



Boort Data Profile

2026

Boort District Data Profile

This document has been prepared to provide a data profile on the health and wellbeing of Boort and the surrounding 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 [Loddon 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.
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Summary

Defining the geographical boundaries for assessing the health and social needs of Boort, located within the Loddon Shire has been challenging due to limited data availability and small population sizes. Where possible, data specific to the Boort postcode 3537 has been used. However, some sources include surrounding areas, which vary in definition. As the Loddon Shire data also includes the Boort data the differences may be even more pronounced if data specific to Boort was not included in the comparison.



Population

Boort is located in central Victoria within the Loddon Shire Council and has a population of approximately 1094, making up 14.1% of shire's total population. Boort has a notable older population, with a median age of 53 years and 34.2% aged over 65 years.



Priority groups

Priority populations include Aboriginal and Torres Strait Islander peoples (2.3% of the Boort population), people with disabilities (7.5% of residents needing core activity assistance) and people experiencing socioeconomic disadvantage. Data on LGBTIQ+ communities is limited, though state/national figures indicate heightened vulnerability in health outcomes.



Health determinants

Boort face higher levels of socioeconomic disadvantage and educational attainment is low - only 34.4% have completed education beyond Year 12. Income levels are lower than state averages, and the area shows elevated mortgage stress. Barriers to health include poor nutrition (only 10.7% meet vegetable intake guidelines), and high rates of daily alcohol consumption.



Health risk factors

Overweight/obesity rates are high (75.8%) and physical activity levels are below average (44.4% meet guidelines), while smoking rates are low (9.6%). There are mixed alcohol use trends—more daily drinkers but fewer binge drinking episodes. Poor water intake is an issue, though sugar-sweetened beverage consumption is low.



Health conditions

Boort had a higher proportion of people reporting one long-term health condition compared to Loddon Shire. The three most commonly reported conditions are arthritis, mental health issues, and asthma, with these being more frequently self-reported by females.

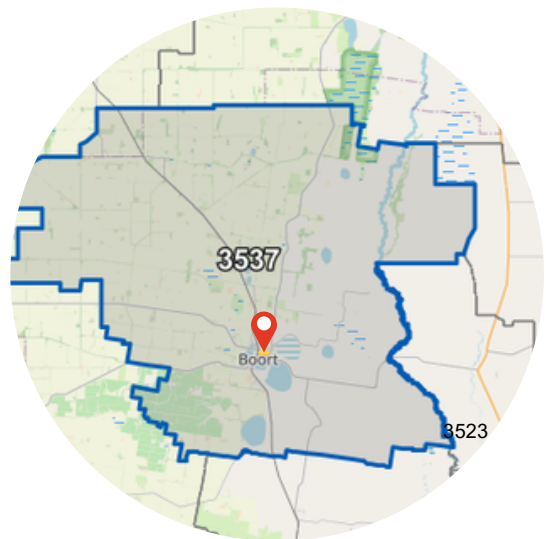
Boort

Boort is located in north-central Victoria, approximately 250 km northwest of Melbourne and 105 km northwest of Bendigo. It sits within the Loddon Shire and is set around the picturesque Lake Boort, one of a chain of wetlands that form part of the broader Loddon River system. Boort is an Aboriginal name meaning, 'smoke from the hill'.

The region is located on the traditional lands of the Dja Dja Wurrung people, whose connection to Country is enduring and deeply embedded in the landscape. Lake Boort and its surrounds contain some of the richest concentrations of Aboriginal cultural heritage in Victoria, including notable scar trees, earth mounds, and artefact sites. The Dja Dja Wurrung Clans Aboriginal Corporation continues to lead cultural heritage protection, land management, and community partnerships across the region. [1]

Land use in Boort and its surrounding district is strongly tied to agriculture, with extensive irrigated and dryland cropping, grain production, and mixed livestock grazing. The area is also known for its olive groves, hay production, and horticulture. Boort acts as a key service hub for nearby farms, providing essential retail, machinery, transport, education, and health services that support the regional economy. [2]

Boort has a population of approximately 1,094 people, with a median age of 53 years, reflecting an older demographic profile compared with Victorian averages. The community includes long-standing farming families, small business owners, retirees, and seasonal agricultural workers during peak periods. [3]



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

— Loddon Shire Council




1. Boort Population population

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 total population of the Boort postcode is 1094 people, representing 14.1% of the Loddon Shire total population (n = 7,759). The age distribution below demonstrates an older population in Boort compared to Victoria.

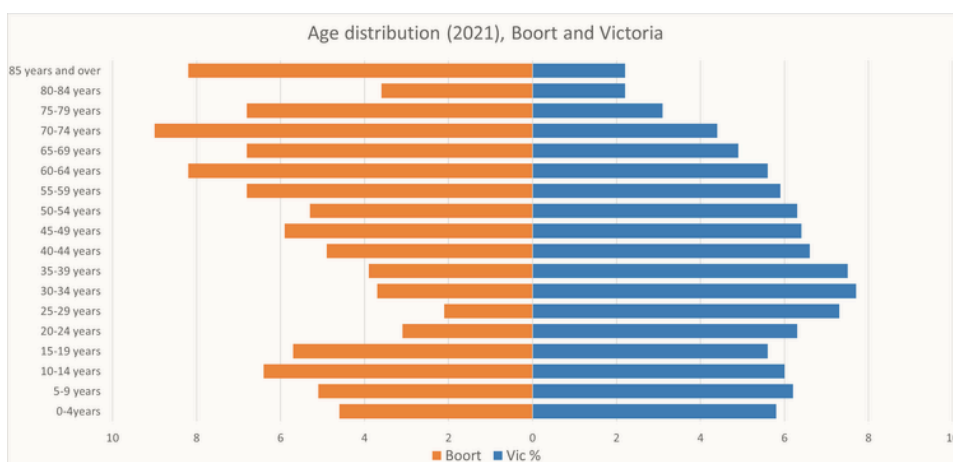
Location	Mean Age (2021)
Victoria	38 years
Loddon (LGA)	52 years
Boort	53 years

Source: Australian Bureau of Statistics, 2021

 1094 people reside in the Boort postcode (2021)



Source: Australian Bureau of Statistics, 2021



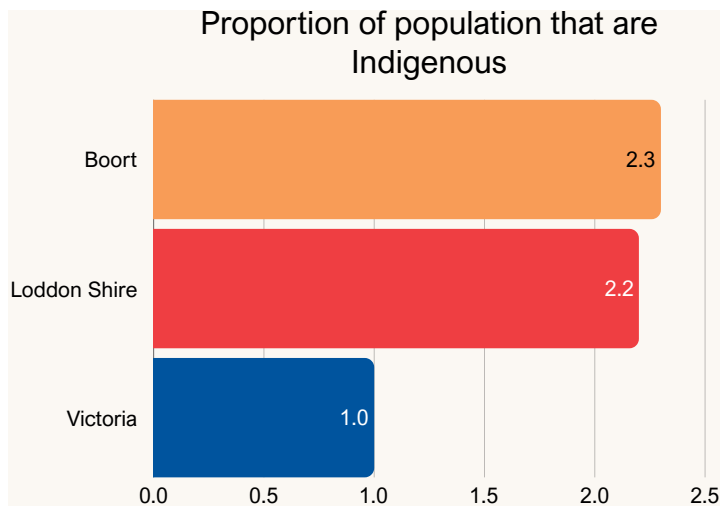
Source: Australian Bureau of Statistics, 2021

2. Priority Groups

2.1 Indigenous status



Dja Dja Wurrung people are the traditional owners of the land where Boort is settled.



The proportion of Aboriginal and Torres Strait Islander peoples in the Boort postcode is 2.3% (n= 25) contributing to Loddon Shire’s 2.2% of Aboriginal and Torres Strait Islander peoples. 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.

Source: Australian Bureau of Statistics, 2021

2.2 Multicultural communities

In the Boort postcode 80.3% of households speak English only, with 5.4% speaking a non-English language at home.

Top 5 languages in Boort postcode, 2021	%	Number
Malayalam	1.4	15

Source: Australian Bureau of Statistics, 2021

Location	Uses other languages and speaks English not well/not at all, 2021
Boort	0.8%
Loddon Shire	0.3%
Victoria	4.4 %

Source: Australian Bureau of Statistics, 2021

2.3 LGBTIQ+

Unfortunately, there is a lack of local data on 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.

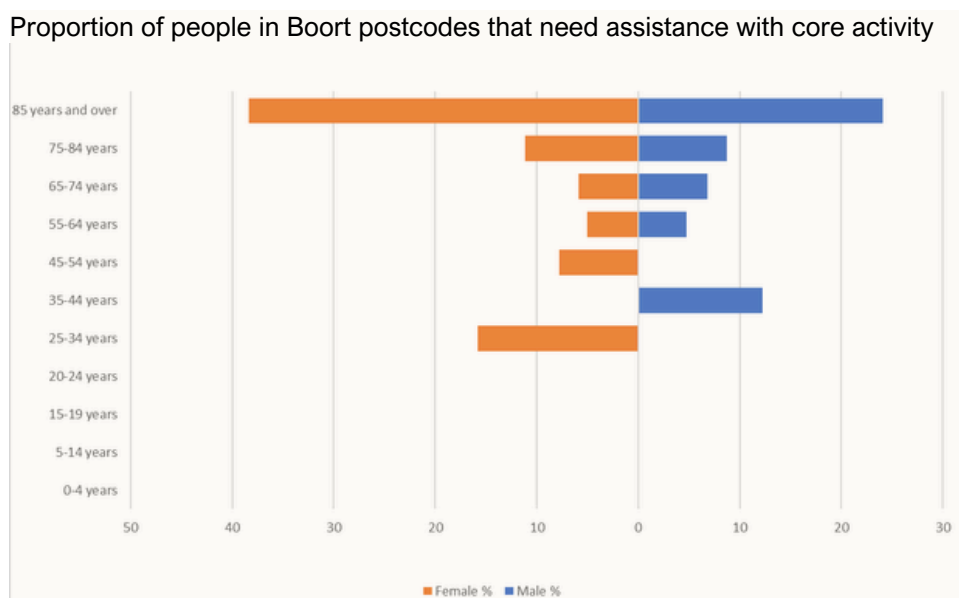
Sources and for more information: [Pride in our future: Victoria's LGBTIQ+ strategy 2022–32 | vic.gov.au \(www.vic.gov.au\)](https://www.vic.gov.au/pride-in-our-future-victoria-s-lgbtiqa-strategy-2022-32); [The health and wellbeing of the lesbian, gay, bisexual, transgender, intersex and queer population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

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 Boort area there are 28 males and 54 females, (total of 82 people) that require assistance with core activity.



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.

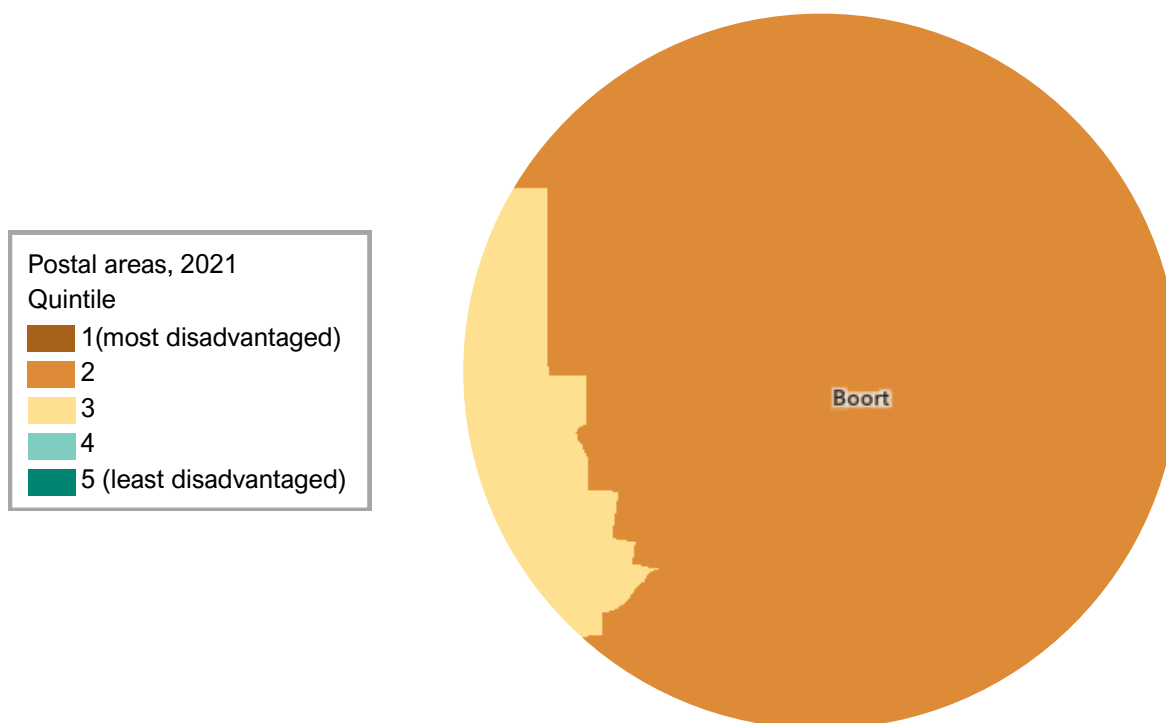
A low score indicates relatively greater disadvantage. For example, an area could have a low score if there are: many households with low income, or many people without qualifications, and many people in low skilled occupations. A high score indicates a relative lack of disadvantage. For example, an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

The Boort postcode (IRSD score 986) showed lower relative disadvantage on the 2021 IRSD compared with Loddon Shire 948 and higher relative disadvantage than Victoria 1,018.

LGA, 2021	IRSD Score ^
Victoria	1,018
Loddon Shire	948
Boort	986

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

^ The lower the score the greater disadvantage

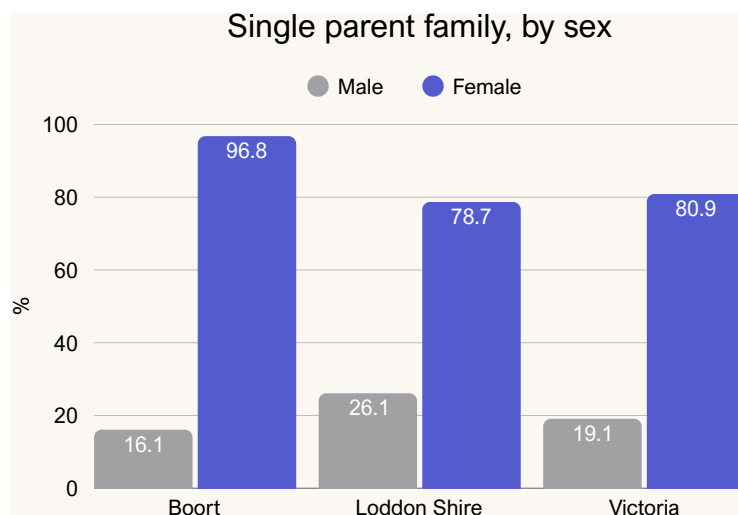


3.2 Single parents

Single-parent families can thrive, but 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 issues due to the combined pressures of caregiving and earning.

In 2021, there were 33 (13.3% of all families) single parent families recorded in Boort.



Source: Australian Bureau of Statistics, 2021

3.3 Level of highest educational attainment

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



In the Boort postcode, 34.4% people had higher education (above year 12), compared to 36.7% of people in the Loddon Shire.

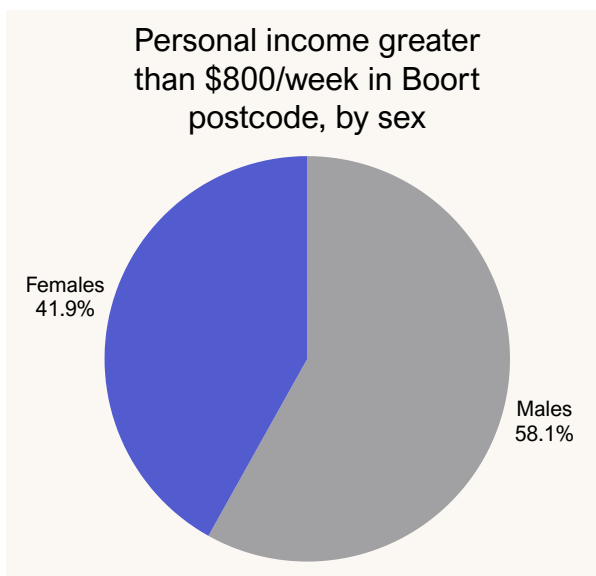
Level of highest education attainment, % people aged 15 years and over, 2021	Boort Postcode	Loddon Shire	Victoria
Bachelor degree level and above	13.1	10.6	29.2
Advanced Diploma and diploma level	5.2	7.3	9.8
Certificate level III & IV	16.1	18.7	14.3
Year 12	8.4	10.2	14.9
Year 11	8.3	8.8	5.7
Year 10	12.1	12.9	7.3
Year 9 or below	12.7	13.6	7.9

Source: Australian Bureau of Statistics, 2021

3.4 Household income

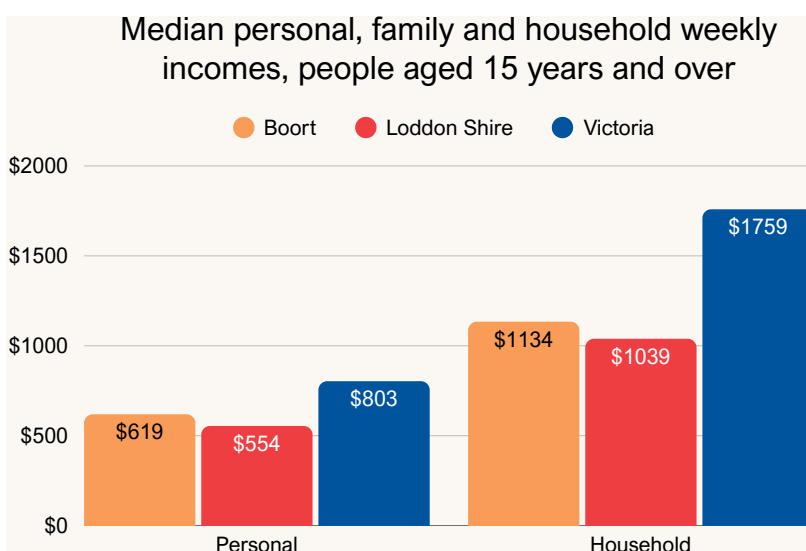
The median weekly income excludes people aged 15 years and over who did not state their income. In the Boort postcode, the median personal and household incomes are higher than those for Loddon Shire overall, but lower than the Victorian averages.

Of the people in the Boort postcode that reported a personal wage over \$800/week*, 58.1% were males. This is a higher pay gap compared to Victoria, where 56.5% of people reporting a personal wage over \$800/week were male.



Source: Australian Bureau of Statistics, 2021

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



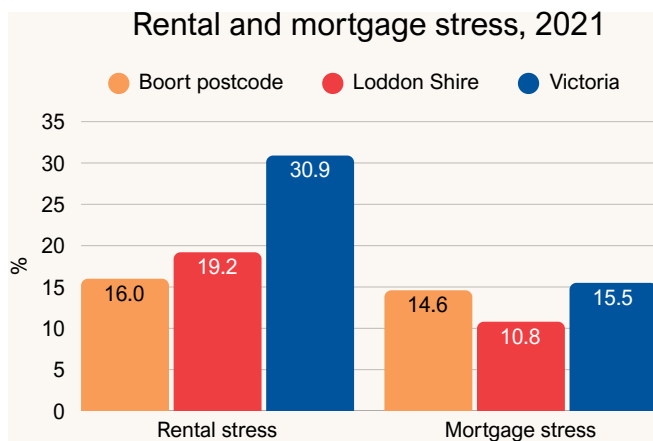
Source: Australian Bureau of Statistics, 2021

3.5 Housing

The average number of people per household in the Boort postcode is 2.2 people, the same as the Loddon Shire (2.2 people) and slightly lower than Victoria (2.5 people). There are 102 (21.0%) private dwellings unoccupied in the Boort postcode.

Rental and mortgage stress is determined when rental/mortgage payments are greater than 30% of household income.

The Boort postcode, Loddon Shire and Victoria have higher rental stress compared to mortgage stress. The Boort postcode mortgage stress is higher than Loddon Shire's but below the Victorian average.

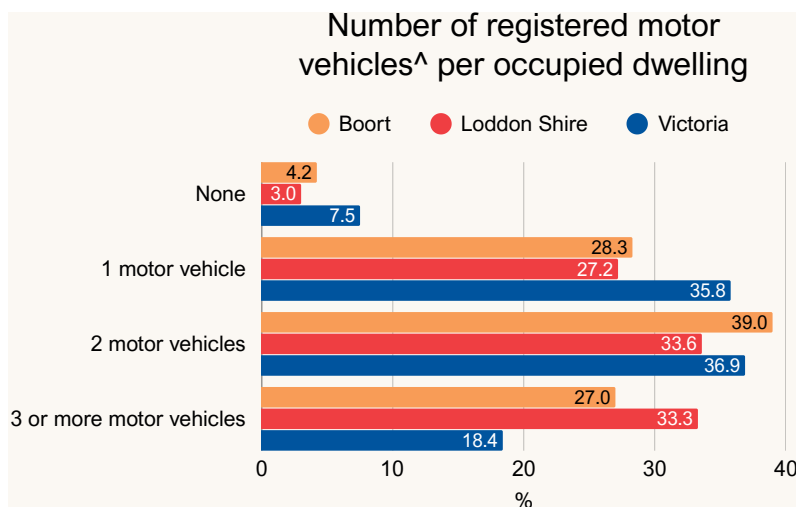


Source: Australian Bureau of Statistics, 2021

3.6 Motor vehicles

Rural areas have less access to public transport and must travel longer distances to reach essential services compared to their metropolitan counterparts. In regions like Boort postcode, access to a motor vehicle is essential for obtaining fresh, healthy food, accessing healthcare and maintaining social connections.

In 2021, there were 16 homes (4.2%) without a registered motor vehicle.

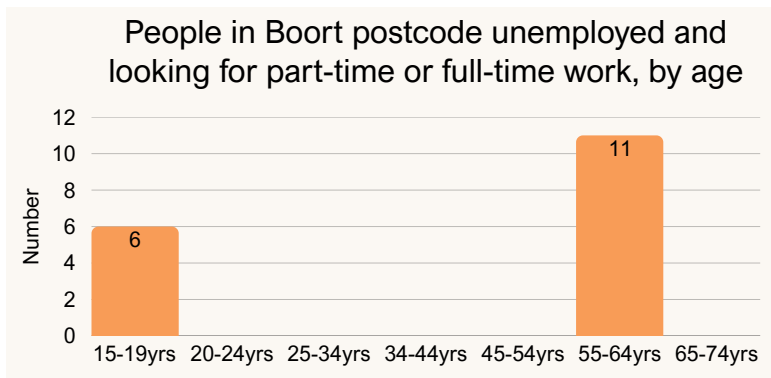


Source: Australian Bureau of Statistics, 2021

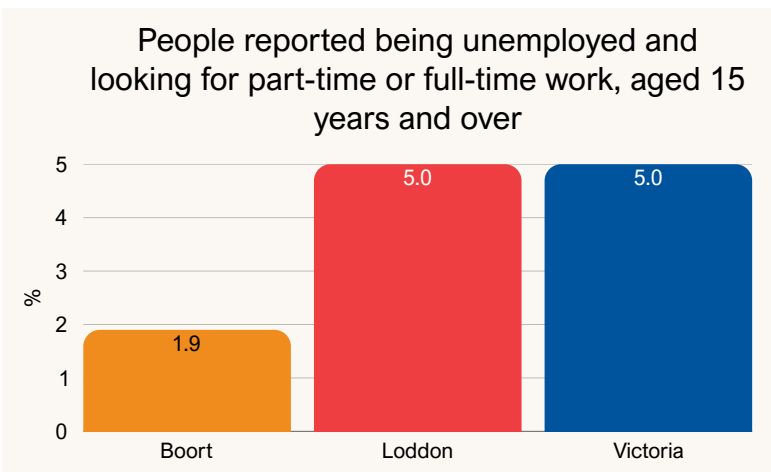
^Motor vehicles excludes motorbikes, motor scooters and heavy motor vehicles.

3.7 Unemployment

Unemployment in Boort and district is lower (1.9%) compared to Loddon (5%) and Victoria (5%). The highest age group experiencing unemployment in Boort postcode is 55-64 years.



Source: Australian Bureau of Statistics, 2021



Source: Australian Bureau of Statistics, 2021

3.8 Occupation

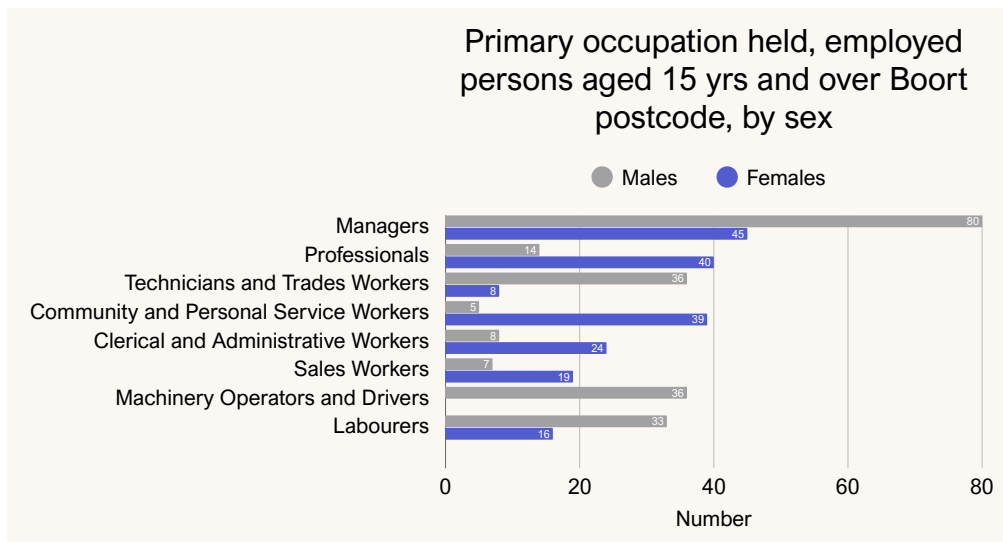
The top three industries of employment in the Boort postcode are grain-sheep or grain-beef cattle farming, sheep farming (specialised), and other grain growing - the same as Loddon Shire top three industries of employment.

Industry of Employment - Top responses by postcode and %	
Grain-Sheep or Grain-Beef Cattle Farming	8.0
Sheep Farming (Specialised)	5.9
Other Grain Growing	4.9
Hospital	4.6
Dairy Cattle Farming	3.4

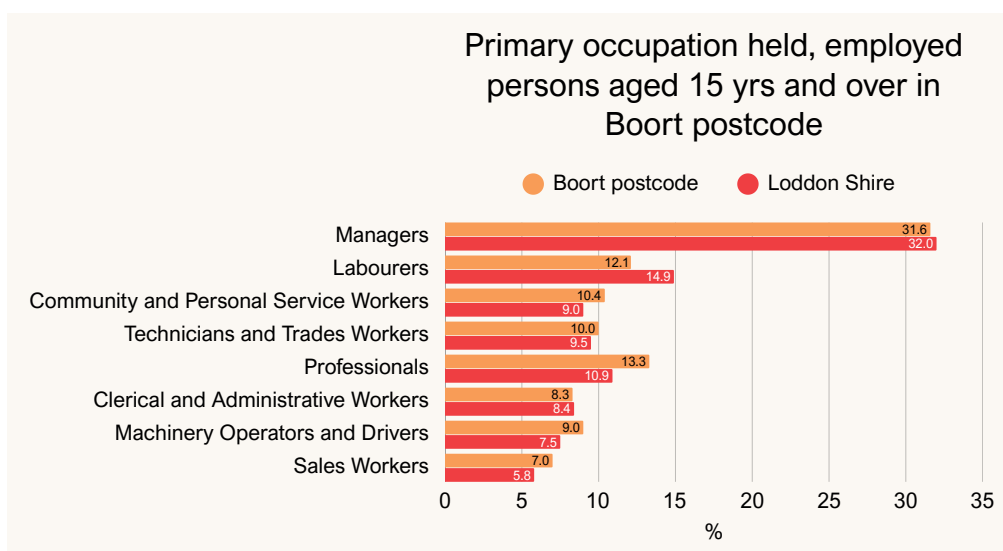
Source: Australian Bureau of Statistics, 2021

The data examining the primary occupations of employed individuals aged 15 years and over in the Boort postcode 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.



Source: Australian Bureau of Statistics, 2021



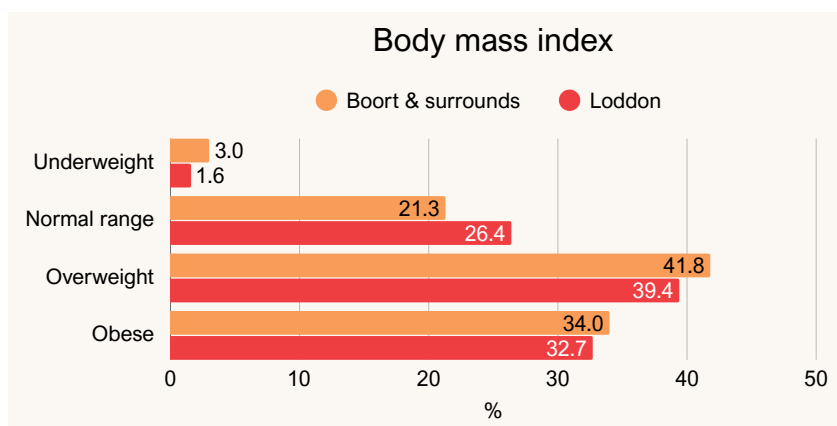
Source: Australian Bureau of Statistics, 2021

4. Health risk factors

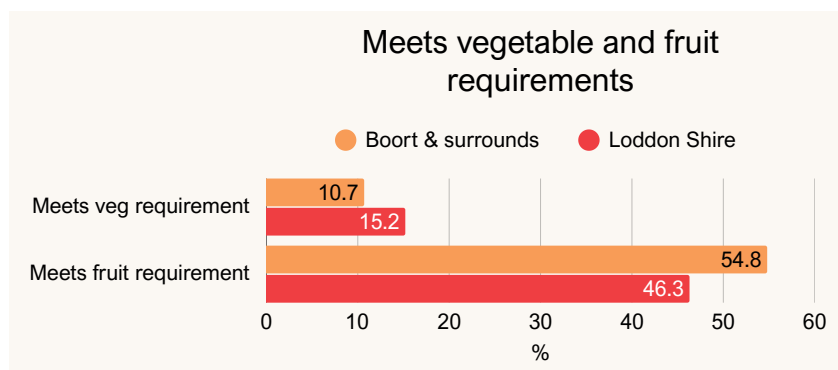
4.1 Healthy eating

Poor diet and lack of exercise contribute to being overweight and obese, which are leading contributors to chronic disease and premature death in Victoria.^[1] The data from the 2019 Healthy Heart of Victoria Active living census represents a sub-region of Loddon Shire. For this analysis, results were grouped into five sub-regions for the Loddon Shire — Boort and surrounds, East Loddon Area, Inglewood/Bridgewater and surrounds, Pyramid Hill and surrounds, Wedderburn and surrounds and South Loddon Area. The ALC allocated respondents to sub-regions according to their suburb of residence, using the suburb-to-district classifications from profile.id for Loddon Shire. These sub-regions represent functional catchments centred on major towns and their surrounding rural communities rather than formal ABS boundaries or postcode areas.

In the Active Living Census (ALC) survey, Boort and surrounds has 75.8% people reporting they are overweight or obese, higher than Loddon Shire (72.1%). Only 10.7% of people in Boort and surrounds met the vegetable requirements determined by the National Health and Medical Research Council.^[2] The barrier of cost and personal preference/habit for not meeting both vegetable and fruit requirements was higher than the other sub-regions in Loddon Shire.



Source: [Active living census, Healthy Heart of Victoria, Social Research Centre, 2019](#)



Source: [Active living census, Healthy Heart of Victoria, Social Research Centre, 2019](#)

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

[2] [Australian Dietary Guidelines, National Health and Medical Research Council, 2013](#)

Barriers	Barriers to meeting vegetable guidelines in Boort (%)	Barriers to meeting fruit guidelines in Boort (%)
Personal preference/habit	35.5	50.1
Time poor	18.5	15.9
Diet / health restriction	10.7	3.9
Guidelines	14.7	9.3
Cost	20.0	15.3
Quality / availability	4.5	20.2

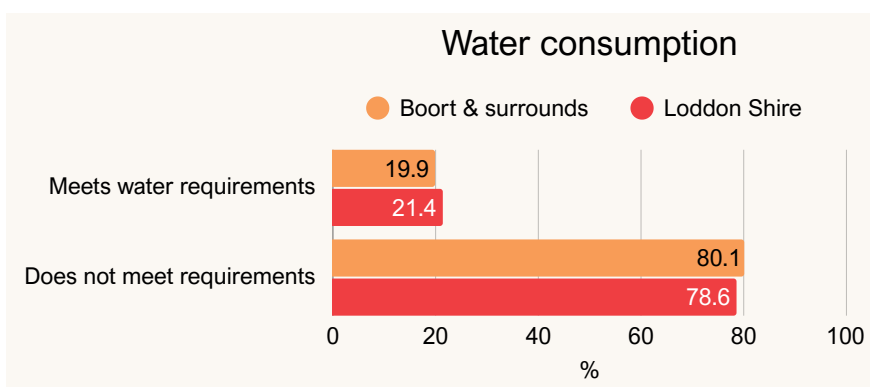
Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

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.

In the ALC survey, a slightly higher proportion of people in the Boort and surrounds (80.1%) did not meet recommended water consumption levels, compared with 78.6% across Loddon Shire.

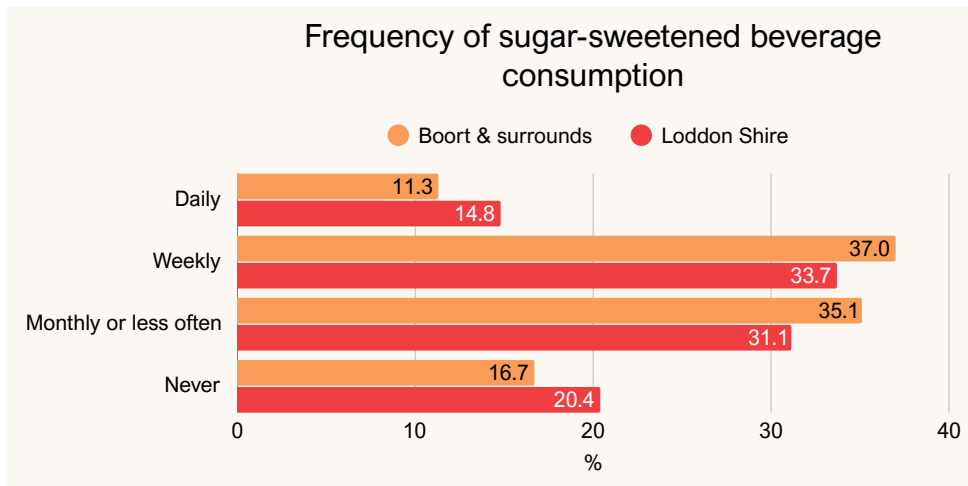
Boort and surrounds had a lower proportion of people who consumed sugar-sweetened beverages (soft drinks, cordials, sports or energy drinks) daily (11.3%) compared with Loddon Shire (14.8%).



Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

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

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

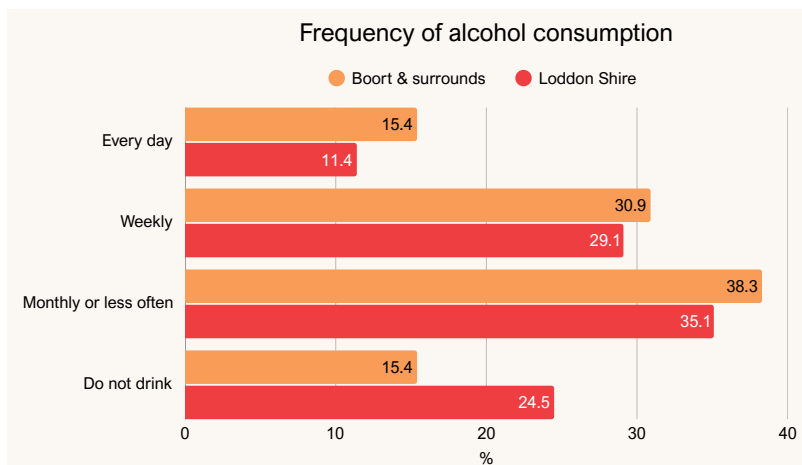


Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

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]

In the ALC survey, the Boort and surrounds had a higher proportion of participants who consumed alcohol daily (15.4%) to that of Loddon Shire (11.4%). A smaller proportion of people in Boort and surrounds reported not drinking alcohol (15.4%) compared with the Loddon Shire average (24.5%).

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. Boort and surrounds had a higher proportion of people consuming four or more drinks on one occasion (56.6%) compared with Loddon Shire (53.9%).



Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

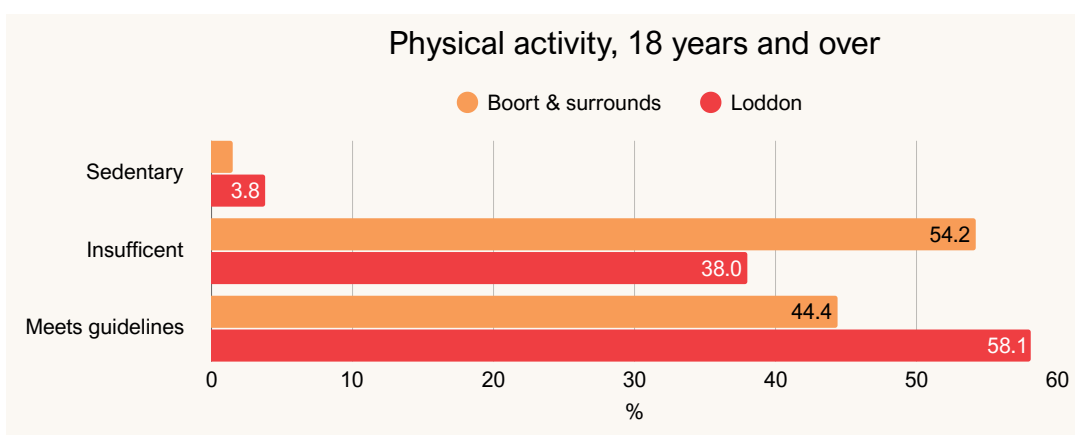
[1] National Health and Medical Research Council (NHMRC).

4.3 Physical activity

People are described as having met the physical activity guidelines if they have engaged in moderate or vigorous intensity activity for sufficient time.^[1] 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.

In the ALC survey, Boort and surrounds (n=94) reported 44.4% meeting the physical activity guidelines, lower than Loddon Shire (58.1%).

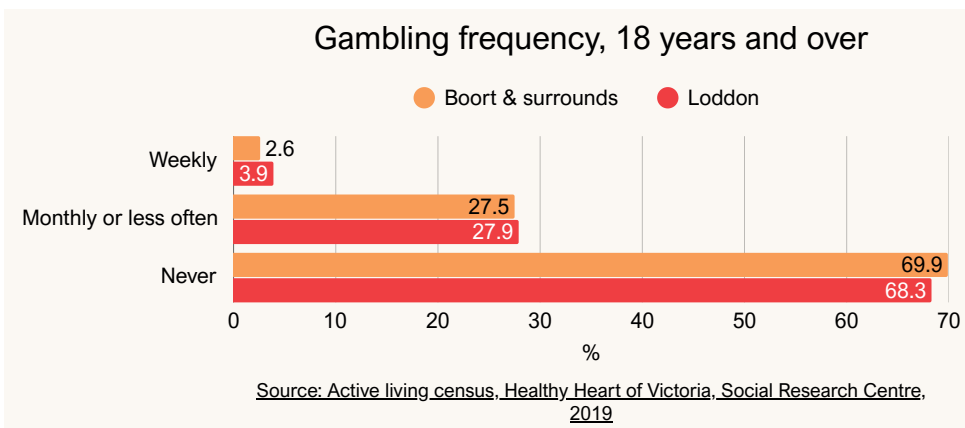


Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

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. ^[2]

In the ALC survey, the proportion of adults gambling in Boort and surrounds is lower than both the Loddon Shire and Victorian averages.



Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

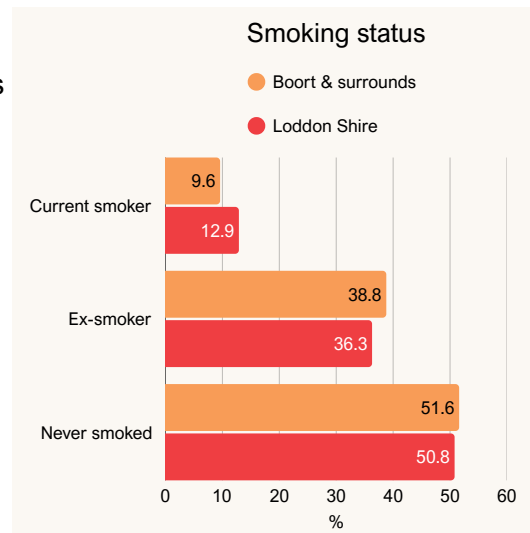
[1] Australia's physical activity and sedentary behaviour (Department of Health 2014)

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

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 Boort and surrounds who reported they are current smokers is 9.6%, lower than Loddon Shire 12.9%.

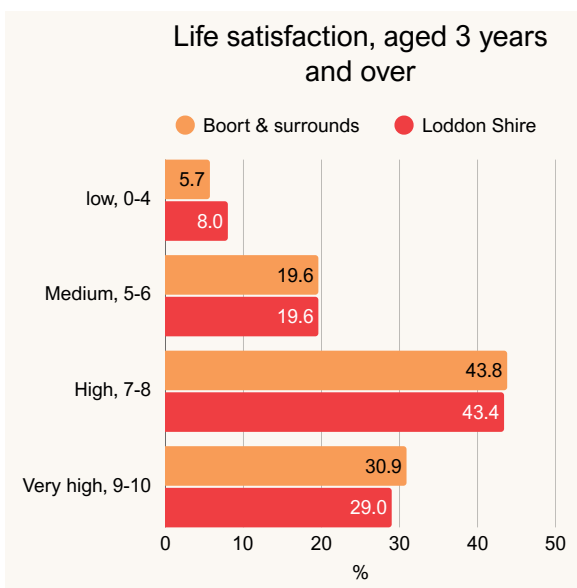


Source: *Active living census, Healthy Heart of Victoria, Social Research Centre, 2019*

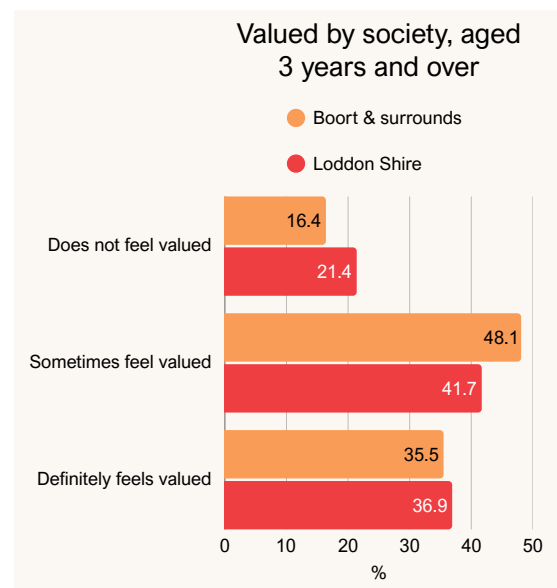
4.6 Mental wellbeing

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.

Life satisfaction was measured by asking ALC survey respondents how satisfied they feel about life in general, on a scale from 0-4 (low satisfaction) to 9-10 (very satisfied). In Boort and surrounds 74.7% of respondents reported high to very high life satisfaction, comparable to Loddon Shire overall (72.4%). In Boort and surrounds, 35.5% of people said they definitely feel valued, compared with 36.9% across Loddon Shire.

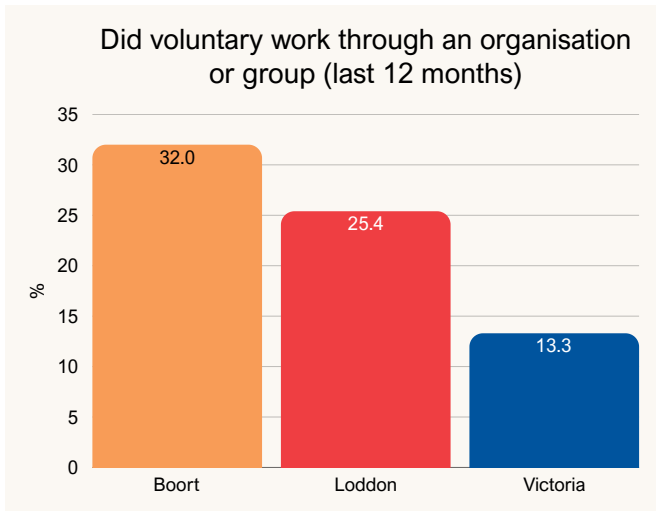


Source: *Active living census, Healthy Heart of Victoria, Social Research Centre, 2019*



Source: *Active living census, Healthy Heart of Victoria, Social Research Centre, 2019*

Voluntary work can help to support mental health and wellbeing by strengthening social connection and a sense of being valued. In the Boort postcode, 32% of people were involved in voluntary work in the last 12 months, higher than both Loddon Shire and Victorian rates.

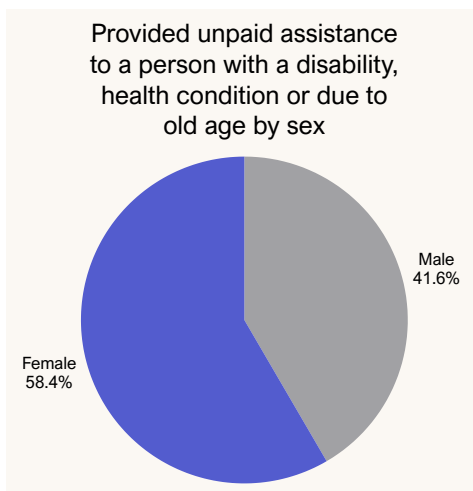


Source: Australian Bureau of Statistics, 2021

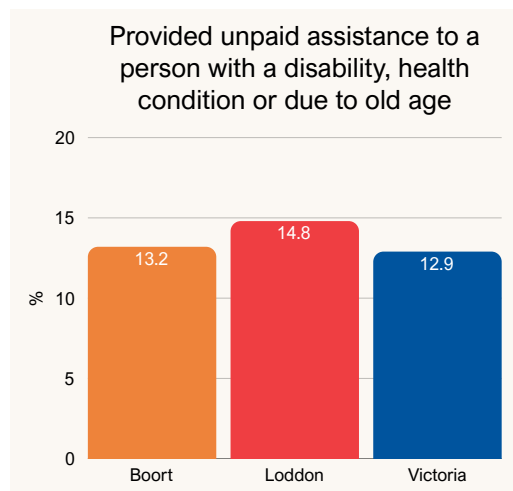
4.7 Carers

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.

The Boort postcode had 122 (13.2%) people providing an unpaid carer role to someone with a disability, health condition or the elderly. Of the unpaid carers, 58.4% were female.



Source: Australian Bureau of Statistics, 2021

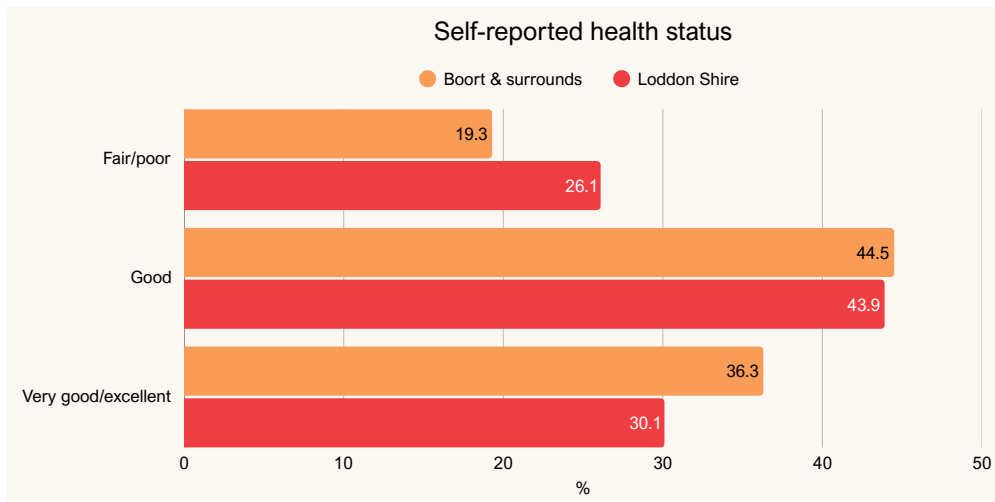


Source: Australian Bureau of Statistics, 2021

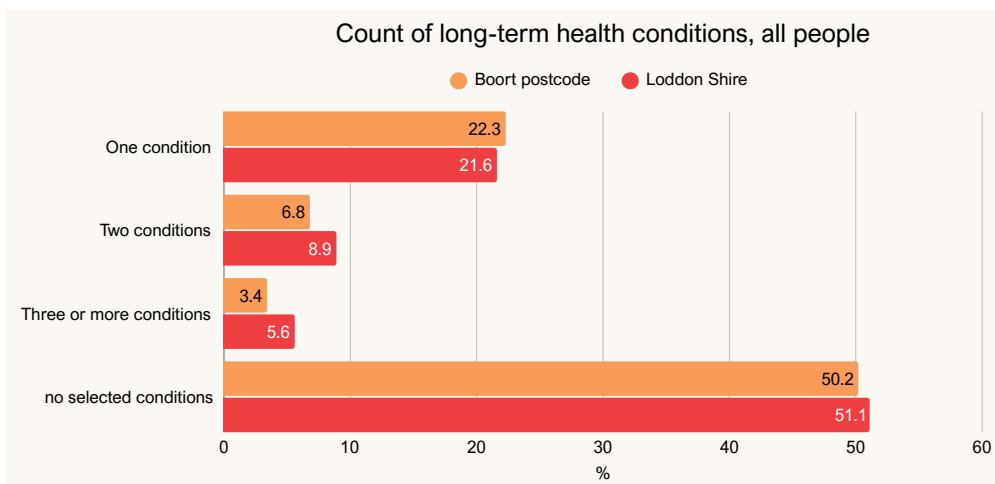
5 Health conditions

5.1 Long term health conditions

Boort and surrounds (19.3%) had a lower proportion of people reporting fair/poor health compared to Loddon Shire (26.1%). The Boort postcode has a lower overall count of long-term health conditions compared to Loddon Shire. 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 Boort postcode are arthritis, mental health conditions, and asthma.



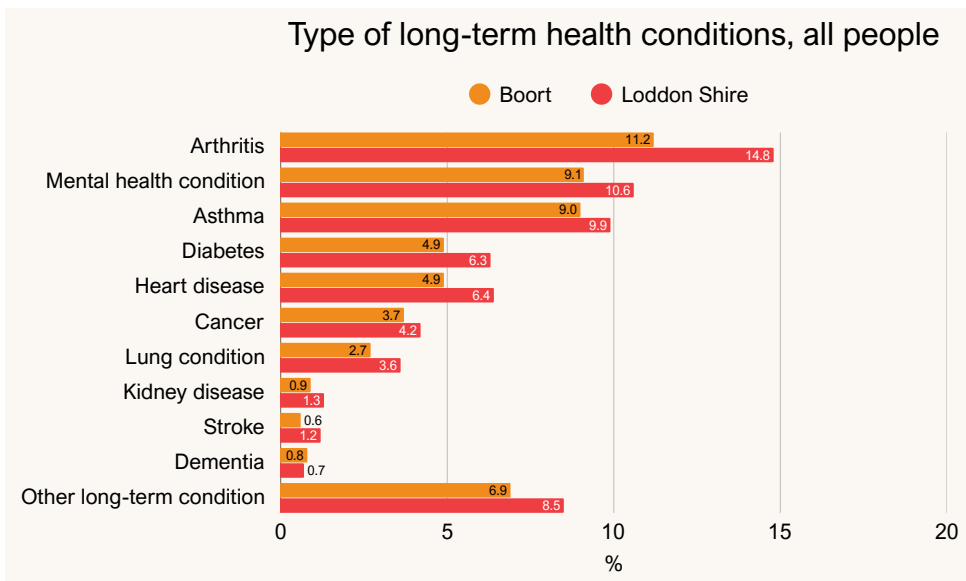
Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019



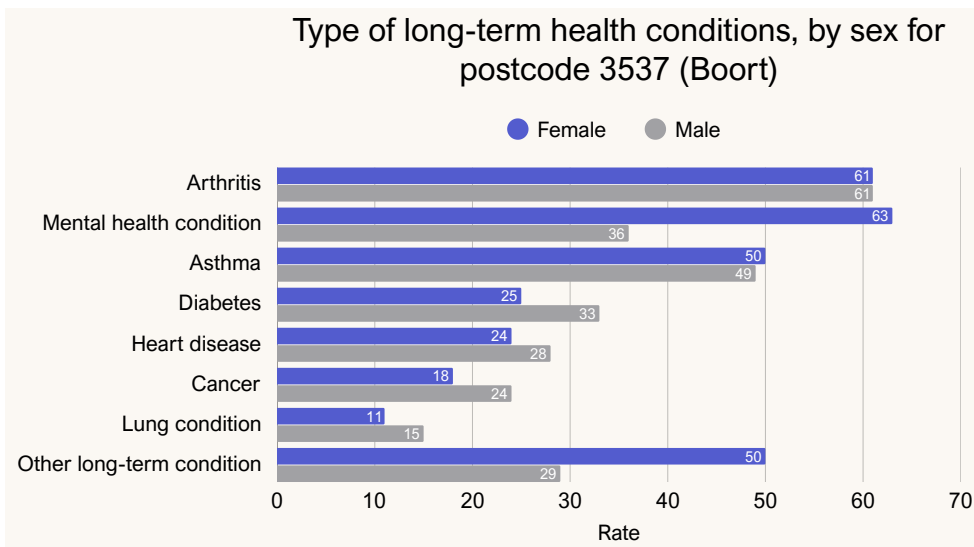
Source: Australian Bureau of Statistics, 2021

Diabetes and heart disease were more commonly reported among male respondents, consistent with broader cardiometabolic health patterns.

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



Source: Australian Bureau of Statistics, 2021



Source: Australian Bureau of Statistics, 2021

Figures under five are not recorded.

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/>

Crimes Statistics Agency <https://www.crimestatistics.vic.gov.au/>

Abbreviation table	
ALC	Active Living Census
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	Loddon Shire



LODDON MALLEE
PUBLIC HEALTH UNIT