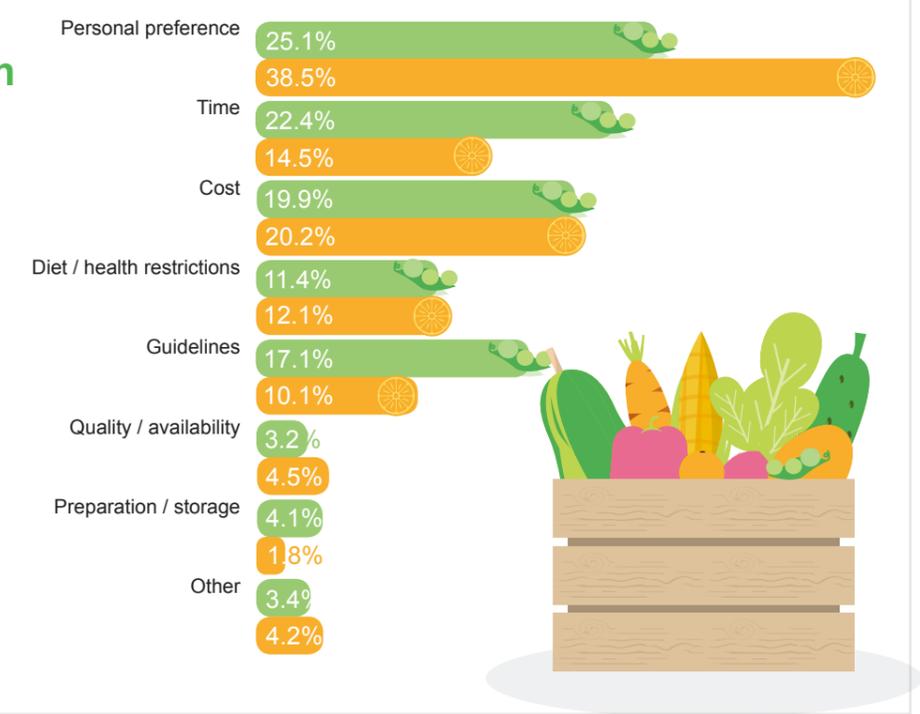
**People who eat the recommended amount of fruit and veg were more likely to also report:**

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

## Barriers to fruit and vegetable consumption

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

Some groups were particularly affected by certain barriers. Barriers were similar but were mentioned at different rates. For example, cost was identified at high rates by Aboriginal and Torres Strait Islander people, people with a disability, and by low income households.



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

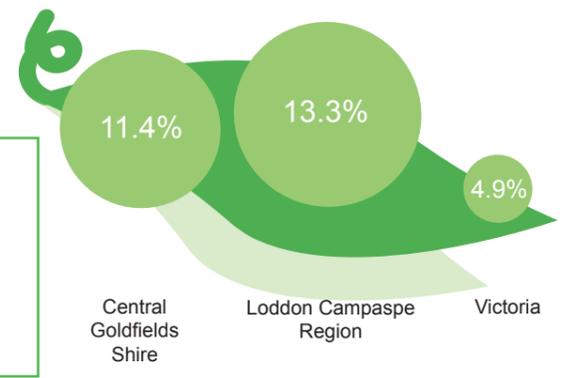
A 'serve' of fruit is 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces.

## Vegetables

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

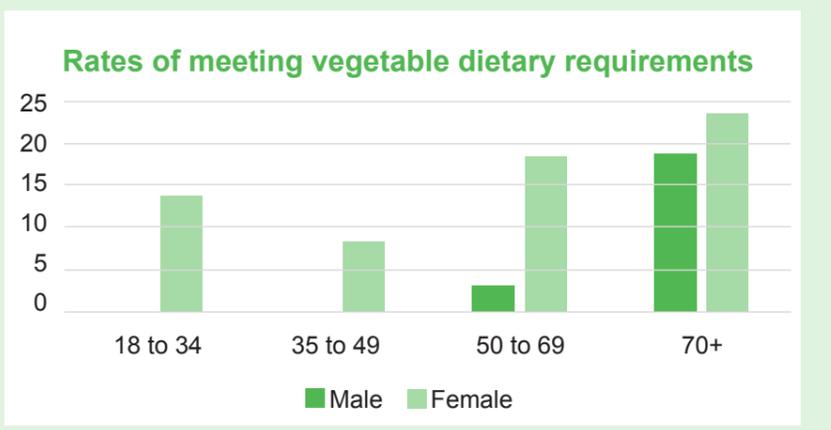
Only 1 in 10 adults meet the daily vegetable consumption guidelines.

People tend to eat more vegetables as they get older.



Females are more likely than males to meet the vegetable consumption guidelines (16.5%, compared to 5.7%).

On average, Central Goldfields adults eat 2.5 serves of veg per day.

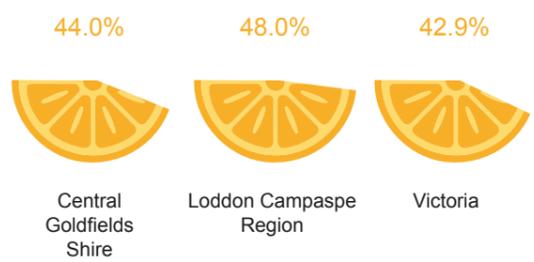


## Fruit

Health experts recommend eating two serves of fruit per day.

1 in every 2 Central Goldfields adults meet the daily fruit consumption guidelines.

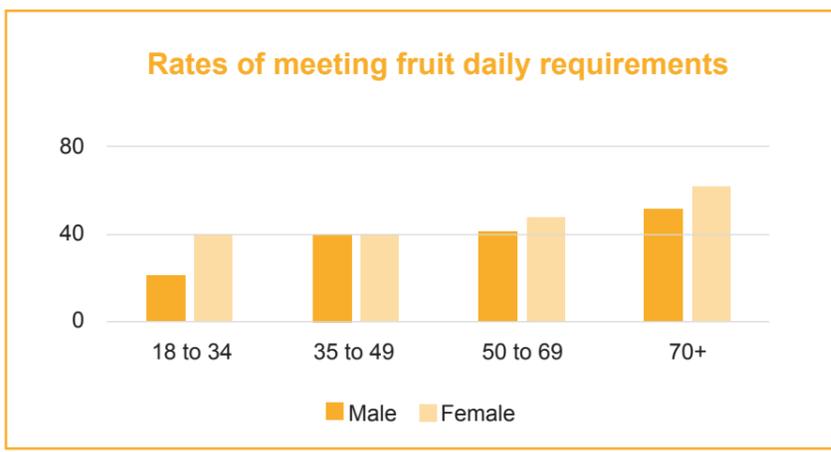
There are no significant gender differences, but adults aged over 70 are most likely to meet fruit consumption guidelines.



On average, Central Goldfields adults eat 1.5 serves of fruit per day.

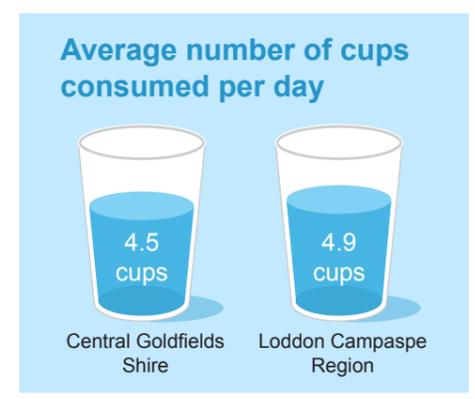
### Standout finding!

People who speak English as a second language eat the most fruit in Central Goldfields. 2.0 serves per day

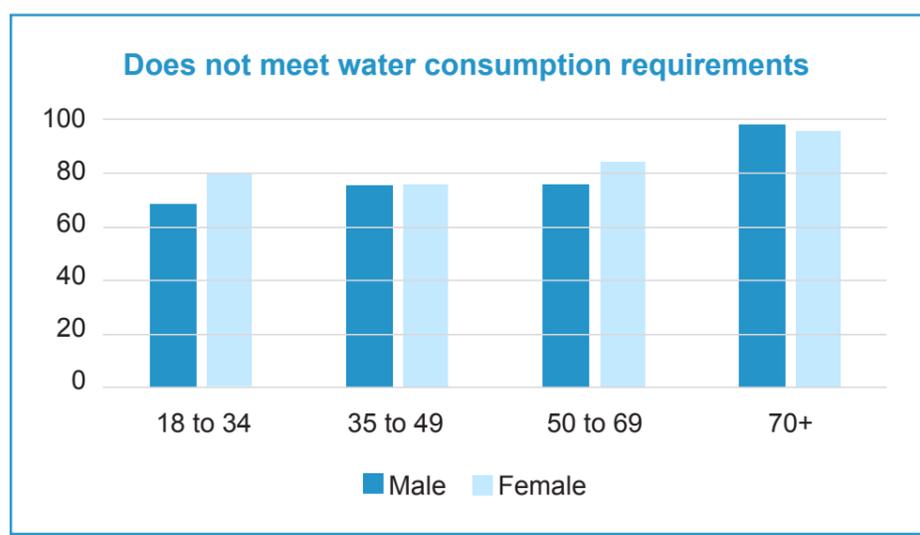


## Water

Central Goldfields adults drink an average of 4.5 cups of water per day, with only 17.6% drinking 8 cups (2 litres) or more.



Levels of water consumption decline with age.



## Sugary drinks

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

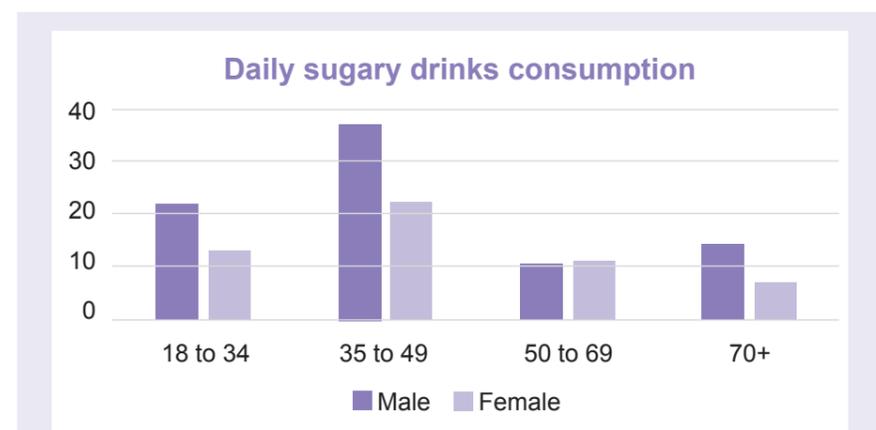


Daily consumers of sugary drinks were more likely to also report:

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

### Groups to focus on:

- Males
- Younger people
- Low income households
- People who identify as LGBTQIA+
- Food insecure households



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

## Alcohol

### Frequency of alcohol consumption

People were asked how often they consume an alcoholic drink.



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

### Binge drinking

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



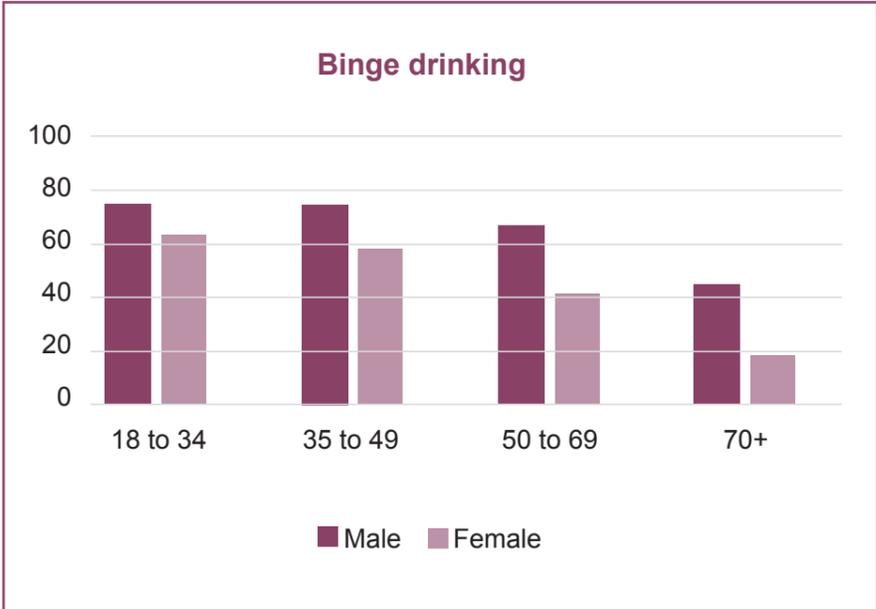
**57.0% drink at potentially dangerous levels at least once a year.**

### Binge drinkers were more likely to also report:

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

### Groups abstaining from alcohol at high rates

- Adults 70+
- Aboriginal and/or Torres Strait Islander people
- People with a disability
- Low income households



## Smoking

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

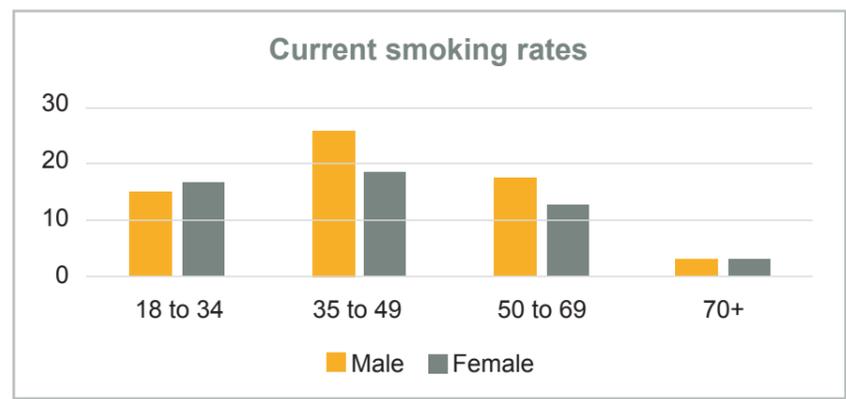
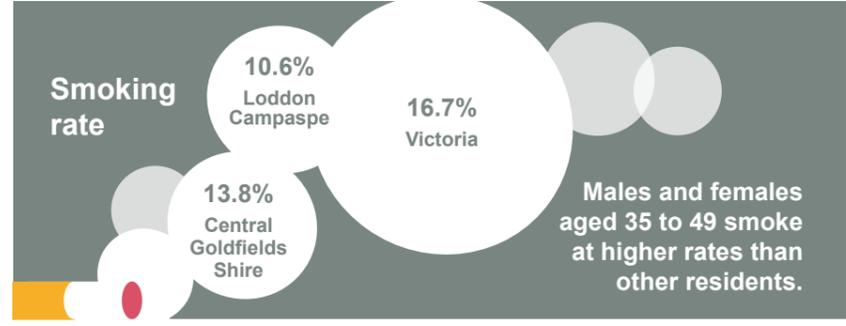


### Current smokers were more likely to also report:

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

### Groups to focus on:

- Adults 18-69
- Aboriginal and/or Torres Strait Islander people
- People who identify as LGBTQIA+
- Low income and food insecure households



## Gambling

People were asked how often they gamble.

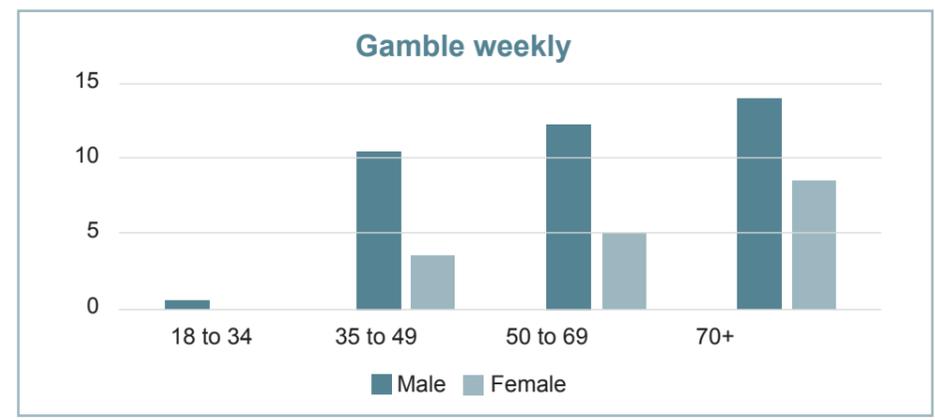
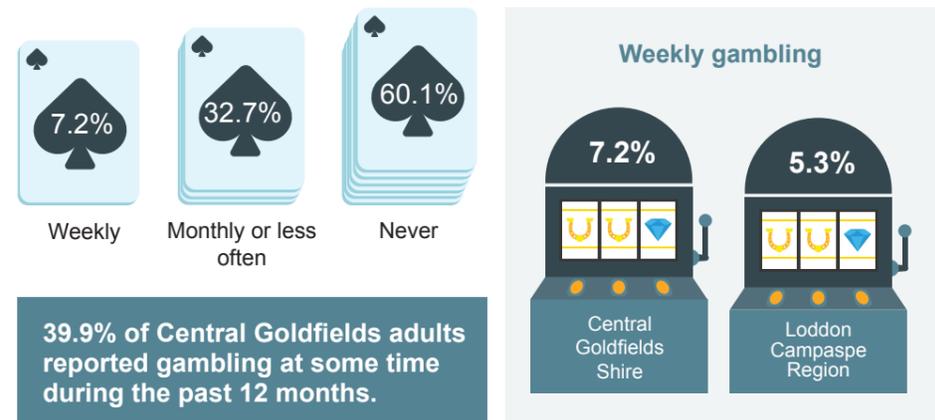
### People who gamble weekly or more were also more likely to report:

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

### Groups to focus on

- Males 35+
- Low income households
- People with a disability
- Food insecure households

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



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

2.3% of all adults report experiencing harm from gambling.

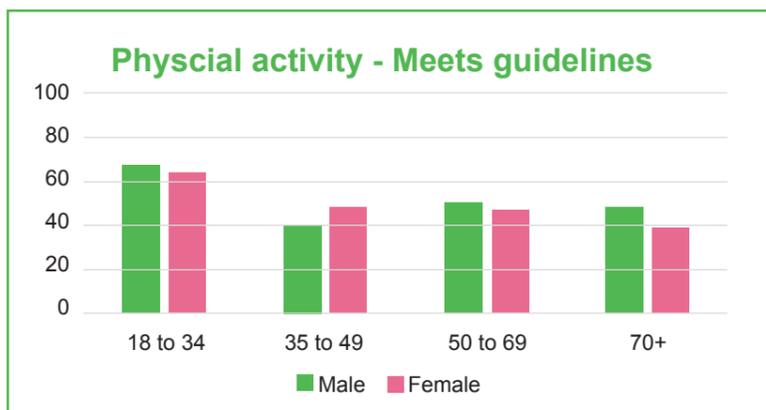
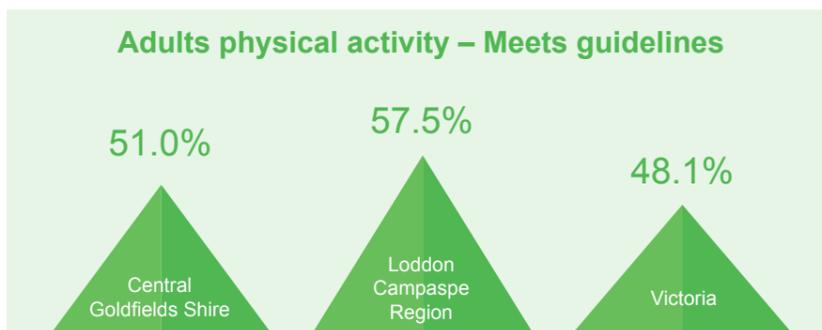
4.4% of adults who gamble report experiencing harm from gambling.

## Physical activity profile – All residents



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

### Adults physical activity – Meets guidelines



### Groups to focus on:

- Adults 70+
- People born overseas
- Aboriginal and Torres Strait Islander people
- People who identify as LGBTQIA+
- Low income or food insecure households
- People with a disability

51.0% of Central Goldfields Shire residents meet the physical activity guidelines.

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

Two in every three people who meet physical activity guidelines report good to excellent general health and wellbeing.

People in Central Goldfields Shire want to be more active more often!

57.2% of people want to do more activity.

### In particular:

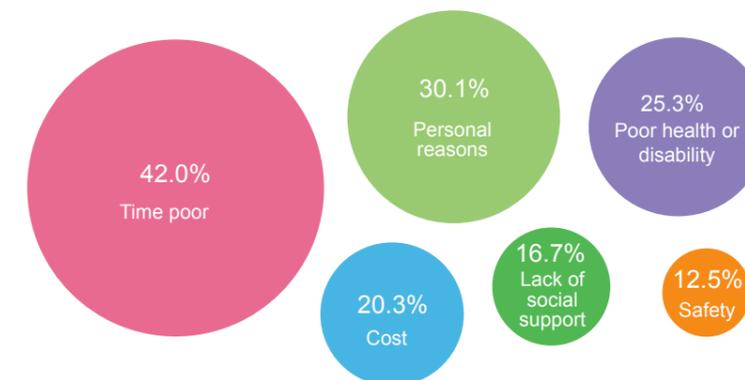
- Males: 50 to 69
- Females: 35 to 69
- People born overseas or with English as a second language
- Aboriginal and Torres Strait Islander people
- Low income households



## Barriers to participation

Some groups were particularly affected by certain barriers to participation in physical activities.

For example, cost was identified at high rates by low income or food insecure households.



## Public facilities and open spaces

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

### Frequency of public open space use

84.6% of people reported using open spaces, with 54.4% using open spaces weekly or more often.



## Use of public facilities

Footpaths rated as the highest used facility with 88.5% of people reporting using footpaths.

Footpaths	85.1%
Parks	75.7%
Off-road walking and cycling tracks	63.7%
Halls / community centres	44.4%
Swimming pools / splash parks	42.6%
Community gardens	42.3%
Indoor sports / leisure / fitness centres	40.3%
Hard courts (e.g. netball / tennis)	23.8%
Playgrounds	21.5%
Skateparks / BMX	11.5%
After hours usage of education facilities	10.4%

Females were more likely than males to use most of the public facilities, except sports grounds, ovals and clubrooms and skateparks / BMX facilities.

## Main recreation facilities used

(Excludes unnamed facilities such as footpaths).

1.	Maryborough Sports & Leisure Centre
2.	Princes Park, Maryborough
3.	Maryborough Golf and Bowling Club
4.	Lake Victoria, Maryborough
5.	Goldfields Reservoir, Maryborough
6.	Hedges Oval, Maryborough
7.	Maryborough Highland Society
8.	Carisbrook Recreation Reserve
9.	Cairn Curran Reservoir, Baringhup
10.	Maryborough Lawn Tennis Courts

## Reasons for using public facilities and open spaces

People reported using public facilities and open spaces for a range of reasons, with social and health-related reasons most important.



Exercise / health and fitness	62.0%
Socialising with family / friends	57.6%
For fun / enjoyment	54.8%
Unstructured physical recreation activities (e.g. going for a walk, playing ball games with friends)	46.9%
For time to myself	33.3%
Exercising the dog	33.2%
Organised sport (e.g. cricket or netball for a club)	31.8%
Getting back to nature	23.8%
Commuting (i.e. to get from a to b)	21.5%

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

Walking tracks / footpaths	27.1%
Exercise equipment (including sporting fields / facilities)	23.9%
Lighting	13.6%
Toilets / change rooms	11.5%
Bicycle tracks / lanes and skate facilities	8.9%
Bins / rubbish collection / clean environment	7.5%
Playgrounds	5.2%
Safety measures/restrictions (including dogs on leashes)	4.9%
Accessibility	4.8%
Cover / shade / shelter	4.3%
Maintenance / management of spaces and facilities	4.0%
Dog friendly areas	3.7%
More / better facilities	3.4%
Improve signage / maps / communication	2.6%
Seating	2.5%
More / better vegetation / trees / gardens	1.6%
Drinking fountains	1.4%

### Some areas suggested certain improvements at high rates, including:

Walking tracks and footpath improvements were amongst the main suggestions provided for Central Goldfields Shire, closely followed by exercise equipment. The other common mentions for each suburb were:

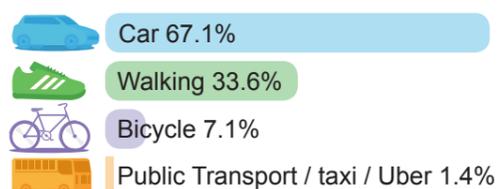
Lighting and bins or rubbish collection	<b>Maryborough</b>
Cover, shade or shelter and accessibility	<b>Dunolly</b>
BBQs/picnic areas and toilets/change rooms	<b>Carisbrook</b>
Bicycle tracks and maintenance or management of spaces and facilities	<b>Alma</b>
Toilets/change rooms and lighting	<b>Talbot</b>

### Transport - Distance to activities

On average, people of Central Goldfields Shire travel 11.3km to get to their activity.

Residents in the Central Goldfields – excluding Maryborough area travel the furthest to get to their activities.

### Mode of transport



## Participation in activities

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

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

## Facility quality and accessibility

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

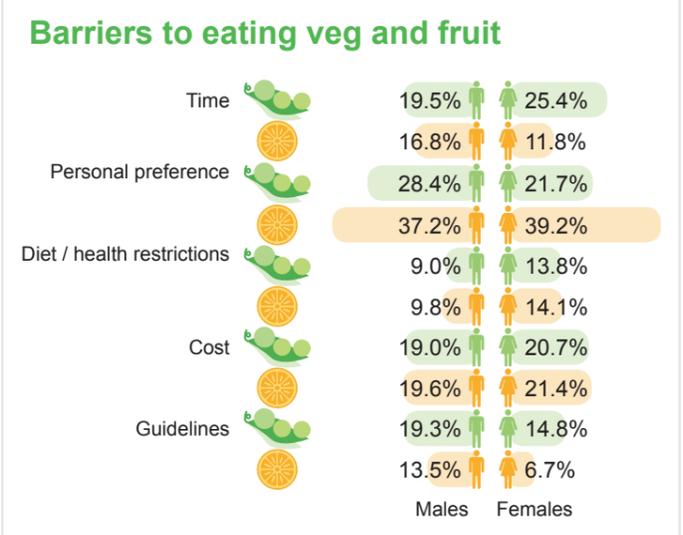
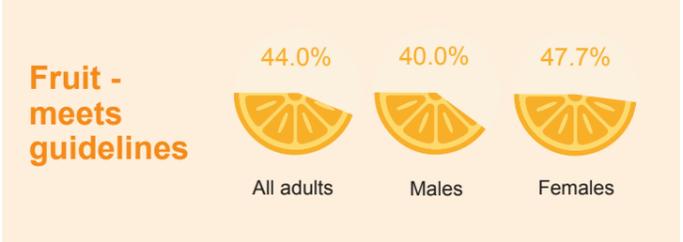
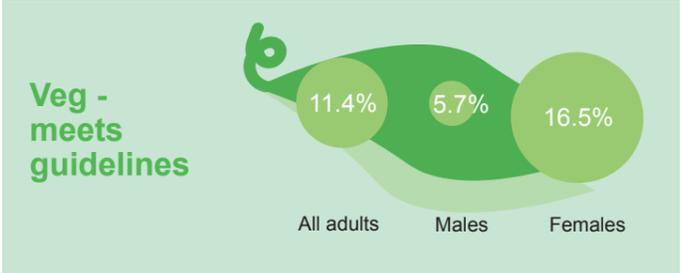
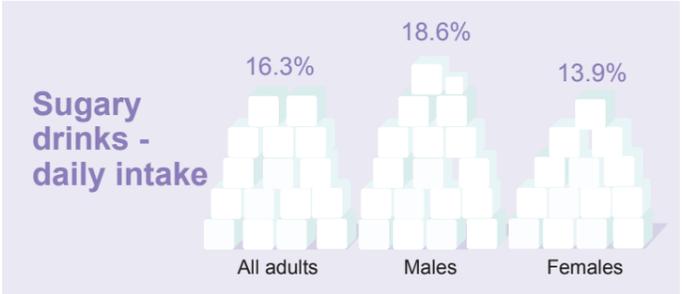
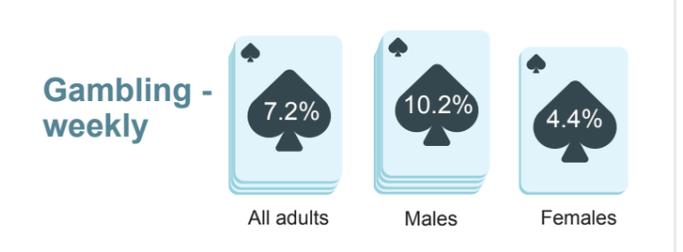
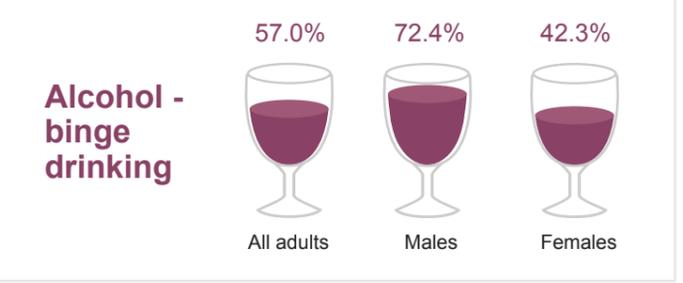
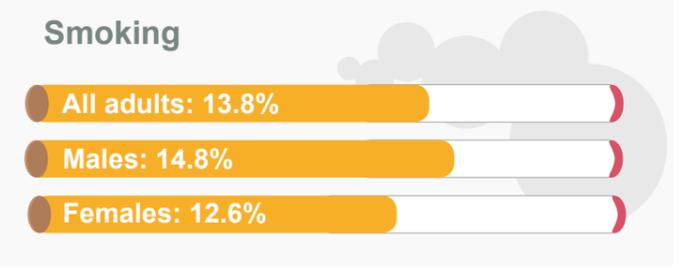
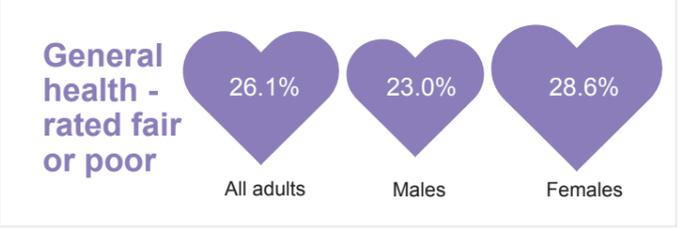
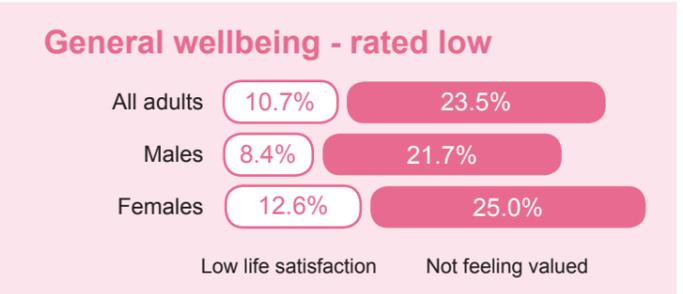
Facilities were rated on a 5-point scale where **1 = very poor, 2 = poor, 3 = average, 4 = good, 5 = excellent.**

These tables display responses from all Central Goldfields Shire residents who responded to the ALC 2019, including children.

Activity	Total	Weekly	Quality (out of 5)	Accessibility (out of 5)
Walking	22.1%	73.6%	4.0	4.2
Swimming	7.2%	47.5%	4.0	4.1
Bush walking / Hiking	6.3%	47.1%	3.8	3.8
Active play (at playgrounds / play centre)	5.9%	60.8%	4.1	4.3
Fitness: Gym	5.1%	81.7%	4.4	4.5
Australian rules football	4.0%	76.8%	4.0	4.4
Netball (indoor / outdoor)	3.6%	84.7%	3.8	4.2
Cycling: General cycling for recreation or transport	3.4%	34.3%	3.9	4.2
Fishing	3.3%	9.7%	4.1	4.1
Golf	2.9%	42.5%	4.3	4.4
Basketball (indoor / outdoor)	2.3%	84.8%	4.2	4.6
Jogging / running	2.1%	58.1%	4.0	4.2
Dancing / Ballet / calisthenics	2.0%	81.6%	4.2	4.1
Cricket	1.9%	58.9%	3.1	3.9
Athletics / track and field	1.8%	65.8%	3.3	3.9
Fitness: Indoor group activities / Aerobics / Zumba / Yoga / Pilates	1.7%	71.6%	4.3	4.4
Fitness: Outdoor fitness / Personal training / Group activities	1.7%	87.3%	4.3	4.4
Tennis (indoor / outdoor)	1.7%	46.0%	4.2	4.4
Lawn bowls	1.5%	52.0%	4.3	4.4
Aqua aerobics	1.5%	58.0%	3.7	4.4

## Health and wellbeing profile - Adults

Each member of the household was asked what gender best represents them. The section on gender summarises findings from 474 males and 663 females including 402 adult males and 584 adult females. A further 3 residents in the Central Goldfields Shire selected 'gender diverse / non-binary / self-described' (number too low to report).



## Physical activity profile - All residents

### Most popular activities

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

Male participation		Female participation	
Walking	19.2%	Walking	24.8%
Australian rules football	6.6%	Swimming	7.9%
Swimming	6.3%	Active play	7.0%
Bushwalking / Hiking	5.9%	Bushwalking / Hiking	6.8%
Fitness / Gym	4.9%	Netball	6.7%
Active play	4.7%	Fitness / Gym	5.3%
Fishing	4.7%	Dancing / Ballet / Calisthenics	3.3%
Golf	4.6%	Cycling for recreation or transport	3.2%
Cycling for recreation or transport	3.8%	Outdoor fitness	3.0%
Cricket	3.6%	Indoor group fitness	2.6%

### Barriers to being more active

	Time Poor	Personal Reasons	Cost	Poor health / disability	Lack of social support	Safety
Males	48.5%	29.1%	16.8%	23.1%	12.1%	8.4%
Females	39.9%	32.7%	24.8%	28.6%	22.0%	17.5%

### Public facilities and open spaces - rate of use

Facility	Male	Female
Footpaths	83.9%	86.2%
Parks	73.3%	78.6%
Off-road walking and cycling tracks	67.1%	60.4%
Sports grounds, ovals and clubrooms	60.5%	52.3%
Halls / community centres	40.4%	48.7%
Indoor sports / leisure / fitness centres	39.0%	42.1%
Community gardens	38.4%	46.7%
Swimming pools / splash parks	36.6%	47.9%
Hard courts (e.g. netball / tennis)	23.0%	25.1%
Playgrounds	17.4%	25.8%
Skateparks / BMX	12.2%	11.0%
After hours usage of education facilities	9.3%	11.4%

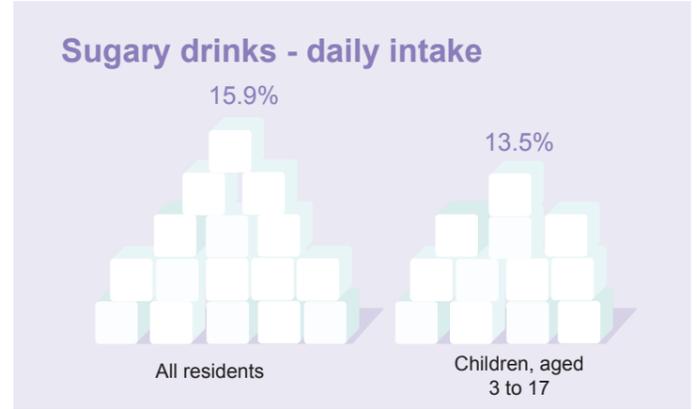
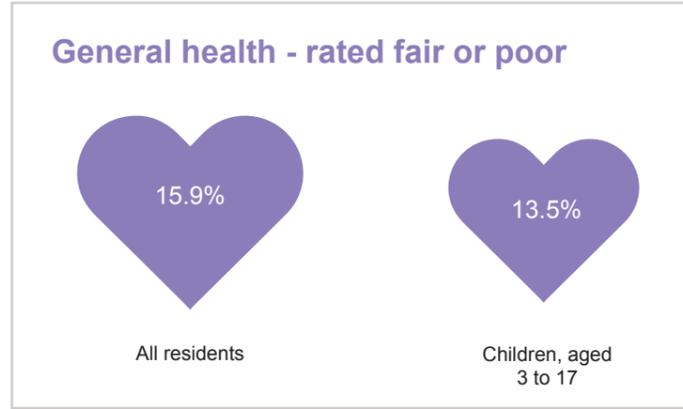
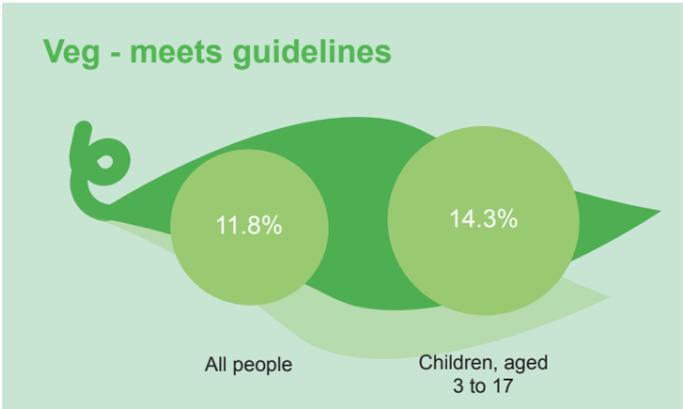


55.8% of male and 53.2% of female residents use public open spaces weekly or more.

Health and wellbeing profile



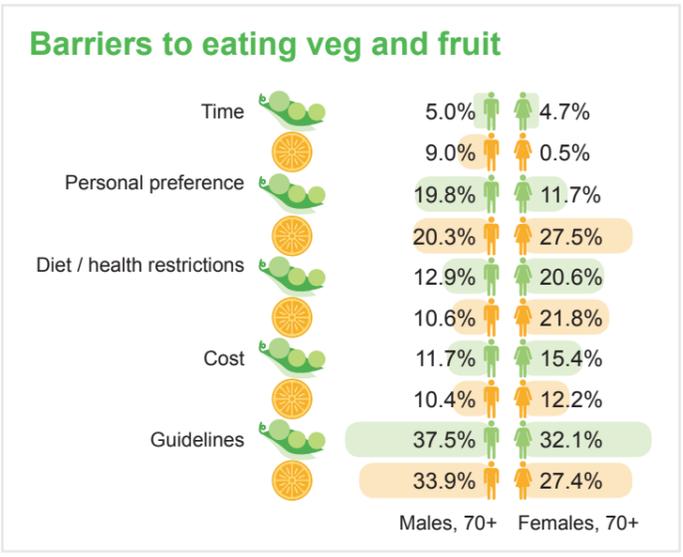
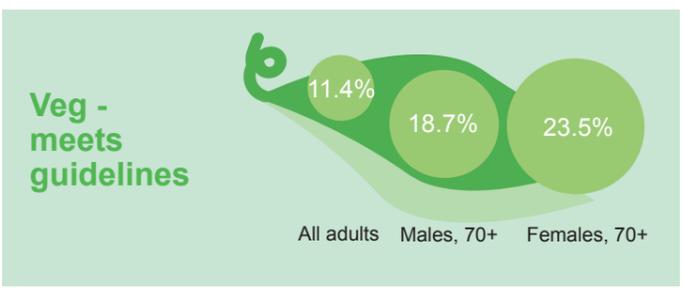
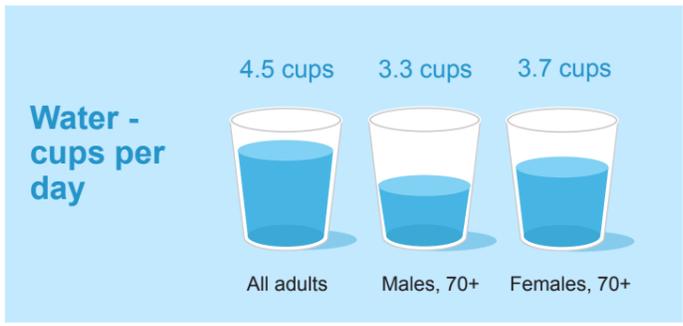
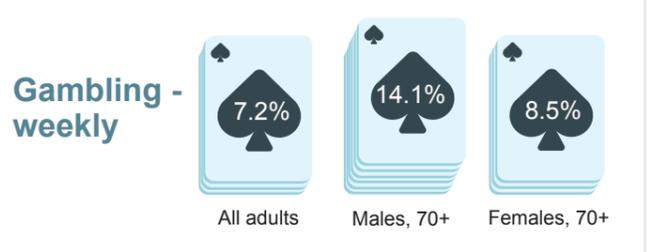
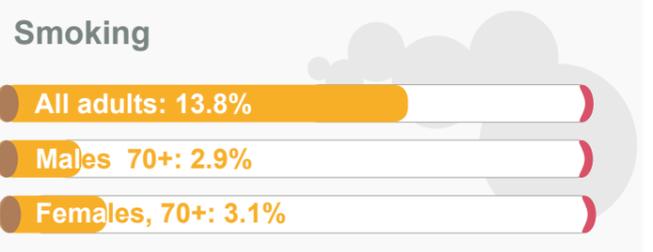
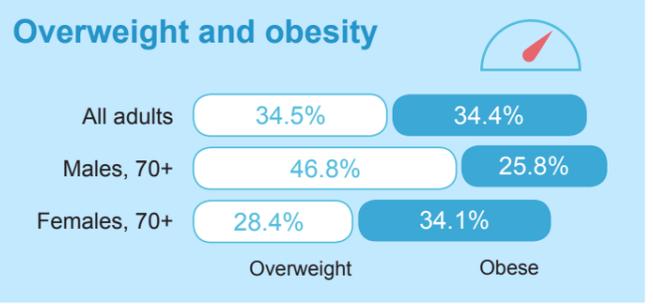
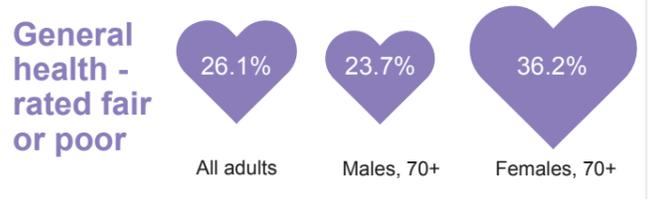
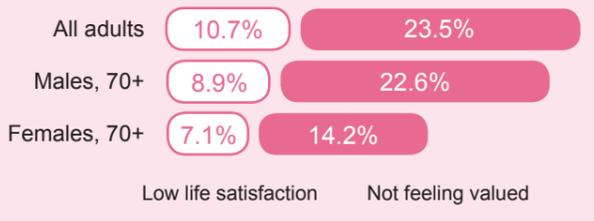
This section summarises findings from 117 children aged from 3 to 17 years old. This includes 63 children aged 3 to 11, who made up 5.4% of the sample, and 54 children aged 12 to 17, who made up 4.7% of the sample (before weighting). Parents were able to fill in the survey for all children over the age of 3 years old, and children aged 14 and over were able to fill in the survey themselves, if their parents agreed. The extent to which children were involved in responding to the survey questions may have differed within and between households. Results for males and females aged 3 to 11 and 12 to 17 can be found in the Loddon Campaspe report (numbers too low to report for Central Goldfields).



This section summarises findings from 327 adults aged over 70 years old, who comprised 28.3% of all survey participants (adjusted during weighting). A total of 151 men and 166 women aged 70 years and older completed the survey. See the Topline report for results about adults aged 50 to 69 years.

## Health and wellbeing profile

### General wellbeing - rated low



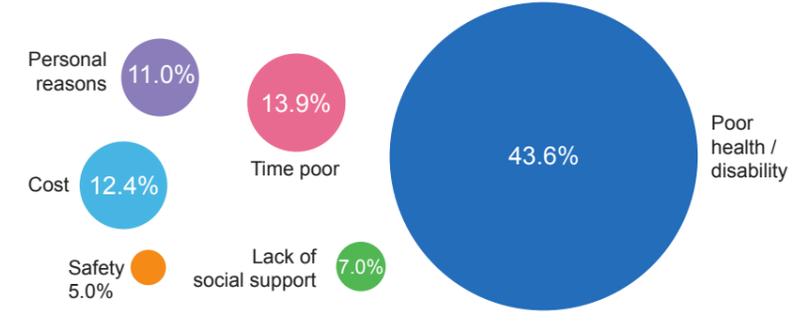
## Physical activity profile

### Most popular activities

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

Male, 70+ participation		Female, 70+ participation	
Walking	31.2%	Walking	37.2%
Bushwalking / Hiking*	12.9%	Bushwalking / Hiking*	7.9%
Golf*	7.5%	Dancing / Ballet / Calisthenics*	6.2%
Lawn Bowls*	6.9%	Aqua aerobics*	5.2%
Fitness / Gym*	4.9%	Swimming*	5.2%
Active Play*	3.7%	Indoor group fitness*	4.9%
Swimming*	2.9%	Fitness / Gym*	4.5%
Aqua aerobics*	2.8%	Lawn bowls*	2.2%
Fishing*	2.7%	Golf*	2.1%
Dancing / Ballet / Calisthenics*	2.0%	Active play*	1.8%

### Barriers to being more active

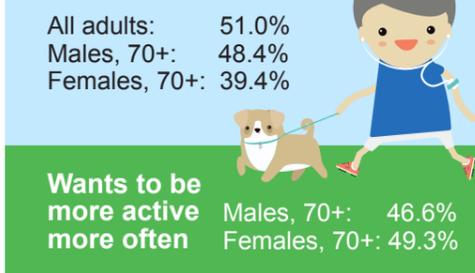


### Public facilities and open spaces - rate of use

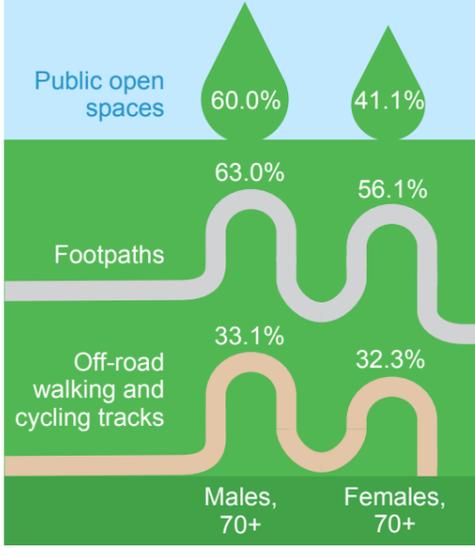
Facility	People, 70+ %
Parks	54.3%
Halls / community centres	40.7%
Community gardens	27.9%
Sports grounds, ovals and clubrooms	26.2%
Indoor sports / leisure / fitness centres	19.7%
Swimming pools / splash parks	14.6%
Playgrounds	2.2%
Hard courts (e.g. netball / tennis)	1.2%
After hours usage of education facilities	0.6%
Skateparks / BMX	0.5%

### Physical activity - meets guidelines

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



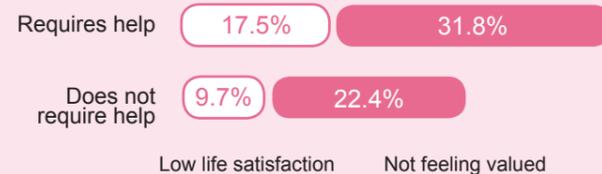
### Used weekly or more



## Health and wellbeing profile - Adults

This section summarises findings from 140 people aged 3 and over who need someone to help them with, or be with them, for daily activities. This includes self-care activities, body movement activities, and/or communication activities. People who require help with daily activities made up 13.9% of all participants.

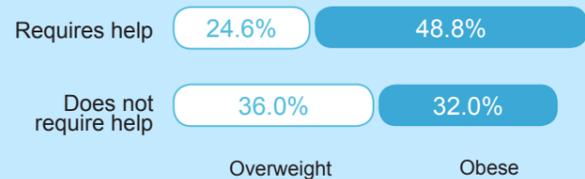
### General wellbeing - rated low



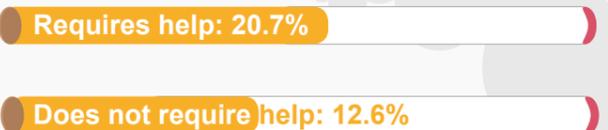
### General health - rated fair or poor



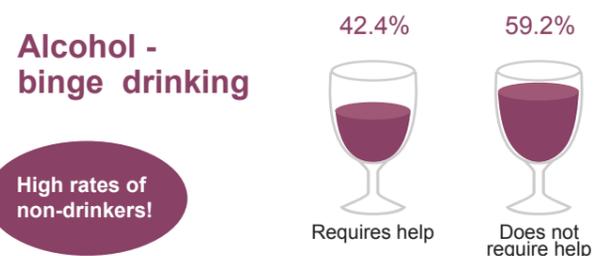
### Overweight and obesity



### Smoking



### Alcohol - binge drinking



### Gambling - weekly



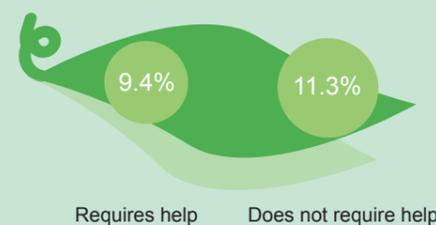
### Sugary drinks - daily intake



### Water - cups per day



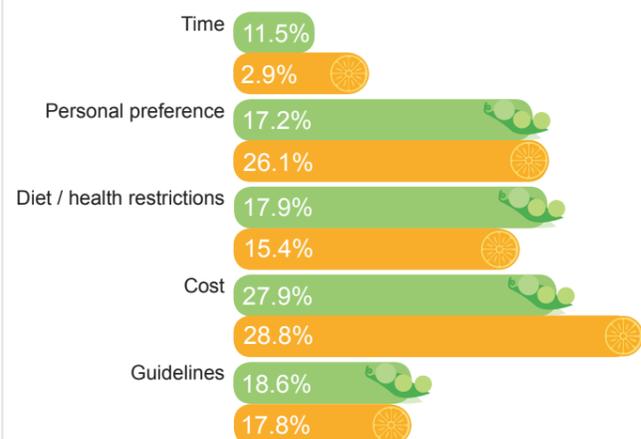
### Veg - meets guidelines



### Fruit - meets guidelines

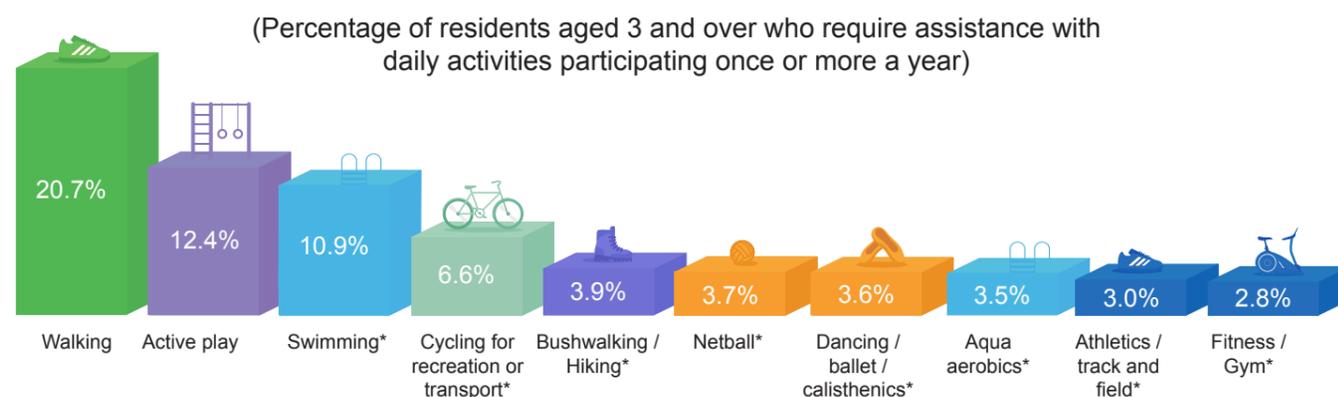


### Barriers to eating veg and fruit

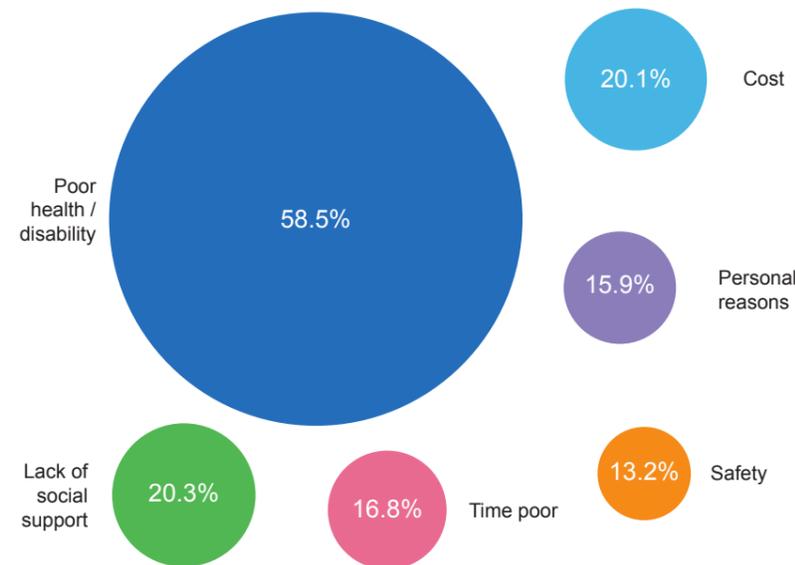


## Physical activity profile - All residents

### Most popular activities



### Barriers to being more active



### Adults physical activity - meets guidelines

Requires help: 40.7%

Does not require help: 52.9%



### Wants to be more active more often

Requires help: 59.1%

Does not require help: 57.7%

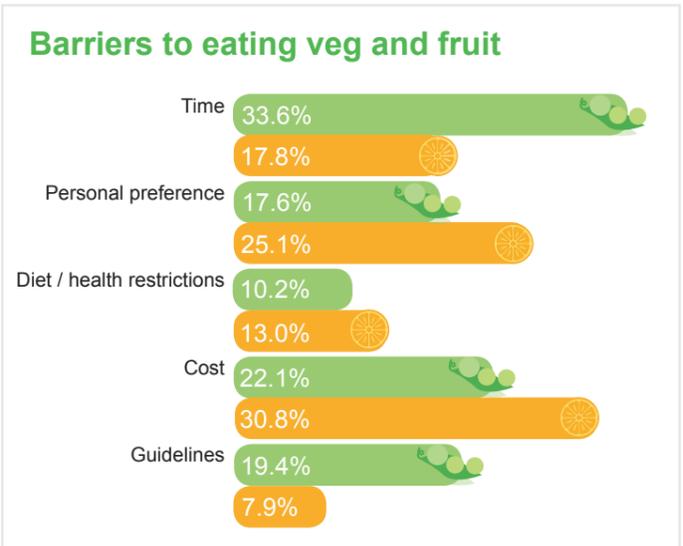
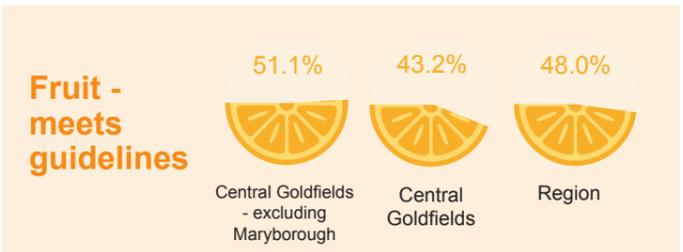
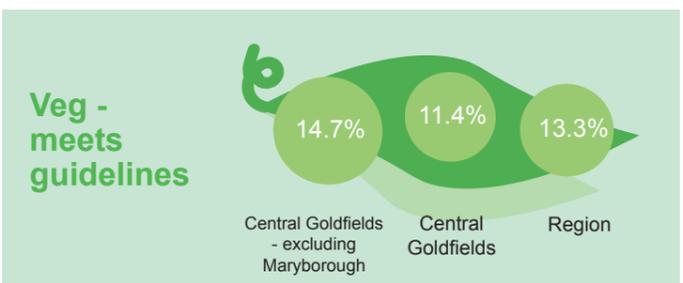
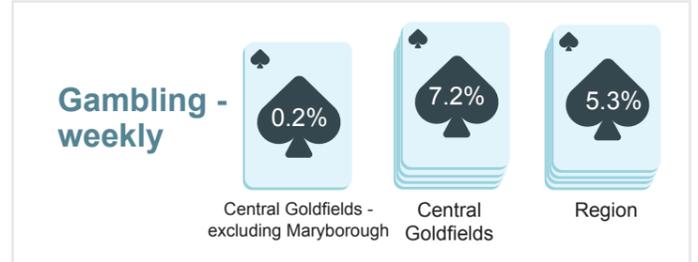
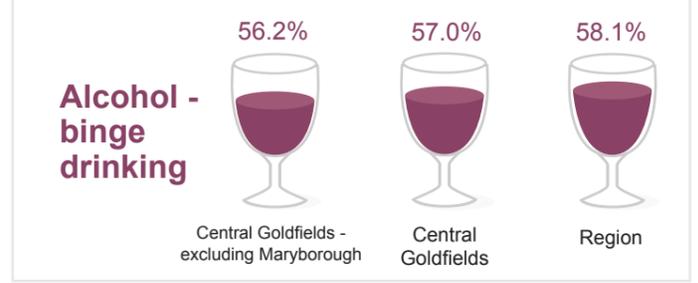
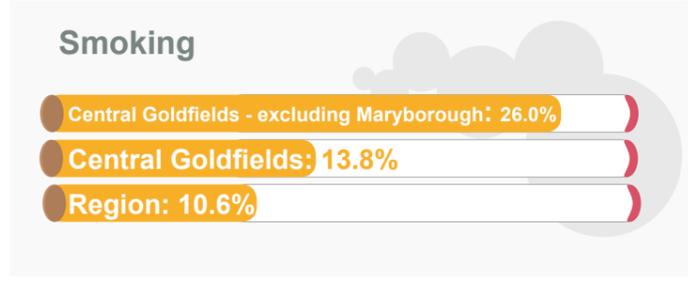
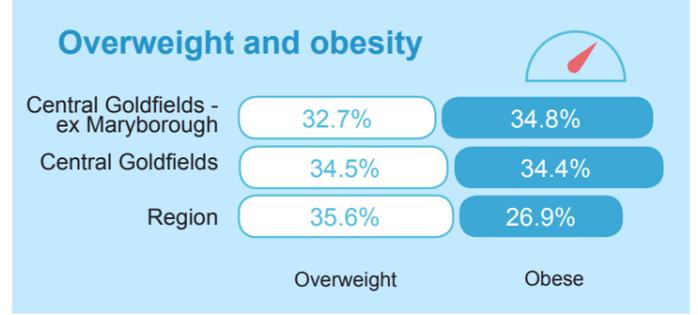
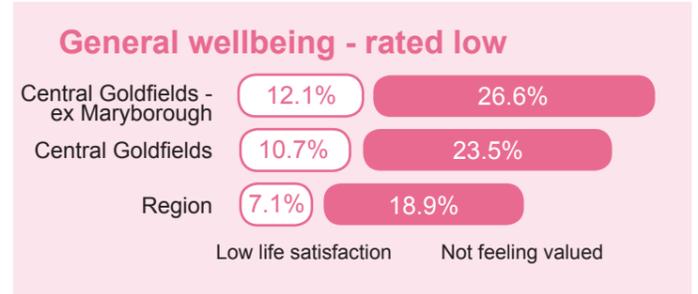
### Public facilities and open spaces - rate of use

Facility	Requires help	Does not require help
Footpaths	79.9%	85.6%
Parks	69.1%	76.9%
Off-road walking and cycling tracks	56.8%	63.6%
Swimming pools / splash parks	48.8%	41.2%
Sports grounds, ovals and clubrooms	42.8%	58.9%
Indoor sports / leisure / fitness centres	37.0%	40.7%
Community gardens	33.7%	45.0%

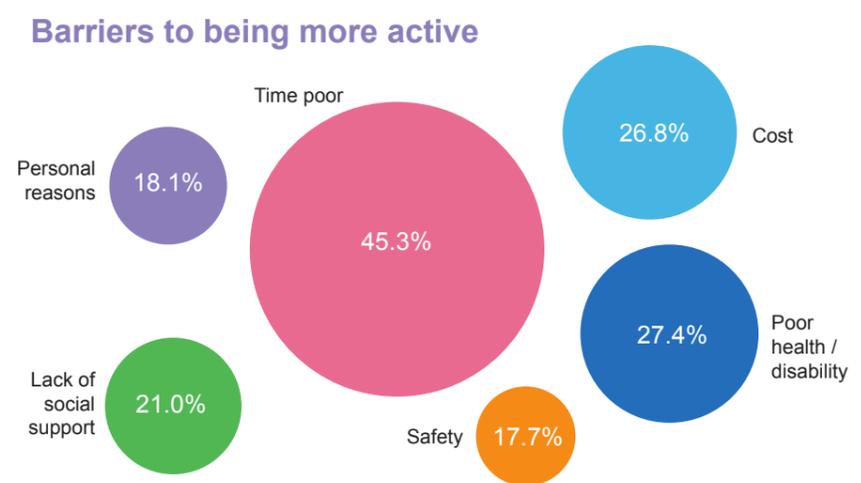
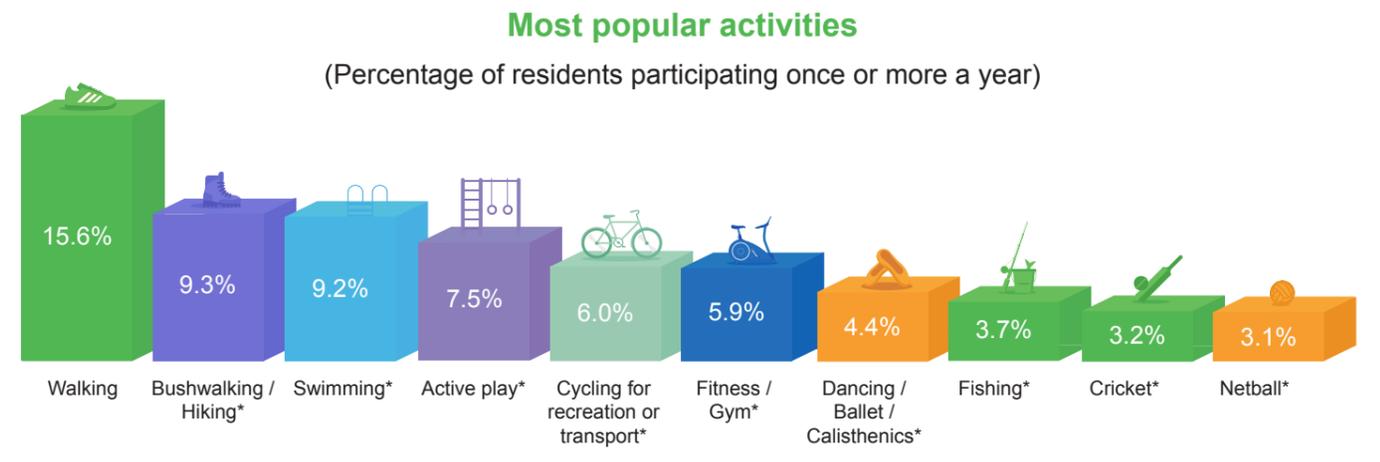
53.4% of residents who require help use public open spaces weekly or more

**Health and wellbeing profile - Adults**

Central Goldfields – excluding Maryborough area includes Adelaide Lead, Alma, Amherst, Archdale, Archdale Junction, Baringhup West, Bealiba, Bet Bet, Betley, Bowenvale, Bromley, Bung Bong, Campbelltown, Caralulup, Carisbrook, Cotswold, Craigie, Daisy Hill, Dunach, Dunluce, Dunolly, Eddington, Flagstaff, Glengower, Golden Point, Goldsborough, Havelock, Homebush, Inkerman and Talbot. Findings for Central Goldfields - excluding Maryborough area are based on 138 responses from residents, or approximately 4.4% of the local population.

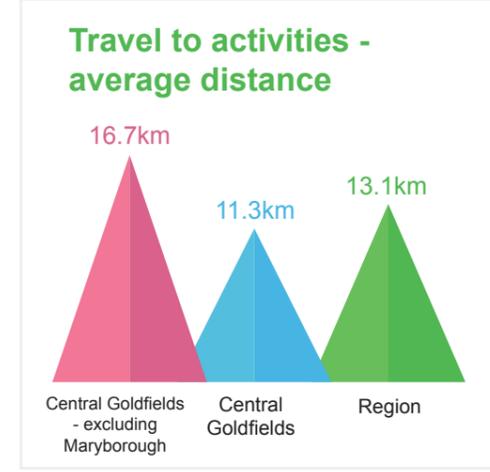


**Physical activity profile - All residents**



**Public facilities and open spaces - rate of use**

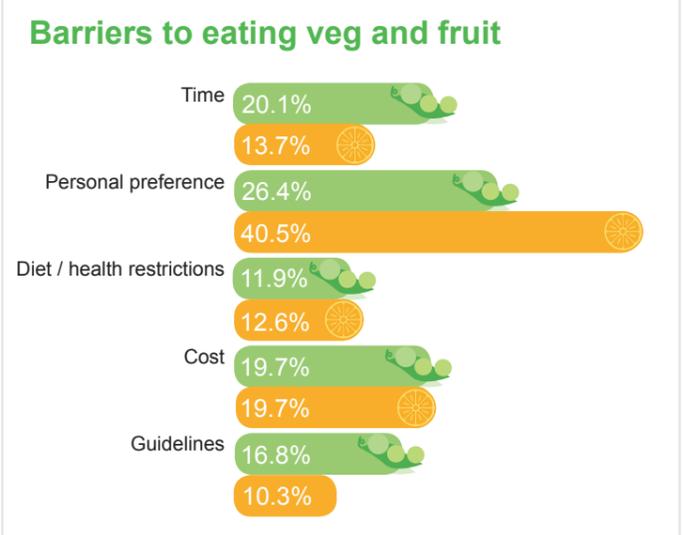
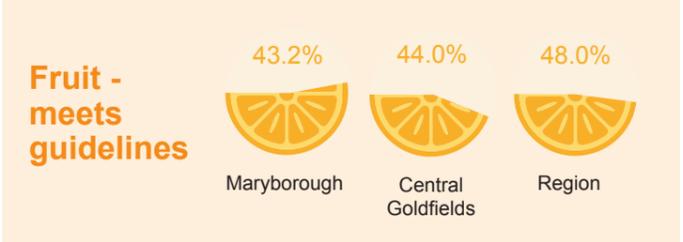
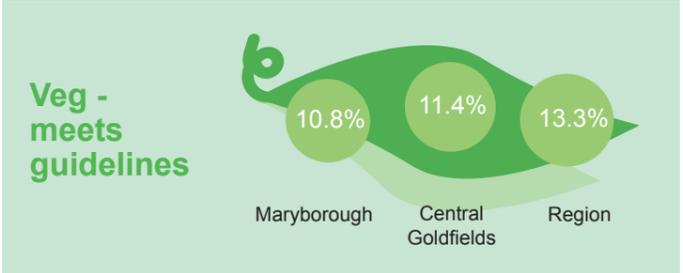
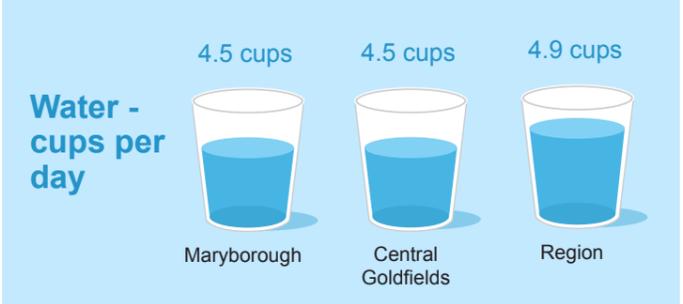
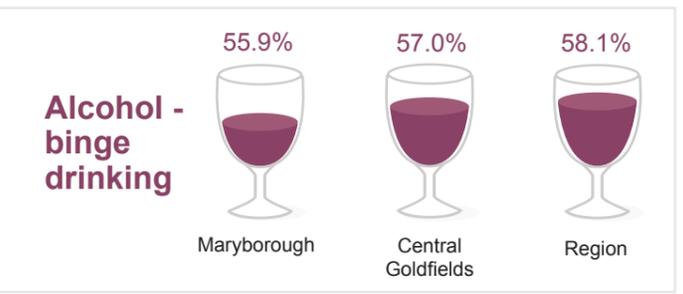
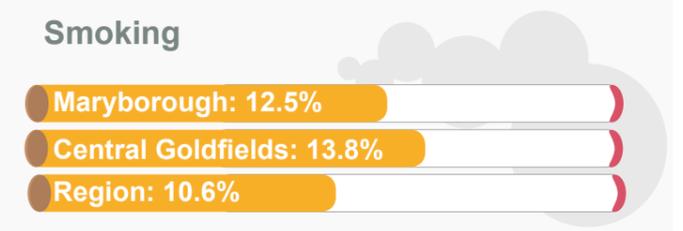
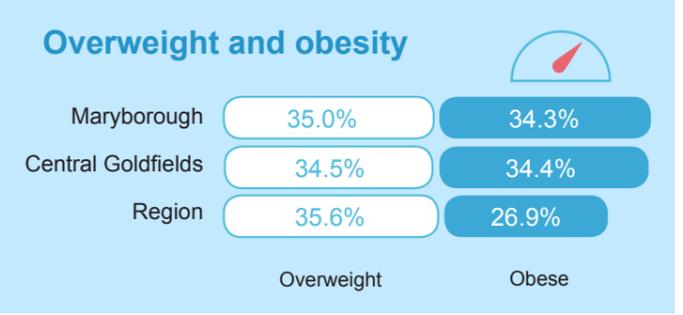
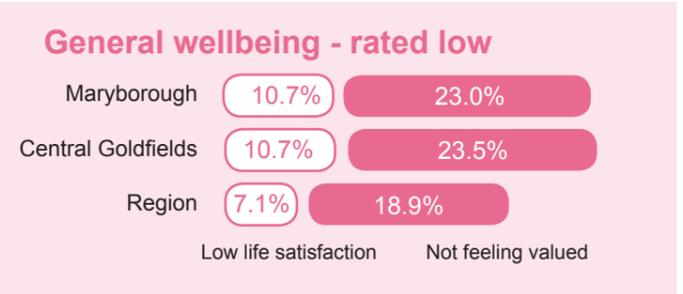
Footpath use	72.5%
Halls / community centres	62.7%
Parks	62.2%
Off-road walking and cycling track use	58.8%
Swimming pools / splash parks	48.2%
Sports grounds, ovals and clubrooms	43.3%
Indoor sports / leisure / fitness centres	35.6%
Community gardens	32.1%
Hard courts (e.g. netball / tennis)	22.4%
Playgrounds	22.2%
After hours usage of education facilities	15.1%
Skateparks / BMX	12.6%



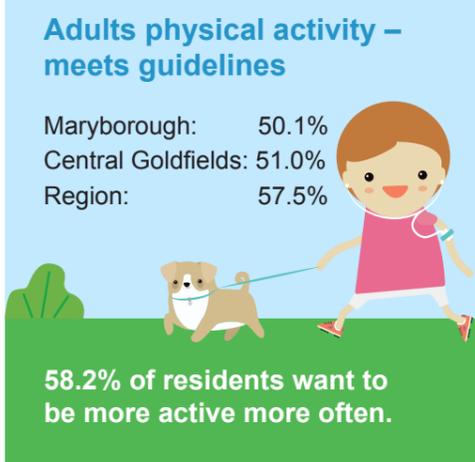
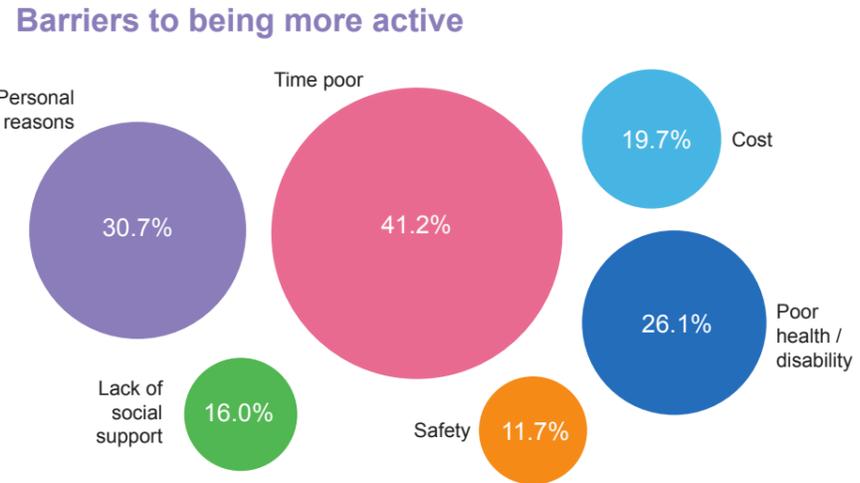
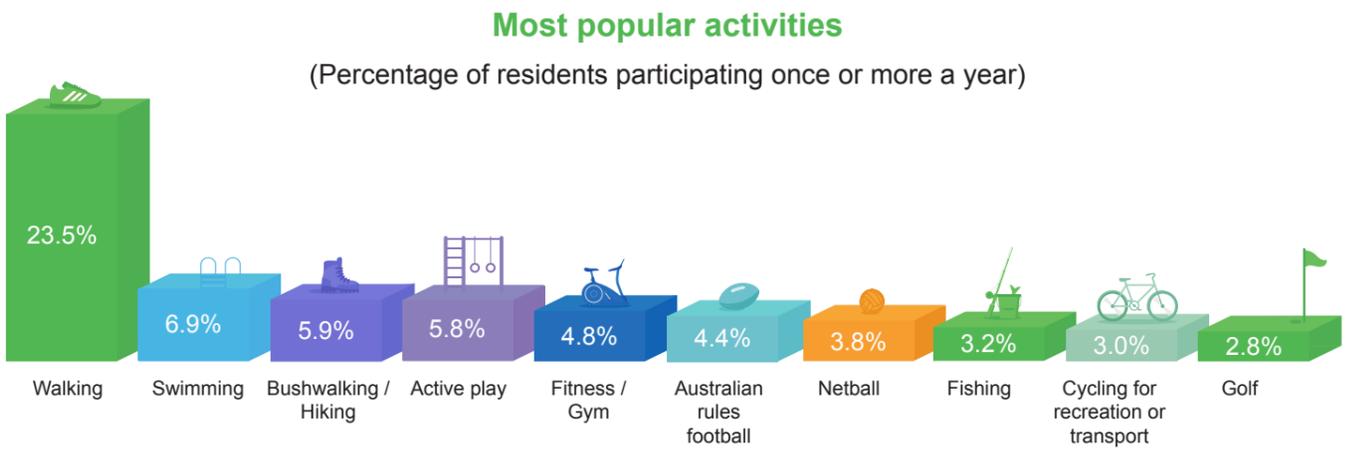
**46.6% of Central Goldfields – excluding Maryborough residents use parks and open spaces once a week or more.**

## Health and wellbeing profile - Adults

Maryborough area includes Joyce's Creek, Lillicur, Majorca, Maryborough, Moliagul, Moolart, Moonlight Flat, Mount Cameron, Mount Glasgow, Mount Hooghly, Natte Yallock, Rathscar, Rathscar West, Red Lion, Simson, Stony Creek, Talbot, Timor, Timor West and Wareek. Findings for Maryborough area are based on 969 responses from people, or approximately 12.3% of the local population.

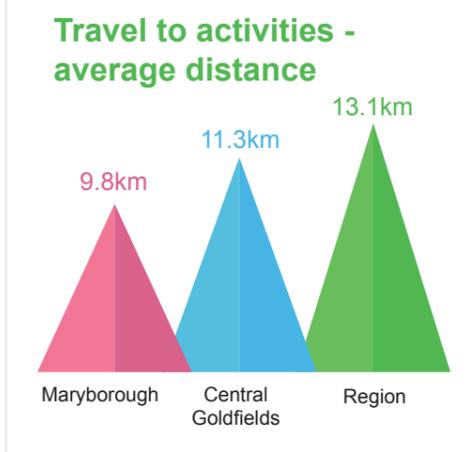


## Physical activity profile - All residents



### Public facilities and open spaces - rate of use

Footpath use	86.7%
Parks	76.8%
Off-road walking and cycling track use	63.6%
Sports grounds, ovals and clubrooms	57.1%
Community gardens	42.9%
Halls / community centres	42.7%
Swimming pools / splash parks	41.5%
Indoor sports / leisure / fitness centres	40.4%
Hard courts (e.g. netball / tennis)	24.6%
Playgrounds	20.2%
Skateparks / BMX	11.4%
After hours usage of education facilities	9.1%



55.2% of Maryborough residents use parks and open spaces once a week or more.

# Walking in Goldfields

## Participation in walking

Walking is the most popular physical activity among Goldfields Shire residents with 22.1% of the population reporting that they went walking for exercise in the previous 12 months.



## Walking is most popular among residents of:

Maryborough **23.5%**

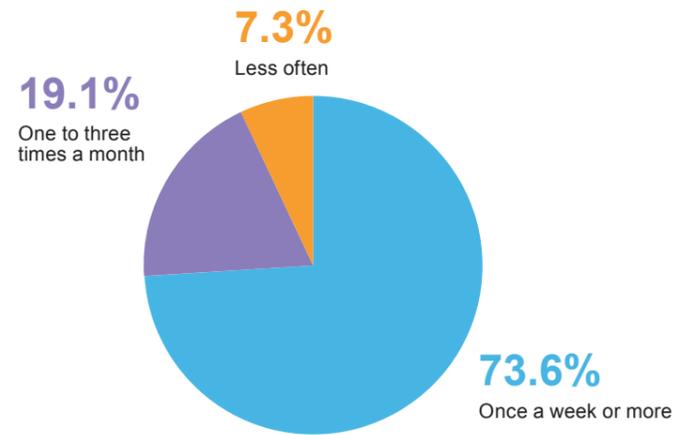
## Walking is least popular among residents of:

Central Goldfields Shire – excluding Maryborough **15.6%**



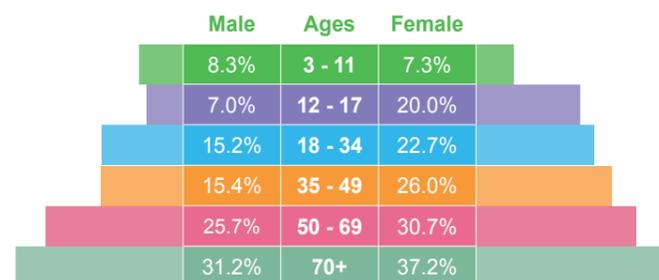
## How often?

Most residents who reported walking for exercise in the past 12 months did so weekly or more often.



## Who?

Walking is popular amongst all age groups and genders. Walking was most popular among females aged 70 years and older.



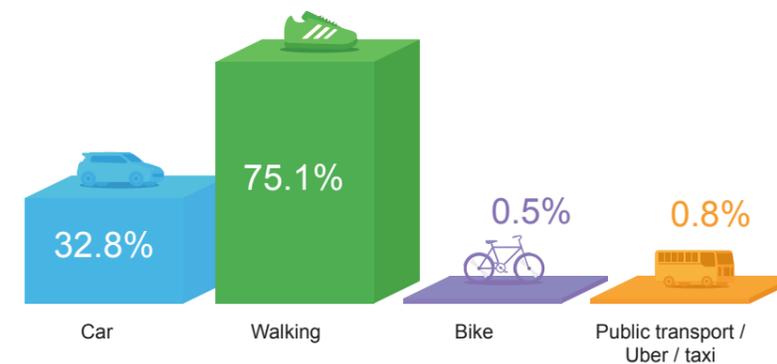
## How far do people travel?

The average distance residents travel to their walking activity is 4.1km ranging from 3.6km in Maryborough to 9.8km in Central Goldfields Shire – excluding Maryborough.



## How do people get there?

Most residents do not use any other form of transport to get to their walking activity.



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

## How do people rate walking facilities?

More than 74% residents who reported walking for exercise rate the facilities they use as good or excellent in terms of their quality and over 81% rate them as good or excellent in terms of their accessibility.

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

## Facility quality rating

**Highest quality**  
Maryborough **74.9%**

**Lowest quality**  
Central Goldfields Shire – excluding Maryborough **64.1%**

## Facility accessibility rating

**Highest accessibility**  
Maryborough **82.7%**

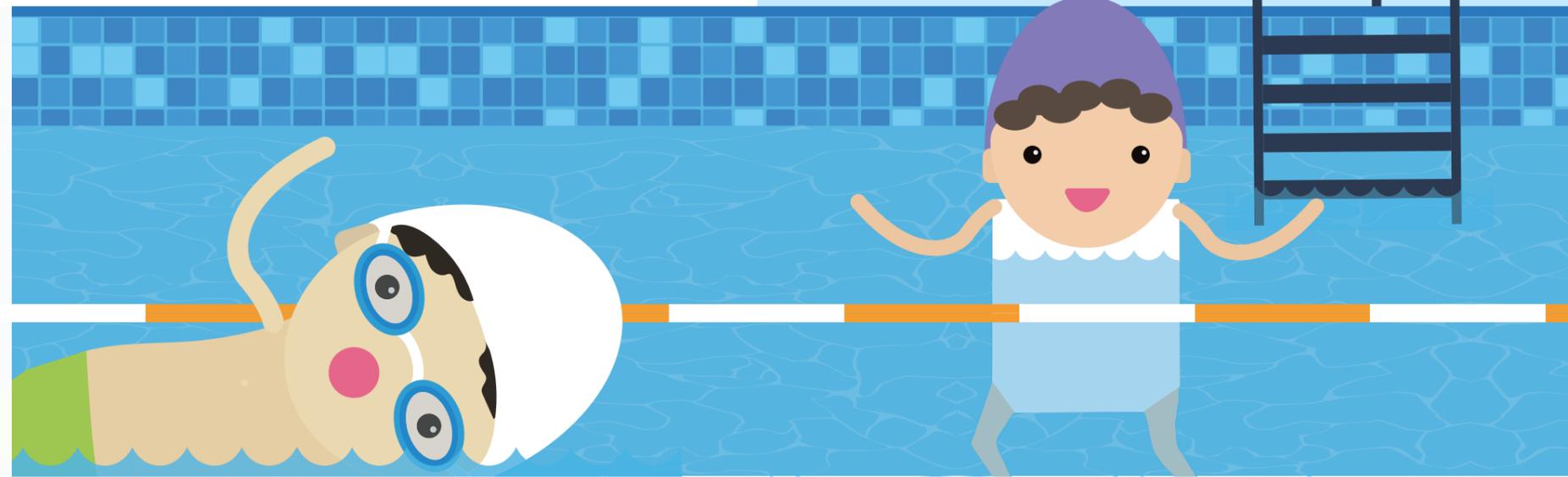
**Lowest accessibility**  
Central Goldfields Shire – excluding Maryborough **66.0%**



# Swimming in Goldfields

## Participation in swimming

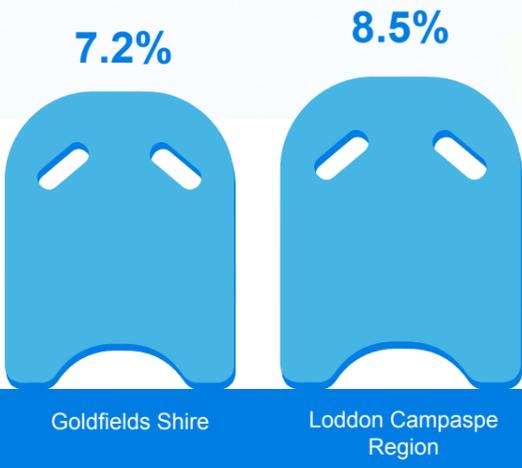
Swimming is the second most popular physical activity among Goldfields Shire residents with 7.2% of the population reporting that they went swimming for exercise in the previous 12 months.



## How do people rate swimming facilities?

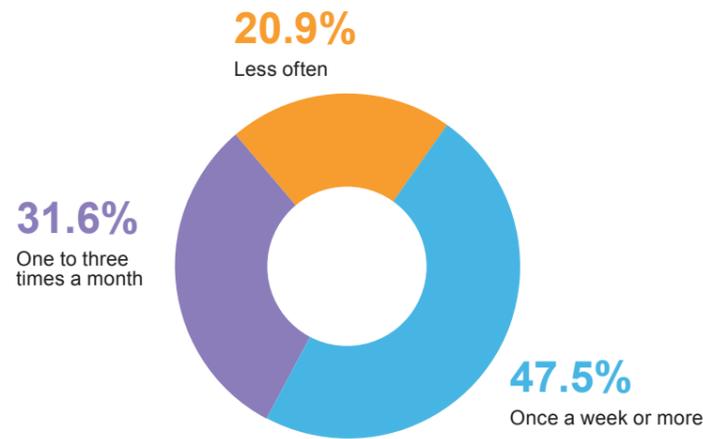
Nearly 66% of residents who reported swimming for exercise rate the swimming facilities they use as good or excellent in terms of their quality and nearly 77% rate them as good or excellent in terms of their accessibility.

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



## How often?

Just under half of all residents who reported swimming for exercise in the past 12 months did so weekly or more often.



## How far do people travel?

The average distance residents travel to their swimming activity is 7.7km ranging from 6.0km in Maryborough to 18.0km in Central Goldfields Shire – excluding Maryborough.



## Facility quality rating



## Swimming is most popular among residents of:

Central Goldfields Shire – excluding Maryborough

9.2%\*

## Swimming is least popular among residents of:

Maryborough

6.9%

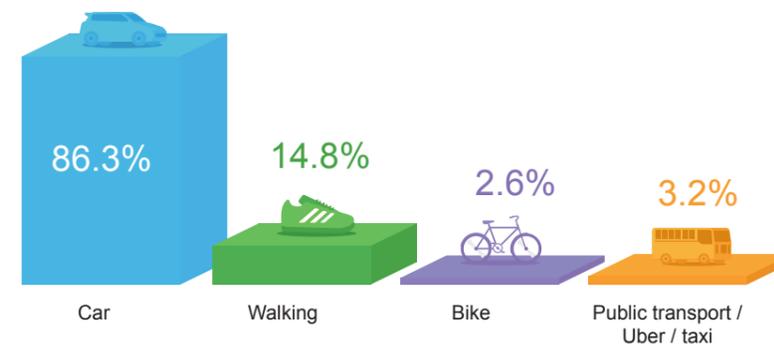
## Who?

Swimming is popular amongst males and females of all ages. Swimming was most popular among females aged 3 to 11 years.

Male	Ages	Female
11.1%	3 - 11	12.5%
12.2%	12 - 17	7.2%
4.2%	18 - 34	7.0%
5.5%	35 - 49	7.1%
5.5%	50 - 69	8.0%
2.9%	70+	5.2%

## How do people get there?

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



## Facility accessibility rating



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

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

# Bushwalking / Hiking in Goldfields

## Participation in bushwalking / hiking

Bushwalking / hiking is the third most popular physical activity among Goldfields Shire residents with 6.3% of the population reporting that they went bushwalking / hiking for exercise in the previous 12 months.

6.3%

5.4%



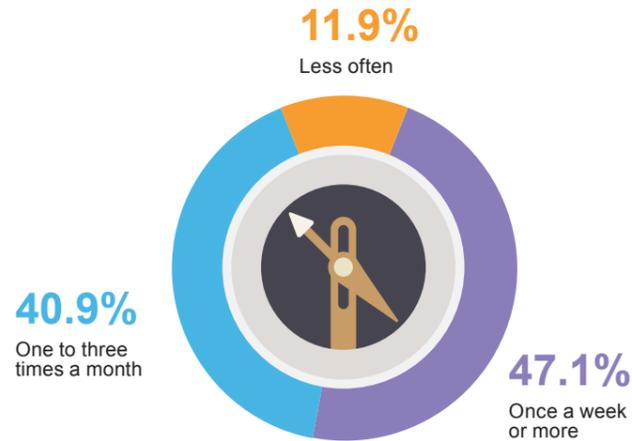
## How do people rate bushwalking / hiking facilities?

Nearly 73% of residents who reported bushwalking or hiking for exercise rate the facilities they use as good or excellent in terms of their quality and over 68% rate them as good or excellent in terms of their accessibility.

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

## How often?

Almost half of those who bushwalk / hike for exercise in the past 12 months did so once a week or more.



## How far do people travel?

The average distance residents travel to their bushwalking / hiking activity is 8.2km ranging from 5.9km in Maryborough to 12.3km in Central Goldfields Shire – excluding Maryborough.



## Facility quality rating



## Bushwalking / hiking is most popular among residents of:

Central goldfields shire – excluding Maryborough

9.3%\*



## Bushwalking / hiking is least popular among residents of:

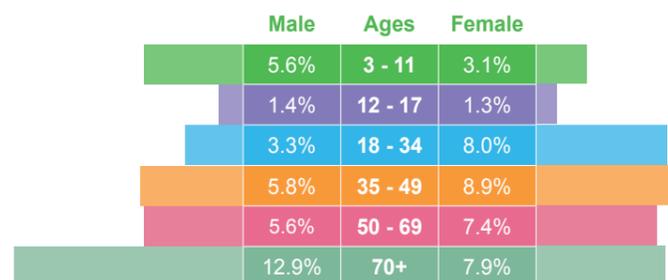
Maryborough

5.9%



## Who?

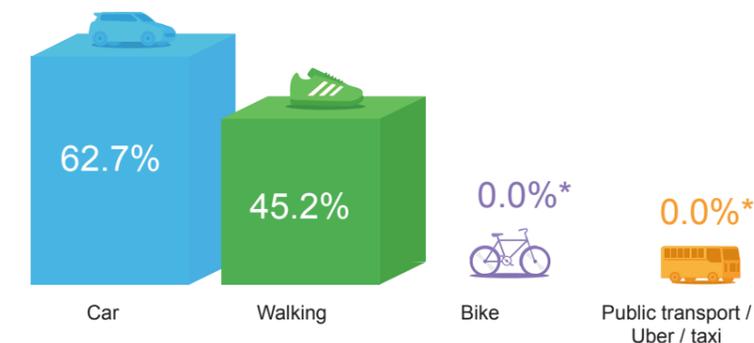
People of all ages and genders participate in bushwalking / hiking. Bushwalking / hiking is most popular among males aged 70 years and older.



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

## How do people get there?

Most residents use a car to get to their bushwalk / hike activities.



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

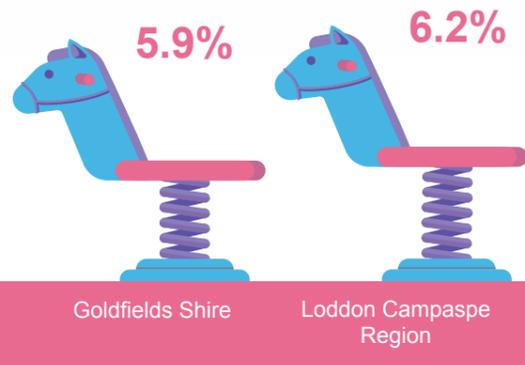
## Facility accessibility rating



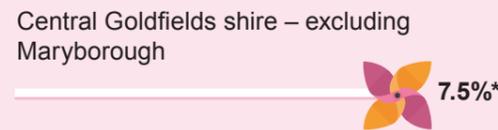
# Active play in Goldfields

## Participation in active play

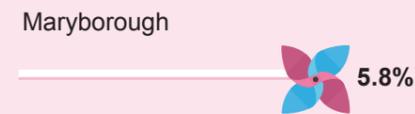
Active play is the fourth most popular physical activity among Goldfields shire residents with 5.9% of the population reporting that they participated in active play in the previous 12 months.



## Active play is most popular among residents of:



## Active play is least popular among residents of:



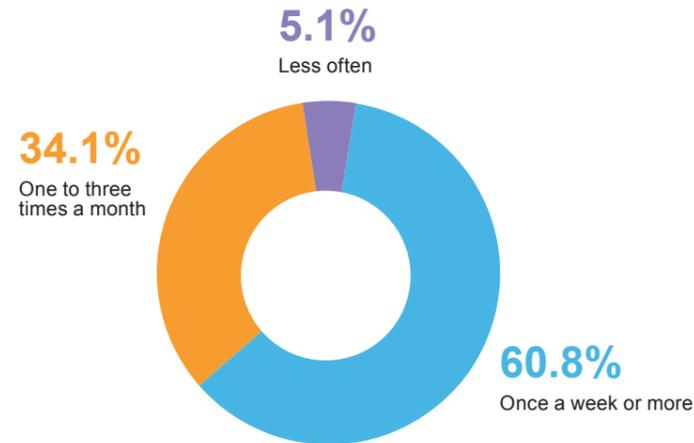
## How do people rate active play facilities?

Over 83% of residents who participate in active play for exercise rate the active play facilities they use as good or excellent in terms of their quality and over 88% rate them as good or excellent in terms of their accessibility.

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

## How often?

Most residents who participated in active play in the past 12 months did so weekly or more often.



## Who?

Residents of all age groups and all genders participate in active play. Active play is most popular among females aged 3 to 11 years, followed by males aged 3 to 11 years.

Gender	Ages	Participation Rate
Male	3 - 11	11.1%
	12 - 17	5.0%
	18 - 34	3.9%
	35 - 49	5.4%
	50 - 69	2.4%
70+	3.7%	
Female	3 - 11	19.8%
	12 - 17	0.0%
	18 - 34	5.2%
	35 - 49	7.5%
	50 - 69	5.1%
70+	1.8%	

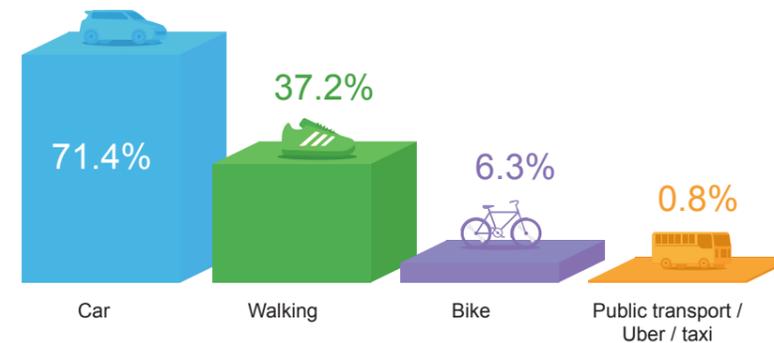
## How far do people travel?

The average distance residents travel to their active play activity is 3.9km ranging from 3.3km in Maryborough to 8.4km in Central Goldfields shire – excluding Maryborough.



## How do people get there?

Most residents travelled by car to get to their active play activity.



## Facility quality rating

**Highest quality**  
Maryborough: 83.6%

**Lowest quality**  
Central Goldfields Shire – excluding Maryborough: 80.2%\*

## Facility accessibility rating

**Highest accessibility**  
Central Goldfields shire – excluding Maryborough: 100%\*

**Lowest accessibility**  
Maryborough – 86.2%



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

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

# Fitness / gym in Goldfields

## Participation in fitness / gym

Fitness / gym is the fifth most popular physical activity among Goldfields Shire residents with 5.1% of the population reporting that they participated in fitness / gym for exercise in the previous 12 months.



## How do people rate fitness / gym facilities?

Over 90% of residents who participate in fitness / gym rate the facilities they use as good or excellent in terms of their quality and nearly 91% rate them as good or excellent in terms of their accessibility.

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

5.1%



Goldfields Shire

6.4%



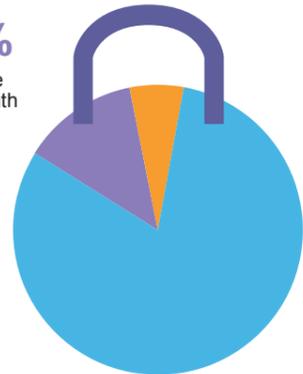
Loddon Campaspe Region

## How often?

Most residents who participated in fitness / gym in the past 12 months did so once a week or more.

12.7%

One to three times a month



5.6%

Less often

81.7%

Once a week or more

## Who?

Adolescents and adults of all age groups and genders participate in fitness / gym activities. Fitness / gym is most popular among males aged 18 to 24 years.

Male	Ages	Female
0.0%	3 - 11	0.0%
1.4%	12 - 17	3.8%
13.7%	18 - 34	9.0%
2.5%	35 - 49	5.9%
4.1%	50 - 69	5.9%
4.9%	70+	4.5%

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

## How far do people travel?

The average distance residents travel to their fitness / gym activity is 5.6km ranging from 3.7km in Maryborough to 18.0km in Central Goldfields Shire – excluding Maryborough.

Maryborough

3.7km

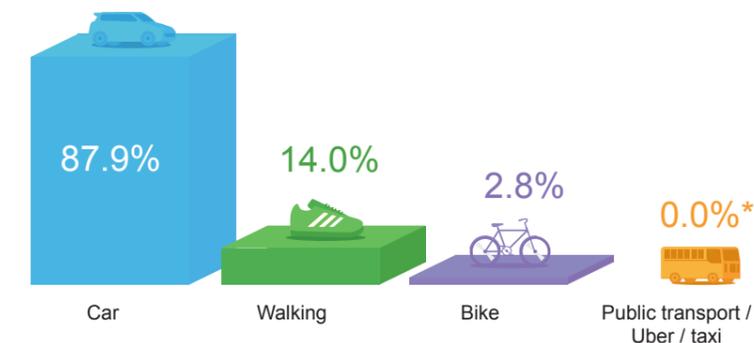


Central Goldfields Shire – excluding Maryborough

18.0km\*

## How do people get there?

Most residents travel by car to their fitness / gym activity.



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

## Facility quality rating

### Highest quality

Maryborough 90.0%

### Lowest quality

Central Goldfields Shire – excluding Maryborough 89.1%\*

## Facility accessibility rating

### Highest accessibility

Maryborough 91.0%

### Lowest accessibility

Central Goldfields Shire – excluding Maryborough 88.5%\*

## Fitness / gym is most popular among residents of:

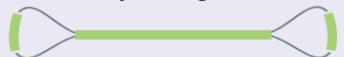
Central goldfields shire – excluding Maryborough



5.9%\*

## Fitness / gym is least popular among residents of:

Maryborough



4.8%

# Australian rules football in Goldfields

## Participation in Australian rules football

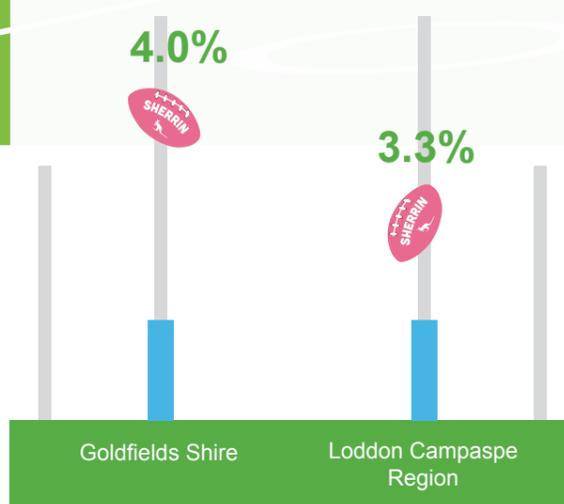
Australian rules football is the sixth most popular physical activity among Goldfields Shire residents with 4.0% of the population reporting that they played Australian rules football for exercise in the previous 12 months.



## How do people rate Australian rules football facilities?

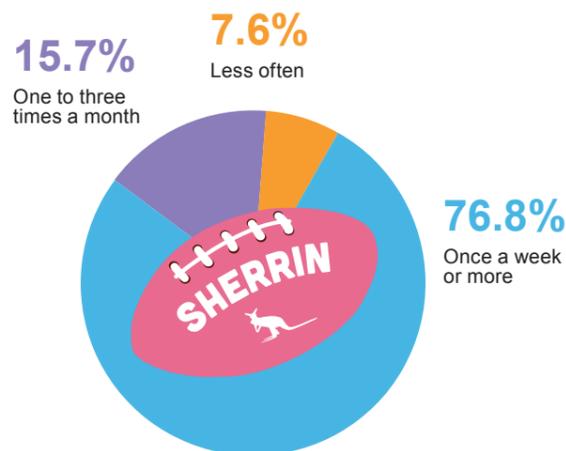
Nearly 70% of residents who play Australian rules football for exercise rate the facilities they use as good or excellent in terms of their quality and over 83% rate them as good or excellent in terms of their accessibility.

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



## How often?

Most residents who played Australian rules football in the past 12 months did so weekly or more often.



## How far do people travel?

The average distance residents travel to their Australian rules football activity is 15.9km ranging from 13.4km in Maryborough to 17.4km in Central Goldfields Shire – excluding Maryborough.



## Facility quality rating

### Highest quality

Maryborough 69.7%

### Lowest quality

Central Goldfields Shire – excluding Maryborough 45.0%\*

## Australian rules football is most popular among residents of:

Maryborough

4.4%

## Australian rules football is least popular among residents of:

Central Goldfields Shire – excluding Maryborough

1.9%\*

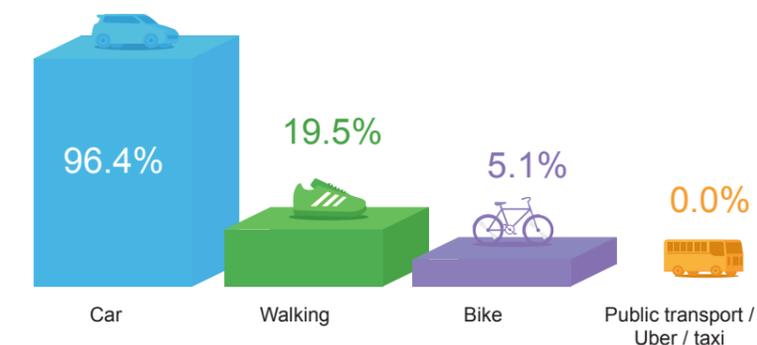
## Who?

Most age groups participate in Australian rules football, however, it is more popular in males than females. Australian rules football is most popular among males aged 3 to 11 years.

Male	Ages	Female
16.7%	3 - 11	3.1%
16.3%	12 - 17	1.3%
10.7%	18 - 34	2.8%
5.3%	35 - 49	1.4%
1.2%	50 - 69	0.5%
0.0%	70+	0.0%

## How do people get there?

Most residents use a car to get to their Australian rules football activity.



## Facility accessibility rating

### Highest accessibility

Maryborough 84.2%

### Lowest accessibility

Central Goldfields Shire – excluding Maryborough 45.0%\*

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

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



# Netball in Goldfields

## Participation in netball

Netball is the seventh most popular physical activity among Goldfields Shire residents with 3.6% of the population reporting that they played netball in the previous 12 months.



## Netball is most popular among residents of:



## Netball is least popular among residents of:



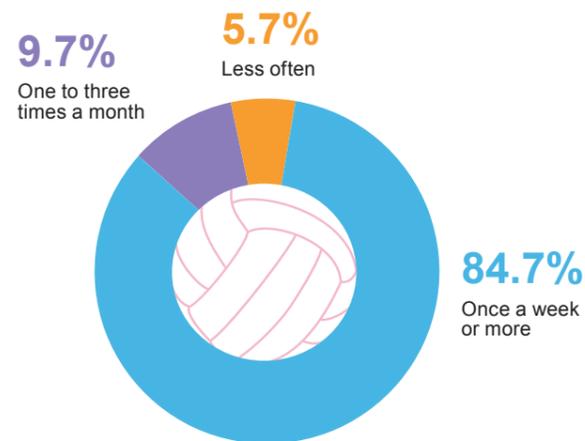
## How do people rate netball facilities?

Nearly 66% of residents who play netball rate the netball facilities they use as good or excellent in terms of their quality and over 86% rate them as good or excellent in terms of their accessibility.

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

## How often?

Most residents who played netball for exercise in the past 12 months do so once a week or more.



## Who?

Netball is more popular among females than males. Netball is most popular among females aged 12 to 17 years.

Male	Ages	Female
1.4%	3 - 11	9.4%
0.0%	12 - 17	28.6%
0.0%	18 - 34	10.9%
0.0%	35 - 49	5.3%
0.6%	50 - 69	0.4%
0.0%	70+	0.4%

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

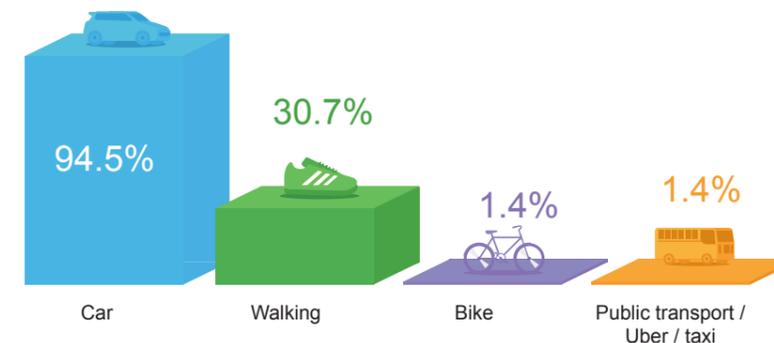
## How far do people travel?

The average distance residents travel to their netball activity is 7.3km ranging from 6.4km in Maryborough to 13.4km in Central Goldfields Shire – excluding Maryborough.



## How do people get there?

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



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

## Facility quality rating

### Highest quality

Maryborough 66.8%

### Lowest quality

Central Goldfields Shire – excluding Maryborough 47.4%\*

## Facility accessibility rating

### Highest accessibility

Central Goldfields Shire – excluding Maryborough 100%\*

### Lowest accessibility

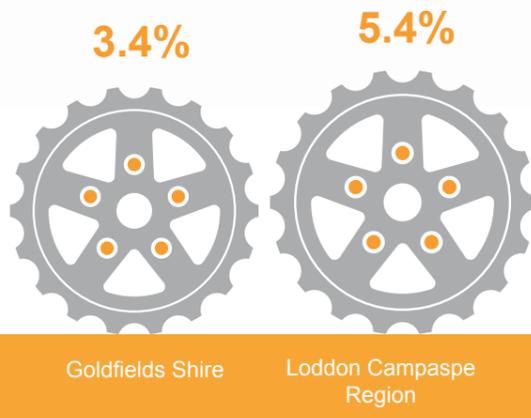
Maryborough 84.7%



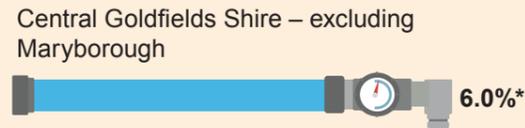
# Cycling for recreation or transport in Goldfields

## Participation in cycling for recreation or transport

Cycling is the eighth most popular physical activity among Goldfields Shire residents with 3.4% of the population reporting that they went cycling for exercise or transport in the previous 12 months.



## Cycling is most popular among residents of:



## Cycling is least popular among residents of:



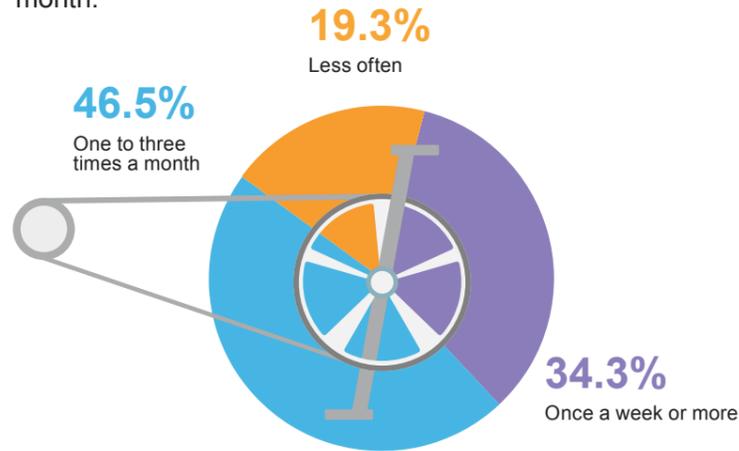
## How do people rate cycling facilities?

Over 77% of residents who cycle for recreation or transport rate the facilities they use as good or excellent in terms of their quality and over 82% rate them as good or excellent in terms of their accessibility.

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

## How often?

Over 46% of residents who cycled for recreation or transport in the past 12 months do so several times a month.



## Who?

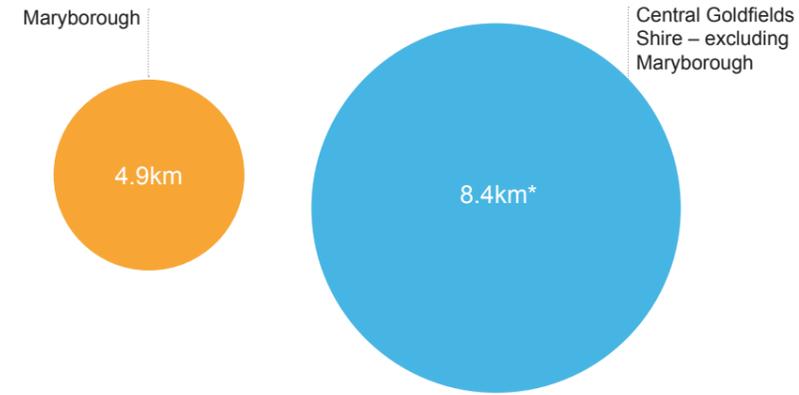
Residents of all age groups and all genders participate in cycling for recreation or transport. Cycling for recreation or transport is most popular among females aged 3 to 11 years.

	Male	Ages	Female
	4.2%	3 - 11	9.4%
	2.8%	12 - 17	0.0%
	2.6%	18 - 34	0.2%
	5.5%	35 - 49	4.0%
	4.8%	50 - 69	2.7%
	1.2%	70+	1.5%

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

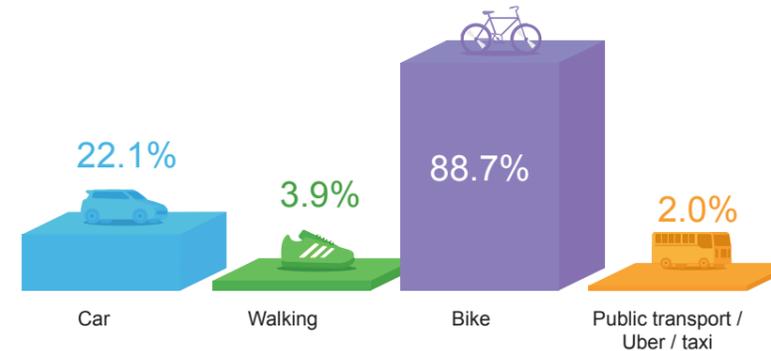
## How far do people travel?

The average distance residents travel to their cycling activity is 5.5km ranging from 4.9km in Maryborough to 8.4km in Central Goldfields Shire – excluding Maryborough.



## How do people get there?

Most residents did not use any other transport to get to their cycling activity.



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

## Facility quality rating

**Highest quality**  
Central Goldfields Shire – excluding Maryborough  
92.8%\*

**Lowest quality**  
Maryborough  
76.6%

## Facility accessibility rating

**Highest accessibility**  
Central Goldfields Shire – excluding Maryborough  
100%\*

**Lowest accessibility**  
Maryborough  
81.4%



# Fishing in Goldfields

## Participation in fishing

Fishing is the ninth most popular physical activity among Goldfields Shire residents with 3.3% of the population reporting that they went fishing in the previous 12 months.

3.3%

2.5%



Goldfields Shire

Loddon Campaspe Region

## Fishing is most popular among residents of:

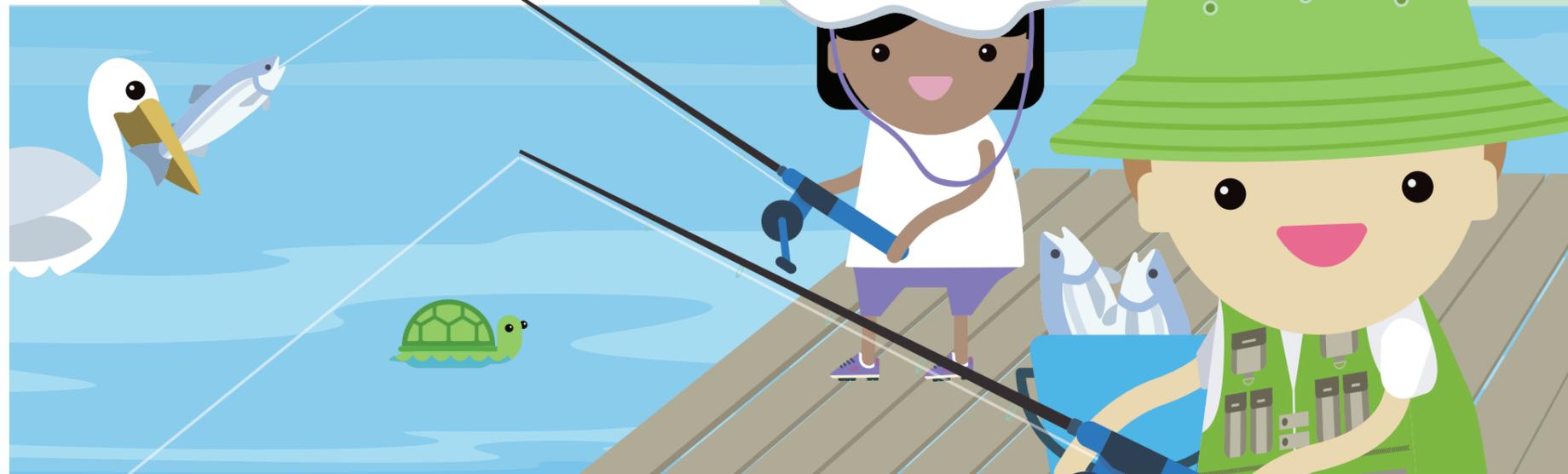
Central Goldfields Shire – excluding Maryborough

3.7%\*

## Fishing is least popular among residents of:

Maryborough

3.2%



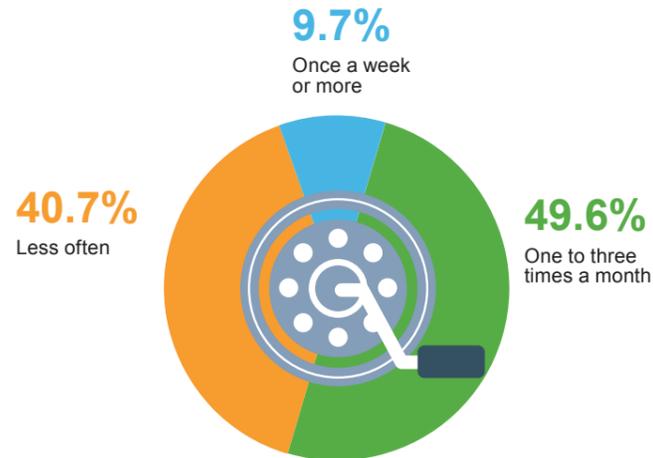
## How do people rate fishing facilities?

Overall 74% of residents who fish rate the facilities they use as good or excellent in terms of their quality and nearly 76% rate them as good or excellent in terms of their accessibility.

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

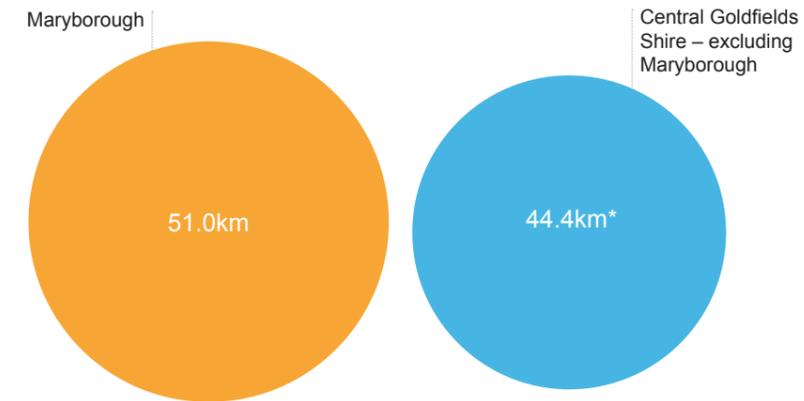
## How often?

Almost half of all residents who participated in fishing in the past 12 months did so several times a month.



## How far do people travel?

The average distance residents travel to their fishing activity is 49.5km ranging from 44.4km in Central Goldfields Shire – excluding Maryborough to 51.0km in Maryborough.



## Who?

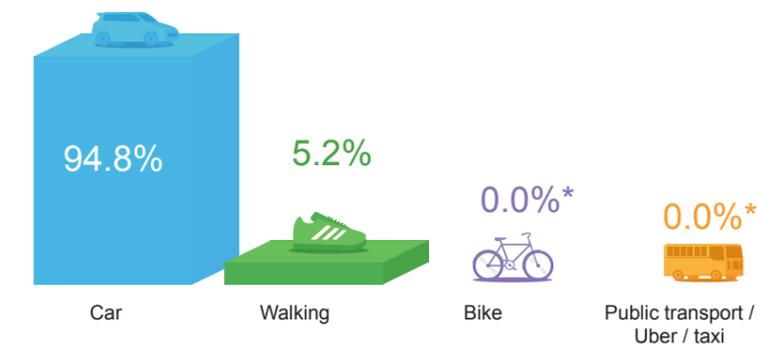
Adults of all age groups and genders participate in fishing, however, it is more popular among males than females. Fishing is most popular among males aged 50 to 69 years.

Male	Ages	Female
0.0%	3 - 11	0.0%
2.2%	12 - 17	0.0%
4.5%	18 - 34	2.4%
6.5%	35 - 49	2.6%
7.4%	50 - 69	2.6%
2.7%	70+	1.3%

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

## How do people get there?

Most residents travel by car get to their fishing activity.



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

## Facility quality rating

### Highest quality

Central Goldfields Shire - excluding Maryborough

75.1%\*

Maryborough

75.1%

## Facility accessibility rating

### Highest accessibility

Maryborough

77.3%

### Lowest accessibility

Central Goldfields Shire - excluding Maryborough

75.1%\*

# Golf in Goldfields

## Participation in golf

Golf is the tenth most popular physical activity among Goldfields Shire residents with 2.9% of the population reporting that they played golf in the previous 12 months.



## Golf is most popular among residents of:

Central Goldfields Shire - excluding Maryborough 3.0%\*

## Golf is least popular among residents of:

Maryborough 2.8%



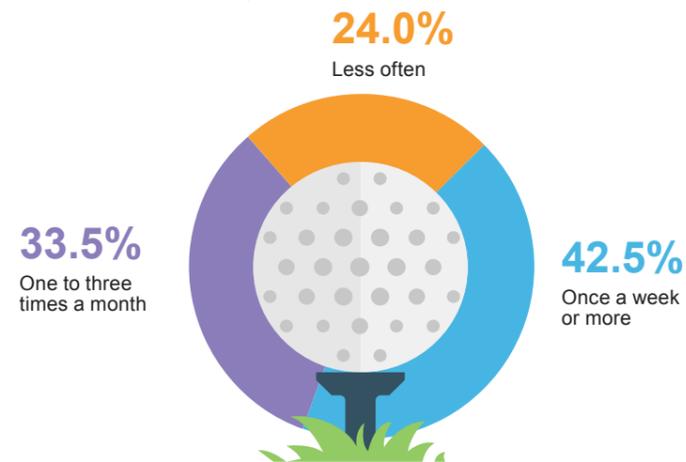
## How do people rate golf facilities?

The average distance residents travel to their golf activity is 11.9km ranging from 9.4km in Central Goldfields Shire – excluding Maryborough to 11.6km in Maryborough.

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

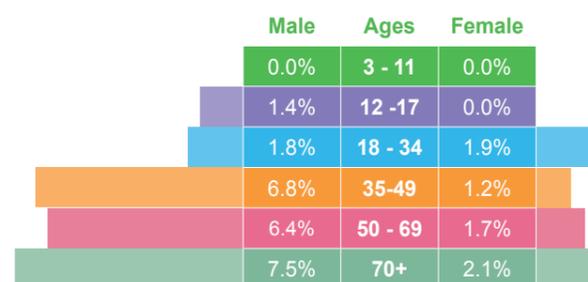
## How often?

Just under half of residents who played golf in the past 12 months did so weekly or more often.



## Who?

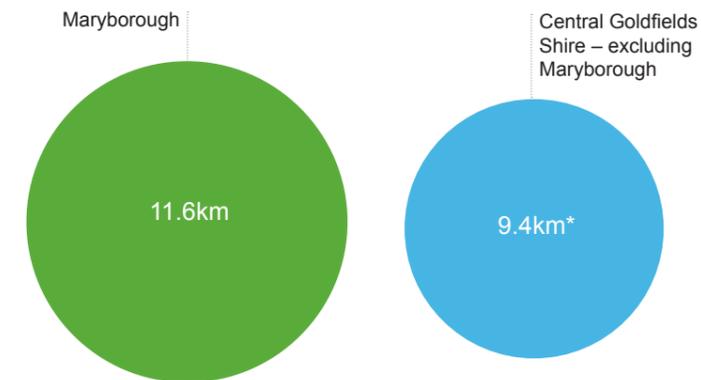
Adults of all genders participate in golf. Golf is more popular among males than females in most age groups. Golf is most popular among males aged 70 years and older, followed by males aged 35 to 49 years.



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

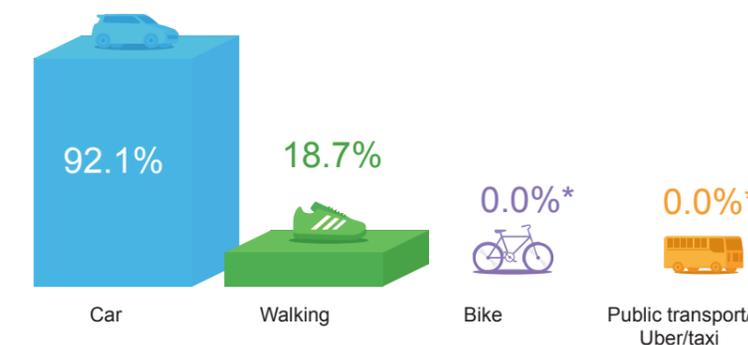
## How far do people travel?

The average distance residents travel to their golf activity is 11.9km ranging from 9.4km in Central Goldfields Shire – excluding Maryborough to 11.6km in Maryborough.



## How do people get there?

Most residents travel by car to get to their golf activity.



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

## Facility quality rating

### Highest quality

Central Goldfields Shire – excluding Maryborough 100%\*

### Lowest quality

Maryborough 97.9%

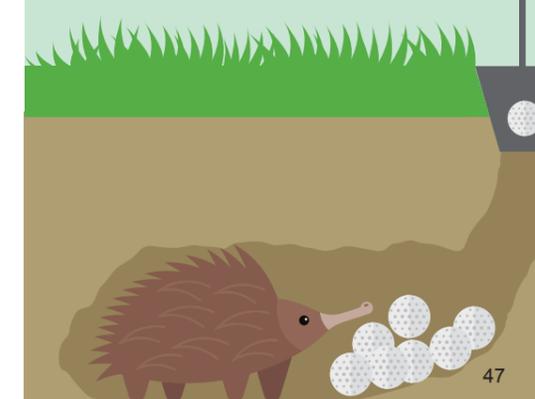
## Facility accessibility rating

### Highest accessibility

Central Goldfields Shire – excluding Maryborough 100%\*

### Lowest accessibility

Maryborough 90.6%







T: (03) 5461 0610

**National Relay Service:** 133 677  
then quote 03 5461 0610

E: [mail@cgoldshire.vic.gov.au](mailto:mail@cgoldshire.vic.gov.au)

W: [www.centralgoldfields.vic.gov.au](http://www.centralgoldfields.vic.gov.au)

**Postal Address:**

PO Box 194,  
Maryborough VIC 3465