



# Rochester and Elmore Area Data Profile

2026

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This document has been prepared to provide a data profile on the health and wellbeing of the Rochester and Elmore area. It contains publicly available data that has been collated and summarised to inform local government, health services, advocacy and community groups. Refer to the [Campaspe Data Profile](#) and [Greater Bendigo Data Profile](#) for further information at Local Government Area level.

All effort has been made to report data accurately and represent data available at time of publishing. These estimates may differ from those seen elsewhere due to differences in calculation methodologies and/or source data used.







We acknowledge the First Peoples of Australia who are the Traditional Custodians of the land and water where we live, work and play. We celebrate that this is the oldest living and continuous culture in the world. We are proud to be sharing the land that we work on and recognise that sovereignty was never ceded.



We welcome all cultures, nationalities and religions. Being inclusive and providing equitable healthcare is our commitment.



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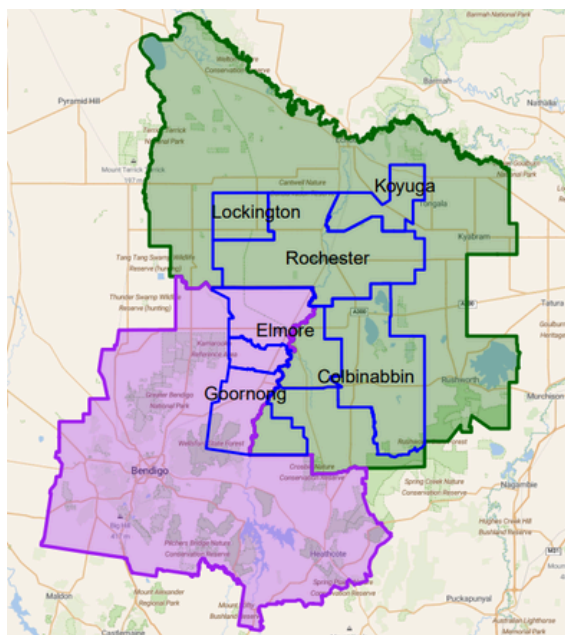
Produced by Bendigo Health, Loddon Mallee Public Health Unit.  
February 2026

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# Geographical boundaries and sources

This profile summarises key demographic and population characteristics for the Rochester and Elmore area, defined using a postcode-based approach. **Australian Bureau of Statistics (ABS)** postcode regions do not always align with Local Government Area (LGA) boundaries or local community identities and some postcodes span multiple LGAs. The profile should be interpreted as an approximate catchment based on these postcodes rather than a formal administrative boundary.



Source: Australian Bureau of Statistics, 2021

Campaspe Shire Council █

City of Greater Bendigo █

Rochester and Elmore area postcodes █

## Rochester and Elmore area

### Postcode 3557- Goornong

A small town in the City of Greater Bendigo, located approximately 27 km north east of Bendigo. Population: 718

### Postcode 3558 - Elmore

Located on the Campaspe River is partly in City of Greater Bendigo and Campaspe shire, located 46 kms north-east of Bendigo and 45 km south of Echuca. Population: 867

### Postcode 3559 - Colbinabbin

A small agricultural town in the Shire of Campaspe located 60km south of Echuca and 58km north east of Bendigo. Known for its fertile soils and proximity to the Waranga–Mallee channel. Population: 285

### Postcode 3561 - Rochester

A larger rural town on the Campaspe River in the Shire of Campaspe located 62km north east of Bendigo and 28km south of Echuca, with a mix of farming and town services. Population: 3,154

### Postcode 3563 - Lockington

A small town in the Shire of Campaspe, located 24km north west of Rochester and 34km south west of Echuca. Population: 850

### Postcode 3622 - Koyuga and Strathallan

A small rural agricultural area in the Campaspe Shire, located south of Echuca and north west of Rochester. Population: 537

Defining appropriate geographical boundaries for assessing the health and social needs of the Rochester and Elmore area, located within the Campaspe Shire and City of Greater Bendigo has been challenging due to limited data availability and small population sizes. However, postcode level data is available from the **Australian Bureau of Statistics**. Other sources include surrounding areas, which vary in definition.

Where required, analyses have been presented across two separate groupings to reflect the region spanning two local government areas. Elmore (3558) and Goornong (3557) fall within the City of Greater Bendigo and have been grouped together as Elmore area for the purposes of this report. Rochester and the surrounding area — comprising Rochester, Colbinabbin, Lockington, Koyuga and Strathallan—are located within Campaspe Shire. For the purposes of this report, the Rochester area refers collectively to postcodes of Rochester (3561), Colbinabbin (3559), Lockington (3563), and Koyuga/Strathallan (3622) with the data grouped accordingly.

## Summary



### Population

The Rochester and Elmore area is located in central Victoria within the Campaspe Shire Council and City of Greater Bendigo. The six combined postcodes have a population of approximately 8,272 people. The Rochester and Elmore area has an older population with a median age of 47 years, compared with Victoria (38 years). In the Rochester and Elmore area 25.4% of the population is aged over 65 years.



### Priority groups

Priority populations in the region include Aboriginal and Torres Strait Islander peoples, who comprise 2.1% of the population in Elmore area and 2.5% in the Rochester area. People with disability are also a priority group, with 7.5% of residents across the Rochester and Elmore area requiring assistance with core activities. Data on LGBTIQ+ communities are limited at the local level; however, state and national evidence indicates heightened vulnerability to poorer health outcomes.



### Health determinants

Most postcodes in the Rochester and Elmore area experience socioeconomic disadvantage and educational attainment is low - 42.3% of people in the Elmore area and 37.5% in the Rochester area have completed education beyond Year 12. Personal and household income levels are lower than the state average, and the area shows elevated levels of rental stress.



### Health risk factors

Rates of overweight and obesity are high across the region, with 63.2% of people in Elmore, 70.4% in Rochester and 69.7% in Lockington being overweight or obese. Physical activity levels are below recommended guidelines, with only 53.8% of people in Elmore, 55.9% in Rochester, and 48.0% in Lockington meeting physical activity guidelines. Smoking prevalence is 12.0% in Elmore, 12.9% in Rochester, and 12.4% in Lockington, all lower than the Victorian smoking rate of 14.0%.



### Health conditions

The Rochester area has a higher count of long-term health conditions compared to Campaspe Shire. The three most commonly reported conditions are arthritis, mental health issues, and asthma, with these being more frequently self-reported by females.

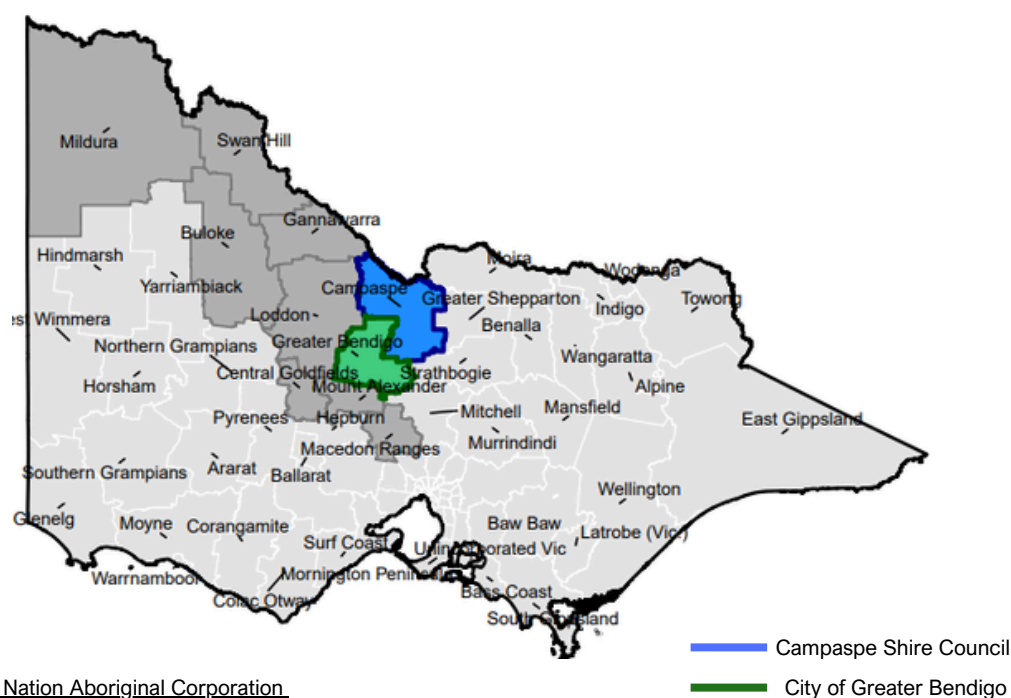
# Rochester and Elmore area

Rochester, Elmore, Lockington, Goornong, Koyuga and Colbinabbin are located in north-central Victoria, north of Melbourne, and are situated between the regional centres of Bendigo, Echuca and Shepparton. These townships span both Campaspe Shire and Greater Bendigo, and form part of the broader Goulburn–Murray irrigation region, an area recognised for its productive agricultural landscapes and strong rural communities.

The region is situated on the traditional lands of the Yorta Yorta and Dja Dja Wurrung peoples, whose enduring cultural, spiritual, and economic connections to the rivers, wetlands, and plains extend back tens of thousands of years. The Yorta Yorta Nation Aboriginal Corporation and the Dja Dja Wurrung Clans Aboriginal Corporation continue to play a central role in preserving cultural heritage and advocating for the rights, recognition, and self-determination of Yorta Yorta and Dja Dja Wurrung people across the region.<sup>[1] [2]</sup>

Land use across this region is predominantly agricultural, with strong representation from dairy farming, cropping, grazing and food production. These activities underpin local employment and economic activity, alongside supporting industries such as transport, manufacturing and agricultural services. The townships also provide essential community infrastructure, including health, education and social services, which support both permanent residents and surrounding rural populations.<sup>[3]</sup>

Collectively, the area supports a diverse population, including families, older residents and agricultural workers, reflecting both its rural character and changing demographic profile. Employment is driven primarily by agriculture, healthcare, education, manufacturing and local services, with many residents commuting to nearby regional centres for work. The region faces ongoing environmental and social challenges, including water security, climate variability, land management pressures and population change.



- [1. Yorta Yorta Nation Aboriginal Corporation](#)
- [2. Dja Dja Wurrung Clans Aboriginal Corporation](#)
- [3. Socio-economic impacts of land use change, Cooperative Research Centre for Forestry.](#)

# 1. Rochester and Elmore area population

## 1.1 Population profile

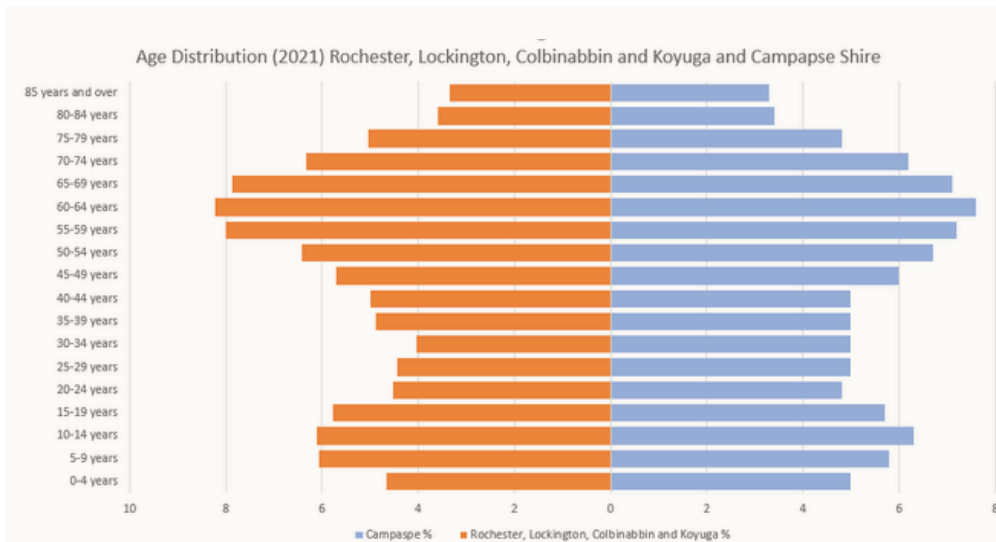
The age distribution of a population is important to understand the current and future demand on services, economic impact and community infrastructure and public health planning. The median age for the Rochester and Elmore area is higher (47 years) than both Victoria (38 years) and Campaspe Shire (45 years), and is the same as Greater Bendigo (47 years).

Location	Medium Age (2021)
Victoria	38 years
Greater Bendigo (LGA)	47 years
Campaspe (LGA)	45 years
Rochester area	47 years
Elmore area	47 years

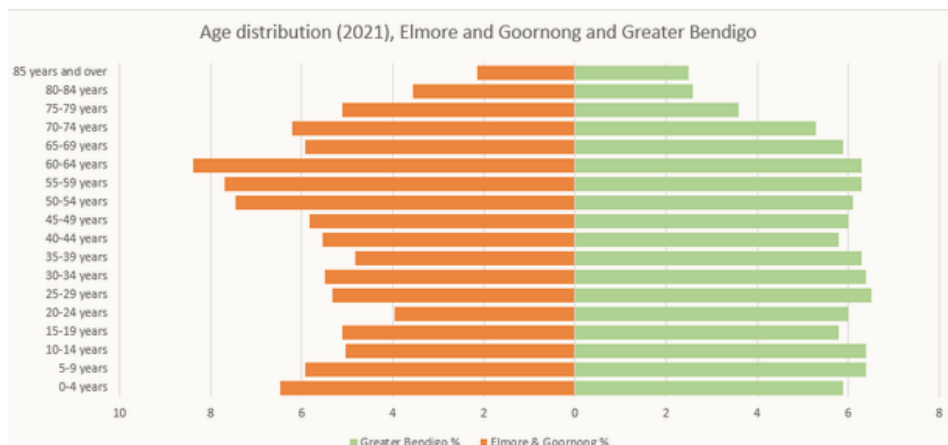


8,272 people reside in the Rochester and Elmore area - postcodes include 3557, 3558, 3559, 3561, 3563, 3622.

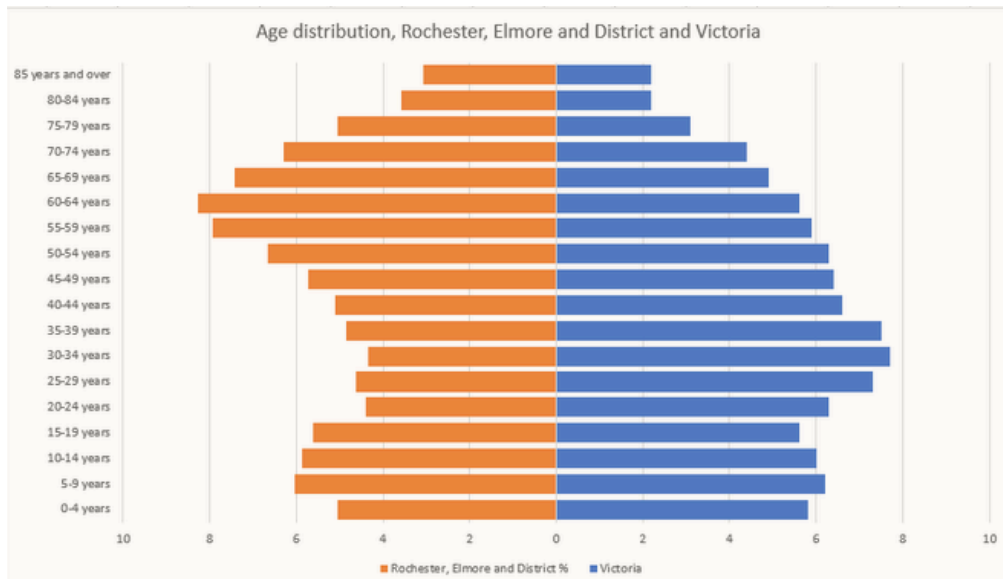
Source: Australian Bureau of Statistics, 2021



Source: Australian Bureau of Statistics, 2021



Source: Australian Bureau of Statistics, 2021



Source: Australian Bureau of Statistics, 2021

## 2. Priority Groups

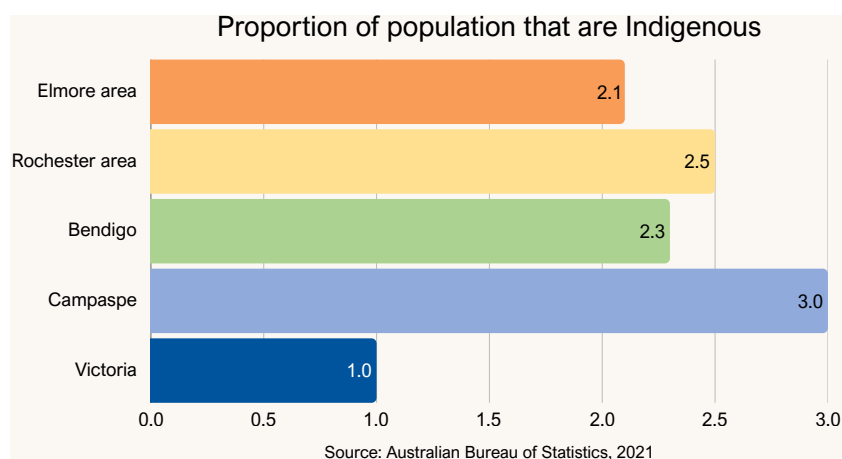
### 2.1 Indigenous status



Yorta Yorta people and Dja Dja Wurrung people are the traditional owners of the land where Rochester and Elmore area is settled.

The Rochester area has an Aboriginal and Torres Strait Islander population of 2.5% (n = 138), contributing to Campaspe Shire’s overall proportion of 3%. The Elmore area has an Aboriginal and Torres Strait Islander population of 2.1% (n = 46), contributing to Greater Bendigo’s overall proportion of 2.3%.

There are opportunities to learn from their spiritual and cultural connection to Country. However, we also know Aboriginal and Torres Strait Islander peoples disproportionately experience systemic disadvantage compared to the whole of population.



### 2.2 Multicultural communities

In the Rochester and Elmore area, 90% of households speak English only, with 1.4% speaking a non-English language at home.

Location	Uses other languages and speaks English not well/not at all, 2021
Elmore area	0.4%
Bendigo	1.0%
Victoria	4.4 %

Source: Australian Bureau of Statistics, 2021

Location	Uses other languages and speaks English not well/not at all, 2021
Rochester area	0.2%
Campaspe	0.5%
Victoria	4.4 %

Source: Australian Bureau of Statistics, 2021

The most commonly used languages in Elmore area are Maltese, Dari, Italian, Karen and Igbo. The most commonly used languages in the Rochester area Chinese, Italian, Serbian, Tagalog/Filipino and Turkish, with a small number of people speaking other languages.

Top 5 languages in Rochester area, 2021	%	Number
Chinese	0.5	32
Italian	0.3	18

Source: Australian Bureau of Statistics, 2021

## 2.3 LGBTIQ+

Unfortunately, there is a lack of local data on Lesbian, Gay, Bisexual, Transgender, Intersex, Queer/Questioning, Asexual/Aromantic, plus (LGBTIQ+) population including population size and health and wellbeing data. There is data at a state and national level that can be used as an indicator. The Victorian Population Health Survey 2017 estimates 5.7 per cent of Victorian adults identify as LGBTIQ+ , however some rural areas have attracted significant higher proportion of LGBTIQ+ people to their communities.

State and national data indicate poorer mental and physical health for LGBTIQ+ community members with significantly higher rates of drug use, alcohol, smoking, chronic disease, homelessness, and disability along with higher rates of anxiety and depression, psychological stress and low satisfaction with life.

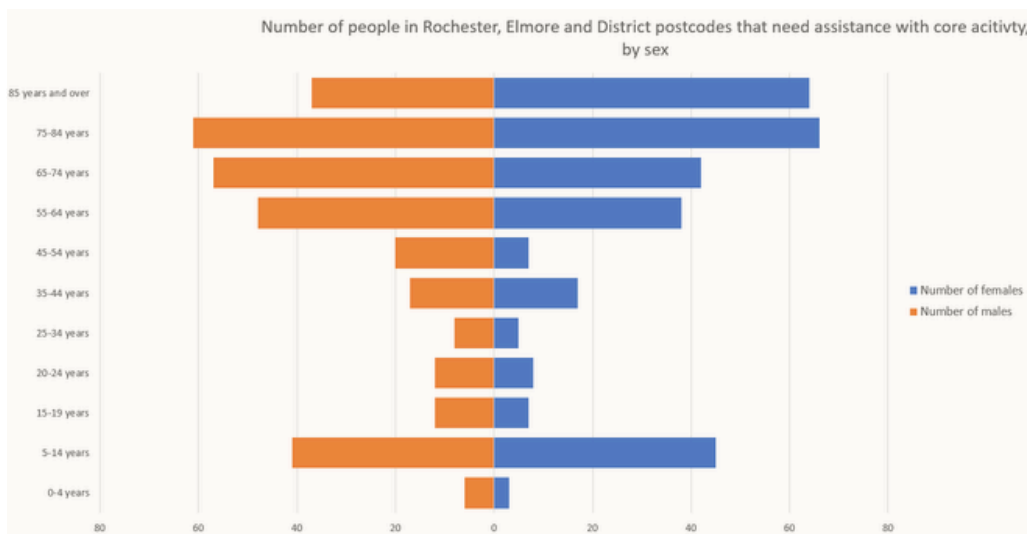
Sources and for more information: *Pride in our future: Victoria's LGBTIQ+ strategy 2022–32* | [vic.gov.au](http://vic.gov.au) ([www.vic.gov.au](http://www.vic.gov.au)); *The health and wellbeing of the lesbian, gay, bisexual, transgender, intersex and queer population in Victoria - Findings from the Victorian Population Health Survey 2017* | [Victorian Agency for Health Information \(vahi.vic.gov.au\)](http://vahi.vic.gov.au).

## 2.4 People with disability

People with a profound or severe core activity limitation are those needing assistance in their day-to-day lives in one or more of the three core activity areas of self-care, mobility and communication because of:

- a long-term health condition (lasting six months or more)
- a disability (lasting six months or more)
- old age

In the Rochester and Elmore area, 621 people require assistance with core activities, comprising 319 males and 302 females.



Source: Australian Bureau of Statistics, 2021

# 3. Determinants of health

## 3.1 Areas of disadvantage

The Index of Relative Socio-economic Disadvantage (IRSD) is a general socio-economic index that summarises a range of information about the economic and social conditions of people and households within an area.

A lower score indicates relatively greater disadvantage. For example, an area may have a low score if there are: many households with low income, or many people without qualifications, and many people in low skilled occupations. A high score indicates a relative lack of disadvantage. For example, an area may have a high score if there are: few households with low incomes, few people without qualifications, few people in low skilled occupations.

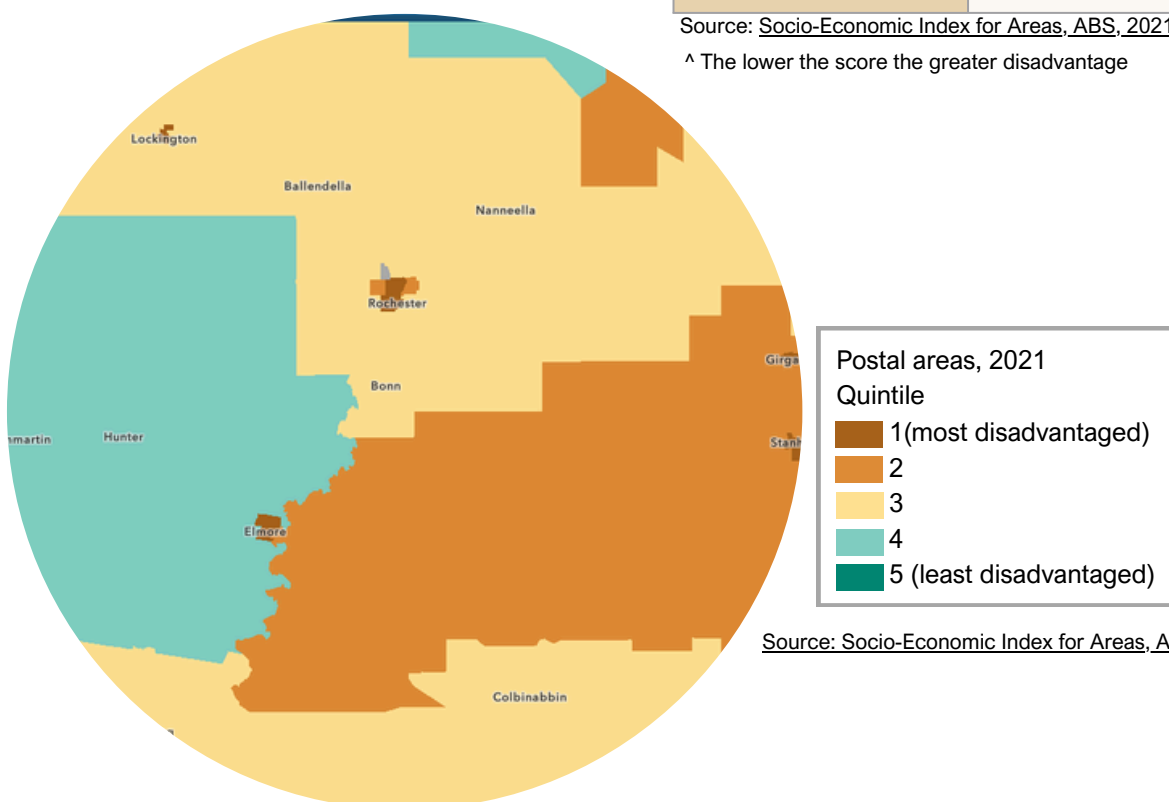
Both Elmore (IRSD score 971) and Goornong (IRSD score 853) show greater relative socioeconomic disadvantage on the 2021 Index of Relative Socio-economic Disadvantage compared with Greater Bendigo (985) and Victoria (1,018). Rochester, Lockington, and Koyuga also show greater relative disadvantage compared with Campaspe Shire (965) and Victoria (1,018).

LGA/Postcode, 2021	IRSD Score ^
Victoria	1,018
Greater Bendigo	985
Goornong	853
Elmore	971

Source: [Socio-Economic Index for Areas, ABS, 2021](#)  
 ^ The lower the score the greater disadvantage

LGA/Postcode, 2021	IRSD Score ^
Victoria	1,018
Campaspe Shire	965
Colbinabin	1016
Rochester	957
Lockington	850
Koyuga	991

Source: [Socio-Economic Index for Areas, ABS, 2021](#)  
 ^ The lower the score the greater disadvantage



Source: [Socio-Economic Index for Areas, ABS, 2021](#)

## 3.2 Childhood development

The Australian Early Development Census (AEDC) is a nationwide census of early childhood development that shows how young children have developed as they start their first year of full-time school. There are five domains, which are physical, social, emotional, language and communication.

The AEDC data presented in this section is based on a different catchment area to the postcode-defined region used throughout the rest of the report. The accompanying maps outline the specific localities included in this AEDC-defined area. Rochester does not include the postcodes of Lockington (3563), Koyuga (3622), or Colbinabbin (3559) for this report.

### Physical health and wellbeing:

Children's physical readiness for the school day, physical independence and gross and fine motor skills.

### Social competence:

Children's overall social competence, responsibility and respect, approach to learning and readiness to explore new things

### Emotional maturity:

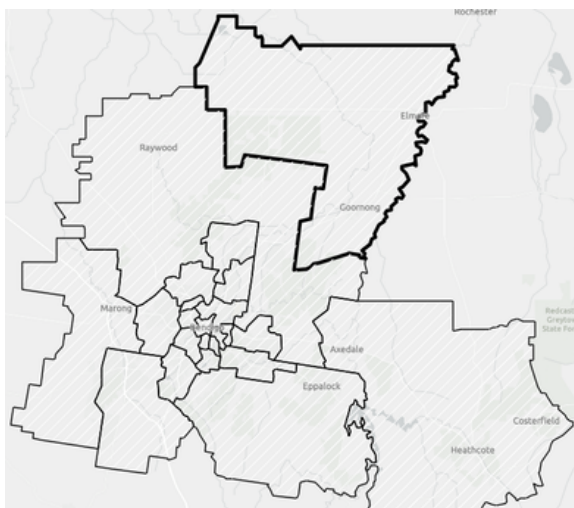
Children's pro-social and helping behaviours and absence of anxious and fearful behaviour, aggressive behaviour and hyperactivity and inattention.

### Language and cognitive skills:

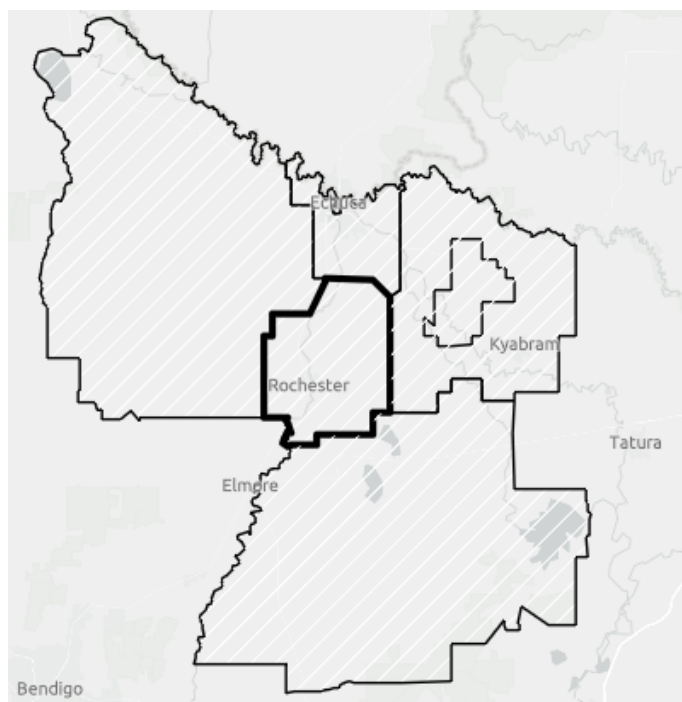
Children's basic literacy, advanced literacy, basic numeracy and interest in literacy, numeracy and memory.

### Communication skills and general knowledge:

Children's communication skills and general knowledge based on broad developmental competencies and skills.



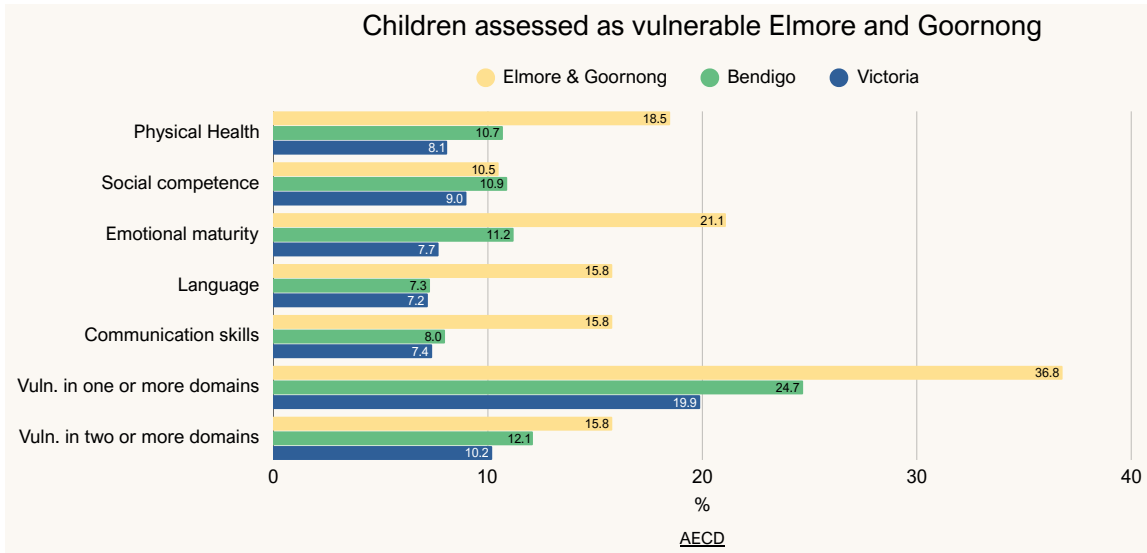
Goornong and Elmore (suburbs/localities) —————  
Source: [Australian Early Development Census](#)



Rochester (suburbs/localities) —————  
Source: [Australian Early Development Census](#)

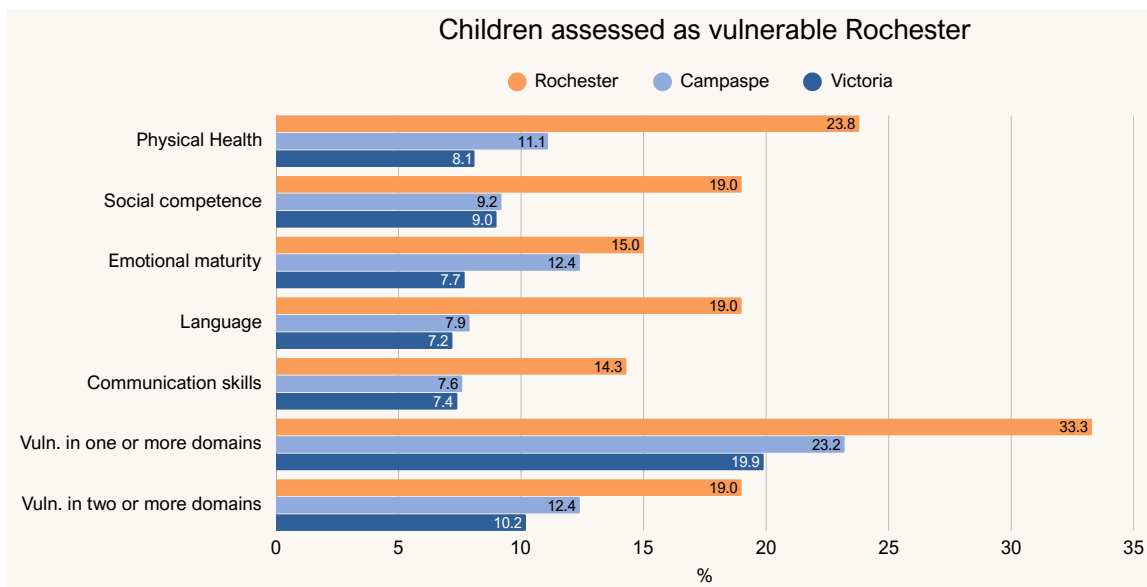
The AEDC data shows that Elmore and Goornong have higher proportions of children who are developmentally vulnerable across all five domains compared with both Greater Bendigo and Victoria. Vulnerability is high in emotional maturity (21.1%), physical health and wellbeing (15.8%), and language and cognitive skills (15.8%), higher than the Greater Bendigo and Victorian proportion.

Overall, 36.8% of children in Elmore and Goornong were developmentally vulnerable on one or more domains, and 15.8% were vulnerable on two or more domains, both higher than the Greater Bendigo and Victorian proportion.



Source: Australian Early Development Census

The AEDC data show that Rochester has higher proportions of children who are developmentally vulnerable across all five domains compared with both Campaspe Shire and Victoria. Vulnerability is particularly elevated in physical health and wellbeing (23.8%), social competence (19.0%), and language and cognitive skills (19.0%), exceeding both Campaspe Shire and Victorian proportions. Overall, 33.3% of children in Rochester were developmentally vulnerable on one or more domains, and 19.0% were vulnerable on two or more domains, higher than the proportions observed in Campaspe Shire and Victoria.

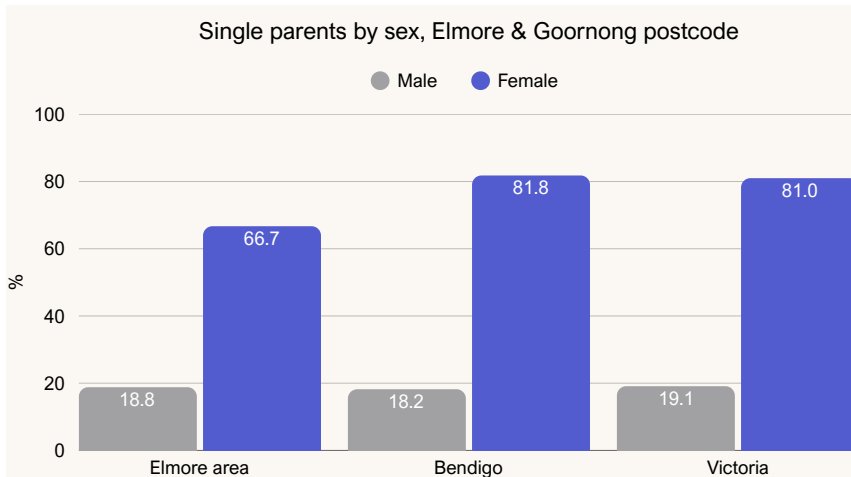


Source: Australian Early Development Census

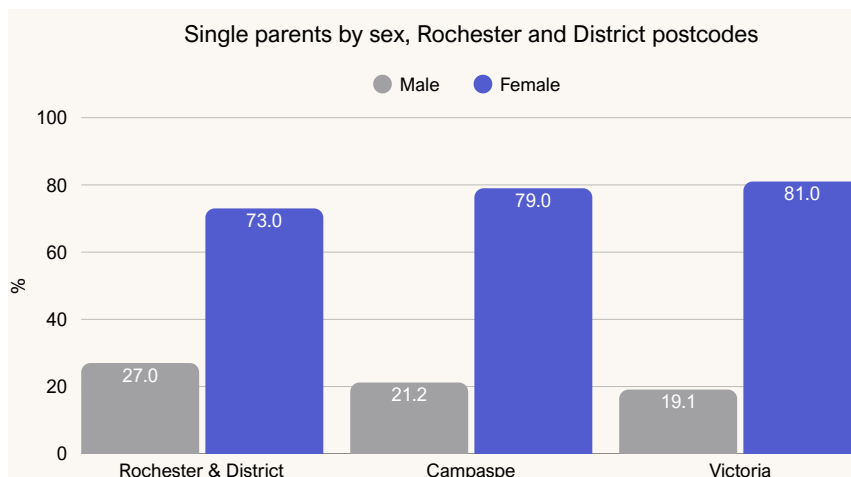
### 3.3 Single parents

Single-parent families can thrive; however, they may face higher risks of economic hardship, time constraints, and limited social support, which can affect both parent and child wellbeing. Single parents, who are most often women, are at increased risk of burnout, housing insecurity, and mental health challenges due to the combined pressures of caregiving and earning.

In 2021, there were 69 single-parent families in the Elmore area (14.0% of all families). There were 248 single-parent families in the Rochester area (14.4% of all families).



Source: Australian Bureau of Statistics, 2021.



Source: Australian Bureau of Statistics, 2021.

### 3.4 Level of highest educational attainment

Education is an important determinant of health and is strongly associated with life expectancy, morbidity and health behaviours. The Rochester area has lower levels of educational attainment compared to Campaspe Shire and Victoria. This may reflect physical and financial access to higher education.



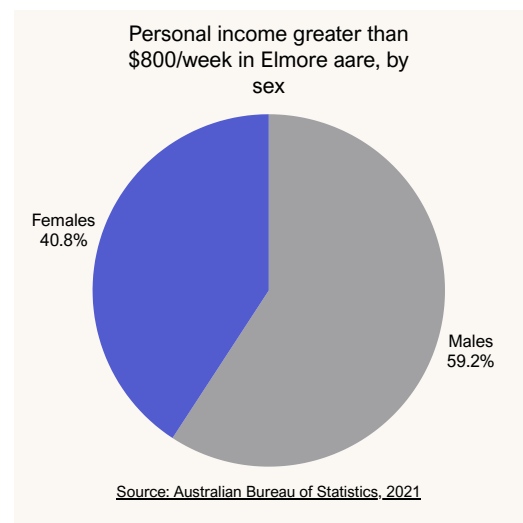
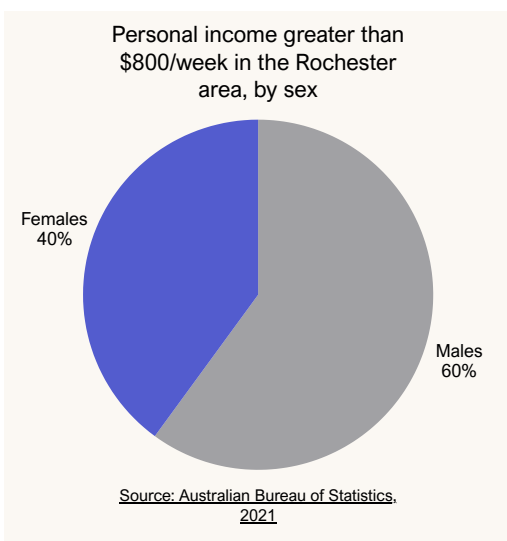
The Elmore area, 42.3% of people had a post-school qualification (above Year 12), which was lower than Greater Bendigo (48.8%). In the Rochester area, 37.5% of people had a post-school qualification, which was lower than Campaspe Shire (40.8%).

Level of highest education attainment, % people aged 15 years and over, 2021	Elmore area	City of Bendigo	Victoria
Bachelor degree level and above	13.2	19.7	29.2
Advanced Diploma and diploma level	6.1	9.1	9.8
Certificate level III & IV	23.0	21.1	14.3
Year 12	9.9	12.6	14.9
Year 11	8.6	7.1	5.7
Year 10	13.2	10.2	7.3
Year 9 or below	10.3	9.8	7.9

Level of highest education attainment, % people aged 15 years and over, 2021	Rochester area	Campaspe Shire	Victoria
Bachelor degree level and above	10	11.8	29.2
Advanced Diploma and diploma level	6.9	7.9	9.8
Certificate level III & IV	20.6	21.1	14.3
Year 12	11.1	11	14.9
Year 11	9.2	8.9	5.7
Year 10	13.7	12.7	7.3
Year 9 or below	14.2	13.3	7.9

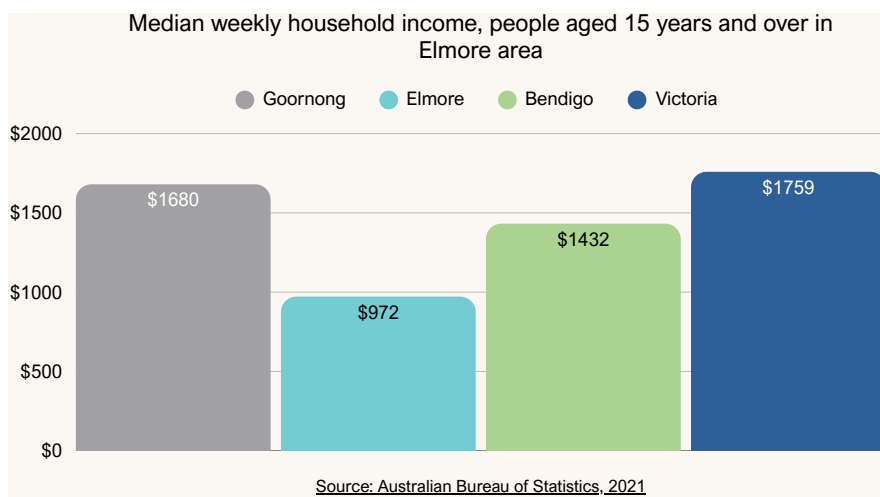
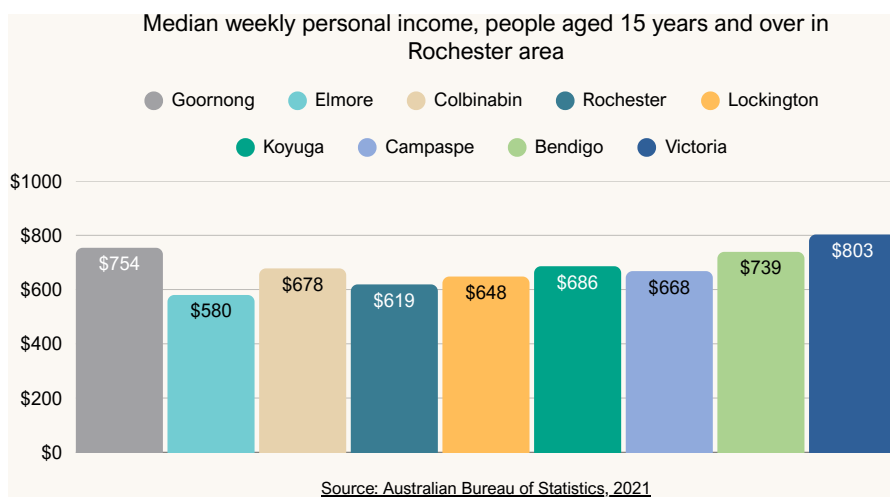
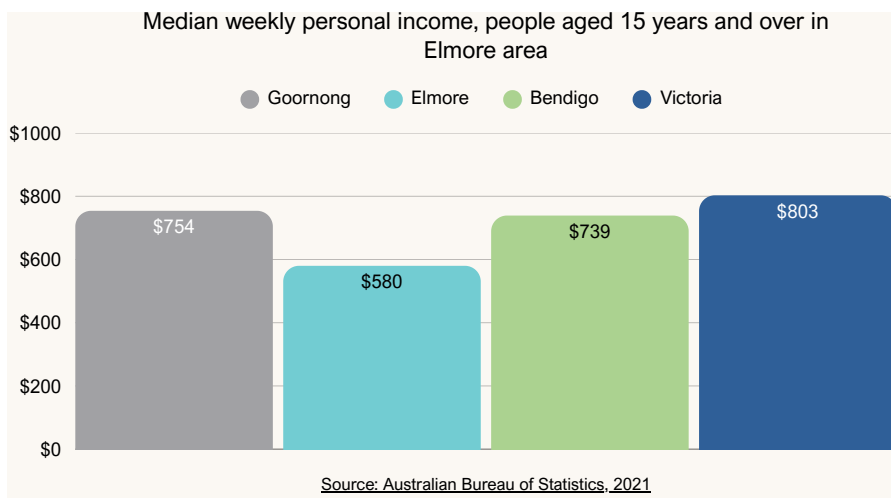
### 3.5 Household income

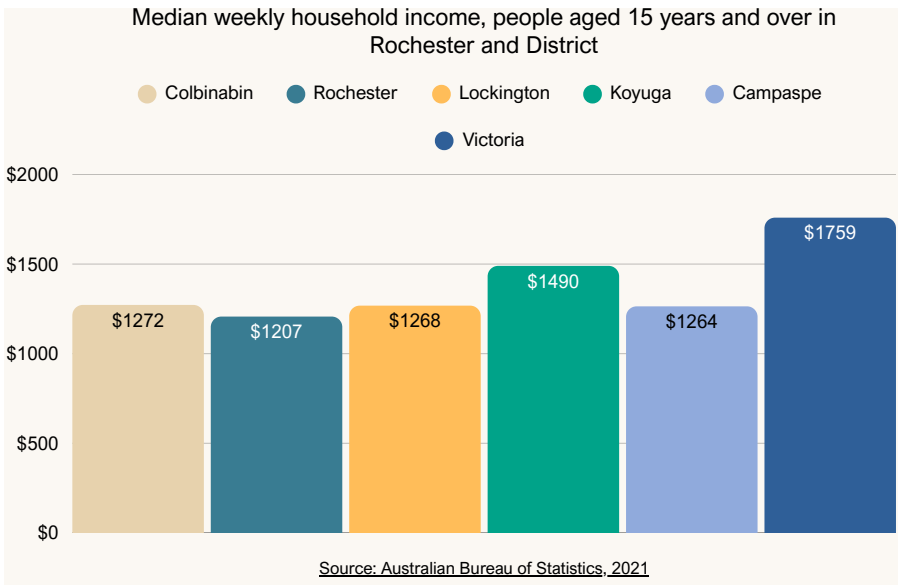
In the Rochester area, 60.0% of people reporting a personal income above \$800 per week\* were male, compared with 59.2% in the Elmore area. Both Rochester and Elmore areas had a larger gender pay gap than Victoria, where 56.5% of people reporting a personal income above \$800 per week were male.



\*\$800/week is based on the median total personal income for Victoria

The median weekly income excludes people aged 15 years and over who did not state their income. Median personal income in the Rochester area and the Elmore area was lower than the Victorian average. Median household income in the Rochester area and the Elmore area was also lower than the Victorian average.

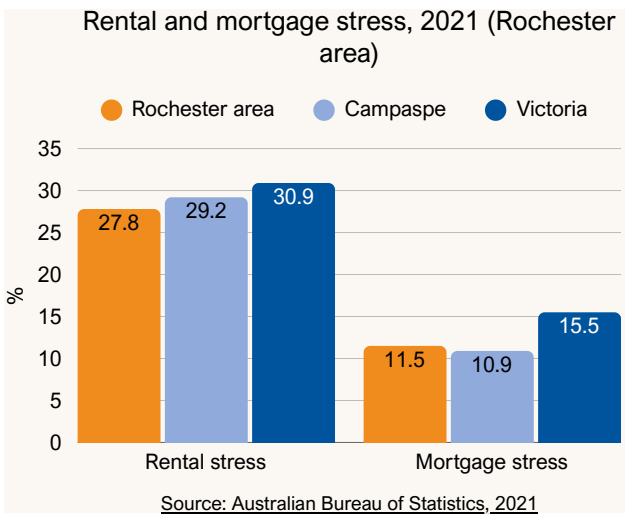
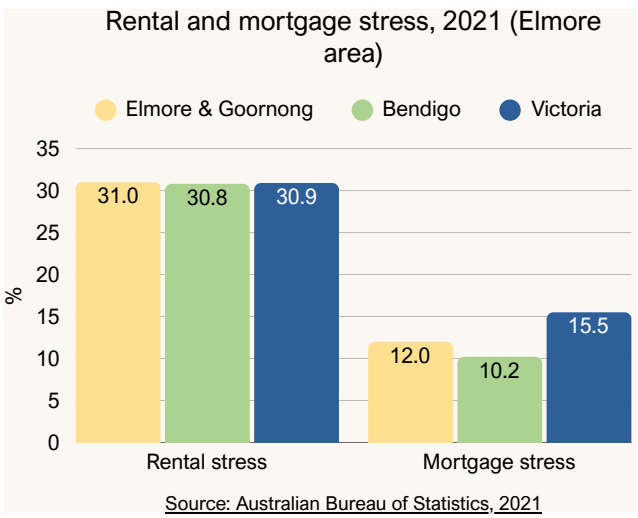




### 3.6 Housing

The average number of people per household in the Elmore area was 2.3 people, slightly lower than Greater Bendigo (2.4 people) and Victoria (2.5 people). There were 93 (10.7%) private dwellings that were unoccupied in the Elmore area. The average number of people per household in the Rochester area was 2.3 people, slightly lower than Campaspe Shire (2.4 people) and Victoria (2.5 people). There were 301 (10.4%) private dwellings that were unoccupied in these postcodes.

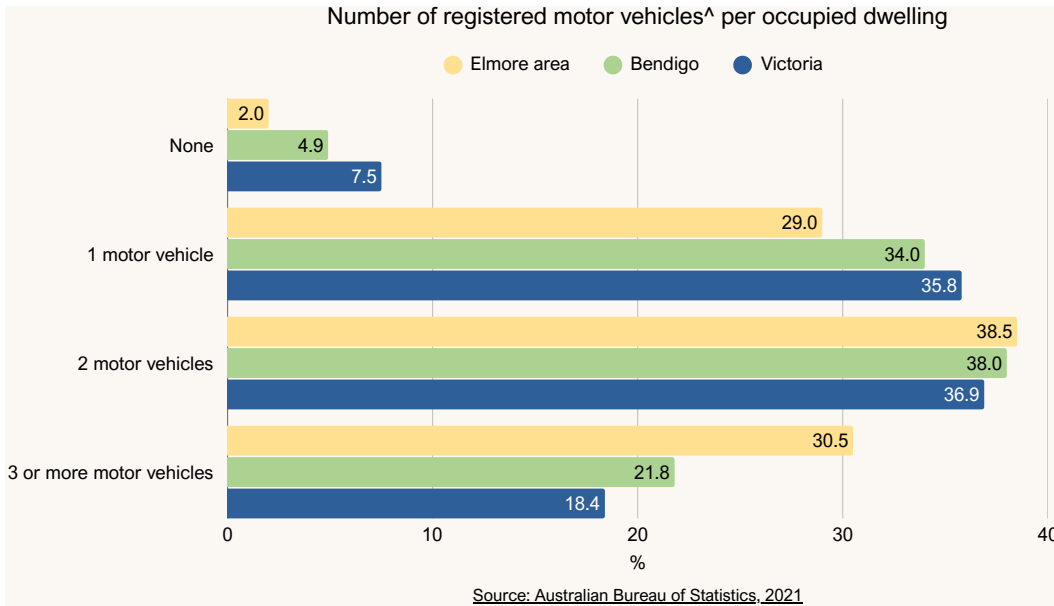
Rental and mortgage stress are determined when rental or mortgage payments exceed 30% of household income. Rental stress in the Elmore area (31.0%) was slightly higher than Greater Bendigo (30.8%) and Victoria (30.9%). Rental stress across the Rochester area (27.8%) was lower than Campaspe Shire and Victoria. Mortgage stress was lower than the Victorian average across the Rochester area.



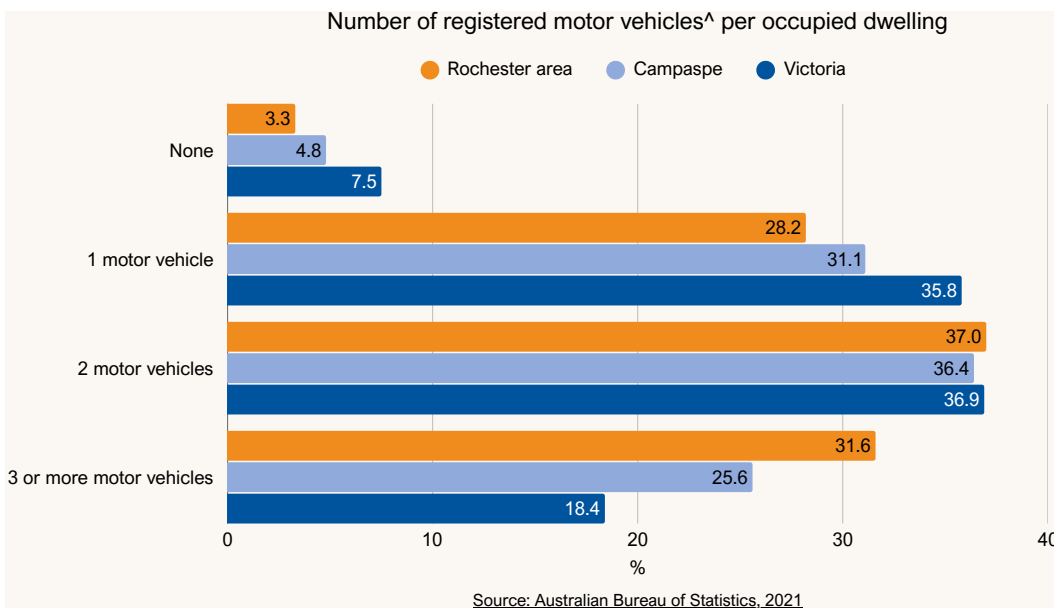
### 3.7 Motor vehicles

Rural areas have less access to public transport and often require residents to travel longer distances to reach essential services compared with metropolitan areas. In regions such as the Rochester and Elmore area access to a motor vehicle is essential for obtaining fresh, healthy food, accessing healthcare, and maintaining social connections.

In 2021, in the Elmore area, 14 households (2.0%) did not have access to a registered motor vehicle. In the Rochester area, 79 households (3.3%) did not have access to a registered motor vehicle.



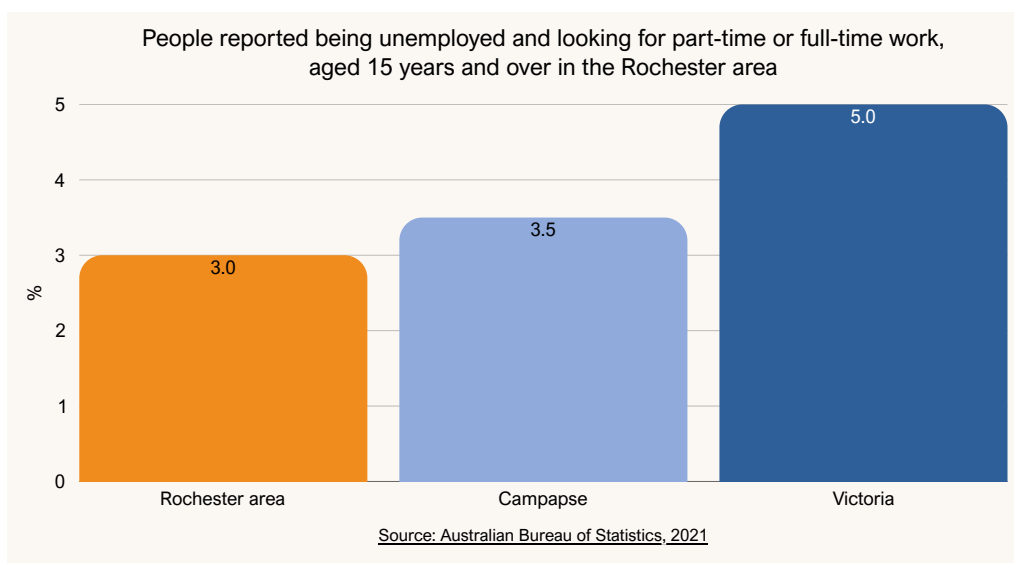
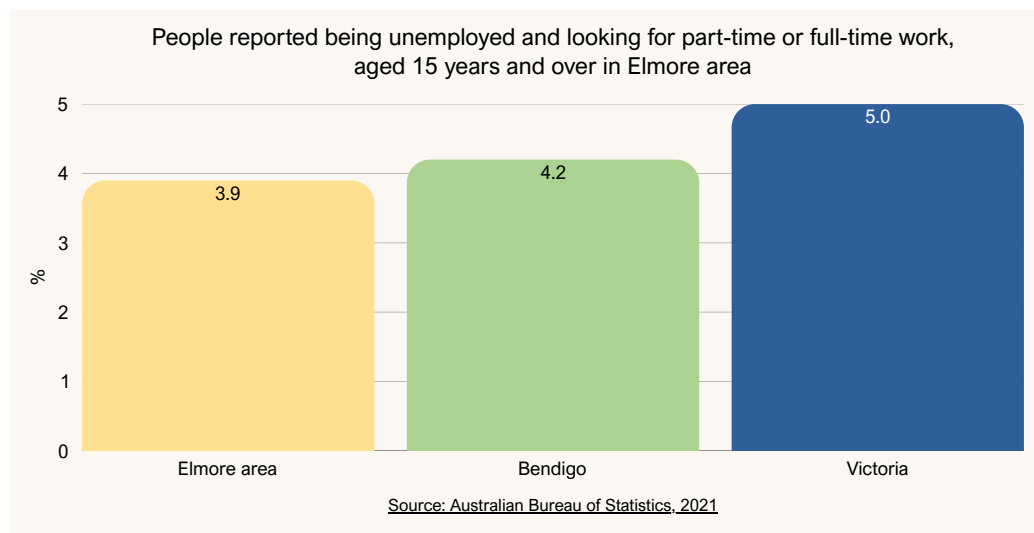
<sup>^</sup>Motor vehicles excludes motorbikes, motor scooters and heavy motor vehicles.



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### 3.8 Unemployment

Unemployment in Elmore area (3.9%) was low than Greater Bendigo (4.2%) and lower than Victoria (5.0%). In Rochester area unemployment (3.0%) was lower than Campaspe Shire (3.5%) and Victoria (5.0%).



### 3.9 Occupation

The top three industries of employment in Elmore and Goornong are grain growing, hospitals (except psychiatric hospitals), and sheep farming. In the City of Greater Bendigo, the leading industries of employment are hospitals (except psychiatric hospitals), other social assistance services, and supermarket and grocery stores.

Industry of Employment - Top responses by postcode and %			
Industry	Goornong	Industry	Elmore
Hospitals (except Psychiatric)	5.4	Other Grain Growing	7.7
Gold Ore Mining	4.0	Sheep Farming (Specilised)	4.1
Other Social Assistance Services	3.8	Road Freight Transport	3.6
Primary Education	3.5	Beef Cattle Farming (Specialised)	3.0
Grain-Sheep or Grain-Beef Cattle Farming	3.1	Primary Education	3.0

Source: Australian Bureau of Statistics, 2021

In Rochester area, the three most common industries of employment are dairy cattle farming, hospitals (except psychiatric hospitals), and supermarket and grocery stores. Similar to Campaspe, with dairy cattle farming, hospitals (except psychiatric hospitals), and aged care residential services the leading industries of employment.

Industry of Employment - Top responses by postcode and %			
Industry	Colbinab.	Industry	Rochester
Other Grain Growing	13.0	Dairy Cattle Farming	9.5
Grain-Sheep or Grain-Beef Cattle Farming	6.9	Hospitals (except Psychiatric)	5.2
Sheep Farming (Specilised)	6.1	Supermarket and Grocery Stores	3.6
Hospitals (except Psychiatric)	5.0	Other Social Assistance Services	2.8
Bus, Taverns and Bars	3.4	Aged Care	2.5

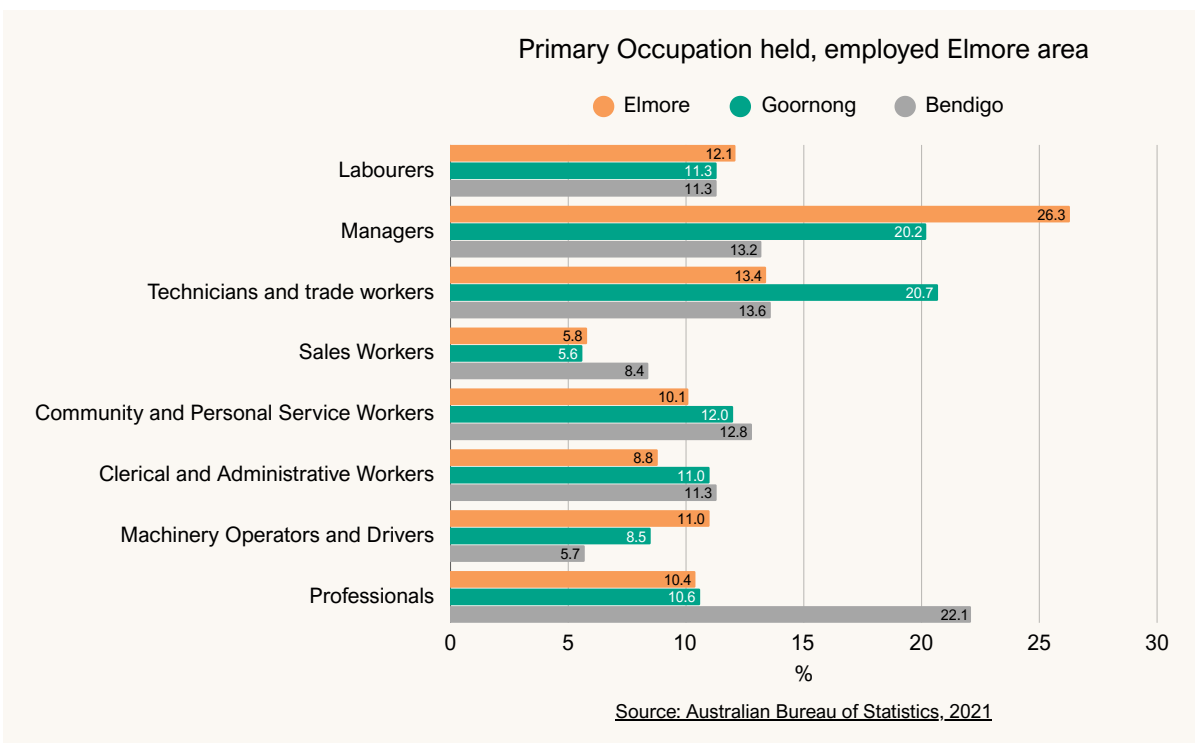
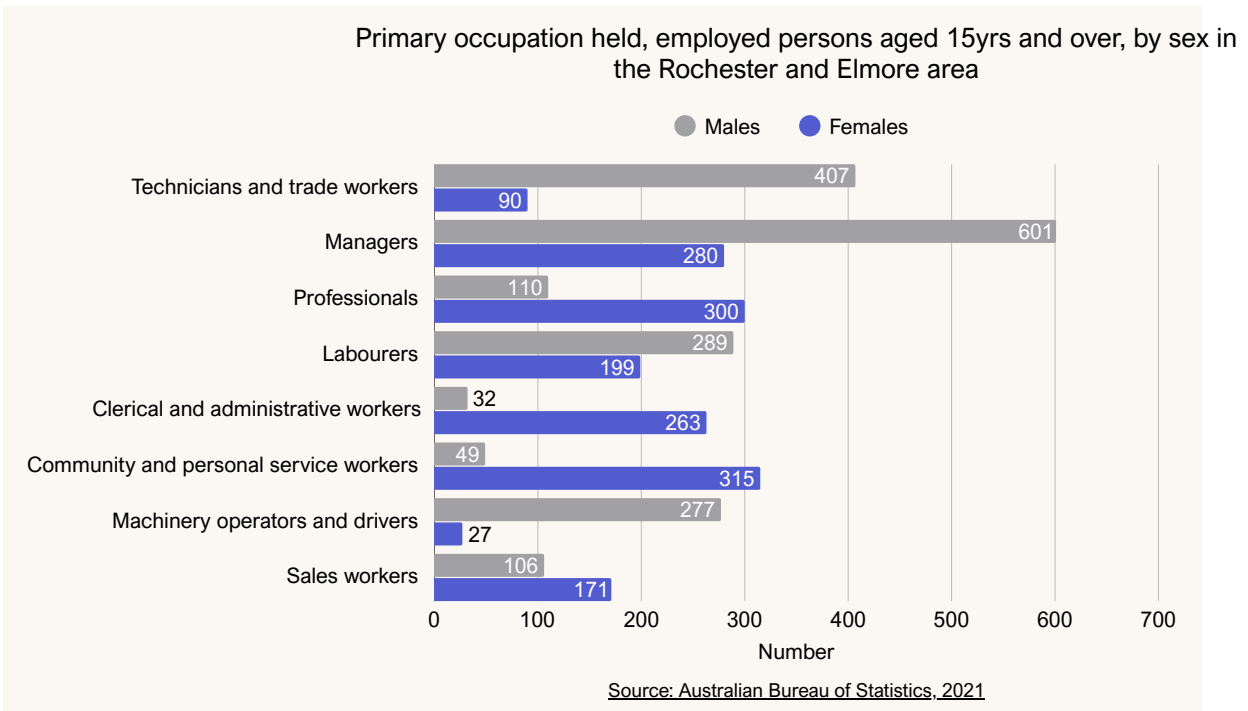
Source: Australian Bureau of Statistics, 2021

Industry of Employment - Top responses by postcode and %			
Industry	Lockington	Industry	Koyuga
Dairy Cattle Farming	21.7	Dairy Cattle Farming	14.2
Supermarket and Grocery Stores	5.1	Beef Cattle Farming (Specialised)	7.1
Beef Cattle Farming (Specialised)	4.1	Hospitals (except Psychiatric)	3.7
Grain-Sheep or Grain-Beef Cattle Farming	3.3	Sheep Farming (Specilised)	3.4
Urban Bus Transport	2.7	Horse Farming	3.0

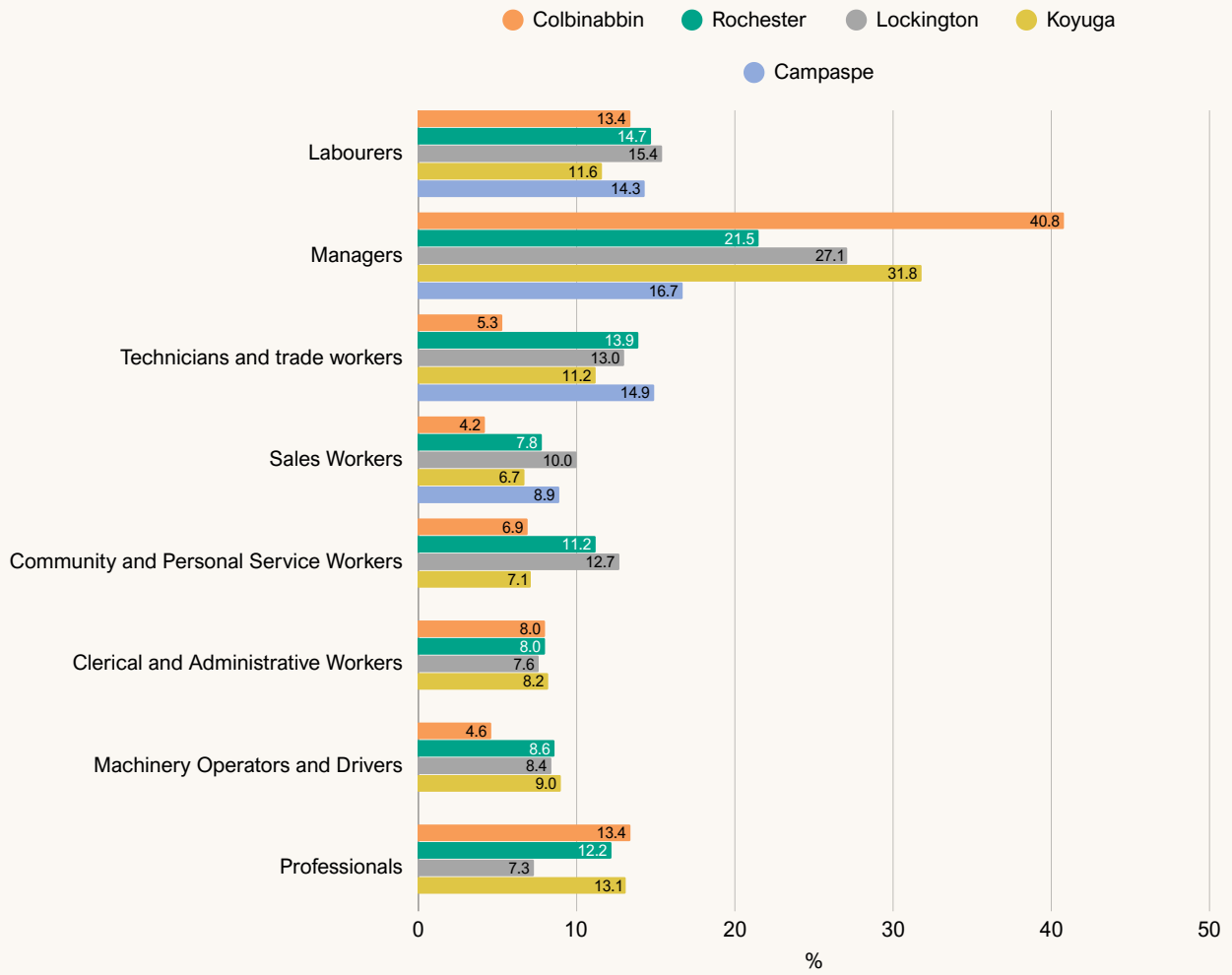
Source: Australian Bureau of Statistics, 2021

The data examining the primary occupations of employed individuals aged 15 years and over in the Rochester and Elmore area reveals a clear pattern of traditional gender roles.

These entrenched roles suggest a division of labor along gender lines, where men and women are concentrated in occupations typically associated with their gender. Such rigid gender norms contribute significantly to the perpetuation of gender inequity, limiting opportunities for individuals and reinforcing power imbalances.



### Primary Occupation held, employed Rochester area



Source: Australian Bureau of Statistics, 2021

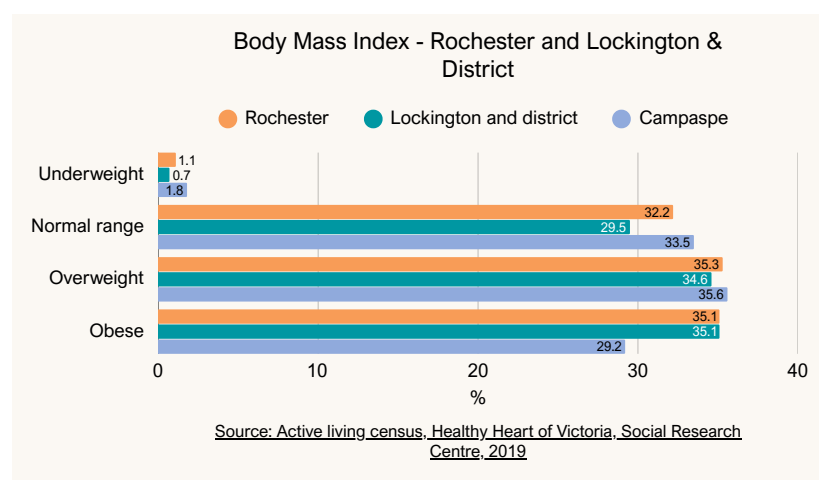
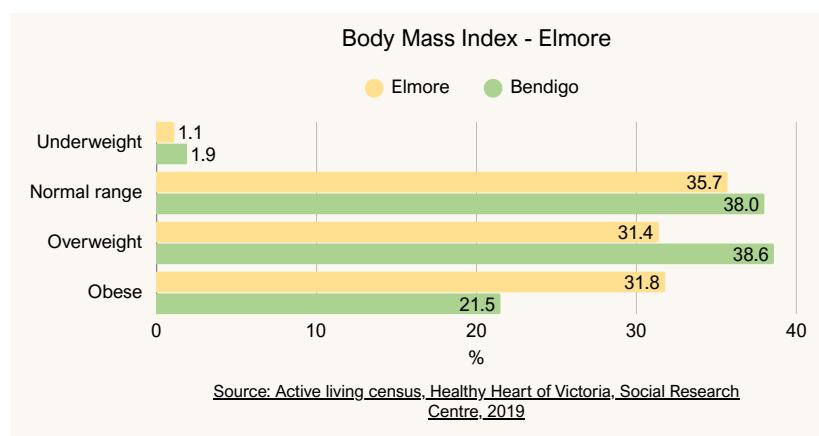
## 4. Health risk factors

### 4.1 Healthy eating

Healthy Heart of Victoria (HHV) Active Living Census (ALC) 2019 data in this section are drawn from a different geographic catchment to the postcode-based region used in the report from ABS data. For the purpose of this report, ALC results were pulled from the City of Greater Bendigo report (Elmore – Rural North subregion) and Campaspe Shire report (Rochester and Lockington and district subregion).

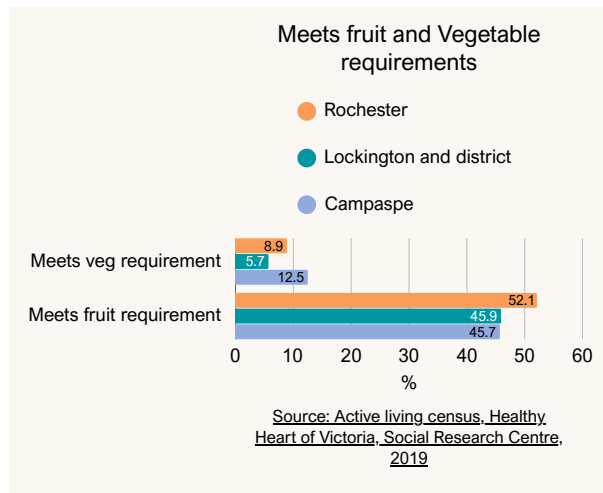
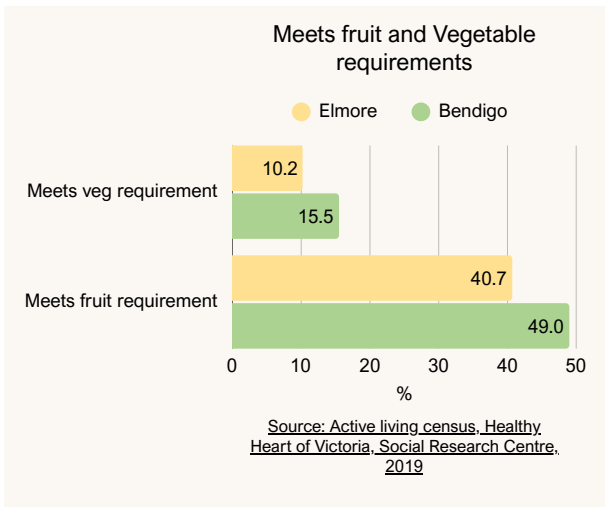
Respondents were allocated to these sub-regions based on their suburb of residence, using district classifications from profile.id for City of Greater Bendigo and Campaspe Shire. Approximate reference postcodes include 3558 (Elmore – Rural North), 3561 (Rochester), and 3563 (Lockington and district), although each sub-region incorporates additional surrounding localities according to the ALC district definitions.

Poor diet and lack of exercise contribute to being overweight and obese, which are leading contributors to chronic disease and premature death in Victoria.<sup>1</sup> In the ALC survey, 63.2% of people in Elmore reported being overweight or obese, which was higher than the City of Greater Bendigo (60.1%). In Rochester (70.4%) and Lockington and district (69.7%), a higher proportion of people reported being overweight or obese than in Campaspe Shire (64.8%).



[1] Victorian Population Health and Wellbeing Plan 2023-27

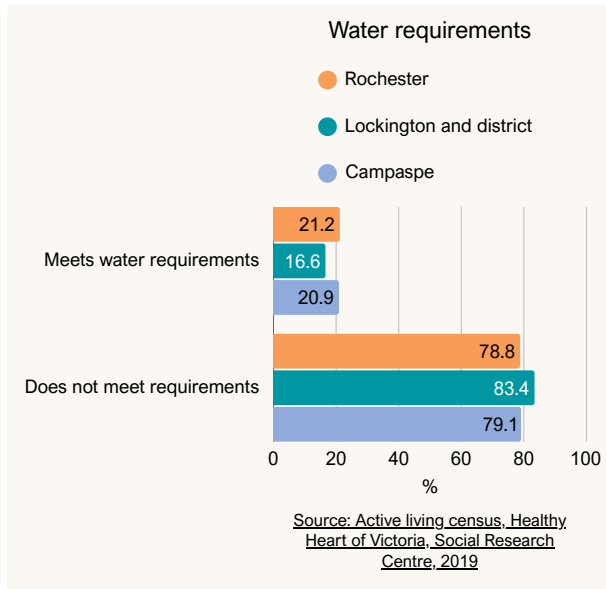
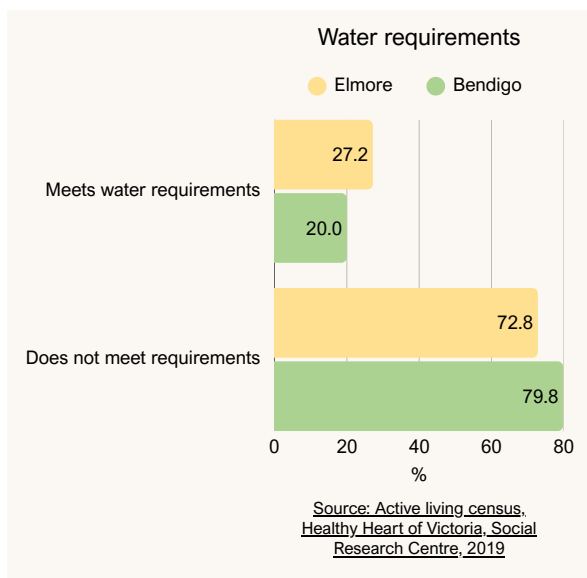
Only 10.2% of people in Elmore met the recommended fruit and vegetable intake, compared with 15.5% in the City of Greater Bendigo. In Rochester, 8.9% of people, and in Lockington and district, 5.7% of people, met the fruit and vegetable intake requirements determined by the National Health and Medical Research Council, compared with 12.5% in Campaspe Shire. <sup>1</sup>



## 4.2 Healthy drinking

According to the 2013 Australian Dietary Guidelines prepared by the National Health and Medical Research Council, the recommended daily intake of water varies depending upon a range of individual factors such as diet and physical activity. The data below assumes that water consumption requirements have been met if individuals drink at least two litres (8 cups) of water daily. <sup>1</sup>

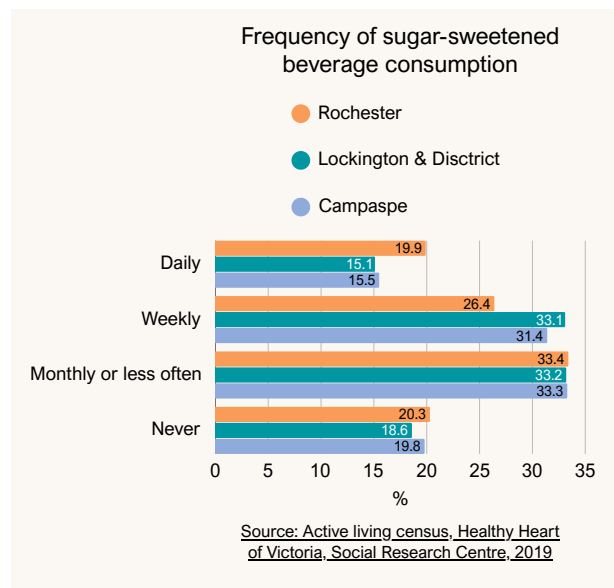
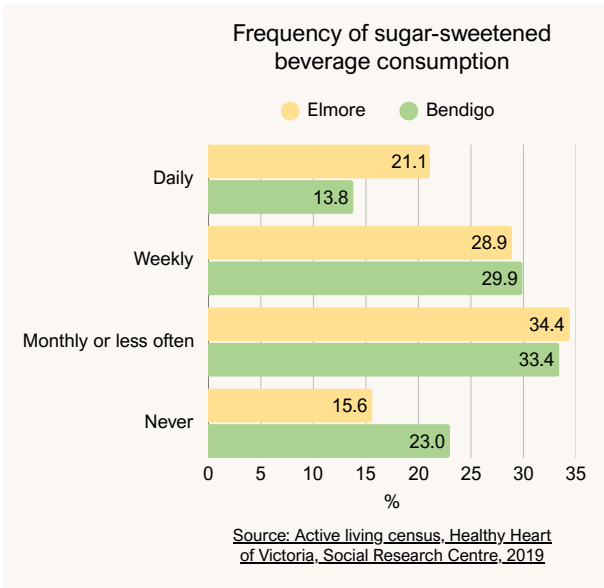
In the ALC survey, a higher proportion of people in Elmore (27.2%) met the recommended water consumption levels, compared with Greater Bendigo (20.0%). In Rochester, a higher proportion of people (21.2%) met the recommended water intake compared with Campaspe Shire (20.9%), while Lockington and district had a lower proportion (16.6%).



[1] Australian Dietary Guidelines, National Health and Medical Research Council, 2013

[2] National Health and Medical Research Council (NHMRC).

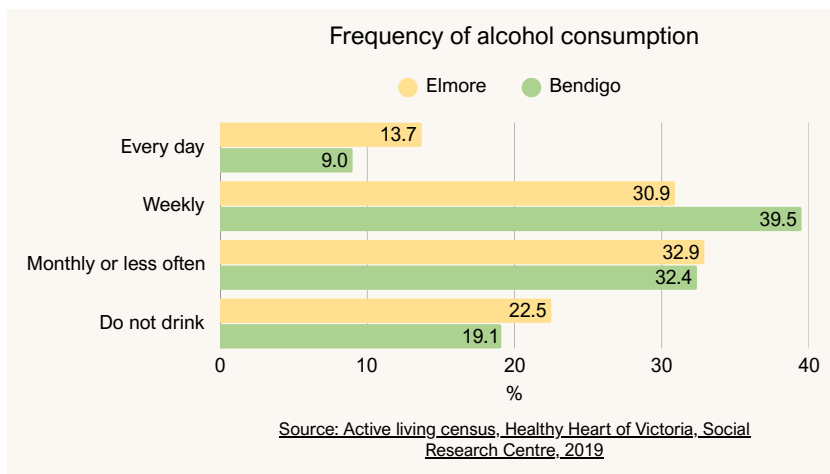
Elmore had a higher proportion of people who consumed sugar-sweetened beverages (soft drinks, cordials, sports or energy drinks) daily (21.1%) compared with Greater Bendigo (13.8%). Rochester had a higher proportion of people who consumed sugar-sweetened beverages (soft drinks, cordials, sports or energy drinks) daily (19.9%) compared with Campaspe Shire (15.6%).



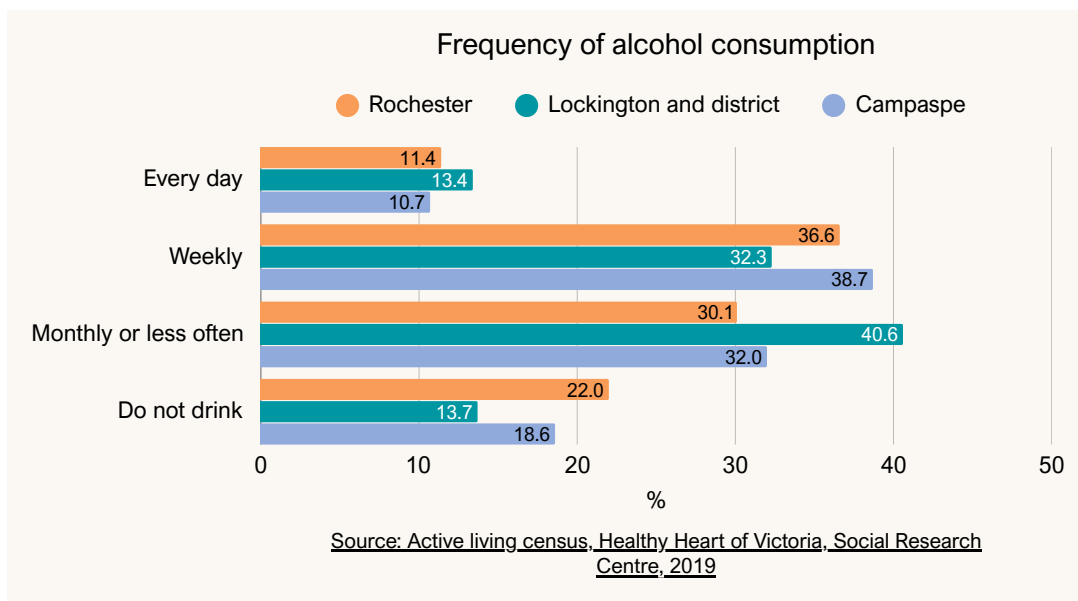
While the impacts of drug use on health and wellbeing can vary, related harms can impact physical health through increased risk of chronic disease, exposure to infectious diseases, and mental health and wellbeing impacts. [1]

People are considered at risk from the acute effects of excessive alcohol consumption if they report consuming more than four standard drinks on a single occasion in the past 12 months. Elmore had a lower proportion of people consuming four or more drinks on one occasion (55.9%) compared with Greater Bendigo (60.3%). Rochester (57.6%) had a lower proportion of people consuming four or more drinks on one occasion (55.9%) compared with Campaspe Shire (61%) and Lockington and district (61%).

In the ALC survey, Elmore had a higher proportion of participants who consumed alcohol daily (13.7%) to Greater Bendigo (9%). However, a higher proportion of people in Elmore reported not drinking alcohol (22.5%) compared with Greater Bendigo (19.1%).



Both Rochester (11.4%) and Lockington and district (13.4%) had a higher proportion of participants who consumed alcohol daily compared to Campaspe Shire (10.7%). A higher proportion of people in Rochester reported not drinking alcohol (22%) compared with Campaspe Shire (18.6%).

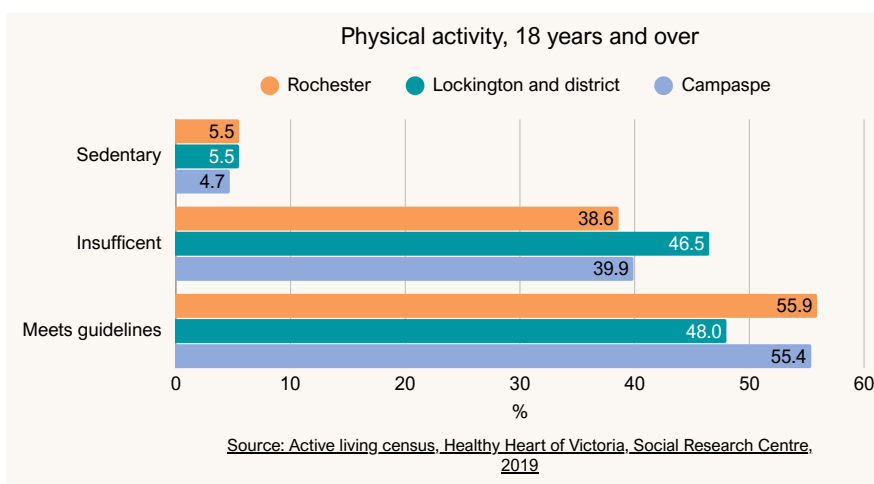
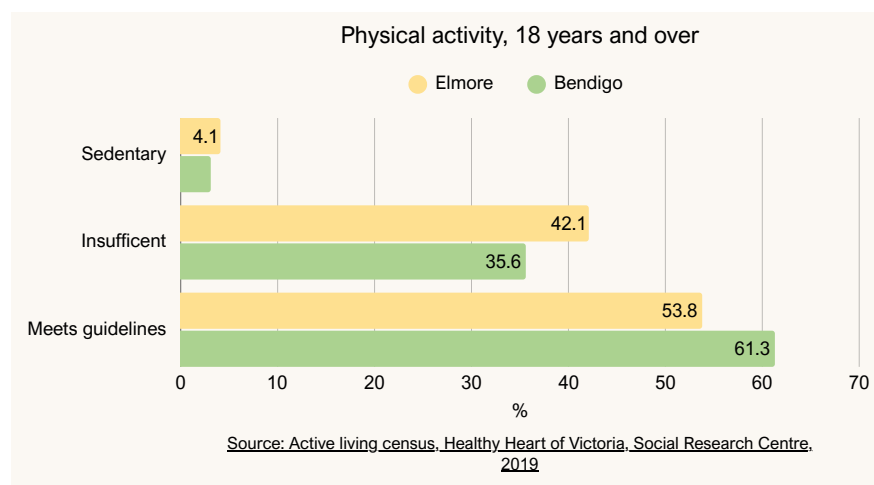


### 4.3 Physical activity

People are described as having met the guidelines if they have engaged in moderate or vigorous intensity activity for sufficient time. This consists of:

- 150 to 300 minutes of moderate-intensity activity ('vigorous household chores, gardening or heavy work around the yard, that made you breathe harder or puff and pant')
- 75 to 150 minutes of vigorous activity ('vigorous physical activity, e.g. tennis, jogging, cycling or keep fit exercises, that made you breathe harder or puff and pant') or
- an equivalent combination of both as well as engaging in muscle strengthening activities at least two days per week. <sup>1</sup>

In the ALC survey, 53.8% of people aged 18 years and over in Elmore reported that they met the physical activity guidelines, which was lower than the City of Greater Bendigo (55.4%). In Rochester, 55.9%, and in Lockington and district, 48.0%, of people aged 18 years and over reported that they met physical activity guidelines, compared with Campaspe Shire (55.4%).

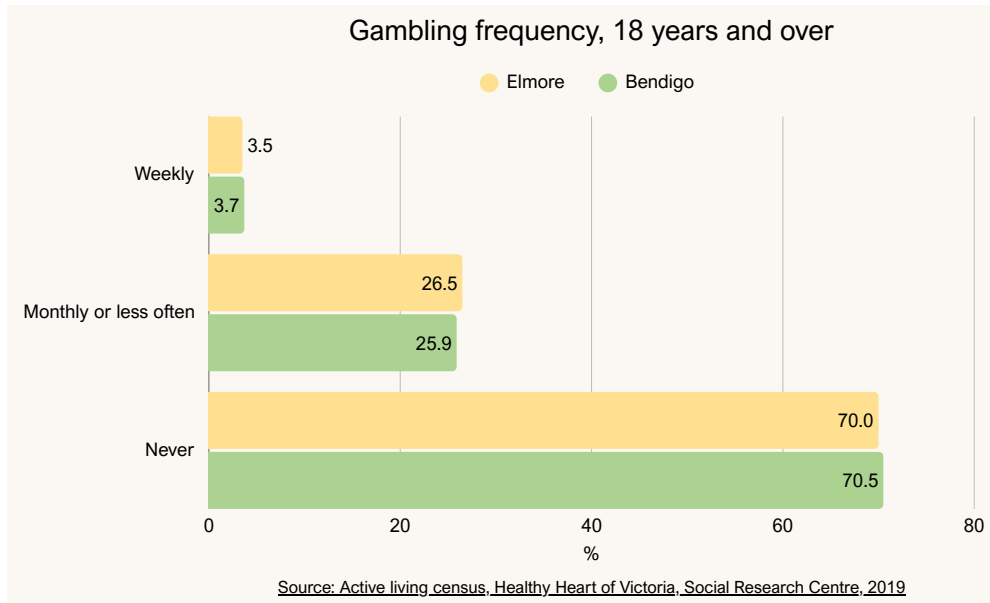


[1] [Australia's physical activity and sedentary behaviour](#) (Department of Health, 2021).

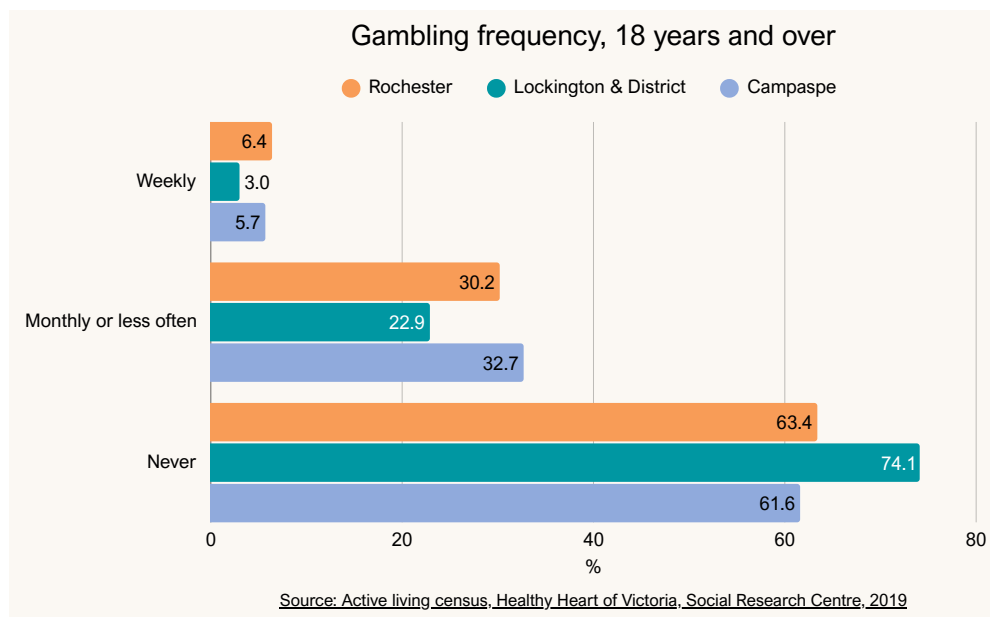
## 4.4 Gambling

The 2014 Victorian Prevalence Study by the Victorian Responsible Gambling Foundation found that 70.1% of Victorian adults gamble, most of whom (82.2%) show no signs of harm from their gambling.<sup>[1]</sup>

In the Active Living Census survey, the proportion of adults who reported gambling in Elmore was lower than the Victorian proportion and comparable to that of Greater Bendigo.



In the ALC survey, the proportion of adults gambling in Lockington and district is lower than the reported Victorian proportion and that of Campaspe Shire. The proportion of adults gambling in Rochester was comparable to Campaspe Shire, and lower than the reported Victorian proportion.

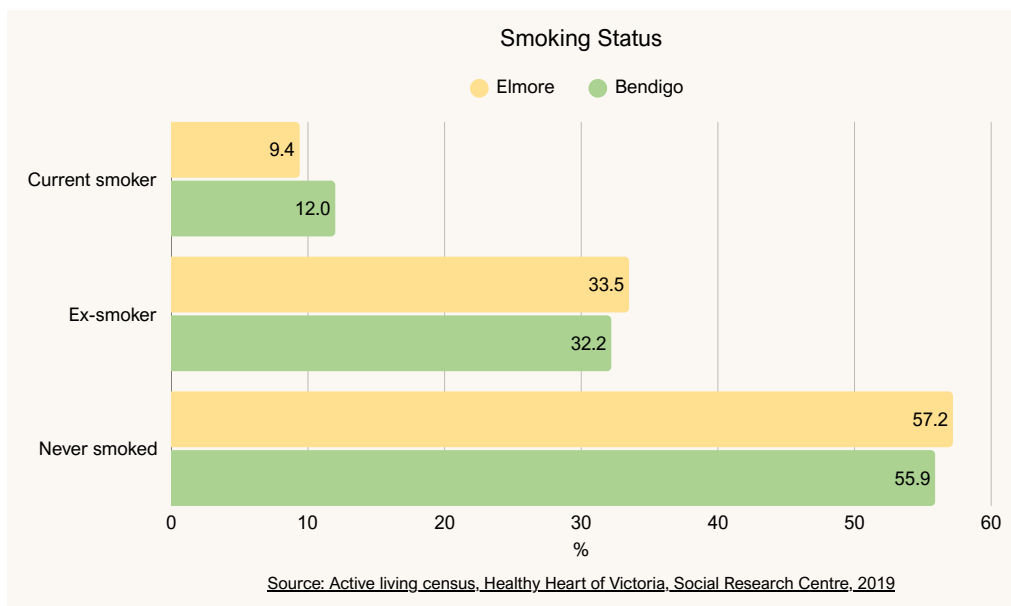


[1] Victorian Responsible Gambling Foundation

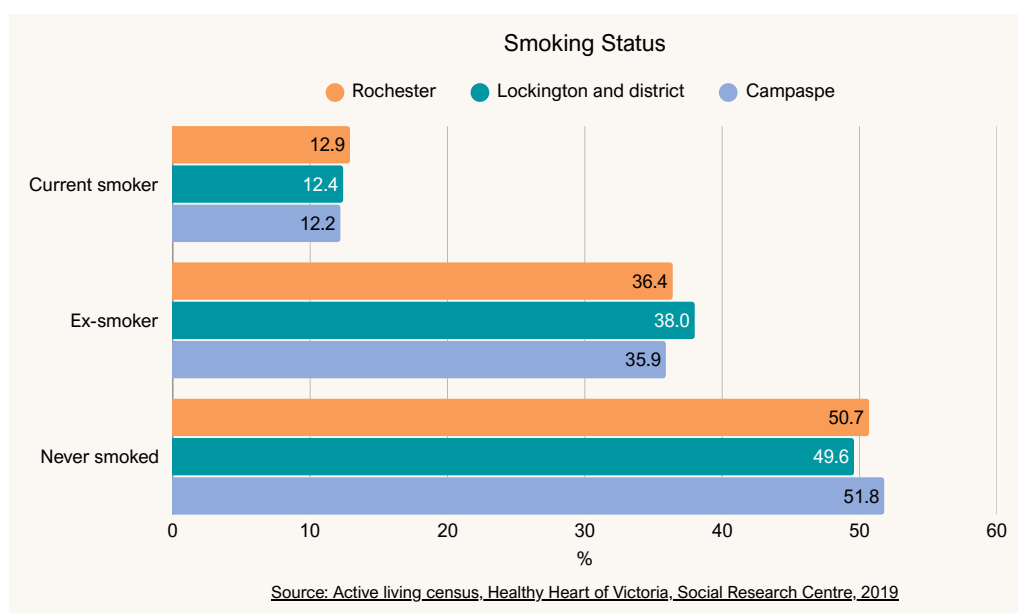
## 4.5 Smoking

Smoking increases the risk of chronic diseases such as heart disease, diabetes, kidney disease, eye disease, stroke, dementia, certain cancers (for example, oral cancer), gum disease and respiratory diseases such as asthma, emphysema and bronchitis.

In the ALC survey, the proportion of people in Elmore who reported being current smokers was 9.4%, which was lower than Greater Bendigo (12.0%).



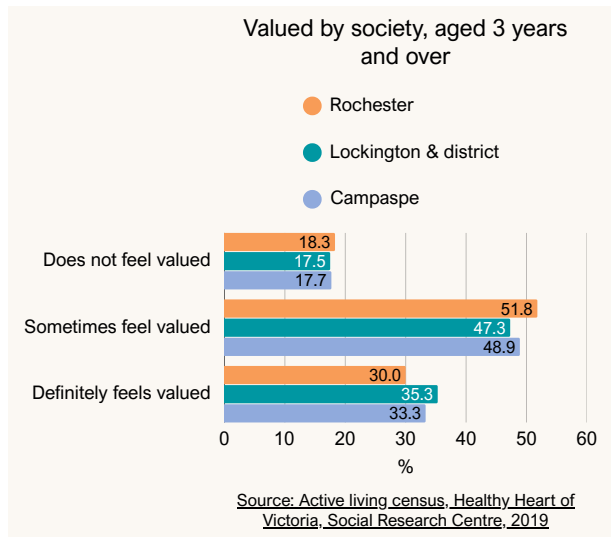
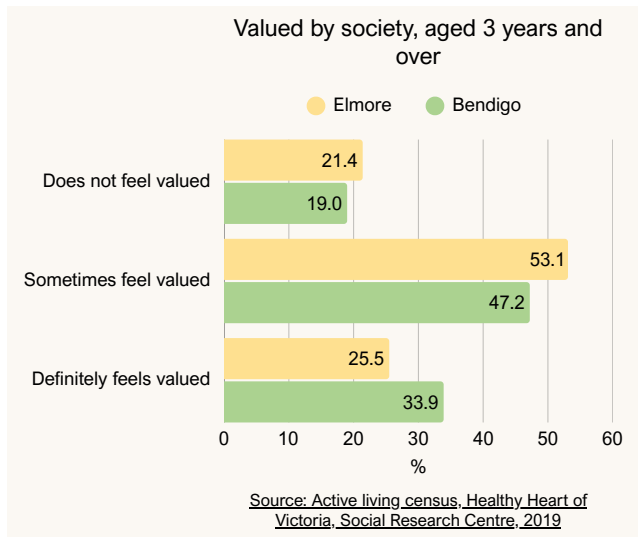
The proportion of people who reported being current smokers was 12.9% in Rochester and 12.4% in Lockington and district, with both areas having slightly higher proportions of current smokers than Campaspe Shire (12.2%).



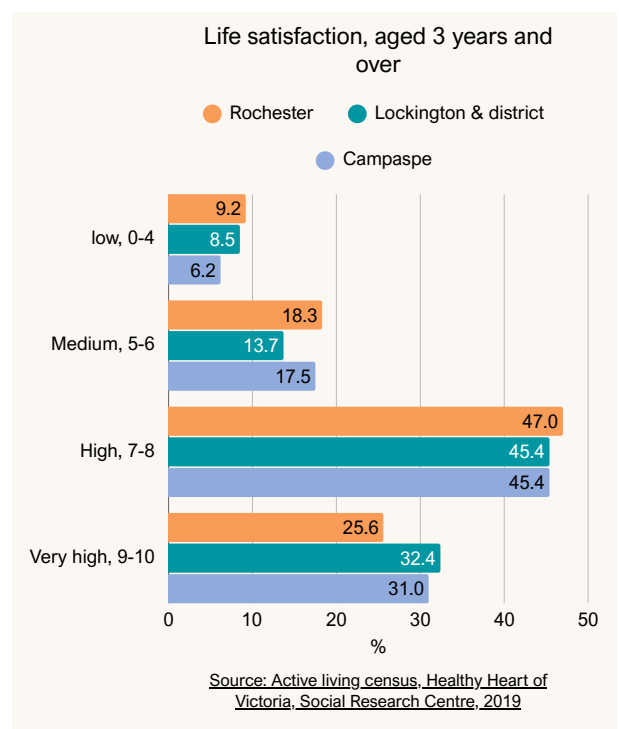
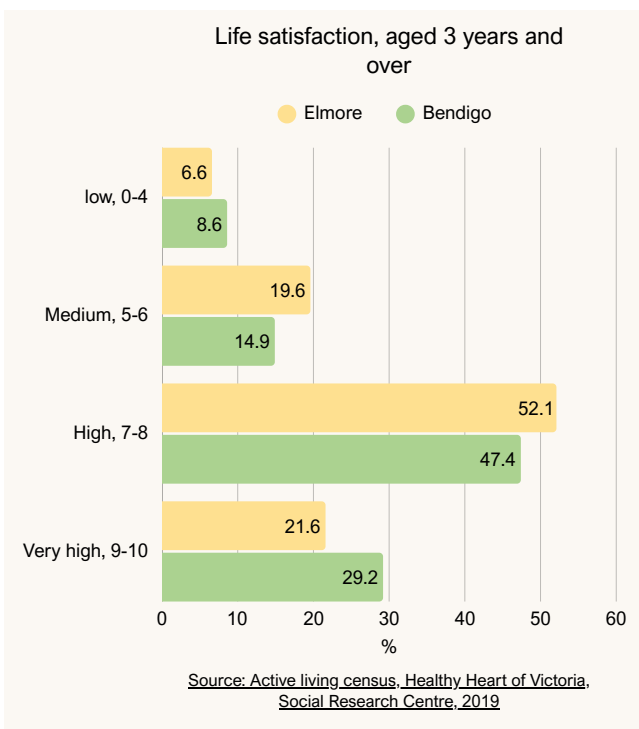
## 4.6 Mental wellbeing

By prioritising good mental health and wellbeing, we reduce stigma, increase social connection, improve physical health, promote productivity and create safer environments. Our mental health and our physical health are linked.

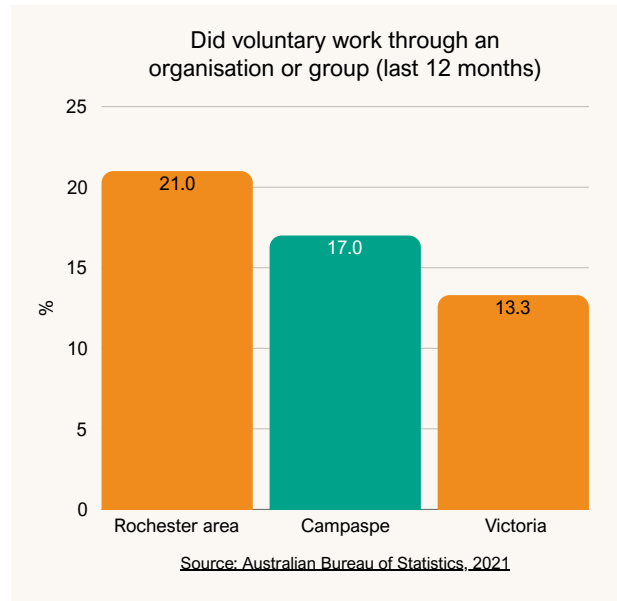
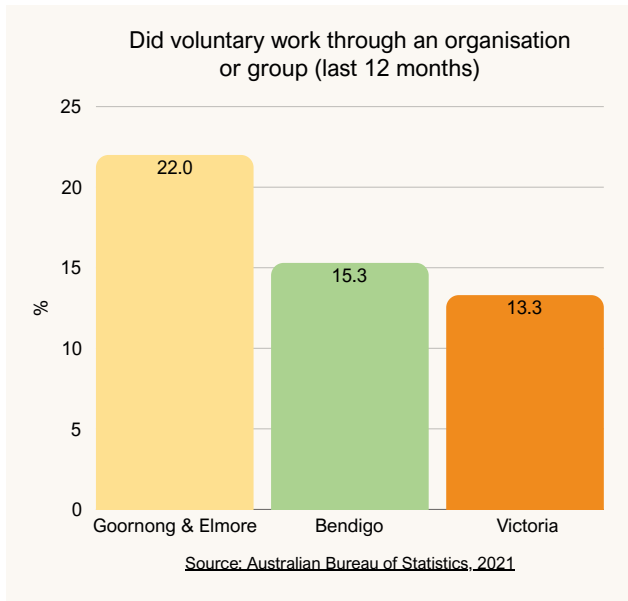
In Elmore, 25.5% of people reported that they definitely feel valued, compared with 33.9% across the City of Greater Bendigo. In Rochester, 30.0% of people, and 35.3% of people in Lockington, reported that they definitely feel valued, compared with 33.3% across Campaspe Shire.



Life satisfaction was measured by asking Active Living Census respondents how satisfied they felt about life in general, on a scale from 0–4 (low satisfaction) to 9–10 (very satisfied). In Elmore, 73.7% of respondents reported high to very high life satisfaction, which was lower than the City of Greater Bendigo overall (76.6%). In Rochester, 72.6% of respondents reported high to very high life satisfaction, lower than Campaspe Shire overall (76.4%), while the Lockington and district was higher at 77.8%.



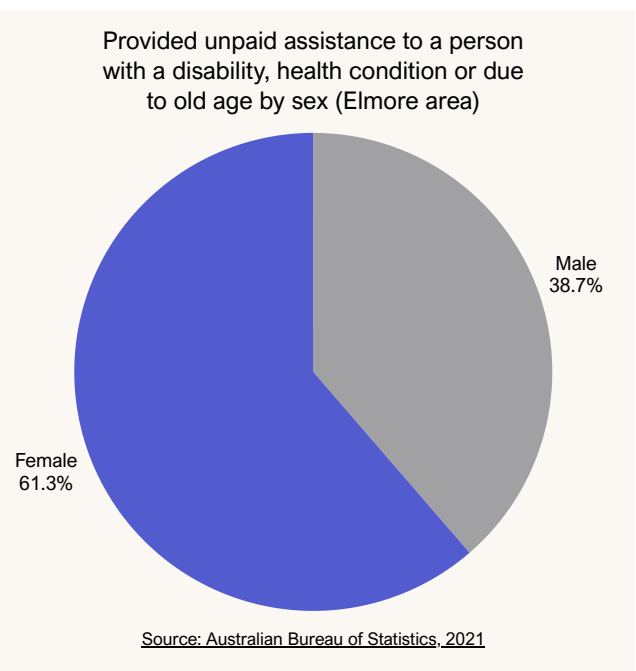
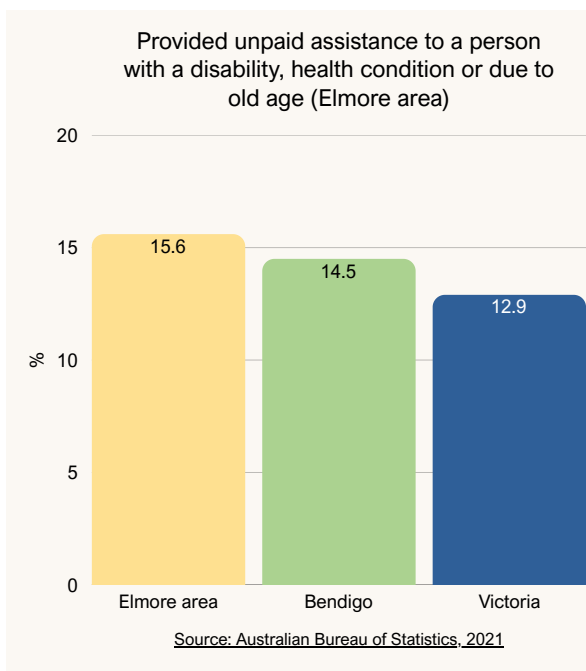
Voluntary work can help to support mental health and wellbeing by strengthening social connection and a sense of being valued. Both the Elmore area (22.0%) and Rochester area (21.0%) had higher rates of voluntary work participation than the City of Greater Bendigo (15.3%), Campaspe Shire (17.0%), and Victoria (13.3%).



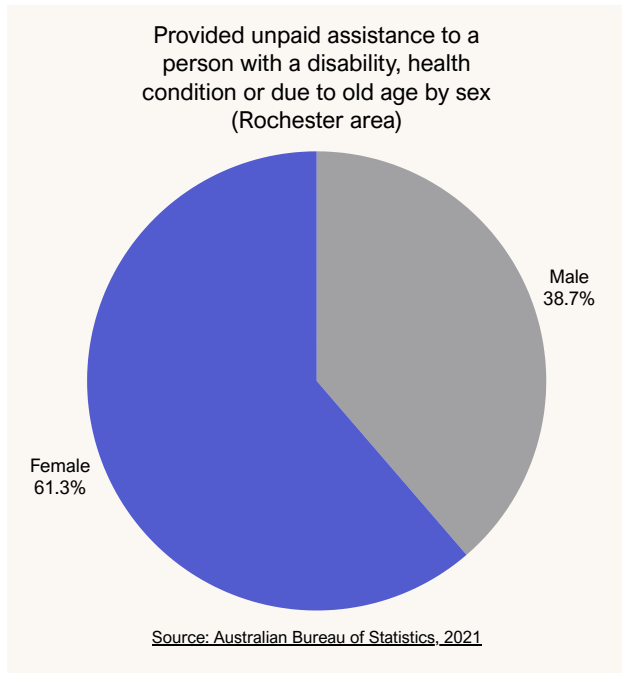
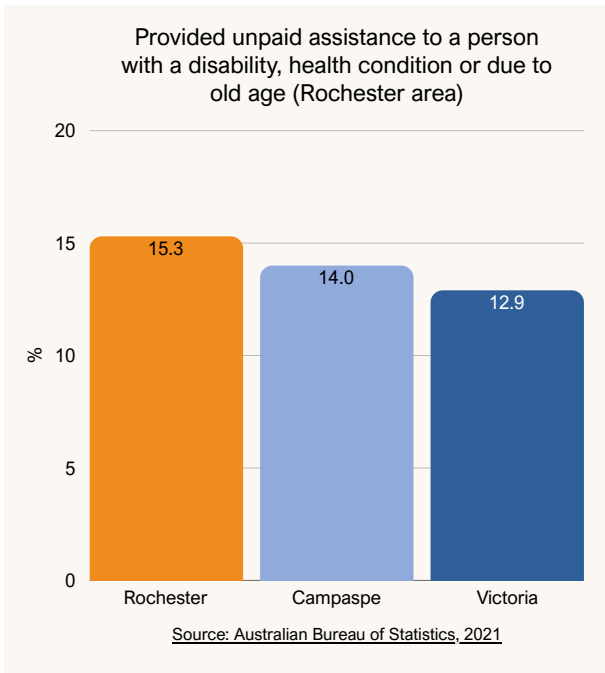
## 4.7 Carers

Carers of people with disability, chronic disease, or older individuals play a vital role in maintaining the health, independence, and quality of life of those they support. Their unpaid work reduces pressure on health and aged care systems, while providing emotional and physical care. However, the demands of caregiving can place carers at significant risk of physical and mental health issues, social isolation and financial strain.

Elmore area had 234 (15.6%) people providing an unpaid carer role to someone with a disability, health condition or elderly. Of the unpaid carers, 61.3% were female.



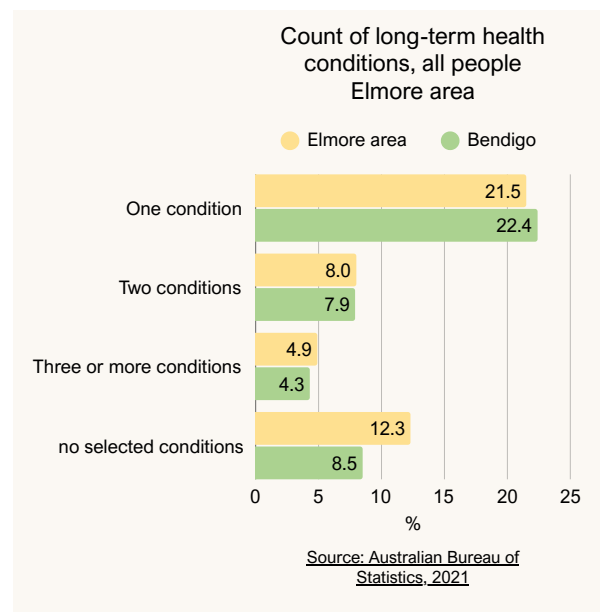
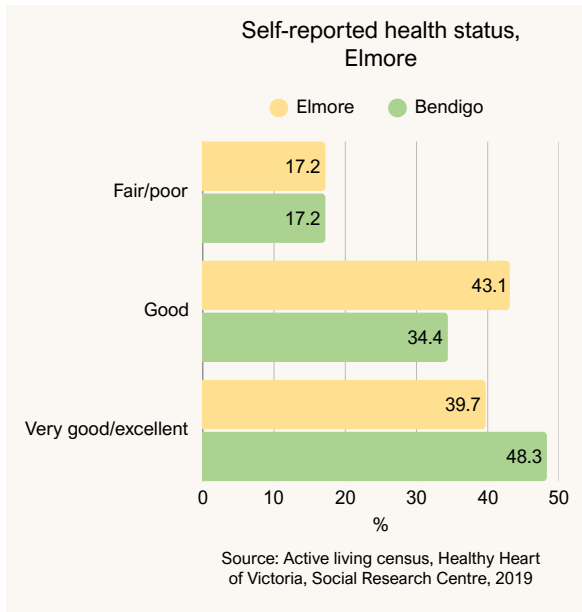
The Rochester area had 820 (15.3%) people providing an unpaid carer role to someone with a disability, health condition or elderly. Of the unpaid carers, 61.3% were female.



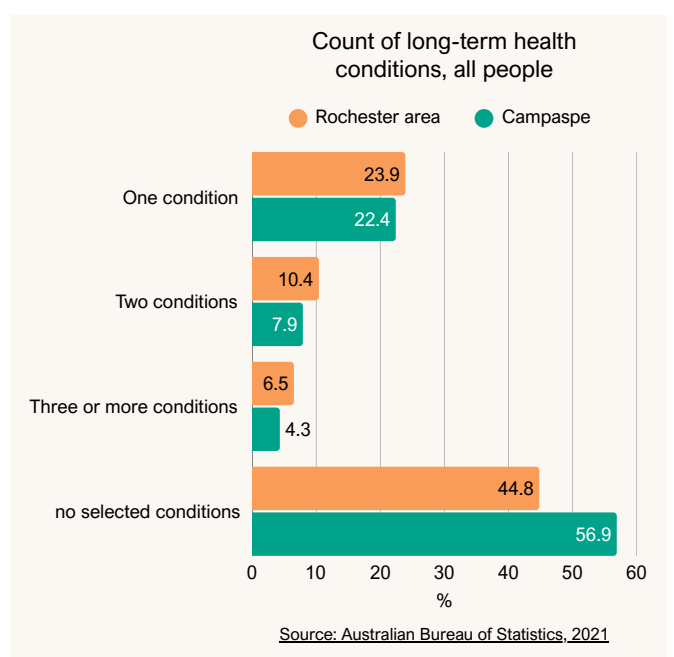
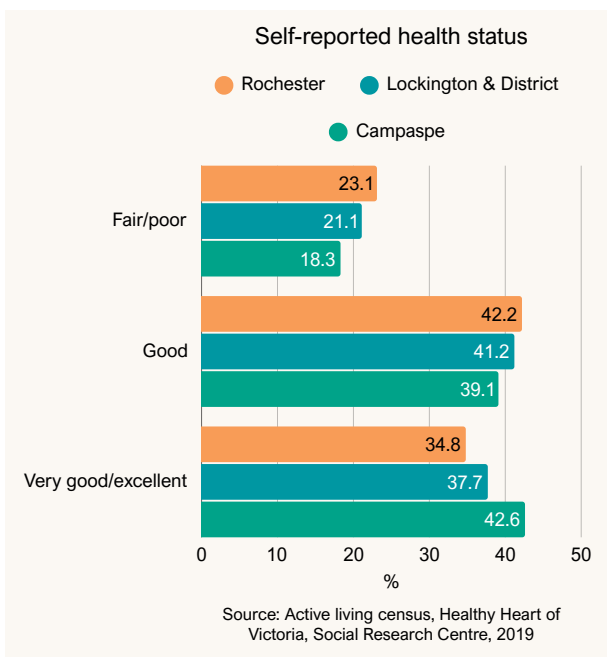
# 5. Health conditions

## 5.1 Long term health conditions

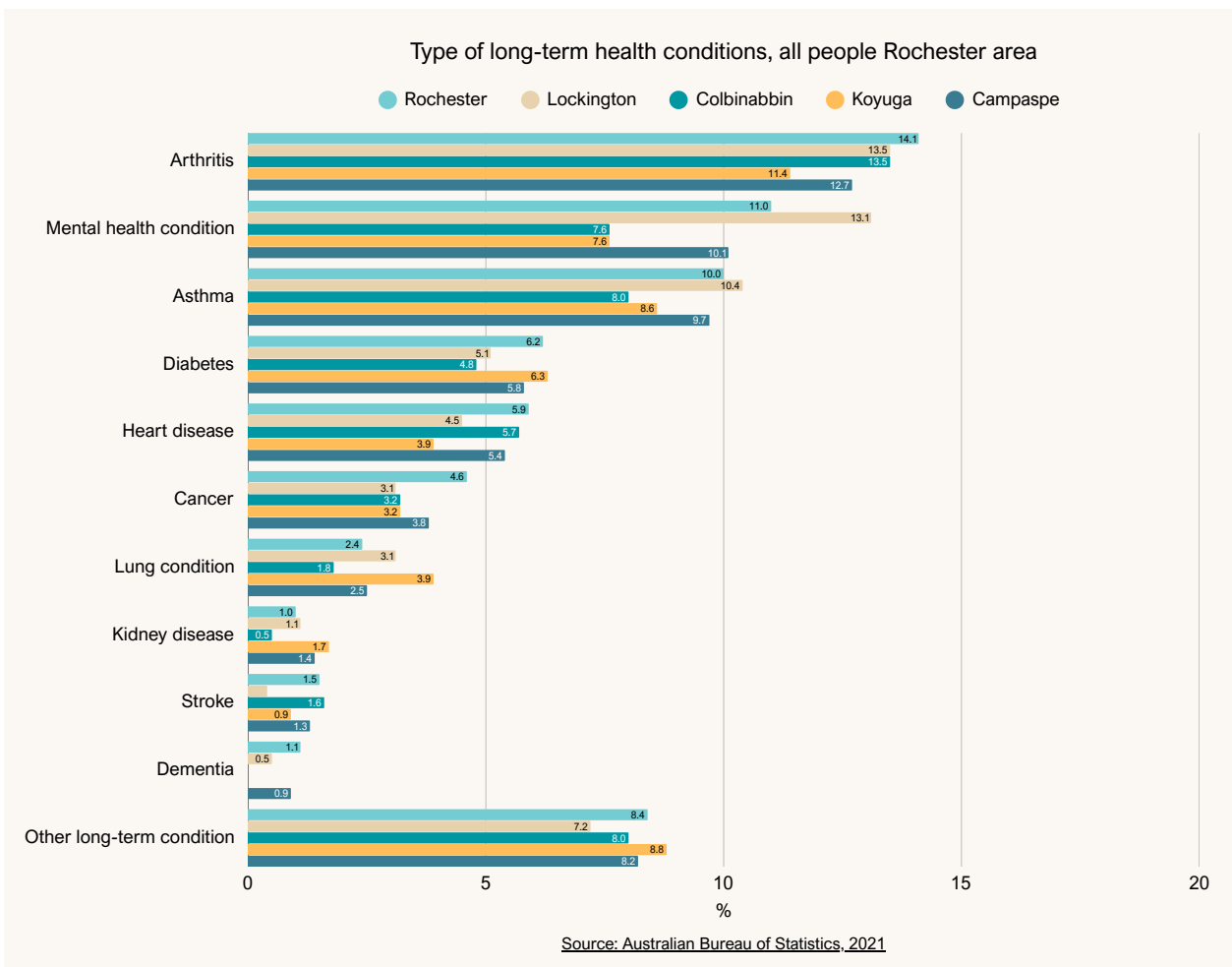
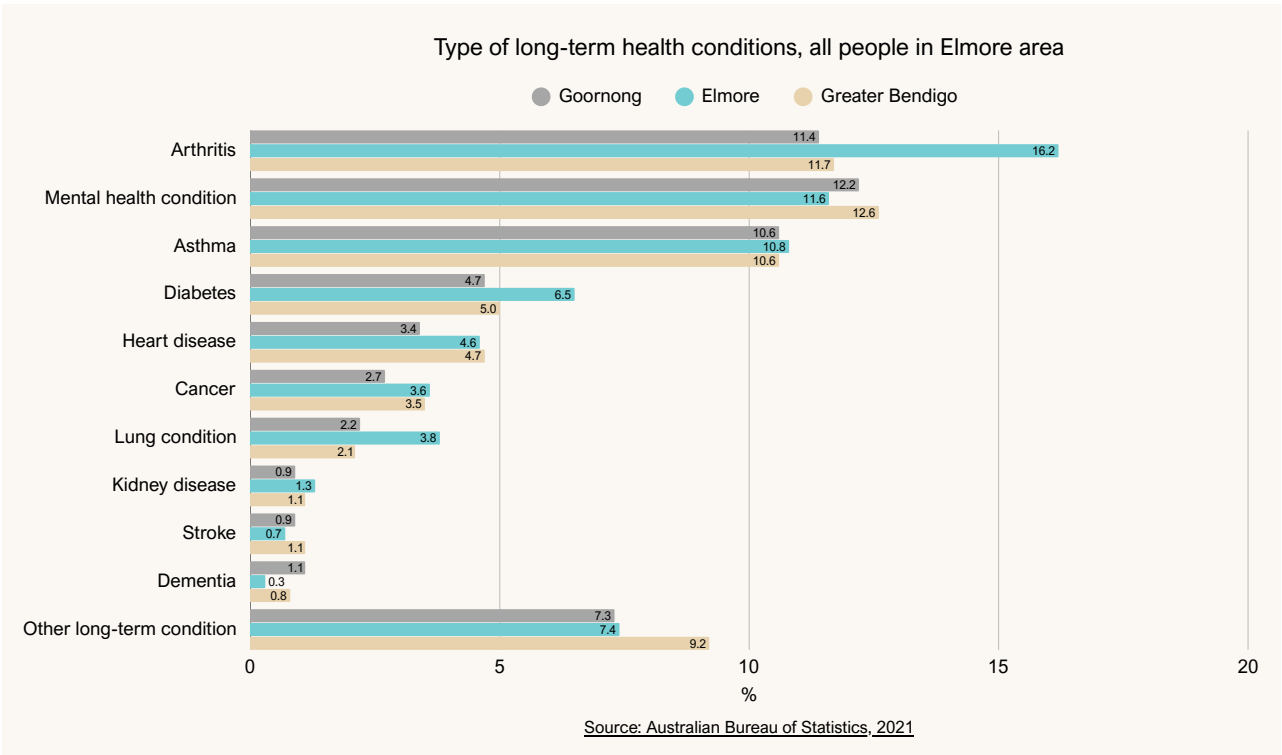
Elmore had the same proportion of people reporting fair or poor health as Greater Bendigo. The Elmore area (34.4%) had a comparable proportion of people reporting one, two, or three or more long-term health conditions compared with Greater Bendigo (34.6%).



Both Rochester (23.1%) and Lockington and district (21.1%) had a higher proportion of people reporting fair or poor health compared with Campaspe Shire (18.3%). Rochester area (40.8%) also had a higher prevalence of people reporting one, two, or three or more long-term health conditions compared with Greater Bendigo (34.6%).

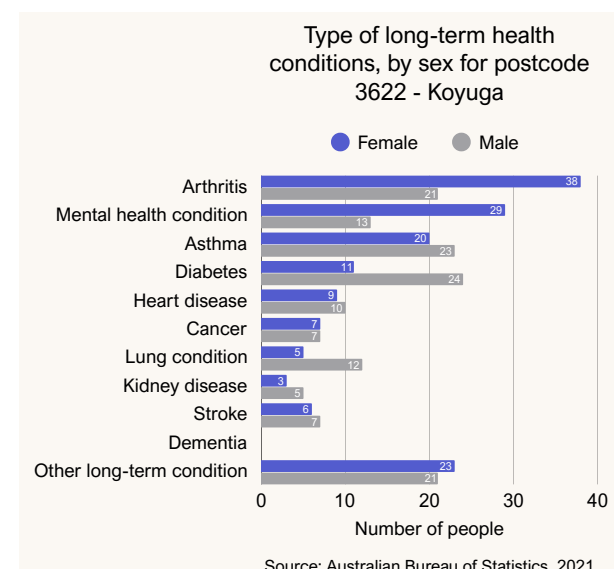
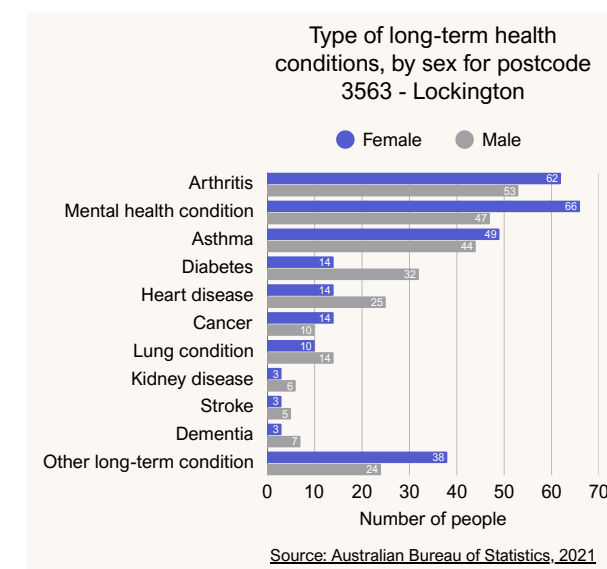
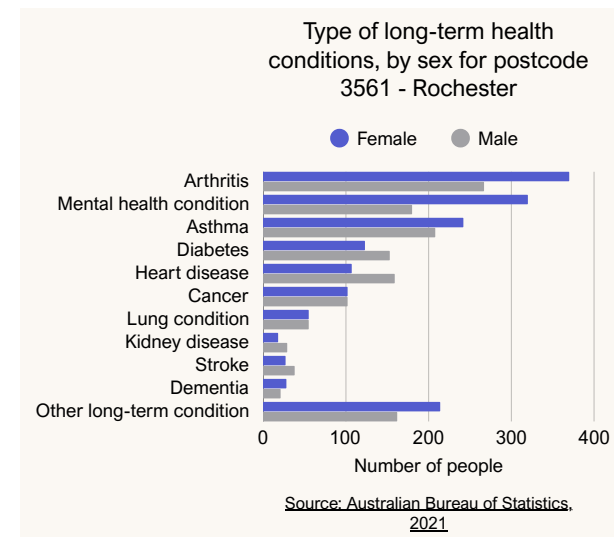
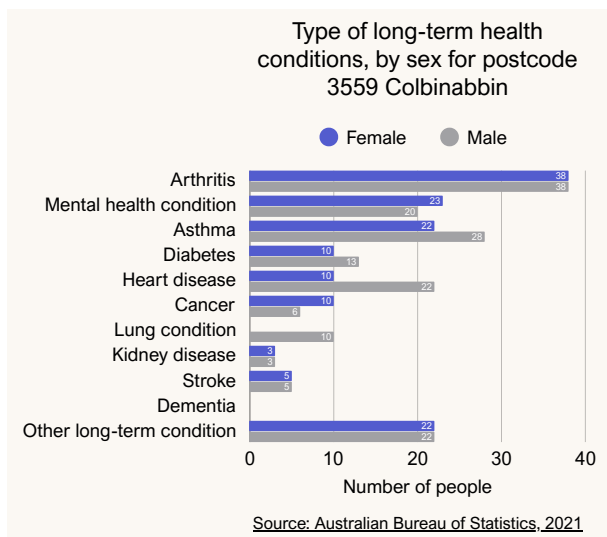
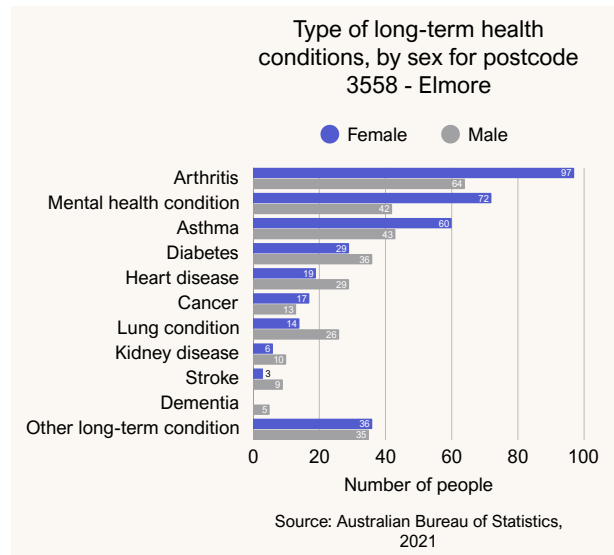
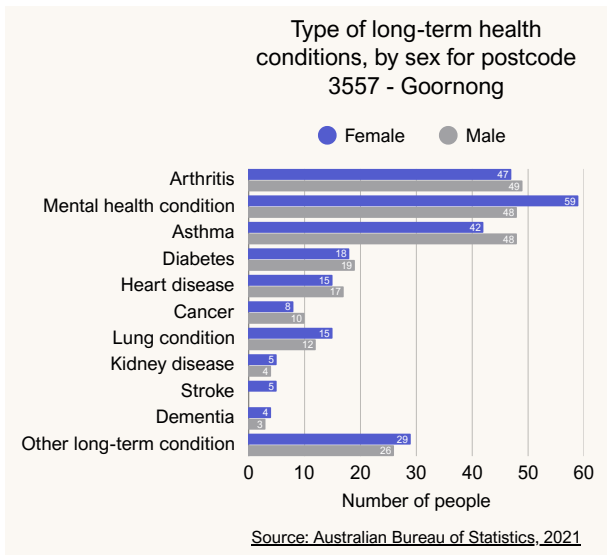


In the census data, people were asked “have you (or dependants) been told by a doctor or nurse that they have any of these long-term health conditions?” The top three long-term health conditions reported in the Rochester area are arthritis, mental health conditions and asthma.



Across all six postcodes, diabetes and heart disease were more commonly reported among male respondents, consistent with broader cardiometabolic health patterns.

Female respondents reported higher rates of arthritis and mental health conditions across all postcodes, reflecting well-established gender trends in chronic disease burden.



## 6. References and Abbreviations

**LMPHU** <https://www.bendigohealth.org.au/LMPHU/>

**ABS Quick Stats** <https://abs.gov.au/census/find-census-data/quickstats/2021/POA3523>

**AECD** <https://www.aedc.gov.au/data-explorer/>

Abbreviation table	
ABS	Australian Bureau of Statistics
ALC	Active Living Census
AEDC	The Australian Early Development Census
Bendigo	City of Greater Bendigo
Campaspe	Campaspe Shire
IRSD	Index of Relative Socio-economic Disadvantage
LGA	Local government area
LGBTIQA+	Lesbian, gay, bisexual, transgender, intersex, queer, asexual and other sexually or gender diverse people



LODDON MALLEE  
PUBLIC HEALTH UNIT