



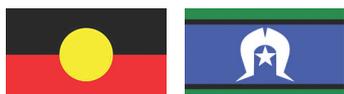
Inglewood and Bridgewater Data Profile

2026

Inglewood and Bridgewater Data Profile

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



100 Barnard Street. Bendigo VIC 3550
lmpu@bendigohealth.org.au
1800 959 400
www.bendigohealth.org.au/LMPHU/

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

Contents

<u>Data sources</u>	4
<u>Summary</u>	5
Inglewood and Bridgewater	6
1 <u>Population</u>	7
2 <u>Priority Groups</u>	
2.1 Indigenous peoples	8
2.2 Multicultural communities	9
2.3 LGBTIQ+	8
2.4 People with disability	9
3 <u>Determinants of Health</u>	
3.1 Areas of disadvantage	10
3.2 Single parents	11
3.3 Education	11
3.4 Household income	12
3.5 Housing	13
3.6 Motor vehicles	13
3.7 Unemployment	14
3.8 Occupation	15
4 <u>Health Risk Factors</u>	
4.1 Healthy eating	16
4.2 Healthy drinking	17
4.3 Physical activity	19
4.4 Gambling	19
4.5 Smoking	20
4.6 Mental wellbeing	20
4.7 Carers	21
5 <u>Health Conditions</u>	
5.1 Long-term health conditions	22
6. <u>References and Abbreviations</u>	24

Data Sources

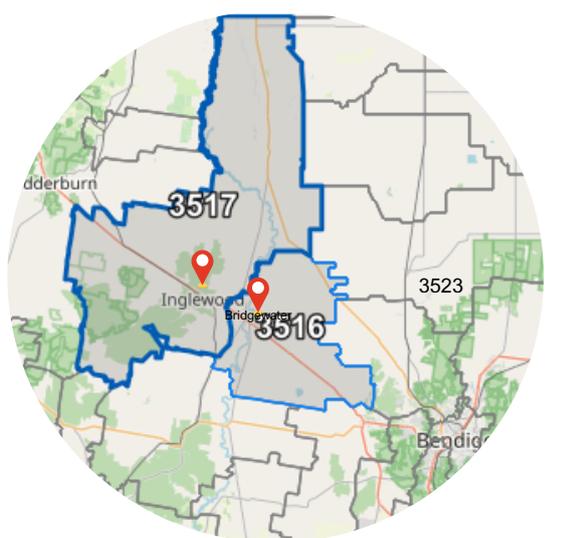
Defining the geographical boundaries for assessing the health and social needs of Inglewood and Bridgewater, located within the Loddon Shire has been challenging due to limited data availability and small population sizes. Where possible, data specific to the Inglewood and Bridgewater postcodes 3516 and 3517 have been used. This is the case for data sourced from the **Australian Bureau of Statistics**. However, some sources include surrounding areas, which vary in definition. As the Loddon Shire data also includes the Inglewood and Bridgewater data the differences may be even more pronounced if data specific to Inglewood and Bridgewater was not included in the comparison.

Healthy Heart of Victoria Active living census (ALC)

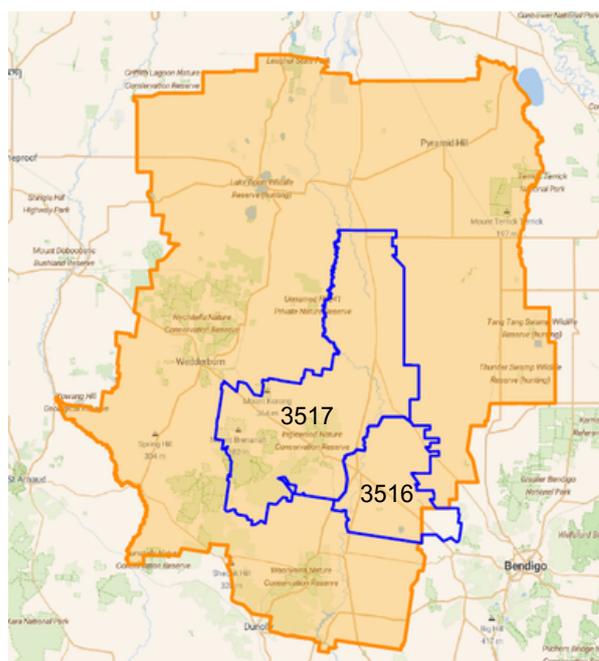
Data from the 2019 Healthy Heart of Victoria Active living census (ALC) represents a sub-region of Loddon Shire. This survey was widely promoted and open to all members of the community, allowing anyone to participate without any structured sampling or stratification.

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.

A voluntary, widely promoted survey can provide useful insights into the views and experiences of respondents, but because participation is self-selected and not representative of the broader population, its results should be interpreted with caution and cannot be reliably generalised to population-level estimates like those from a probability-based survey such as the Victorian Population Health Survey.



— Inglewood and Bridgewater postcodes
📍 Inglewood and Bridgewater



— Postcodes 3517 and 3516
— Loddon Shire

Summary



Population

Inglewood and Bridgewater are located in central Victoria within the Loddon Shire Council, the combined postcodes have a population of approximately 2,219 people. Both Inglewood and Bridgewater have an older population, with a median age of 52 years (Inglewood) and 47 years (Bridgewater). Over 30% of the population is aged over 65 years in Inglewood, and 24% aged over 65 years in Inglewood.



Priority groups

Priority populations include Aboriginal and Torres Strait Islander peoples (1.9% of the Inglewood and 2.1% of the Bridgewater population) and people with disabilities (8.1% of residents needing core activity assistance). Data on LGBTIQ+ communities is limited, though state/national figures indicate heightened vulnerability in health outcomes.



Health determinants

The region experiences higher levels of socioeconomic disadvantage and relatively low educational attainment. In Inglewood, 36.1% of residents have completed education beyond Year 12, compared with 33.7% in Bridgewater. Income levels are lower than state averages, and the area shows elevated rental stress in Inglewood with 26% of renters experiencing rental stress. Unemployment in Inglewood is 6.3%, higher than both Loddon Shire (5.0%) and Victoria (5.0%).



Health risk factors

Overweight/obesity rates are high (74.6%) and physical activity levels are below average (52.3% meet guidelines). Smoking prevalence (14.3%) is similar to the Victorian average (14.0%). Inadequate water intake is an issue, and sugar-sweetened beverage consumption is high, with 18% reporting daily consumption.



Health conditions

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

Bridgewater and Inglewood

Inglewood and Bridgewater, near and on Loddon river, are neighbouring rural towns in north-central Victoria, located near the Calder Highway and on the Loddon river, approximately 40–50 km northwest of Bendigo. Both are part of the Loddon Shire and are situated within an agricultural region shaped by the Loddon River and surrounding dryland farming districts. Inglewood developed during the Victorian gold rush later became known for eucalyptus oil production. Bridgewater is recognised for its vineyards and the Loddon River. Together, they form a small but important service and transport corridor between Bendigo and the northern parts of the Loddon Shire.

The region is situated on the traditional lands of the Dja Dja Wurrung people, whose ongoing connection to Country is reflected in cultural heritage sites across the Loddon catchment. The Dja Dja Wurrung Clans Aboriginal Corporation represents Traditional Owners and has responsibilities for cultural heritage management and land stewardship in the area.^[1]

Land use across both towns is primarily agricultural, with cropping, sheep grazing, and viticulture forming the backbone of the local economy. The Loddon River is a key natural feature influencing settlement, irrigation, environmental values, and tourism activities, particularly around Bridgewater. The townships provide essential local services including health, education, retail, hospitality, and community facilities, supporting residents, farming communities, and visitors travelling through the region.^[2]

Inglewood township has a population of around 1,050 people, while Bridgewater township has approximately 350 residents. Employment is concentrated in agriculture, health care, retail, hospitality, and small local businesses. Like many rural communities, Inglewood and Bridgewater face challenges related to ageing populations, maintaining services, and supporting economic resilience. Local government and community groups are actively working to strengthen tourism, support local industries, enhance community facilities, and plan for long-term sustainability across the district.^[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](#)

1. Inglewood and Bridgewater Population

1 Population profile

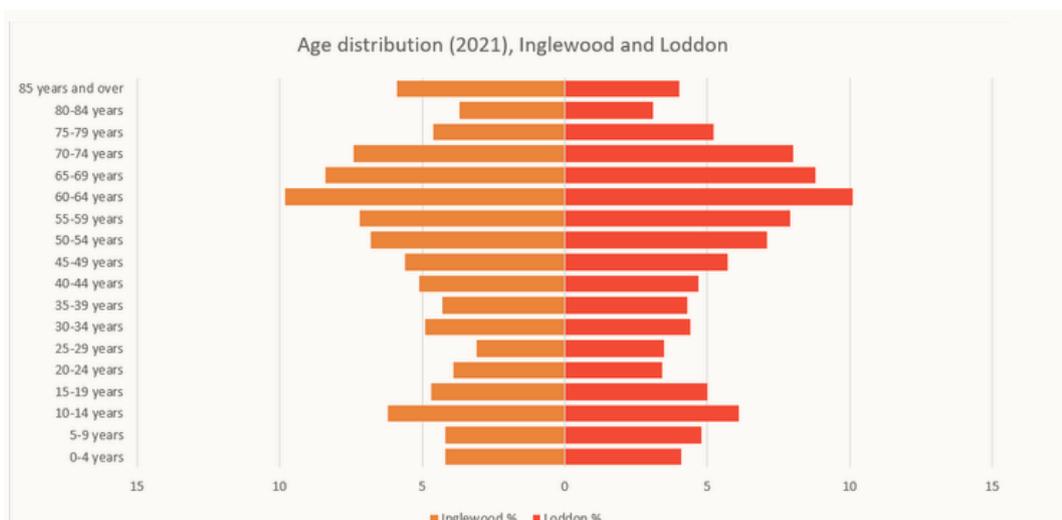
The age distribution of a population is important to understand the current and future demand on services, economic impact, community infrastructure and public health planning. The total population of Inglewood postcode is 1,497 and Bridgewater postcode is 722. The total population of Inglewood and Bridgewater postcodes population combined is 28.6% of the Loddon Shire total population (n = 7,759). Both Inglewood and Bridgewater have a higher median age, compared with Victoria. Over 30% of the population are aged over 65 years in Inglewood, and 24% aged over 65 years in Inglewood.

Location	Mean Age
Victoria	38 years
Loddon (LGA)	52 years
Inglewood	52 years
Bridgewater	47 years

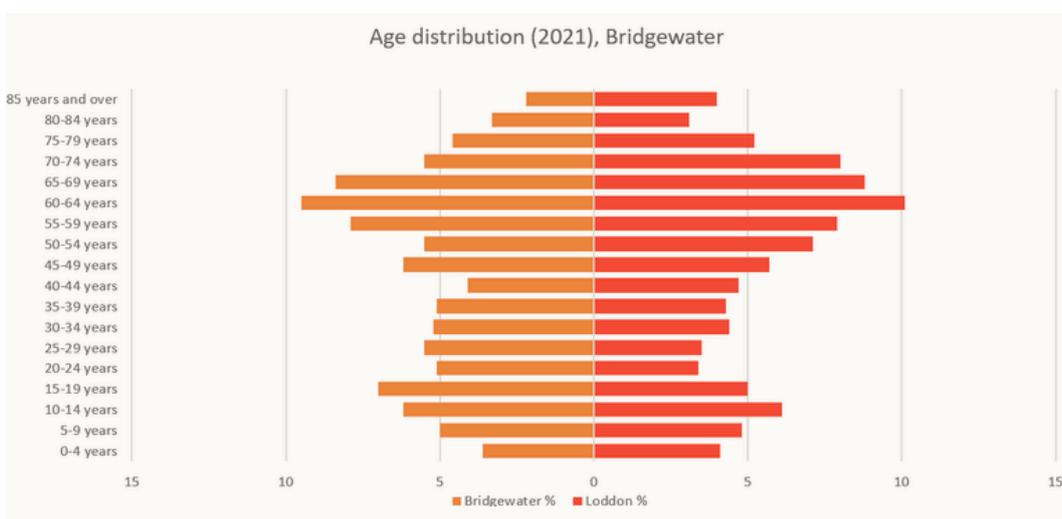
Source: Australian Bureau of Statistics, 2021



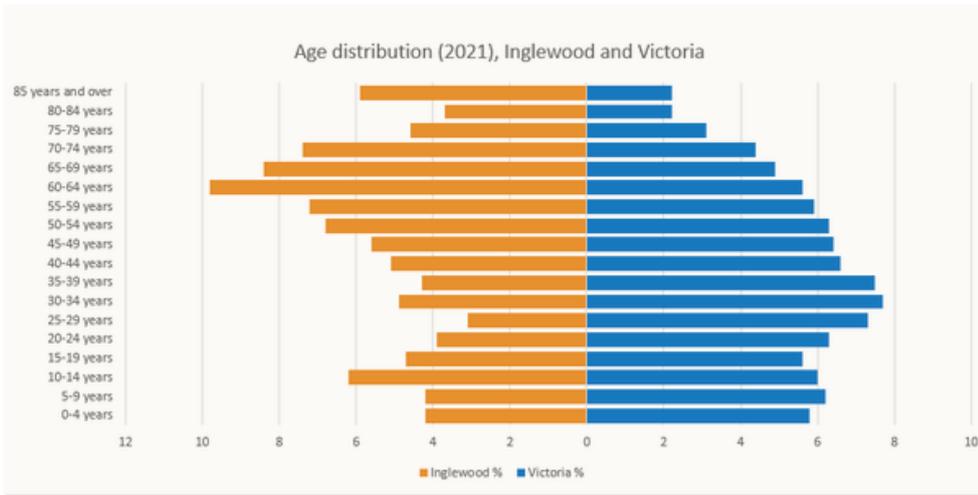
2,219 people reside in the Inglewood and Bridgewater postcodes



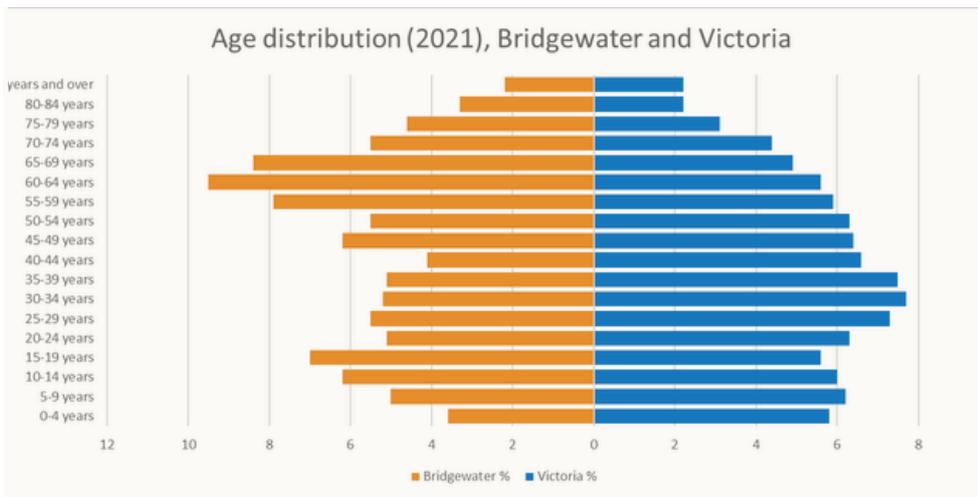
Source: Australian Bureau of Statistics, 2021



Source: Australian Bureau of Statistics, 2021



Source: Australian Bureau of Statistics, 2021



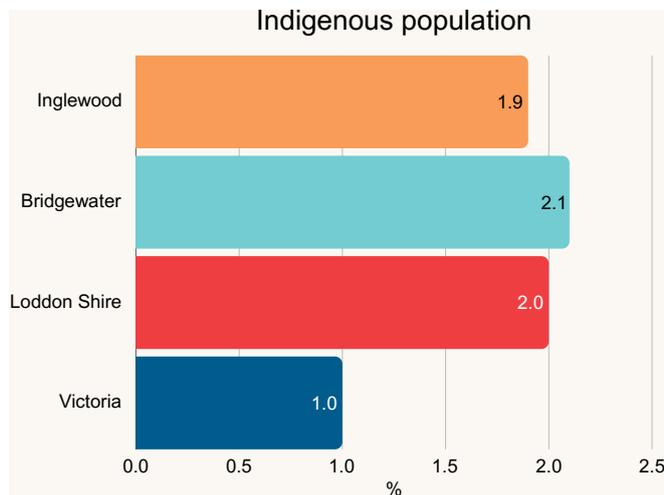
Source: Australian Bureau of Statistics, 2021

2. Priority Groups

2.1 Indigenous status



Dja Dja Wurrung people are the traditional owners of the land where Inglewood and Bridgewater are settled.



Source: Australian Bureau of Statistics, 2021

In Inglewood, the proportion of Aboriginal and Torres Strait Islander peoples is 1.9% (n= 29). In Bridgewater, the proportion of Aboriginal and Torres Strait Islander peoples is 2.1% (n=15).

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 Inglewood postcode, 89.5% of households speak English only, with 2.4% speaking a non-English language at home. In Bridgewater postcode, 92% of households speak English only, with 1.5% speaking a non-English language at home. ^[1]

Location	Uses other languages and speaks English not well/not at all, 2021
Inglewood	0.3%
Bridgewater	0%
Loddon Shire	0.3%
Victoria	4.4 %

Source: Australian Bureau of Statistics, 2021

1. Source: Australian Bureau of Statistics, 2021

2.3 LGBTIQ+

Unfortunately, there is a lack of local data on LGBTIQ+ (Lesbian, gay, bisexual, transgender, intersex, queer, asexual and other sexually or gender diverse people) 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% 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.

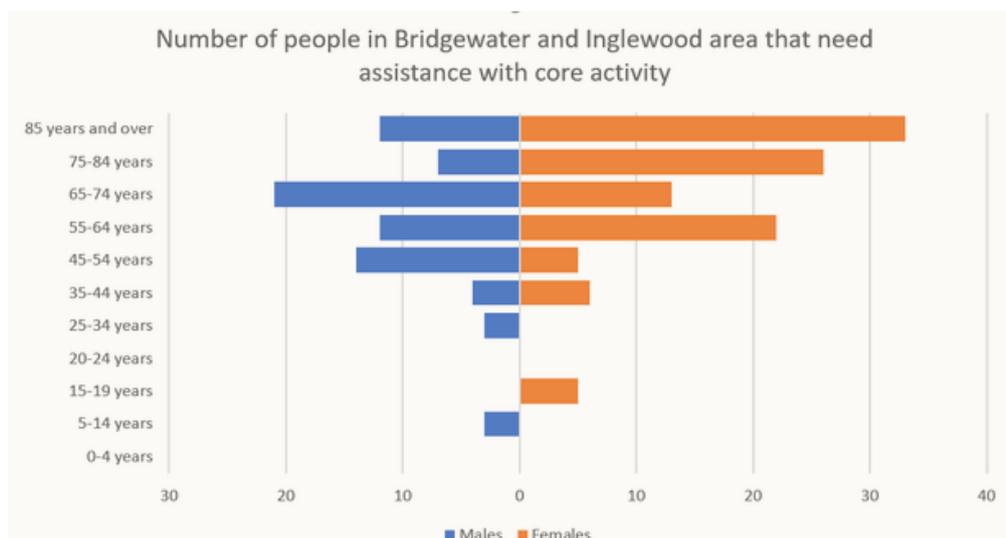
Sources and for more information: [Pride in our future: Victoria's LGBTIQ+ strategy 2022–32 | vic.gov.au \(www.vic.gov.au\)](https://www.vic.gov.au/pride-in-our-future-victoria-s-lgbtiqa-strategy-2022-32); [The health and wellbeing of the lesbian, gay, bisexual, transgender, intersex and queer population 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 Bridgewater and Inglewood area there are 76 males and 110 females 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.

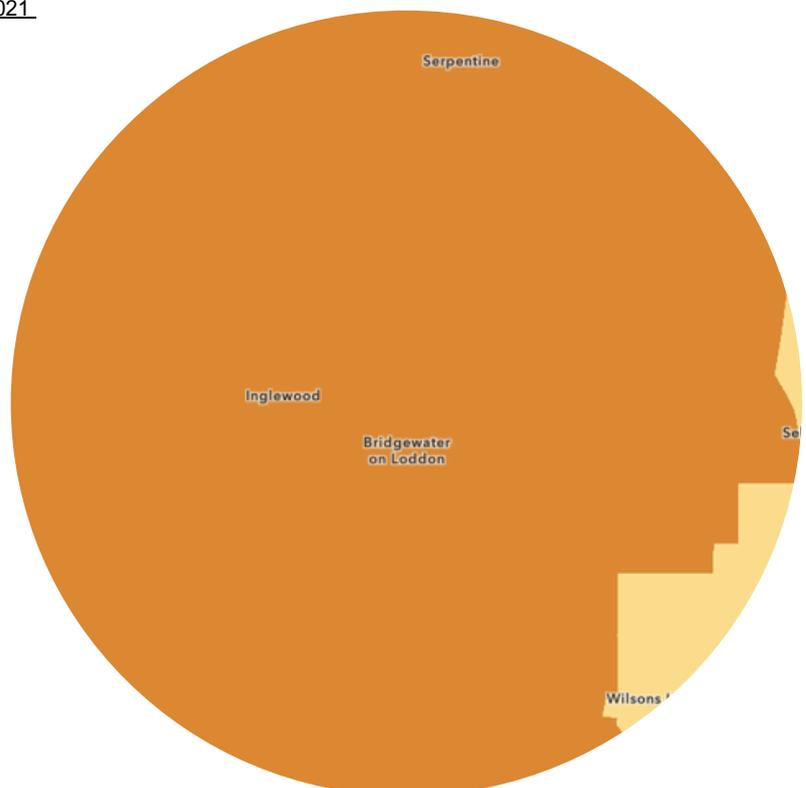
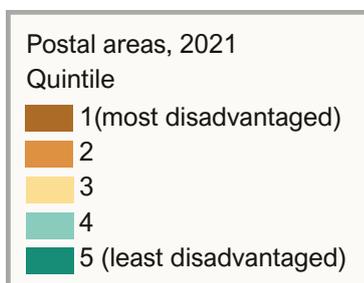
A low score indicates relatively greater disadvantage. For example, an area could have a low score if there are: many households with low income, or many people without qualifications, and many people in low skilled occupations. A high score indicates a relative lack of disadvantage. For example, an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

In 2021, Inglewood showed greater relative disadvantage (IRSD score=937) compared with Loddon Shire (IRSD score=948). Bridgewater showed less relative disadvantage (IRSD score=1028) compared with Loddon Shire (IRSD score=948). Within the Inglewood and Bridgewater area, there are two Australian quintile areas of disadvantage: quintile 1 (most disadvantage) and quintile 2.

LGA, 2021	IRSD Score ^
Victoria	1,018
Loddon Shire	948
Inglewood 3517	937
Bridgewater 3516	1028

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

^ The lower the score the greater disadvantage

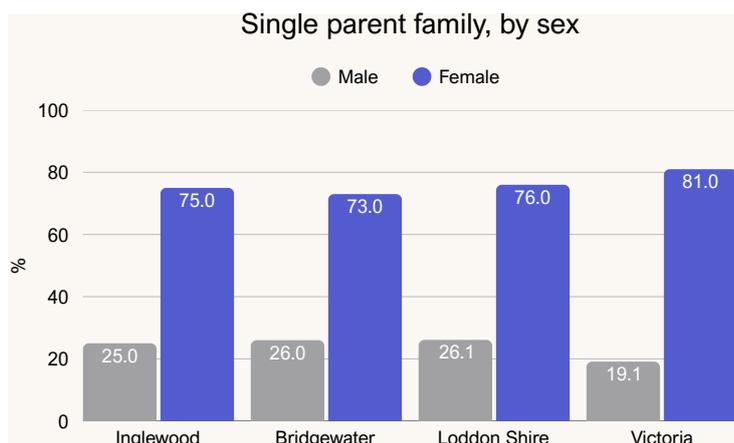


3.2 Single parents

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 more woman with single parent families across the Inglewood and Bridgewater postcodes, Loddon shire and Victoria.



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, health behaviours. Inglewood and Bridgewater has lower levels of educational attainment compared to Loddon Shire and Victoria. This may reflect physical and financial access to higher education.



Inglewood postcode: 36.1% people had above year 12 education,
Bridgewater postcode: 33.7% people had above year 12 education, (Loddon, 36.7%).

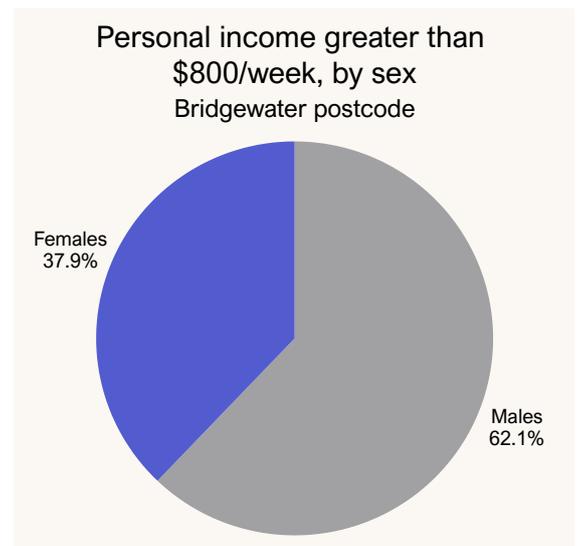
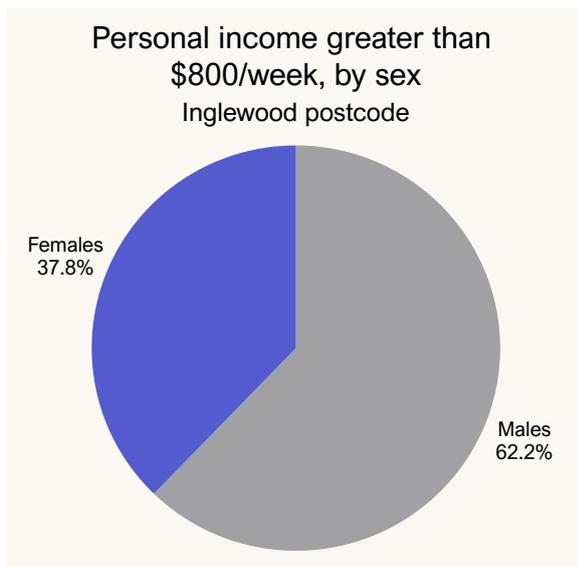
Level of highest education attainment	Inglewood Postcode (%)	Bridgewater Postcode (%)	Loddon Shire (%)	Victoria (%)
Bachelor degree level and above	8.5	8.6	10.6	29.2
Advanced Diploma and diploma level	7.1	6.8	7.7	9.8
Certificate level III & IV	20.5	18.3	18.7	14.3
Year 12	9.6	10.2	10.2	14.9
Year 11	8.7	8.1	8.8	5.7
Year 10	14	13.2	12.9	7.3
Year 9 or below	16.1	15.1	13.6	7.9

Source: Australian Bureau of Statistics, 2021, people aged 15 years and over

3.4 Household income

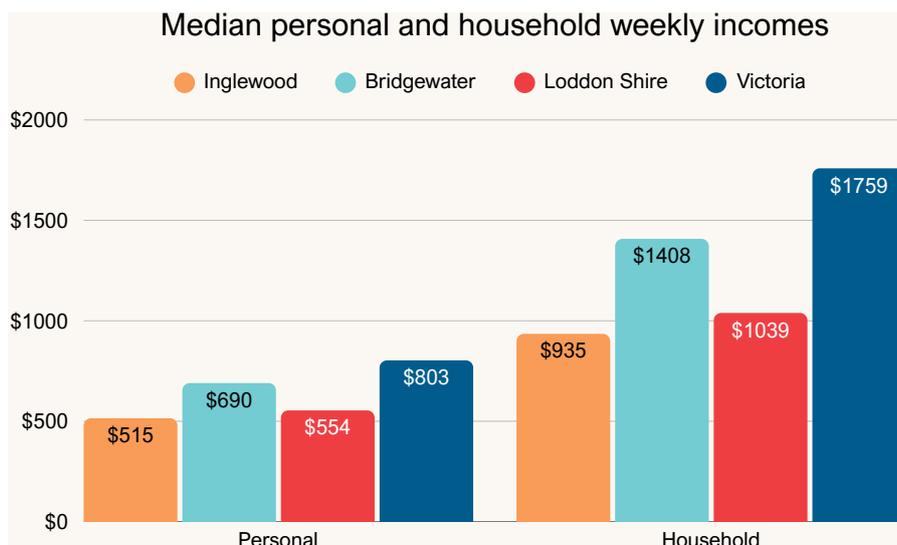
In the Inglewood postcode, median personal and household incomes are lower than those for Loddon Shire overall and the Victorian percentages. In the Bridgewater postcode, median personal and household incomes are higher than those for Loddon Shire overall but remain lower than Victoria.

Among people reporting a personal income over \$800 per week^[1], 62.2% in Inglewood and 62.1% in Bridgewater were male. This represents a larger gender income difference than Victorian proportion, where 56.5% of people reporting a personal income over \$800 per week were male.



Source: Australian Bureau of Statistics, 2021, The median weekly income excludes people aged 15 years and over who did not state their income.

Source: Australian Bureau of Statistics, 2021



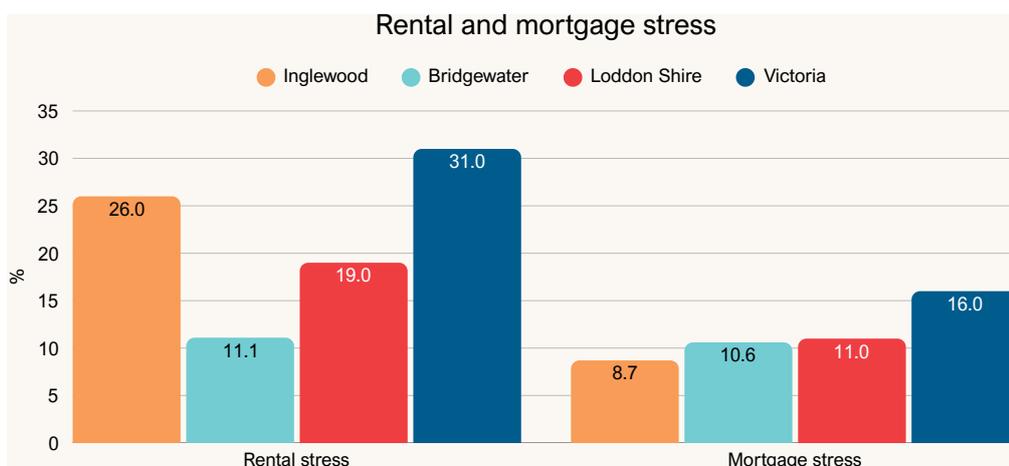
Source: Australian Bureau of Statistics, 2021, people aged 15 years and over

[1] \$800/week is based on the median total personal income for Victoria

3.5 Housing

The average household size in the Inglewood postcode is 1.8 people, lower than both Loddon Shire (2.2 people) and Victoria (2.5 people). In Inglewood, 127 private dwellings (17.7%) are unoccupied. In the Bridgewater, the average household size is 2.4 people, higher than Loddon Shire (2.2 people) and slightly lower than Victoria (2.5 people). Bridgewater has 88 unoccupied private dwellings, representing 24.6% of all dwellings.

Rental and mortgage stress are defined as housing costs exceeding 30% of household income. Across Inglewood, Bridgewater, Loddon Shire and Victoria, rental stress is more common than mortgage stress. Inglewood has higher rental stress than Loddon Shire and Bridgewater, but remains slightly below the Victorian average.

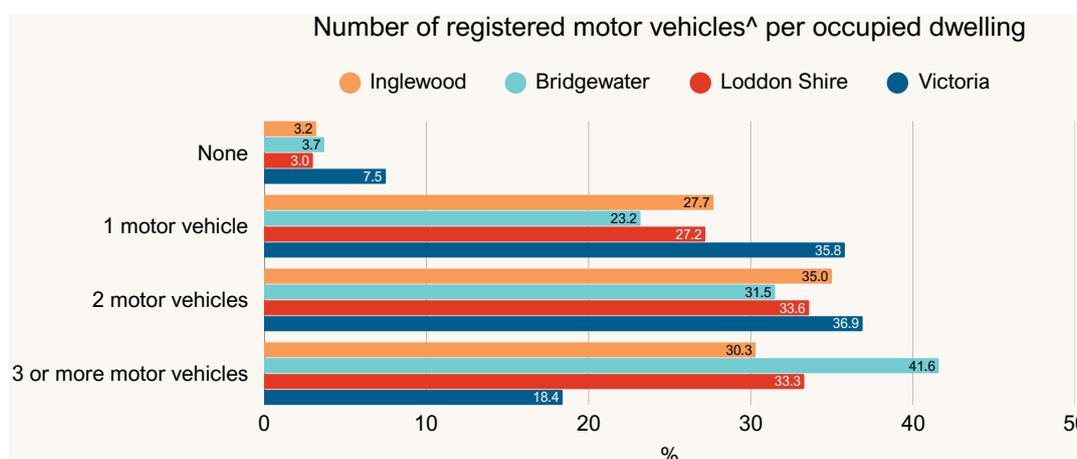


Source: Australian Bureau of Statistics, 2021

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 Inglewood and Bridgewater, access to a motor vehicle is essential for obtaining fresh, healthy food, accessing healthcare and maintaining social connections.

In Inglewood there were 19 homes (3.2%) without a registered motor vehicle. In Bridgewater there were 10 homes (3.7%) without a registered motor vehicle.

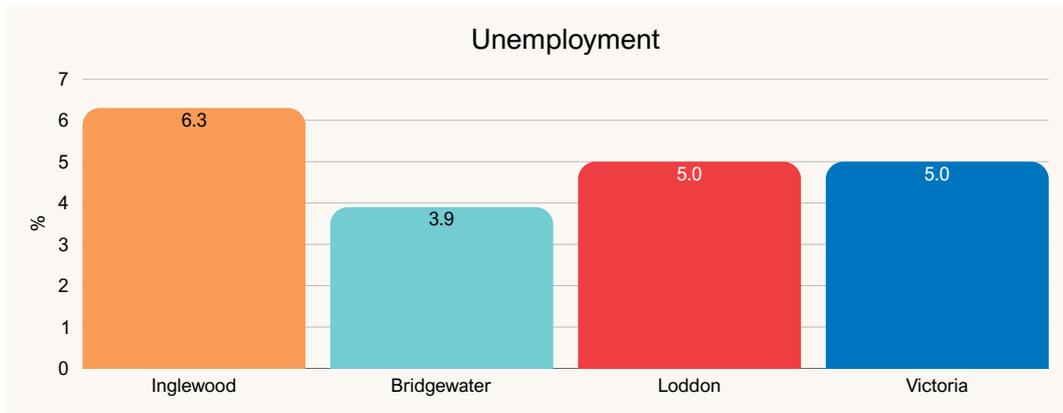


Source: Australian Bureau of Statistics, 2021

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

3.7 Unemployment

Unemployment in Inglewood (6.3%) is higher than Loddon (5%) and Victoria (5%). Unemployment in Bridgewater is (3.9%) lower than Loddon (5%) and Victoria (5%).



Source: Australian Bureau of Statistics, 2021, unemployed and looking for part-time or full-time work, aged over 15 years

3.8 Occupation

The top three industries of employment in Inglewood postcode are Hospital (except Psychiatric Hospitals), sheep farming (specialised), and grain growing grain-sheep or grain-beef cattle farming, similar to the three industries of employment in Loddon.

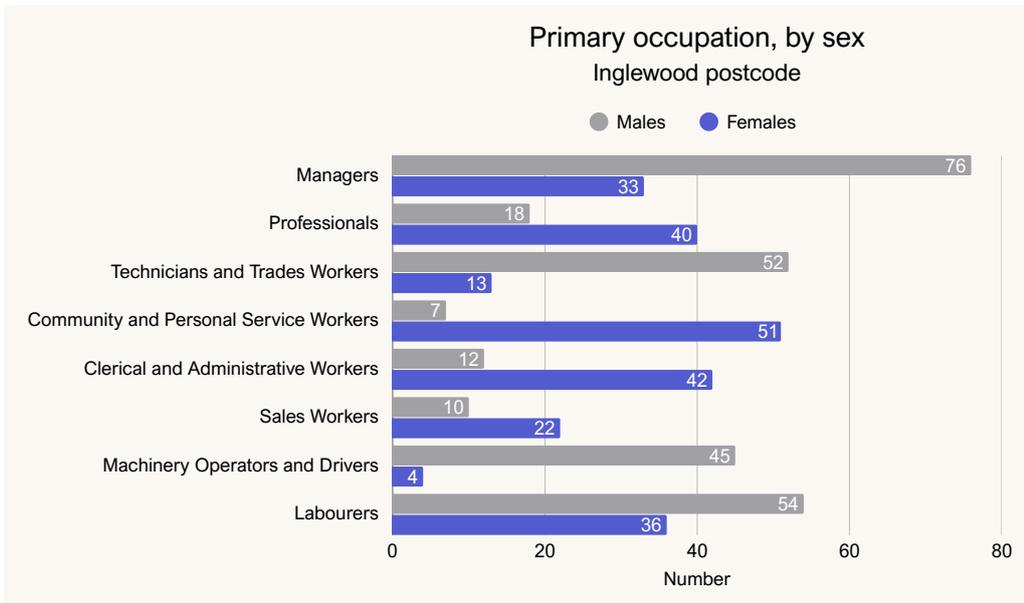
The top three industries of employment in Bridgewater postcode are grain-sheep or grain-beef cattle farming, Hospital (except Psychiatric Hospitals) and other grain growing.

Industry of Employment - top responses	Inglewood postcode (%)	Industry of Employment - top responses	Bridgewater postcode (%)
Hospital (except Psychiatric Hospitals)	5.4	Grain-Sheep or Grain-Beef Cattle Farming	6.5
Sheep Farming (Specialised)	4.8	Hospital (except Psychiatric Hospitals)	5.7
Grain-Sheep or Grain-Beef Cattle Farming	4.6	Other Grain Growing	4.6
Supermarket and Grocery Stores	4.1	Supermarket and Grocery Stores	2.7
Local Government Administration	3.5	Other Social Assistance Service	2.4

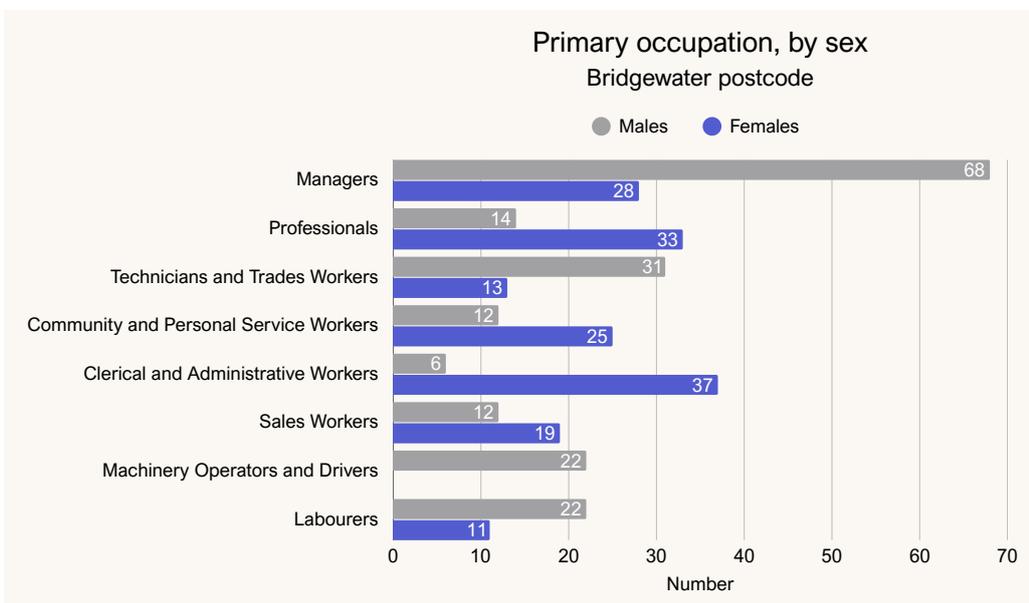
Source: Australian Bureau of Statistics, 2021

Data examining the primary occupations of employed individuals aged 15 years and over in Inglewood and Bridgewater district reveals a clear pattern of traditional gender roles.

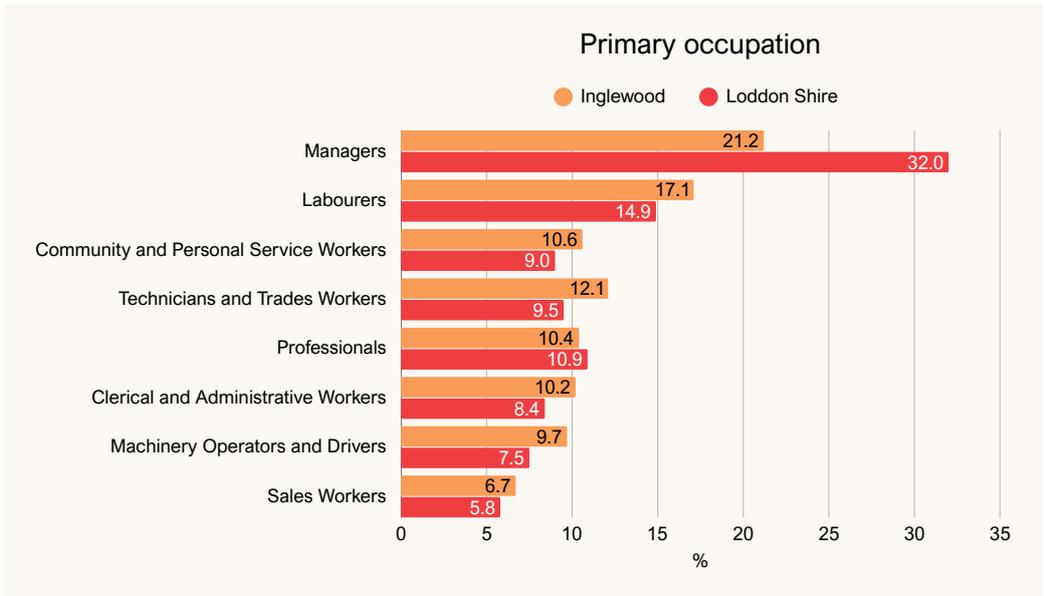
These entrenched roles suggest a division of labor along gender lines, where men and women are concentrated in occupations typically associated with their gender. Such rigid gender norms contribute significantly to the perpetuation of gender inequity, limiting opportunities for individuals and reinforcing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



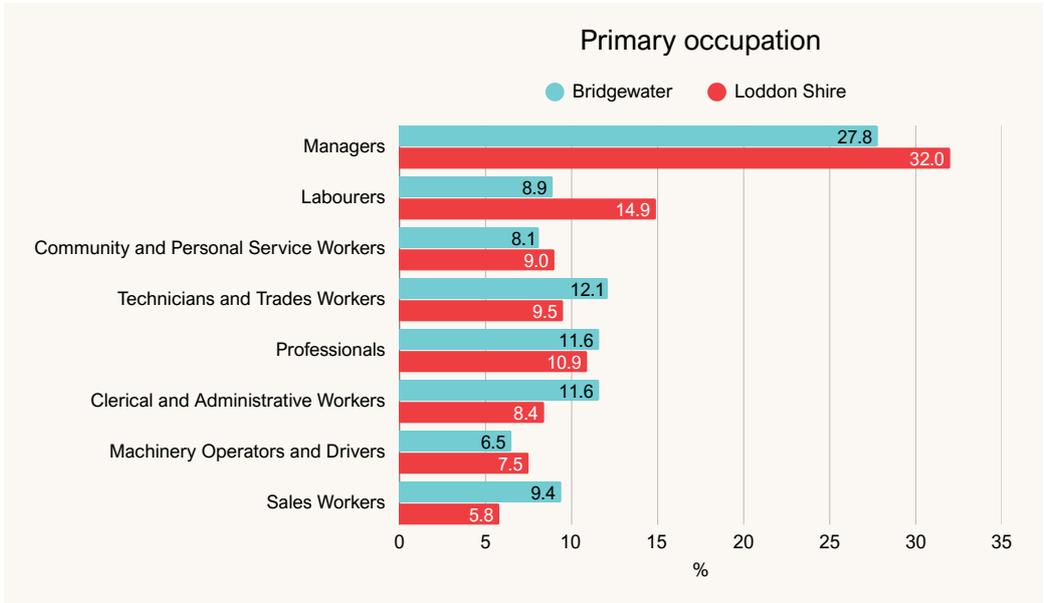
Source: Australian Bureau of Statistics, 2021, employed persons aged 15 yrs and over



Source: Australian Bureau of Statistics, 2021, employed persons aged 15 yrs and over
 Figures under five are not reported.



Source: Australian Bureau of Statistics, 2021, employed persons aged 15 yrs and over



Source: Australian Bureau of Statistics, 2021, employed persons aged 15 yrs and over

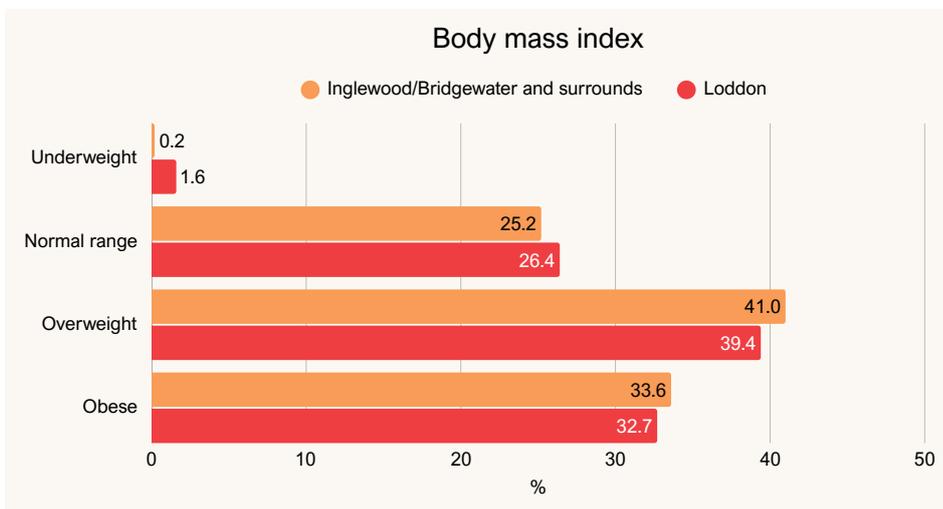
4. Health risk factors

4.1 Healthy eating

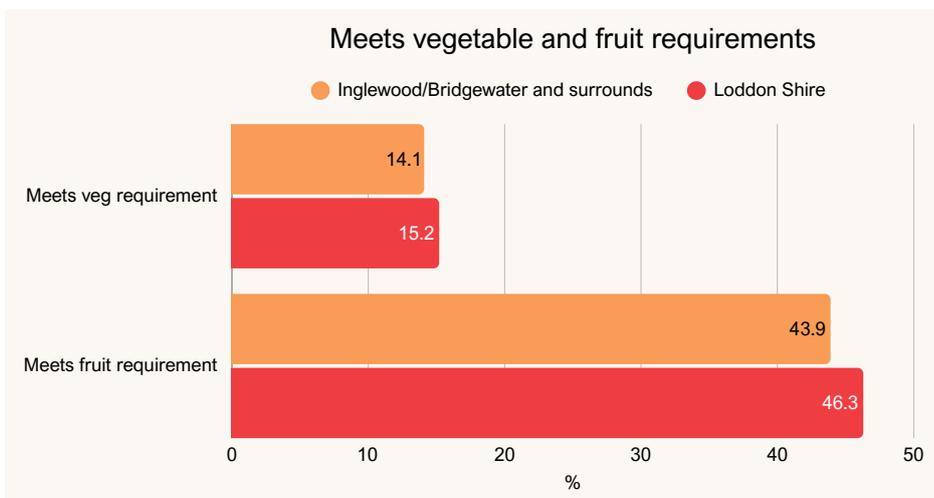
Poor diet and lack of exercise contribute to being overweight and obese, which are leading contributors to chronic disease and premature death in Victoria.^[1]

In the Active Living Census (ALC) survey, Inglewood/Bridgewater and surrounds has 74.6% people reporting they are overweight or obese, higher than Loddon Shire (72.1%). Only 14.1% of people in Inglewood/Bridgewater and surrounds met the vegetable requirements determined by the National Health and Medical Research Council.^[2]

In Inglewood/Bridgewater and surrounds 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 to meeting vegetable guidelines in Inglewood/Bridgewater and surrounds (%)	Barriers to meeting fruit guidelines in Inglewood/Bridgewater and surrounds (%)
Personal preference/habit	32.8	37.9
Time poor	14.6	13.5
Diet / health restriction	6.7	12.5
Guidelines	11.1	3.9
Cost	25.5	26.7
Quality / availability	14.6	12.5

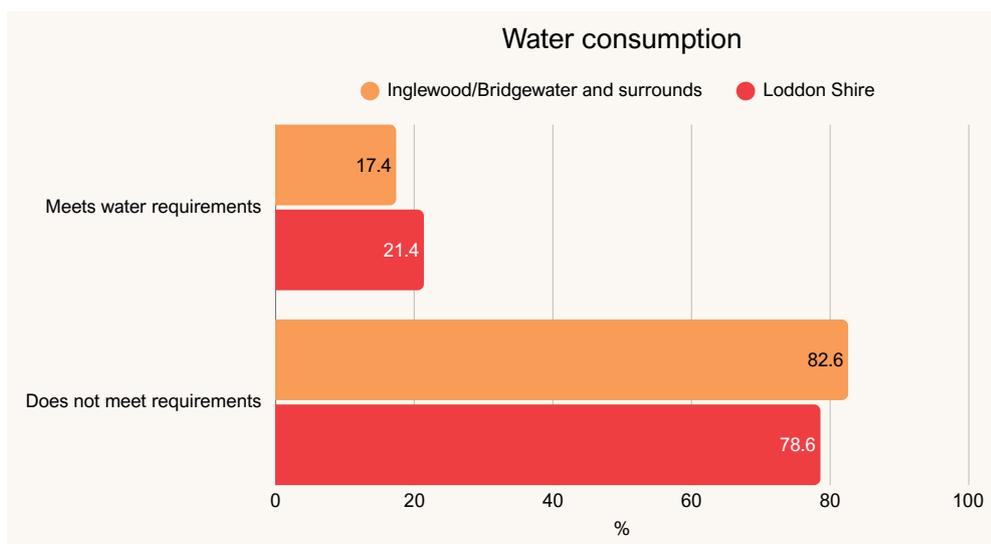
Source: [Active living census, Healthy Heart of Victoria, Social Research Centre, 2019](#)

4.2 Healthy drinking

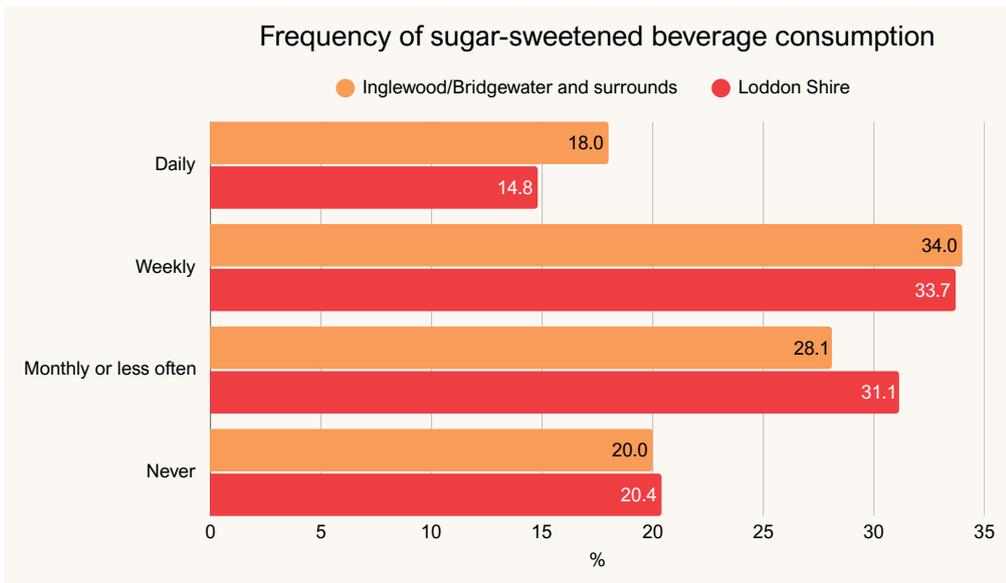
According to the 2013 Australian Dietary Guidelines prepared by the National Health and Medical Research Council, the recommended daily intake of water varies depending upon a range of individual factors such as diet and physical activity. The data below assumes that water consumption requirements have 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 Inglewood/Bridgewater and surrounds (82.6%) did not meet recommended water consumption levels, compared with 78.6% across Loddon Shire.

Inglewood/Bridgewater and surrounds had a higher proportion of people who consumed sugar-sweetened beverages (soft drinks, cordials, sports or energy drinks) daily (18%) compared with Loddon Shire (14.8%).



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

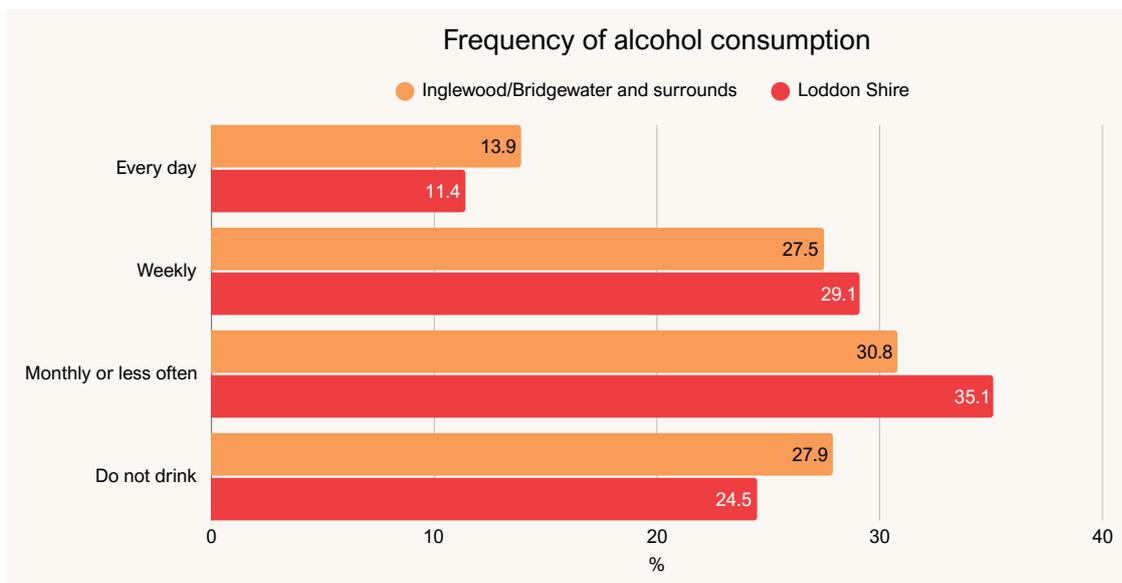


Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

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 Inglewood/Bridgewater and surrounds had a higher proportion of participants who consumed alcohol daily (13.9%) compared with Loddon Shire (11.4%). However, a higher proportion of people in Inglewood/Bridgewater and surrounds reported not drinking alcohol (27.9%) compared with the Loddon Shire (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. Inglewood and Bridgewater had a higher proportion of people consuming four or more drinks on one occasion (54.9%) compared with Loddon Shire (53.9%).



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

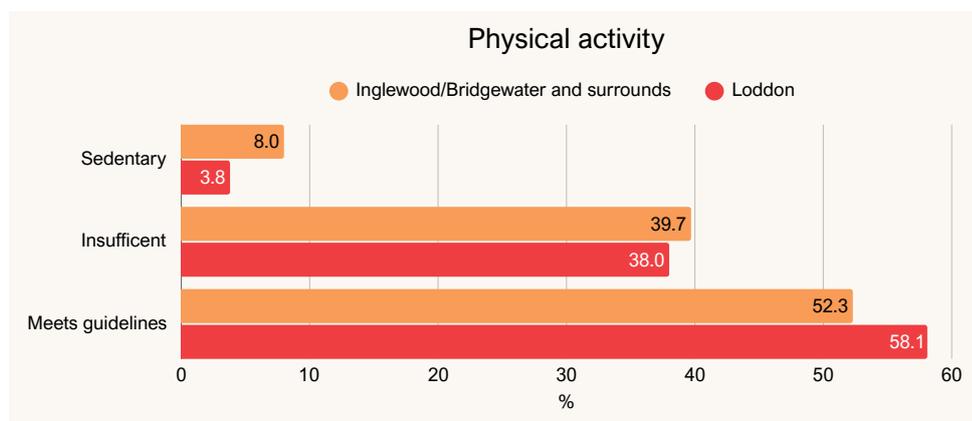
[1] National Health and Medical Research Council (NHMRC).

4.3 Physical activity

People are described as having met the 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.^[1]

In the ALC survey, Inglewood/Bridgewater and surrounds reported 52.3% (n=135) population meeting the physical activity guidelines, lower than Loddon Shire (58.1%).

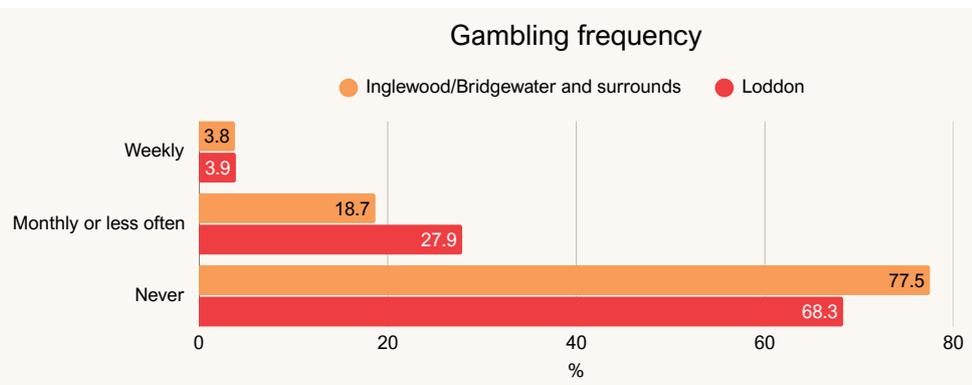


Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019, 18 years and over

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 Inglewood/Bridgewater and surrounds is lower than both the Loddon Shire and Victorian proportions.



Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019, 18 years and over

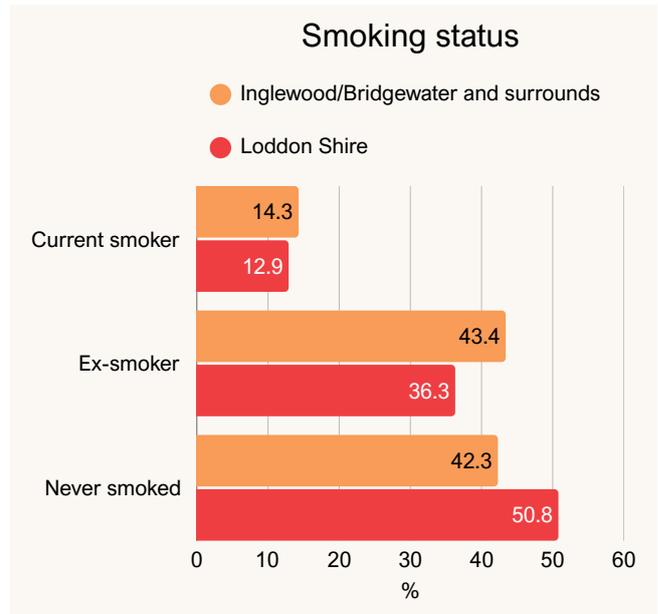
[1] Australia's physical activity and sedentary behaviour (Department of Health 2014)

[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 Inglewood/Bridgewater and surrounds who reported they are current smokers is 14.3%, higher than Loddon Shire at 12.9%. Inglewood/Bridgewater and surrounds had a significantly higher percentage of ex-smokers 43.4%, compared to Loddon shire (36.3%).



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

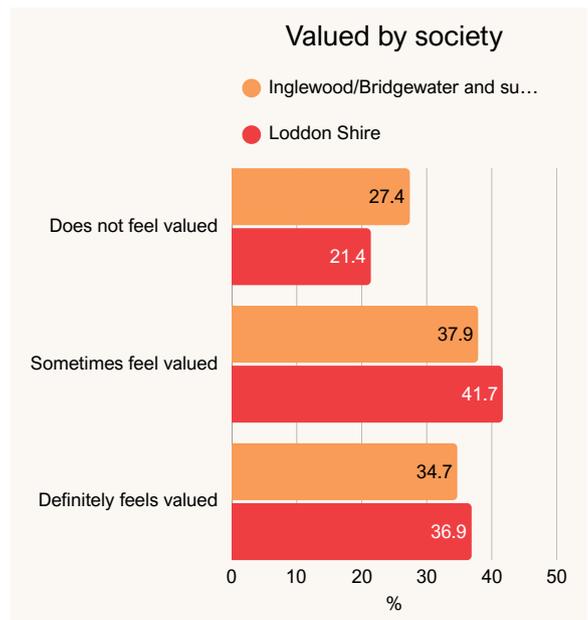
4.6 Mental wellbeing

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 Inglewood/Bridgewater and surrounds, 70.2% of respondents reported high to very high life satisfaction, comparable to Loddon Shire overall (72.4%). In Inglewood/Bridgewater and surrounds, 34.7% of people said they definitely feel valued, compared with 36.9% across the Loddon Shire.

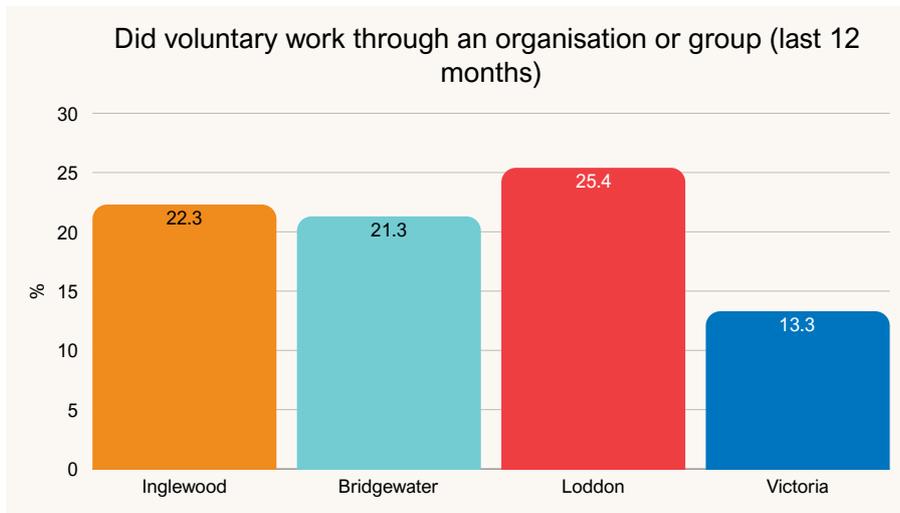


Source: [Active living census](#), [Healthy Heart of Victoria](#), [Social Research Centre](#), 2019, aged 3 years and over



Source: [Active living census](#), [Healthy Heart of Victoria](#), [Social Research Centre](#), 2019, 3 years and over

Voluntary work can help to support mental health and wellbeing by strengthening social connection and a sense of being valued. In the Inglewood postcode, 22.3% of residents reported involvement in voluntary work in the past 12 months, compared with 21.3% in Bridgewater. These rates are lower than Loddon Shire (25.4%) but higher than the Victorian average (13.3%).

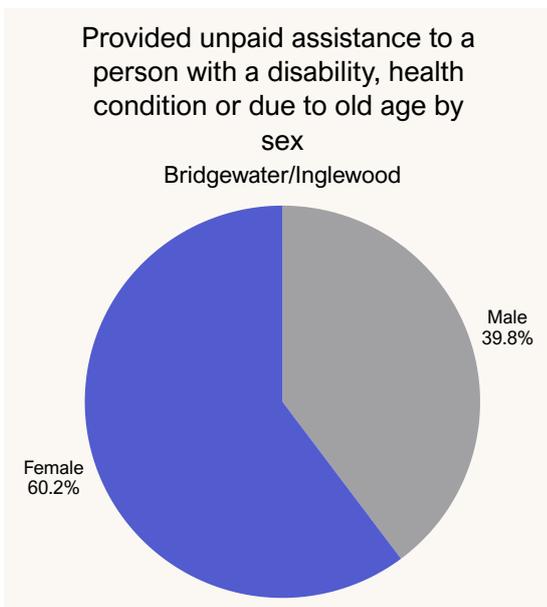


Source: Australian Bureau of Statistics, 2021 all people

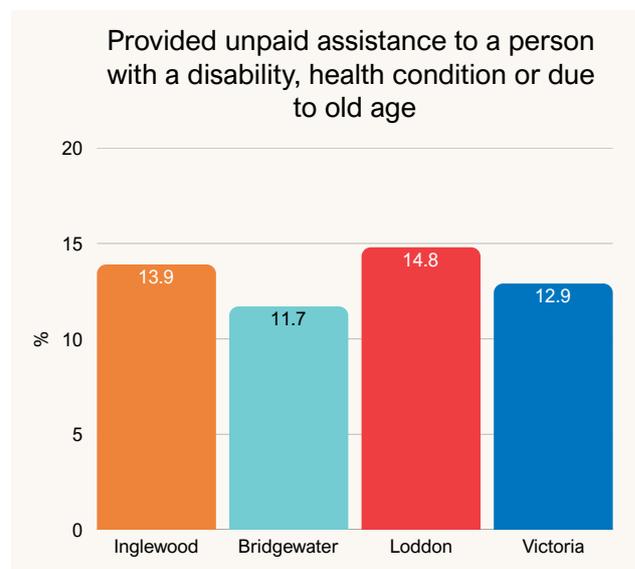
4.7 Carers

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.

Inglewood had 177 people (13.9%) and Bridgewater had 72 people (11.7%) providing an unpaid carer role to someone with a disability, health condition or elderly. Of the unpaid carers in both Inglewood and Bridgewater 60.2% were female.



Source: Australian Bureau of Statistics, 2021

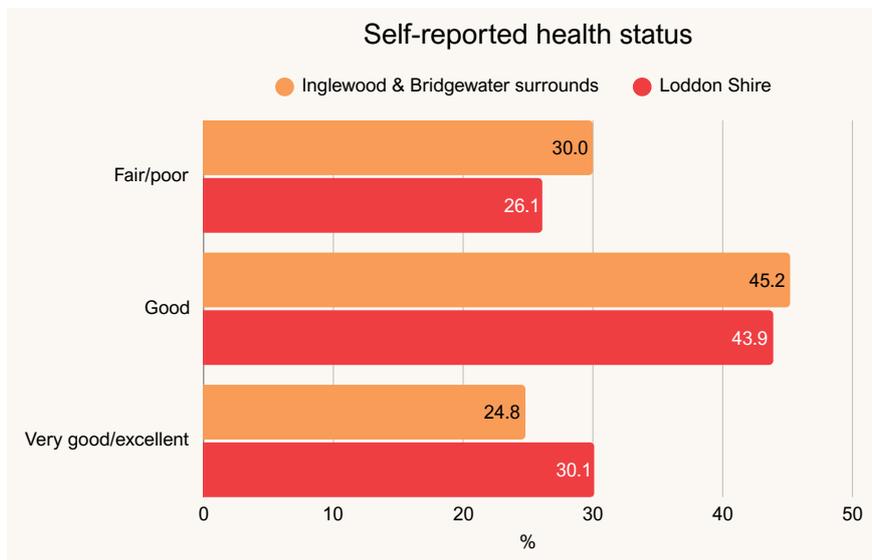


Source: Australian Bureau of Statistics, 2021

5 Health conditions

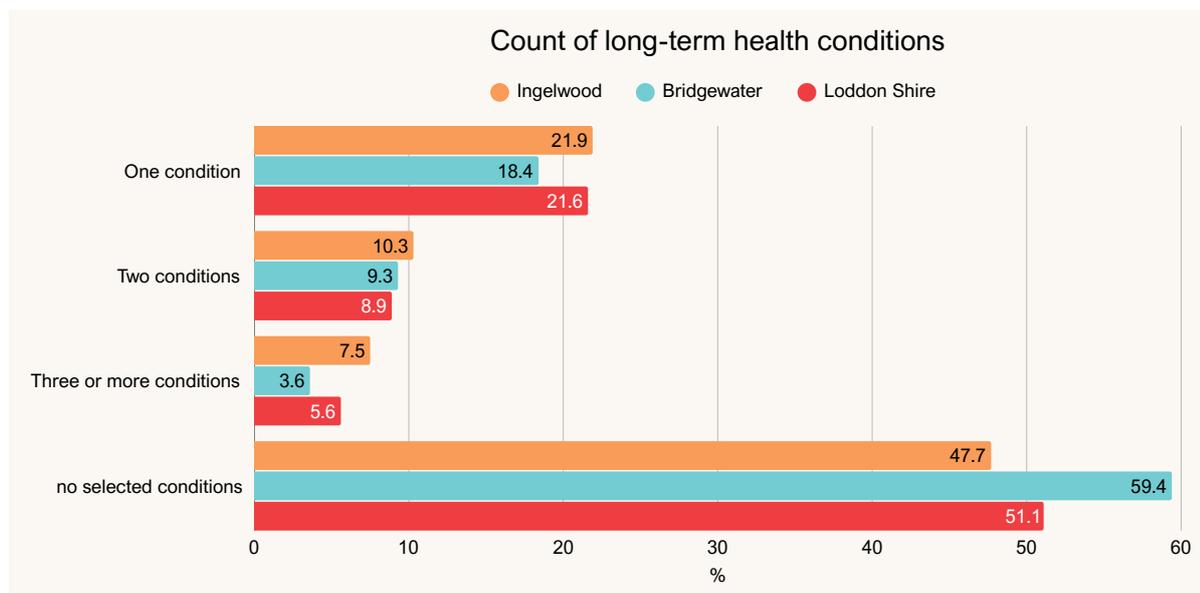
5.1 Long term health conditions

Inglewood, Bridgewater and surrounds (30%) had a higher proportion of people reporting fair/poor health compared to Loddon Shire (26.1%).



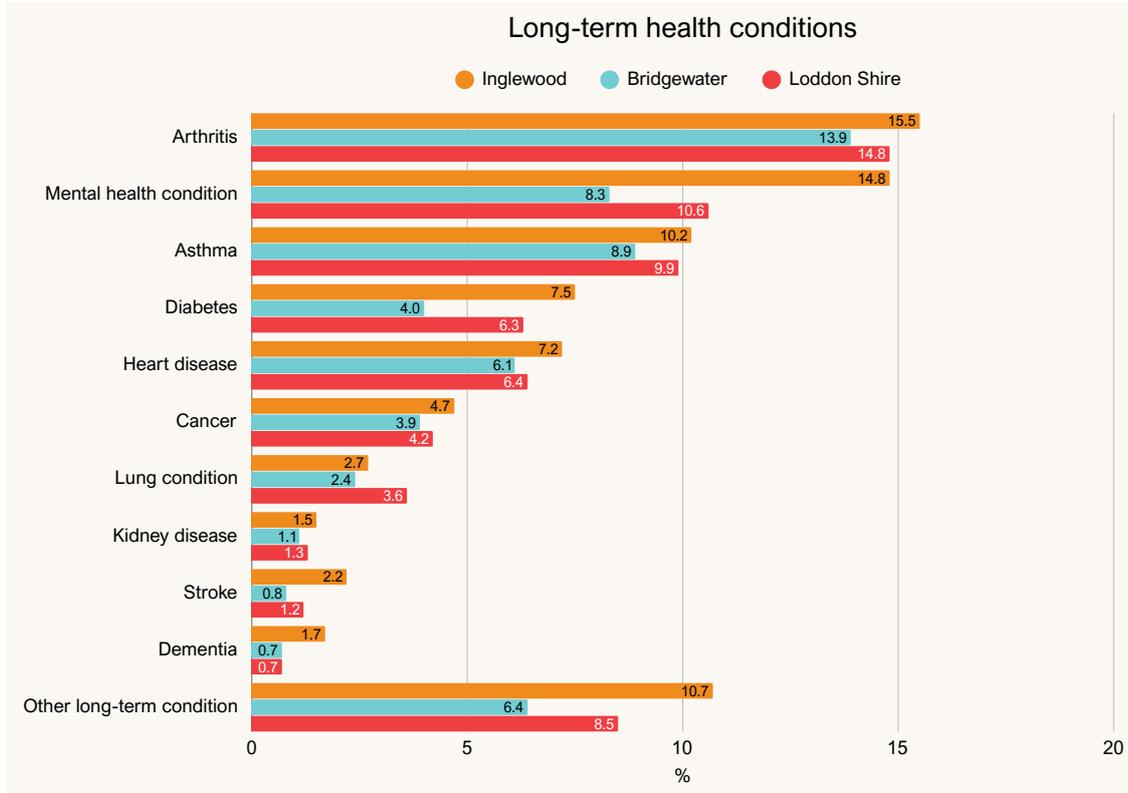
Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

Inglewood has a higher overall count of long-term health conditions with 39% of people reporting long-term health conditions, compared to Loddon Shire where 36.1% of people report a long-term health condition. Bridgewater had a lower overall count of long-term health conditions, with 31.3% of people reporting one or more health conditions.



Source: Australian Bureau of Statistics, 2021, all people

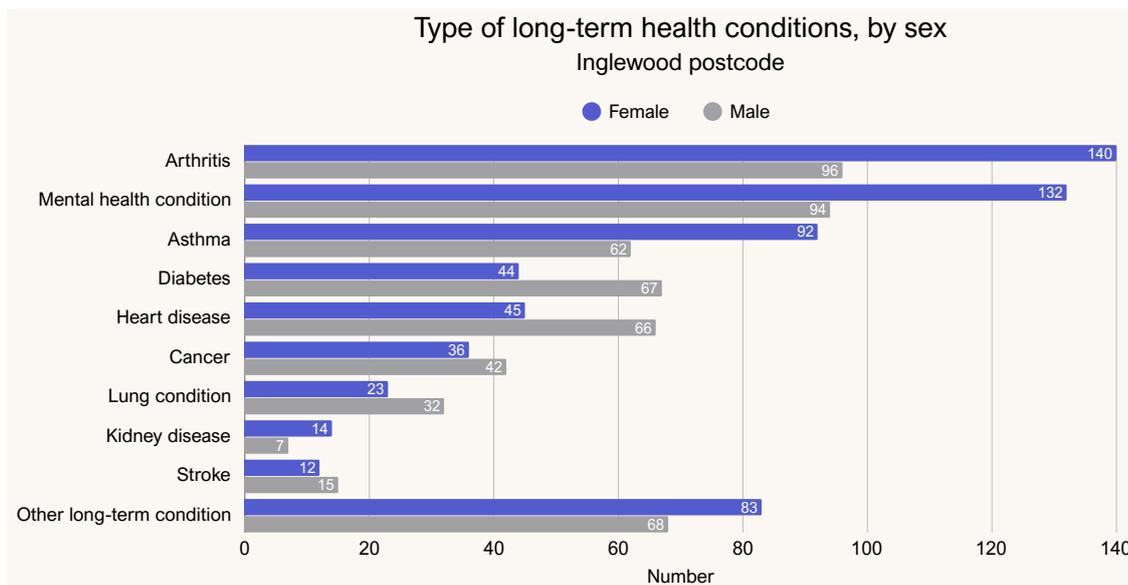
In the census data, people were asked “have you (or dependants) been told by a doctor or nurse that they have any of these long-term health conditions?” The top three long-term health conditions reported in Inglewood and Bridgewater postcodes are arthritis, mental health conditions and asthma.



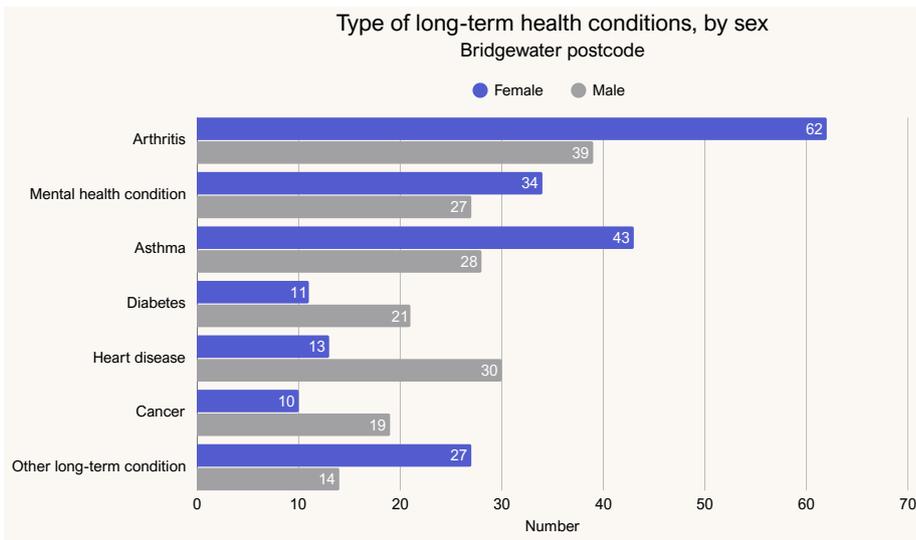
Source: Australian Bureau of Statistics, 2021, all people

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
 Figures under five are not reported.



Source: Australian Bureau of Statistics, 2021 all people
 Figures under five are not reported.

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>

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