

# Heathcote

## Data Profile



Loddon Mallee  
Public Health Unit

# Heathcote Data Profile

This document has been prepared to provide a data profile on the health and wellbeing of Heathcote 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.

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.

Produced by Bendigo Health,  
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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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# Summary

Defining the geographical boundaries for assessing the health and social needs of Heathcote, located within the City of Greater Bendigo (Greater Bendigo), Victoria, has been challenging due to limited data sources. Where possible, data specific to Heathcote's postcode (3523) has been used. However, some sources include surrounding areas, which vary in definition. The data highlights notable differences between Greater Bendigo (local government area) and the Heathcote postcode. As the Greater Bendigo data also includes the Heathcote data the differences may be even more pronounced if data specific to Heathcote was not included in the comparison.



## Population

Heathcote, located in central Victoria within the Greater Bendigo, has a population of approximately 3,965 people, making up 3.3% of the city's total population. The town has a notably older population, with a median age of 56 years and 33.7% aged over 65, compared to 19.9% in Greater Bendigo.



## Priority groups

Priority populations include Aboriginal and Torres Strait Islander peoples (1.6% of Heathcote's population), people with disabilities (9.2% 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. Unemployment is higher (5.5%) than in Greater Bendigo (4.2%), with the most affected age group being 45–64.



## Health determinants

Heathcote faces higher levels of socioeconomic disadvantage (IRSD = 947) and educational attainment is low—only 39.3% have completed education beyond Year 12. Income levels are lower than state averages, and the area shows elevated rental stress. Barriers to health include limited access to fluoridated water, poor nutrition (only 11.9% meet vegetable intake guidelines), and higher daily alcohol consumption.



## Health risk factors

Overweight/obesity rates are high (62.8%), physical activity levels slightly below average (54.3% meet guidelines), and smoking rates are low (9%). 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

Heathcote and District had a significantly higher proportion of people reporting fair/poor health compared to Greater Bendigo. Heathcote postcode has a higher count of long-term health conditions compared to Greater Bendigo. The three most commonly reported conditions are arthritis, mental health issues, and asthma, with these being more frequently self-reported by females.

# Heathcote

Heathcote is a picturesque town located in central Victoria, Australia, approximately 110km north of Melbourne. It falls within the City of Greater Bendigo and is nestled between the McHarg and McIvor Ranges, offering a tranquil bushland setting.

Heathcote is situated on the traditional lands of the Taungurung people, one of the First Nations of central Victoria. Specifically, the Nira-Balluk clan inhabited the Heathcote area. The Taungurung Land and Waters Council has actively worked to preserve and promote the cultural heritage of the Taungurung people, ensuring that their traditions and connection to the land continue to be recognized and respected.<sup>[1]</sup>

Land use in Heathcote is varied, with a strong emphasis on agriculture, viticulture, and tourism. The region is particularly renowned for its Shiraz vineyards, which thrive in the area's ancient Cambrian soil, giving the wine its distinctive characteristics. Apart from viticulture, the land is also used for livestock grazing, forestry, and residential development, contributing to a balanced mix of economic and environmental priorities.<sup>[2]</sup>

Heathcote's socioeconomic characteristics reflect a small but growing rural community. The town has a population of approximately 3,965 people, with a median age of 56 years.<sup>[3]</sup> The local economy is driven by agriculture, tourism, and small businesses, with many residents employed in wine production, hospitality, and retail industries.

The impacts of these economic activities and land use changes are noticeable. The expansion of the wine industry has contributed to economic growth by attracting tourists and investors, boosting local businesses and employment opportunities. However, there are environmental concerns related to increased viticulture and urban expansion, including water usage, soil degradation, and biodiversity loss. Additionally, the town has seen steady population growth, leading to infrastructure improvements and an increased demand for housing and services.



— City of Greater Bendigo



Heathcote

1. *The Taungurung Land and Water Council*  
2. *Socio-economic impacts of land use change, Cooperative Research Centre for Forestry.*  
3. *Australian Bureau of Statistics*

# 1. Heathcote 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 Heathcote postcode (3523) is 3,965. This is 3.3% of Greater Bendigo's total population (n= 121,470). The age distribution pyramid below demonstrates an older population in Heathcote compared to Greater Bendigo and Victoria. In Heathcote, 33.7% of the population is over 65 years of age, higher than the proportion in Greater Bendigo (19.9%). Heathcote has a considerably higher mean age (56 years) compared to Greater Bendigo (40 years).

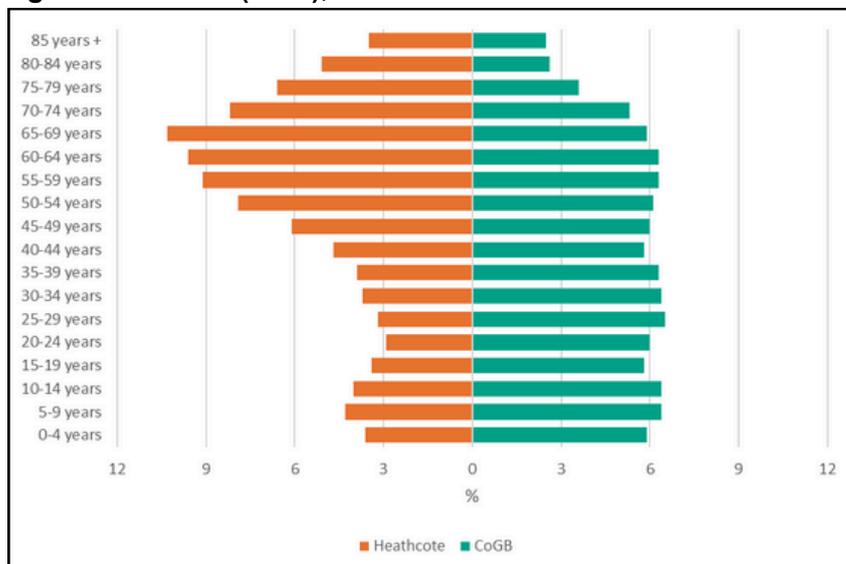


3,965 people reside in the Heathcote postcode (2021)



183 people are serving or have served in the Australian Defence Force (2021)

## Age distribution (2021), Heathcote Postcode and CoGB LGA

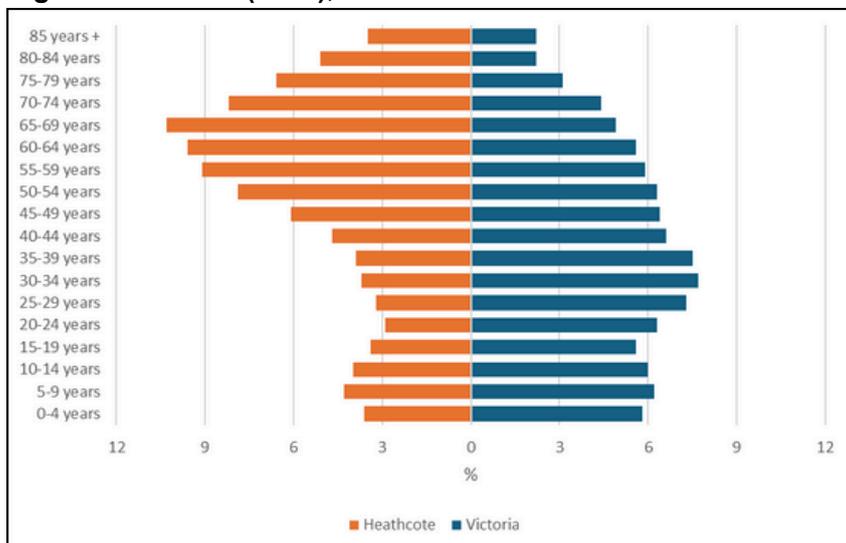


Source: Australian Bureau of Statistics, 2021

Location	Mean Age (2021)
Victoria	38 years
Greater Bendigo (LGA)	40 years
Heathcote postcode	56 years

Source: Australian Bureau of Statistics, 2021

## Age distribution (2021), Heathcote Postcode and Victoria



Source: Australian Bureau of Statistics, 2021

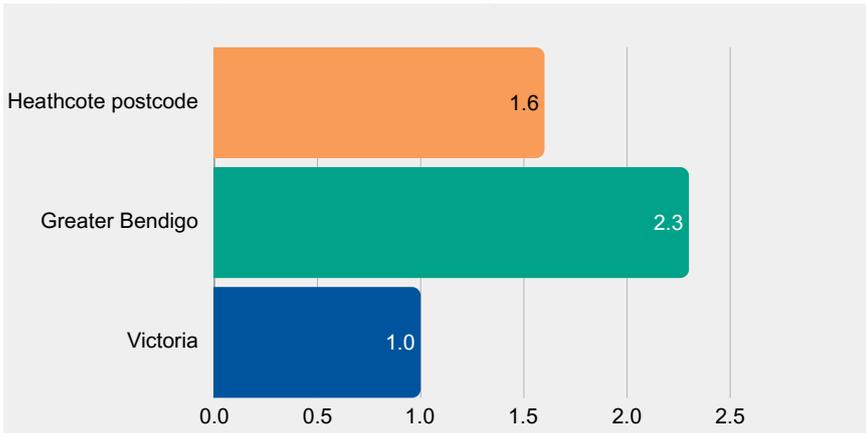
## 2. Priority Groups

### 2.1 Indigenous status



Taungurung people are the traditional owners of the land where Heathcote is settled.

#### Proportion of population that are Indigenous



Source: Australian Bureau of Statistics, 2021

Heathcote's proportion of Aboriginal and Torres Strait Islander peoples is 1.6% (n= 63) contributing to Greater Bendigo's 2.3% 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 dis-proportionally experience systemic disadvantage compared to the whole of population.

### 2.2 Multicultural communities

In the Heathcote postcode, 84.7% of households speak English only, with 5.7% speaking a non-English language. Of the 20 people who uses other languages and speak English 'not well or not at all', languages used are Chinese (6), Greek (3), Portuguese (3), Turkish (3) and other (4).

Top 5 languages in Heathcote postcode, 2021	%	Number
Italian	0.6	22
Maltese	0.4	15
Croatian	0.3	10
Greek	0.2	8
Auslan	0.2	8

Source: Australian Bureau of Statistics, 2021



Location	Uses other languages and speaks English not well/not at all, 2021
Heathcote postcode	0.18% (n=19)
Greater Bendigo	1.3%
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 2023 (to be released 2024) has included the proportion of people identifying as LGBTIQ+ at a local government level.

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-lgbtiqua-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)

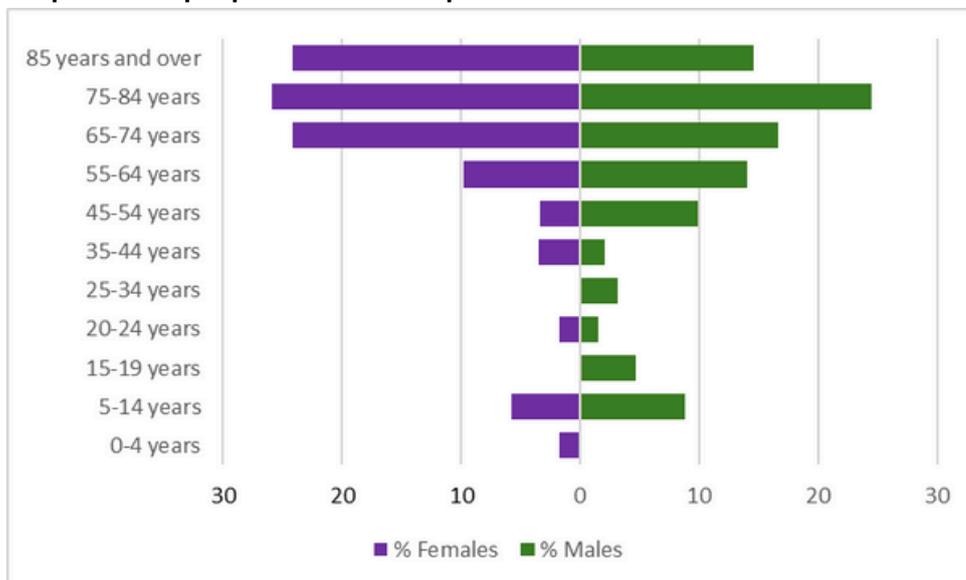
## 2.4 People with disability

The 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 Heathcote there are 192 males and 174 females (total of 366) that require assistance with core activity.

### Proportion of people in Heathcote postcode that need assistance with core activity



Source: Australian Bureau of Statistics, 2021

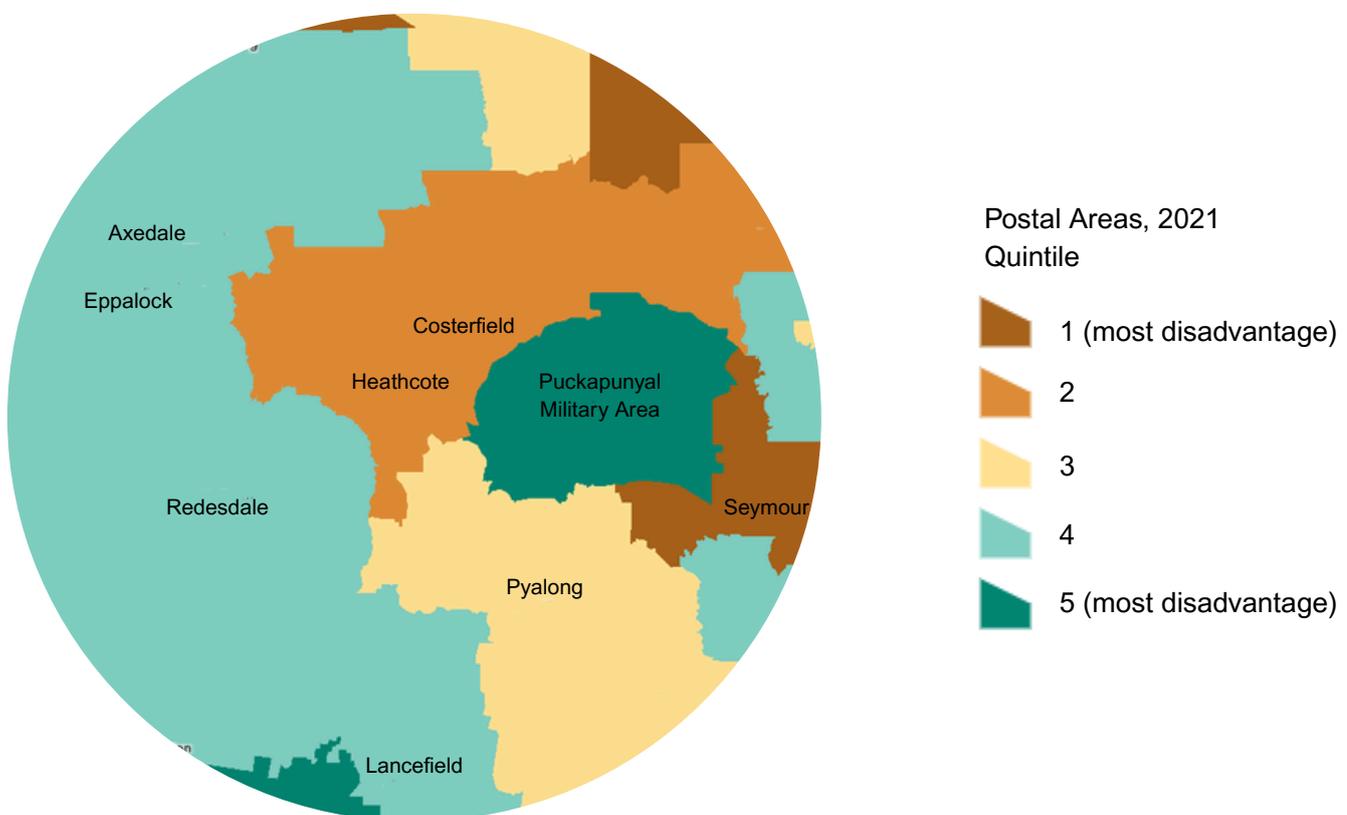
# 3. Determinants of health

## 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.

Heathcote has greater relative disadvantage (IRSD = 947) compared to Greater Bendigo (IRSD=985) and has neighbours that are least disadvantage (IRSD = 1,011-1,117)



LGA, 2021	IRSD Score ^
Victoria	1,018
Greater Bendigo	985
Heathcote postcode	947

Source: *Socio-Economic Index for Areas, ABS, 2021*

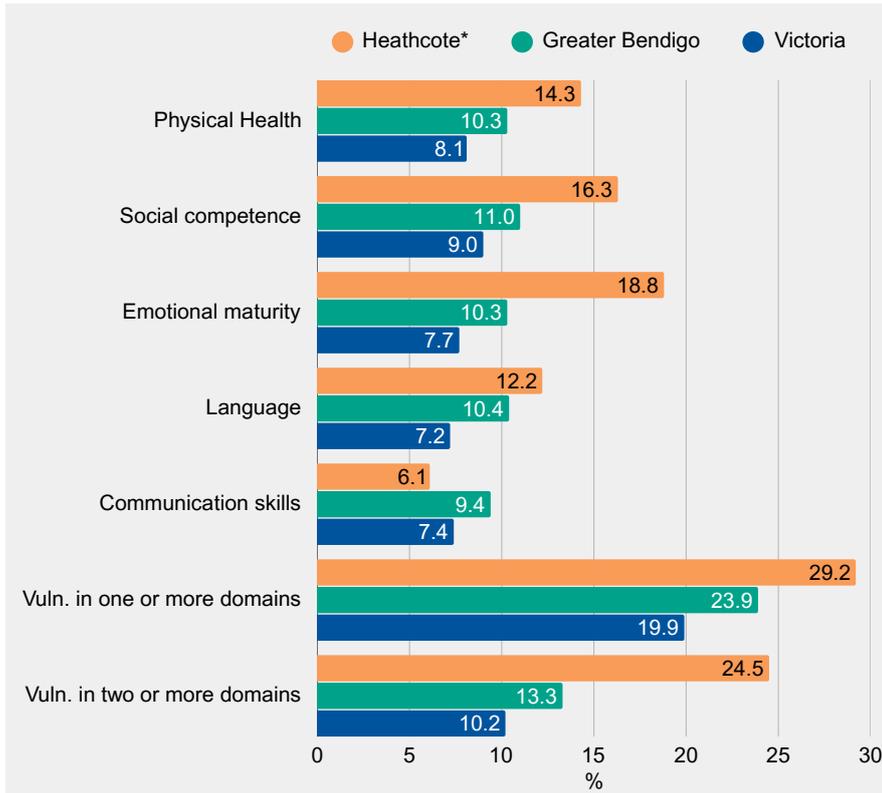
^ The lower the score the greater disadvantage

## 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 number of children assessed in Heathcote and surrounds was 53 children and 1,355 children in Greater Bendigo. Based on the AEDC, Heathcote and surrounds, compared to Greater Bendigo and Victoria, have a higher proportion of children assessed as being vulnerable in all the domains except the communication skills and general knowledge domain.

### Children assessed as vulnerable



Source: Australian Early Development Census, Department of Education, Australian Government, 2021

\*Heathcote and surrounds (suburbs/localities)



#### 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 & general knowledge

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

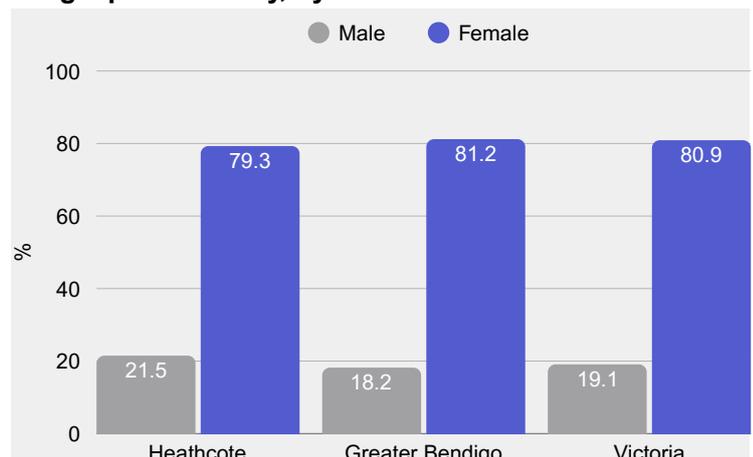
## 3.3 Single parents

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 135 (12.8% of all families) single parent families recorded in the Heathcote postcode.

### Single parent family, by sex



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, health behaviours. Heathcote has lower levels of educational attainment compared to Greater Bendigo and Victoria. This may reflect physical and financial access to higher education.

 In Heathcote, 39.3% people had higher education (above year 12), (Greater Bendigo, 48.8%)

Level of highest educational attainment, % people aged 15 years and over, 2021							
LGA	Bachelor degree level and above	Advanced Diploma and diploma level	Certificate level III & IV	Year 12	Year 11	Year 10	Year 9 or below
Victoria	29.2	9.8	14.3	14.9	5.7	7.3	7.9
Greater Bendigo	19.7	9.1	20.0	12.6	7.1	10.2	9.8
Heathcote	11.3	8.6	19.4	9.2	6.8	11.8	14

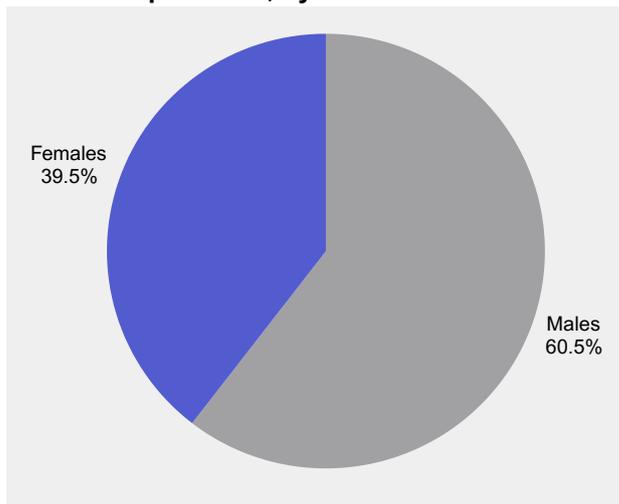
Source: *Census All persons QuickStats* | Australian Bureau of Statistics ([abs.gov.au](http://abs.gov.au)), 2021

### 3.5 Household income

The median weekly income excludes people aged 15 years and over who did not state their income. Heathcote’s median wage is lower than Greater Bendigo and Victoria for personal, family and household income.

Of the 2,988 people in Heathcote postcode, that reported a personal wage over \$800/week\*, 60.5% 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.

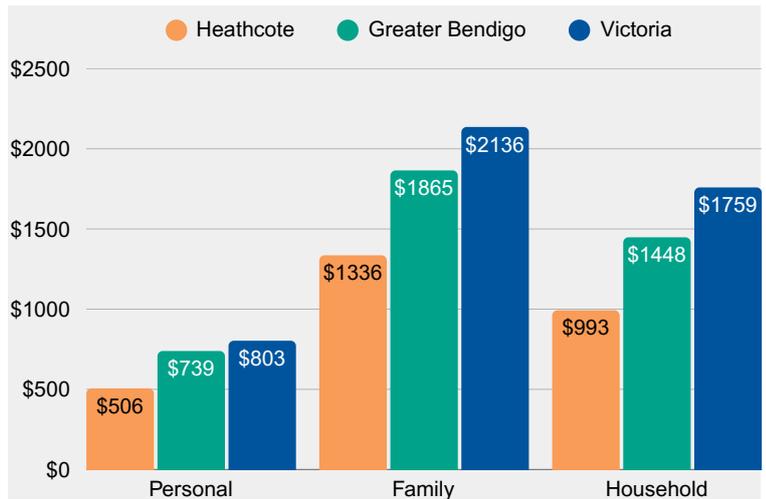
**Personal income greater than \$800/week in Heathcote postcode, by sex**



Source: Australian Bureau of Statistics, 2021

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

**Median weekly incomes, people aged 15 years and over**



Source: Australian Bureau of Statistics, 2021

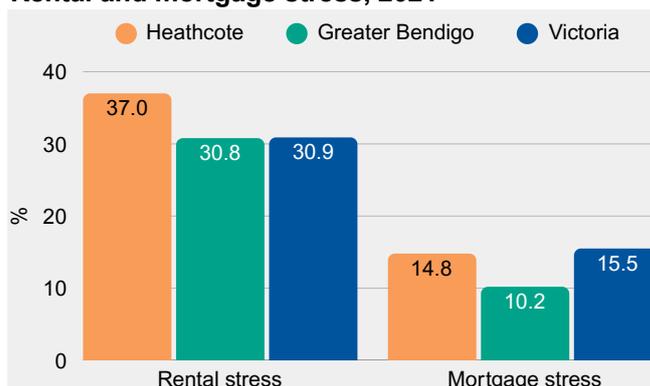
## 3.6 Housing

The average number of people per household in Heathcote postcode is two (2) people, lower than Greater Bendigo (2.4 people) and Victoria (2.5 people). There are 509 (23.2%) private dwellings unoccupied in Heathcote postcode.

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

Heathcote, Greater Bendigo and Victoria have higher rental stress compared to mortgage stress, with Heathcote having higher rental stress than Greater Bendigo and Victoria.

Rental and mortgage stress, 2021



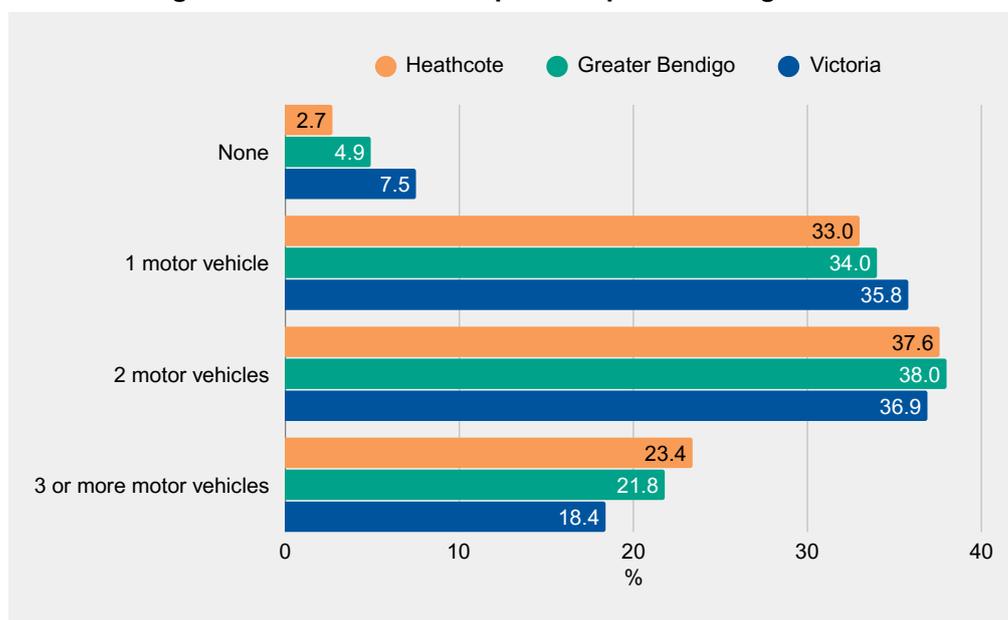
Source: Australian Bureau of Statistics, 2021

## 3.7 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 towns like Heathcote, access to a motor vehicle is essential for obtaining fresh, healthy food, accessing healthcare and maintaining social connections.

In 2021, there were 45 homes (2.7%) without a registered motor vehicle.

Number of registered motor vehicles^ per occupied dwelling



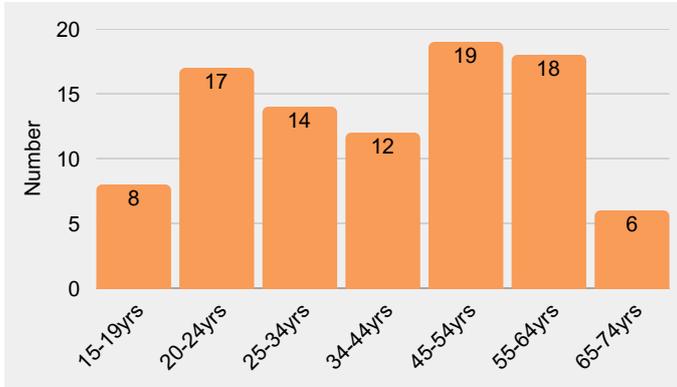
Source: Australian Bureau of Statistics, 2021

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

## 3.8 Unemployment

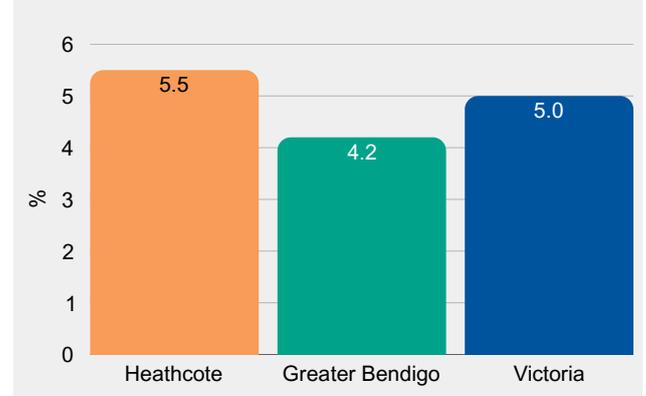
Unemployment in Heathcote (5.5%) is higher compared to Greater Bendigo (4.2%) and Victoria (5%). The highest age group experiencing unemployment in Heathcote is 45-64 years.

**People in Heathcote unemployed and looking for part-time or full-time work, by age**



Source: Australian Bureau of Statistics, 2021

**People reported being unemployed and looking for part-time or full-time work, aged 15 years and over**

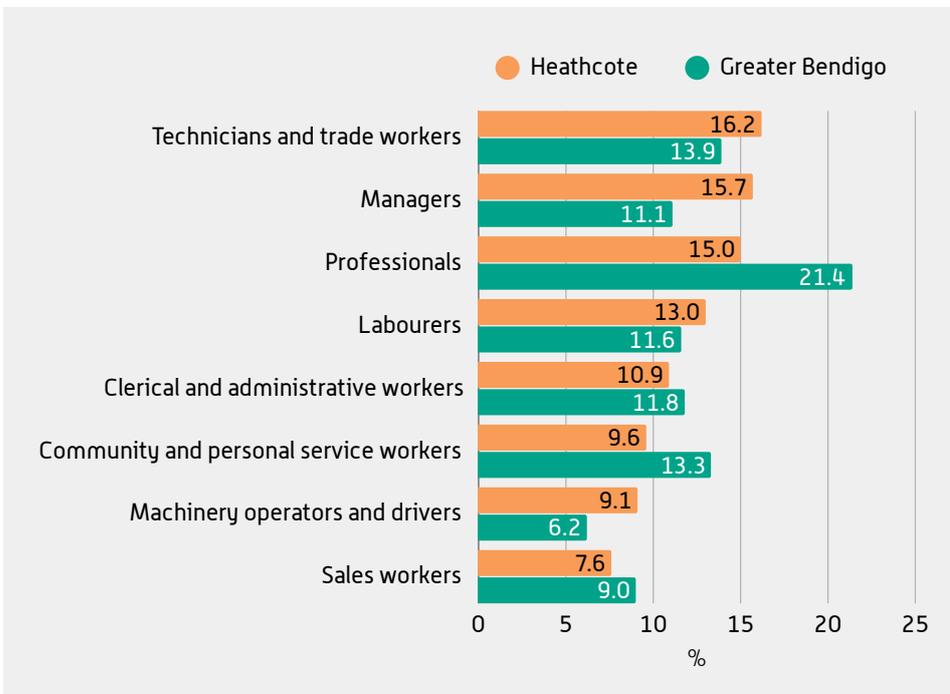


Source: Australian Bureau of Statistics, 2021

## 3.9 Occupation

The top three occupations in Heathcote are technicians and trade workers (16.2%), Managers (15.7%) and Professionals (15%). The top three occupations in Greater Bendigo are professional (21.4%), technicians and trade workers (13.9%) and community and personal workers (13.3%). The highest industry of employment in Heathcote is hospitals (7.8%).

**Primary occupation held, employed persons aged 15 yrs and over**

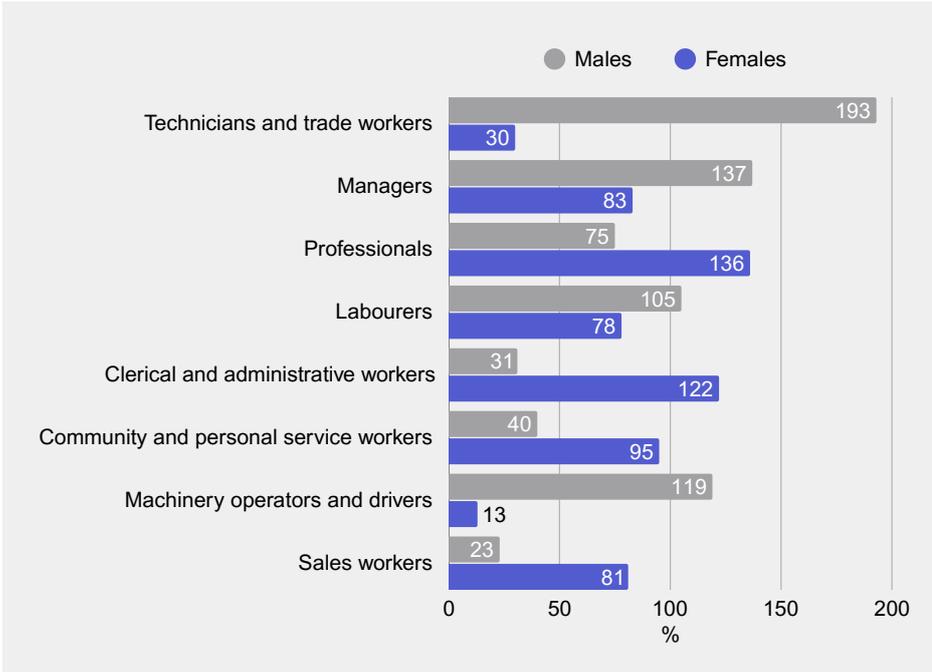


Source: Australian Bureau of Statistics, 2021

Industry of employment of Heathcote	%
Hospitals	7.8
Other social assistance services	3.2
Supermarket and grocery stores	2.8
Takeaway Food Service	2.6
Primary education	2.4

Source: Australian Bureau of Statistics, 2021

**Primary occupation held, employed persons aged 15 yrs and over on Heathcote postcode, by sex**



Source: Australian Bureau of Statistics, 2021

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

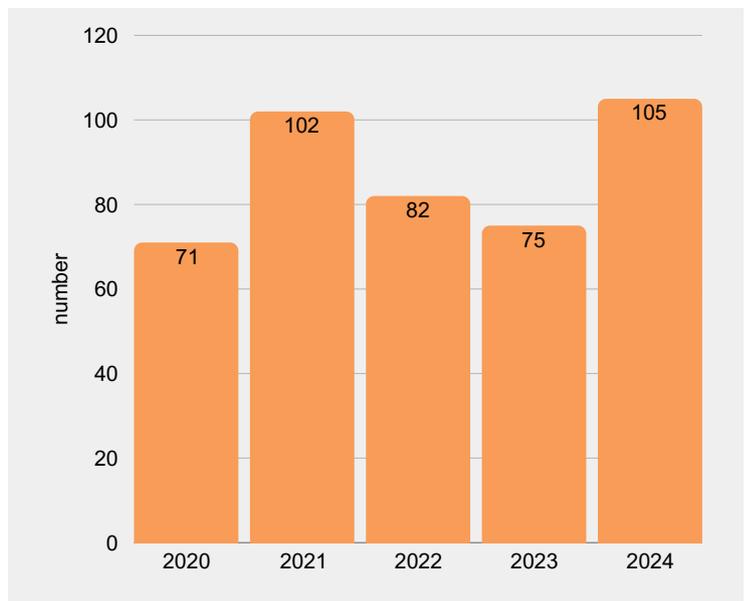
### 3.10 Family violence

Gender inequality creates the underlying conditions for violence against women, driven by factors such as condoning violence, controlling women's independence, rigid gender roles, and cultures of masculinity that promote dominance and aggression. These drivers reinforce unequal power dynamics and contribute to the persistence of violence against women in society.<sup>[1]</sup>

A family incident is an incident attended by Victoria Police where a Victoria Police Risk Assessment and Risk Management Report (also known as an L17 form) was completed.

The increase in the number of recorded family incidents in recent years has in part been due to improved recording of incidents. Since 2011, initiatives such as the Family Violence Code of Practice have been put in place by Victoria Police to improve the recording of family incidents, the individuals involved and the offences committed.

**Number of family violence incidents in Heathcote postcode (per calendar year)**



Source: Crime Statistics Agency

[1] Link-between-gender-inequality-and-violence, Our Watch, 2025

## 3.11 Criminal incidents

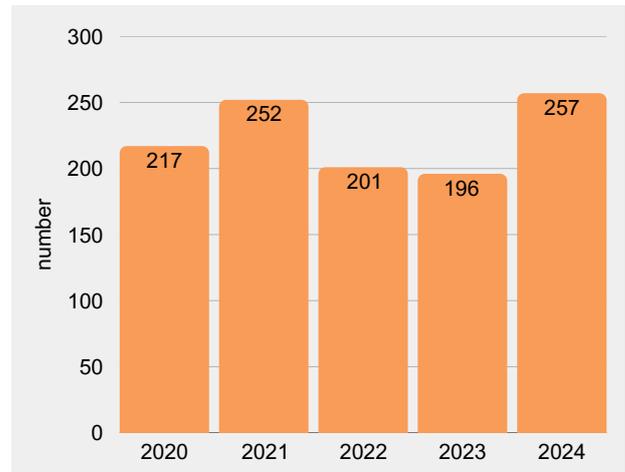
A recorded criminal incident is a criminal event that may include multiple offences, alleged offenders and/or victims that is recorded on the Law Enforcement Assistance Program database on a single date and at one location.

Any incidents where Victoria Police have deemed that no offence occurred are excluded from the criminal incident counts.

Where there were multiple offences or charges recorded within one criminal incident, a single offence or charge is assigned to represent the most serious crime committed for statistical purposes, known as the principal offence.

A family incident is not necessarily part of a criminal incident. This is because for some family incidents the police may deem no offence has occurred, so these incidents are excluded from the criminal incidents.

**Number of criminal incidents in Heathcote (per calendar year)**



Source: Crime Statistics Agency

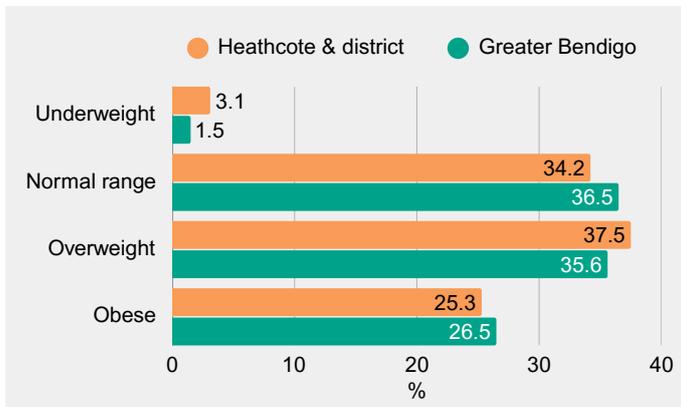
## 4. Health risk factors

### 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.<sup>[1]</sup> The data below from the Active living census<sup>[2]</sup> represents a sub-region of Greater Bendigo. This grouping of Heathcote and Districts includes suburbs and localities Heathcote, Knowsley and Mount Camel.

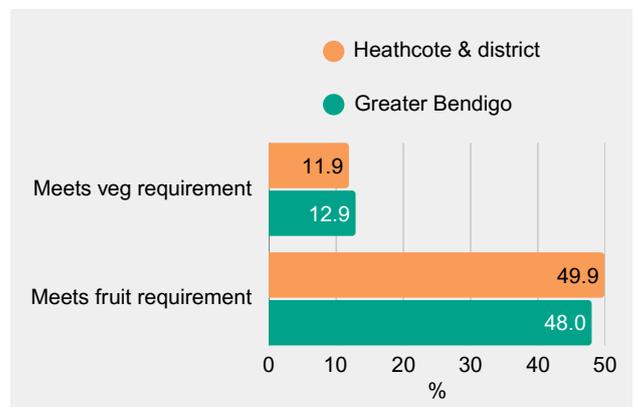
In the Active Living Census (ALC) survey, Heathcote and Districts (Heathcote, Knowsley, Mount Camel) has 62.8% people reporting they are overweight or obese, which is comparable to Greater Bendigo (62.1%). Only 11.9% of people in Heathcote and Districts met the vegetable requirements determined by the National Health and Medical Research Council. The barrier of cost for not meeting the fruit requirement was significantly higher than the other sub-regions in Greater Bendigo.

#### Body mass index



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

#### Meets vegetable and fruit requirements



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

	Barriers to meeting vegetable guidelines in Heathcote & district (%)	Barriers to meeting fruit guidelines in Heathcote & district (%)
Personal preference/habit	29.2	38.2
Time poor	24	4.6
Diet / health restriction	17.9	23.7
Guidelines	12.3	13.3
Cost	9.5	8.7
Preparation / storage	3.3	5.6
Quality / availability	2.4	0.8
Other	8.1	8.4

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

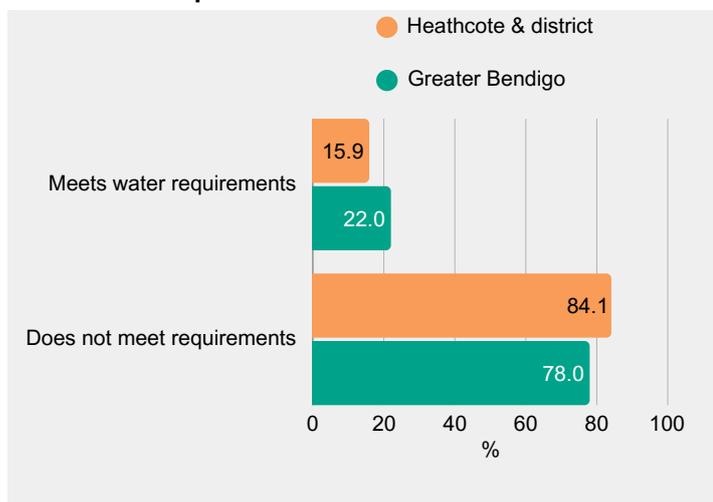
## 4.2 Healthy drinking

Water is fluoridated to reduce tooth decay by strengthening teeth and making them more resistant to cavities, a cost-effective public health measure. However, Heathcote postcode does not currently have access to public fluoridated water.

According to the 2013 Australian Dietary Guidelines prepared by the National Health and Medical Research Council, the recommended daily intake of water varies dependent 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.

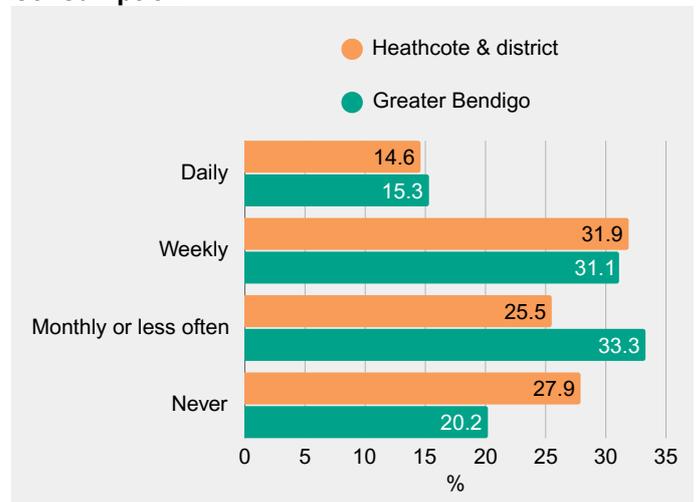
In the ALC survey, Heathcote and District (Heathcote, Knowsley, Mount Camel) had a significantly higher proportion of people, who do not meet the requirement of water consumption compared to Greater Bendigo. However, Heathcote and District sub-region had a significantly higher proportion of people, who never consume sugar-sweetened beverages compared to Greater Bendigo.

### Water consumption



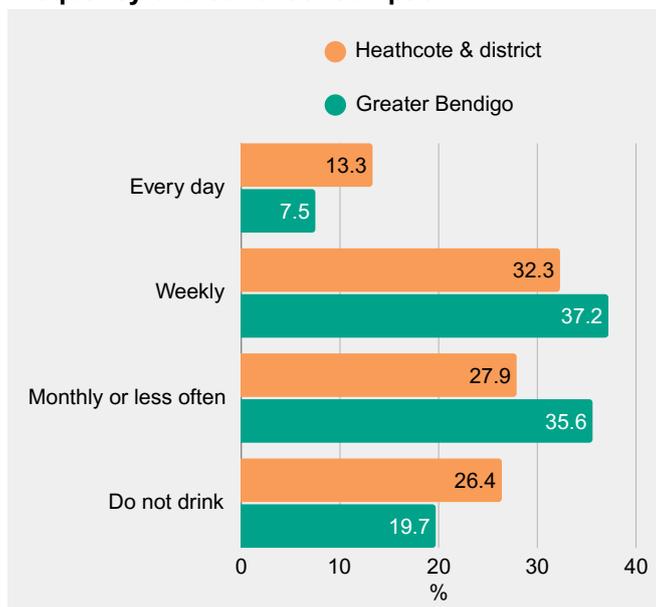
Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

### Frequency of sugar-sweetened beverage consumption



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

### Frequency of alcohol consumption



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.

In the ALC survey, Heathcote & District participants had a significantly higher proportion of people, who consumed alcohol daily compared to Greater Bendigo. However, Heathcote and district sub-region had a significantly higher proportion of people, who did not drink alcohol compared to other sub-regions in Greater Bendigo.

People are classified as being at risk due to the acute effects of excess alcohol consumption if they have consumed more than four standard drinks on a single occasion in the past 12 months.<sup>[1]</sup> Heathcote and district (51.7%) had significantly lower proportion of people consuming four (4) or more alcoholic drinks in a single occasion compared to other sub-regions in Greater Bendigo (58.8%).

[1] <https://www.nhmrc.gov.au/health-advice/alcohol>

## 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>

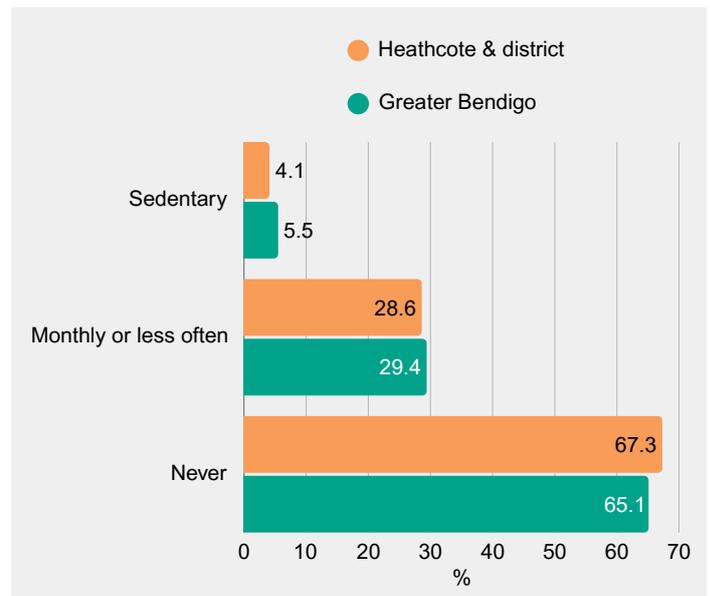
In the ALC survey, Heathcote & District (n=243) reported 54.3% meeting the physical activity guidelines, slightly lower than Greater Bendigo (57.3%).

## 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>[2]</sup>

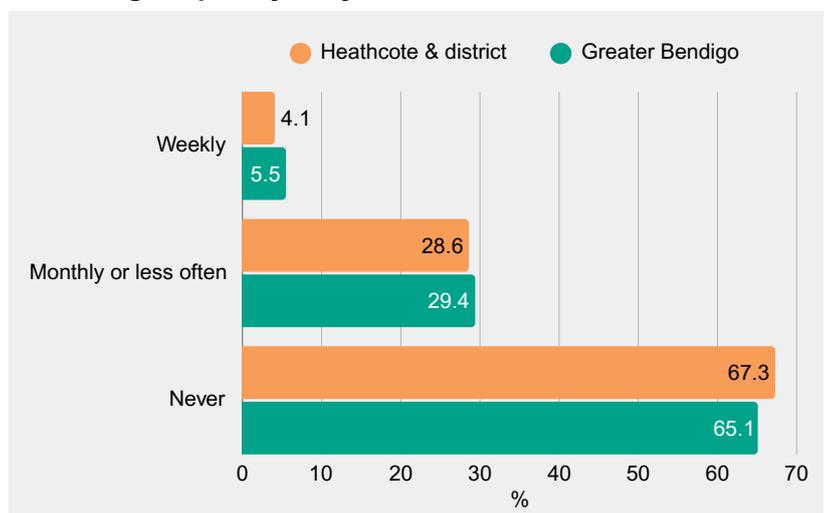
In the ALC survey, the proportion of adults gambling in Heathcote and District is lower than the reported Victorian proportion and comparable to Greater Bendigo.

Physical activity, 18 years and over



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

Gambling frequency, 18 years and over



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

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

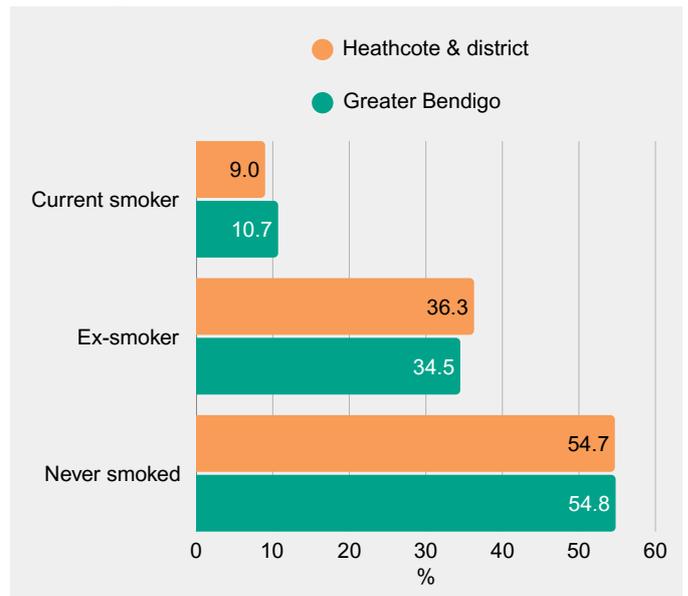
[2] <https://responsiblegambling.vic.gov.au/resources/publications/study-of-gambling-and-health-in-victoria-findings-from-thevictorian-prevalence-study-2014-72/>

## 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 Heathcote and District who reported they are current smokers is low (9%) and is comparable to Greater Bendigo (10.7%).

### Smoking status



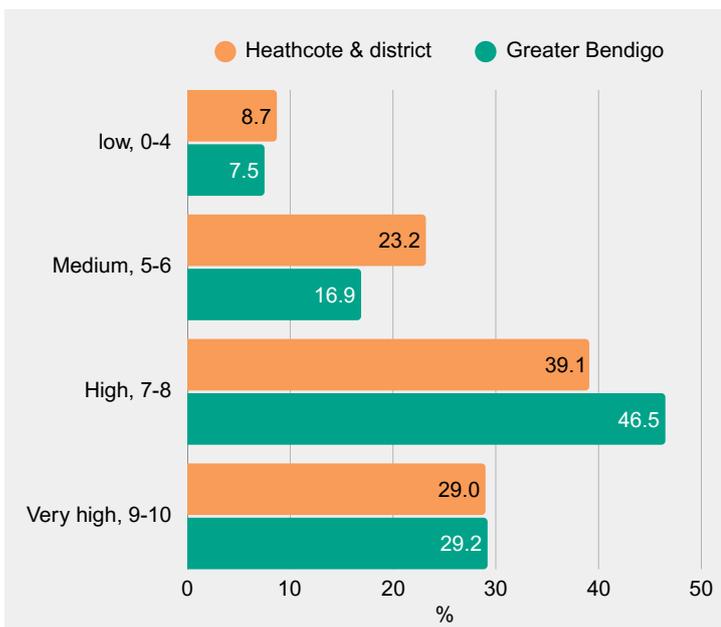
Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

## 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.

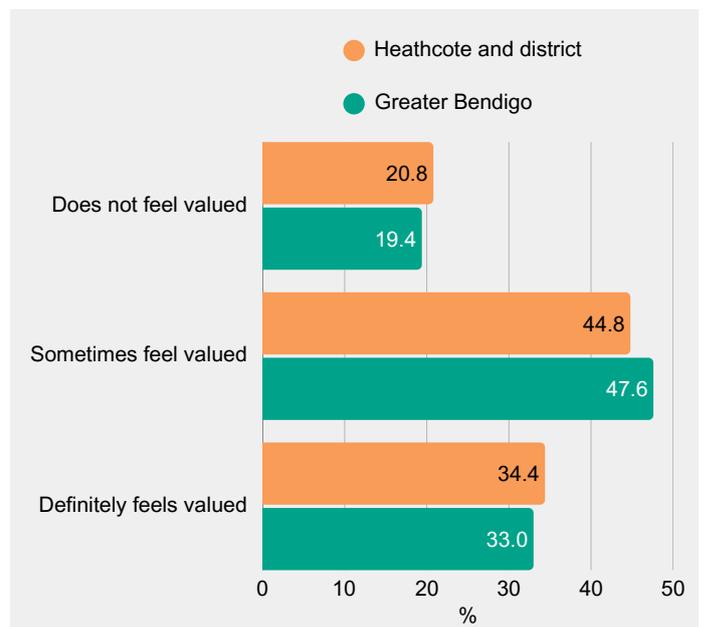
Life satisfaction was measured by asking ALC survey respondents how satisfied they feel about life in general. Heathcote and districts have generally lower life satisfaction, compared to Greater Bendigo. A second wellbeing indicator involved asking people whether they feel valued by society. Heathcote and districts and Greater Bendigo people surveyed feeling valued by society, is comparable.

### Life satisfaction, aged 3 years and over



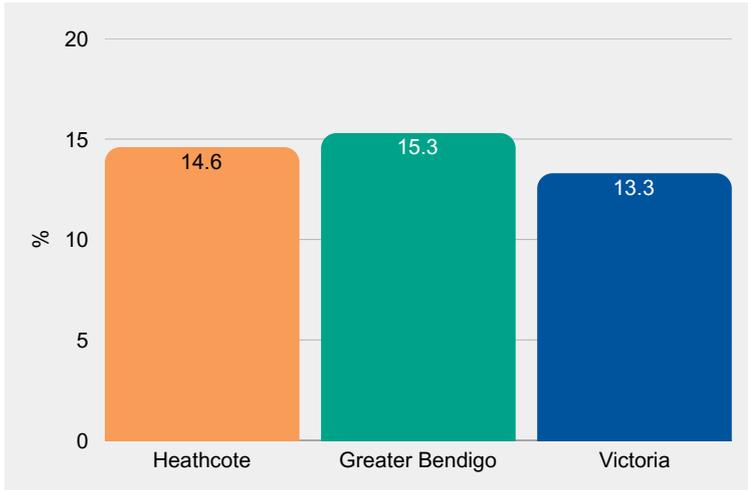
Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

### Valued by society, aged 3 years and over



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

### Did voluntary work through an organisation or group (last 12 months)



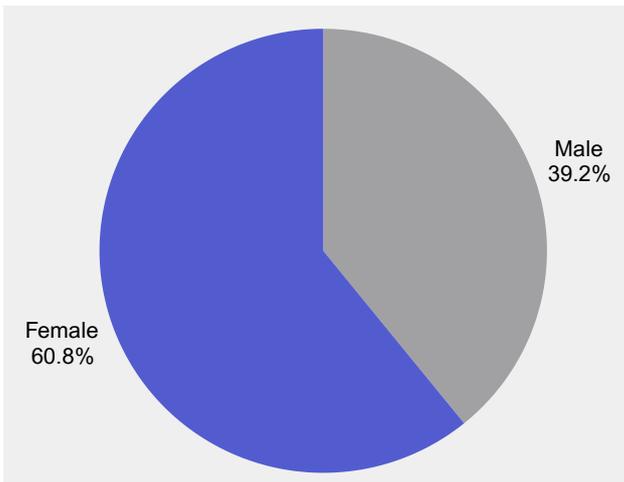
Source: Australian Bureau of Statistics, 2021

## 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.

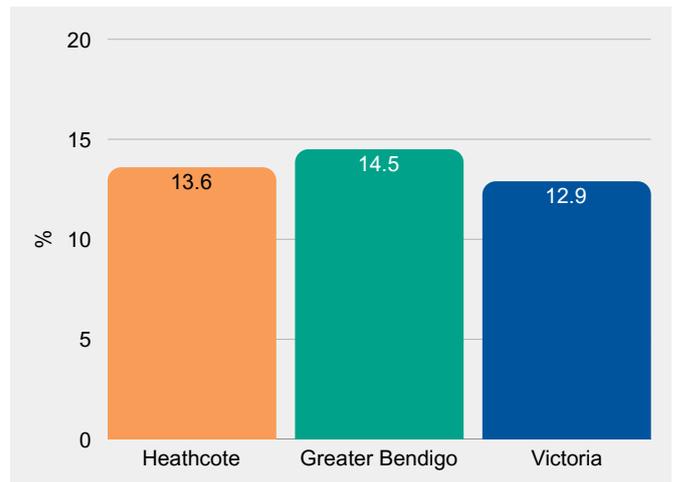
Heathcote postcode had 474 (13.6%) people providing an unpaid carer role to someone with a disability, health condition or elderly. Of the unpaid carers, 60.8% were female.

### Provided unpaid assistance to a person with a disability, health condition or due to old age by sex



Source: Australian Bureau of Statistics, 2021

### Provided unpaid assistance to a person with a disability, health condition or due to old age



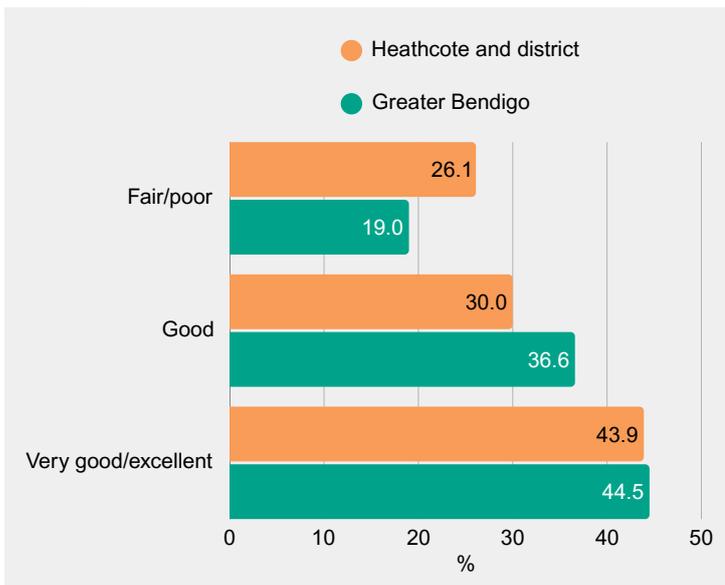
Source: Australian Bureau of Statistics, 2021

# 5 Health conditions

## 5.1 Long term health conditions

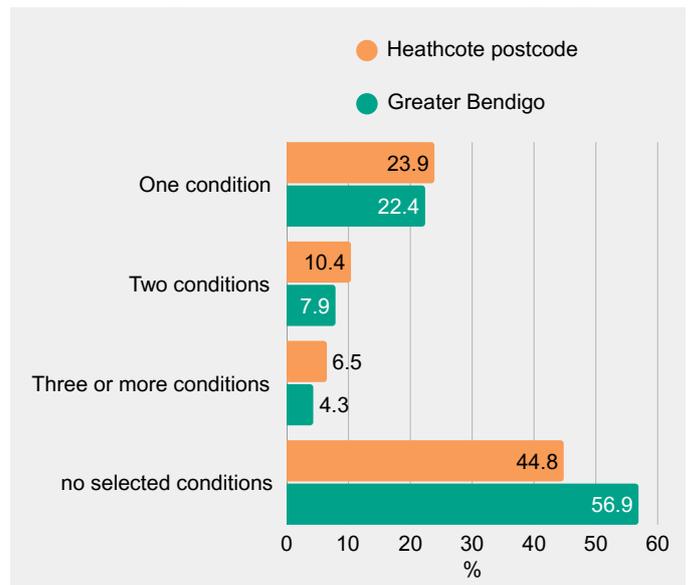
Heathcote and District had a significantly higher proportion of people reporting fair/poor health compared to Greater Bendigo. Heathcote postcode has a higher count of long-term health conditions compared to Greater Bendigo. In the census data, people were asked “*have you (or dependants) been told by a doctor or nurse that they have any of these long-term health conditions?*” The top three long-term health conditions reported are arthritis, mental health conditions and asthma. These conditions are self-reported higher in females compared to males in the Heathcote postcode. Males self-report higher long-term health conditions of diabetes, heart disease, cancer and stroke than females.

**Self-reported health status**



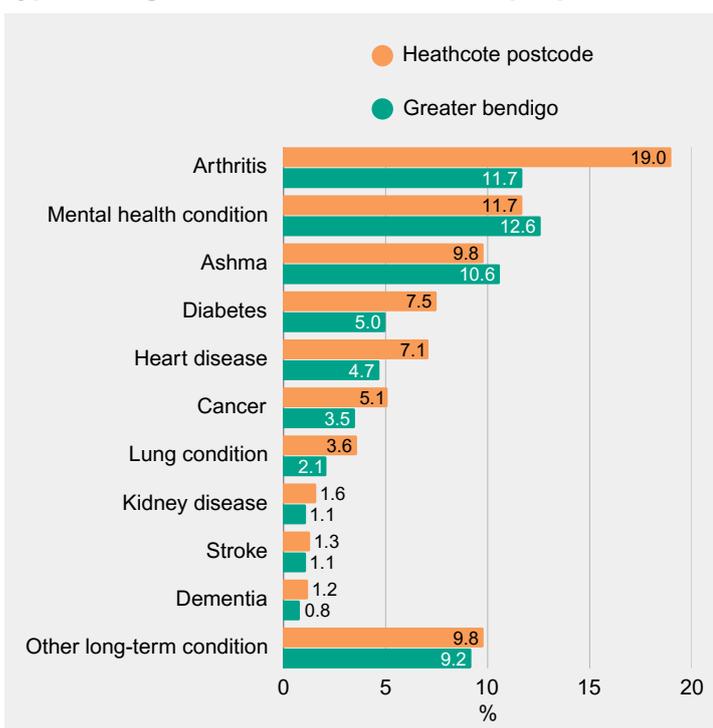
Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

**Count of long-term health conditions, all people**



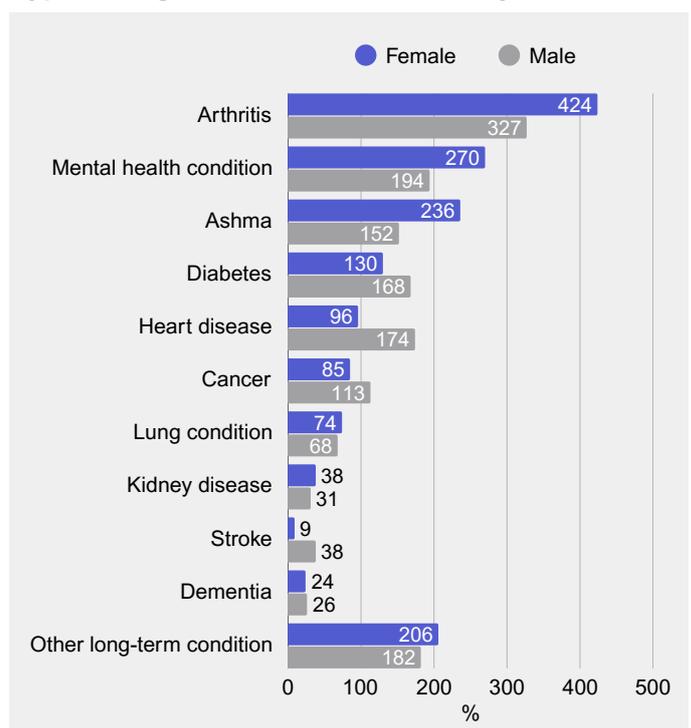
Source: Australian Bureau of Statistics, 2021

**Type of long-term health conditions, all people**



Source: Australian Bureau of Statistics, 2021

**Type of long-term health conditions, by sex**



Source: Australian Bureau of Statistics, 2021, postcode 3523

## 6. References and abbreviations

<b>LMPHU</b>	<a href="https://www.bendigohealth.org.au/LMPHU/">https://www.bendigohealth.org.au/LMPHU/</a>
<b>ABS Quick Stats</b>	<a href="https://abs.gov.au/census/find-census-data/quickstats/2021/POA3523">https://abs.gov.au/census/find-census-data/quickstats/2021/POA3523</a>
<b>AECD</b>	<a href="https://www.aedc.gov.au/data-explorer/">https://www.aedc.gov.au/data-explorer/</a>
<b>Crimes Statistics Agency</b>	<a href="https://www.crimestatistics.vic.gov.au/">https://www.crimestatistics.vic.gov.au/</a>

### Abbreviation table

Abbreviation table	
ALC	Active Living Census
AEDC	The Australian Early Development Census
Greater Bendigo	City of Greater Bendigo
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  
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