



Pyramid Hill District Data Profile 2026

Pyramid Hill District Data Profile

This document has been prepared to provide a data profile on the health and wellbeing of Pyramid Hill 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 the Pyramid Hill area, located within the Loddon Shire has been challenging due to limited data availability and small population sizes. Where possible, data specific to the Pyramid Hill postcode 3575 has been used. However, some sources include surrounding areas, which vary in definition. As the Loddon Shire data also includes the Pyramid Hill data the differences may be even more pronounced if data specific to Pyramid Hill was not included in the comparison.



Population

Pyramid Hill is located in central Victoria within the Loddon Shire Council and has a population of approximately 842 people, making up 10.9% of the shire's total population. The Pyramid Hill area has an older population, with a median age of 46 years and 22% of the population aged over 65 years.



Priority groups

Priority populations include Aboriginal and Torres Strait Islander peoples (2.3% of the Pyramid Hill population), people with disabilities (5.9% of residents requiring core activity assistance), and those speaking a non-English language at home (9.8%). Data on LGBTIQ+ communities is limited, although state and national evidence consistently indicates heightened vulnerability and poorer health outcomes in these groups.



Health determinants

The Pyramid Hill area faces higher levels of socioeconomic disadvantage and educational attainment is low. Only 37.5% have completed education beyond Year 12. Income levels are lower than state averages and the area shows elevated rental stress. Barriers to health include poor nutrition (only 17.9% meet vegetable intake guidelines) and higher daily alcohol consumption (13.2%).



Health risk factors

Overweight/obesity rates are high (69%), physical activity levels are below average (41.7% meet guidelines) and smoking rates are high (16.9%). There are mixed alcohol use trends, more daily drinkers (13.2%) but fewer binge drinking episodes. Poor water intake is an issue (16.7% meeting water requirements), though sugar-sweetened beverage consumption is low.



Health conditions

The Pyramid Hill area had a lower proportion of people reporting fair/poor health compared to the Loddon Shire. The Pyramid Hill area has a lower count of long-term health conditions compared to the Loddon Shire. The three most commonly reported conditions are arthritis, mental health issues and asthma, with these being more frequently self-reported by females.

Pyramid Hill

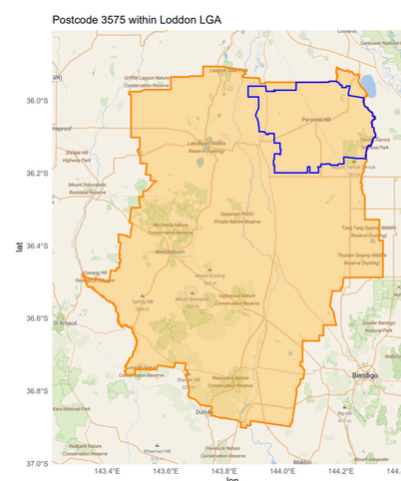
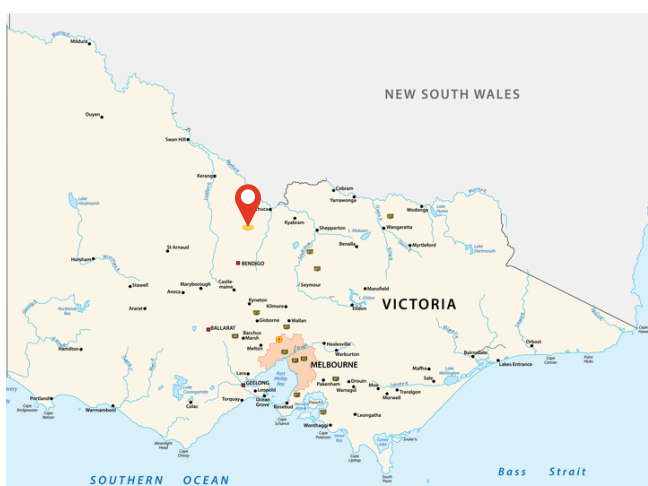
Pyramid Hill is located in north-central Victoria, Australia, approximately 240 km north of Melbourne, 60 km west of Echuca and 85 km northwest of Bendigo. It is located within the Loddon Shire Council and is characterised by wide agricultural landscapes, open plains and an iconic granite outcrop that gives the town its name.

The region is situated on the traditional lands of the Barapa Barapa people, whose connection to Country extends for tens of thousands of years. Barapa Barapa Country is incredibly diverse, encompassing woodlands, forests, swamps, lakes, plains, granites, rivers, and wetland systems. Barapa Barapa people have thrived by traveling and sustainably managing these environments, ensuring they could provide for us seasonally while preserving their beauty and vitality for generations to come.

Land use in Pyramid Hill and its surrounding district is primarily agricultural, with extensive dryland cropping, mixed livestock grazing, and irrigated dairy farming in nearby areas. The township serves as a service centre for local farms, providing essential retail, education, and health services, as well as supporting transport and machinery industries that underpin the regional economy.²

The Pyramid Hill area has a population of approximately 842 people, with a median age of around 46 years. The community includes long-established farming families, culturally diverse newer residents, and a growing cohort of seasonal agricultural workers. Employment is largely concentrated in agriculture, food production, education, health care, and local government services.

While agriculture continues to be the primary industry of Pyramid Hill's economy, the town faces challenges common to many small rural centres—including water security, workforce shortages, and maintaining essential infrastructure.



1. [Barapa Cultural Heritage and Land Management Service](#)
2. [Socio-economic impacts of land use change, Cooperative Research Centre for Forestry](#)
3. [Australian Bureau of Statistics](#)

- Loddon Shire Council
- Pyramid Hill: postcode 3523

1. Pyramid Hill 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.

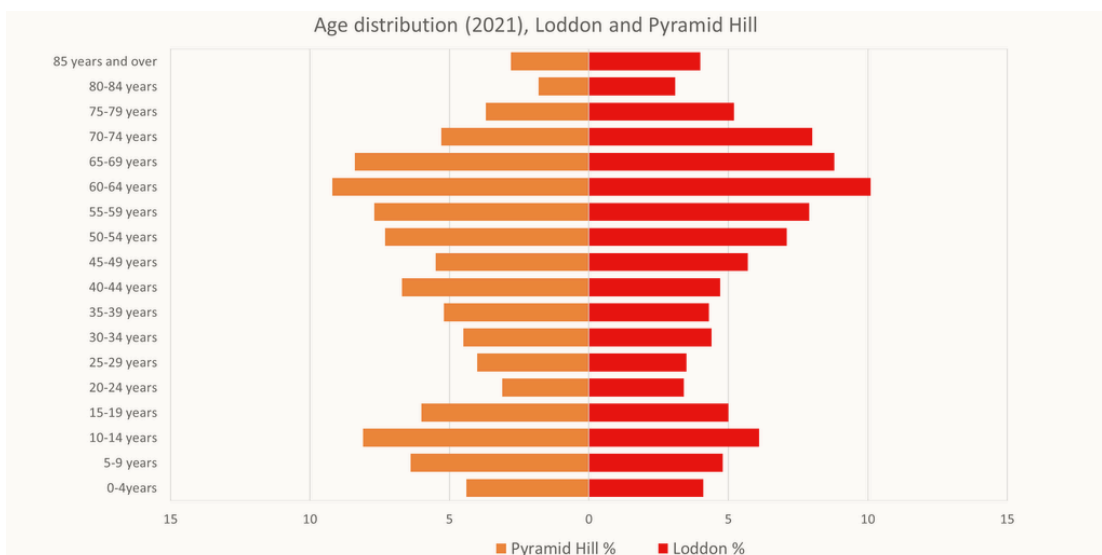
The total population of the Pyramid Hill area was 842 people. This was 10.8% of the Loddon Shire total population (n=7,759). The age distribution pyramid below demonstrates an older population in the Pyramid Hill area, with a higher mean age of 46 years compared with Victoria (38 years).

Location	Mean Age (2021)
Victoria	38 years
Loddon (LGA)	52 years
Pyramid Hill	46 years

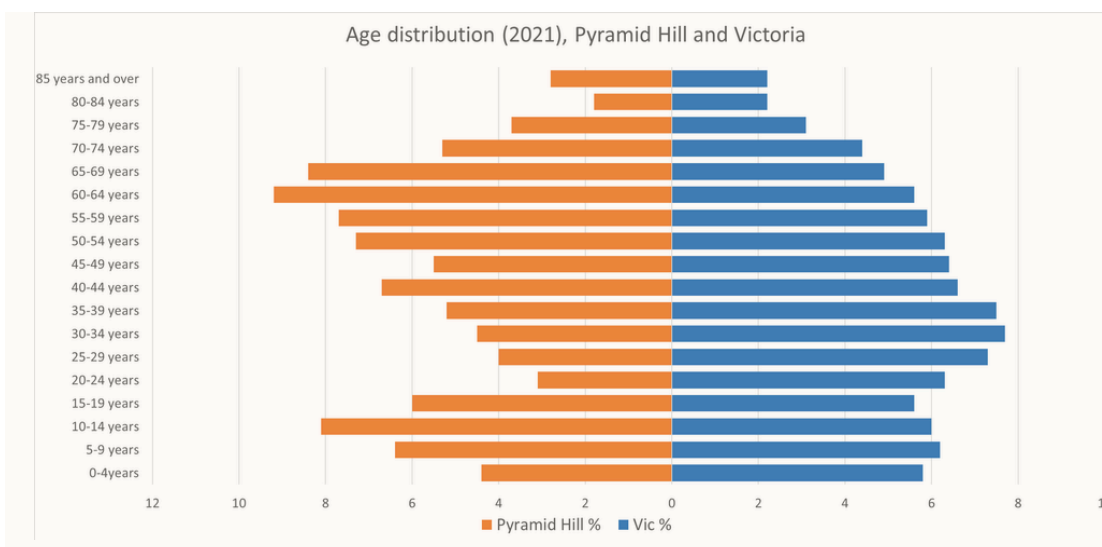
Source: Australian Bureau of Statistics, 2021



842 people reside in the Pyramid Hill postcode 3575



Source: Australian Bureau of Statistics, 2021



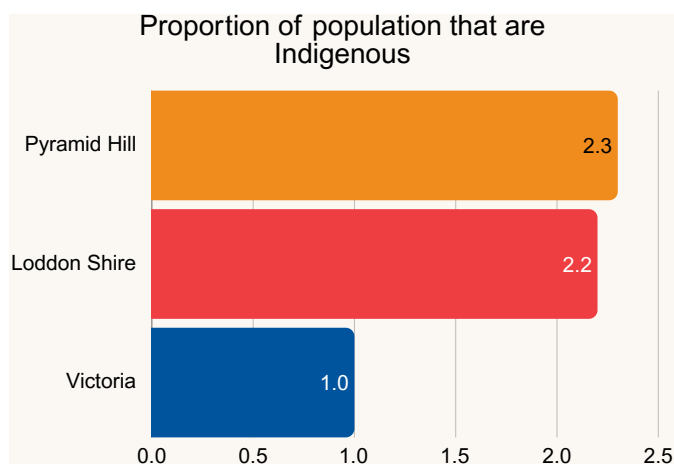
Source: Australian Bureau of Statistics, 2021

2. Priority Groups

2.1 Indigenous status



Barapa Barapa people are the traditional owners of the land where Pyramid Hill is settled.



Source: Australian Bureau of Statistics, 2021

The proportion of Aboriginal and Torres Strait Islander peoples in the Pyramid Hill area was 2.3% (n= 19) contributing to the 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 that Aboriginal and Torres Strait Islander peoples disproportionately experience systemic disadvantage compared to the whole of population.

2.2 Multicultural communities

The Pyramid Hill area has a large Philippine population, with 9.4% of the population born in the Philippines. Filipino employment in the Pyramid Hill area is heavily concentrated in the agricultural sector, particularly in local piggeries.

In the Pyramid Hill area, 80.2% of households speak English only, with 9.8% speaking a non-English language at home. The top language used at home is Filipino (4%) and Tagalog (3.8%).

Location	Uses other languages and speaks English not well/not at all, 2021
Pyramid Hill	0.9%
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).

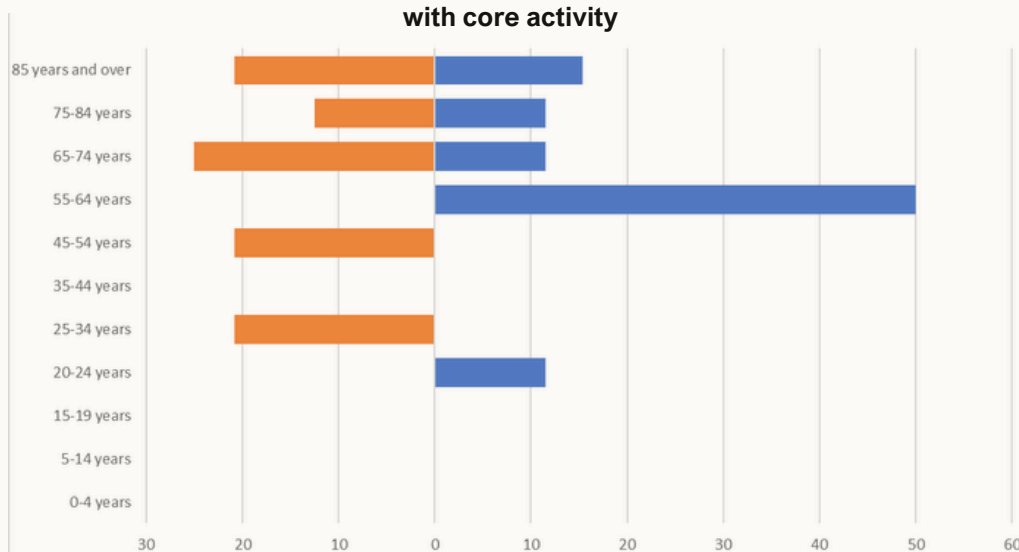
2.4 People with disability

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 Pyramid Hill area there were 26 males and 24 females, (total of 50) that required assistance with core activity.

Proportion of people in Pyramid Hill and district postcodes 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.

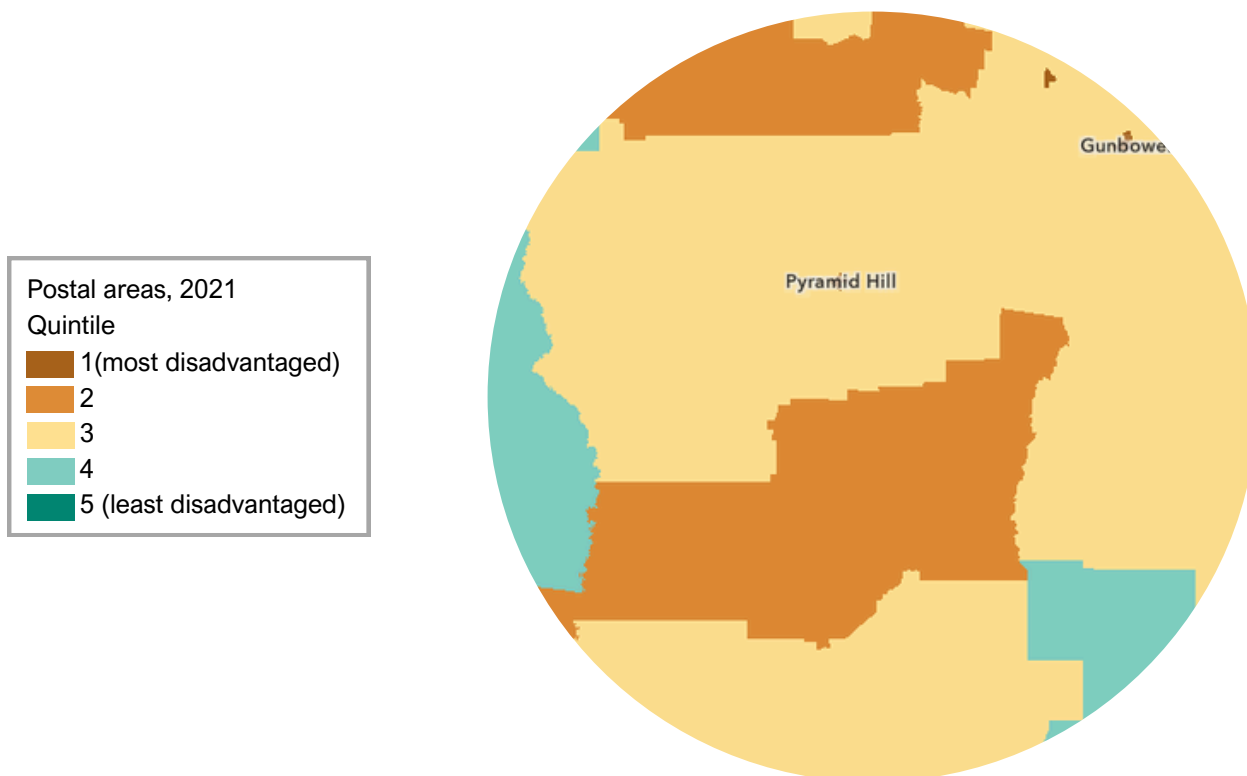
A low score indicates relatively greater disadvantage. For example, an area could have a low score if there are: many households with low income, or many people without qualifications, and many people in low skilled occupations. A high score indicates a relative lack of disadvantage. For example, an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

The Pyramid Hill area recorded an IRSD score of 913, indicating greater relative disadvantage compared with the Loddon Shire (948) and Victoria overall (1,018).

LGA, 2021	IRSD Score ^
Victoria	1,018
Loddon Shire	996
Pyramid Hill	913

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

^ The lower the score the greater disadvantage

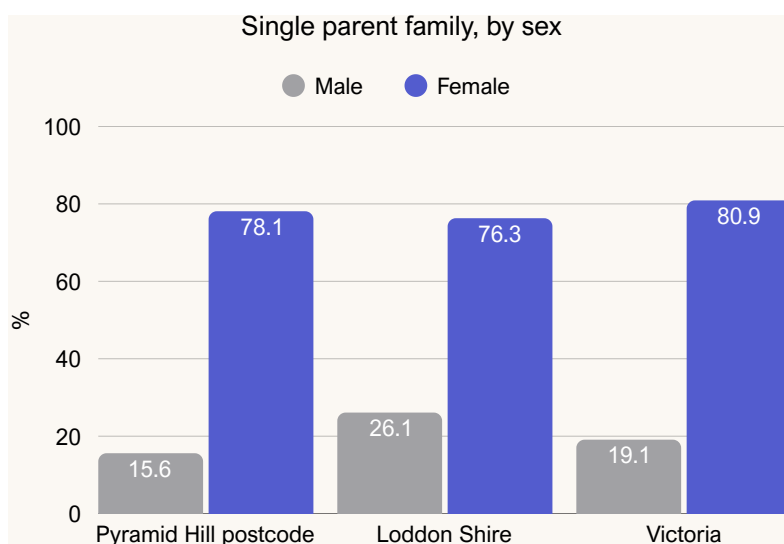


3.2 Single parents

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 32 (15.1% of all families) single parent families recorded in the Pyramid Hill area.



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. The Pyramid Hill area had slightly higher levels of educational attainment compared to the Loddon Shire and lower levels than Victoria. This may reflect physical and financial access to higher education.

 In the Pyramid Hill area, 37.5% people had higher education (above year 12), compared to 36.7% in the Loddon Shire.

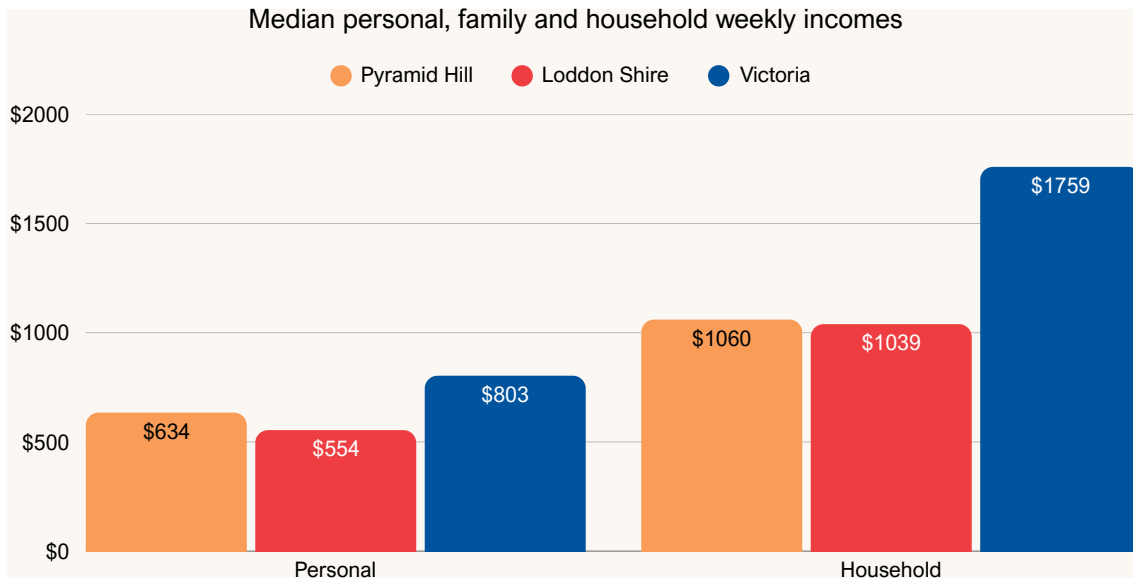
Level of highest education attainment, % people aged 15 years and over, 2021	Pyramid Hill	Loddon Shire	Victoria
Bachelor degree level and above	13.6	10.6	29.2
Advanced Diploma and diploma level	6.6	7.3	9.8
Certificate level III & IV	17.3	18.7	14.3
Year 12	10	10.2	14.9
Year 11	10	8.8	5.7
Year 10	15.1	12.9	7.3
Year 9 or below	11.4	13.6	7.9

Source: Census All persons QuickStats | Australian Bureau of Statistics (abs.gov.au), 2021

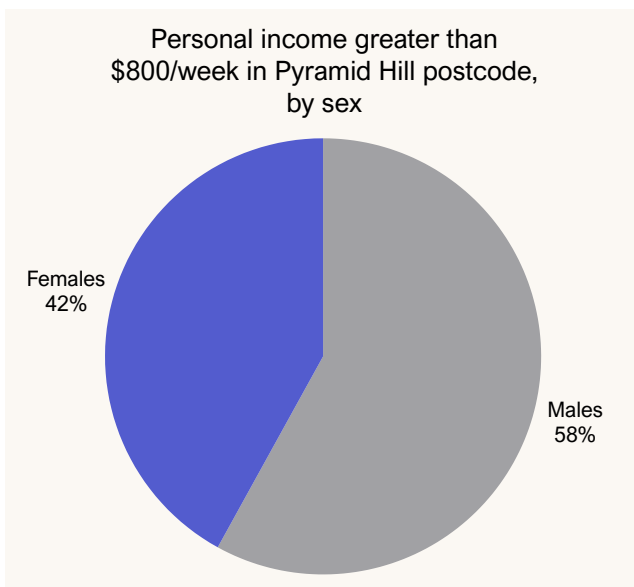
3.4 Household income

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

Of the people in the Pyramid Hill area that reported a personal wage over \$800/week*, 58% 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, aged 15 years and over



Source: Australian Bureau of Statistics, 2021

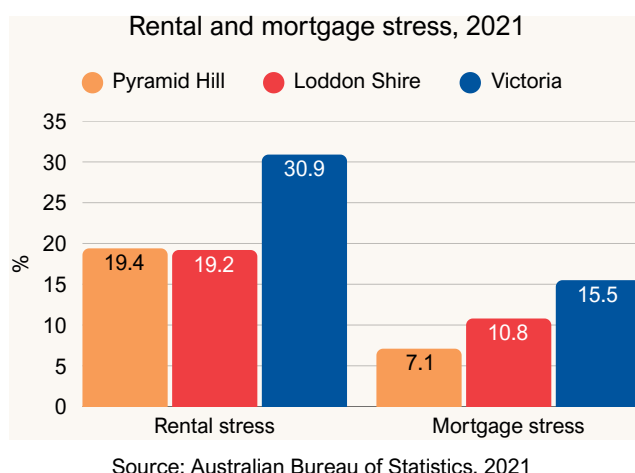
* \$800/week is based on the median total personal income for Victoria

3.5 Housing

The average number of people per household in the Pyramid Hill area was 2.3 people, slightly higher than the Loddon Shire (2.2 people) and slightly lower than Victoria (2.5 people). There are 63 (15.8%) private dwellings unoccupied in the Pyramid Hill area.

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

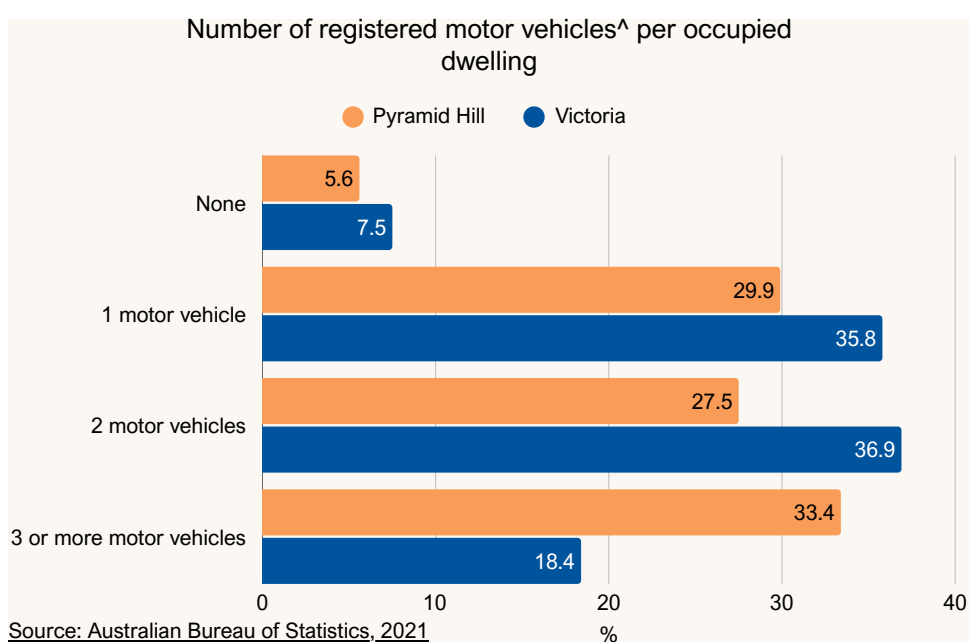
The Pyramid Hill area, Loddon Shire and Victoria have higher rental stress compared to mortgage stress, with the Pyramid Hill area having similar rental stress to the Loddon Shire and lower than the Victorian average.



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 the Pyramid Hill area, access to a motor vehicle is essential for obtaining fresh, healthy food, accessing healthcare and maintaining social connections.

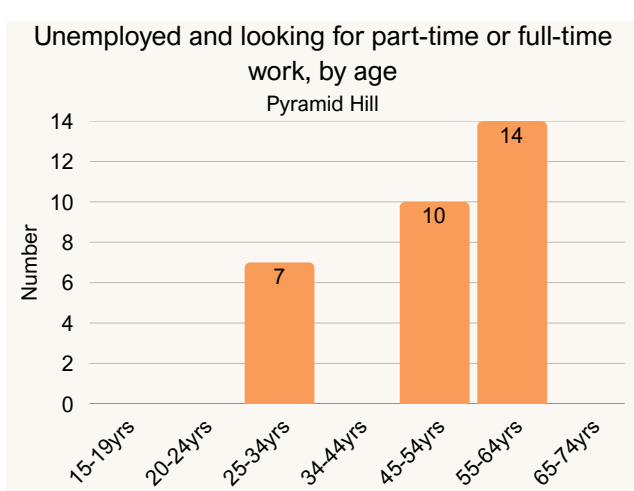
In 2021, there were 19 homes (5.6%) in the Pyramid Hill area without a registered motor vehicle.



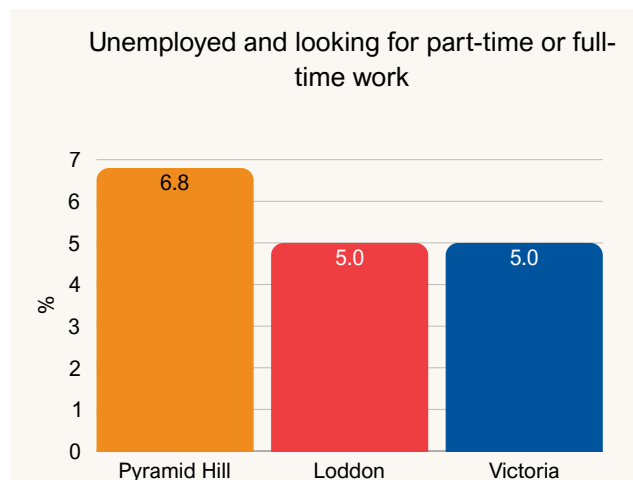
^Motor vehicles excludes motorbikes, motor scooters and heavy motor vehicles.

3.7 Unemployment

Unemployment in the Pyramid Hill area was (6.8%) higher compared to the Loddon Shire (5%) and Victoria (5%). The highest age group experiencing unemployment in the Pyramid Hill area was 55-64 years.



Source: Australian Bureau of Statistics, 2021



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

3.8 Occupation

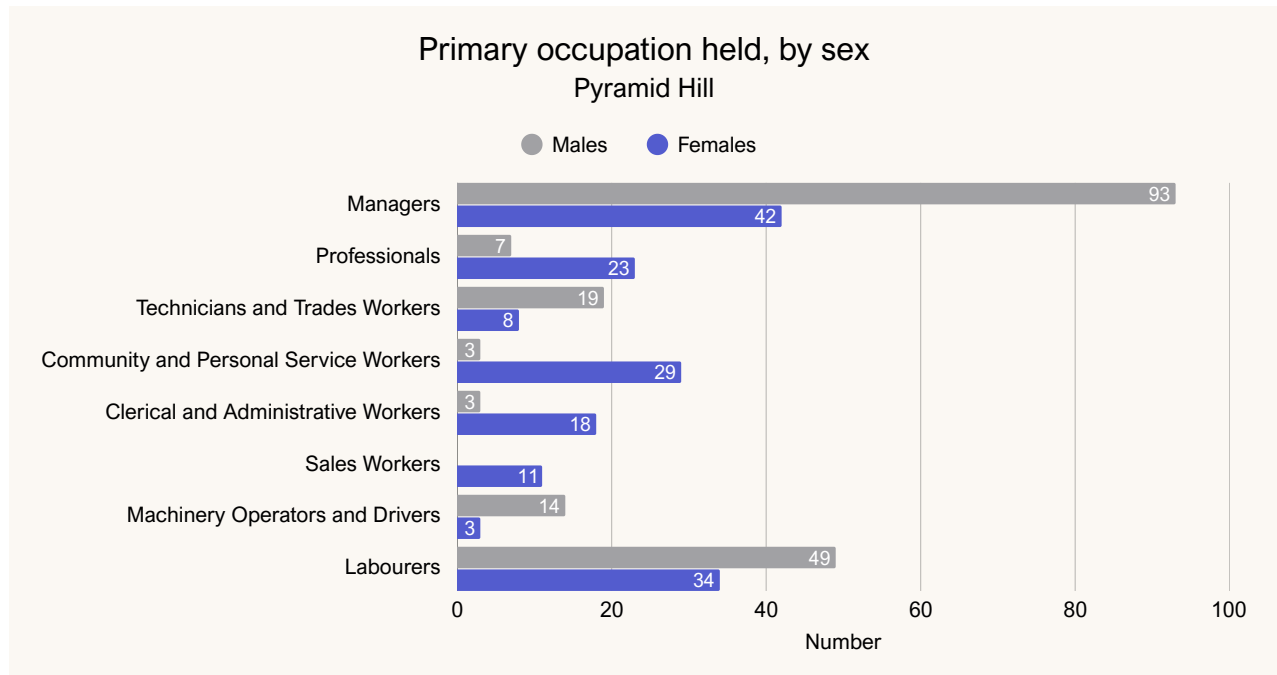
The top three industries of employment in the Pyramid Hill area were pig farming, sheep farming (specialised), and dairy cattle farming. Similarly, within the Loddon Shire, the leading industries are grain–sheep or grain–beef farming, sheep farming (specialised) and other grain growing.

Industry of Employment - Top responses for the Pyramid Hill area	%
Pig Farming	9.9
Sheep Farming (Specialised)	8.8
Dairy Cattle Farming	7.2
Other Grain Growing	5.6
Grain-Sheep or Grain-Beef Cattle Farming	3.7

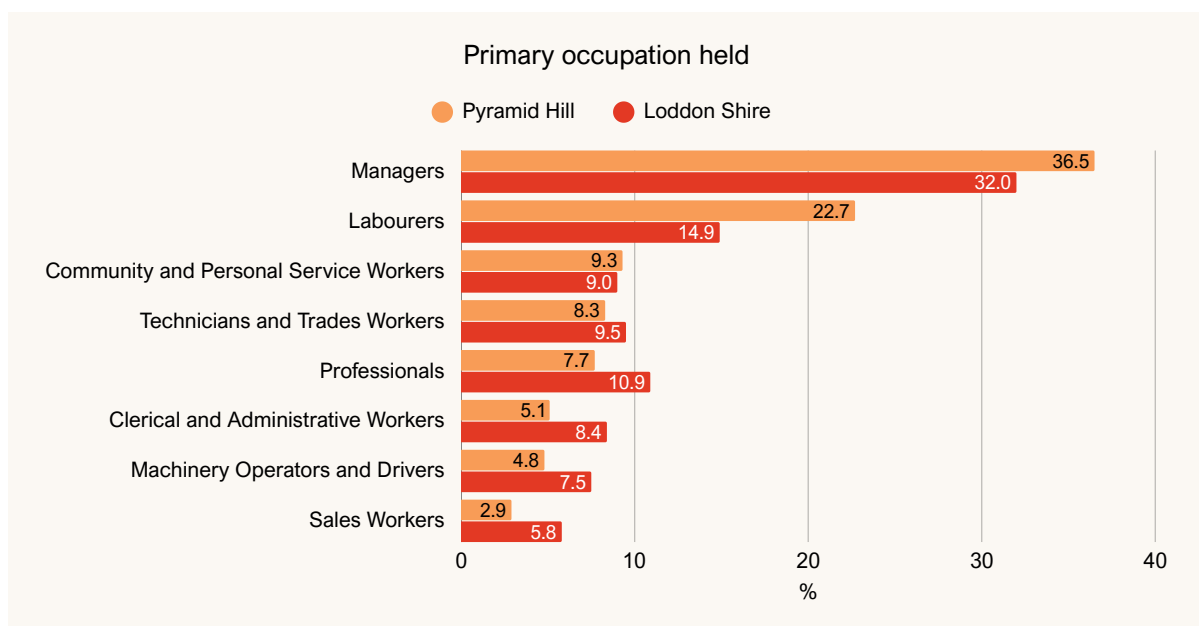
Source: Australian Bureau of Statistics, 2021

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

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



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



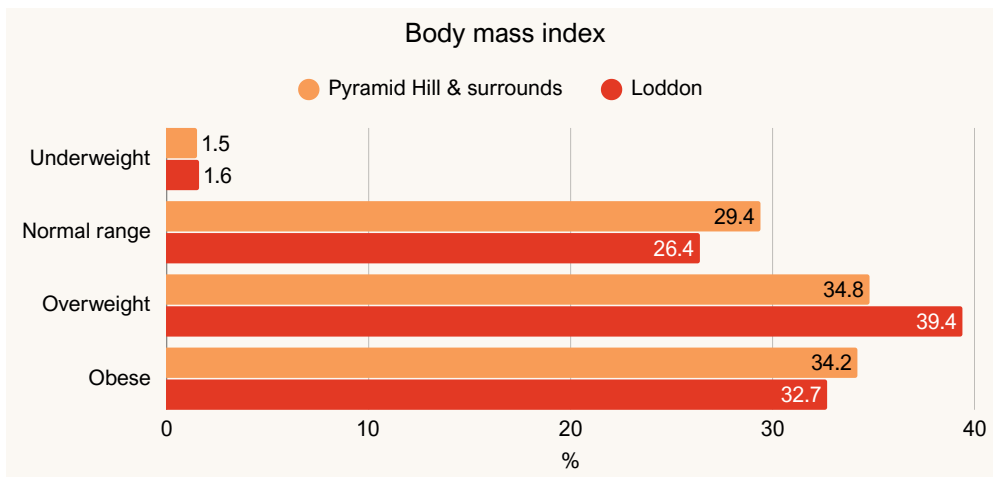
Source: Australian Bureau of Statistics, 2021, employed persons aged 15 years and over

4. Health risk factors

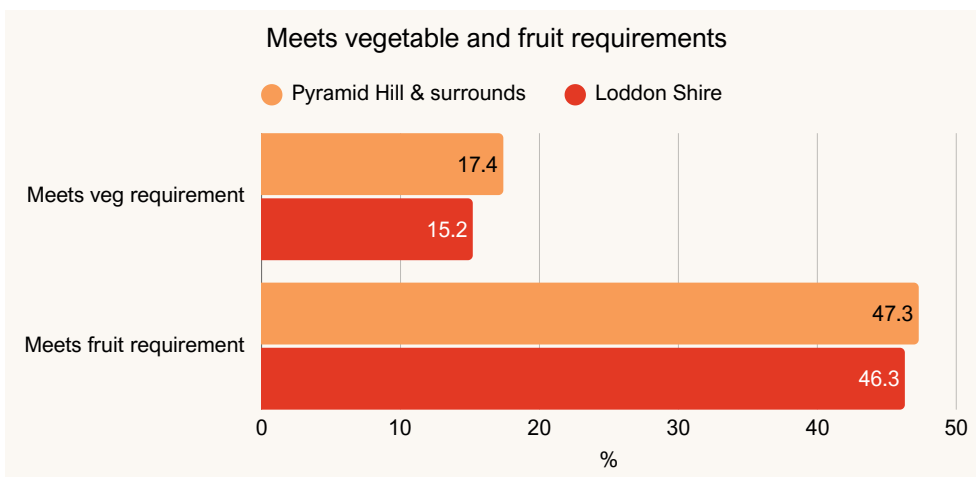
4.1 Healthy eating

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]. The data from the 2019 Healthy Heart of Victoria Active Living Census (ALC) survey represents a sub-region of the Loddon Shire. For this analysis, results were grouped into five sub-regions for the Loddon Shire, which included Pyramid Hill and surrounds. The ALC allocated respondents to sub-regions according to their suburb of residence, using the suburb-to-district classifications from profile.id for the 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 ALC survey, Pyramid Hill and surrounds had 69% people reporting they were overweight or obese, which was slightly lower to the Loddon Shire (72.1%). Only 17.4% of people in Pyramid Hill and surrounds met the vegetable requirements determined by the National Health and Medical Research Council ^[2].



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

Barrier	Barriers to meeting vegetable guidelines in Pyramid Hill & surrounds (%)	Barriers to meeting fruit guidelines in Pyramid Hill & surrounds (%)
Personal preference/habit	33.3	21.2
Time poor	2.3	5.9
Diet / health restriction	3.8	5.6
Guidelines	14.3	18.9
Cost	18.2	11.8
Quality / availability	25.4	26.3

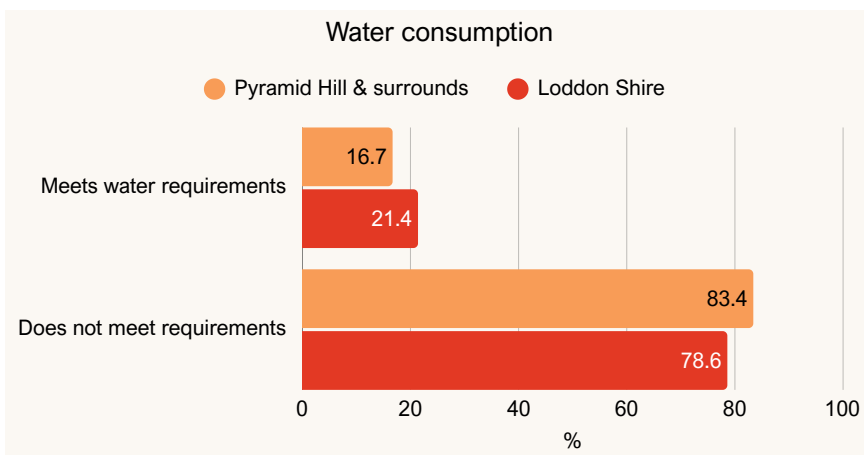
Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

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.

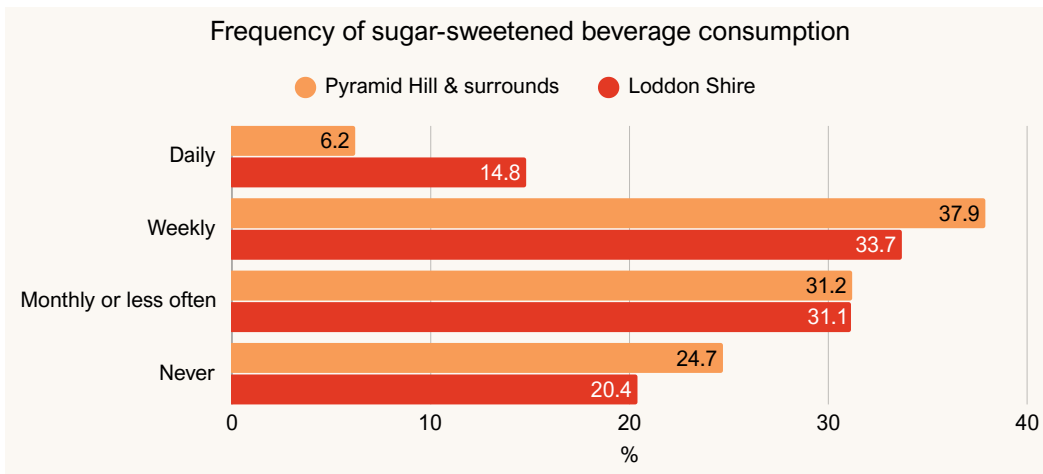
In the ALC survey, a slightly higher proportion of people in the Pyramid Hill and surrounds did not meet recommended water consumption levels (83.4%), compared with 78.6% across the Loddon Shire.

Pyramid Hill and surrounds had a lower proportion of people who consumed sugar-sweetened beverages (soft drinks, cordials, sports or energy drinks) daily (6.2%) compared with the Loddon Shire (14.8%).



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

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

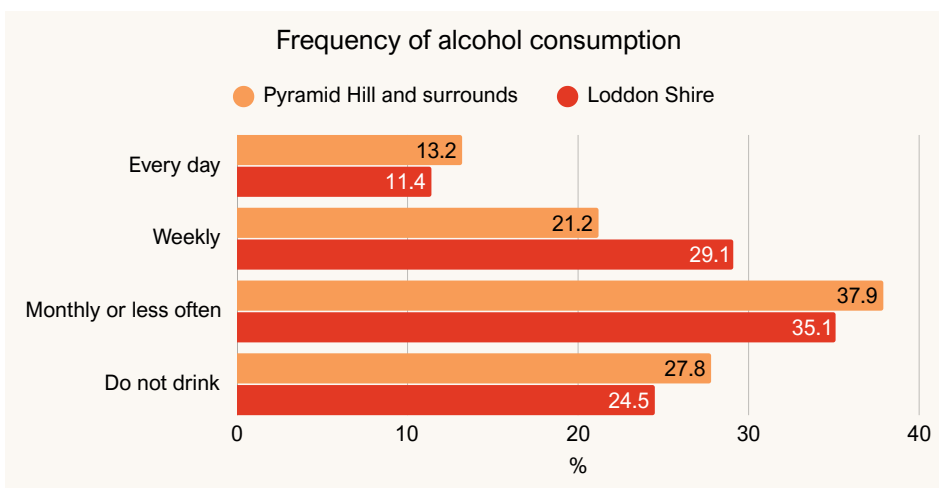


Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

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 Pyramid Hill and surrounds had a higher proportion of participants who consumed alcohol daily (13.2%) to that of the Loddon Shire (11.4%). However, a higher proportion of people in the Pyramid Hill and surrounds reported not drinking alcohol (27.8%) 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. Pyramid Hill and surrounds had a slightly lower proportion of people consuming four or more drinks on one occasion (46.5%) compared with the Loddon Shire (53.9%).



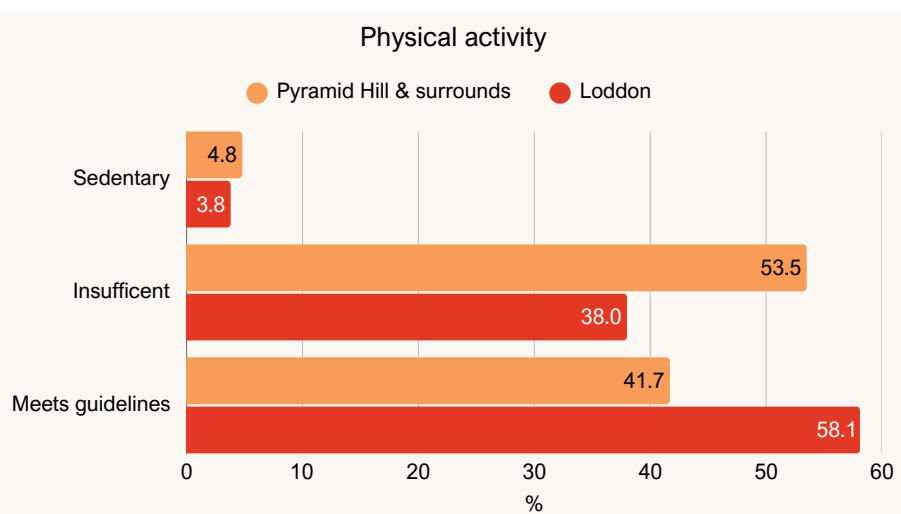
Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019

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^[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, Pyramid Hill and surrounds reported 41.7% (n=88) of people meeting the physical activity guidelines, lower than the Loddon Shire (58.1%).

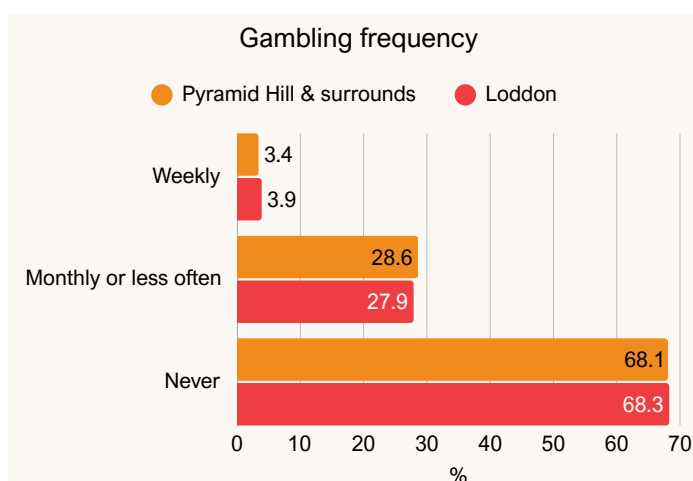


Source: Active living census, Healthy Heart of Victoria, Social Research Centre, 2019, 18 years and over

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 Pyramid Hill and surrounds was lower than the reported Victorian proportion and comparable to the Loddon Shire.



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

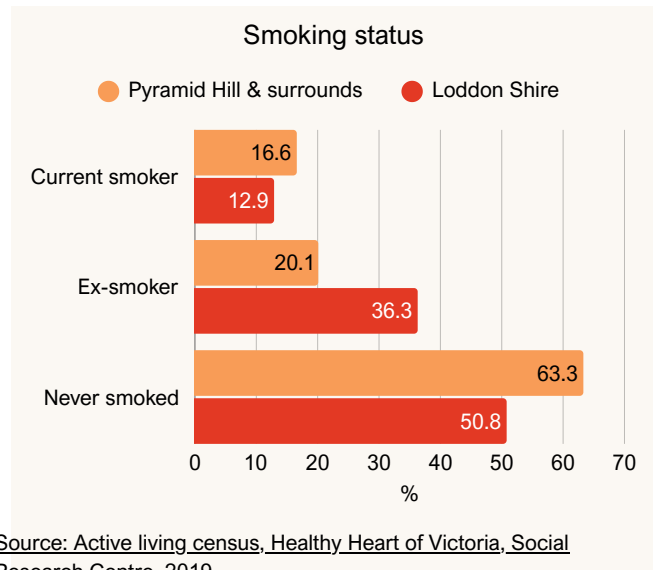
[1] Australia's physical activity and sedentary behaviour (Department of Health 2014)

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

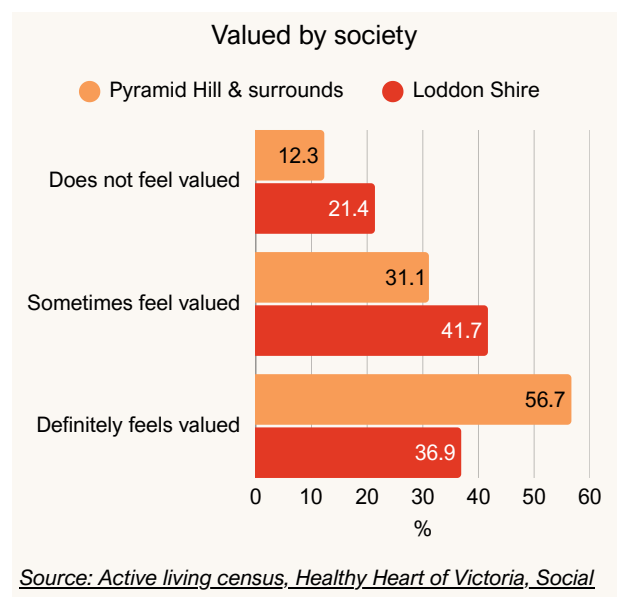
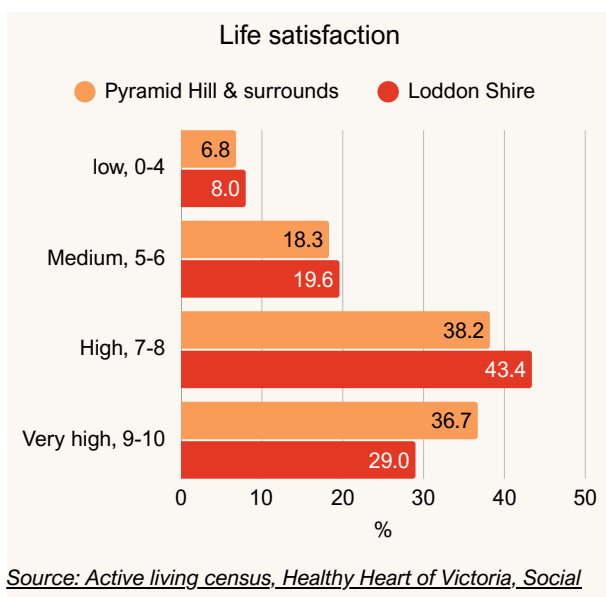
In the ALC survey, the proportion of people in Pyramid Hill and surrounds who reported they are current smokers was 16.6%, higher than the Loddon Shire 12.9%.



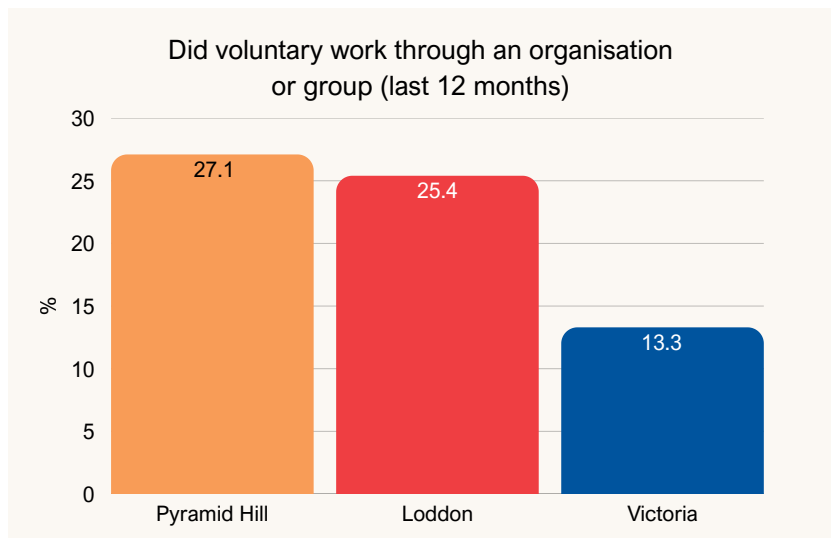
4.6 Mental wellbeing

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 Pyramid Hill and the surrounding area, 74.9% of respondents reported high to very high life satisfaction, comparable to the Loddon Shire, where 72.4% reported similarly high levels of life satisfaction. In Pyramid Hill and surrounds, 56.7% of people said they definitely feel valued, compared with 36.9% across the Loddon Shire.



Voluntary work can help to support mental health and wellbeing by strengthening social connection and a sense of being valued. In the Pyramid Hill area, 27.1% of people were involved in voluntary work in the last 12 months, higher than the Loddon Shire (25.4%) and Victoria (13.3%).

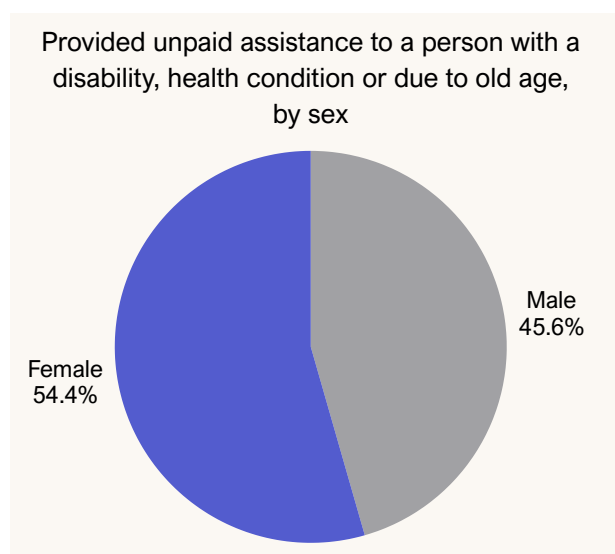


Source: Australian Bureau of Statistics, 2021

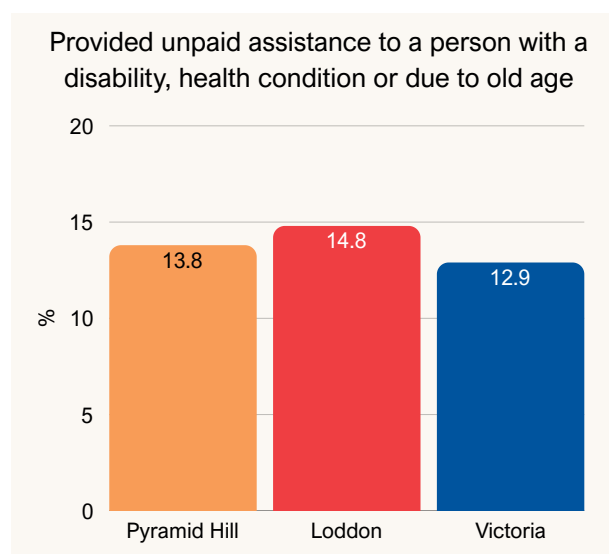
4.7 Carers

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 Pyramid Hill area had 95 (13.8%) people providing an unpaid carer role to someone with a disability, health condition or elderly. Of the unpaid carers, 54.4% were female. This is lower compared to Loddon (58% female) and Victoria (60%).



Source: Australian Bureau of Statistics, 2021

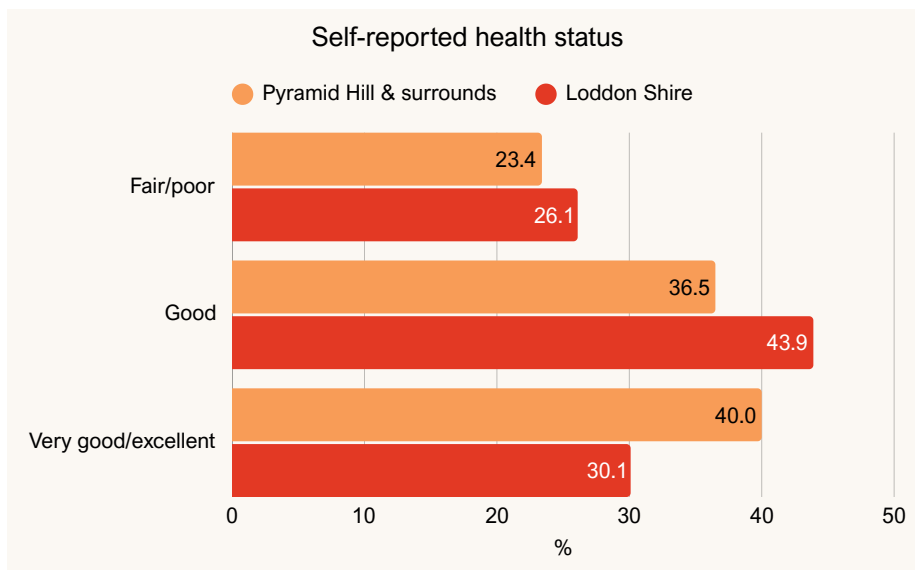


Source: Australian Bureau of Statistics, 2021

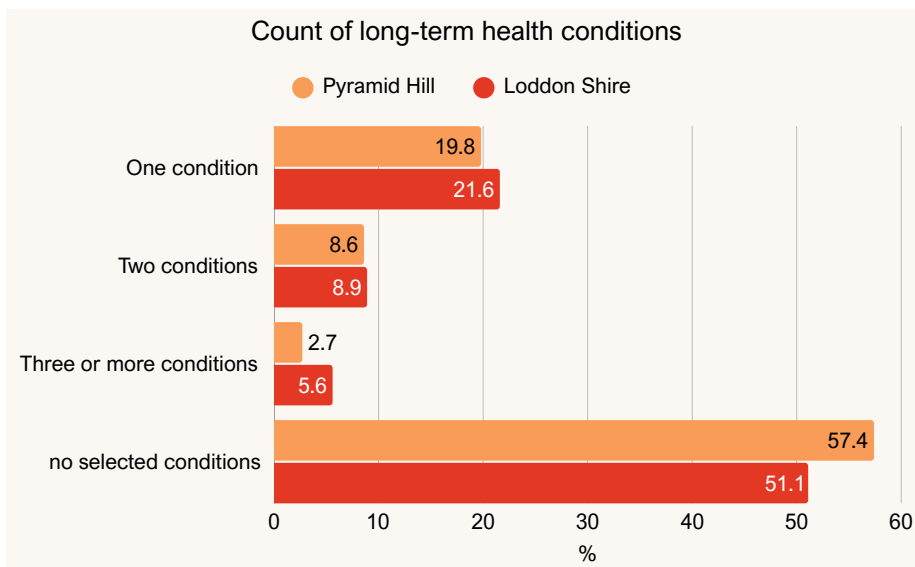
5 Health conditions

5.1 Long term health conditions

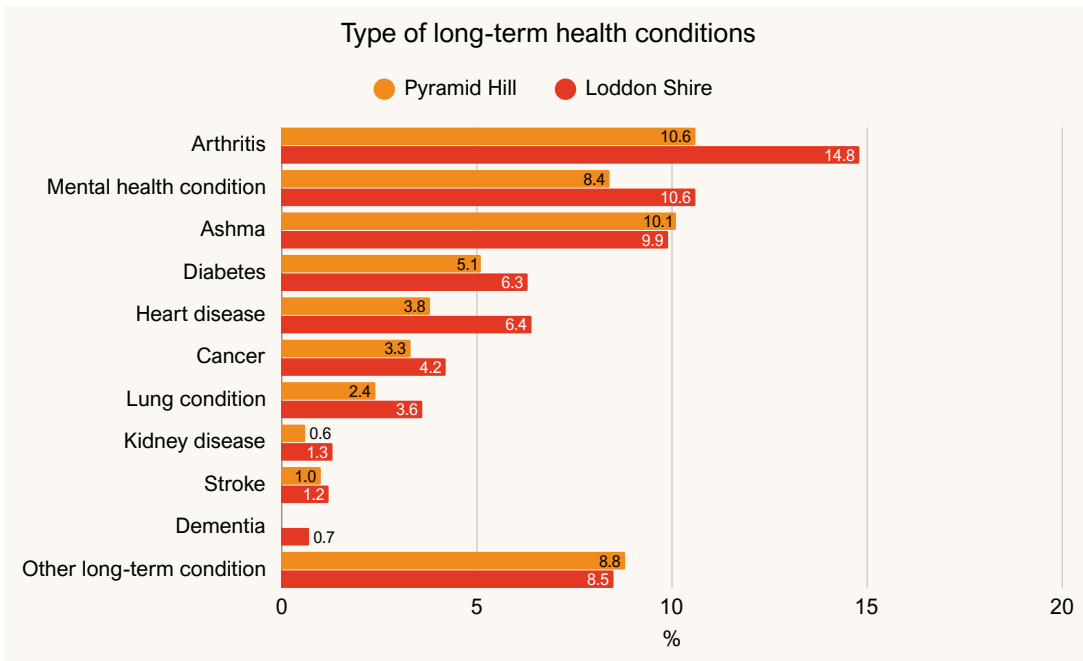
Pyramid Hill and surrounds (23.4%) had a lower proportion of people reporting fair/poor health compared with the Loddon Shire (26.1%). The Pyramid Hill area has a lower overall count of long-term health conditions compared to the Loddon Shire. In the census data, people were asked “have you (or dependants) 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 Pyramid Hill area were arthritis, mental health conditions and asthma.



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



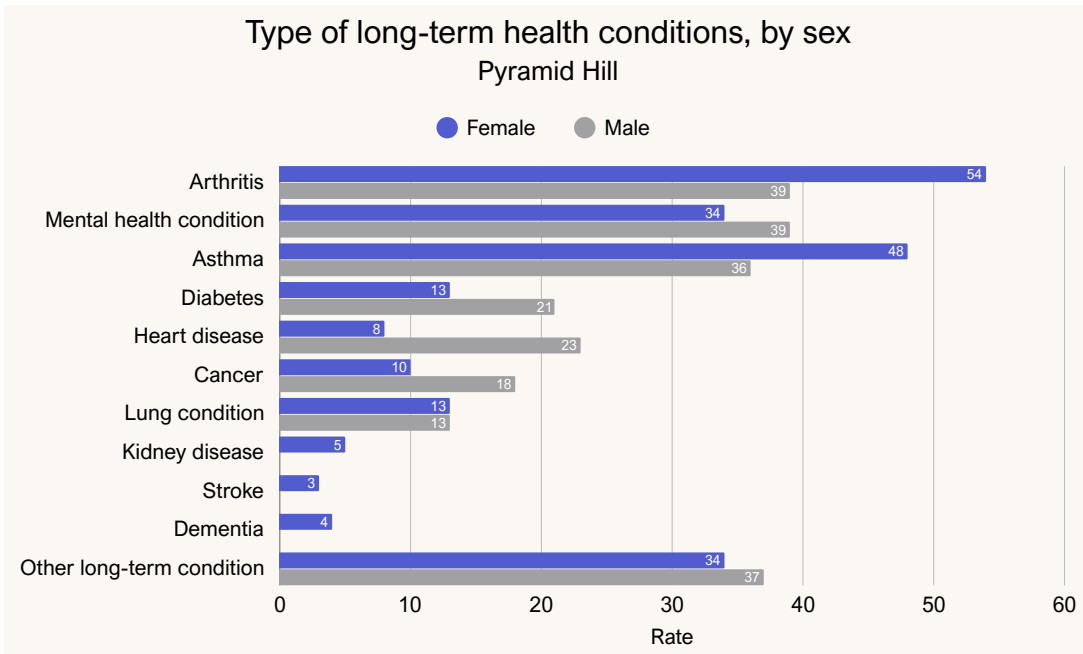
Source: Australian Bureau of Statistics, 2021, all people



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 arthritis and ashma reflecting well-established gender trends in chronic disease burden.



Source: Australian Bureau of Statistics, 2021, postcode 3575

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 Council



LODDON MALLEE
PUBLIC HEALTH UNIT