





Green Prescription Patient Survey 2016 Report

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1.0 Executive Summary

This report presents the findings from the 2016 Green Prescription (GRx) initiative patient survey, conducted for the Ministry of Health (the Ministry) in April and May 2016.

Introduction

The GRx patient survey allows the Ministry to monitor the performance of the GRx initiative each year. The ongoing success of the programme is measured against nine key performance indicators (KPIs), developed by the Ministry. This measurement is also used to provide feedback to the 17 contract holders around the country.

The survey was conducted as a mixed-method online, telephone and paper-based survey during the months of March, April and May 2016. A total of 10,000 participants were selected to take part in the survey from the N=18,849 programme participants put forward by contract holders. By the survey close-off date n=2,843 completed surveys had been received, representing a participation rate of 28.4 percent compared with 27.1 percent in 2015, 28.6 percent in 2014 and 29.1 percent in 2013.

The results presented in this report are weighted to be representative of the distribution of patients across the contract holders. Results based on the total sample have a maximum margin of error of plus or minus 1.8 percent (at the 95 percent confidence level).

Key findings

Table 1 (overleaf) summarises the KPI results for 2016. At the national level, the average result for nine out of nine of the KPIs is at or above the prescribed minimum level set by the Ministry.

Eight out of 19 contract holders met or exceeded all nine KPIs; these were Sport Northland, Sport Auckland – Auckland, Sport Whanganui, Sport Otago, Sport Taranaki, Sport Waikato, Marlborough PHO and Sport Bay of Plenty.

The indicator results and tables for each KPI are provided on the following pages. Note that the KPI scores are calculated excluding non-response. For the rest of the report, the percentages in all charts and tables include non-response.



Table 1: KPI summary table¹

Goal Participants...	Indicator	Average result %	Number of providers that achieved KPI*
1... <i>Are more active since receiving their GRx.</i>	Minimum of 50% of GRx participants are more active after 6-8 months of receiving their GRx	64	19 out of 19
2... <i>Adopt better nutritional habits.</i>	Minimum of 55% of GRx participants have made changes to their diet since receiving their GRx.	71	18 out of 19
3... <i>Receive effective support to maintain activity.</i>	Minimum of 70% of GRx participants feel more confident about doing physical activity.	77	19 out of 19
4... <i>Have a choice of activities that are relevant and appropriate for them.</i>	Minimum of 85% of GRx participants felt the physical activity suggested was appropriate for them.	86	13 out of 19
5... <i>Are motivated to participate in and follow their GRx.</i>	Minimum of 75% of GRx participants are motivated to get/stay physically active.	81	17 out of 19
6... <i>Are aware of and understand the benefits of physical activity.</i>	Minimum of 80% of GRx participants are aware of and understand the benefits of physical activity.	81	13 out of 19
7... <i>Have noticed positive health changes since being more active.</i>	Minimum of 70% of GRx participants have noticed positive health changes.	73	17 out of 19
8... <i>Are supported to sustain behaviour changes.</i>	Minimum of 75% of GRx participants are encouraged to continue physical activity by their referrer.	80	14 out of 19
9... <i>Receive consistent high quality services and support.</i>	Minimum of 80% of GRx participants are satisfied with the overall service and support provided.	85	18 out of 19

*Results for Sport Auckland (Auckland and Counties Manukau), and CWCST (Canterbury and West Coast) have been counted individually for this table.

*'Non-responses' have been removed from these results.

¹ Note: The KPIs as detailed in the Executive Summary exclude those respondents who did not answer a particular question for some reason. However, in the body of the report non-responses are included. While this has been done to maintain consistency with how the survey has historically been reported, it does result in some discrepancies between figures in the Executive Summary and those reported in the chapters that follow.



KPI 1: Participants are more active since receiving their GRx

Sixty-four percent of patients who were issued a GRx 6-8 months ago are spending more time being active now, compared with before their GRx was issued. The remaining patients are either spending the same amount of time being active (27 percent) or less time (9 percent).

Table 2: KPI 1 Indicator: Minimum of 50% of GRx participants are more active after 6-8 months of receiving their GRx

Q11. Compared with the time before you were first prescribed a GRx, are you now spending...?

	Base =	Total 584* %
More time being active		64
About the same amount of time being active		27
Less time being active		9
Total		100

Total may not sum to 100% due to rounding.

*Sub-sample based on those who received their prescription between 6-8 months ago and who answered the question.

*Non responses have been removed from these results.

KPI 2: Participants adopt better nutritional habits

Seventy-one percent of patients have made changes to their diet since being prescribed their GRx, while 29 percent say they have not made any changes.

Table 3: KPI 2 Indicator: Minimum of 55% of GRx participants have made changes to their diet since receiving their GRx

Q13. Have you made any changes to your food and/or drink intake since being given your GRx?

	Base =	Total 2800* %
No		29
Yes		71
Total		100

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.

*Non responses have been removed from these results.



KPI 3: Participants receive effective support to maintain activity

Seventy-seven percent of patients feel more confident about doing physical activity as a result of the support they received from their GRx support person. Just seven percent feel this is not the case.

Table 4: KPI 3 Indicator: Minimum of 70% of GRx participants feel more confident about doing physical activity

Q22g. Now thinking about the service and support you received, please indicate how strongly you agree or disagree with each of these statements... As a result of the support I got, I now feel more confident about doing physical activity regularly

	Base =	Total 2632* %
Strongly agree		39
Agree		38
Neither agree nor disagree		16
Disagree		4
Strongly disagree		3
Total		100

Total may not sum to 100% due to rounding.

*Sub-sample based on those who had contact with a GRx support person and who gave a rating.

*Non responses have been removed from these results.

KPI 4: Participants have a choice of activities that are relevant and appropriate for them

Eighty-six percent of patients feel that they have adequate choices in terms of the physical activities available to them. Just five percent feel that the options suggested by the support person were not appropriate for them.

Table 5: KPI 4 Indicator: Minimum of 85% of GRx participants felt the physical activity suggested was appropriate for them

Q22b. Now thinking about the service and support you received, please indicate how strongly you agree or disagree with each of these statements... The physical activity options suggested were appropriate for me

	Base =	Total 2644* %
Strongly agree		39
Agree		47
Neither agree nor disagree		10
Disagree		3
Strongly disagree		2
Total		100

Total may not sum to 100% due to rounding.

*Sub-sample based on those who had contact with a GRx support person and who gave a rating.

*Non responses have been removed from these results.



KPI 5: Participants are motivated to participate in and follow their GRx

Eighty-one percent of patients feel their support person motivated them to get or stay physically active. Just seven percent say they were not motivated.

Table 6: KPI 5 Indicator: Minimum of 75% of GRx participants are motivated to get/stay physically active

Q22d. Now thinking about the service and support you received, please indicate how strongly you agree or disagree with each of these statements... The person I spoke to motivated me to get/stay physically active

	Base =	Total 2641* %
Strongly agree		44
Agree		37
Neither agree nor disagree		12
Disagree		4
Strongly disagree		3
Total		100

Total may not sum to 100% due to rounding.

*Sub-sample based on those who had contact with a GRx support person and who gave a rating.

*Non responses have been removed from these results.

KPI 6: Participants are aware of and understand the benefits of physical activity

Eighty-one percent of patients feel that as a result of their GRx, they now understand the benefits of physical activity. Just five percent feel this is not the case.

Table 7: KPI 6 Indicator: Minimum of 80% of GRx participants are aware of and understand the benefits of physical activity

Q22f. Now thinking about the service and support you received, please indicate how strongly you agree or disagree with each of these statements... As a result of receiving a GRx, I now understand the benefits of physical activity

	Base =	Total 2632* %
Strongly agree		43
Agree		38
Neither agree nor disagree		13
Disagree		3
Strongly disagree		2
Total		100

Total may not sum to 100% due to rounding.

*Sub-sample based on those who had contact with a GRx support person and who gave a rating.

*Non responses have been removed from these results.



KPI 7: Participants have noticed positive health changes since being more active

Seventy-three percent of participants have noticed positive health changes since taking part in the GRx initiative.

Table 8: KPI 7 Indicator: Minimum of 70% of GRx participants have noticed positive health changes

Q5. Have you noticed any positive changes in your health since you were first issued a GRx?

	Total
Base =	2795*
	%
Yes	73
No	15
Don't know/unsure	12
Total	100

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered this question.

*Non response have been removed from these results.

KPI 8: Participants are supported to sustain behaviour changes

When patients return to their GP or practice nurse, 80 percent say they are being encouraged to continue their GRx activities unchanged.

Table 9: KPI 8 Indicator: Minimum of 75% of GRx participants are encouraged to continue physical activity by their referrer

Q9. When the doctor/practice nurse discussed your GRx with you, did he/she...

	Total
Base =	925*
	%
Stop your GRx activities	1
Encourage you to change your GRx activities	18
Encourage you to continue your GRx activities unchanged	80
Total	100

Total may not sum to 100% due to rounding.

*Sub-sample based on those whom doctor/practice nurse has discussed their GRx with.

*Non response have been removed from these results.



KPI 9: Participants receive consistent, high quality services and support

Overall, 85 percent of participants are satisfied with the service and support they received from their GRx provider. Just six percent are dissatisfied.

Table 10: KPI 9 Indicator: Minimum of 80% of GRx participants are satisfied with the overall service and support provided

Q23. The GRx support people aim to encourage you to be active, connect you to physical activities that suit you, and see how you are progressing. Given this aim, overall how satisfied are you with the service provided to you?

Base =	Total 2669* %
Very satisfied	50
Satisfied	35
Neither/nor	9
Dissatisfied	3
Very dissatisfied	3
Total	100

Total may not sum to 100% due to rounding.

*Sub-sample based on those who had contact with a GRx support person and who gave a rating.

*Non responses have been removed from these results.



2.0 Introduction

2.1 Background

This report presents the findings from the 17th annual monitor of the Green Prescription (GRx) initiative. The Ministry commissioned Research New Zealand to undertake the research in March, April and May 2016.

Responsibility for the GRx initiative, including GRx Active Families, was transferred from SPARC to the Ministry in July 2009. Funding and management of the initiative was subsequently devolved to district health boards (DHBs) in July 2012.

2.2 Objectives

The main objectives of the Green Prescription monitoring research are to allow the Ministry to:

1. Report against performance targets in respect of the GRx initiative.
2. Monitor the level of satisfaction with the GRx patient support service.
3. Monitor the impact of GRx in relation to any changes in physical activity of GRx patients.
4. Report on changes to patients' health and dietary habits since their GRx was issued.
5. Provide feedback to DHBs, the GRx contract holders, GPs and nurses who are prescribing GRx.
6. Provide the Ministry with supporting information for liaison with other Government and non-Government agencies.



2.3 Methodology

The research was conducted as a hybrid self-completion paper-based, telephone and online survey in March, April and May 2016. The population of interest for this survey is GRx patients who had contact with a contract holder over the six months from July-December 2015.

Each GRx contract holder forwarded its patient list to Research New Zealand, identifying a total population of N=18,849 eligible GRx patients. Sampling for the survey was undertaken in three stages. Initially larger contract holders with greater than 700 patients were separated from smaller contract holders. A sample of n=2,440 Māori and Pacific patients was randomly selected from the combined lists of the larger contract holders, proportional to the total number of Māori and Pacific patients on these lists. All patients with known contact details on the lists of smaller contractor holders (n=4,560) were then selected. The third stage of sampling involved selecting a random sample of n=3,000 non-Māori and Pacific patients from the remaining lists of the larger contract holders, proportional to the total number of non-Māori and Pacific patients put forward on each provider's list.

On 7 March 2016, each selected patient was sent a letter on Ministry letterhead inviting them to participate, along with a paper copy of the survey (see Appendix A), and a reply-paid envelope. The letter introduced the survey and its purpose, and also gave instructions for completing the survey on paper or online.

On 30 March 2016, 4,657 patients who had not yet responded were sent a reminder letter and 1,052 were sent a reminder email from Research New Zealand. Commencing 30 April 2015, all Māori and Pacific patients, who had not yet responded, received a reminder call from Research New Zealand. This applied to n=1,973 Māori and Pacific patients and a randomly selected sample of n=960 non-Māori and Pacific patients. Of these, 1,478 were able to be contacted during the reminder call period (each was called a maximum of five times). The main surveying period ended on 15 May 2016.

Changes to the questionnaire

The Ministry, with the input of Research New Zealand, reviewed the 2015 questionnaire. For the 2016 survey, one additional question was added (Q1), surgery was added to the injury recovery category in Question 3 (injury/surgery recovery), pregnancy was added to Question 3, all references to doctor/practice nurse were replaced with referrer and family members was split between adults and children in Q22.



2.3.1 Participation rate

A total of n=2,843 valid, completed responses were received during the survey period (n=2,045 on paper, n=496 online, and n=302 by telephone). This represents a participation rate of 28.4 percent, compared to 27.1 last year, 28.6 percent in 2014 and 29.1 percent in 2013. Table 11, on page 16, shows the achieved sample and participation rate for each of the contract holders.

Attempts to increase participation in the survey included four activities:

1. The reminder letter and email.
2. The reminder phone calls targeted at all Māori and Pacific patients, as well as a randomly selected sample of non-responding non-Māori and Pacific patients.
3. The booster telephone interviews with randomly selected non-respondents from each providers list.
4. The use of a prize draw incentive - three prizes of \$250 gift vouchers of the winners' choice. This was publicised in the invitation letter, questionnaire and the reminder letter.

2.3.2 Weighting and analysis

This year's results were weighted to be representative of the proportion of patients from each contract holder. This is to account for the different sampling criteria applied to large and small contract holders and for the differing participation rates across contract holders. The weighted results for the total sample in the 2016 survey have a maximum margin of error of plus or minus 1.8 percent, at the 95 percent confidence level.

Results for 2016 were tested for significant differences against the results from the 2015 survey. Results were also tested for significant differences against the demographic variables in the survey, and against the Deprivation Index rating. Wherever year-on-year percentages of 10 percent or greater are statistically significant, they have been commented on and can also be found highlighted in the Supplementary Tabulations in Appendix B. Where meaningful, statistically significant differences for results of greater than 10 percent for particular subgroups of GRx patients have also been commented on.



Table 11: Population, sample, and participation rate for each GRx contract holder

GRx contract holder	2016					2015	2014	2013
	Eligible population	Number Selected	Achieved Sample	Participation rate	Maximum Margin of Error	Participation rate	Participation rate	Participation rate
Sport Northland	1624	639	162	25.4%	7.3	24.1%	24.6	29.9%
Sport Auckland - Auckland	2123	885	218	24.6%	6.3	21.5%	21.9	26.4%
Sport Auckland - Counties	2432	892	186	20.9%	6.9	28.1%	19.7	20.0%
Harbour Sport	1201	513	107	20.9%	9.1	24.3%	28.6	27.3%
HealthWest	564	530	140	26.4%	7.2	28.6%	31.9	20.9%
Sport Waikato	2495	750	192	25.6%	6.8	21.2%	29.3	30.6%
Sport Gisborne	449	442	128	29.0%	7.4	23.6%	27.0	31.7%
Sport Bay of Plenty	1495	678	195	29.0%	6.6	26.8%	28.3	34.9%
Sport Hawke's Bay	660	623	167	26.8%	6.6	21.9%	24.5	26.0%
Sport Taranaki	601	598	193	32.3%	5.8	28.7%	34.3	36.5%
Sport Whanganui	300	295	156	52.9%	5.5	43.8%	47.6	32.2%
Sport Manawatu	649	641	227	35.4%	5.3	43.9%	50.6	50.9%
Sport Wellington	925	603	168	27.9%	6.9	25.7%	24.4	24.1%
Nelson Bays PHO	370	342	120	35.1%	7.4	25.1%	26.5	31.3%
CWCST - Canterbury	1519	250	61	24.4%	12.4	31.8%	35.5	36.5%
CWCST - West Coast	293	230	72	31.3%	10.1	30.0%	30.6	31.5%
Sport Otago	426	422	114	27.0%	7.9	33.7%	24.9	28.7%
Sport Southland	499	448	158	35.3%	6.5	29.8%	27.1	27.2%
Kimi Hauora Marlborough PHO	224	219	79	36.1%	8.9	30.6%	35.4	22.9%
Total	18,849	10,000	2,843	28.4%	1.8%	27.1%	28.6%	29.1%

Note: Maximum margins of error have been adjusted to account for the eligible population size of respondents from each contract holder.



3.0 Getting the Green Prescription

In this section, we examine when and why patients received a GRx, who referred them, and what, if any, advice they received on healthy eating.

Key findings

Sixty-nine percent of patients were first referred to GRx by their GP/Doctor.

One third of this year's patients were issued their first GRx more than eight months ago (33 percent). Just 15 percent had their first GRx issued in the last four months.

- ◆ The main reasons for being issued a GRx continue to be: weight problems, high blood pressure or risk of stroke, arthritis, back pain or problems and stress.

Over two thirds reported they have received information on healthy eating (68 percent).

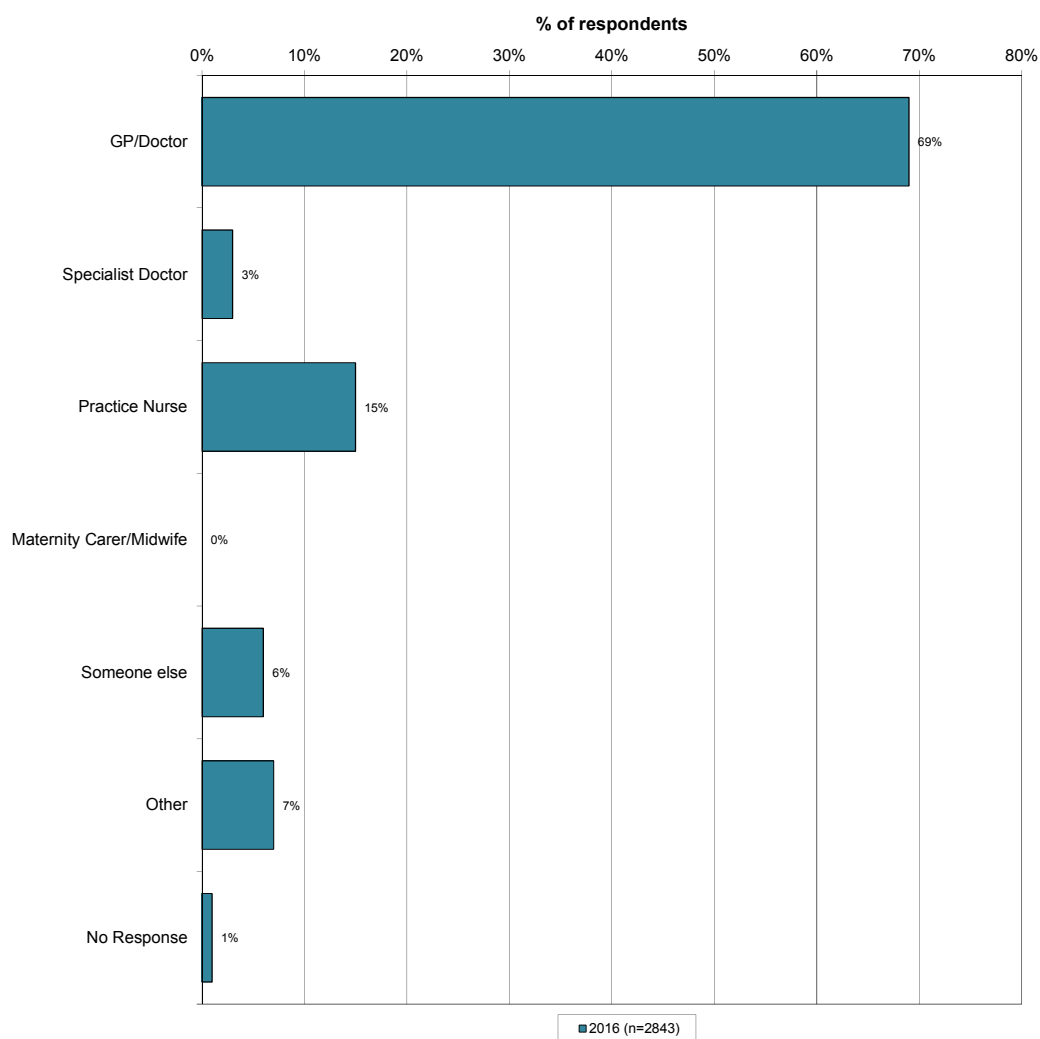


3.1 Green Prescription Referral Source

More than two thirds of all patients (69 percent) were first referred to GRx by their GP/Doctor, while 15 percent were first referred by a Practice Nurse and three percent by a Specialist Doctor (Figure 1). There were no referrals from Lead Maternity Carers.

Figure 1: Green Prescription Referral Source

Q1. Who first referred you to Green Prescription (GRx) for support?

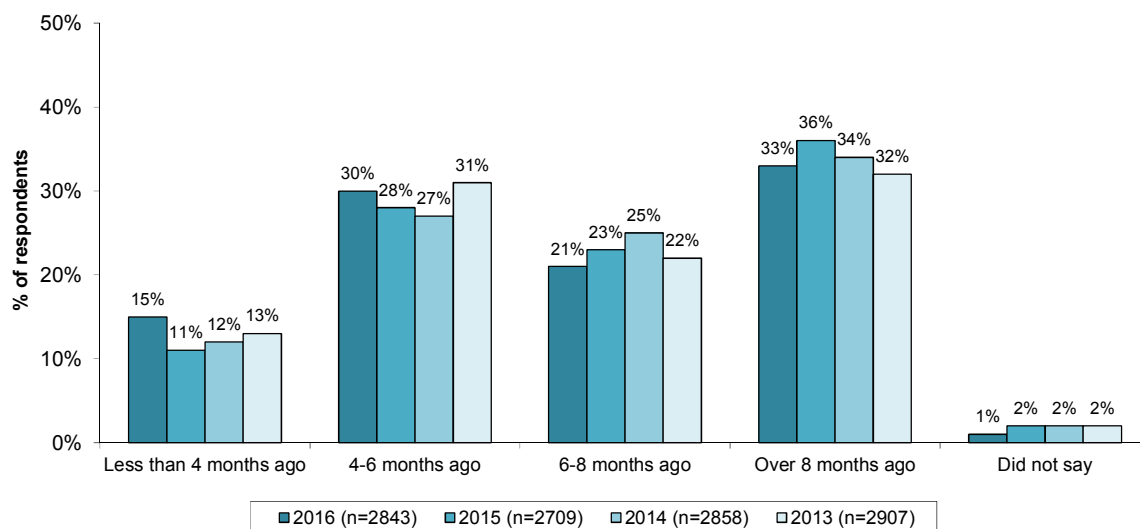




One third (33 percent) of this year's patients reported they were issued their first GRx more than eight months ago. Fifteen percent had their first GRx issued in the last four months, while the remaining patients were issued their first GRx between 4-6 months ago (30 percent) or 6-8 months ago (21 percent).

Figure 2: Time since first Green Prescription

Q2. When did your referrer first prescribe a Green Prescription (GRx) for you?



Total may not sum to 100% due to rounding.

Significant differences

The following significant differences were observed for the 2016 results (see Appendix B for supplementary tabulations):

◆ **Age:**

- ◆ Patients aged 65 plus were more likely to report their referrer first prescribed a GRx for them more than eight months ago (38 percent compared to 33 percent overall).

◆ **Employment Status:**

- ◆ Patients working full-time were more likely to report their referrer first prescribed a GRx for them four to six months ago (35 percent compared to 30 percent overall), while they were less likely to report it was more than eight months ago (27 percent compared to 33 percent overall).



◆ **Contract holder:**

- ◆ Patients from HealthWest and Sport Whanganui were more likely to report their referrer first prescribed a GRx for them more than eight months ago (69 percent and 65 percent, respectively, compared with 33 percent overall).
- ◆ Patients from Nelson Bays Primary Health and Sport Otago were more likely to report their referrer first prescribed a GRx for them less than four months ago (25 percent respectively, compared with 15 percent overall).

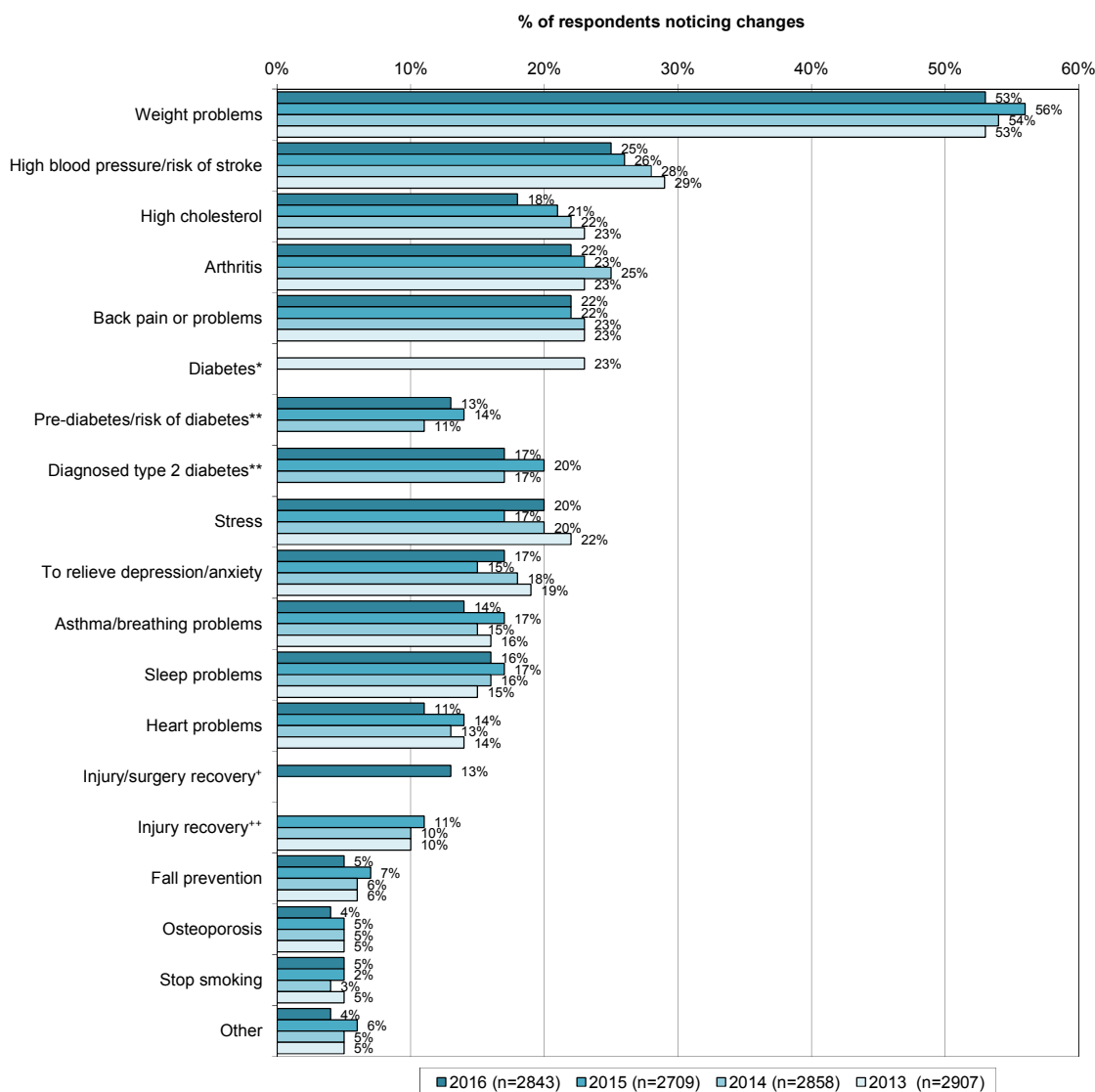


3.2 Main reasons for Green Prescription

When patients were asked to identify the main reasons they were issued a GRx, 53 percent reported it was because of weight problems (Figure 3). Other common reasons included: high blood pressure or risk of stroke (25 percent), arthritis (22 percent), back pain or problems (22 percent) and stress (20 percent).

Figure 3: Main reasons for GP issuing Green Prescription

Q3. What were the main reasons you required a GRx for support to be more active?



Total may exceed 100% because of multiple response.

*Category "diabetes" as stand alone was deleted in 2014

**Categories pre-diabetes and diagnosed type 2 diabetes was added in 2014.

*Category "injury/surgery recovery" was added in 2016.

**Category "injury recovery" was deleted in 2016.



Table 12: Main reasons for GP issuing Green Prescription 2013-2015

Q2. What were the main reasons you required a GRx for support to be more active?

	2016	2015	2014	2013
	Base= 2843	2709	2858	2907
	%	%	%	%
Weight problems	53	56	54	53
High blood pressure/risk of stroke	25	26	28	29
Arthritis	22	23	25	23
Back pain or problems	22	22	23	23
To relieve stress	20	17	20	22
High cholesterol	18	21	22	23
Diagnosed type 2 diabetes**	17	20	17	-
To relieve depression/anxiety	17	15	18	19
Sleep problems	16	17	16	15
Asthma/breathing problems	14	17	15	16
Pre-diabetes/risk of diabetes**	13	14	11	-
Injury/surgery recovery^	13	-	-	-
Injury recovery***	-	11	10	10
Heart problems	11	14	13	14
Stop smoking	5	5	4	5
Fall prevention	5	7	6	6
Osteoporosis	4	5	5	5
General fitness	3	1	2	2
Pregnancy^^	1	-	-	-
Cancer**	-	3	3	2
Surgery recovery***	-	2	2	2
Diabetes+	-	-	-	23
Fibromyalgia***	-	1	-	-
Other	4	6	5	5
Did not say/No response	7	3	8	3

Total may exceed 100% because of multiple response.

*Category "diabetes" deleted in 2014.

**Category "cancer" deleted in 2016.

***Category "surgery recovery" and "injury recovery" deleted in 2016.

**Categories pre-diabetes/risk of diabetes and diagnosed type 2 diabetes added in 2014.

***Coded from other specify response

^Category "injury/surgery recovery" added in 2016.

^^Category "pregnancy" added in 2016.



Significant differences

The following significant differences were observed for the 2016 survey results:

◆ Age:

- ◆ Patients aged under 25 years were more likely to report they were issued a GRx because of weight problems (72 percent compared with 53 percent overall) and/or depression and anxiety (42 percent compared with 17 percent overall).
- ◆ Patients aged 25–34 years old were more likely to report they were issued a GRx because of weight problems (68 percent compared with 53 percent overall) and/or depression (27 percent compared with 17 percent overall).
- ◆ Patients aged 35–49 years old were more likely to report they were issued a GRx because of weight problems (66 percent compared with 53 percent overall), stress (25 percent compared with 20 percent overall) and/or depression (22 percent compared to 17 percent overall).
- ◆ Patients aged 65 plus were more likely to report they were issued a GRx because of arthritis (35 percent compared with 22 percent overall), high blood pressure/risk of stroke (30 percent compared with 25 percent overall), and/or diagnosed with type 2 diabetes (21 percent compared with 17 percent overall).

In contrast, patients aged 65 plus were less likely to report they were prescribed a GRx because of weight problems (36 percent compared with 53 percent overall), stress (12 percent compared to 20 percent overall) and/or sleep problems (12 percent compared with 16 percent overall).

◆ Gender:

- ◆ Males were more likely to report they were issued a GRx because they had been diagnosed as having type 2 diabetes (22 percent compared with 17 percent overall).

◆ Ethnicity:

- ◆ Māori were more likely to report they were issued a GRx because of weight problems (65 percent compared with 53 percent overall), stress (25 percent compared to 20 percent overall), sleep problems (21 percent compared to 16 percent overall) and/or asthma/breathing problems (19 percent compared to 14 percent overall).
- ◆ Pacific patients were more likely to report they were issued a GRx because of weight problems (64 percent compared to 53 percent), high blood pressure/risk of stroke (34



percent compared to 25 percent), high cholesterol (25 percent compared to 18 percent overall) and/or diagnosed type 2 diabetes (25 percent compared to 17 percent overall).

◆ **Education:**

- ◆ Patients who had no tertiary qualification were more likely to report they were issued a GRx because of arthritis (26 percent compared to 22 percent), high cholesterol (23 percent compared to 18 percent overall), diagnosed type 2 diabetes (23 percent compared to 17 percent overall), asthma/breathing problems (20 percent compared to 14 percent overall) and/or sleep problems (20 percent compared to 16 percent overall).

◆ **NZDep Index:**

- ◆ Patients living in areas classified as being most deprived were more likely to report being issued a GRx for weight problems (61 percent compared to 53 percent), back pain or problems (25 percent compared to 22 percent) and/or sleep problems (19 percent compared to 16 percent overall).

◆ **Employment status:**

- ◆ Patients working full time were more likely to say they were issued a GRx because of weight problems (63 percent compared to 53 percent) and/or pre-diabetes/risk of diabetes (18 percent compared to 13 percent overall).
- ◆ Unemployed patients were more likely to say they were issued a GRx because of weight problems (63 percent compared to 53 percent) and/or depression (27 percent compared to 17 percent overall).
- ◆ Retired patients were more likely to report they were issued a GRx because of arthritis (34 percent compared with 22 percent overall), asthma/breathing problems (19 percent compared to 14 percent overall), heart problems (17 percent compared with 11 percent overall) or fall prevention (12 percent compared with five percent overall).
- ◆ Sickness or invalid beneficiaries were more likely to report they were issued a GRx because of back pain or problems (36 percent compared with 22 percent overall), stress (33 percent compared to 20 percent), depression or anxiety (31 percent compared with 17 percent overall), sleep problems (25 percent compared with 16 percent overall), asthma or breathing problems (24 percent compared with 14 percent overall) and/or heart problems (17 percent compared with 11 percent overall).

◆ **Community Services Card:**

- ◆ Patients who have Community Services Cards were more likely to report they were issued a GRx because of back pain or problems (28 percent compared to 22 percent overall), stress (26 percent compared to 20 percent overall), arthritis (26 percent compared to 22 percent overall), depression (23 percent compared to 17 percent overall), sleep problems



(20 percent compared to 16 percent overall) and/or asthma or breathing problems (18 percent compared with 14 percent overall).

◆ **Disability:**

- ◆ Patients with a long-term disability or impairment were more likely to report they were issued a GRx because of arthritis (33 percent compared with 22 percent overall), back pain or problems (31 percent compared with 22 percent overall), depression (21 percent compared to 17 percent overall), asthma/breathing problems (20 percent compared to 14 percent overall), injury recovery (18 percent compared with 13 percent overall) and/or heart problems (14 percent compared to 11 percent overall).

◆ **Contract holder:**

- ◆ Patients from Sport Auckland - Auckland were more likely to report they were issued a GRx for stress (32 percent compared with 20 percent overall) and/or sleep problems (25 percent compared to 16 percent overall).
- ◆ Patients from Sport Auckland - Counties were more likely to report they were issued a GRx for weight problems (63 percent compared with 53 percent overall) and/or diagnosed type 2 diabetes (25 percent compared to 17 percent overall).
- ◆ Patients from HealthWest were more likely to report they were issued a GRx for diagnosed type 2 diabetes (27 percent compared with 17 percent overall).
- ◆ Patients from Sport Gisborne Tairāwhiti were more likely to report they were issued a GRx for heart problems (23 percent compared to 11 percent overall).
- ◆ Patients from Sport Whanganui were more likely to report they were issued a GRx for arthritis (37 percent compared with 22 percent overall).
- ◆ Patients from Sport Otago were more likely to report they were issued a GRx for depression (30 percent compared with 17 percent overall).
- ◆ Patients from Sport Taranaki were more likely to report they were issued a GRx for asthma/breathing problems (24 percent compared with 14 percent overall).
- ◆ Patients from Sport Bay of Plenty were more likely to report they were issued a GRx for weight problems (62 percent compared with 53 percent overall).



3.2.2 Profile of selected reasons for GRx

This sub-section profiles different types of GRx patients, according to the reason why their GRx was issued.

◆ **Weight Problems:**

- ◆ 53 percent of patients were issued a GRx to help with their weight problem.
 - ◆ Many of these patients also had high blood pressure or risk of stroke (32 percent), stress (27 percent), arthritis (23 percent), back pain or problems (23 percent), high cholesterol (23 percent), and/or depression (23 percent).
- ◆ The main types of activity recommended for these patients were walking (74 percent), swimming (58 percent), water/pool exercises (48 percent) and/or gym exercises (45 percent).
- ◆ 72 percent of these patients have noticed positive changes in their health.
- ◆ 59 percent of these patients are now spending more time being active.
- ◆ 72 percent of these patients have received advice on healthy eating.
- ◆ 78 percent have made changes to their diet since getting their GRx.
- ◆ 75 percent are female.
- ◆ 53 percent have secondary education or no qualifications.
- ◆ 47 percent are aged 45-64 years. Another 32 percent are aged under 45.
- ◆ 42 percent have a long-term disability or impairment.
- ◆ 52 percent are of European descent, 34 percent are Māori and 16 percent are Pacific people.
- ◆ 53 percent have a Community Services Card.
- ◆ 52 percent live in areas with the highest deprivation.

◆ **High Blood Pressure/Risk of Stroke:**

- ◆ 25 percent of patients were issued a GRx because they had high blood pressure or were at risk of stroke.



- ◆ Many of these patients also had weight problems (68 percent), high cholesterol (42 percent), arthritis (31 percent), diagnosed type 2 diabetes (31 percent), stress (26 percent), back pain or problems (25 percent) and/or sleep problems (25 percent).
- ◆ The main types of activity recommended for these patients were walking (74 percent), swimming (56 percent), water/pool exercises (51 percent) and/or gym exercises (43 percent).
- ◆ 72 percent of these patients have noticed positive changes in their health.
- ◆ 59 percent of these patients are now spending more time being active.
- ◆ 73 percent of these patients have received advice on healthy eating.
- ◆ 74 percent have made changes to their diet since getting their GRx.
- ◆ 66 percent are female.
- ◆ 57 percent have secondary education or no qualifications.
- ◆ 50 percent are aged 45-64 years. Another 37 percent are aged 65 plus.
- ◆ 50 percent have a long-term disability or impairment.
- ◆ 51 percent are of European descent, 32 percent are Māori and 18 percent are Pacific people.
- ◆ 53 percent have a Community Services Card.
- ◆ 48 percent live in areas with the highest deprivation.
- ◆ **Arthritis:**
 - ◆ 22 percent of patients were issued a GRx to help with their arthritis.
 - ◆ Many of these patients also had weight problems (57 percent), back pain or problems (43 percent), high blood pressure/risk of stroke (36 percent), high cholesterol (25 percent), asthma/breathing problems (24 percent) and/or stress (24 percent).
 - ◆ The main types of activity recommended for these patients were walking (63 percent), swimming (59 percent), water/pool exercises (54 percent) and/or gym exercises (33 percent).
 - ◆ 70 percent of these patients have noticed positive changes in their health.
 - ◆ 55 percent of these patients are now spending more time being active.



- ◆ 66 percent of these patients have received advice on healthy eating.
- ◆ 65 percent have made changes to their diet since getting their GRx.
- ◆ 76 percent are female.
- ◆ 58 percent have secondary education or no qualifications.
- ◆ 49 percent are aged 65 plus. Another 44 percent are aged 45-64 years.
- ◆ 66 percent have a long-term disability or impairment.
- ◆ 64 percent are of European descent, 24 percent are Māori and 13 percent are Pacific people.
- ◆ 61 percent have a Community Services Card.
- ◆ 47 percent live in areas with the highest deprivation.
- ◆ **High Cholesterol:**
 - ◆ 18 percent of patients were issued a GRx because they had high cholesterol.
 - ◆ Many of these patients also had weight problems (69 percent), high blood pressure or risk of stroke (59 percent), stress (32 percent), diagnosed type 2 diabetes (31 percent), arthritis (30 percent), and/or back pain or problems (30 percent).
 - ◆ The main types of activity recommended for these patients were walking (75 percent), swimming (59 percent), water/pool exercises (53 percent) and/or gym exercises (46 percent).
 - ◆ 72 percent of these patients have noticed positive changes in their health.
 - ◆ 58 percent of these patients are now spending more time being active.
 - ◆ 78 percent of these patients have received some advice on healthy eating.
 - ◆ 79 percent have made changes to their diet since getting their GRx.
 - ◆ 68 percent are female.
 - ◆ 56 percent have secondary education or no qualifications.
 - ◆ 51 percent are aged 45-64 years. Another 33 percent are aged 65 plus.
 - ◆ 48 percent have a long-term disability or impairment.



- ◆ 50 percent are of European descent, 32 percent are Māori and 19 percent are Pacific people.
- ◆ 55 percent have a Community Services Card.
- ◆ 49 percent live in areas with the highest deprivation.
- ◆ **Diagnosed type 2 diabetes:**
 - ◆ 17 percent of patients were issued a GRx because they had been diagnosed with type 2 diabetes.
 - ◆ Many of these patients also suffered from weight problems (61 percent), high blood pressure or risk of stroke (44 percent), high cholesterol (32 percent), arthritis (28 percent), back pain or problems (24 percent), and/or stress (20 percent).
 - ◆ The main types of activity recommended for these patients were walking (75 percent), swimming (58 percent), water/pool exercises (51 percent) and gym exercises (42 percent).
 - ◆ 74 percent of these patients have noticed positive changes in their health.
 - ◆ 54 percent of these patients are now spending more time being active.
 - ◆ 81 percent of these patients have received advice on healthy eating.
 - ◆ 76 percent have made changes to their diet since getting their GRx.
 - ◆ 62 percent are female.
 - ◆ 58 percent have secondary education or no qualifications.
 - ◆ 51 percent are aged 45-64 years. Another 37 percent are aged 65 plus.
 - ◆ 48 percent have a long-term disability or impairment.
 - ◆ 47 percent are of European descent, 33 percent are Māori and 19 percent are Pacific people.
 - ◆ 55 percent have a Community Services Card.
 - ◆ 52 percent live in areas with the highest deprivation.



◆ **Pre-diabetes/risk of diabetes:**

- ◆ 13 percent of patients were issued a GRx because they had been identified as pre-diabetic or at risk of diabetes.
 - ◆ Many of these patients also had weight problems (71 percent), high blood pressure or risk of stroke (40 percent), high cholesterol (32 percent), sleep problems (25 percent) and/or stress (25 percent).
- ◆ The main types of activity recommended for these patients were walking (75 percent), swimming (57 percent), water/pool exercises (49 percent) and/or gym exercises (46 percent).
- ◆ 75 percent of these patients have noticed positive changes in their health.
- ◆ 66 percent of these patients are now spending more time being active.
- ◆ 79 percent of these patients have received advice on healthy eating.
- ◆ 81 percent have made changes to their diet since getting their GRx.
- ◆ 73 percent are female.
- ◆ 50 percent have secondary education or no qualifications.
- ◆ 52 percent are aged 45-64 years. Another 27 percent are aged under 45.
- ◆ 35 percent have a long-term disability or impairment.
- ◆ 49 percent are of European descent, 34 percent are Māori and 17 percent are Pacific people.
- ◆ 49 percent have a Community Services Card.
- ◆ 44 percent live in areas with the highest deprivation.

◆ **Stress:**

- ◆ 20 percent of patients were issued a GRx to help with stress.
 - ◆ Many of these patients also had weight problems (71 percent), depression or anxiety (53 percent), sleep problems (45 percent), back pain or problems (37 percent) and/or high blood pressure or risk of stroke (33 percent).
- ◆ The main types of activity recommended for these patients were walking (75 percent), swimming (62 percent), gym exercises (52 percent) and water/pool exercises (51 percent).



- ◆ 71 percent of these patients have noticed positive changes in their health.
- ◆ 60 percent of these patients are now spending more time being active.
- ◆ 70 percent of these patients have received advice on healthy eating.
- ◆ 75 percent have made changes to their diet since getting their GRx.
- ◆ 75 percent are female.
- ◆ 54 percent have secondary education or no qualifications.
- ◆ 50 percent are aged 45-64 years. Another 31 percent are aged under 45 years.
- ◆ 48 percent have a long-term disability or impairment.
- ◆ 53 percent are of European descent, 35 percent are Māori, and 17 percent are Pacific people.
- ◆ 65 percent have a Community Services Card.
- ◆ 53 percent live in areas with the highest deprivation.
- ◆ **Depression/Anxiety:**
 - ◆ 17 percent of patients were issued a GRx to help with depression or anxiety.
 - ◆ Many of these patients also suffer from weight problems (69 percent), stress (62 percent), sleep problems (39 percent), back pain or problems (32 percent) and/or high blood pressure or risk of stroke (26 percent).
 - ◆ The main types of activity recommended for these patients were walking (74 percent), swimming (61 percent), water/pool exercises (51 percent) and gym exercises (49 percent).
 - ◆ 71 percent of these patients have noticed positive changes in their health.
 - ◆ 59 percent of these patients are now spending more time being active.
 - ◆ 68 percent of these patients have received advice on healthy eating.
 - ◆ 71 percent have made changes to their diet since getting their GRx.
 - ◆ 74 percent are female.
 - ◆ 52 percent have secondary education or no qualifications.



- ◆ 44 percent are aged 45-64 years. Another 39 percent are aged under 45 years.
- ◆ 54 percent have a long-term disability or impairment.
- ◆ 60 percent are of European descent, 33 percent are Māori, and 12 percent are Pacific people.
- ◆ 66 percent have a Community Services Card.
- ◆ 50 percent live in areas with the highest deprivation.
- ◆ **To Stop Smoking:**
 - ◆ Five percent of patients were issued a GRx to help stop smoking.
 - ◆ Many of these patients also had weight problems (71 percent), stress (58 percent), depression (46 percent), sleep problems (41 percent) and/or back pain or problems (39 percent).
 - ◆ The main types of activity recommended for these patients were walking (75 percent), swimming (61 percent), gym exercises (50 percent) and/or water/pool exercises (45 percent).
 - ◆ 73 percent of these patients have noticed positive changes in their health.
 - ◆ 56 percent of these patients are now spending more time being active.
 - ◆ 66 percent of these patients have received advice on healthy eating.
 - ◆ 72 percent have made changes to their diet since getting their GRx.
 - ◆ 61 percent are female.
 - ◆ 60 percent have secondary education or no qualifications.
 - ◆ 50 percent are aged 45-64 years. 37 percent are aged under 45.
 - ◆ 39 percent have a long-term disability or impairment.
 - ◆ 55 percent are Māori, 32 percent are of European descent and 26 percent are Pacific people.
 - ◆ 72 percent have a Community Services Card.
 - ◆ 55 percent live in areas with the highest deprivation.

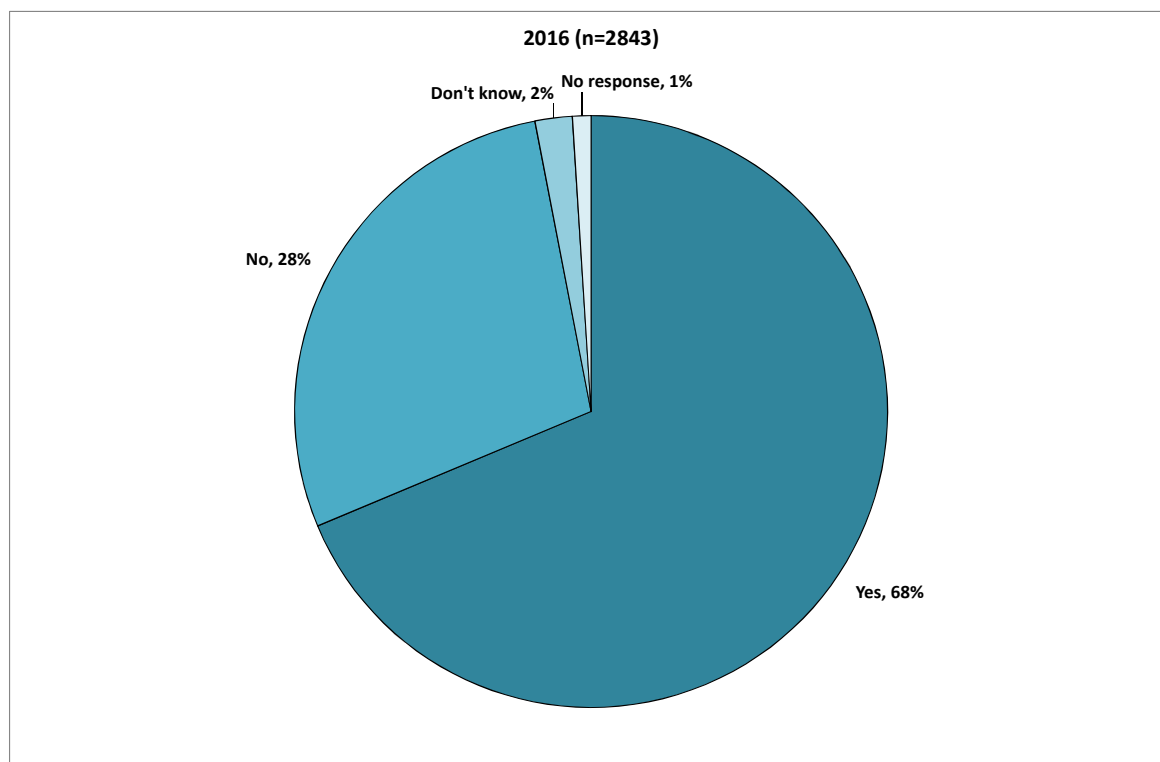


3.3 Advice received on healthy eating

As detailed in Figure 4, 68 percent of patients reported they had received advice on healthy eating, which is unchanged from last year's result.

Figure 4: Advice received on healthy eating (n=2843)

Q13. Have you received any specific advice on healthy eating?



Total may not sum to 100% due to rounding.

Significant differences²

The following significant differences were observed for the 2016 survey results:

◆ **Ethnicity:**

- ◆ Māori were more likely to have received specific advice on healthy eating (76 percent compared with 68 percent overall).

◆ **NZDep Index:**

- ◆ Patients living in areas classified as being most deprived were more likely to have received specific advice on healthy eating (73 percent compared to 68 percent overall).

² Note: Where differences by a particular demographic characteristic are not noted (e.g. age or gender), this is due to their not being any statistically significant differences of note when viewed by that variable.



◆ **Employment status:**

- ◆ Patients who mainly stay at home were more likely to have received specific advice on healthy eating (76 percent compared to 68 percent overall).
- ◆ Patients were sickness/invalid beneficiaries were more likely to have received specific advice on healthy eating (76 percent compared to 68 percent overall).

◆ **Overall satisfaction**

- ◆ Satisfied patients were more likely to have received specific advice on health eating (73 percent compared to 68 percent overall), whereas neutral (37 percent) and dissatisfied (52 percent) patients were more likely to have not received such advice (28 percent overall).

◆ **Contract holder:**

- ◆ Patients from Sport Wellington (82 percent), Sport Southland (78 percent), Sport Manawatu, Sport Waikato and Sport Bay of Plenty (77 percent respectively) were more likely to report they had received advice on healthy eating (68 percent overall).
- ◆ Patients from Sport Otago (46 percent), Sport Whanganui (44 percent) and Harbour Sport (43 percent) were more likely to have not received such advice (28 percent overall).



4.0 Current status of Green Prescription

This section examines what has happened to patients in the time since their Green Prescription was issued. Specifically, whether patients are still following their GRx, reasons for not following it, any return visits they have made to the referrer and what happened at these subsequent visits.

Key findings

Thirty-nine percent of patients report they are still following their GRx.

- ◆ The main reasons given by those not following their GRx (either temporarily or permanently) continue to be: injury or health problems, lack of time due to work or family responsibilities and/or a lack of energy. Costs/financial reasons can also be a significant factor for some patients.

Just under half have returned to their referrer since being issued with a GRx (49 percent).

- ◆ Of those who have returned, under two thirds discussed their GRx with their referrer (64 percent).
- ◆ Of those who discussed their GRx, the majority say they were encouraged to continue with the current GRx (74 percent). The referrer mostly gave this advice verbally (as opposed to writing a new GRx) (60 percent).

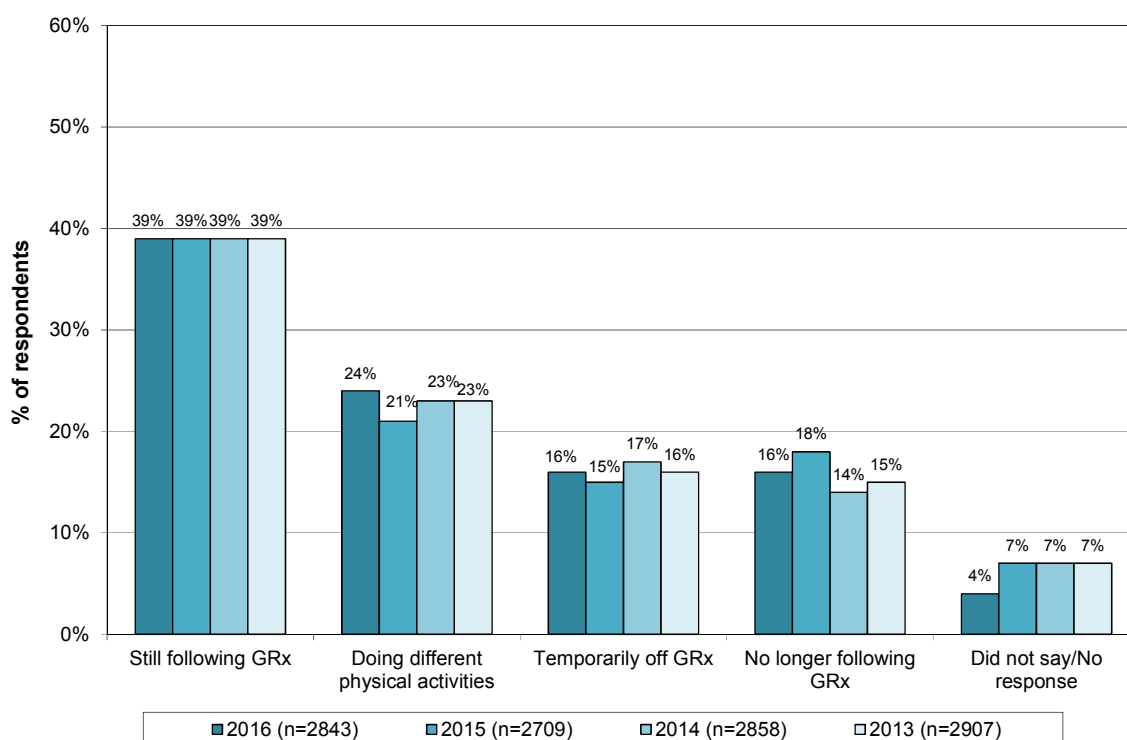


4.1 Current status of Green Prescription

Figure 5 shows that 39 percent of patients this year reported they were still following their GRx, which is the same percentage as last year. Another 24 percent were doing physical activities different from their GRx. Sixteen percent said they were temporarily off their GRx and 16 percent were no longer following it.

Figure 5: Current status of Green Prescription

Q4. Are you currently...?



Total may not sum to 100% due to rounding.

Significant differences

The following significant differences were observed for the 2016 survey results:

◆ **Age:**

- ◆ Patients aged 65 plus were more likely to report they were still following their GRx activities (44 percent compared with 39 percent overall).

◆ **Ethnicity:**

- ◆ European patients were more likely to report they were still following their GRx activities (43 percent compared with 39 percent overall).



- ◆ Māori were more likely to report they were temporarily off their GRx physical activities (20 percent compared with 16 percent overall).

◆ **Employment status:**

- ◆ Patients working full-time were more likely to report they were doing physical activity but not the recommended GRx activities (29 percent compared with 24 percent overall).
- ◆ Retired patients were more likely to report they were still following their GRx activities (45 percent compared with 39 percent overall).

◆ **Disability:**

- ◆ Patients with a long term disability were more likely to report they were temporarily off their GRx physical activities (21 percent compared with 16 percent overall).

◆ **Contract holder:**

- ◆ Patients from Marlborough PHO (58 percent), Sport Whanganui (53 percent) and Sport Bay of Plenty (49 percent) were more likely to still be following their GRx activities (39 percent overall).
- ◆ Patients from Sport Southland were more likely to report they were doing physical activities but not the recommended GRx activities (34 percent compared with 24 percent overall).



Reasons for being off Green Prescription

The main reason for not following their GRx (either temporarily or permanently) continues to be injury or health problems (cited by 30 percent of these patients).

Other impediments were due to lack of time due to work (22 percent), family responsibilities (20 percent), a lack of energy (19 percent) and/or cost/financial reasons (16 percent).

Table 13: Reasons for being off GRx

Q5. If you are temporarily off or no longer following the GRx physical activities, why is this?

	2016	2015	2014	2013
Base=	1005*	994*	1062*	870*
	%	%	%	%
Injury/health problems	30	28	33	36
Lack of time due to work	22	16	17	20
Lack of time due to family responsibilities	20	17	19	21
Lack of energy/too tired	19	13	17	20
It costs too much/financial reasons^	16	17	6	7
It's too hard to stick to a routine	11	10	11	12
Just didn't want to^	7	6	6	7
Issues with admin/paperwork (not helpful, no follow up etc.)	5	3	3	4
I'm too old	3	3	2	3
I'm doing other physical activities (not GRx)	3	2	5	3
Moved elsewhere^	2	2	2	2
The programme ran its course/wasn't renewed GRx	1	2	2	1
Other	12	14	11	10
Did not say/No response	7	11	10	2

Total may exceed 100% because of multiple response.

*Sub-sample based on those temporarily off or no longer on a GRx.

^Category added to questionnaire in 2015. Previous year's surveys the response was coded from the "other specify" responses. Therefore, comparisons with previous years' surveys are indicative only due to this change.

Significant differences

The following significant differences were observed for the 2016 survey results:

◆ Age:

- ◆ Patients aged 35 - 49 years old were more likely to report being temporarily off or no longer following their GRx because of a lack of time due to work commitments (36 percent compared to 22 percent overall) and a lack of time due to family responsibilities (33 percent compared with 20 percent overall).
- ◆ Patients aged 65 plus were more likely to report being temporarily off or no longer following their GRx because of injury or health problems (40 percent compared with 30 percent overall).



◆ **Ethnicity:**

- ◆ Pacific patients were more likely to report being temporarily off or no longer following their GRx because of a lack of time due to family responsibilities (33 percent compared with 20 percent overall).

◆ **Employment status:**

- ◆ Patients working full-time and part-time were more likely to report being temporarily off or no longer following their GRx because of a lack of time due to work (55 percent and 39 percent respectively, compared with 22 percent overall).
- ◆ Patients who mainly stay at home were more likely to report being temporarily off or no longer following their GRx because of a lack of time due to family responsibilities (39 percent compared with 20 percent overall).
- ◆ Retired patients and sickness/invalid beneficiaries are more likely to report being temporarily off or no longer following their GRx because of injury or health problems (45 percent and 43 percent respectively, compared with 30 percent overall).

◆ **Disability:**

- ◆ Patients with a long-term disability or impairment were more likely to report being temporarily off or no longer following their GRx because of injury or health problems (42 percent compared with 30 percent overall).



4.2 Return visits to referrer since Green Prescription

Just under half of patients said they had returned to their referrer since being issued with a GRx (Figure 6). Which is a significant decrease from last year's result of 68 percent.

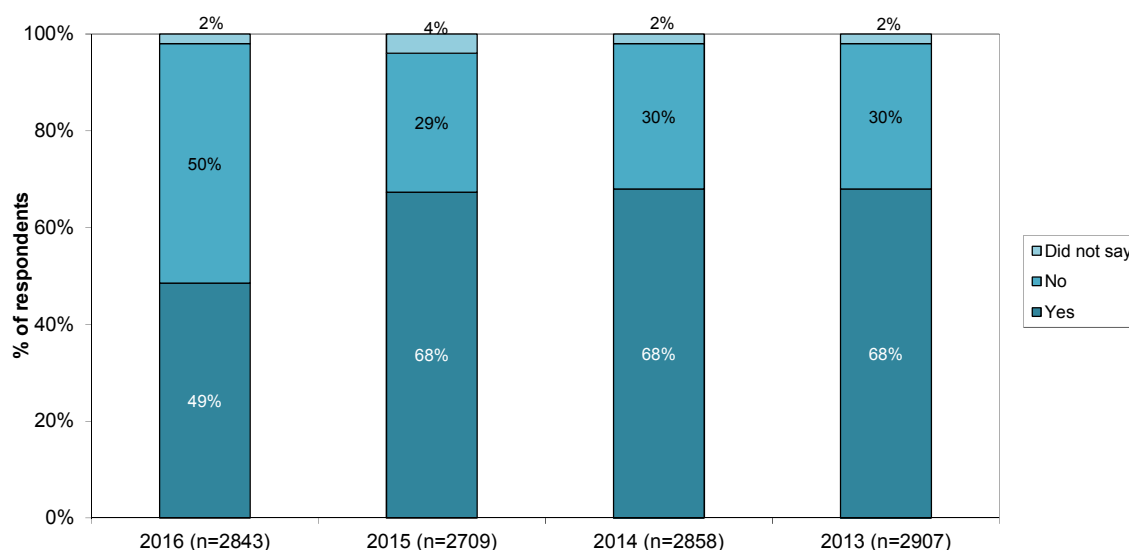
Of those who had returned, under two thirds (64 percent) discussed their GRx with their referrer (Figure 7, overleaf).

Of those who discussed their GRx, 74 percent were encouraged to continue with their current GRx unchanged (Figure 8, overleaf).

If the referrer continued the GRx he/she mostly gave this advice verbally which is unchanged from last year (Figure 9, page 42). One quarter of patients (26 percent) whose referrer continued their GRx said their referrer had written a new GRx or extended their current GRx, which is up significantly from last year's result of 21 percent.

Figure 6: Return visits to referrer since GRx was issued

Q8. Have you been back to your referrer since you were first issued a GRx?

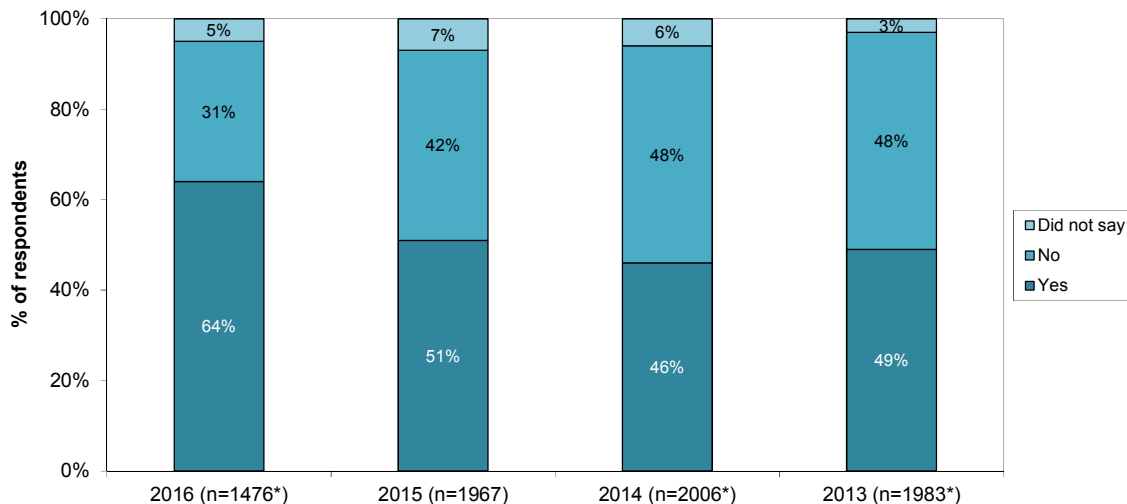


Total may not sum to 100% due to rounding.



Figure 7: Whether the GRx discussed at the return visits by the referrer

Q9. Did the referrer discuss your GRx with you?

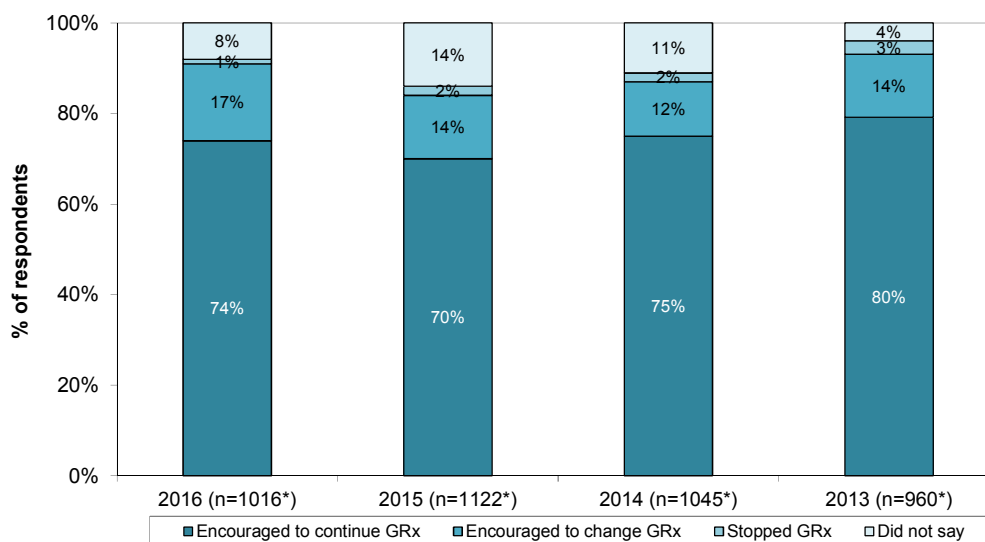


Total may not sum to 100% due to rounding.

*Sub-sample based on those who have been back to their referrer since they were first issued a GRx.

Figure 8: Outcome of discussions with the referrer

Q10. When the referrer discussed your GRx with you, did he/she...



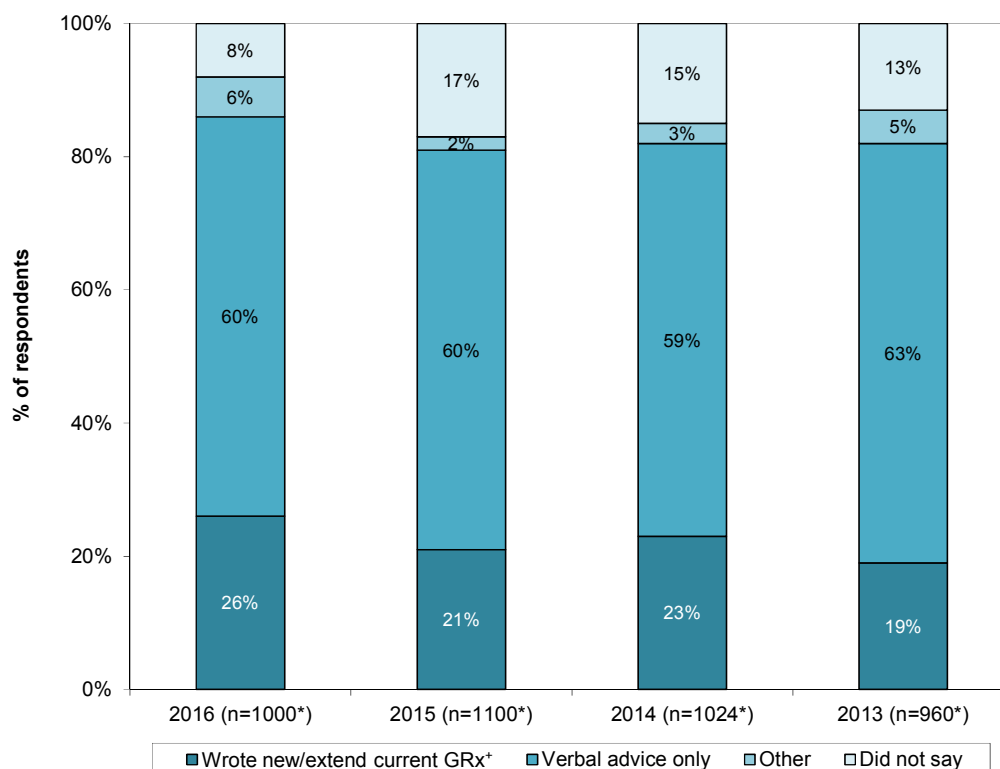
Total may not sum to 100% due to rounding.

*Sub-sample based on those whom doctor/practice nurse has discussed their GRx with.



Figure 9: How advice to continue or change GRx was given

Q11. When the referrer continued your GRx (either changed or unchanged), did he/she...



Total may not sum to 100% due to rounding.

*Sub-sample based on those whose referrer had discussed their GRx with them.

*Wording changed in 2014

Significant differences

The following significant differences were observed for the 2016 survey results:

◆ Age:

- ◆ Patients aged 65 plus were more likely to have been back to their referrer since they were issued their GRx (54 percent compared with 49 percent overall).

◆ Gender:

- ◆ Male patients were more likely to have been back to their referrer since they were issued their GRx (55 percent compared with 49 percent overall).

◆ Employment status:

- ◆ Retired patients and sickness/invalid beneficiary patients were more likely to have been back to their referrer since they were issued their GRx (54 percent and 57 percent respectively, compared with 49 percent overall).



◆ **Disability:**

- ◆ Patients with a long-term disability or impairment were more likely to report they had been back to their referrer since they were issued their GRx (57 percent compared with 49 percent overall).

◆ **Ethnicity:**

- ◆ Asian patients were more likely to report their referrer had discussed their GRx with them (81 percent compared with 64 percent overall).

◆ **Overall satisfaction:**

- ◆ Patients who were satisfied overall were more likely to report their referrer had discussed their GRx with them (69 percent compared with 64 percent overall).

◆ **Contract holder:**

- ◆ Patients from Sport Whanganui and HealthWest were more likely to report they have been back to the doctor since they were first issued a GRx (79 percent and 61 percent respectively, compared with 49 percent overall).
- ◆ Patients from Sport Manawatu were less likely to report they have been back to their referrer since they were first issued a GRx (39 percent compared with 49 percent overall).
- ◆ Patients from Sport Whanganui were more likely to report their referrer wrote them a new, or extended their current GRx (64 percent compared with 26 percent overall).



5.0 Changes resulting from the GRx

Positive changes in patients' health, diet and activity levels are key to the success of the GRx initiative. This section examines these changes, as well as whether patients are encouraging others to be more active since being issued with a GRx.

Key findings

Seventy-two percent of patients report they have noticed positive changes in their health since they were first issued with a GRx:³

- ◆ The main changes that these patients noticed were feeling fitter or stronger, generally feeling better, weight loss, more energy, breathing easier, and feeling less stressed.

Overall, 61 percent of patients say they were spending more time being active now, compared with before their GRx was issued.

- ◆ Of those who were issued their GRx 6-8 months ago, 61 percent report they are spending more time being active now. Of those who were issued their GRx more than eight months ago, 59 percent say they are spending more time being active now.
- ◆ The main reason given for spending less time being active are illness/injury/health problems.
- ◆ Sixty-five percent of patients say they have also encouraged others to be more active as a result of their Green Prescription.

Seventy percent of patients report they have also made changes to their diet since being prescribed their GRx.

- ◆ The most common types of changes include: having less sugar, sugary foods and soft-drinks, eating less junk food or generally eating more healthily, drinking more water, eating smaller meals or eating less, and eating more vegetables.

³ Note: The KPIs as detailed in the Executive Summary exclude those respondents who did not answer a particular question for some reason. However, in the body of the report non-responses are included. While this has been done to maintain consistency with how the survey has historically been reported, it does result in some discrepancies between figures in the Executive Summary and those reported in the chapters that follow (for example the percentage of patients noting positive changes in their health since they were first issued with a GRx).



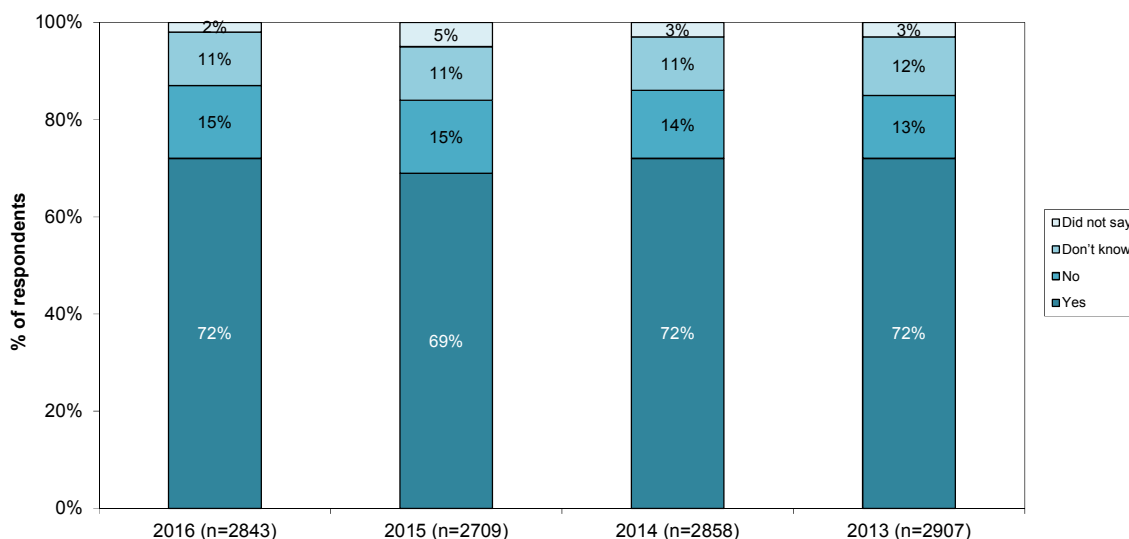
5.1 Positive changes in health

Seventy-two percent of patients said they had noticed positive changes in their health since they were first issued with a GRx, which is up from 69 percent last year (Figure 10).

Of those noticing changes, 55 percent said they felt fitter or stronger (which is up significantly from 51 percent last year), 55 percent felt generally better (up significantly from 47 percent last year), 48 percent had lost weight (up significantly from 43 percent last year), 45 percent had more energy (also up significantly from 40 percent last year) and 34 percent were breathing easier (Figure 11).

Figure 10: Whether positive changes in health have been noticed since first GRx

Q6. Have you noticed any positive changes in your health since you were first issued a GRx?

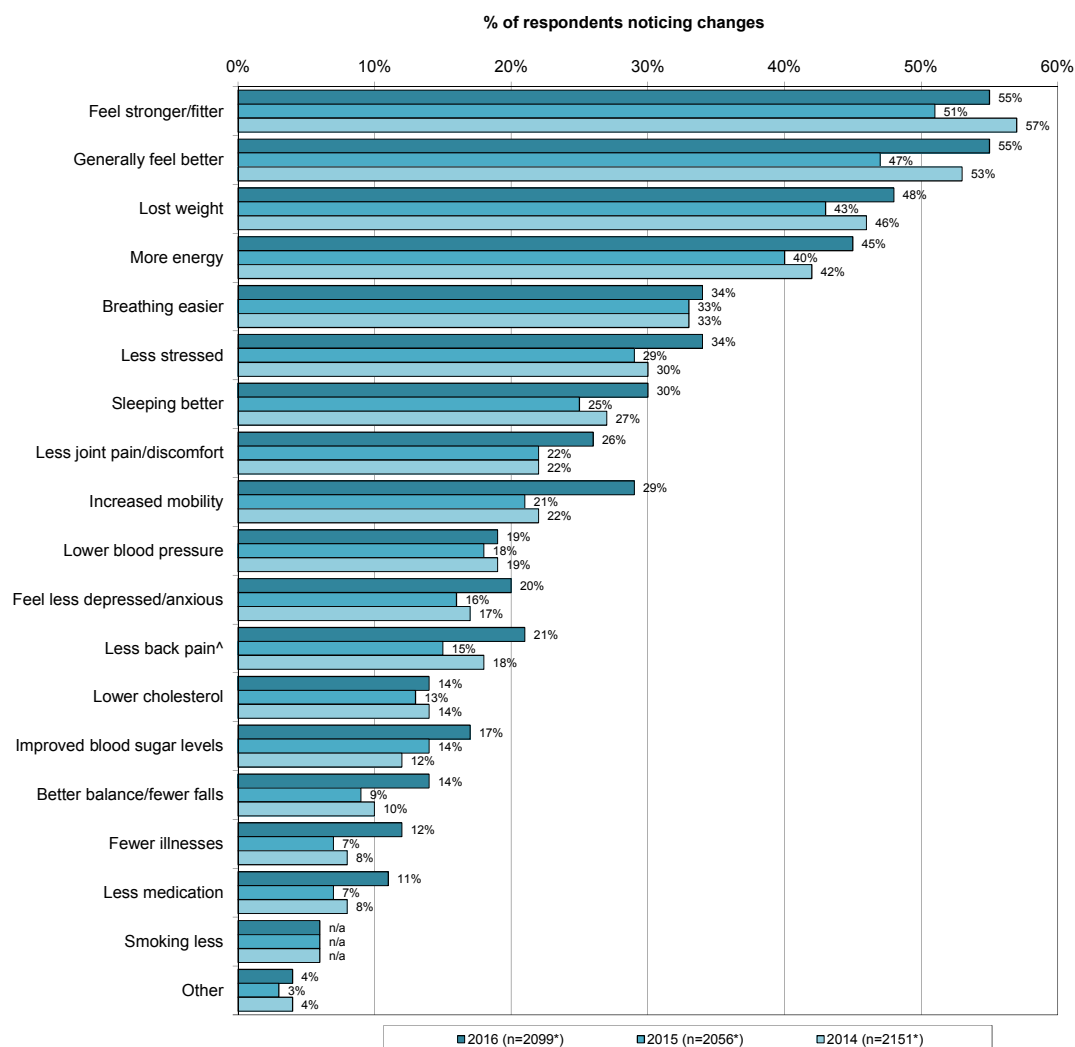


Total may not sum to 100% due to rounding.



Figure 11: Health changes noticed

Q7. If yes, what positive changes have you noticed?



Total may exceed 100% because of multiple response.
 Note: 2013 results not shown due to insufficient space.
 *Sub-sample based on those who had noticed changes.

Significant differences

The following significant differences were observed for the 2016 results:

◆ **Age:**

- ◆ Patients aged under 25 years were more likely to report they were had lost weight (65 percent compared with 48 percent overall), had more energy (61 percent compared with 45 percent overall) and/or were sleeping better (51 percent compared with 30 percent overall).



- ◆ Patients aged 25-34 years were more likely to report they had more energy (62 percent compared with 45 percent overall), had lost weight (60 percent compared with 48 percent overall), were feeling less stressed (48 percent compared with 34 percent overall) and/or sleeping better (43 percent compared with 30 percent overall).
- ◆ Patients aged 35-49 years were more likely to report they had lost weight (55 percent compared with 48 percent overall) and/or were feeling less stressed (40 percent compared with 34 percent overall).
- ◆ Patients aged 50-64 years were more likely to report they had less joint pain or discomfort (31 percent compared with 26 percent overall), they had lower blood pressure (24 percent compared with 19 percent overall) and/or had lower cholesterol (19 percent compared with 26 percent overall).
- ◆ **Ethnicity:**
 - ◆ Māori patients were more likely to report they were breathing easier (48 percent compared with 34 percent overall), feeling less stressed (40 percent compared with 34 percent), sleeping better (36 percent compared with 30 percent overall) and/or feeling less depressed or anxious (27 percent compared with 20 percent).
 - ◆ Pacific patients were more likely to report they had lost weight (61 percent compared with 48 percent), had more energy (55 percent compared with 45 percent overall), were breathing easier (45 percent compared with 34 percent), sleeping better (45 percent compared with 30 percent overall) and/or had lower blood pressure (31 percent compared with 19 percent overall).
- ◆ **Employment status:**
 - ◆ Unemployed patients were more likely to report they were breathing easier (50 percent compared with 34 percent overall), were less stressed (49 percent compared with 34 percent overall) and/or had lower blood pressure (30 percent compared with 19 percent overall).
- ◆ **NZDep Index:**
 - ◆ Patients living in areas classified as being least deprived were more likely to report they were feeling stronger or fitter (63 percent compared with 55 percent overall).
 - ◆ Patients living in areas classified as being most deprived were more likely to report they were breathing easier (40 percent compared with 34 percent overall).
- ◆ **Disability:**
 - ◆ Patients with a long-term disability or impairment were more likely to report they had increased mobility (34 percent compared to 29 percent overall).



◆ **Contract holder:**

- ◆ Patients from Sport Auckland - Auckland were more likely to report they were sleeping better (40 percent compared with 30 percent overall) and had less back pain (32 percent compared with 21 percent overall).
- ◆ Patients from Sport Auckland - Counties were more likely to report having lower blood pressure (31 percent compared to 19 percent overall) and improved blood sugar levels (27 percent compared with 17 percent overall).
- ◆ Patients from HealthWest were more likely to report they had improved blood sugar levels (27 percent compared to 17 percent overall) and lower cholesterol (26 percent compared with 14 percent overall).



5.2 Changes in activity levels

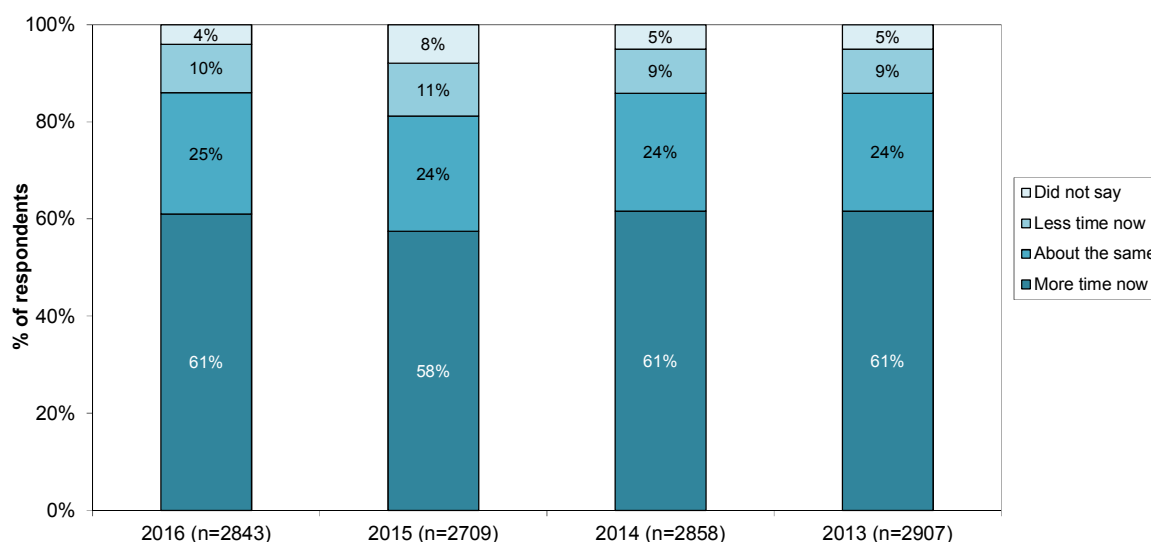
Overall 61 percent of patients reported they were spending more time being active now, compared with before their GRx was issued. The remaining patients were either spending the same amount of time being active (25 percent) or less time (10 percent).

Table 14 shows the levels of activity broken down by the amount of time since the GRx was issued. For those who had a GRx issued 6-8 months ago, 61 percent reported they were spending more time being active. Fifty-nine percent of patients who had a GRx issued more than 8 months ago were also spending more time being active.

Patients' reasons for spending the same or less time being active are given in sections 0 and 5.2.2 overleaf.

Figure 12: Changes in activity levels since GRx was issued

Q12. Compared with the time before you were first prescribed a GRx, are you now spending...?



Total may not sum to 100% due to rounding.



Table 14: Changes in activity levels by time since GRx was issued

Q12. Compared with the time before you were first given a GRx, are you now spending...

Base =	Total 2843 %	Less than 4 months ago %	4 - 6 months ago %	6 - 8 months ago %	More than 8 months ago %	No response %
More time being active?	61	62	63	61	59	38
About the same amount of time being active?	25	25	26	26	24	25
Less time being active?	10	9	9	9	13	22
No response	4	4	3	4	4	15
Total	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.

Significant differences

The following significant differences were observed for the 2016 results:

◆ **Ethnicity:**

- ◆ Pacific patients were more likely to report they were spending less time being active, compared to before they got their GRx (18 percent compared with 10 percent overall).

◆ **NZDep Index:**

- ◆ Patients living in areas classified as being least deprived were more likely to report they were spending more time being active, compared to before they got their GRx (67 percent compared with 61 percent overall).

◆ **Employment status:**

- ◆ Sickness or invalid beneficiaries were more likely to report they were spending less time being active, compared to before they got their GRx (17 percent compared with 10 percent overall).

◆ **Disability:**

- ◆ Patients with a long-term disability or impairment were more likely to report they were spending less time being active, compared to before they got their GRx (13 percent compared with 10 percent overall).



5.2.1 Reasons for spending the same amount of time being active

Patients were asked to identify the reasons why they were spending about the same amount of time being active now, as they were before their GRx.

The most frequently identified reasons included: illness, injury, pain or a medical condition (15 percent), increased workload/long hours/work commitments (11 percent) and already active enough (8 percent).

Table 15, below, shows all the reasons cited by at least one percent of patients.

Table 15: Reasons for spending about the same amount of time being active

Q12a. If spending about the same amount of time being active, why is this?

	2016	2015	2014	2013
Base=	727*	429*	436*	708*
	%	%	%	%
Illness/injury/operation/pain/medical condition preventing, recovering	22	24	28	17
Increased workload/long hours/work commitments	16	12	8	5
Already doing enough, already/always been active/happy with what doing	12	17	13	17
Lack of motivation/laziness/depression^	9	6	7	6
Family responsibilities	9	7	10	6
Too busy/no time	8	11	9	7
Not doing specified type of activity/level of activity	7	0	6	1
Lack energy/tired	6	2	3	3
Other commitments, holidays	4	3	6	2
Difficulty getting into, or lost, routine/didn't get into a habit	3	3	2	1
Costs/fees of activity too expensive	3	4	3	2
GRx has not helped	2	1	0	2
Lack of support	1	2	1	1
Getting too old/no longer up to it	2	1	1	1
Weather/darkness	1	1	1	0
Other miscellaneous reasons	15	14	21	6
No particular reason	1	0	0	1
Don't know	0	1	0	1

Total may exceed 100% because of multiple response

^Category coded from other responses.

*Sub-sample based on those who said why they spent about the same amount of time being active after first prescribed a GRx.



Significant differences

The following significant differences were observed:

◆ **Employment status:**

- ◆ Patients who work full-time were more likely to report they were spending about the same amount of time being active because of increased workloads, longer hours or work commitments (46 percent compared with 16 percent overall).
- ◆ Sickness or invalid beneficiaries were more likely to report they were spending about the same amount of time being active because of illness or injury (42 percent compared with 22 percent overall).

◆ **Disability:**

- ◆ Patients with a long-term disability or impairment were more likely to report they were spending about the same amount of time being active because of illness or injury (33 percent compared with 22 percent overall).

◆ **Overall satisfaction:**

- ◆ Dissatisfied patients were more likely to report they were spending about the same amount of time being active because their GRx has not helped (15 percent compared with 2 percent overall).



5.2.2 Reasons for spending less time being active

Table 16 summarises the main reasons patients are spending less time being active now, compared to before they were issued with their GRx.

Thirty-five percent reported they were spending less time being active now because of illness, injury, pain or health problems. This was distantly followed by a lack of motivation (14 percent), work commitments and/or family responsibilities (9 percent respectively).

Table 16: Reasons for spending less time being active

Q12b. If spending less time being active, why is this?

	2016	2015	2014	2013
Base=	287*	189*	182*	263*
	%	%	%	%
Illness/injury/operation/pain/health problems	41	42	44	34
Lack of motivation/laziness/depression	16	13	16	7
Increased workload/long hours/work commitments	11	13	10	2
Family responsibilities (incl. pregnancy, home issues)	10	8	5	6
Lack energy/tired	6	5	5	6
Costs/fees of activity too expensive	4	2	2	4
Too busy/no time, other priorities/commitments (including study)	3	10	15	5
Weather/darkness/daylight saving over	3	3	2	0
Not doing specified type of activity	0	1	2	4
Other miscellaneous reasons	18	11	11	10
No particular reason	0	0	0	1
Don't know	0	0	0	0

Total may exceed 100% because of multiple response.

*Sub-sample based on those who said why they spent less time being active since first prescribed a GRx.

Significant differences

The following significant differences were observed:

◆ **Age:**

- ◆ Patients aged 65 plus were more likely to report they were spending less time being active because of illness or injury (68 percent compared with 41 percent overall).

◆ **Ethnicity:**

- ◆ European patients were more likely to report they were spending less time being active because of illness or injury (59 percent compared with 41 percent overall).



◆ **Employment status:**

- ◆ Patients who work full-time were more likely to report they were spending less time being active because of increased workloads, longer hours or work commitments (31 percent compared with 11 percent overall).
- ◆ Retired patients were more likely to report they were spending about the same amount of time being active because of illness or injury (75 percent compared with 41 percent overall).



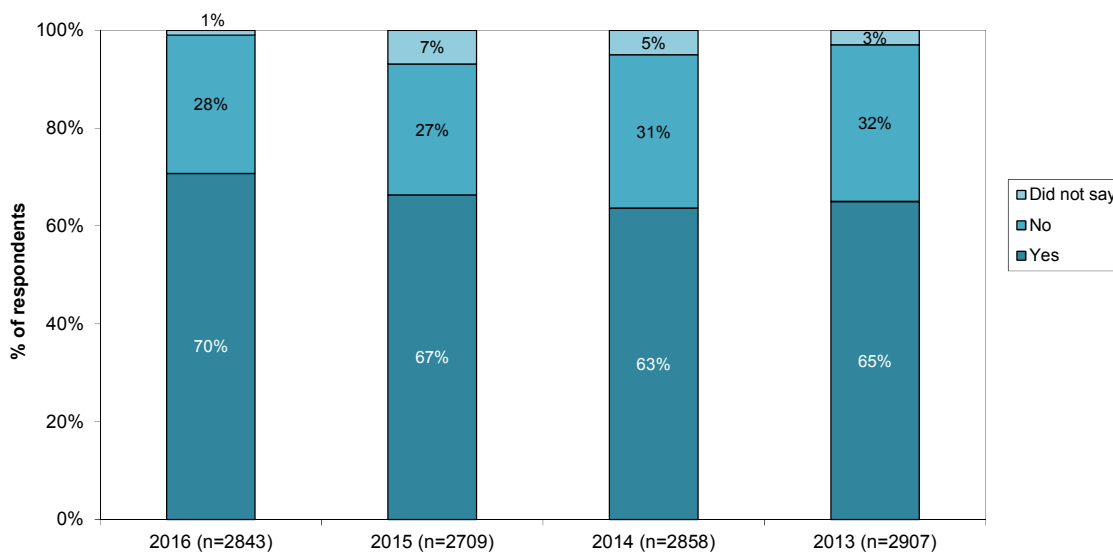
Changes in diet

Seventy percent of patients reported they had made changes to their diet since being prescribed their GRx, which is up from 67 percent last year.

The types of changes made are examined in section 5.2.1, overleaf.

Figure 13: Changes to diet since Green Prescription

Q14. Have you made any changes to your food and/or drink intake since being given your GRx?



Total may not sum to 100% due to rounding.



5.2.1 Types of changes made to diet

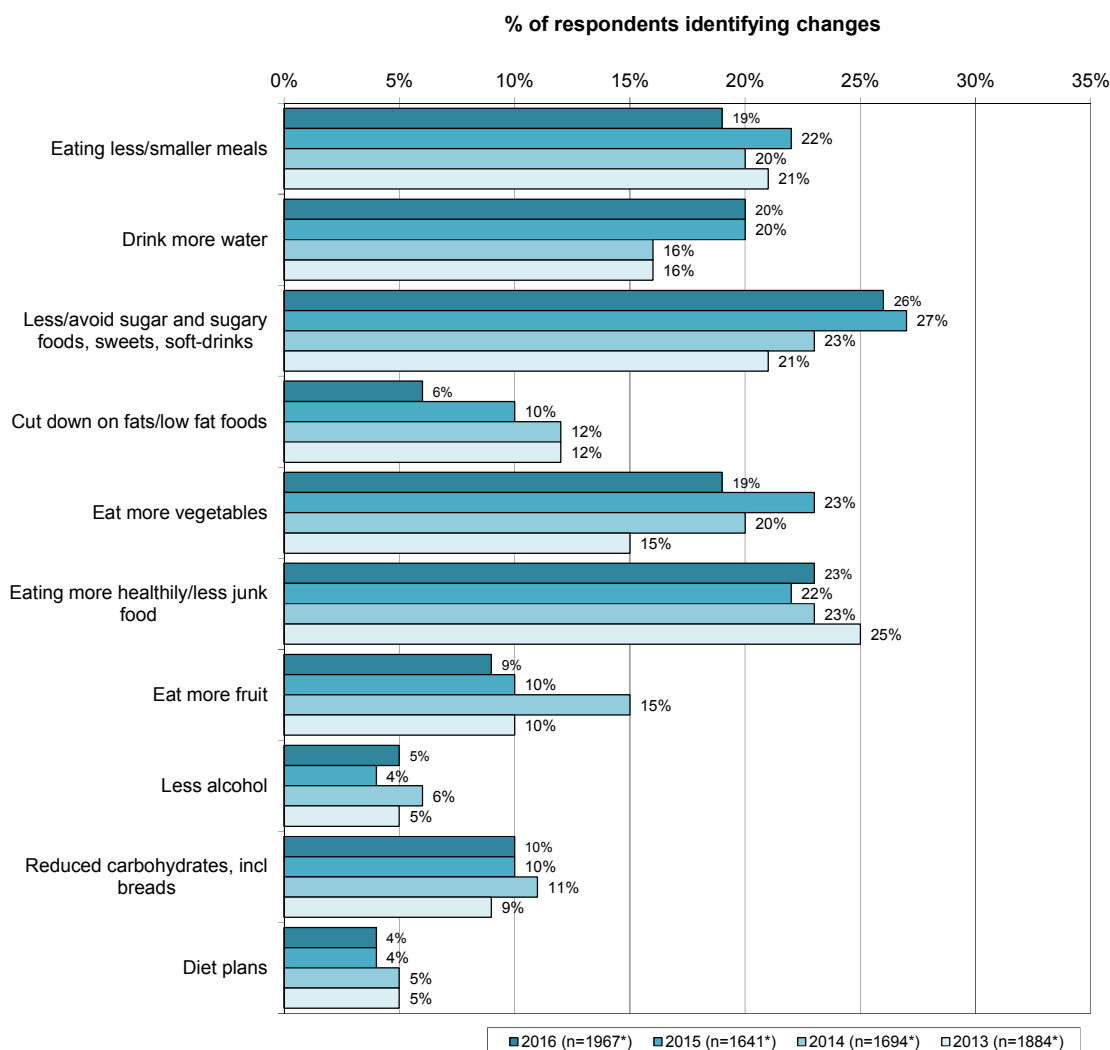
Figure 14 shows the most common changes patients made to their diets were: having less sugar and sugary foods, sweets and soft drinks (26 percent), eating more healthily or less junk food (23 percent), drinking more water (20 percent), eating more vegetables and/or eating less or smaller meals (19 percent respectively).

Compared with 2015, significantly fewer patients reported they were eating more vegetables (19 percent compared with 23 percent in 2015).

Other, less commonly cited reasons are shown in Table 17 on page 57.

Figure 14: Types of changes to diet since Green Prescription

Q14a. What changes?



Total may exceed 100% because of multiple response.

*Sub-sample based on those who made changes to their diet.



Table 17: Other changes made to diet

Q14a. What changes (other)?

	2016	2015	2014	2013
Base=	1967*	1641*	1694*	1884*
	%	%	%	%
Less takeaways/ fast food	5	4	3	3
No snacking/regular meals, breakfasts	4	3	5	5
Eat less (red) meat/more fish	4	3	4	4
Reading labels on food [^]	3	2	3	2
Less dairy	2	2	3	3
Less coffee/tea	2	1	1	2
Cut down on salt use	2	4	3	3
More protein	1	1	2	2
More grain breads, fibre or similar	1	2	2	2
Supplements, dietary	0	1	1	0
Other miscellaneous reasons	11	13	12	9
No particular changes	0	0	0	0
Don't know	0	0	0	0

Total may exceed 100% because of multiple response.

*Sub-sample based on those who said what changes they have made to their food and/or drink intake.

Significant differences

The following significant differences were observed for the 2016 survey results:

◆ Age:

- ◆ Patients aged 35-49 years and 50-64 years were more likely to report they had made changes to their food and/or drink intake since being given their GRx (79 percent and 75 percent respectively, compared with 70 percent overall).

◆ Ethnicity:

- ◆ Pacific and Māori patients were more likely to report they had made changes to their food and/or drink intake since being given their GRx (78 percent and 77 percent respectively, compared with 70 percent overall).

◆ NZDep Index:

- ◆ Patients living in areas classified as being most deprived were more likely to report they had made changes to their food and/or drink intake since being given their GRx (75 percent compared with 70 percent overall).



◆ **Employment status:**

- ◆ Patients working full-time were more likely to report they had made changes to their food and/or drink intake since being given their GRx (78 percent compared with 70 percent overall).

◆ **Overall satisfaction:**

- ◆ Satisfied patients were more likely to report they had received specific advice on healthy eating (73 percent compared with 70 percent overall).

◆ **Contract holder:**

- ◆ Patients from Sport Waikato and Sport Bay of Plenty were more likely to report they had made changes to their food and/or drink intake since being given their GRx (83 percent and 78 percent respectively, compared with 70 percent overall).

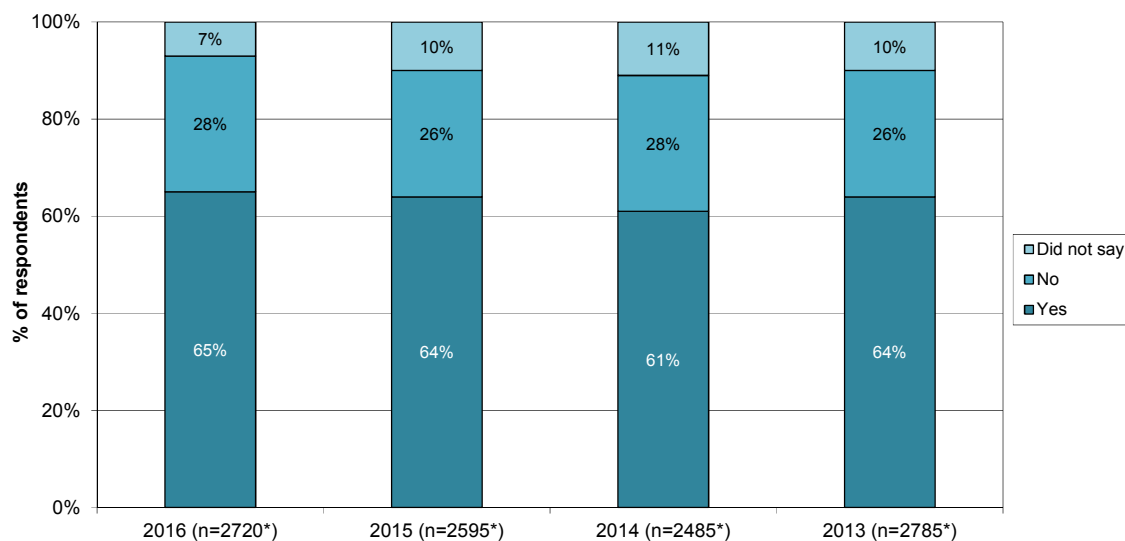


5.3 Encouraging others to be active

Sixty-five percent of patients had encouraged others to be more active as a result of their GRx (Figure 15), which is similar to that reported last year.

Figure 15: Encouraging others to be active

Q21. As a result of your GRx experience, have you encouraged others to become more active?



Total may not sum to 100% due to rounding.

*Sub-sample based on those who had contact with a GRx support person.

Significant differences

The following significant difference was observed for the 2016 results:

◆ **Ethnicity:**

- ◆ Pacific patients were more likely to report that they had encouraged others to become more active (75 percent compared with 65 percent overall).

◆ **Employment status:**

- ◆ Patients working part-time were more likely to report that they had encourage others to become more active (72 percent compared with 65 percent overall).

◆ **Overall satisfaction:**

- ◆ Patients who were satisfied overall were more likely to report that they had encouraged others to become more active (72 percent compared with 65 percent overall).



◆ **Contract holders:**

- ◆ Patients from Sport Whanganui were more likely to report that they had encouraged others to become more active (74 percent compared with 65 percent overall).



6.0 Contact with GRx support person

Once prescribed a GRx, patients are supposed to make contact with or be contacted by their assigned support person. This section examines:

- ◆ The nature of the initial contact with the support person and the activities the support person suggested.
- ◆ The types of providers they were referred to, if any and what follow-up support they have received.
- ◆ Who they do physical activity with.

Key findings

In most cases (68 percent), the support person contacted patients first. Twenty-three percent of patients visited the support person, while relatively few patients called the phone number provided (three percent) or had not yet had any contact with their GRx support person (five percent).

- ◆ The main activities recommended by the GRx support people continue to be walking, swimming, water/pool exercises and gym exercises.

In cases where there has been contact, 74 percent of patients report their GRx support person referred them to an activity provider. The main activity providers recommended to patients are swimming pools and gyms.

- ◆ Eighty percent of those referred thought the activity provider was appropriate for them.

After their first contact, just four percent of patients said they have not received any follow-up contact or support from their GRx support person. Where follow-up has occurred, it was mostly by phone (59 percent) or through face-to-face contact (42 percent).

About one third of patients report their GRx support person has given them an extension for longer support (34 percent).

In terms of who patients do physical activity with, 72 percent say they are active on their own, while 32 percent are active with adult family members and 26 percent with friends.

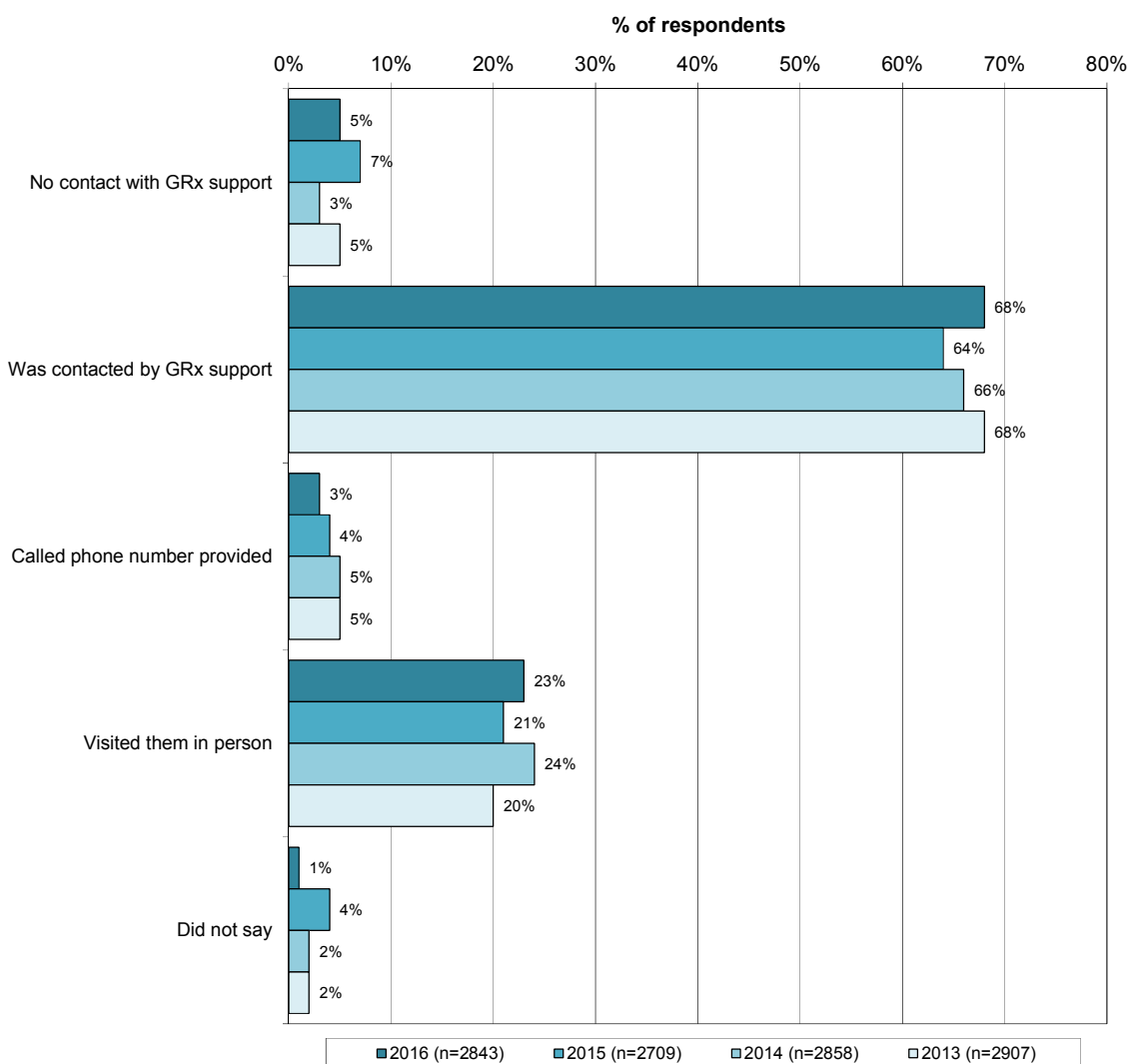


6.1 Initial contact with the GRx support person

Over two-thirds of patients reported that their GRx support person contacted them first (68 percent), while 23 percent visited them in person, and three percent called the number provided. Five percent said they had not had any contact with the GRx support person.

Figure 16: First contact with the GRx support person

Q15. How was contact first made with the GRx support person?



Total may exceed 100% because of multiple response.



Significant differences

The following significant differences were observed for the 2015 survey results:

◆ Age:

- ◆ Patients aged 35-49 years were more likely to report their GRx support person contacted them first (74 percent compared with 68 percent overall).
- ◆ Patients aged 65 years plus were more likely to report they went to see their support person in person (29 percent compared with 23 percent overall).

◆ Employment:

- ◆ Patients working part-time and full-time were more likely to report their GRx support person contacted them first (75 percent and 73 percent respectively, compared with 68 percent overall).
- ◆ Retired patients aged 65 years plus were more likely to report they went to see their support person in person (29 percent compared with 23 percent overall).

◆ Overall satisfaction:

- ◆ Patients that reported being satisfied overall were more likely to report their GRx support person contacted them first (71 percent compared with 68 percent overall).

◆ Contract holder:

- ◆ Patients from Harbour Sport (83 percent), Sport Wellington (82 percent), Sport Taranaki (81 percent), Sport Southland (79 percent) and Sport Hawkes Bay (78 percent) were more likely to report that their support person contacted them first (compared with 68 percent overall).
- ◆ Patients from Sport Whanganui (42 percent), Sport Northland (34 percent) and Sport Bay of Plenty (33 percent) were more likely to report they went to see their support person in person (compared with 23 percent overall).



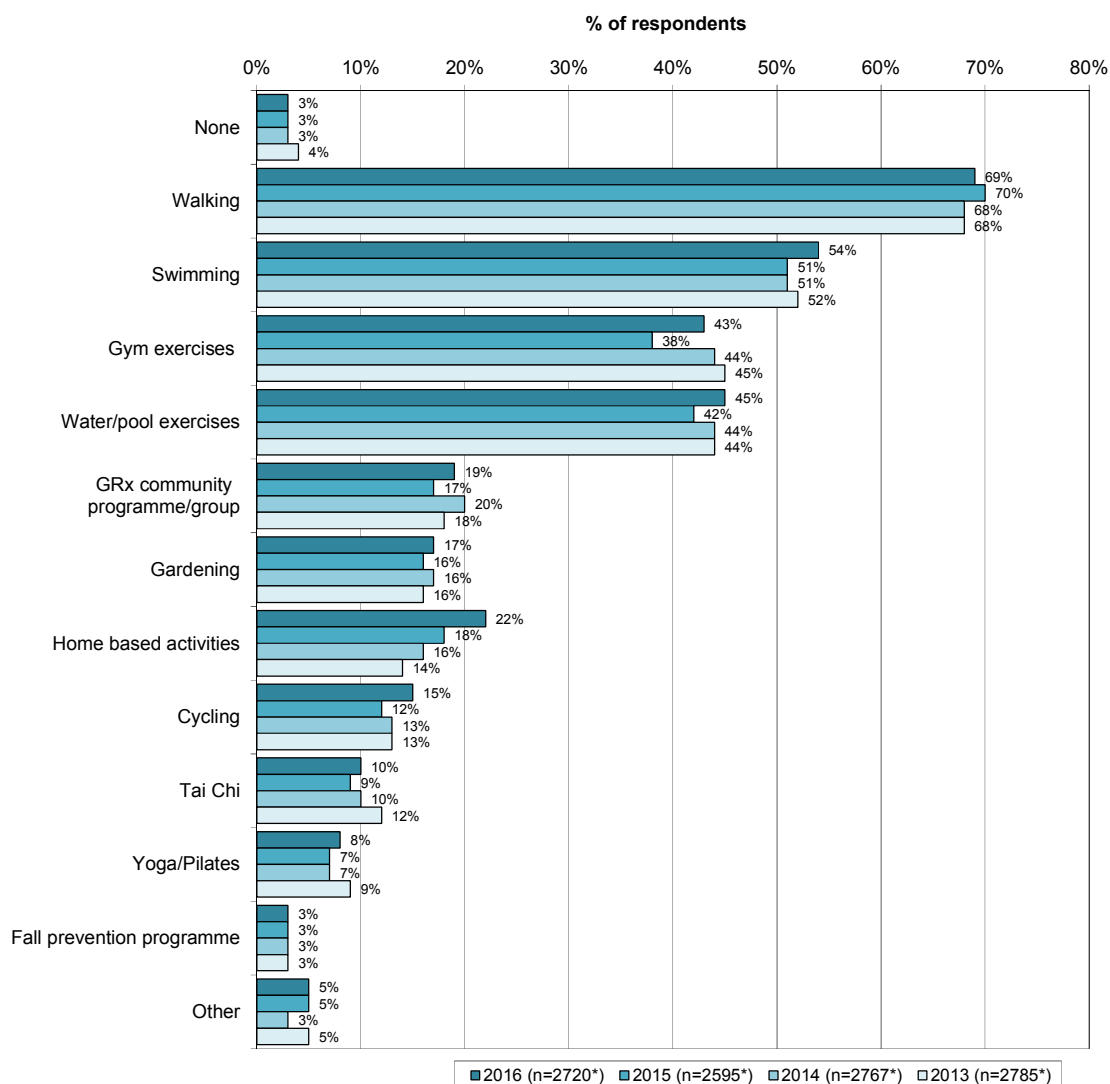
6.2 Activities suggested by GRx support person

The main activities recommended by GRx support people continue to be walking (69 percent), swimming (54 percent) and water/pool exercises (45 percent).

In 2016 more patients reported that their GRx support person recommended gym activities (43 percent compared with 38 percent in 2015).

Figure 17: Activities suggested by the GRx support person

Q18. What, if any, physical activities did the GRx support person suggest to you?



Total may exceed 100% because of multiple response.

*Sub-sample based on those who had contact with a GRx support person.



Significant differences

The following significant differences were observed for the 2016 results:

◆ Age:

- ◆ Patients aged under 25 years were more likely to report that their GRx support person suggested they take up gym exercises (63 percent compared with 43 percent overall).
- ◆ Patients aged 35-49 years were more likely to report that their GRx support person suggested they take up walking (75 percent compared with 69 percent overall), gym exercises (49 percent compared with 43 percent overall) and/or a GRx community programme or group (25 percent compared with 19 percent overall).
- ◆ Patients aged 65 years plus were more likely to report that their GRx support person suggested they take up gardening (25 percent compared with 17 percent overall) and/or Tai Chi (13 percent compared with 10 percent overall)

◆ Gender:

- ◆ Males were more likely to report their GRx support person suggested they take up gym exercises (49 percent compared with 42 percent overall) and/or cycling (20 percent compared with 15 percent overall).
- ◆ Females were more likely to report their GRx support person suggested they take up yoga/pilates/zumba (11 percent compared with eight percent overall).

◆ Ethnicity:

- ◆ Māori patients were more likely to report their GRx support person suggested they take up walking (75 percent compared with 69 percent overall), water/pool exercises (52 percent compared to 45 percent overall), gym exercises (50 percent compared with 43 percent overall) and/or other home based activities (26 percent compared with 22 percent overall).
- ◆ Pacific patients were more likely to report their GRx support person suggested they take up swimming (63 percent compared with 54 percent overall), and/or other home based activities (30 percent compared with 22 percent overall).

◆ Employment status:

- ◆ Unemployed patients were more likely to report their GRx support person suggested they take up swimming (65 percent compared with 54 percent overall) and/or a GRx community programme or group (28 percent compared with 19 percent overall).
- ◆ Retired patients were more likely to report their GRx support person suggested they take up gardening (25 percent compared with 17 percent overall).



- ◆ Students were more likely to report their GRx support person suggested they take up gym exercises (57 percent compared with 43 percent overall).

◆ **Overall satisfaction:**

- ◆ Dissatisfied patients were more likely to report their GRx support person did not make any suggestions (16 percent compared with three percent overall).
- ◆ In contrast, satisfied patients were more likely to report their GRx support person suggested they take up walking (73 percent compared with 69 percent overall).

◆ **Contract holder:**

- ◆ Patients from HealthWest (60 percent), Sport Northland (57 percent) and Sport Auckland – Auckland (52 percent) were more likely to report their GRx support person suggested they take up gym exercises (compared with 43 percent overall).
- ◆ Patients from Nelson Bays Primary Health (65 percent), Sport Whanganui (59 percent), Sport Manawatu, (58 percent) and Sport Bay of Plenty (57 percent) were more likely to report their GRx support person suggested they take up water or pool exercises (compared with 45 percent overall).
- ◆ Patients from Sport Wellington were more likely to report their GRx support person suggested they take up swimming (70 percent compared with 54 percent overall).
- ◆ Patients from Sport Southland were more likely to report their GRx support person suggested they take up walking (82 percent compared with 69 percent overall), and/or gardening (31 percent compared with 17 percent overall).



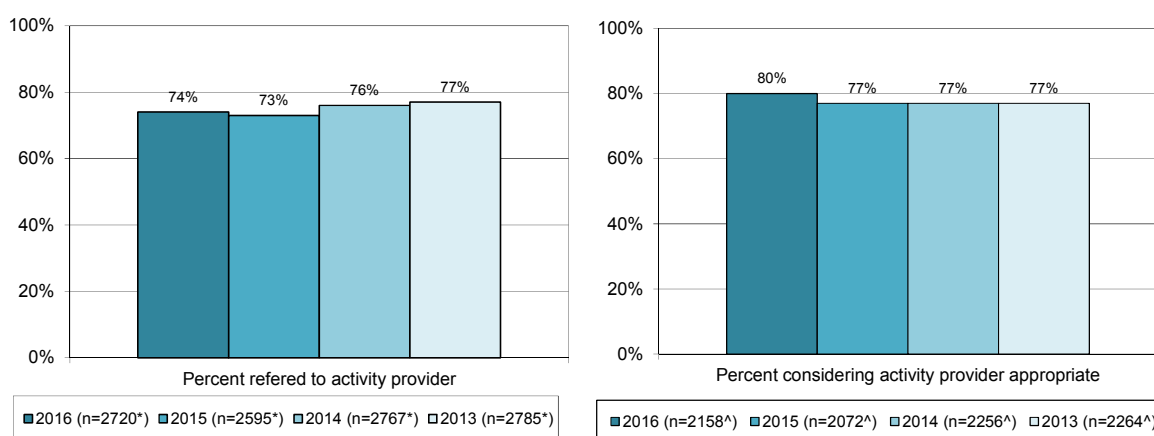
6.3 Referrals to activity providers

Seventy-four percent of patients reported that their support person referred them to an activity provider. The main activity providers patients were referred to were swimming pools (66 percent) and gyms (58 percent). Eighty percent of those who were referred to a provider felt it was appropriate for them.

Figure 18 and 19: Referrals to activity provider and percent who considered the provider was appropriate

Q19. Were you referred to any of the following activity providers?

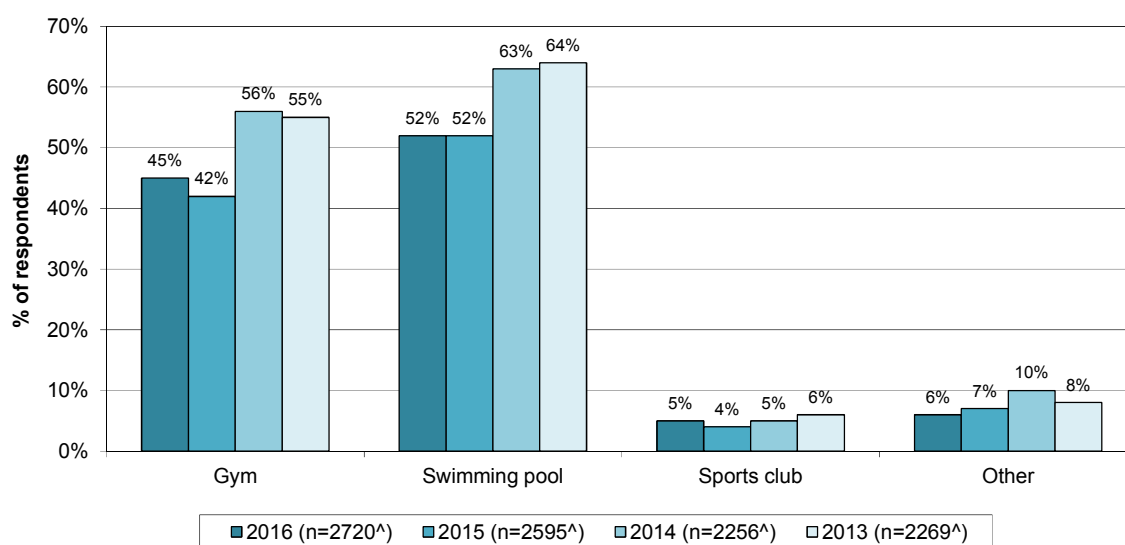
Q20. Was the activity provider right for you?



*Sub-sample based on those who had contact with a GRx support person.
 ^Sub-sample based on those who were referred to an activity provider.

Figure 20: Type of activity provider referred to

Q19. Were you referred to any of the following activity providers?



^Sub-sample based on those who were referred to an activity provider.



Significant differences

The following significant differences were observed:

◆ Age:

- ◆ Patients aged under 25 years were more likely to be referred to a gym (61 percent compared with 45 percent overall).
- ◆ Patients aged 50-64 years were more likely to be referred to a swimming pool (57 percent compared with 52 percent overall).

◆ Gender:

- ◆ Male patients were more likely to be referred to a gym (51 percent compared with 45 percent overall).

◆ Ethnicity:

- ◆ Māori patients were more likely to be referred to a swimming pool (59 percent compared with 52 percent overall) and/or a gym (53 percent compared with 45 percent overall).

◆ Employment status:

- ◆ Students were more likely to be referred to a gym (64 percent compared with 45 percent overall).

◆ Disability:

- ◆ Patients with a long-term disability or impairment were more likely to be referred to a swimming pool (58 percent compared with 52 percent overall).

◆ Contract holder:

- ◆ Patients from HealthWest (87 percent), Sport Northland and Sport Auckland – Auckland (73 percent respectively) are more likely to be referred to a gym (compared with 58 percent overall).
- ◆ Patients from Sport Whanganui Sport Otago (85 percent), (83 percent), Sport Wellington and Marlborough PHO (80 percent respectively), and Sport Manawatu (76 percent) were more likely to report being referred to a swimming pool (compared with 66 percent overall).

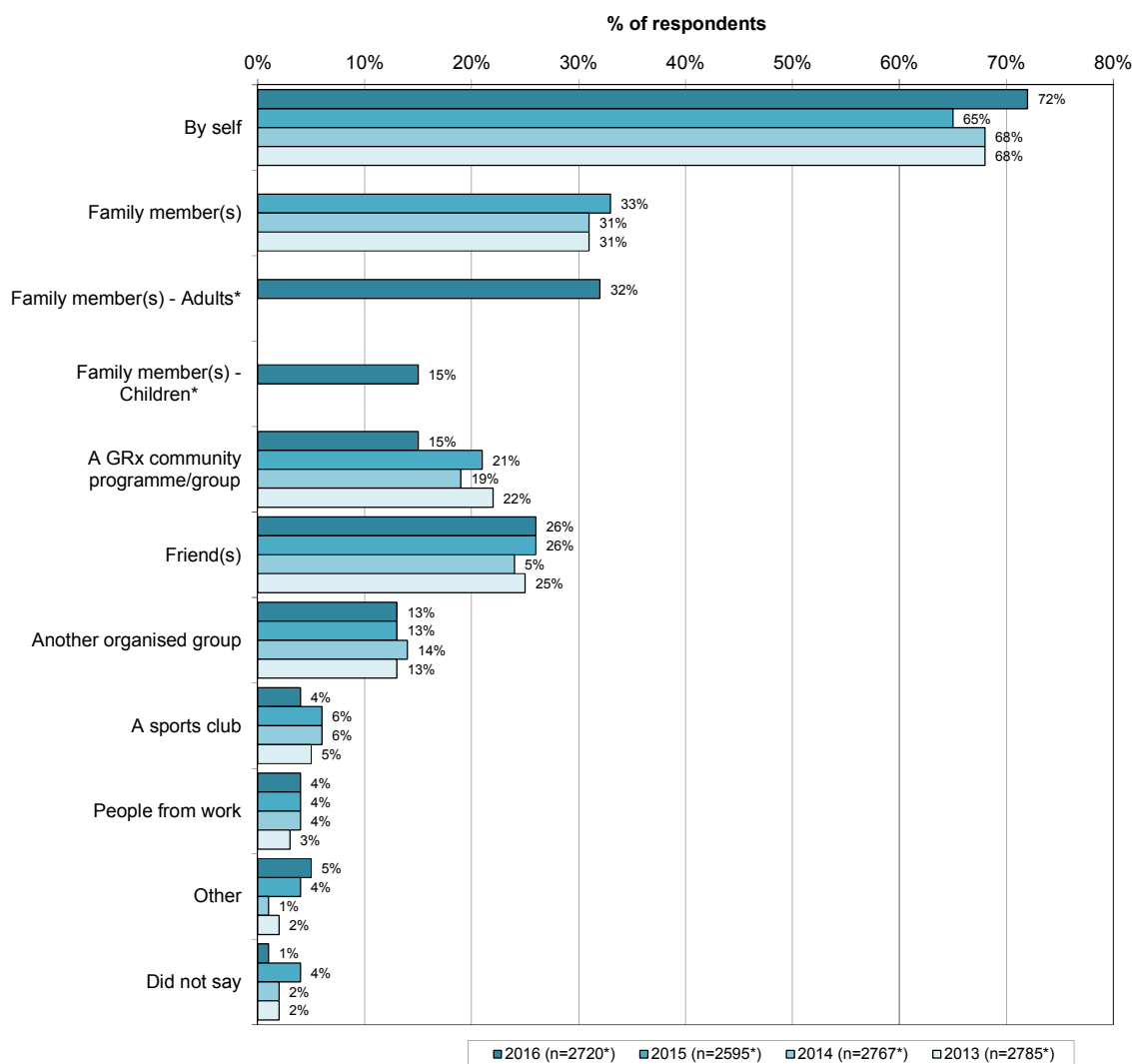


6.4 Companions when doing physical activity

When patients were asked who they do physical activity with, 72 percent reported that they exercise on their own, while 32 percent said they exercise with adult family members and 26 percent with friends (Figure 21).

Figure 21: Companions when doing physical activity

Q22. When you do physical activity, who is it with?



Total may exceed 100% because of multiple response.

*Sub-sample based on those who had contact with a GRx support person.

*Categories added in 2016.



Significant differences

The following significant differences were observed:

◆ Age:

- ◆ Patients aged under 25 years were more likely to undertake physical activity with adult family members (45 percent compared with 32 percent overall) and/or a GRx community programme/or group (39 percent compared with 26 percent overall).
- ◆ Patients aged 25 to 34 years were more likely to undertake physical activity with adult family members (41 percent compared with 32 percent overall) and/or with child family members (32 percent compared with 15 percent overall).
- ◆ Patients aged 35 to 49 years were more likely to undertake physical activity with child family members (26 percent compared with 15 percent overall).
- ◆ Patients aged 65 plus were more likely to undertake physical activity with a GRx community programme/or group (20 percent compared with 15 percent overall) and/or another organised group (18 percent compared with 13 percent overall).

◆ Gender:

- ◆ Females were more likely to undertake physical activity with friends (29 percent compared with 26 percent overall).

◆ Ethnicity:

- ◆ Māori patients were more likely to undertake physical activity with child family members (21 percent compared to 15 percent overall).
- ◆ Pacific patients were more likely to undertake physical activity with adult family members (44 percent compared with 32 percent overall) and/or child family members (29 percent compared with 15 percent overall).

◆ NZDep Index:

- ◆ Patients living in areas classified as being most deprived were more likely to undertake physical activity with child family members (18 percent compared with 15 percent overall).

◆ Employment status:

- ◆ Patients working full-time were more likely to undertake physical activity by themselves (78 percent compared with 72 percent overall) and/or with adult family members (38 percent compared with 32 percent overall).



- ◆ Unemployed patients were more likely to undertake physical activity with child family members (23 percent compared to 15 percent overall).
- ◆ Patients who mainly stay at home were also more likely to undertake physical activity with child family members (23 percent compared to 15 percent overall).
- ◆ Retired patients were more likely to undertake physical activity with a GRx community programme/or group (19 percent compared with 15 percent overall) and/or another organised group (18 percent compared with 13 percent overall).
- ◆ **Contract holder:**
 - ◆ Patients from Sport Canterbury (84 percent), Sport Otago (83 percent) and Sport Wellington (82 percent) were more likely to undertake physical activity by themselves (compared with 72 percent overall).
 - ◆ Patients from Sport Manawatu (29 percent), Nelson Bays Primary Health (27 percent) and Sport Bay of Plenty (24 percent) were more likely to undertake physical activity as part of a GRx Community programme/group (compared with 15 percent overall).



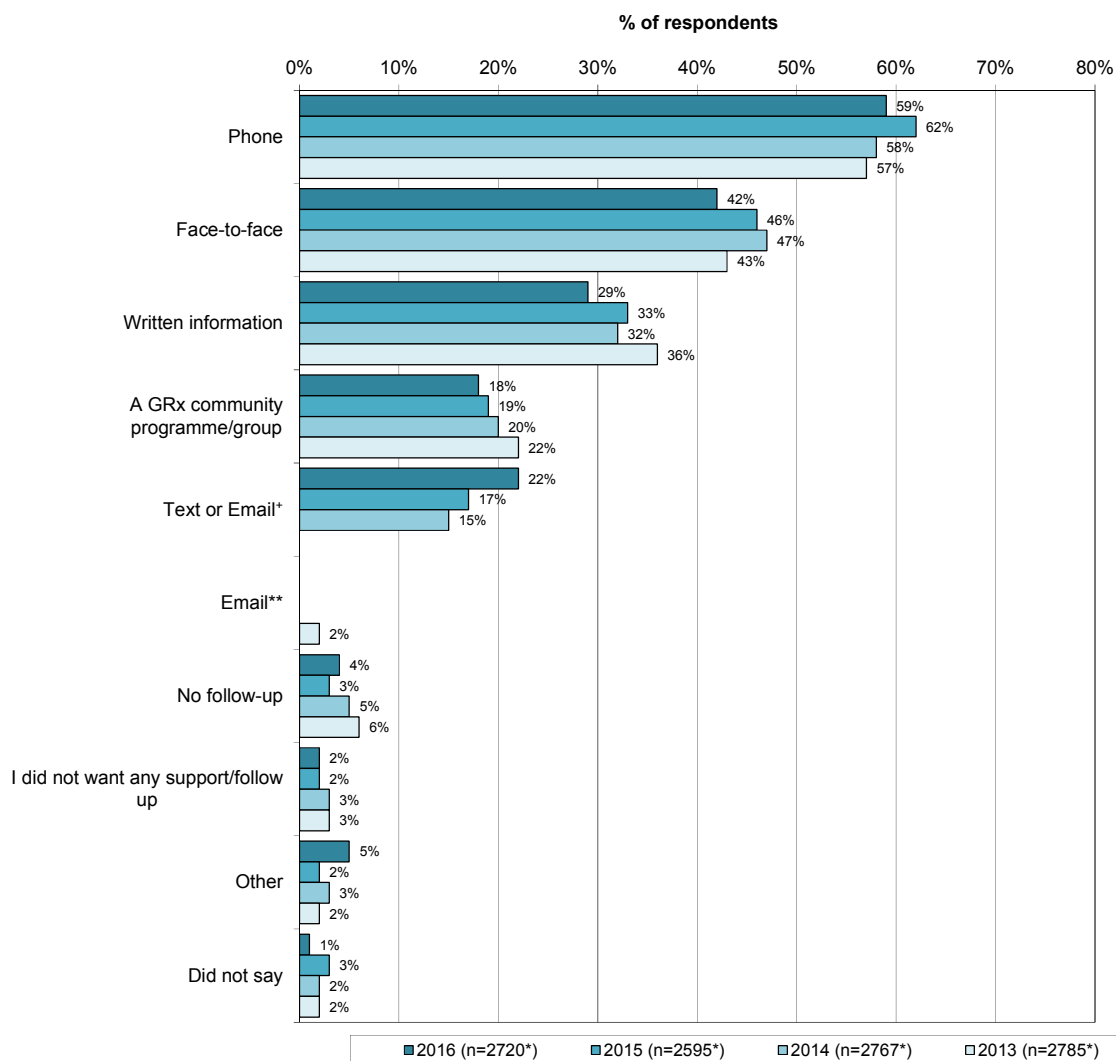
6.5 Follow-up support

After their initial contact, 59 percent of patients reported they were given support to follow their GRx activities over the phone. Smaller (yet still sizable) proportions received support face to face (42 percent), in written form (29 percent), through a programme or group (18 percent) or via text or email (22 percent). Just four percent of patients said they had not received any follow-up support.

In 2016, significantly fewer patients said they received follow-up support face-to-face (42 percent compared with 46 percent in 2015) or as written information (29 percent compared with 33 percent in 2015). However, in 2016 significantly more patients reported receiving follow-up by text or email (22 percent compared with 17 percent in 2015).

Figure 22: How follow-up support was provided

Q16. After your first contact, how were you given support to follow your GRx activities?



Total may exceed 100% because of multiple response.

*Sub-sample based on those who had contact with a GRx support person.

*Category was added to the questionnaire in 2014.

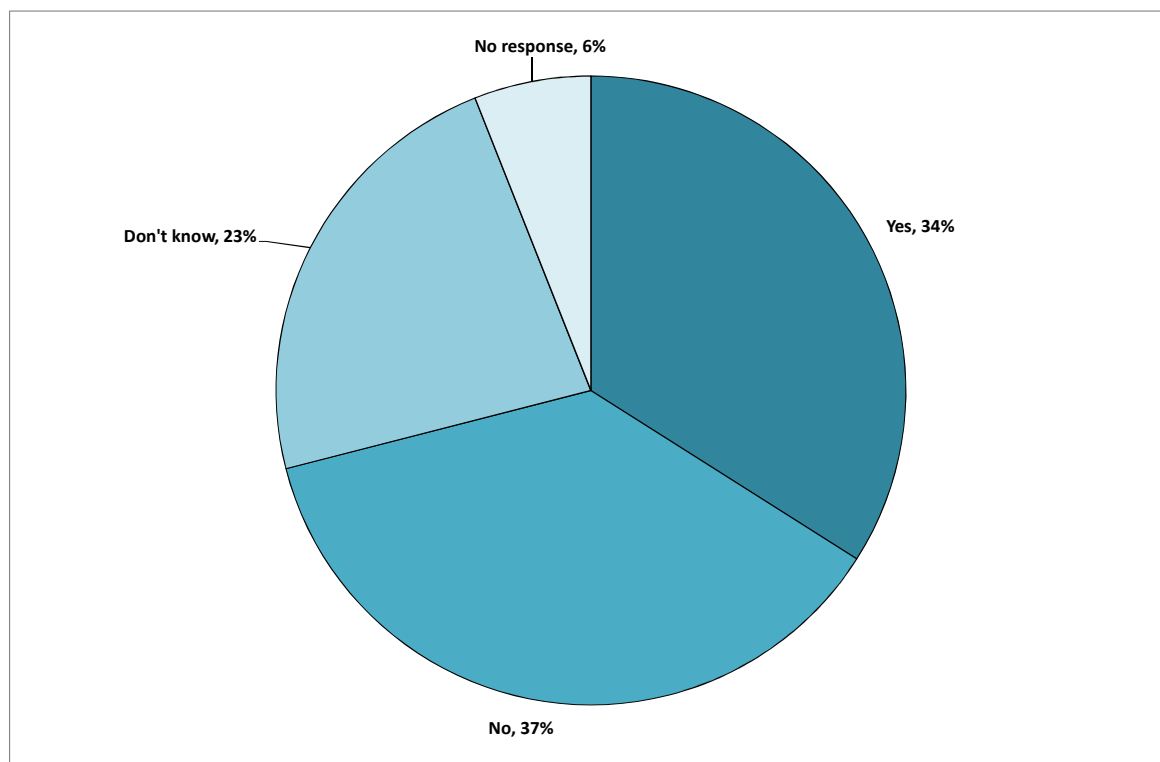
**Category dropped in 2014.



Just under one third of patients report their GRx support person has given them an extension for longer support (34 percent). While a further 37 percent reported their support person had not given them an extension for longer support.

Figure 23: Extension for Longer Support

Q17. Has your GRx support person given an extension for longer support during the last year?



As detailed in Table 18 overleaf, patients who had received an extension for longer support, were more likely to have reported a number of positive changes to their health when compared with patients who had not received an extension:

- ◆ More energy (50 percent and 43 percent, respectively).
- ◆ Breathing easier (39 percent and 30 percent, respectively).
- ◆ Less stressed (37 percent and 30 percent, respectively).
- ◆ Lower blood pressure (23 percent and 14 percent, respectively).
- ◆ Feeling less depressed/anxious (22 percent and 17 percent, respectively).
- ◆ Less back pain (22 percent and 17 percent, respectively).
- ◆ Lower cholesterol (17 percent and 12 percent, respectively).



- ◆ Better balance/fewer falls (17 percent and 12 percent, respectively).
- ◆ Fewer illnesses (14 percent and 10 percent, respectively).

Table 18: Positive changes noticed by whether patients have been given an extension for longer support

Q7. Compared with being given an extension for longer support, what positive changes have you noticed...?

	Total	Given an extension	Not given an extension	Don't know	No response
Unweighted base =	2038*	822	661	428	127
Weighted base =	2023*	793	693	413	124
	%	%	%	%	%
Feel stronger/fitter	55	57	52	55	51
Generally feel better	54	55	55	52	53
Lost weight	48	51	47	45	37
More energy	44	50	43	40	35
Breathing easier	34	39	30	33	32
Less stressed	33	37	30	32	33
Sleeping better	29	30	26	31	24
Less joint pain/discomfort	25	25	28	24	22
Increased mobility	28	31	27	25	24
Lower blood pressure	19	23	14	17	22
Feel less depressed/anxious	20	22	17	20	19
Less back pain	21	22	17	23	21
Lower cholesterol	14	17	12	11	14
Improved blood sugar levels	16	19	15	13	15
Better balance/fewer falls	13	17	12	11	9
Fewer illnesses	11	14	10	9	5
Less medication	10	12	9	8	12
Smoking less	6	8	5	6	2
Other (Specify)	4	5	4	2	2
No response	3	3	2	2	10

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who have had contact with a GRx support person and who have noticed positive changes in their health since they were first issued a GRx.



Significant differences

The following significant differences were observed for the 2016 survey results:

◆ Age:

- ◆ Patients aged 35-49 years were more likely to have received follow-up support through a text or email (29 percent compared with 22 percent overall).
- ◆ Patients aged 65 plus were more likely to have received follow-up support face-to-face/in person (47 percent compared with 42 percent overall) and/or through a GRx community programme/group (22 percent compared with 18 percent overall).

◆ Education:

- ◆ Patients who have tertiary education were more likely to have received follow-up support through a text or email (32 percent compared with 22 percent overall).

◆ NZDep Index:

- ◆ Patients living in the most deprived areas were more likely to have received follow-up support face-to-face/in person (46 percent compared with 42 percent overall).

◆ Employment status:

- ◆ Patients working full-time were more likely to have received follow-up support through a text or email (33 percent compared with 22 percent overall).
- ◆ Retired patients were more likely to have received follow-up support through a GRx community programme/group (22 percent compared with 18 percent overall).

◆ Overall satisfaction:

- ◆ Patients who were satisfied overall were more likely to have received follow-up support face-to-face/in person (46 percent compared with 42 percent overall).
- ◆ Patients who were dissatisfied overall were more likely to have not received any follow-up support (32 percent compared with four percent overall).

◆ Contract holder:

- ◆ Patients from Sport Southland (87 percent), Harbour Sport (82 percent), HealthWest (81 percent), Sport Taranaki (79 percent), Sport Wellington (77 percent), Sport Hawkes Bay (74 percent) and Sport Northland (70 percent) were more likely to report receiving support to follow their GRx activities by telephone (compared with 59 percent overall).



- ◆ Patients from Marlborough PHO (73 percent), West Coast PHO (60 percent), Sport Bay of Plenty (61 percent), Sport Gisborne Tairāwhiti, Sport Waikato (56 percent respectively), and Sport Whanganui (54 percent) were more likely to have received follow-up face-to-face (compared with 42 percent overall).
- ◆ Patients from Sport Manawatu, Nelson Bays Primary Health (44 percent respectively) and Sport Auckland – Auckland (26 percent), were more likely to have received follow-up support through a GRx community programme/group (compared with 18 percent overall).



7.0 Opinions about GRx support

Overall satisfaction with, and opinions about the GRx support service, are covered in this chapter. The chapter also goes into the details of why patients are satisfied or dissatisfied with the support and service they received.

Key findings

More than four-in-five patients are either very satisfied (49 percent) or satisfied (35 percent) with the support service provided to them.

- ◆ The main drivers of satisfaction are the:
 - ◆ encouraging, motivating, supportive, helpful behaviour from support people,
 - ◆ improved health, motivation and confidence experienced by patients,
 - ◆ provision of useful and good advice,
 - ◆ motivation to be active or more active by support people,
 - ◆ service provided by the support people.

- ◆ The main reasons given by patients who feel less than satisfied are:
 - ◆ a feeling that the programme has insufficient follow-up or communication,
 - ◆ that more suitable ideas are required to meet their needs and circumstances (e.g. time and travel distance constraints),
 - ◆ that they received a lack of support or encouragement,
 - ◆ that they felt they didn't physically change much and GRx was no benefit to them

Mirroring the results from the last few years, patients are most likely to agree that the advice they received from their support person was helpful, their support person was understanding and supportive, that the suggested activities were appropriate and that the information and advice was relevant.

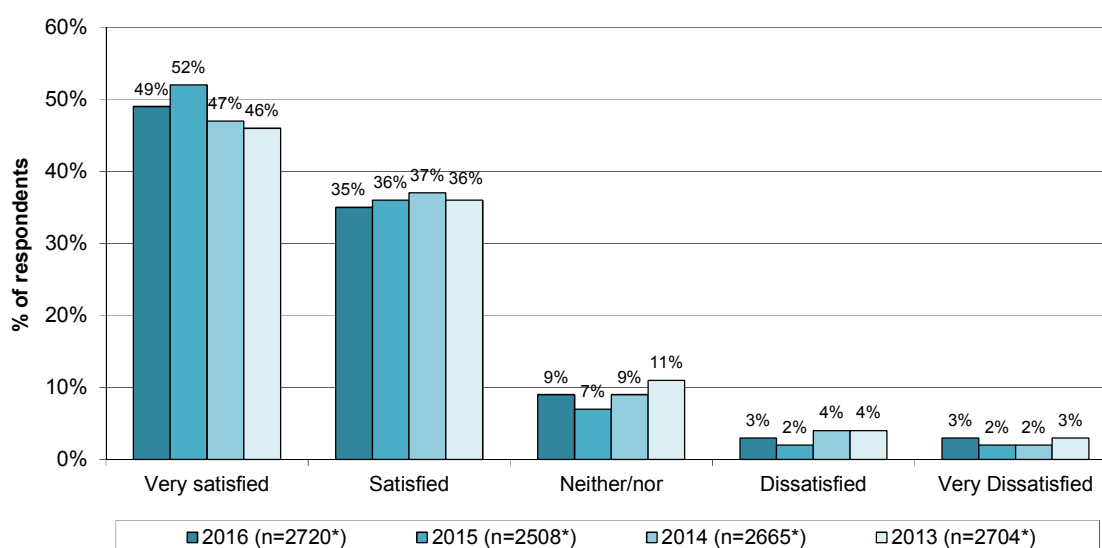


7.1 Overall satisfaction with GRx service

Eighty-four percent of patients reported they were either very satisfied (49 percent) or satisfied (35 percent) with the support service provided to them (Figure 24), compared with 88 percent of patients last year.

Figure 24: Overall satisfaction with GRx support

Q24. The GRx support people aim to encourage you to be active, connect you to physical activities that suit you, and see how you are progressing. Given this aim, overall how satisfied are you with the service provided to you?



Total may not sum to 100% due to rounding.

*Sub-sample based on those who had contact with a GRx support person.

Significant differences

The following significant differences were observed for the 2016 survey results:

◆ **Ethnicity:**

- ◆ Māori patients were more likely to be very satisfied with the service provided to them by their GRx support person (55 percent compared with 49 percent overall).

◆ **Contract holder:**

- ◆ Patients from Sport Gisborne Tairāwhiti were more likely to be very satisfied with the service provided to them by their GRx support person (62 percent compared with 49 percent overall).



7.1.1 Reasons for satisfaction

Table 19 (page 81) shows the reasons patients provided for being satisfied with the support service they received overall, as well as comments on their experience of participating in the GRx initiative. The most common reasons for being satisfied continue to relate to:

- ◆ Encouraging, motivating, supportive and helpful behaviour from support people (cited by 38 percent of those who were satisfied).

Wonderful, motivated ladies to teach us.

They are very supportive and ask how I am progressing in all my exercises and are very helpful to give any help if I am confused or wish to understand something. Very encouraging to continue with their programme.

The girls at the GRx were very supportive. They got me exercising [for the first time in] 20 years. I am feeling so much better. They made the activity so much fun.

- ◆ Improved health, motivation and confidence (16 percent).

I have benefited tremendously from involvement with GRx Programme. While waiting for back surgery, my support team helped to keep me positive, encouraged me to keep active and as strong as possible and to have a diet that kept me healthy and fit. This all contributed to a successful outcome to major back surgery. I am now using knowledge gained to build myself back up again to strength and wellbeing.

At the start when I was first referred to this program, I was scared and didn't want to do anything, but when I met my GRx support person, he fully made me understand why I should make small changes and be healthier within myself and be active. Now I know what it is to be feeling good about my lifestyle changes.

Feel strong and healthier than before [and] sleeping better.

- ◆ Useful or good information, advice, explanations and suggestions (14 percent).

Any information regarding exercise or diet were things I could fit into my lifestyle as it is and into my budget. They were also very helpful in coming up with alternative ideas for exercise and diet if I found things were not working that well for me with the original ideas they gave me.

Plenty of choices on offer, lots of advice and different levels of activity offered.

Was offered sound advice and have received weekly reminder texts. Advisor encouraging but not pushy.



- ◆ Being motivated to be active or more active by support people (14 percent).

Well and a big well. It's got me off the sofa for a start. Getting older, stop to think about myself not getting any younger. Wellbeing, up lifting and meeting other people - amazing. Very, very satisfied, a big thanks to the GRx support (kai pai).

Very happy with information provided and follow-up calls to keep my motivation up - thanks to all GRx staff.

Attending my local GRx support group allowed me to change my routines, even attending the meetings was a goal for me. Trying the various exercises in relaxed, supportive atmosphere was greatly beneficial.

- ◆ Service provided by support people (14 percent).

The support was absolutely professional. The service/programme is an important aspect for self health.

Would definitely recommend this service to others. Very satisfied with the support and motivation I was given. I loved that no one judged me. 100%.

GRx support person makes contact at gym weekly. They are very friendly, supportive and encouraging.

Reasons for partial satisfaction

Despite being satisfied overall, small numbers of these patients also gave a reason why they were not completely satisfied with the service overall.

The most common reasons cited were: barriers such as travel, work or family responsibility (cited by three percent) and/or barriers relating to illness or injury (cited by two percent of satisfied patients) (Table 20).



Table 19: Reasons for being satisfied overall

Q24a. Please explain your answer (or any other comments you would like to make about your participation in GRx).

	2016	2015	2014	2013
Base=	2286*	1311*	1304*	2274*
	%	%	%	%
Encouraging, motivating, supportive, helpful	38	36	33	18
Improved health, motivation, confidence/feel better, happier/see results	16	8	16	7
Motivated me to be active/more active, am more active as a result	14	6	17	9
Useful/good information/ advice/ explanations/ ideas/ suggestions	14	8	13	6
Service great/good/impressive	14	5	6	3
Excellent/great/awesome team, support	13	5	1	3
Follow-up contact received/checks on progress	12	11	10	7
Personal contact/attention	9	2	3	1
Empathetic, understands needs/situation, takes genuine interest, caring, listens	7	4	7	3
Appropriate activities - suitable for my lifestyle, abilities, condition	6	5	9	4
Friendly, lovely, pleasant, cheerful, enthusiastic people	4	3	3	2
No pressure/non-judgmental	3	1	2	1
Greater awareness/understanding of need to be/benefits of being more active	3	1	5	1
Help with activities/exercises	2	0	2	0
Great/good communicator - clear/concise/understandable	2	1	1	0
Easy to contact/talk to, accessible, approachable	1	1	3	1
Other - positive comment	8	16	14	5
No particular reason	4	3	0	0

Total may exceed 100% because of multiple response.

*Sub-sample based on those who gave a reason for being satisfied with the service and support provided.

Note: 2013 survey results are not directly comparable to those of previous years, due to a change in wording of the survey question. Any observed differences should be viewed with caution.



Table 20: Reasons for being partially satisfied overall

Q24b. Reasons for being partially satisfied

	2016	2015	2014	2013
Base=	2286*	1311*	1304*	2274*
	%	%	%	%
Other barriers: distance to travel, family responsibilities, work, time, cost	3	4	6	3
Illness/injury barriers - can't do exercises because of, doing what I can	2	2	6	2
More face-to-face/personal contact/support desired	1	1	2	1
Inappropriate activities for condition/age	1	0	1	0
Already active/doing own thing	1	1	3	1
A lack of contact or follow-up/more follow-up required	1	1	0	1
Need support/motivation, lack of motivation	1	1	2	1
Longer GRx period/GRx ran out, limited time only	1	1	3	1
More advice/information required	1	0	1	1
Self-motivated/up to me/my decisions	0	1	2	1
Staff too busy, not available, inexperienced/lack knowledge, staff issues	0	0	1	0
Other - negative comment	2	3	5	1
No particular reason	2	3	0	0

Multiple response question.

*Sub-sample based on those who gave a reason for being satisfied with the service and support provided.

Note: 2013 survey results are not directly comparable to those of 2012, due to a change in wording of the survey question. Any observed differences against the 2012 results should be viewed with caution.

Significant differences

There are no significant differences when viewed by the demographic variables or contract holder.



7.1.2 Reasons for being less than satisfied

Table 21 shows the reasons patients provided for being dissatisfied with the support service they received, as well as comments relating to their experience of participating in the GRx initiative. The most common reasons for being dissatisfied continue to relate to:

- ◆ Insufficient follow-up or communication (38 percent of dissatisfied patients say this).

Just the fact that there is no follow up. Things were never explained very well and I just felt like I wasn't supported for it.

I am disappointed that after attempting to make contact myself and with help from my referral, I am still waiting.

I was led to believe I would have weekly phone calls, meetings, nutrition advice but had one phone call and one email.

- ◆ More suitable ideas required (23 percent)

- ◆ *Not all people have a 9 - 5 job or routine jobs that they can have routine exercise. I am more than happy to do exercise and improve my lifestyle but I also have to have a job. When you have someone on the end of the phone telling you that you have to be more active and motivate - before they even know you or have talked to you. They just judge you first - this is not helpful.*

- ◆ *The activities prescribed for me were inappropriate for my level of health, and I was left totally to my own devices. I felt extremely unsupported, and suffered severe pain when attempting the exercises.*

- ◆ *I was left upset and hurt. Was told I was making excuses when I could not commit to meeting/groups due to location [or] work and family. I felt embarrassed and hid Green Prescription from my family/husband.*

- ◆ Lack of support or encouragement (19 percent).

Just given brochures and was not given any help or advice as to what would've been best or more beneficial for me.

I was really disappointed with the experience. Although I'm sure the GRx person is a good person, they didn't motivate me at all. She looked tired, uninterested and basically just handed me a bunch of photocopied exercises and that was that. I really expected more. I expected someone to be enthusiastic, bubbling with energy and motivated. When I left the first meeting, I wondered why I had even bothered to come. I did ask her lots of questions, it was hard to draw information from her. In the end, the GRx person said she just wasn't used to people wanting to do the programme. She usually had people that had many reasons why they couldn't do what she was suggesting. I think that people who use this service shouldn't be pre-judged by the response of other participants. I really wanted to make changes in my life but the exercises aggravated an old knee injury and it put a halt



to all my plans. I cannot afford gym fees or swimming club fees. I felt like I had wasted my time.

Because I couldn't attend the series of meetings, I was encouraged to make my own arrangements. When I asked about a discount pass for the pools to go aqua jogging, I was brushed off and told they didn't do that. I needed on-going support in person or some incentive to proceed but that didn't happen so I didn't feel motivated enough to do it on my own.

◆ **No change/didn't help/no benefit (19 percent)**

Didn't find it helpful or supportive or encouraging at all. All the information I could of found myself, I found it was complete waste of time and effort.

Two phone calls, six months apart with no effort to get to know me or my situation - useless. No understanding of MS.

I needed to have someone help me get out of my rut of non-exercise. That didn't happen.



Table 21: Reasons for being less than satisfied overall

Q24b. Reasons for being less than satisfied

	2016	2015	2014	2013
Base=	210*	242*	283*	430*
	%	%	%	%
Insufficient follow-up/communication, contact stopped	38	28	26	28
More suitable ideas required (relevant to time available, travel distance, condition)	23	15	16	2
Lack of support/encouragement, need more support	19	17	17	21
Didn't change much/didn't help/no benefit	19	4	14	6
Empathy lacking, disinterested	16	6	5	3
A lack of personal contact; phone calls not sufficient	11	4	5	9
Insufficient staff/resources, lack of knowledge/experience	10	10	12	3
Cost barriers	7	11	13	11
No advice regarding exercises	3	3	6	2
Did it/left to do it myself, already motivated	2	6	12	9
Work/time barriers	1	4	7	3
Positive comment	7	7	9	6
Other	20	23	17	10

Total may exceed 100% because of multiple response.

*Sub-sample based on those who gave a reason for feeling less than satisfied with the service provided.

Note: 2012 survey results are not directly comparable to those of 2013-2015, due to a change in wording of the survey question. Any observed differences should be viewed with caution.

Significant differences

There were no significant differences when viewed by the demographic variables or contract holder.

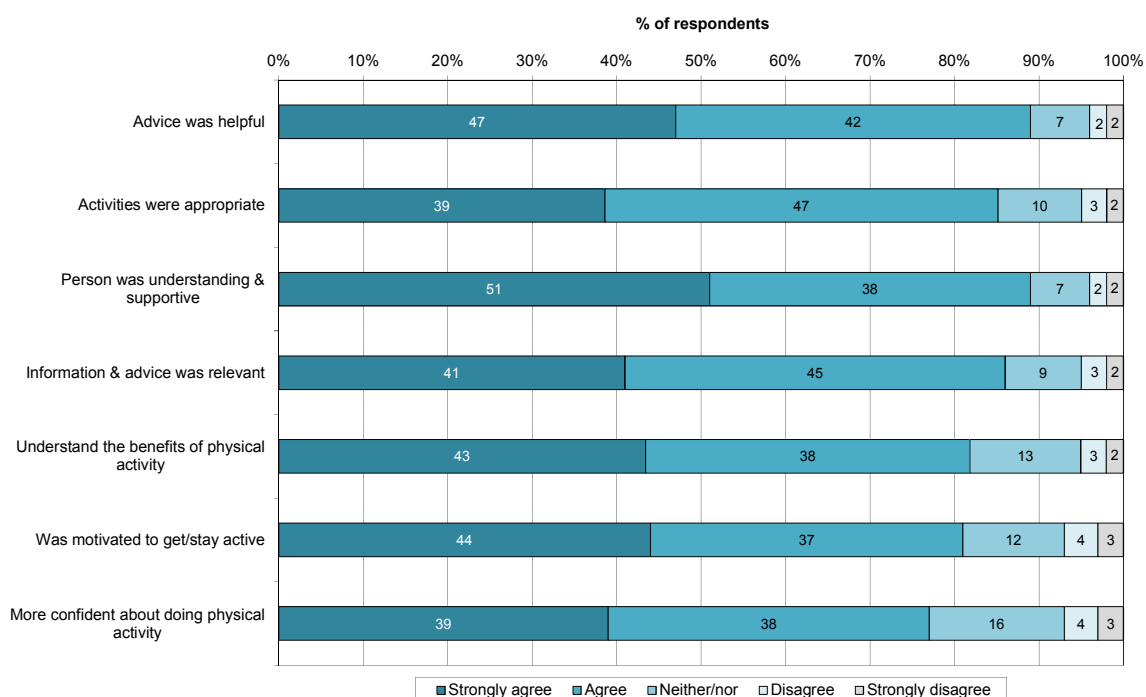


7.2 Opinions about GRx support

Figure 25 shows the opinions of patients about the service provided to them in relation to seven key attributes. As was the case last year, patients are most likely to strongly agree or agree that the advice they received from the support person was helpful and/or the support person was understanding and supportive (89 percent respectively).

Figure 25: Opinions about GRx support (n=2672)*

Q23. Now thinking about the service and support you received, please indicate how strongly you agree or disagree with each of these statements...



Total may not sum to 100% due to rounding.

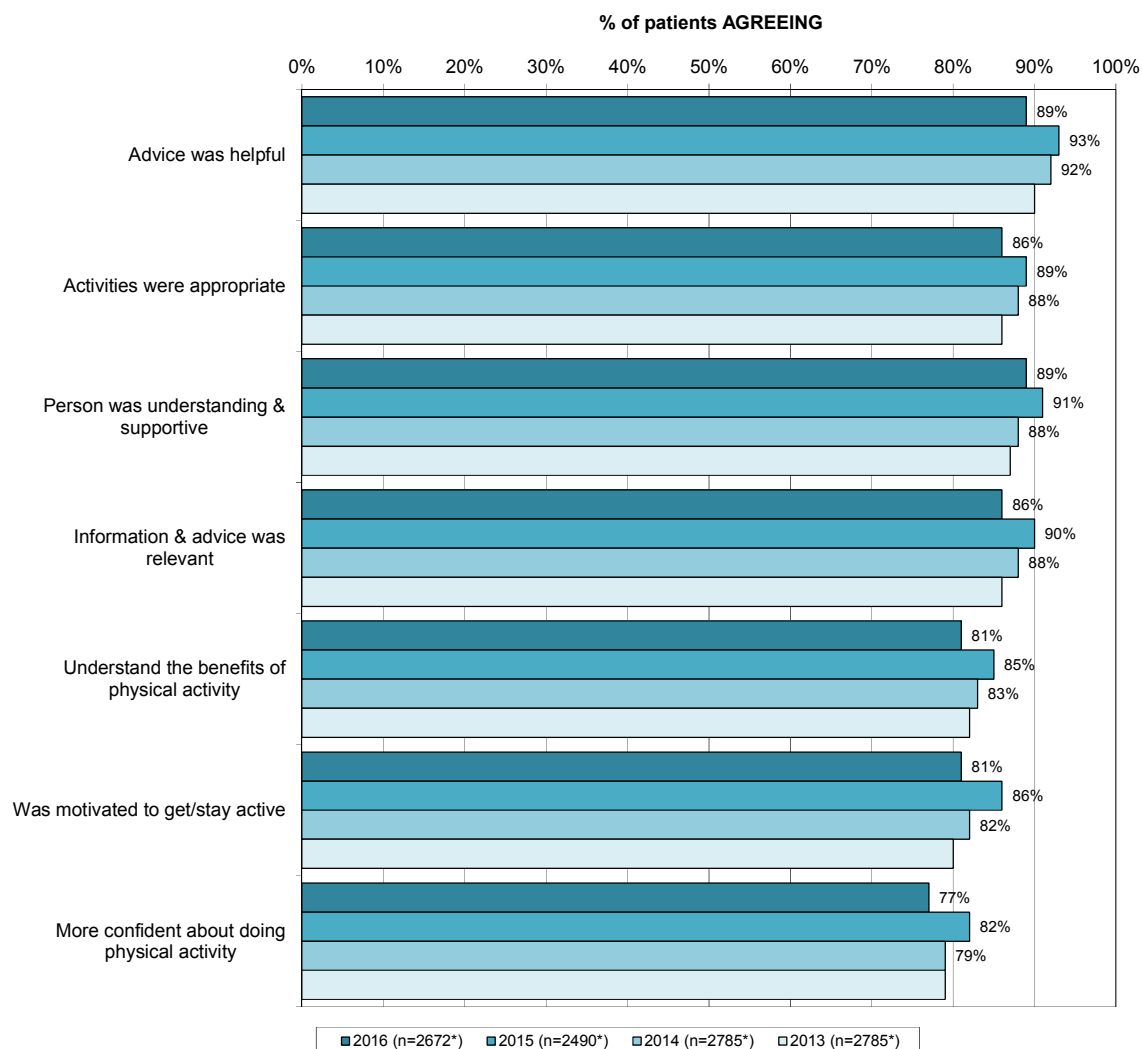
*Sub-sample based on those who had contact with a GRx support person.

Despite these strong results, in 2016 patients were significantly less likely to agree/ strongly agree with each of these statements.



Figure 26: Opinions about GRx support – Comparison with previous years

Q23. Now thinking about the service and support you received, please indicate how strongly you agree or disagree with each of these statements...



*Sub-sample based on those who had contact with a GRx support person.

Significant differences

The following significant differences were observed in the 2016 survey:

◆ **Age:**

- ◆ Patients aged 65 years plus were more likely to agree that the physical activity options suggested were appropriate for them (53 percent compared with 47 percent overall), the information and advice given was relevant to them (52 percent compared to 45 percent overall), the person they spoke to motivated them to get/stay physically active (43 percent compared with 37 percent overall), they now understand the benefits of physical activity (43 percent compared to 38 percent overall), as a result of the support they got, they now



feel more confident about doing physical activity regularly (43 percent compared with 38 percent overall).

◆ **Ethnicity:**

- ◆ Māori patients were more likely to strongly agree that they now understand the benefits of physical activity (50 percent compared with 43 percent overall), the information and advice given was relevant to them (47 percent compared with 41 percent overall), the physical activity options suggested were appropriate for them (44 percent compared with 39 percent overall).
- ◆ Pacific patients were more likely to strongly agree that as a result of the support they got, they now feel more confident about doing physical activity regularly (56 percent compared with 39 percent overall), they now understand the benefits of physical activity (54 percent compared with 43 percent overall), the information and advice given was relevant to them (49 percent compared with 41 percent overall),
- ◆ Asian patients were more likely to agree that the person they spoke to was understanding and supportive (54 percent compared with 38 percent overall), the person they spoke to motivated them to get/stay physically active (52 percent compared with 37 percent overall).

◆ **Employment status:**

- ◆ Retired patients were more likely to agree that they now understand the benefits of physical activity (45 percent overall compared with 38 percent overall), the person they spoke to motivated them to get/stay physically active (44 percent compared with 37 percent overall).

◆ **Education:**

- ◆ Patients with no qualifications were more likely to agree that as a result of the support they got, they now feel more confident about doing physical activity regularly (46 percent compared with 39 percent overall).

◆ **Overall satisfaction:**

- ◆ Patients who were satisfied with the service they received overall were more likely to strongly agree that the person they spoke to was understanding and supportive (58 percent compared to 51 percent overall), the advice given was helpful (54 percent compared with 47 percent overall), the person they spoke to motivated them to get/stay physically active (51 percent compared with 44 percent overall), they now understand the benefits of physical activity (49 percent compared with 43 percent overall), the information and advice given was relevant to them (47 percent compared with 41 percent overall), as a result of the support they got, they now feel more confident about doing physical activity regularly (45 percent compared with 39 percent overall), the physical activity options suggested were appropriate for them (44 percent compared to 39 percent overall).



◆ **Contract holders:**

- ◆ Patients from Sport Gisborne Tairāwhiti were more likely to strongly agree that their GRx support person was understanding and supportive (61 percent compared with 50 percent overall), the advice given was helpful (61 percent compared to 46 percent overall), they now understand the benefits of physical activity (53 percent compared with 42 percent overall) and they now feel more confident about doing physical activity regularly (50 percent compared to 38 percent overall).
- ◆ Patients from Sport Waikato were more likely to strongly agree that their GRx support person was understanding and supportive (60 percent compared with 50 percent overall), the advice given was helpful (57 percent compared to 46 percent overall), the information and advice given was relevant to them (51 percent compared to 40 percent).
- ◆ Patients from Sport Bay of Plenty were more likely to strongly agree that the advice given was helpful (55 percent compared to 46 percent overall).
- ◆ Patients from Marlborough PHO were more likely to strongly agree that the support person was understanding and supportive (68 percent compared to 50 percent overall), the support person motivated them to get/stay physically active (65 percent compared to 43 percent overall) and the physical activity options suggested were appropriate for them (55 percent compared to 37 percent overall).



8.0 Profile of respondents

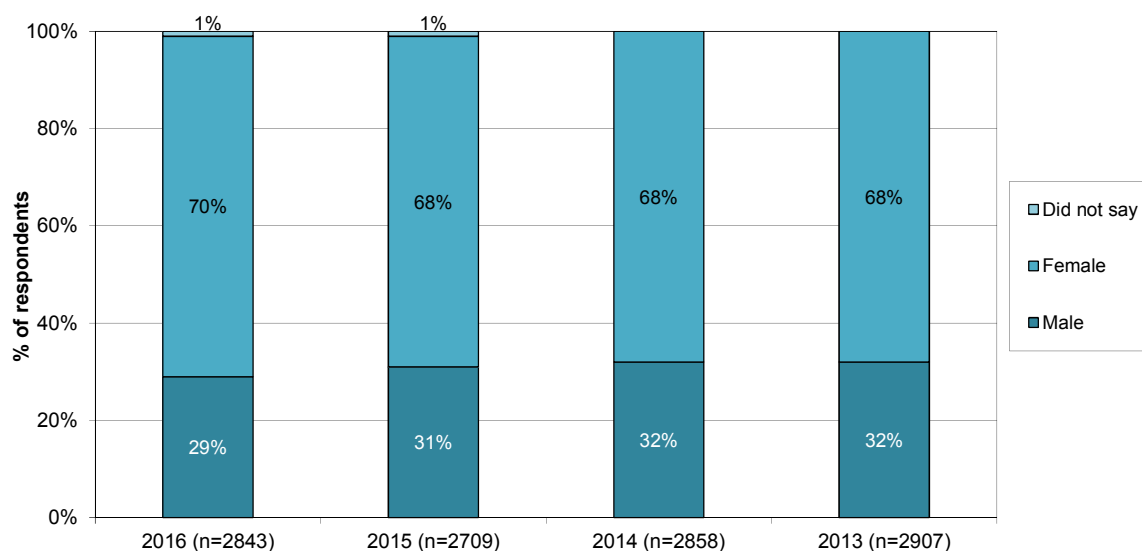
This section outlines the profile of patients who took part in the 2016 survey, and compares this with profiles of respondents from previous surveys, as well as 2013 Census data, where appropriate.

There were a number of significant differences between this year's sample of patients, compared with 2015:

- ◆ Fewer of this year's patients reported they were primarily at home (nine percent compared with 11 percent in 2015) or on a sickness/invalid's benefit (13 percent compared with 16 percent in 2015)
- ◆ Fewer patients reported having no school qualifications (23 percent compared with 27 percent in 2015).
- ◆ Fewer patients live in Decile 10 areas (18 percent compared with 24 percent last year).
- ◆ In part, reflecting a desire in 2016 to achieve a more representative sample, fewer respondents identified as being Māori (28 percent compared with 39 percent last year) and/or Pacific people (13 percent compared with 19 percent last year); while more identified as being European (59 percent compared with 53 percent in 2015).

Figure 27: Gender

Q25. Are you...?

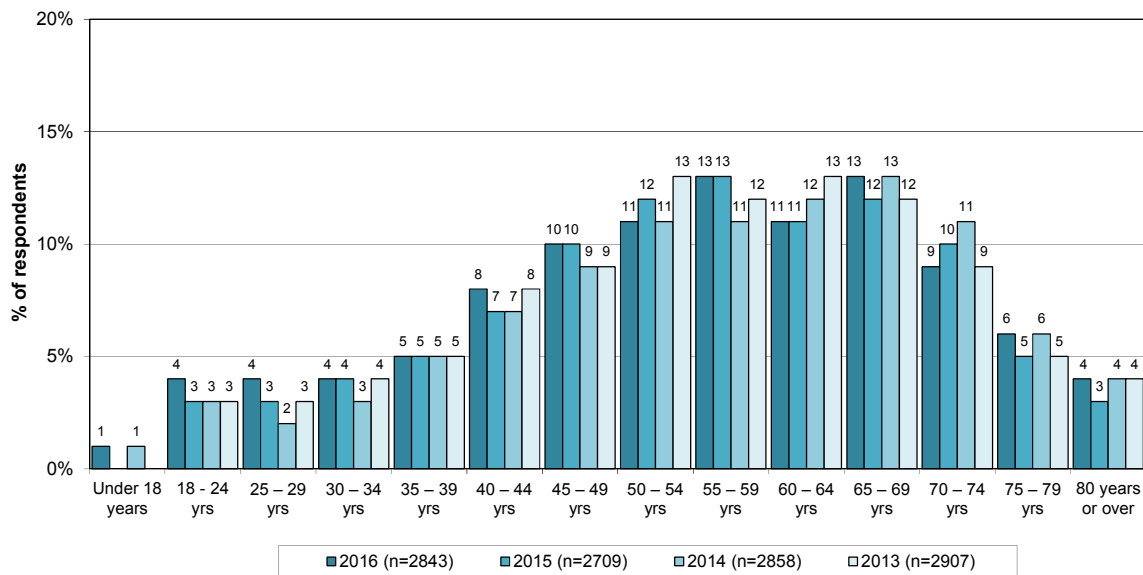


Total may not sum to 100% due to rounding.



Figure 28: Age group distribution

Q27. To which of these age groups do you belong?

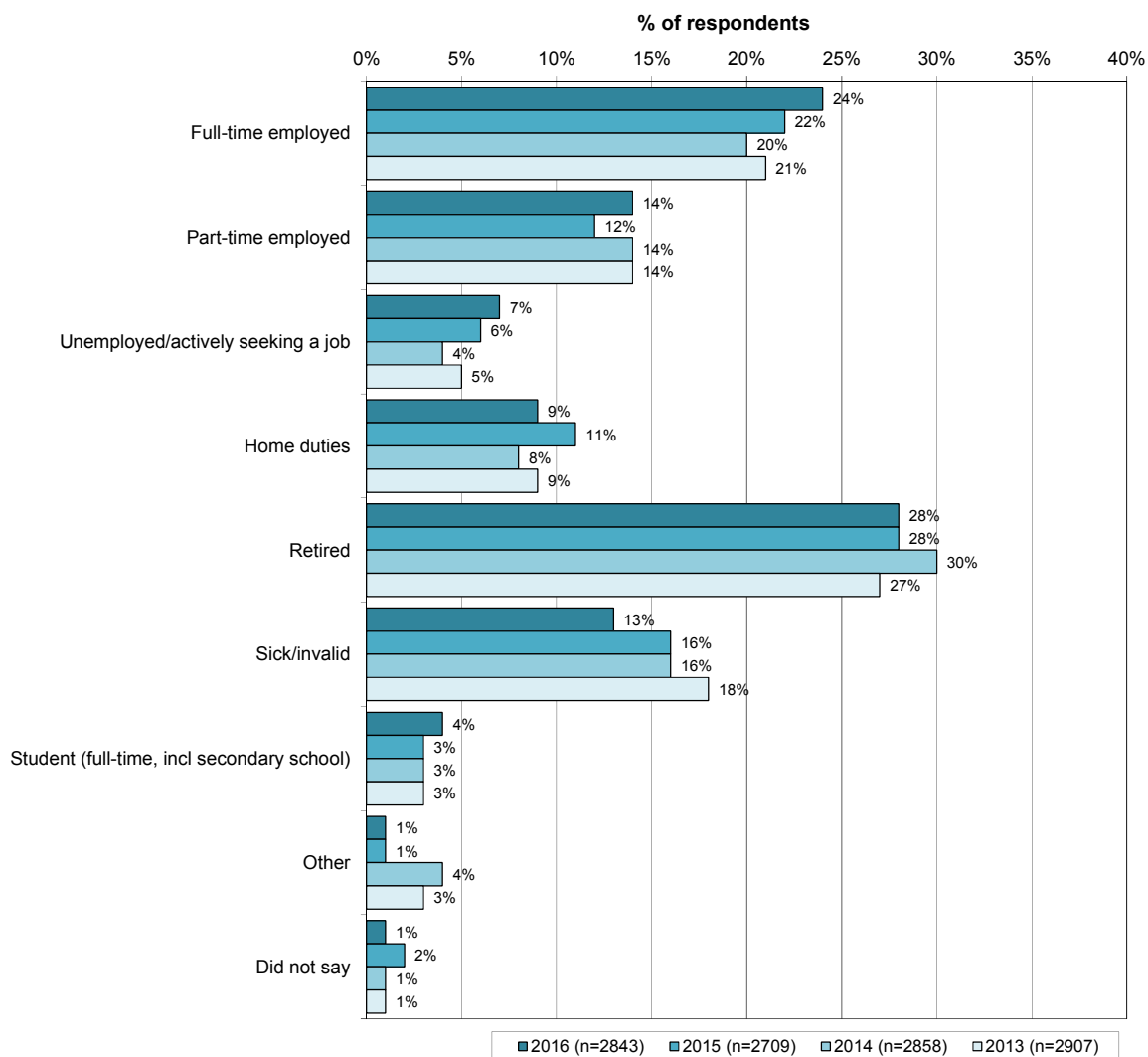


Total may not sum to 100% due to rounding.
 Note: 2012 results not shown due to insufficient space.



Figure 29: Employment status

Q30. Which of the following best describes you?

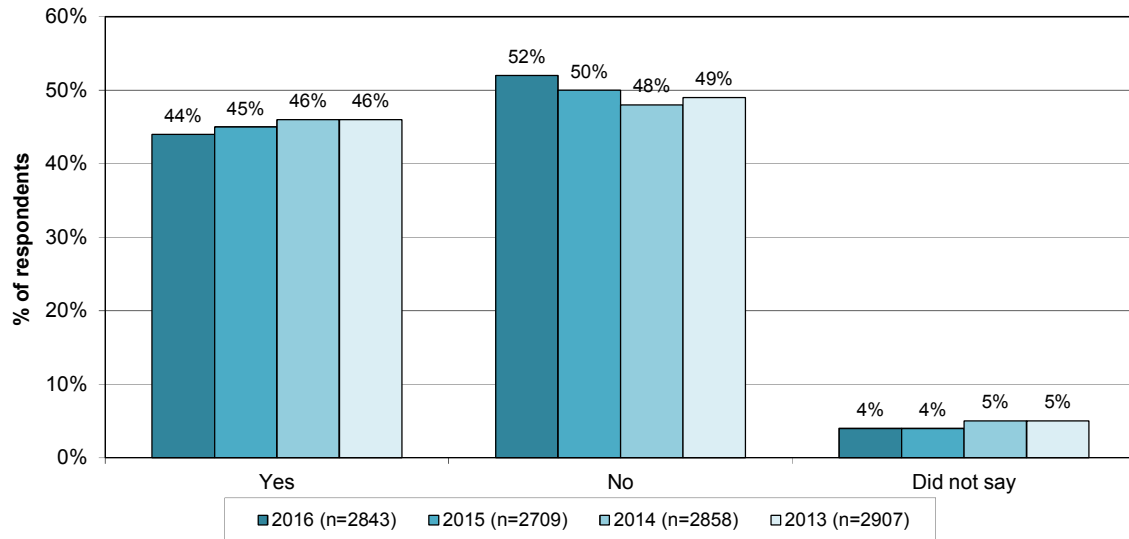


Total may not sum to 100% due to rounding.



Figure 30: Whether have a disability

Q28. Do you have a disability or impairment that is long term (lasting 6 months or more) and causes you difficulty with, or stops you doing physical activity that people your age can usually do?

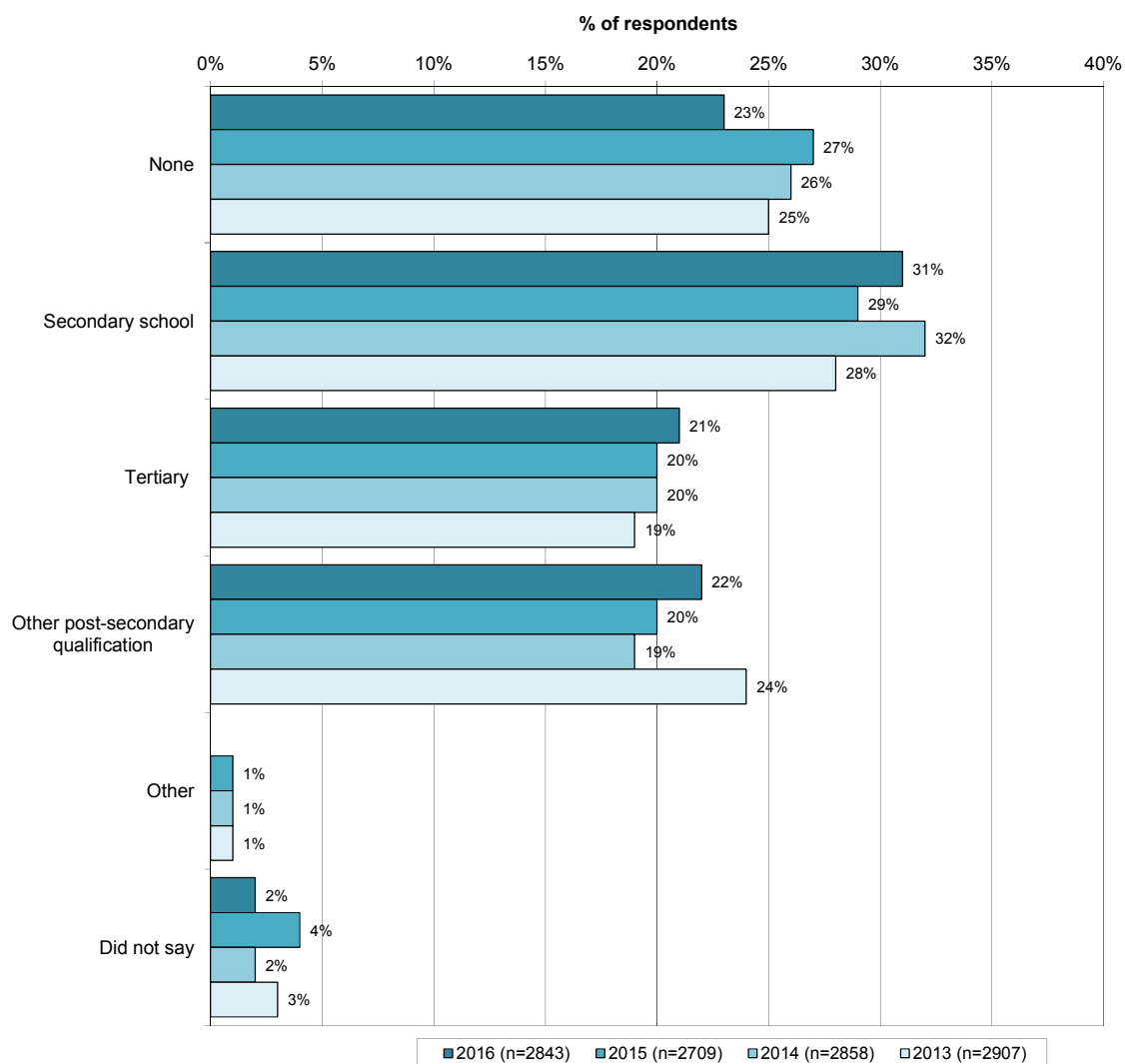


Total may not sum to 100% due to rounding.



Figure 31: Highest educational qualification

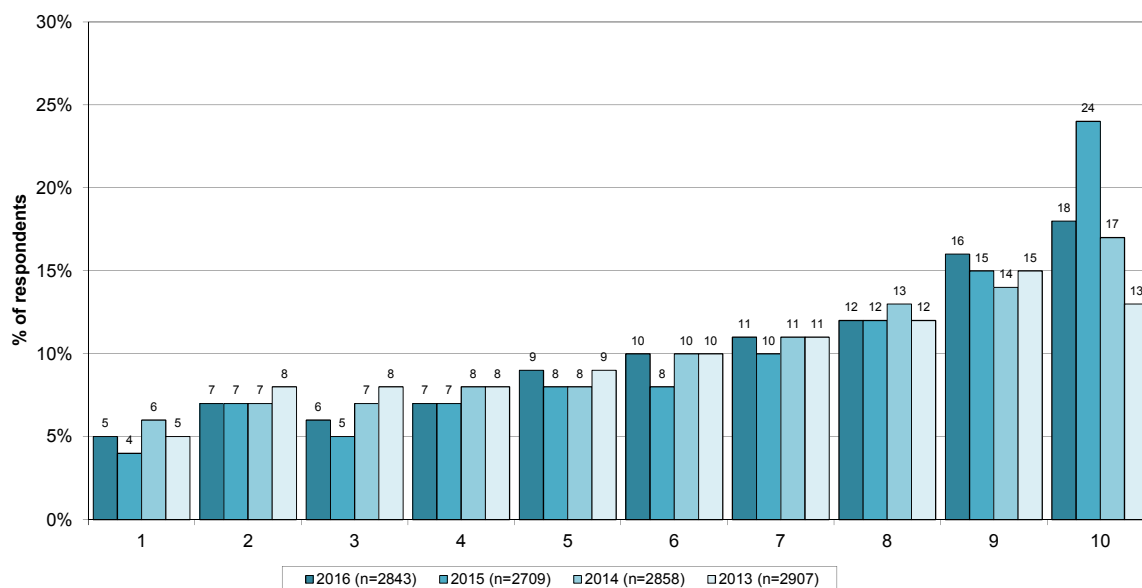
Q26. Which of these best describes your highest level of educational qualification?



Total may not sum to 100% due to rounding.



Figure 32: Deprivation index distribution (1 = least deprived, 10 = most deprived)



Total may not sum to 100% due to rounding.

Table 22: Ethnicity

Q29. Which ethnic group do you mainly identify with?

	2016	2015	2014	NZ 2013 Census	2013
	Base= 2843	2709	2858		2907
	%	%	%	%	%
NZ European	54	49	61	68	61
Māori	28	32	23	12	21
Samoan	4	8	4	3	4
Cook Island Māori	3	4	2	1	2
Tongan	3	4	1	1	1
Niuean	1	2	1	0	0
Chinese	1	0	1	4	1
Indian	2	1	3	4	4
Other Asian	1	1	1	4	2
Other Pacific	2	2	1	1	1
British/European	5	4	6	8	6
Other	2	1	2	3	4
Did not say	1	1	0	-	0

Total may not sum to 100% due to rounding.



Table 23: Ethnicity (summary groups)

Q29. Which ethnic group do you mainly identify with?

	2016	2015	2014	NZ 2013	
	Base= 2843 %	2709 %	2858 %	Census %	2013 %
European	59	53	67	75	66
Māori	28	32	23	12	21
Pacific	13	19	9	6	8
Asian	4	3	5	12	6
Other	2	1	2	3	4
Did not say	1	1	0	-	0

Total may not sum to 100% due to rounding.

Table 24: Age

Q27. To which of these age groups do you belong?

	2016	2015	2014	NZ 2013	
	Base= 2843 %	2709 %	2858 %	Census %	2013 %
Under 18 years	1	0	1	5	0
18 - 24 yrs	4	3	3	12	3
25 - 29 yrs	4	3	2	8	3
30 - 34 yrs	4	4	3	8	4
35 - 39 yrs	5	5	5	8	5
40 - 44 yrs	8	7	7	9	8
45 - 49 yrs	10	10	9	9	9
50 - 54 yrs	11	12	11	9	13
55 - 59 yrs	13	13	11	8	12
60 - 64 yrs	11	11	12	7	13
65 - 69 yrs	13	12	13	6	12
70 - 74 yrs	9	10	11	4	9
75 - 79 yrs	6	5	6	3	5
80 years or over	4	3	4	5	4
Did not say	1	1	0	-	0

Total may not sum to 100% due to rounding.



Table 25: Age (summary groups)

Q27. To which of these age groups do you belong?

	2016	2015	2014	NZ 2013 Census	2013
Base=	2843	2709	2907		2907
	%	%	%	%	%
Under 25 yrs	4	3	3	17	3
25 – 34 yrs	8	8	6	15	7
35 – 49 yrs	23	22	21	26	22
50 – 64 yrs	34	36	35	23	38
65+ yrs	31	31	35	18	30
Did not say	1	1	0	-	0

Total may not sum to 100% due to rounding.



Appendix A: Cover letter, reminder letter and questionnaire



Date

«Full_Name»
«Address_1»
«Address_2»
«Address_3»
«Address_4»

No. 1 The Terrace
PO Box 5013
Wellington 6145
New Zealand
T +64 4 496 2000

Dear «Salutation»

You are receiving this letter because last year your referrer (GP/Doctor/Specialist Doctor/Practice Nurse/Maternity Carer/Midwife) prescribed a "Green Prescription" (GRx) to help you get more active and eat healthier. We would like to know what you think about the GRx health initiative, the advice and support provided by «Location» and any lifestyle changes you have made.

The attached survey is your chance to tell the Ministry of Health about your experience of the GRx and how you think it could be improved. Even if you are no longer doing your GRx physical activities, your views are important to us.

The survey should take you around 10 minutes to complete. Once you have completed the survey, please post it back in the freepost envelope provided before the **15th May 2016**.

Your response will be treated confidentially in accordance with the Privacy Act and you will not be identified in any reporting on the survey. An independent professional research organisation, Research New Zealand, will analyse and report on the responses.

Thank you for helping us with this survey. Your feedback and opinions are important to us and we look forward to receiving your response.

If you have any questions about the survey please refer to the Frequently Asked Questions on the back of this letter or you can contact one of the Project Managers at Research New Zealand, Annita Wood or Mark Johnson, on 0800 273 732. (If in Wellington, please call 499 3088) or email: GRxSurvey2016@researchnz.com.

Kind regards

Cathy O'Malley
Deputy Director-General
Sector Capability and Implementation Business Unit
Ministry of Health

BE IN TO WIN! As a token of our appreciation for your time and effort in helping us, all surveys completed and returned by **15 May 2016** will go into a draw to win one of three prizes of \$250 worth of gift vouchers of your choice.

What do I need to do to provide my feedback online?

Step 1: Go to:

<https://surveys.researchnz.com/GRxSurvey2016>

(Use your internet address bar, not a search engine)

OR

Scan the QR code below using your smartphone or tablet:



Step 2: Enter your ID and password:

ID:

«IDNO»

Password:

«Password»

Step 3: Click Enter

www.health.govt.nz



FREQUENTLY ASKED QUESTIONS

You can still complete most of the questionnaire even if you have not made any lifestyle changes	
How did you get my name and address?	Your name and details were randomly selected, along with hundreds of others, from a list of those who have received a Green Prescription (GRx) between July and December 2015.
What's the purpose of the survey?	The purpose of the survey is to get feedback from people who have received a GRx about their views on the initiative.
What's involved?	Please complete the attached survey. There are no right or wrong answers and no preparation is required on your part. Or, you can complete the survey on-line, by using the link provided on the front of this letter.
How do I find the survey on the website?	The full website address on the front of the letter should be typed directly into your Internet address bar. Please do not try to search for the website using a search engine such as 'Google'.
How long will the survey take?	It should take around 10 minutes to complete the survey.
Is the survey confidential?	Yes, it is confidential. Research NZ is bound by the Professional Code of Practice of the Research Association of New Zealand, which prohibits them from identifying any person who takes part in a survey unless they have explicit consent from them to do so. Your results will only be grouped together with those of all the other people who take part in the survey, so that individual responses cannot be identified and to ensure your confidentiality.
Do I have to take part in the survey?	No, you don't have to do the survey. Taking part in this survey is completely voluntary. The Ministry would however, greatly appreciate your help by completing the survey.
What do I do if I don't want to take part?	If you don't want to complete the survey, please call 0800 273 732 and quote your survey ID number: «IDNO». In addition to this letter, Research New Zealand will be sending a reminder letter/email to those that have not completed the survey after two weeks.
When does the survey close?	The survey will remain open until 15 May 2016 .
What if I want to find out more about it?	If you have any queries about the survey, please call Annita Wood or Mark Johnson (Research NZ, Project Managers) Freephone: 0800 273 732.
What if I have trouble filling out the survey?	There are no right or wrong answers to the survey and no preparation is required on your part. If you need help filling out the survey, it is fine for a friend or family member to help you. Alternatively, you can contact your local GRx Team on 0800 ACTIVE (0800 22 84 83).



Date

«Full_Name»
«Address_1»
«Address_2»
«Address_3»
«Address_4»

Dear «Salutation»

Recently we sent you a survey because last year your referrer (GP/Doctor/Specialist Doctor/Practice Nurse/Maternity Carer/Midwife) prescribed a "Green Prescription" (GRx) to help you get more active and eat healthier. We would like to know what you think about the GRx health initiative, the advice and support provided by «Location» and any lifestyle changes you have made.

The survey is your chance to tell the Ministry of Health about your experience of the GRx and how you think it could be improved. Even if you are no longer doing your GRx physical activities, your views are important to us.

Thank you if you have already completed the questionnaire. If you did not receive the questionnaire or if you need a replacement, please call Research New Zealand on 0800 273 732 toll free and we will send you a replacement.

The survey should take you around 10 minutes to complete. Once you have completed the survey, please post it back in the freepost envelope provided by the **15th May 2016**. If you have misplaced your reply paid envelope, you can send your questionnaire back to: FREEPOST 2088, Research NZ, PO Box 10-617, Wellington 6143.

If you have any questions about the survey please refer to the Frequently Asked Questions on the back of this letter or you can contact one of the Project Managers at Research New Zealand, Annita Wood or James Maguire, on 0800 273 732. (If in Wellington, please call 499 3088) or email: GRxSurvey2016@researchnz.com.

Kind regards

Annita Wood
Project Manager, Research New Zealand

Level 7, 45 Johnston St, PO Box 10 617, Wellington, New Zealand P 04 499 3088 F 04 499 3414 E info@researchnz.com W www.researchnz.com
A member of the Research Association of New Zealand Inc. IQS-accredited.

BE IN TO WIN! As a token of our appreciation for your time and effort in helping us, all surveys completed and returned by **15 May 2016** will go into a draw to win one of three prizes of \$250 worth of gift vouchers of your choice.

What do I need to do to provide my feedback online?

Step 1: Go to:

<https://surveys.researchnz.com/GRxSurvey2016>

(Use your internet address bar, not a search engine)

OR

Scan the QR code below using your smartphone or tablet:



Step 2: Enter your ID and password:

ID:

«IDNO»

Password:

«Password»

Step 3: Click Enter



FREQUENTLY ASKED QUESTIONS

You can still complete most of the questionnaire even if you have not made any lifestyle changes	
How did you get my name and address?	Your name and details were randomly selected, along with hundreds of others, from a list of those who have received a Green Prescription (GRx) between July and December 2015.
What's the purpose of the survey?	The purpose of the survey is to get feedback from people who have received a GRx about their views on the initiative.
What's involved?	Please complete the survey. There are no right or wrong answers and no preparation is required on your part. Or, you can complete the survey on-line, by using the link provided on the front of this letter.
How do I find the survey on the website?	The full website address on the front of the letter should be typed directly into your Internet address bar. Please do not try to search for the website using a search engine such as 'Google'.
How long will the survey take?	It should take around 10 minutes to complete the survey.
Is the survey confidential?	Yes, it is confidential. Research NZ is bound by the Professional Code of Practice of the Research Association of New Zealand, which prohibits us from identifying any person who takes part in a survey unless we have explicit consent from them to do so. Your results will only be grouped together with those of all the other people who take part in the survey, so that individual responses cannot be identified and to ensure your confidentiality.
Do I have to take part in the survey?	No, you don't have to do the survey. Taking part in this survey is completely voluntary. The Ministry would however, greatly appreciate your help by completing the survey.
What do I do if I don't want to take part?	If you don't want to complete the survey, please call 0800 273 732 and quote your survey ID number: «IDNO». In addition to this letter, Research New Zealand will be sending a reminder letter/email to those that have not completed the survey after two weeks.
When does the survey close?	The survey will remain open until 15 May 2016 .
What if I want to find out more about it?	If you have any queries about the survey, please call Annita Wood or James Maguire (Research NZ, Project Managers) Freephone: 0800 273 732.
What if I have trouble filling out the survey?	There are no right or wrong answers to the survey and no preparation is required on your part. If you need help filling out the survey, it is fine for a friend or family member to help you. Alternatively, you can contact your local GRx Team on 0800 ACTIVE (0800 22 84 83).



Rongoā Kākāriki
GREEN
PRESCRIPTION

GRx Patient Satisfaction SURVEY

March-April 2016

YOU CAN COMPLETE THIS SURVEY ONLINE!!!

By going to <https://surveys.researchnz.com/GRxSurvey2016> and entering the user name and password which can be found in the covering letter from the Ministry of Health.

This survey is to help the Ministry of Health find out how effective Green Prescription (GRx) is. We want to know how satisfied you are with the support and advice provided and any lifestyle changes you have made.

You have been selected for the survey because you were referred to GRx for support last year.

You can still complete most of the survey even if you have not made any lifestyle changes. The survey should take you around ten minutes to fill out.

Please read each question carefully and follow the directions. If you need help completing the survey, please contact your local GRx Team on 0800 ACTIVE (0800 22 84 83). **Thank you for taking the time to complete it!!!**

1 Who first referred you to Green Prescription (GRx) for support? (Please tick ONE only)

1 GP/Doctor
 2 Specialist Doctor
 3 Practice Nurse
 4 Maternity Carer/Midwife
 5 Someone else (please write in) _____

2 When did your referrer first prescribe a GRx for you?

1 Less than 4 months ago
 2 4 - 6 months ago
 3 6 - 8 months ago
 4 More than 8 months ago

4 Are you currently.....? (Please tick ONE only)

1 Still following the GRx physical activities - **Go to Q6**
 2 Doing physical activity but different from that recommended in your GRx - **Go to Q6**
 3 Temporarily off GRx physical activities
 4 No longer following the GRx physical activities

3 What were the main reasons you required a GRx for support to be more active? (Please tick ALL that apply)

<input type="checkbox"/> 1 Arthritis	<input type="checkbox"/> 10 Stress
<input type="checkbox"/> 2 Asthma/breathing problems	<input type="checkbox"/> 11 Weight problems
<input type="checkbox"/> 3 Back pain or problems	<input type="checkbox"/> 12 Depression/anxiety
<input type="checkbox"/> 4 Diagnosed type 2 diabetes	<input type="checkbox"/> 13 Pregnancy
<input type="checkbox"/> 5 Pre-diabetes/risk of diabetes	<input type="checkbox"/> 14 Heart problems
<input type="checkbox"/> 6 High blood pressure/risk of stroke	<input type="checkbox"/> 15 Osteoporosis
<input type="checkbox"/> 7 High cholesterol	<input type="checkbox"/> 16 Fall prevention
<input type="checkbox"/> 8 Sleep problems	<input type="checkbox"/> 17 Injury/surgery recovery
<input type="checkbox"/> 9 To stop smoking	<input type="checkbox"/> 18 Other (please write in) _____

5 If you are temporarily off or no longer following the GRx physical activities, why is this? (Please tick ALL that apply)

1 Injury/health problems
 6 Lack of energy/too tired
 2 Lack of time due to work
 7 I am too old
 3 Just did not want to
 8 It is too hard to stick to a routine
 4 Lack of time due to family responsibilities
 9 Other (please write in) _____
 5 Cost



<http://www.health.govt.nz/our-work/preventative-health-wellness/physical-activity/green-prescriptions>



6 Have you noticed any positive changes in your health since you were first issued a GRx?

1 Yes

2 No - **Go to Q8**

3 Don't know/unsure - **Go to Q8**

7 If yes, what positive changes have you noticed?
(Please tick ALL that apply)

1 <input type="checkbox"/> Breathing easier	11 <input type="checkbox"/> Smoking less
2 <input type="checkbox"/> Feel stronger/fitter	12 <input type="checkbox"/> Sleeping better
3 <input type="checkbox"/> Less stressed	13 <input type="checkbox"/> Fewer illnesses
4 <input type="checkbox"/> Less joint pain/discomfort	14 <input type="checkbox"/> Generally feel better
5 <input type="checkbox"/> Less back pain	15 <input type="checkbox"/> Feel less depressed/anxious
6 <input type="checkbox"/> More energy	16 <input type="checkbox"/> Increased mobility
7 <input type="checkbox"/> Lower cholesterol	17 <input type="checkbox"/> Better balance/ fewer falls
8 <input type="checkbox"/> Lower blood pressure	18 <input type="checkbox"/> Improved blood sugar levels
9 <input type="checkbox"/> Less medication	19 <input type="checkbox"/> Other (please write in) _____
10 <input type="checkbox"/> Lost weight _____	

8 Have you been back to your referrer since you were first issued a GRx?

1 Yes

2 No - **Go to Q12**

9 Did your referrer discuss your GRx with you?

1 Yes

2 No - **Go to Q12**

10 When your referrer discussed your GRx with you, did they...

1 Tell you to stop your physical activity? - **Go to Q12**

2 Encourage you to change your physical activity?

3 Encourage you to continue your physical activity unchanged?

11 When your referrer encouraged you to continue your physical activity, did they...

1 Write a new/extend your current GRx?

2 Give verbal advice only?

3 Other (please specify) _____

12 Compared with the time before you were first given a GRx, are you now spending...

1 More time being active?

2 About the same amount of time being active?

3 Less time being active?

If about the same time or less time, why is this?

13 Have you received any specific advice on healthy eating?

1 Yes

2 No

3 Don't know

14 Have you made any changes to your food and/or drink intake since being given your GRx?

1 No

2 Yes (please specify) _____

15 How was contact first made with the GRx support person?

1 The support person contacted me (by phone call, letter, email)

2 I went to see them in person (face-to-face)

3 I called 0800 ACTIVE or the local phone number provided

4 I have not had any contact with a GRx support person - **Go to Q25 "About you"**

16 After your first contact, how were you given support to follow your GRx activities? (Please tick ALL that apply)

1 <input type="checkbox"/> Phone call	5 <input type="checkbox"/> Text or email
2 <input type="checkbox"/> Face-to-face/in person	6 <input type="checkbox"/> No support/follow up offered
3 <input type="checkbox"/> Brochures/leaflets	7 <input type="checkbox"/> I didn't want any support/follow up
4 <input type="checkbox"/> A GRx Community programme/group	8 <input type="checkbox"/> Other (please write in) _____

17 Has your GRx support person given an extension for longer support during the year?

1 Yes

2 No

3 Don't know



18 What, if any, physical activities did the GRx support person suggest to you? (Please tick ALL that apply)

<input type="checkbox"/> 1 None	<input type="checkbox"/> 4 Gardening	<input type="checkbox"/> 7 Tai chi	<input type="checkbox"/> 10 Gym exercises (e.g. aerobics, weights)	<input type="checkbox"/> 13 Other (please write in) _____
<input type="checkbox"/> 2 Walking	<input type="checkbox"/> 5 Other home based activities (e.g. exercycle/treadmill)	<input type="checkbox"/> 8 Yoga/Pilates	<input type="checkbox"/> 11 Fall prevention programme	_____
<input type="checkbox"/> 3 Swimming	<input type="checkbox"/> 6 Water/pool exercises	<input type="checkbox"/> 9 Cycling	<input type="checkbox"/> 12 GRx Community programme/group	_____

19 Were you referred to any of the following activity providers? (Please tick ALL that apply)

<input type="checkbox"/> 1 Gym	<input type="checkbox"/> 2 Swimming pool
<input type="checkbox"/> 3 Sports club	<input type="checkbox"/> 4 Other (please specify) _____
<input type="checkbox"/> 5 Not referred to any provider (Go to Q21)	

20 Was the activity provider(s) right for you?

1 No 2 Yes

21 As a result of your GRx experience, have you encouraged others to become more active?

1 No 2 Yes

22 When you do physical activity, who is it with? (Please tick ALL that apply)

<input type="checkbox"/> 1 By myself	<input type="checkbox"/> 2 Family members (adults)	<input type="checkbox"/> 3 Family members (children)	<input type="checkbox"/> 4 A GRx community programme/group
<input type="checkbox"/> 5 Friends	<input type="checkbox"/> 6 Another organised group	<input type="checkbox"/> 7 Sports club	<input type="checkbox"/> 8 People from work
<input type="checkbox"/> 9 Other (please write in) _____			

23 Now thinking about the service and support you received, please indicate how strongly you agree or disagree with each of these statements.

	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
a) The advice I was given was helpful	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
b) The physical activity options suggested were appropriate for me	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
c) The information and advice I was given was relevant to me	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
d) The person I spoke to motivated me to get/stay physically active	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
e) The person I spoke to was understanding and supportive	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
f) As a result of receiving a GRx, I now understand the benefits of physical activity	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
g) As a result of the support I got, I now feel more confident about doing physical activity regularly	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

24 The GRx support people aim to encourage you to be active, connect you to physical activities that suit you, and see how you are progressing. Given this aim, overall how satisfied are you with the service and support provided to you?

Very Satisfied Satisfied Neither/nor Dissatisfied Very Dissatisfied

1 2 3 4 5

Please explain your answer (or any other comments you would like to make about your participation in GRx):



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About You

(this information will not be used to identify you individually)

25 Are you...?

1 Male

2 Female

26 Which of these best describes your highest level of educational qualification? (Please tick ONE only)

1 No qualification

2 Secondary school qualification (e.g. School or National Certificate, UE, Bursary, etc)

3 Tertiary qualification (e.g. Bachelor's Degree or higher)

4 Other post-secondary qualification requiring three months or more fulltime study (eg trade certificate, diploma)

5 Other (please specify)

27 To which of these age groups do you belong? (Please tick ONE only)

1 Under 18 years 8 50 – 54 yrs

2 18 - 24 yrs 9 55 – 59 yrs

3 25 – 29 yrs 10 60 – 64 yrs

4 30 – 34 yrs 11 65 – 69 yrs

5 35 – 39 yrs 12 70 – 74 yrs

6 40 – 44 yrs 13 75 – 79 yrs

7 45 – 49 yrs 14 80 years or over

28 Do you have a disability or impairment that is long term (lasting 6 months or more) and causes you difficulty with or stops you doing physical activity that people your age can usually do?

1 Yes

2 No

29 Which ethnic group do you mainly identify with? (Please tick ONE only)

1 NZ European 8 Indian

2 Maori 9 Other Asian (e.g. Korean, Filipino)

3 Samoan 10 Other Pacific (e.g. Tokelauan, Fijian)

4 Cook Island Maori 11 British/European

5 Tongan 12 Other (please specify)

6 Niuean _____

7 Chinese _____

30 Which of the following best describes you? (Please tick ONE only. If more than one applies, tick the one you spend most time doing over a week).

1 Working full-time 6 Sick/invalid beneficiary

2 Working part-time 7 Student (full-time, including secondary school)

3 Unemployed/actively seeking a job 8 Other (please write in)

4 At home _____

5 Retired _____

31 Do you have a community services card?

1 Yes 2 No 3 Don't know

Be in to WIN WIN WIN!!!

Thank you for your time! Please return the completed form by **15 May 2016** in the freepost envelope provided. If you would like to go into a prize draw to win one of three gift vouchers to the value of \$250 each, please write in your name and phone number, so we can contact you, if you win.

This information will only be used for the prize draw.

Name _____

Phone: (0) _____

<http://www.health.govt.nz/our-work/preventative-health-wellness/physical-activity/green-prescriptions> or freephone 0800 ACTIVE (0800 22 84 83)



Appendix B: Supplementary tabulations

- Maroon/dark shading indicates result is significantly higher when compared against all patients.
- Grey/light shading indicates result is significantly lower when compared against all patients.



Appendix B: Supplementary tabulations

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Table 1: Q1. Who first referred you to Green Prescription (GRx) for support?

	NZDep Index [^]				Employment Status								Overall Satisfaction		
	Total	Least (0-3)	Moderate (4-6)	Most (7-10)	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Satisfied	Neutral	Dissatisfied
Base =	2843	492	1090	1261	643	385	177	234	878	369	91	39	2287	241	141
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
GP/Doctor	69	64	66	72	68	68	78	68	64	71	77	75	68	68	78
Specialist Doctor	3	4	3	4	4	4	2	3	3	5	3	1	3	5	4
Practice Nurse	15	16	17	12	14	13	10	17	19	13	7	20	15	12	8
Maternity Carer/Midwife	0	0	0	0	1	0	1	2	0	0	0	0	0	1	1
Someone else	12	16	12	11	13	14	8	10	13	10	13	4	12	13	9
No response	1	0	1	0	1	1	0	0	1	0	0	0	0	1	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

[^]NZDep Index scale 0 – 10, where 0 = "least deprived" and 10 = "most deprived".

**Caution: low base number of respondents - results are indicative only.



Table 2: Q2. When did your referrer first prescribe a Green Prescription (GRx) for you?

	Age						Highest Qualification					Employment Status							Community Services Card		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	No qualification	Secondary	Tertiary	Other post-secondary	Other	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No
Base =	2843	116	206	607	941	959	672	889	584	624	9**	643	385	177	234	878	369	91	39	1437	1302
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Less than 4 months ago	15	20	10	17	14	15	19	14	12	14	4	14	17	15	13	14	19	18	13	15	15
4 - 6 months ago	30	31	33	32	29	27	26	32	30	30	29	35	31	26	29	26	29	25	37	28	32
6 - 8 months ago	21	23	27	19	22	19	19	21	23	23	23	24	19	26	19	21	16	22	26	19	23
More than 8 months ago	33	25	29	30	34	38	34	32	35	32	28	27	33	32	38	37	35	35	24	37	29
No response	1	1	1	1	1	2	2	1	0	1	16	1	0	1	0	2	2	0	0	1	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

**Caution: low base number of respondents - results are indicative only.



Table 3: Q3. What were the main reasons you required a GRx for support to be more active?

	Total	Age					Gender		Ethnic Group					Highest Qualification					NZDep Index*		
		Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other	Least (0-3)	Moderate (4-6)	Most (7-10)
Base =	2843	116	206	607	941	959	816	2008	1867	739	271	96	56	672	889	584	624	9**	492	1090	1261
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Arthritis	22	2	5	12	23	35	17	24	23	18	21	22	16	26	21	16	23	39	20	22	22
Asthma/breathing problems	14	11	7	10	15	19	13	14	12	19	18	5	12	20	12	10	13	27	10	13	17
Back pain or problems	22	16	16	20	25	22	22	22	20	24	25	22	28	26	19	18	25	14	17	20	25
Diagnosed type 2 diabetes	17	4	5	15	21	21	22	15	14	21	25	24	12	23	15	15	16	34	15	16	20
Pre-diabetes/risk of diabetes	13	8	13	18	15	9	12	14	11	16	17	22	16	10	14	16	13	4	15	13	13
High blood pressure/risk of stroke	25	6	8	21	30	30	29	23	21	29	34	24	13	27	25	22	24	43	21	25	26
High cholesterol	18	3	10	17	21	20	20	17	15	21	25	20	13	23	16	17	17	0	15	18	19
Sleep problems	16	14	18	18	17	12	17	15	13	21	22	11	19	20	14	14	16	27	10	14	19
To stop smoking	5	7	8	7	4	2	6	4	2	9	9	4	6	6	4	4	4	0	1	5	6
Stress	20	23	26	25	22	12	17	22	18	25	25	20	33	22	19	21	19	14	15	19	23
Weight problems	53	72	68	66	55	36	46	56	47	65	64	52	44	54	51	54	54	59	47	47	61
Depression/anxiety	17	42	27	22	17	10	16	18	18	21	15	12	25	17	17	19	18	0	14	18	19
Pregnancy	1	2	4	1	0	0	0	1	0	1	1	2	1	0	0	1	1	0	0	1	1
Heart problems	11	3	0	7	11	17	16	8	10	13	13	10	10	13	9	10	11	0	10	12	10
Osteoporosis	4	1	0	1	4	7	2	5	4	4	4	5	6	5	3	3	5	0	4	4	4
Fall prevention	5	1	0	1	3	12	5	5	7	3	3	2	4	5	5	5	6	14	8	5	4
Injury/surgery recovery	13	9	13	10	15	13	16	11	14	12	13	9	19	12	11	13	15	0	14	13	12
General fitness	3	7	2	2	2	4	3	3	3	3	2	0	6	2	4	3	2	14	2	3	3

continued...



Table 3: Q3. What were the main reasons you required a GRx for support to be more active?

	Age						Gender		Ethnic Group					Highest Qualification					NZDep Index^		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other	Least (0-3)	Moderate (4-6)	Most (7-10)
Base =	2843	116	206	607	941	959	816	2008	1867	739	271	96	56	672	889	584	624	9**	492	1090	1261
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Surgery recovery	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mental illness	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0
Fibromyalgia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Other (Specify)	4	6	5	5	4	3	3	5	5	4	3	4	7	4	3	6	4	0	5	5	4
No response	7	2	6	6	7	9	7	7	9	6	4	6	2	4	8	8	10	0	9	9	6

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

^NZDep Index scale 0 – 10, where 0 = “least deprived” and 10 = “most deprived”.

**Caution: low base number of respondents - results are indicative only.



Table 4: Q3. What were the main reasons you required a GRx for support to be more active?

	Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2843	643	385	177	234	878	369	91	39	1437	1302	1313	1423	2287	241	141
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Arthritis	22	12	18	14	22	34	25	15	18	26	17	33	12	22	22	16
Asthma/breathing problems	14	7	9	17	12	19	24	10	20	18	9	20	9	14	9	18
Back pain or problems	22	13	17	23	28	23	36	19	45	28	16	31	14	22	21	22
Diagnosed type 2 diabetes	17	18	13	15	18	19	21	8	10	19	16	19	16	18	12	12
Pre-diabetes/risk of diabetes	13	18	15	15	17	9	11	15	10	13	15	11	16	14	12	13
High blood pressure/risk of stroke	25	25	22	23	22	29	28	10	22	26	23	28	22	25	20	27
High cholesterol	18	17	17	14	20	19	23	9	14	20	17	20	17	18	15	15
Sleep problems	16	13	14	22	20	12	25	16	20	20	12	18	13	16	13	18
To stop smoking	5	4	5	9	4	2	10	2	4	7	2	4	5	5	3	1
Stress	20	17	18	28	27	12	33	28	32	26	14	22	18	20	16	23
Weight problems	53	63	55	63	64	35	60	68	45	56	51	51	56	52	52	73
Depression/anxiety	17	12	16	27	22	10	31	39	15	23	12	21	14	17	16	23
Pregnancy	1	1	0	0	3	0	0	0	0	0	1	0	1	1	1	0
Heart problems	11	7	7	5	9	17	17	2	9	13	8	14	7	11	10	9
Osteoporosis	4	2	3	1	4	7	5	0	0	5	3	6	2	4	6	3
Fall prevention	5	1	2	2	5	12	6	0	9	7	3	9	2	5	4	8
Injury/surgery recovery	13	11	12	9	13	12	17	13	30	13	13	18	8	12	13	18

continued...



Table 4: Q3. What were the main reasons you required a GRx for support to be more active? (continued)

	Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2843	643	385	177	234	878	369	91	39	1437	1302	1313	1423	2287	241	141
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Surgery recovery	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
General fitness	3	3	1	2	3	4	2	7	2	2	3	1	4	3	3	3
Mental illness	0	0	1	0	0	0	1	0	0	0	0	1	0	0	0	0
Fibromyalgia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Other (Specify)	4	4	5	4	5	3	7	2	2	4	4	5	4	4	6	6
No response	7	6	10	10	3	10	5	5	10	6	9	6	8	8	7	3

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

**Caution: low base number of respondents - results are indicative only.



Table 5: Q4. Are you currently...?

	Age						Ethnic Group					NZDep Index [^]			Employment Status								
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	Least (0-3)	Moderate (4-6)	Most (7-10)	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	
Base =	2843	116	206	607	941	959	1867	739	271	96	56	492	1090	1261	643	385	177	234	878	369	91	39	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Still following the GRx physical activities	39	31	33	35	40	44	43	34	32	43	42	43	42	36	32	44	39	36	45	40	38	44	
Doing physical activity but different from that recommended in your GRx	24	23	30	23	24	23	24	23	23	20	29	26	24	23	29	24	24	20	24	17	25	23	
Temporarily off GRx physical activities	16	11	13	18	18	14	15	20	15	20	9	17	15	17	15	17	17	18	15	21	14	23	
No longer following the GRx physical activities	16	34	23	20	13	12	13	19	27	11	16	10	16	19	20	12	18	21	12	17	22	11	
No response	4	0	2	2	5	6	5	3	3	5	4	4	4	5	4	3	3	5	5	6	0	0	
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

[^]NZDep Index scale 0 – 10, where 0 = “least deprived” and 10 = “most deprived”.

**Caution: low base number of respondents - results are indicative only.



Table 6: Q4. Are you currently...?

	Disability			Overall Satisfaction		
	Total	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2843	1313	1423	2287	241	141
	%	%	%	%	%	%
Still following the GRx physical activities	39	39	40	44	20	19
Doing physical activity but different from that recommended in your GRx	24	20	28	23	30	23
Temporarily off GRx physical activities	16	21	12	16	19	14
No longer following the GRx physical activities	16	15	17	12	26	40
No response	4	5	3	4	5	4
Total	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

**Caution: low base number of respondents - results are indicative only.



Table 7: Q5. If you are temporarily off or no longer following the GRx physical activities, why is this?

	Age						Gender		Ethnic Group					Highest Qualification				
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other
Base =	1005*	49	74	236	335	305	273	725	611	299	121	32	17**	244	303	200	223	4**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Injury/health problems	30	13	17	22	35	40	31	30	35	29	22	16	23	37	30	24	31	42
Lack of time due to work	22	17	33	36	21	7	23	22	18	26	28	35	29	19	21	24	27	0
Just didn't want to	7	21	15	10	4	4	6	8	8	9	8	9	5	6	9	7	7	0
Lack of time due to family responsibilities	20	22	27	33	17	10	12	24	15	24	33	15	40	23	19	19	23	0
Cost	16	17	17	19	18	11	14	17	15	18	17	21	22	15	17	16	14	58
Lack of energy/too tired	19	18	30	26	16	13	14	21	18	19	20	27	22	14	19	23	21	0
I'm too old	3	0	1	0	2	6	4	2	3	2	4	0	0	3	3	2	1	9
It's too hard to stick to a routine	11	14	13	13	9	10	11	11	12	10	9	17	7	7	12	12	11	0
The programme ran its course/wasn't renewed GRx	1	0	0	2	1	1	3	1	1	2	1	0	0	0	1	3	1	0
Issues with admin/paperwork (not helpful, no follow up etc.)	5	1	11	5	7	2	3	6	4	6	5	8	5	3	4	11	2	0
Moved elsewhere/out of town/on holiday	2	7	0	1	2	3	0	3	3	1	2	4	0	1	4	1	2	0
I'm doing other physical activities (not GRx)	3	8	7	2	1	6	4	3	3	4	3	1	0	4	6	1	3	0
Other (Specify)	12	16	10	9	11	14	11	12	13	11	8	12	3	6	13	15	11	29
No response	7	0	3	2	8	14	10	6	9	2	6	5	10	8	7	4	8	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that are not currently following the GRx physical activities.

**Caution: low base number of respondents - results are indicative only.



Table 8: Q5. If you are temporarily off or no longer following the GRx physical activities, why is this?

	Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	1005*	243	125	63	106	265	146	30	18**	520	444	510	452	710	120	83
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Injury/health problems	30	17	19	22	37	45	43	5	53	33	27	42	17	32	33	23
Lack of time due to work	22	55	39	8	7	2	3	22	12	12	33	14	31	22	29	19
Just didn't want to	7	8	6	19	7	4	6	14	0	8	7	6	9	5	13	19
Lack of time due to family responsibilities	20	21	24	23	39	10	18	26	12	21	20	17	23	22	22	19
Cost	16	9	15	24	22	11	24	26	21	19	13	18	14	15	22	24
Lack of energy/too tired	19	21	17	22	25	12	18	23	38	18	19	22	17	17	34	29
I'm too old	3	2	0	3	0	7	0	0	0	3	2	3	2	2	2	4
It's too hard to stick to a routine	11	11	12	8	10	9	11	22	8	10	11	11	11	10	18	10
The programme ran its course/wasn't renewed GRx	1	1	0	4	3	1	0	0	0	1	1	2	1	2	0	0
Issues with admin/paperwork (not helpful, no follow up etc.)	5	8	2	3	7	2	6	10	0	4	6	4	6	3	3	26
Moved elsewhere/out of town/on holiday	2	2	4	2	2	3	1	4	4	1	3	2	3	2	1	6
I'm doing other physical activities (not GRx)	3	3	5	5	1	5	1	4	11	3	3	3	4	3	2	0
Other (Specify)	12	9	13	3	9	14	15	12	23	12	11	12	12	10	11	26
No response	7	5	2	3	7	14	8	0	4	8	7	7	7	8	2	2

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that are not currently following the GRx physical activities.

**Caution: low base number of respondents - results are indicative only.



Table 9: Q6. Have you noticed any positive changes in your health since you were first issued a GRx?

	Age						Employment Status								Overall Satisfaction		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Satisfied	Neutral	Dissatisfied
Base =	2843	116	206	607	941	959	643	385	177	234	878	369	91	39	2287	241	141
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	72	58	62	74	75	71	71	77	69	71	71	73	67	79	30	40	29
No	15	18	21	15	13	16	16	11	13	16	15	17	14	18	9	35	52
Don't know/unsure	11	24	17	11	10	10	12	9	16	12	11	10	19	9	23	18	
No response	2	0	0	1	2	3	1	2	2	1	3	1	0	0	1	3	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

**Caution: low base number of respondents - results are indicative only.



Table 10: Q7. If yes, what positive changes have you noticed?

	Total	Age					Gender		Ethnic Group					Highest Qualification				
		Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other
Base =	2099*	68	132	452	722	714	617	1470	1385	554	199	71	41	476	676	430	467	8**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Breathing easier	34	36	43	36	36	30	41	32	28	48	45	26	24	40	34	27	34	47
Feel stronger/fitter	55	58	63	54	54	56	58	54	56	53	61	54	50	51	57	57	56	35
Less stressed	34	43	48	40	36	22	31	35	29	40	42	31	48	36	33	35	32	33
Less joint pain/discomfort	26	14	25	17	31	28	27	25	24	25	35	17	32	23	27	25	28	10
Less back pain	21	26	32	23	21	17	23	20	17	21	30	27	37	21	19	22	22	35
More energy	45	61	62	47	45	38	46	45	41	48	55	47	53	43	44	49	45	35
Lower cholesterol	14	8	13	13	19	10	19	12	9	17	28	19	18	14	15	15	13	14
Lower blood pressure	19	5	10	15	24	20	26	16	15	22	31	18	18	20	19	17	20	14
Less medication	11	5	19	12	12	8	13	10	7	14	20	14	23	11	10	11	11	28
Lost weight	48	65	60	55	50	36	48	48	42	53	61	52	44	46	48	49	49	33
Smoking less	6	7	13	9	7	2	9	5	3	14	10	4	7	8	7	6	4	14
Sleeping better	30	51	43	34	30	20	32	28	24	36	45	29	27	31	28	29	31	47
Fewer illnesses	12	24	22	10	12	8	13	11	7	15	25	10	16	12	11	11	11	19
Generally feel better	55	58	53	56	51	57	55	54	54	58	56	39	53	53	54	53	59	48
Feel less depressed/anxious	20	33	33	26	20	12	16	22	17	27	29	8	27	21	19	18	22	19
Increased mobility	29	29	32	24	32	27	31	28	27	31	36	26	36	24	28	27	36	33
Better balance/fewer falls	14	20	18	12	13	15	17	13	12	14	28	11	17	14	13	14	16	28

continued...



Table 10: Q7. If yes, what positive changes have you noticed? (continued)

	Age						Gender		Ethnic Group					Highest Qualification				
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other
Base =	2099*	68	132	452	722	714	617	1470	1385	554	199	71	41	476	676	430	467	8**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Improved blood sugar levels	17	15	11	16	21	14	21	15	12	20	33	18	17	17	18	16	15	19
Other (Specify)	4	1	6	6	3	2	4	4	3	4	6	6	4	5	3	4	3	0
No response	3	1	1	2	3	4	2	3	3	3	3	4	0	2	4	2	2	16

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that have noticed positive changes since they were first issued a GRx.

**Caution: low base number of respondents - results are indicative only.



Table 11: Q7. If yes, what positive changes have you noticed?

	NZDep Index^				Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Least (0-3)	Moderate (4-6)	Most (7-10)	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2099*	382	795	922	470	300	125	162	653	278	60	32	1052	979	926	1091	1857	108	45
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Breathing easier	34	28	31	40	34	30	50	38	30	40	35	31	39	30	36	33	35	22	43
Feel stronger/fitter	55	63	52	55	56	57	55	51	56	51	61	59	53	58	50	59	56	39	51
Less stressed	34	30	32	37	34	38	49	43	23	35	47	35	36	32	32	35	34	26	36
Less joint pain/discomfort	26	23	27	26	24	26	29	23	30	23	19	27	27	25	28	24	26	21	16
Less back pain	21	17	21	23	21	25	30	17	16	26	22	28	24	18	22	20	21	12	14
More energy	45	41	43	48	49	52	47	49	35	42	58	62	43	46	37	51	46	27	42
Lower cholesterol	14	8	14	17	14	15	25	16	11	16	9	11	15	13	13	15	14	8	15
Lower blood pressure	19	14	18	23	18	20	30	22	19	17	12	21	20	18	18	20	19	9	16
Less medication	11	6	10	14	10	11	23	12	8	11	11	16	12	10	10	11	10	6	13
Lost weight	48	46	45	51		53	53	45	35	52	66	38	48	49	43	53	48	35	54
Smoking less	6	3	6	8	5	7	15	6	2	14	8	7	9	3	6	7	7	3	1
Sleeping better	30	22	28	34	31	34	38	26	19	38	44	41	32	27	28	31	30	17	25
Fewer illnesses	12	6	11	14	11	9	20	18	7	14	20	6	12	11	10	13	11	6	6
Generally feel better	55	50	57	54	54	54	55	52	57	49	60	71	53	55	52	57	55	43	51
Feel less depressed/anxious	20	16	20	22	18	23	30	21	12	29	29	32	23	17	22	19	20	13	19
Increased mobility	29	30	28	29	24	26	36	35	28	33	29	48	29	27	34	25	29	18	32
Better balance/fewer falls	14	14	14	14	10	14	23	15	14	15	16	25	16	12	14	14	14	9	14

continued...



Table 11: Q7. If yes, what positive changes have you noticed? (continued)

	NZDep Index [^]				Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Least (0-3)	Moderate (4-6)	Most (7-10)	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2099*	382	795	922	470	300	125	162	653	278	60	32	1052	979	926	1091	1857	108	45
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Improved blood sugar levels	17	12	17	18	19	14	25	18	15	19	13	11	18	16	17	17	17	5	12
Other (Specify)	4	4	3	4	3	7	2	5	2	5	2	8	4	3	3	4	3	10	8
No response	3	4	3	2	3	3	4	1	4	1	1	0	3	2	3	3	2	6	5

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that have noticed positive changes since they were first issued a GRx.

[^]NZDep Index scale 0 – 10, where 0 = “least deprived” and 10 = “most deprived”.

**Caution: low base number of respondents - results are indicative only.



Table 12: Q8. Have you been back to your referrer since you were first issued a GRx?

	Age						Gender		Highest Qualification					Employment Status							Disability		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	No qualification	Secondary	Tertiary	Other post-secondary	Other	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No
Base =	2843	116	206	607	941	959	816	2008	672	889	584	624	9**	643	385	177	234	878	369	91	39	1313	1423
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	49	40	44	41	51	54	55	46	50	46	47	54	18	39	45	49	54	54	57	43	63	57	42
No	50	58	56	58	47	43	43	52	48	51	52	45	82	61	54	50	45	43	40	57	33	42	57
No response	2	2	1	1	1	3	2	2	2	3	1	0	0	1	1	1	2	3	2	0	4	2	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

**Caution: low base number of respondents - results are indicative only.



Table 13: Q9. Did your referrer discuss your GRx with you?

	Age						Ethnic Group					Overall Satisfaction		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	Satisfied	Neutral	Dissatisfied
Base =	1476*	50	90	264	503	563	1012	359	132	51	26**	1230	116	67
	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	64	48	64	68	65	63	60	68	73	31	64	69	44	33
No	31	49	32	29	31	29	36	25	24	16	29	27	52	58
No response	5	3	3	3	3	8	4	6	3	3	6	4	4	9
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had been back to the doctor since they were first issued a GRx.

**Caution: low base number of respondents - results are indicative only.



Table 14: Q10. When your referrer discussed your GRx with you, did they...

	Age						Overall Satisfaction		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Satisfied	Neutral	Dissatisfied
Base =	1016*	27**	59	181	348	398	899	54	27**
	%	%	%	%	%	%	%	%	%
Tell you to stop your physical activity?	1	0	0	2	2	1	1	4	3
Encourage you to change your physical activity?	17	39	30	14	20	11	16	33	38
Encourage you to continue your physical activity unchanged?	74	53	68	77	72	76	76	58	53
No response	8	8	2	7	6	12	7	6	6
Total	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had been back to the doctor since they were first issued a GRx, and discussed their GRx.

**Caution: low base number of respondents - results are indicative only.



Table 15: Q11. When your referrer encouraged you to continue your physical activity, did they...

	Overall Satisfaction			
	Total	Satisfied	Neutral	Dissatisfied
Base =	1000*	889	52	26**
	%	%	%	%
Write a new/extend your current GRx?	26	29	3	16
Give verbal advice only?	60	59	75	65
Other (Specify)	6	5	9	15
Don't know	0	0	1	0
No response	8	7	12	4
Total	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had been back to the doctor since they were first issued a GRx, discussed their GRx, and continued it.

**Caution: low base number of respondents - results are indicative only.



Table 16: Q12. Compared with the time before you were first given a GRx, are you now spending...

	Total	Ethnic Group					NZDep Index [^]			Employment Status							Disability		Overall Satisfaction			
		European	Maori	Pacific	Asian	Other	Least (0-3)	Moderate (4-6)	Most (7-10)	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2843	1867	739	271	96	56	492	1090	1261	643	385	177	234	878	369	91	39	1313	1423	2287	241	141
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
More time being active?	61	64	56	60	57	79	67	63	56	61	66	59	60	62	54	63	70	56	65	67	35	31
About the same amount of time being active?	25	25	26	20	30	13	21	24	28	27	25	28	25	23	26	20	16	27	23	22	41	44
Less time being active?	10	7	13	18	12	7	7	9	13	10	7	11	13	7	17	16	13	13	8	8	19	17
No response	4	4	5	2	1	1	5	4	3	2	3	2	2	8	4	1	2	4	3	3	5	8
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

[^]NZDep Index scale 0 – 10, where 0 = “least deprived” and 10 = “most deprived”.

**Caution: low base number of respondents - results are indicative only.



Table 17: Q12. Compared with the time before you were first given a GRx, why are you spending the same amount of time?

	Total	Employment Status								Community Services Card		Disability		Overall Satisfaction		
		Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	490*	126	66	37	49	132	54	17**	5**	228	245	251	227	332	76	49
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury/operation/pain/medical condition preventing, recovering from	22	10	27	26	18	24	42	13	68	27	17	33	11	24	21	18
Already doing enough, already/always been active/happy with what doing	12	12	15	16	11	14	6	3	11	8	15	9	15	11	9	18
Too busy/no time	8	10	10	1	2	9	0	33	0	6	10	4	11	9	8	3
Increased workload/long hours/work commitments	16	46	15	1	1	1	3	9	0	8	24	11	21	18	17	9
Lack of motivation/laziness/depression	9	7	9	22	13	8	11	0	0	11	9	11	8	10	7	5
Lack energy/tired	6	4	0	4	3	6	17	21	0	9	2	9	4	6	8	4
Specified type of activity/level of activity	7	4	8	4	4	15	6	3	10	4	10	7	7	5	17	8
Family responsibilities	9	11	10	5	20	2	3	28	0	8	10	6	11	10	10	4
GRx has not helped	2	2	3	3	5	0	3	0	0	3	2	1	4	1	2	15
Weather/darkness	1	0	2	0	0	0	3	0	0	0	1	1	1	1	0	3
Lack of support	1	0	1	4	2	1	5	0	0	3	1	2	1	1	4	1
Other commitments, holidays	4	2	2	6	0	5	5	19	0	5	3	2	6	5	0	2
Difficulty getting into, or lost, routine/didn't get into a habit	3	6	3	4	1	0	0	8	11	3	3	4	3	1	8	8
Costs/fees of activity too expensive	3	1	3	4	11	1	0	17	0	2	4	4	2	2	5	8
Getting too old/no longer up to it	2	0	0	0	0	3	0	0	0	3	1	3	1	2	0	0
Other	15	12	20	14	25	15	12	12	0	19	12	14	17	14	11	19
No particular reason	1	0	1	0	0	0	2	3	0	0	0	0	0	1	1	1
Don't know	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those who said why they spent about the same amount of time being active after first prescribed a GRx.

**Caution: low base number of respondents - results are indicative only.



Table 18: Q12. Compared with the time before you were first given a GRx, why are you spending less time?

	Age						Ethnic Group					Employment Status							Disability		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No
Base =	242*	12**	20**	64	80	66	122	80	45	7**	4**	49	25**	16**	28**	56	52	10**	5**	146	89
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury/operation/pain/health problems	41	16	13	31	43	68	59	26	32	29	16	22	27	25	42	75	48	20	82	50	28
Increased workload/longer hours/work commitments	11	4	2	21	11	3	8	11	16	34	0	31	29	0	0	0	0	8	0	5	19
Lack of motivation/confidence, laziness, depressed	16	52	34	19	12	5	10	23	15	0	15	14	28	34	13	5	18	33	0	11	23
Lack energy/tired	6	0	2	6	9	6	3	3	13	18	0	12	9	0	5	3	5	0	18	7	6
Specified type of activity not doing	0	0	0	0	1	1	0	1	0	0	0	0	2	0	2	0	0	0	0	1	0
Too busy/no time, other priorities/commitments (including study)	3	0	0	5	4	0	2	1	3	0	0	6	0	0	5	1	2	0	0	2	4
Family responsibilities (incl. pregnancy, home issues)	10	5	18	14	8	7	7	14	3	43	69	9	24	12	12	8	5	15	0	9	12
Weather/darkness/daylight saving over	3	0	0	3	6	0	2	7	0	11	0	6	0	12	4	0	0	0	0	1	5
Costs/fees of activities too expensive	4	16	2	4	6	0	3	6	3	0	16	2	0	4	7	0	9	15	0	5	4
Other	18	36	36	16	16	10	12	21	24	0	0	24	11	14	14	10	19	23	0	14	23
No particular reason	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those who said why they spent less time being active after first prescribed a GRx.

**Caution: low base number of respondents - results are indicative only.



Table 19: Q13. Have you received any specific advice on healthy eating?

	Age						Ethnic Group					Highest Qualification					NZDep Index^		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other	Least (0-3)	Moderate (4-6)	Most (7-10)
Base =	2843	116	206	607	941	959	1867	739	271	96	56	672	889	584	624	9**	492	1090	1261
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	68	58	66	71	72	64	64	76	73	67	63	72	68	65	68	95	60	66	73
No	28	31	29	25	26	33	33	19	23	29	37	24	29	33	30	0	36	31	24
Don't know	2	11	4	2	1	2	2	3	3	4	0	3	3	2	1	0	3	1	3
No response	1	0	0	1	1	1	1	2	0	0	0	1	1	0	2	5	1	1	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

^NZDep Index scale 0 – 10, where 0 = "least deprived" and 10 = "most deprived".

**Caution: low base number of respondents - results are indicative only.



Table 20: Q13. Have you received any specific advice on healthy eating?

	Employment Status									Community Services Card		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2843	643	385	177	234	878	369	91	39	1437	1302	2287	241	141
	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	68	67	65	73	76	66	74	60	73	71	66	73	54	45
No	28	30	32	24	21	32	22	33	22	25	32	25	37	52
Don't know	2	2	2	3	3	2	2	7	6	2	2	2	8	2
No response	1	0	2	0	1	1	2	0	0	2	0	1	1	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

**Caution: low base number of respondents - results are indicative only.



Table 21: Q14. Have you made any changes to your food and/or drink intake since being given your GRx?

	Age						Ethnic Group					NZDep Index [^]			Employment Status								
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	Least (0-3)	Moderate (4-6)	Most (7-10)	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	
Base =	2843	116	206	607	941	959	1867	739	271	96	56	492	1090	1261	643	385	177	234	878	369	91	39	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	28	34	30	21	24	38	32	21	22	26	25	31	33	24	22	26	23	29	37	29	26	22	
Yes (Specify)	70	66	69	79	75	60	67	77	78	74	75	67	66	75	78	73	76	69	61	71	73	78	
No response	1	0	1	1	1	2	1	1	0	0	0	2	1	1	1	1	1	2	2	0	1	0	
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

[^]NZDep Index scale 0 – 10, where 0 = “least deprived” and 10 = “most deprived”.

^{**}Caution: low base number of respondents - results are indicative only.



Table 22: Q14. Have you made any changes to your food and/or drink intake since being given your GRx?

	Overall Satisfaction			
	Total	Satisfied	Neutral	Dissatisfied
Base =	2843	2287	241	141
	%	%	%	%
No	28	26	39	37
Yes (Specify)	70	73	60	60
No response	1	1	1	4
Total	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

**Caution: low base number of respondents - results are indicative only.



Table 23: Q14a. What changes?

	Age						Gender		Ethnic Group					Highest Qualification					NZDep Index [^]		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other	Least (0-3)	Moderate (4-6)	Most (7-10)
Base =	1799*	71	146	445	621	510	499	1288	1116	518	194	68	37	388	572	388	411	5**	294	668	837
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Drink more water	22	20	25	24	23	17	17	24	17	30	29	14	19	28	23	17	19	43	17	24	22
Eating more healthily/less junk food (better choices, watch what I eat)	25	38	36	27	26	19	26	25	26	26	26	21	25	25	28	23	25	25	23	27	25
Eating less/smaller meals (portion control)	21	24	18	21	18	24	20	21	20	21	23	18	16	20	24	20	19	0	24	20	20
Cut down on fats/low fat foods	7	5	4	6	8	6	9	6	6	7	8	10	2	9	6	6	6	0	5	8	6
Less/avoid sugar and sugary foods, sweets, soft drinks	29	43	32	30	28	25	28	29	27	31	29	34	26	27	30	27	30	7	26	31	28
Eat more vegetables	20	13	18	19	22	21	21	20	16	21	31	32	29	19	20	22	21	43	15	17	24
Eat more fruit	10	9	9	9	11	9	9	10	8	12	11	16	5	12	7	12	10	0	9	10	10
Less alcohol	6	3	3	7	5	7	10	4	7	5	2	2	7	4	7	5	5	0	8	6	5
Reduce carbohydrates, including bread (gluten)	11	3	10	10	12	12	11	11	12	11	7	12	21	10	10	11	13	0	18	11	9
No snacking/regular meals, breakfasts	4	10	5	4	3	3	2	4	4	3	2	2	9	3	4	5	3	0	1	4	4
Diet plans	5	5	4	7	4	4	4	5	7	3	2	3	0	5	5	5	5	0	8	4	4

continued...



Table 23: Q14a. What changes? (continued)

	Age						Gender		Ethnic Group					Highest Qualification					NZDep Index [^]		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary school	Tertiary qualification	Other post-secondary	Other	Least (0-3)	Moderate (4-6)	Most (7-10)
Base =	1799*	71	146	445	621	510	499	1288	1116	518	194	68	37	388	572	388	411	5**	294	668	837
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Eat less (red) meat/more fish	4	0	1	4	3	5	4	3	2	3	9	1	3	5	3	4	4	7	1	3	5
Cut down on salt use	2	2	3	1	3	2	2	2	2	2	3	5	3	4	2	2	2	0	2	3	2
Less takeaways/fast foods	5	14	9	7	4	2	5	5	3	8	6	6	2	4	6	5	4	22	3	5	6
Less dairy (milk, butters, etc.)	2	1	2	2	3	2	2	2	1	4	3	0	2	3	2	3	2	7	0	2	3
Less coffee/tea	2	0	2	2	2	3	2	2	3	2	3	1	3	2	2	2	3	22	3	2	3
More grain breads, fibre or similar	1	1	2	1	1	1	2	1	1	1	0	0	0	1	1	1	1	0	1	1	1
More protein	1	1	1	1	1	1	0	1	2	0	0	2	0	0	1	2	1	0	1	1	1
Supplements, dietary	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Yes (in general)	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Yes, reading labels on food	3	0	1	2	4	4	4	3	4	3	2	2	5	1	3	5	5	0	4	3	3
Stopped/reduced smoking	0	0	0	0	1	0	1	0	0	1	0	0	4	1	1	0	0	0	1	0	1
Other	11	6	10	13	11	10	10	12	12	10	12	15	11	12	9	15	9	25	12	13	10
No particular reason	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those who made changes to their diet.

[^]NZDep Index scale 0 – 10, where 0 = "least deprived" and 10 = "most deprived".

**Caution: low base number of respondents - results are indicative only.



Table 24: Q14a. What changes? (continued)

	Total	Employment Status								Overall Satisfaction		
		Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Satisfied	Neutral	Dissatisfied
Base =	1799*	468	259	125	154	458	231	61	31	1514	127	72
	%	%	%	%	%	%	%	%	%	%	%	%
Drink more water	22	21	26	31	24	16	25	18	10	22	17	21
Eating more healthily/less junk food (better choices, watch what I eat)	25	30	26	20	28	20	23	32	49	26	24	22
Eating less/smaller meals (portion control)	21	22	21	23	14	23	15	25	11	22	21	9
Cut down on fats/low fat foods	7	5	6	9	8	7	8	3	0	7	4	1
Less/avoid sugar and sugary foods, sweets, soft drinks	29	28	29	33	31	26	28	45	16	30	27	20
Eat more vegetables	20	15	22	24	21	21	26	19	14	20	17	12
Eat more fruit	10	8	10	10	9	11	12	13	10	10	8	5
Less alcohol	6	6	5	5	4	7	5	2	6	6	3	0
Reduce carbohydrates, including bread (gluten)	11	11	13	13	13	11	7	9	17	11	16	7
No snacking/regular meals, breakfasts	4	4	3	5	6	3	3	4	0	4	5	4
Diet plans	5	6	6	2	6	4	4	7	5	5	5	5
Eat less (red) meat/more fish	4	2	5	6	2	5	4	0	2	4	4	0
Cut down on salt use	2	2	1	3	3	3	3	1	0	2	3	1
Less takeaways/fast foods	5	7	3	11	8	2	3	13	0	5	6	2
Less dairy (milk, butters, etc.)	2	2	1	4	3	2	5	1	0	2	2	0
Less coffee/tea	2	2	2	5	2	3	2	3	10	3	2	2
More grain breads, fibre or similar	1	0	2	1	1	1	2	3	0	1	1	3
More protein	1	1	3	2	1	0	0	0	0	1	1	0
Supplements, dietary	0	0	1	0	0	0	1	0	0	0	1	0
Yes (in general)	0	0	0	0	0	0	0	0	0	0	1	0

continued...



Table 24: Q14a. What changes? (continued)

	Total	Employment Status									Overall Satisfaction		
		Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Satisfied	Neutral	Dissatisfied	
Base =	1799*	468	259	125	154	458	231	61	31	1514	127	72	
	%	%	%	%	%	%	%	%	%	%	%	%	
Yes, reading labels on food	3	3	3	1	2	4	5	5	9	4	3	0	
Other	11	11	12	9	13	11	14	10	18	10	12	0	
No particular reason	0	0	0	0	0	0	0	0	0	0	0	0	
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those who made changes to their diet.

**Caution: low base number of respondents - results are indicative only.



Table 25: Q15. How was contact first made with the GRx support person?

	Age						Ethnic Group					Employment Status							Overall Satisfaction				
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Satisfied	Neutral	Dissatisfied	
Base =	2843	116	206	607	941	959	1867	739	271	96	56	643	385	177	234	878	369	91	39	2287	241	141	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
The support person contacted me (by phone call, letter, email)	68	60	65	74	70	62	68	68	63	70	75	73	75	70	64	61	66	61	77	71	77	64	
I went to see them in person (face-to-face)	23	20	24	19	21	29	25	24	21	20	12	19	19	22	27	29	24	28	11	25	20	26	
I called 0800 ACTIVE or the local phone number provided	3	4	5	3	4	2	2	4	5	2	6	3	4	3	4	3	3	2	9	3	3	8	
I have not had any contact with a GRx support person	5	17	6	4	4	4	4	3	12	5	4	5	2	5	3	5	5	9	3	0	0	0	
No response	1	0	0	0	1	2	1	1	1	2	3	0	0	0	1	3	2	0	0	1	0	2	
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

**Caution: low base number of respondents - results are indicative only.



Table 26: Q16. After your first contact, how were you given support to follow your GRx activities?

	Age						Gender		Highest Qualification					NZDep Index [^]			Employment Status							
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	No qualification	Secondary	Tertiary	Other post-secondary	Other	Least (0-3)	Moderate (4-6)	Most (7-10)	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other
Base =	2720*	100	196	584	909	919	761	1941	636	846	568	603	8**	475	1053	1192	613	378	169	225	838	351	83	38
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Phone call	59	47	65	61	60	55	57	60	59	59	56	61	63	62	59	57	60	64	58	58	56	62	59	41
Face-to-face/in person	42	37	38	40	40	47	46	40	41	43	40	43	89	37	39	46	39	40	43	44	46	40	32	59
Brochures/leaflets	29	25	29	28	29	31	27	30	26	29	32	32	84	32	30	28	31	29	31	30	31	25	25	25
A GRx Community programme/group	18	11	14	15	19	22	17	19	18	17	20	17	73	18	19	18	14	17	20	17	22	21	14	15
Text or email	22	25	28	29	24	14	18	24	15	20	32	25	5	22	23	22	33	28	21	20	14	16	33	12
No support/follow up offered	4	5	8	5	4	3	3	4	4	3	6	3	0	3	4	5	5	3	4	7	2	6	3	2
I didn't want any support/follow up	2	4	3	2	2	2	2	2	1	3	1	3	0	2	2	2	3	2	2	1	2	1	6	1
Mail/letter	1	0	1	1	1	0	1	1	0	1	1	0	0	1	0	1	1	1	1	0	0	1	0	0
Watched DVD/Video	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Other (Specify)	5	8	5	6	6	4	5	6	5	4	7	6	5	6	6	5	4	5	9	7	4	6	9	16
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
No response	1	1	0	0	1	2	2	1	1	1	1	1	0	1	2	1	1	0	1	0	2	1	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that had contact with a GRx support person.

[^]NZDep Index scale 0 – 10, where 0 = “least deprived” and 10 = “most deprived”.

**Caution: low base number of respondents - results are indicative only.



Table 27: Q16. After your first contact, how were you given support to follow your GRx activities?

	Total	Community Services Card		Overall Satisfaction		
		Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2720*	1359	1261	2287	241	141
	%	%	%	%	%	%
Phone call	59	58	60	60	57	47
Face-to-face/in person	42	43	41	46	22	19
Brochures/leaflets	29	28	31	31	23	16
A GRx Community programme/group	18	20	17	20	10	7
Text or email	22	18	28	24	20	12
No support/follow up offered	4	4	4	2	8	32
I didn't want any support/follow up	2	2	2	1	6	3
Mail/letter	1	0	1	0	1	0
Watched DVD/Video	0	0	0	0	0	0
Other (Specify)	5	5	5	5	9	11
Don't know	0	0	0	0	1	0
No response	1	1	1	1	0	2

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that had contact with a GRx support person.

**Caution: low base number of respondents - results are indicative only.



Table 28: Q17. Has your GRx support person given an extension for longer support during the last year?

	Age						Ethnic Group					Highest Qualification					NZDep Index [^]		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other	Least (0-3)	Moderate (4-6)	Most (7-10)
Base =	2720*	100	196	584	909	919	1806	707	240	92	54	636	846	568	603	8**	475	1053	1192
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	34	23	25	33	37	35	31	37	38	47	43	37	34	30	35	49	28	33	38
No	37	39	45	39	37	34	39	35	40	25	30	33	37	44	36	11	41	38	35
Don't know	23	36	25	25	21	21	24	22	17	25	26	22	22	22	25	40	24	24	21
No response	6	1	5	4	4	10	6	6	5	3	1	8	7	3	4	0	7	5	6
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person.

[^]NZDep Index scale 0 – 10, where 0 = “least deprived” and 10 = “most deprived”.

**Caution: low base number of respondents - results are indicative only.



Table 29: Q17. Has your GRx support person given an extension for longer support during the last year?

	Employment Status									Community Services Card		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2720*	613	378	169	225	838	351	83	38	1359	1261	2287	241	141
	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	34	29	38	36	38	36	35	28	39	37	32	39	13	6
No	37	45	34	38	36	33	34	39	32	34	41	34	54	67
Don't know	23	23	23	22	21	22	25	29	17	23	22	22	28	22
No response	6	3	5	4	5	10	6	4	12	6	5	5	5	5
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person.

**Caution: low base number of respondents - results are indicative only.



Table 30: Q18. What, if any, physical activities did the GRx support person suggest to you?

	Age						Gender		Ethnic Group					Highest Qualification				
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other
Base =	2720*	100	196	584	909	919	761	1941	1806	707	240	92	54	636	846	568	603	8**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
None	3	3	5	3	4	3	3	3	3	3	3	3	3	2	4	3	4	5
Walking	69	66	72	75	70	64	67	70	67	75	71	75	71	70	70	69	68	95
Swimming	54	47	62	58	57	45	48	56	51	58	63	54	60	51	52	55	56	49
Gardening	17	6	12	12	17	25	16	18	17	18	19	14	14	19	18	16	17	51
Other home based activities (e.g. exercycle/treadmill)	22	27	25	23	22	18	23	21	17	26	30	25	28	22	22	23	18	39
Water/pool exercises	45	38	43	44	49	42	38	48	43	52	42	44	49	44	42	46	48	74
Tai chi	10	5	9	7	10	13	8	11	10	11	7	8	8	10	11	9	9	17
Yoga/Pilates/Zumba	8	9	13	12	8	5	3	11	8	10	6	13	26	5	8	14	7	0
Cycling	15	21	15	19	17	10	20	13	15	16	15	13	18	15	14	19	13	22
Gym exercises (e.g. aerobics, weights)	43	63	48	49	42	34	49	40	39	50	47	44	59	38	42	48	44	54
Fall prevention programme	3	0	4	3	2	6	3	3	4	3	3	3	3	3	4	4	2	16
GRx Community programme/group	19	15	23	25	18	16	14	22	16	23	26	21	15	18	20	20	20	54
Sport/sporting activities	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Other (Specify)	5	3	3	5	5	4	4	5	5	5	4	8	1	5	3	6	5	16
No response	1	3	2	1	1	2	2	1	1	1	3	0	0	2	1	1	1	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that had contact with a GRx support person.

**Caution: low base number of respondents - results are indicative only.



Table 31: Q18. What, if any, physical activities did the GRx support person suggest to you?

	Employment Status									Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2720*	613	378	169	225	838	351	83	38	1262	1359	2287	241	141
	%	%	%	%	%	%	%	%	%	%	%	%	%	%
None	3	4	2	1	4	3	3	1	5	3	4	2	9	16
Walking	69	74	70	77	76	63	65	78	54	65	73	73	59	45
Swimming	54	59	59	65	54	45	50	59	55	54	54	57	44	35
Gardening	17	13	15	19	18	25	12	11	14	16	18	20	7	3
Other home based activities (e.g. exercycle/treadmill)	22	23	24	29	22	17	21	25	33	20	23	23	16	12
Water/pool exercises	45	41	47	48	50	42	49	52	42	49	42	48	36	24
Tai chi	10	7	10	13	8	13	10	6	14	11	9	10	9	4
Yoga/Pilates/Zumba	8	11	7	13	10	6	7	11	12	7	10	9	8	2
Cycling	15	19	18	19	14	9	13	26	18	14	17	16	13	6
Gym exercises (e.g. aerobics, weights)	43	47	48	49	42	33	43	57	43	39	46	46	28	27
Fall prevention programme	3	1	3	4	4	5	3	0	9	4	3	4	2	2
GRx Community programme/group	19	17	18	28	25	15	22	25	33	18	21	21	12	11
Sport/sporting activities	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Other (Specify)	5	4	7	5	3	4	3	4	14	4	5	4	4	17
No response	1	1	1	1	2	2	3	0	0	1	2	1	2	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that had contact with a GRx support person.

**Caution: low base number of respondents - results are indicative only.



Table 32: Q19. Were you referred to any of the following activity providers?

	Age						Gender		Ethnic Group					Employment Status							
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	European	Maori	Pacific	Asian	Other	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other
Base =	2146*	74	147	447	731	738	605	1529	1409	587	191	71	45	462	307	136	179	668	281	65	31
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Gym	58	31	70	62	59	48	65	55	53	65	63	58	72	61	63	67	56	47	58	80	63
Swimming pool	66	50	67	67	72	61	60	69	62	72	73	69	84	66	64	72	71	61	73	71	70
Sports club	7	9	14	7	6	5	6	7	5	8	13	7	12	7	6	12	6	4	7	16	13
Other	7	3	7	9	8	7	6	8	8	8	7	8	7	6	7	15	8	7	4	11	10
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
No response	5	2	1	4	2	10	6	4	6	3	4	1	0	3	3	3	4	10	3	1	2

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those who were referred to an activity provider.

**Caution: low base number of respondents - results are indicative only.



Table 33: Q19. Were you referred to any of the following activity providers?

	Disability			Overall Satisfaction		
	Total	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2146*	1007	1059	1886	138	81
	%	%	%	%	%	%
Gym	58	55	60	59	56	51
Swimming pool	66	72	61	67	61	66
Sports club	7	5	8	7	5	4
Other	7	6	9	8	6	9
Don't know	0	0	0	0	0	1
No response	5	5	5	4	4	6

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those who were referred to an activity provider.

**Caution: low base number of respondents - results are indicative only.



Table 34: Q20. Was the activity provider right for you?

	Age						Ethnic Group					Employment Status							Overall Satisfaction				
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Satisfied	Neutral	Dissatisfied	
Base =	2158*	74	149	452	734	740	1416	590	191	72	47	467	310	136	180	670	282	65	31	1892	138	86	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	11	20	14	10	11	11	11	11	8	16	28	15	12	9	9	11	7	15	10	8	30	54	
Yes	80	74	82	83	81	77	80	80	82	80	67	79	83	85	80	77	82	80	88	84	59	40	
No response	9	6	5	7	8	12	9	10	9	5	5	6	6	6	11	13	11	5	2	8	10	6	
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person, and were referred to a provider.

**Caution: low base number of respondents - results are indicative only.



Table 35: Q21. As a result of your GRx experience, have you encouraged others to become more active?

	Age						Ethnic Group					Employment Status							Overall Satisfaction			
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Satisfied	Neutral	Dissatisfied
Base =	2720*	100	196	584	909	919	1806	707	240	92	54	613	378	169	225	838	351	83	38	2287	241	141
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	28	34	33	28	25	29	30	26	17	27	27	31	22	28	25	29	27	31	22	21	60	72
Yes	65	61	64	66	69	61	63	66	75	71	62	65	72	68	69	60	63	62	78	72	34	24
No response	7	5	3	6	6	10	7	7	7	2	11	4	6	5	5	11	10	7	0	7	6	5
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person.

**Caution: low base number of respondents - results are indicative only.



Table 36: Q22. When you do physical activity, who is it with?

	Age						Gender		Ethnic Group					Highest Qualification					NZDep Index [^]		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other	Least (0-3)	Moderate (4-6)	Most (7-10)
Base =	2720*	100	196	584	909	919	761	1941	1806	707	240	92	54	636	846	568	603	8**	475	1053	1192
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
By myself	72	70	78	73	74	68	75	71	75	72	60	70	79	67	73	74	76	68	77	72	71
Family members (adults)	32	45	41	33	34	26	30	33	29	35	44	29	22	30	30	36	35	49	31	31	34
Family members (children)	15	10	32	26	13	5	11	16	10	21	29	15	25	12	15	15	17	32	8	14	18
A GRx community programme/group	15	9	6	12	14	20	12	15	14	14	16	10	11	16	14	13	15	32	16	15	14
Friends	26	39	33	27	24	23	17	29	25	29	28	16	33	21	26	27	28	16	27	25	25
Another organised group	13	8	8	11	10	18	12	13	13	13	11	10	6	12	13	13	14	0	15	14	10
A sports club	4	10	5	4	3	4	5	3	4	4	1	2	2	3	4	5	4	0	4	4	3
People from work	4	7	6	7	4	1	4	4	3	6	5	2	0	2	4	6	4	0	2	5	4
Other (Specify)	5	8	6	6	5	4	4	5	5	5	3	3	12	6	5	5	5	0	6	5	4
No response	1	1	0	1	1	1	1	1	1	1	1	0	0	1	1	1	0	0	0	1	1

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that had contact with a GRx support person.

[^]NZDep Index scale 0 – 10, where 0 = “least deprived” and 10 = “most deprived”.

**Caution: low base number of respondents - results are indicative only.



Table 37: Q22. When you do physical activity, who is it with?

	Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2720*	613	378	169	225	838	351	83	38	1359	1261	1262	1359	2287	241	141
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
By myself	72	78	75	79	70	66	69	77	76	69	75	73	72	71	79	79
Family members (adults)	32	38	30	34	36	29	24	47	25	28	36	31	35	33	29	28
Family members (children)	15	19	19	23	23	5	11	26	17	15	15	11	19	15	14	16
A GRx community programme/group	15	8	13	18	11	19	18	11	30	17	12	16	13	16	6	6
Friends	26	27	27	28	22	23	23	43	27	25	27	22	29	27	22	21
Another organised group	13	9	12	11	13	18	11	8	7	13	12	13	13	13	9	10
A sports club	4	4	4	3	3	4	2	10	2	3	4	3	5	4	3	2
People from work	4	11	5	1	1	0	2	4	0	2	6	2	6	4	5	4
Other (Specify)	5	5	5	4	5	5	7	4	6	5	5	6	4	4	9	7
No response	1	1	0	0	1	1	1	0	0	1	1	1	1	0	0	4

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that had contact with a GRx support person.

**Caution: low base number of respondents - results are indicative only.



Table 38: Q23. Please indicate how strongly you agree or disagree with each of these statements... The advice I was given was helpful

	Disability			Overall Satisfaction		
	Total	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2672*	1240	1341	2268	238	139
	%	%	%	%	%	%
Strongly agree	47	44	49	54	7	7
Agree	42	47	39	43	51	20
Neither agree nor disagree	7	7	7	2	39	23
Disagree	2	1	2	0	3	25
Strongly disagree	2	1	2	0	0	25
Total	100	100	100	100	100	100

The base numbers shown are unweighted counts.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.

**Caution: low base number of respondents - results are indicative only.



Table 39: Q23. Please indicate how strongly you agree or disagree with each of these statements... The physical activity options suggested were appropriate for me

	Age						Ethnic Group					Employment Status								Overall Satisfaction		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Satisfied	Neutral	Dissatisfied
Base =	2644*	98	195	573	888	881	1763	689	225	92	54	604	370	166	217	805	342	82	37	2252	231	137
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	39	41	40	42	38	36	36	44	45	37	26	40	40	35	40	36	42	38	44	44	8	7
Agree	47	41	42	43	47	53	49	44	42	47	60	45	46	47	45	53	45	46	35	49	45	25
Neither agree nor disagree	10	16	11	9	10	8	9	9	10	13	9	9	11	10	9	8	10	15	9	6	38	23
Disagree	3	1	3	3	3	2	3	3	1	2	1	3	3	5	3	2	2	1	8	1	9	21
Strongly disagree	2	1	4	2	2	1	2	1	2	1	3	2	1	4	3	1	1	0	4	0	0	24
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.

**Caution: low base number of respondents - results are indicative only.



Table 40: Q23. Please indicate how strongly you agree or disagree with each of these statements... The information and advice I was given was relevant to me

	Age						Ethnic Group					Employment Status								Overall Satisfaction		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Satisfied	Neutral	Dissatisfied
Base =	2641*	97	196	576	891	872	1754	694	229	92	53	607	372	168	218	794	341	83	38	2250	231	136
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	41	38	44	45	41	38	38	47	49	42	31	43	44	40	44	38	41	40	44	47	7	7
Agree	45	42	40	40	44	52	47	41	40	49	61	42	40	43	41	53	45	44	46	47	44	20
Neither agree nor disagree	9	18	10	10	9	8	10	8	8	6	3	9	12	9	9	7	9	15	7	5	41	24
Disagree	3	1	5	3	3	2	2	3	2	0	5	3	3	5	3	1	3	1	0	1	8	27
Strongly disagree	2	1	2	2	2	1	2	1	1	3	0	3	1	2	3	1	1	0	2	0	0	22
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.

**Caution: low base number of respondents - results are indicative only.



Table 41: Q23. Please indicate how strongly you agree or disagree with each of these statements... The person I spoke to motivated me to get/stay physically active

	Age						Ethnic Group					Highest Qualification				
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other
Base =	2641*	98	195	572	890	877	1757	691	229	92	54	612	819	560	591	8**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	44	43	45	44	45	43	42	47	51	38	34	46	47	39	43	40
Agree	37	24	28	32	37	43	36	36	36	52	46	38	38	33	36	39
Neither agree nor disagree	12	26	14	14	11	10	14	11	8	6	9	11	9	17	14	0
Disagree	4	5	9	5	4	2	4	4	3	0	7	3	3	6	5	0
Strongly disagree	3	1	4	4	3	1	3	2	2	4	3	2	2	4	2	21
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.

**Caution: low base number of respondents - results are indicative only.



Table 42: Q23. Please indicate how strongly you agree or disagree with each of these statements... The person I spoke to motivated me to get/stay physically active

	Employment Status										Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Satisfied	Neutral	Dissatisfied	
Base =	2641*	602	368	168	219	800	343	82	38	2252	228	137	
	%	%	%	%	%	%	%	%	%	%	%	%	
Strongly agree	44	43	47	46	44	42	44	48	59	51	5	6	
Agree	37	33	33	32	34	44	38	26	35	39	29	9	
Neither agree nor disagree	12	14	15	11	13	11	10	18	6	8	52	8	
Disagree	4	5	3	8	4	2	6	6	0	1	12	35	
Strongly disagree	3	5	2	3	5	1	2	1	0	0	1	42	
Total	100	100	100	100	100	100	100	100	100	100	100	100	

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.

**Caution: low base number of respondents - results are indicative only.



Table 43: Q23. Please indicate how strongly you agree or disagree with each of these statements... The person I spoke to was understanding and supportive

	Ethnic Group						Highest Qualification					Overall Satisfaction		
	Total	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other	Satisfied	Neutral	Dissatisfied
Base =	2644*	1758	693	230	91	53	617	820	557	594	7**	2252	231	136
	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	51	51	54	54	41	33	52	55	48	48	33	58	13	11
Agree	38	38	36	36	54	57	40	38	34	41	42	38	47	18
Neither agree nor disagree	7	7	6	7	2	7	5	5	13	7	0	3	33	24
Disagree	2	2	2	2	0	0	1	2	2	2	0	0	6	17
Strongly disagree	2	2	2	1	3	3	2	1	3	2	26	0	0	30
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.

**Caution: low base number of respondents - results are indicative only.



Table 44: Q23. Please indicate how strongly you agree or disagree with each of these statements... As a result of receiving a GRx, I now understand the benefits of physical activity

	Age						Gender		Ethnic Group					Highest Qualification					NZDep Index [^]		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other	Least (0-3)	Moderate (4-6)	Most (7-10)
Base =	2632*	98	194	573	892	868	732	1886	1749	693	228	92	53	613	817	554	591	8**	463	1022	1147
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	43	42	42	44	44	43	42	44	39	50	54	42	36	48	46	34	43	63	40	40	47
Agree	38	30	32	35	39	43	42	37	40	35	33	44	40	40	40	35	36	16	40	38	37
Neither agree nor disagree	13	24	20	15	12	11	12	14	16	11	8	10	16	8	10	23	14	5	14	16	11
Disagree	3	3	4	4	3	2	2	3	3	3	4	2	1	2	2	5	4	0	4	2	3
Strongly disagree	2	1	3	3	2	1	2	2	3	2	1	3	7	2	1	4	2	16	2	3	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.

[^]NZDep Index scale 0 – 10, where 0 = "least deprived" and 10 = "most deprived".

**Caution: low base number of respondents - results are indicative only.



Table 45: Q23. Please indicate how strongly you agree or disagree with each of these statements... As a result of receiving a GRx, I now understand the benefits of physical activity

	Employment Status										Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Satisfied	Neutral	Dissatisfied	
Base =	2632*	601	371	167	217	795	343	82	38	2245	230	135	
	%	%	%	%	%	%	%	%	%	%	%	%	
Strongly agree	43	39	46	47	45	42	48	41	55	49	7	13	
Agree	38	39	35	35	35	45	33	31	26	41	32	9	
Neither agree nor disagree	13	15	15	9	15	10	14	20	14	8	49	30	
Disagree	3	3	3	5	2	2	3	7	4	1	11	17	
Strongly disagree	2	4	2	4	3	1	1	1	0	1	1	30	
Total	100	100	100	100	100	100	100	100	100	100	100	100	

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.

**Caution: low base number of respondents - results are indicative only.



Table 46: Q23. Please indicate how strongly you agree or disagree with each of these statements... As a result of the support I got, I now feel more confident about doing physical activity regularly

	Age						Ethnic Group					Highest Qualification				
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other
Base =	2632*	99	195	575	890	866	1747	695	229	92	53	612	818	551	595	8**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	39	34	40	40	39	39	36	42	56	37	31	46	41	34	36	40
Agree	38	40	29	34	39	43	39	37	29	43	41	37	40	36	38	39
Neither agree nor disagree	16	18	18	17	15	14	17	14	10	13	19	12	13	20	18	0
Disagree	4	6	7	5	4	2	4	4	4	4	2	2	3	6	5	0
Strongly disagree	3	2	7	5	3	2	4	3	1	3	7	3	2	5	3	21
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.

**Caution: low base number of respondents - results are indicative only.



Table 47: Q23. Please indicate how strongly you agree or disagree with each of these statements... As a result of the support I got, I now feel more confident about doing physical activity regularly

	Employment Status									Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Satisfied	Neutral	Dissatisfied
Base =	2632*	600	374	169	217	792	341	82	38	2248	229	135
	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	39	38	39	40	41	38	42	36	42	45	1	8
Agree	38	33	35	39	37	45	39	31	30	41	26	7
Neither agree nor disagree	16	19	20	8	12	13	12	26	18	11	53	18
Disagree	4	4	2	9	5	2	5	5	10	1	17	26
Strongly disagree	3	6	3	3	5	1	3	2	0	1	3	42
Total	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.

**Caution: low base number of respondents - results are indicative only.



Table 48: Q24. The GRx support people aim to encourage you to be active, connect you to physical activities that suit you, and see how you are progressing. Given this aim, overall how satisfied are you with the service provided to you?

	Age						Ethnic Group					Highest Qualification				
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other
Base =	2669*	99	195	575	899	893	1773	699	233	91	54	617	835	562	597	8**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Very satisfied	50	43	38	50	51	51	48	55	55	40	46	51	54	44	48	79
Satisfied	35	37	43	33	34	37	36	33	34	45	36	40	33	36	35	0
Neither/nor	9	15	10	10	9	8	10	8	9	11	12	6	9	12	11	5
Dissatisfied	3	2	4	3	3	2	4	2	1	2	2	2	2	4	5	0
Very dissatisfied	3	3	5	4	3	1	3	3	2	3	3	2	2	5	2	16
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.

**Caution: low base number of respondents - results are indicative only.



Table 49: Q24. The GRx support people aim to encourage you to be active, connect you to physical activities that suit you, and see how you are progressing. Given this aim, overall how satisfied are you with the service provided to you? (continued)

	Employment Status										Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Satisfied	Neutral	Dissatisfied	
Base =	2669*	608	377	169	221	813	342	82	38	2287	241	141	
	%	%	%	%	%	%	%	%	%	%	%	%	
Very satisfied	50	47	54	46	46	53	46	49	69	58	0	0	
Satisfied	35	35	32	33	39	36	39	38	23	42	0	0	
Neither/nor	9	10	10	12	7	8	9	10	6	0	100	0	
Dissatisfied	3	4	2	6	3	2	3	2	2	0	0	54	
Very dissatisfied	3	4	3	3	5	1	3	2	0	0	0	46	
Total	100	100	100	100	100	100	100	100	100	100	100	100	

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.

**Caution: low base number of respondents - results are indicative only.



Table 50: Q24a. Reasons for being satisfied (contains mixed comments)

	Gender			Ethnic Group					Employment Status							
	Total	Male	Female	European	Maori	Pacific	Asian	Other	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other
Base =	1442*	386	1048	887	446	155	45	30	337	209	97	114	415	185	50	27**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Encouraging, motivating, supportive, helpful	38	31	40	37	41	36	41	20	39	37	41	39	33	39	55	34
Follow-up contact received/checks on progress	12	12	13	11	16	10	6	13	12	17	15	12	11	11	9	16
Motivated me to be active/more active, am more active as a result	14	15	14	15	14	13	16	14	9	18	10	13	19	15	16	10
Empathic, understands needs/situation, takes genuine interest, caring, listens	7	4	8	8	7	6	8	15	7	7	15	8	7	4	6	6
Improved health, motivation, confidence/Feel better, happier/See results	16	17	16	12	15	28	30	9	15	19	18	19	15	17	10	13
Friendly, lovely, pleasant, cheerful, enthusiastic people	4	2	5	5	4	5	5	1	4	4	6	8	5	3	0	2
Useful/Good information/advice/explanations/ideas/suggestions	14	15	14	14	13	17	20	7	16	14	17	11	13	15	13	6
Appropriate activities - suitable for my lifestyle, abilities, condition	6	7	6	7	6	6	9	7	6	11	6	7	4	6	8	17
Excellent/Great/Awesome team, support	13	8	14	13	15	12	8	15	14	14	12	13	13	10	10	8
Service great/good/impressive	14	14	14	15	14	10	17	11	15	12	10	18	16	6	16	38
Personal contact/attention	9	7	10	9	11	5	0	11	8	10	13	8	8	9	13	8
No pressure/non-judgmental	3	1	3	3	2	1	0	12	2	4	1	4	3	2	3	0
Easy to contact/talk to, accessible, approachable	1	1	1	1	1	1	5	0	1	2	1	0	0	0	0	0
Greater awareness/understanding of need to be/benefits of being more active	3	3	3	3	3	4	2	0	2	2	1	7	2	4	2	8
Help with activities/exercises	2	2	2	1	1	3	5	0	2	2	2	2	2	0	1	2
Great/good communicator - clear/concise/understandable	2	3	2	2	4	2	0	4	3	4	2	2	1	1	2	0
A lack of contact or follow-up/more follow-up required	1	1	1	1	2	0	0	6	1	0	1	3	0	2	8	0

continued...



Table 50: Q24a. Reasons for being satisfied (contains mixed comments) (continued)

	Gender			Ethnic Group					Employment Status							
	Total	Male	Female	European	Maori	Pacific	Asian	Other	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other
Base =	1442*	386	1048	887	446	155	45	30	337	209	97	114	415	185	50	27**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury barriers - can't do exercises because of, doing what I can	3	2	3	4	2	2	3	0	2	2	4	1	4	1	3	8
Other barriers: distance to travel, family responsibilities, work, time, cost	5	2	6	5	5	6	1	7	9	4	5	3	3	5	2	4
Already active/doing own thing	2	2	2	3	1	0	0	7	2	1	0	0	4	0	1	2
Need support/motivation, lack of motivation	2	2	2	2	2	3	7	0	4	1	3	1	1	1	6	0
More face-to-face/personal contact/support desired	1	2	1	1	0	1	4	11	2	0	1	2	1	1	3	2
Inappropriate activities for condition/age	2	1	2	2	1	1	3	0	2	2	0	1	2	0	7	11
Staff too busy, not available, inexperienced/lack knowledge, staff issues	0	1	0	1	0	0	0	0	1	1	0	1	0	0	0	2
Longer GRx period/GRx ran out, limited time only	2	2	2	2	1	1	0	0	1	2	3	4	1	2	0	0
More advice/information required	1	1	1	1	0	1	3	4	1	1	0	1	2	3	0	2
Self-motivated/Up to me/my decisions	0	0	0	0	0	1	0	0	0	0	0	0	0	1	0	0
Other - Negative comment	3	6	2	4	3	0	4	18	3	4	3	2	4	3	1	0
Other - Positive comment	8	8	8	7	8	11	6	11	5	4	6	6	10	13	14	4
No particular reason	4	5	3	4	3	5	0	10	4	2	4	6	5	3	0	2
Don't know	0	1	0	0	0	0	0	0	1	0	0	0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that had contact with a GRx support person.

**Caution: low base number of respondents - results are indicative only.



Table 51: Q25. Are you...?

	Age						Gender		Highest Qualification					Employment Status							Disability		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	No qualification	Secondary	Tertiary	Other post-secondary	Other	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No
Base =	2843	116	206	607	941	959	816	2008	672	889	584	624	9**	643	385	177	234	878	369	91	39	1313	1423
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Male	29	26	20	25	28	35	100	0	37	25	20	35	31	31	23	28	13	32	37	20	40	33	26
Female	70	74	80	75	71	64	0	100	63	74	80	65	69	68	77	72	87	67	63	80	60	67	74
No response	1	0	0	0	1	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	1	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

**Caution: low base number of respondents - results are indicative only.



Table 52: Q26. Which of these best describes your highest level of educational qualification?

	Age						Gender		Ethnic Group					NZDep Index^		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	European	Maori	Pacific	Asian	Other	Least (0-3)	Moderate (4-6)	Most (7-10)
Base =	2843	116	206	607	941	959	816	2008	1867	739	271	96	56	492	1090	1261
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No qualification	23	17	13	22	24	25	29	20	19	28	31	13	11	15	19	28
Secondary school qualification (e.g. School or National Certificate, UE, Bursary, etc)	31	47	34	29	28	34	27	33	32	30	30	31	27	31	32	30
Tertiary qualification (e.g. Bachelor's Degree or higher)	21	22	33	26	22	14	15	24	22	18	19	43	33	28	23	17
Other post-secondary qualification requiring three months or more fulltime study (eg trade certificate, diploma)	22	13	19	22	23	23	26	20	25	20	17	14	29	25	23	20
Other (Specify)	0	0	0	0	1	0	0	0	0	1	0	0	0	1	0	0
No response	2	1	2	1	2	3	2	2	1	3	2	0	0	1	2	3
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

^NZDep Index scale 0 – 10, where 0 = "least deprived" and 10 = "most deprived".

**Caution: low base number of respondents - results are indicative only.



Table 53: Q26. Which of these best describes your highest level of educational qualification?

	Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student (full-time, including	Other	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2843	643	385	177	234	878	369	91	39	1437	1302	1313	1423	2287	241	141
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No qualification	23	13	20	26	27	25	38	13	11	30	14	27	18	24	13	16
Secondary school qualification (e.g. School or National Certificate, UE, Bursary, etc)	31	31	29	28	30	36	29	35	20	30	33	29	34	32	29	22
Tertiary qualification (e.g. Bachelor's Degree or higher)	21	31	26	19	21	14	15	32	19	16	28	17	26	21	28	34
Other post-secondary qualification requiring three months or more fulltime study (eg trade certificate, diploma)	22	24	24	24	19	23	15	19	43	21	23	25	20	22	26	25
Other (Specify)	0	0	0	1	1	0	0	0	0	1	0	0	0	0	0	1
No response	2	1	2	2	2	2	2	0	6	2	1	2	1	2	3	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

**Caution: low base number of respondents - results are indicative only.



Table 54: Q27. To which of these age groups do you belong?

	Gender			Ethnic Group					Highest Qualification					NZDep Index^		
	Total	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other	Least (0-3)	Moderate (4-6)	Most (7-10)
Base =	2843	816	2008	1867	739	271	96	56	672	889	584	624	9**	492	1090	1261
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Under 25 yrs	4	4	4	3	5	6	5	0	3	6	4	2	0	2	4	5
25 - 34 yrs	8	6	9	6	10	11	15	18	5	9	12	7	0	4	8	10
35 - 49 yrs	23	20	24	18	28	34	27	26	22	21	28	22	14	16	22	26
50 - 64 yrs	34	33	34	31	40	35	41	27	36	30	35	36	52	35	34	34
65+ yrs	31	37	28	40	16	14	12	28	34	34	21	32	34	42	33	25
No response	1	0	0	0	0	0	0	0	0	0	0	0	0	1	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

**Caution: low base number of respondents - results are indicative only.



Table 55: Q27. To which of these age groups do you belong?

	Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2843	643	385	177	234	878	369	91	39	1437	1302	1313	1423	2287	241	141
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Under 25 yrs	4	2	4	8	4	0	3	48	0	5	3	3	5	3	6	3
25 - 34 yrs	8	11	10	8	18	0	8	15	14	8	8	5	11	8	8	13
35 - 49 yrs	23	36	26	40	31	0	29	26	19	24	23	20	26	23	25	27
50 - 64 yrs	34	46	43	43	36	9	56	12	62	31	38	39	30	35	32	39
65+ yrs	31	5	17	1	11	91	5	0	6	32	28	33	28	31	27	18
No response	1	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

**Caution: low base number of respondents - results are indicative only.



Table 56: Q28. Do you have a disability or impairment that is long term (lasting 6 months or more) and causes you difficulty with, or stops you doing physical activity that people your age can usually do?

	Age						Gender		Ethnic Group					Highest Qualification					NZDep Index [^]		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other	Least (0-3)	Moderate (4-6)	Most (7-10)
Base =	2843	116	206	607	941	959	816	2008	1867	739	271	96	56	672	889	584	624	9**	492	1090	1261
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	44	31	27	38	50	48	50	42	47	44	38	28	38	52	41	35	49	52	39	43	46
No	52	67	72	59	47	48	47	55	50	51	59	71	58	43	57	63	48	48	58	52	50
No response	4	2	1	3	3	5	4	3	3	5	2	1	4	5	3	2	3	0	3	4	4
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

[^]NZDep Index scale 0 – 10, where 0 = “least deprived” and 10 = “most deprived”.

**Caution: low base number of respondents - results are indicative only.



Table 57: Q28. Do you have a disability or impairment that is long term (lasting 6 months or more) and causes you difficulty with, or stops you doing physical activity that people your age can usually do?

	Employment Status									Community Services Card		Disability	
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Yes	No
Unweighted base =	2843	643	385	177	234	878	369	91	39	1437	1302	1313	1423
	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	44	26	35	43	50	50	72	38	79	55	32	100	0
No	52	73	62	53	49	46	23	62	18	41	65	0	100
No response	4	1	4	4	1	4	5	1	3	4	2	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

**Caution: low base number of respondents - results are indicative only.



Table 58: Q29. Which ethnic group do you mainly identify with?

	Age						Gender		Ethnic Group					Highest Qualification					NZDep Index [^]		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other	Least (0-3)	Moderate (4-6)	Most (7-10)
Base =	2843	116	206	607	941	959	816	2008	1867	739	271	96	56	672	889	584	624	9**	492	1090	1261
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
NZ European	54	46	47	43	49	72	54	55	92	17	3	4	5	47	57	54	61	45	77	59	42
Maori	28	36	34	35	33	15	26	29	9	100	6	5	10	35	26	24	26	41	12	22	39
Samoan	4	6	6	6	4	3	4	4	1	1	33	5	3	4	5	5	4	0	2	3	6
Cook Island Maori	3	5	4	6	3	1	4	3	0	2	24	0	2	4	3	3	2	0	1	2	5
Tongan	3	2	4	5	4	1	3	3	0	0	22	1	0	5	2	2	2	14	1	3	4
Niuean	1	2	1	2	1	1	2	1	0	0	7	0	0	2	1	1	0	0	1	1	1
Chinese	1	2	1	1	1	1	1	1	0	0	2	18	0	1	0	2	0	0	1	1	1
Indian	2	3	6	2	3	1	2	3	0	0	1	58	3	2	3	4	1	0	2	3	2
Other Asian (e.g. Korean, Filipino)	1	0	1	2	1	0	1	1	0	0	1	27	0	0	1	2	1	0	1	1	1
Other Pacific (e.g. Tokelauan, Fijian)	2	4	5	2	3	1	3	2	0	0	17	5	0	2	2	2	2	0	1	2	3
British/European	5	2	1	5	6	7	5	5	9	2	3	1	3	3	5	6	7	0	7	6	4
Other (Specify)	2	0	5	2	2	2	2	2	0	1	1	2	100	1	2	3	3	0	2	3	1
No response	1	4	0	1	0	1	1	1	0	0	0	0	0	1	0	1	0	0	1	1	1

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

[^]NZDep Index scale 0 – 10, where 0 = "least deprived" and 10 = "most deprived".

^{**}Caution: low base number of respondents - results are indicative only.



Table 59: Q29. Which ethnic group do you mainly identify with?

	Employment Status										Community Services Card		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Satisfied	Neutral	Dissatisfied	
Base =	2843	643	385	177	234	878	369	91	39	1437	1302	2287	241	141	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	
NZ European	54	46	57	39	39	73	50	39	52	52	57	55	55	65	
Maori	28	32	29	44	31	13	39	42	23	33	23	29	23	24	
Samoan	4	4	4	7	7	3	4	5	5	5	4	4	6	1	
Cook Island Maori	3	4	5	2	5	1	4	3	4	4	3	3	3	1	
Tongan	3	3	1	7	6	1	5	0	4	4	2	3	1	1	
Niuean	1	2	1	3	1	0	0	3	0	1	1	1	1	1	
Chinese	1	1	1	0	3	0	0	2	0	1	1	1	1	0	
Indian	2	4	3	1	5	1	2	1	0	2	3	2	2	1	
Other Asian (e.g. Korean, Filipino)	1	2	1	1	1	0	1	0	0	1	1	1	2	2	
Other Pacific (e.g. Tokelauan, Fijian)	2	3	2	1	4	1	3	3	6	2	3	2	1	1	
British/European	5	5	4	4	5	7	3	8	12	4	6	5	8	5	
Other (Specify)	2	3	2	2	2	2	0	4	5	1	3	2	3	2	
No response	1	1	1	0	0	0	1	2	0	1	1	1	4	1	

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

**Caution: low base number of respondents - results are indicative only.



Table 60: Q29. Which ethnic group do you mainly identify with?

	Age						Ethnic Group					Highest Qualification					NZDep Index [^]		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other	Least (0-3)	Moderate (4-6)	Most (7-10)
Base =	2843	116	206	607	941	959	1867	739	271	96	56	672	889	584	624	9**	492	1090	1261
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
European	59	48	48	47	55	78	100	18	6	4	9	50	62	60	68	45	83	64	46
Maori	28	36	34	35	33	15	9	100	6	5	10	35	26	24	26	41	12	22	39
Pacific	13	19	18	20	14	6	1	3	100	9	5	18	13	12	10	14	5	10	19
Asian	4	5	8	5	5	2	0	1	3	100	2	4	8	3	0	3	6	3	
Other	2	0	5	2	2	2	0	1	2	100	1	2	3	3	0	2	3	1	
No response	1	4	0	1	0	1	0	0	0	0	1	0	1	0	0	1	1	1	

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

[^]NZDep Index scale 0 – 10, where 0 = “least deprived” and 10 = “most deprived”.

**Caution: low base number of respondents - results are indicative only.



Table 61: Q29. Which ethnic group do you mainly identify with?

	Employment Status										Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied	
Base =	2843	643	385	177	234	878	369	91	39	1437	1302	1313	1423	2287	241	141	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	
European	59	51	61	43	44	80	52	47	64	56	63	63	56	59	63	70	
Maori	28	32	29	44	31	13	39	42	23	33	23	28	27	29	23	24	
Pacific	13	15	13	20	22	6	16	14	19	15	12	12	15	13	11	6	
Asian	4	7	4	2	9	2	3	3	0	3	5	3	6	4	5	3	
Other	2	3	2	2	2	2	0	4	5	1	3	2	2	2	3	2	
No response	1	1	1	0	0	0	1	2	0	1	1	1	1	1	4	1	

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

**Caution: low base number of respondents - results are indicative only.



Table 62: Q30. Which of the following best describes you?

	Age						Gender		Ethnic Group					Highest Qualification					NZDep Index [^]		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other	Least (0-3)	Moderate (4-6)	Most (7-10)
Base =	2843	116	206	607	941	959	816	2008	1867	739	271	96	56	672	889	584	624	9**	492	1090	1261
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Working full-time	24	12	34	39	33	4	26	23	21	28	27	40	36	14	24	35	26	20	26	27	22
Working part-time	14	12	17	16	17	7	11	15	14	14	14	14	12	12	12	17	15	5	16	13	13
Unemployed/actively seeking a job	7	14	7	13	9	0	7	7	5	11	11	4	6	8	6	6	8	14	4	6	9
At home	9	9	20	12	9	3	4	11	6	10	15	19	9	10	8	9	8	14	7	7	11
Retired	28	0	0	0	7	33	31	26	37	13	13	11	28	30	32	18	29	34	37	31	21
Sick/invalid beneficiary	13	8	12	16	21	2	16	11	11	18	15	8	0	22	12	9	9	14	7	10	17
Student (full-time, including secondary school)	4	43	7	4	1	0	3	4	3	6	4	3	6	2	4	6	3	0	2	3	5
Other (Specify)	1	0	2	1	2	0	2	1	1	1	2	0	3	1	1	1	2	0	1	1	1
No response	1	2	1	0	0	1	1	1	1	0	0	1	0	1	0	0	0	0	1	1	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

[^]NZDep Index scale 0 – 10, where 0 = "least deprived" and 10 = "most deprived".

**Caution: low base number of respondents - results are indicative only.



Table 63: Q30. Which of the following best describes you?

	Total	Employment Status								Community Services Card		Disability		Overall Satisfaction		
		Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2843	643	385	177	234	878	369	91	39	1437	1302	1313	1423	2287	241	141
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Working full-time	24	100	0	0	0	0	0	0	0	6	45	14	34	24	27	33
Working part-time	14	0	100	0	0	0	0	0	0	12	16	11	16	14	15	11
Unemployed/actively seeking a job	7	0	0	100	0	0	0	0	0	11	3	7	7	7	9	11
At home	9	0	0	0	100	0	0	0	0	10	7	10	8	9	6	12
Retired	28	0	0	0	0	100	0	0	0	30	24	31	24	28	24	16
Sick/invalid beneficiary	13	0	0	0	0	0	100	0	0	24	1	21	6	13	12	13
Student (full-time, including secondary school)	4	0	0	0	0	0	0	100	0	5	3	3	4	4	4	2
Other (Specify)	1	0	0	0	0	0	0	0	100	1	2	2	0	1	1	0
No response	1	0	0	0	0	0	0	0	0	1	0	1	0	1	1	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

**Caution: low base number of respondents - results are indicative only.



Table 64: Q31. Do you have a community services card?

	Age						Ethnic Group					Highest Qualification					NZDep Index [^]		
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Other	Least (0-3)	Moderate (4-6)	Most (7-10)
Base =	2843	116	206	607	941	959	1867	739	271	96	56	672	889	584	624	9**	492	1090	1261
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	51	59	52	53	46	53	48	59	56	41	36	68	49	37	48	76	29	48	61
No	46	38	45	46	52	42	49	38	42	59	62	29	49	60	48	24	67	49	36
Don't know	1	2	2	1	1	2	2	2	1	0	1	1	2	2	1	0	2	2	1
No response	2	0	1	1	1	3	2	1	1	0	1	2	1	1	2	0	2	1	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

[^]NZDep Index scale 0 – 10, where 0 = "least deprived" and 10 = "most deprived".

**Caution: low base number of respondents - results are indicative only.



Table 65: Q31. Do you have a community services card?

	Employment Status										Community Services Card		Disability	
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Yes	No	
Base =	2843	643	385	177	234	878	369	91	39	1437	1302	1313	1423	
	%	%	%	%	%	%	%	%	%	%	%	%	%	
Yes	51	13	43	78	60	55	97	63	41	100	0	63	40	
No	46	85	54	18	36	40	2	37	59	0	100	34	58	
Don't know	1	1	2	1	2	2	0	0	0	0	0	2	2	
No response	2	1	1	2	1	2	0	0	0	0	0	1	1	
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

**Caution: low base number of respondents - results are indicative only.



Appendix C: Tables by contract holder

- Maroon/dark shading indicates result is significantly higher when compared against all patients.
- Grey/light shading indicates result is significantly lower when compared against all patients.



Appendix C: Tables by contract holder

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Table 1: Q1. Who first referred you to Green Prescription (GRx) for support?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
GP/Doctor	69	76	64	77	73	76	66	69	69	60	67	60	79	60	59	71	62	61	80	72
Specialist Doctor	3	0	4	9	6	4	5	0	3	3	2	2	5	0	1	2	5	2	0	2
Practice Nurse	15	13	24	7	11	11	14	17	19	22	19	18	10	29	8	7	20	12	8	17
Maternity Carer/Midwife	0	0	0	0	1	0	0	4	0	0	0	0	0	0	1	0	1	1	0	0
Someone else	12	11	7	7	10	8	14	8	8	15	11	19	7	10	30	18	12	23	10	8
No response	1	0	1	0	0	1	0	1	1	0	1	1	0	1	1	2	1	1	3	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.



Table 2: Q2. When did your referrer first prescribe a Green Prescription (GRx) for you?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Less than 4 months ago	15	16	17	13	13	3	16	20	10	17	13	25	16	18	13	25	17	11	25	18
4 - 6 months ago	30	35	31	26	31	8	27	37	11	28	36	28	23	43	30	38	28	27	25	32
6 - 8 months ago	21	13	19	22	25	19	15	22	13	23	22	19	25	18	32	25	24	21	23	18
More than 8 months ago	33	35	32	37	31	69	40	20	65	30	26	28	36	21	21	12	30	41	25	30
No response	1	2	1	2	0	1	3	1	1	1	3	0	0	0	4	0	1	1	1	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.



Table 3: Q3. What were the main reasons you required a GRx for support to be more active?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Arthritis	22	18	20	22	19	22	22	27	37	25	26	29	20	32	29	16	23	16	20	22
Asthma/breathing problems	14	11	13	16	15	12	15	20	15	14	18	12	16	17	15	11	24	9	18	11
Back pain or problems	22	21	20	29	22	22	19	23	28	22	23	23	20	21	20	22	22	19	19	21
Diagnosed type 2 diabetes	17	21	10	17	25	27	9	18	14	15	16	12	20	11	15	13	16	19	10	16
Pre-diabetes/risk of diabetes	13	16	8	19	18	16	8	8	4	15	15	20	13	3	7	10	9	14	5	16
High blood pressure/risk of stroke	25	22	23	30	27	24	27	26	21	26	23	22	11	28	18	27	23	23	14	32
High cholesterol	18	19	14	25	17	24	11	17	16	16	22	18	18	19	13	15	18	16	11	18
Sleep problems	16	11	15	25	15	15	12	13	14	15	21	12	25	7	13	10	13	13	10	17
To stop smoking	5	4	6	10	4	6	2	5	2	5	5	2	8	3	3	6	4	2	5	4
Stress	20	15	17	32	18	25	12	20	20	20	24	16	30	8	13	26	21	18	19	22
Weight problems	53	45	56	58	63	40	46	56	40	53	48	45	46	44	42	57	56	53	53	62
Depression/anxiety	17	12	17	20	13	16	12	17	15	19	20	19	28	17	12	30	21	16	18	21
Pregnancy	1	0	1	0	2	0	1	4	1	0	0	0	0	0	1	1	1	0	0	0
Heart problems	11	7	6	13	11	9	23	11	12	14	10	7	13	10	16	6	8	11	5	13
Osteoporosis	4	3	2	5	4	6	6	6	5	4	5	3	2	6	6	3	5	3	4	5
Fall prevention	5	1	3	4	4	5	12	11	5	4	4	7	10	7	13	5	2	4	11	7
Injury/surgery recovery	13	14	15	12	12	10	15	9	18	7	19	14	13	12	10	14	10	9	11	17
General fitness	3	2	8	1	2	1	3	2	4	4	2	2	0	3	4	2	2	4	0	1
Surgery recovery	0	0	1	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mental illness	0	1	0	0	0	0	0	1	1	1	1	1	0	1	1	1	0	0	1	0

continued...



Table 3: Q3. What were the main reasons you required a GRx for support to be more active? (continued)

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty	
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Fibromyalgia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Other (Specify)	4	2	6	4	3	7	2	4	5	4	7	7	2	1	7	8	4	4	5	6	6
No response	7	9	7	6	3	8	8	6	6	9	10	4	8	4	9	7	7	11	11	8	8

The base numbers shown are unweighted counts.
Total may exceed 100% because of multiple responses.



Table 4: Q4. Are you currently...?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Still following the GRx physical activities	39	43	43	33	33	40	37	32	53	45	47	42	39	36	40	46	33	37	58	49
Doing physical activity but different from that recommended in your GRx	24	27	20	22	28	26	28	28	11	23	14	26	21	24	34	19	31	24	13	26
Temporarily off GRx physical activities	16	14	13	19	14	10	16	11	20	12	23	12	23	17	13	20	17	20	13	14
No longer following the GRx physical activities	16	15	19	21	19	20	15	23	7	15	10	14	15	18	9	7	13	16	10	10
No response	4	1	5	4	5	4	4	7	9	4	6	7	2	6	3	7	6	3	6	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.



Table 5: Q5. If you are temporarily off or no longer following the GRx physical activities, why is this?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	1005*	32	60	96	72	47	45	68	56	73	65	39	24**	29**	41	39	71	75	23**	50
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Injury/health problems	30	41	22	24	18	30	36	21	43	27	31	28	58	31	46	33	38	32	48	40
Lack of time due to work	22	25	25	23	32	21	18	16	9	26	25	21	12	21	10	10	13	19	4	30
Just didn't want to	7	16	10	7	7	4	4	3	4	10	5	3	4	7	5	8	7	7	0	14
Lack of time due to family responsibilities	20	9	32	28	26	19	13	22	11	21	12	10	17	7	7	13	8	25	4	14
Cost	16	22	22	15	17	19	9	22	12	14	23	13	12	14	7	3	23	13	9	16
Lack of energy/too tired	19	22	15	25	21	17	20	12	11	12	23	10	29	10	15	26	11	19	17	18
I'm too old	3	0	2	2	4	6	0	1	0	1	3	5	8	0	5	0	1	3	9	0
It's too hard to stick to a routine	11	9	10	12	6	11	11	7	7	12	14	8	8	17	5	5	14	15	9	12
The programme ran its course/wasn't renewed GRx	1	0	2	0	0	0	0	1	0	3	0	0	4	0	2	0	0	4	0	2
Issues with admin/paperwork (not helpful, no follow up etc.)	5	3	5	8	4	2	9	12	0	5	3	8	0	0	0	8	6	7	4	4
Moved elsewhere/out of town/on holiday	2	0	3	2	1	0	2	1	5	4	3	8	4	3	2	3	0	1	4	2
I'm doing other physical activities (not GRx)	3	3	5	1	3	4	0	1	2	1	3	5	4	0	10	5	7	8	0	0

continued...



Table 5: Q5. If you are temporarily off or no longer following the GRx physical activities, why is this? (continued)

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	1005*	32	60	96	72	47	45	68	56	73	65	39	24**	29**	41	39	71	75	23**	50
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Other (Specify)	12	12	8	11	11	15	11	13	7	12	14	13	17	21	15	13	10	9	4	8
No response	7	3	7	6	8	6	13	6	14	5	15	13	0	7	5	13	13	4	22	6

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that are not currently following the GRx physical activities.

**Caution: low base number of respondents - results are indicative only.

Table 6: Q6. Have you noticed any positive changes in your health since you were first issued a GRx?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	72	74	71	71	69	71	73	59	85	71	74	70	69	74	70	75	71	74	80	74
No	15	13	16	16	17	13	12	26	8	15	11	18	18	19	16	13	13	15	9	10
Don't know/ unsure	11	11	9	12	14	11	13	13	6	14	14	8	10	6	12	11	13	9	10	15
No response	2	2	4	1	1	4	2	2	1	0	1	4	3	1	1	1	2	2	1	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.



Table 7: Q7. If yes, what positive changes have you noticed?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2099*	81	121	158	129	106	96	102	135	163	125	89	44	54	113	86	141	146	64	146
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Breathing easier	34	27	22	41	43	36	46	39	36	29	37	20	39	28	36	23	35	36	23	33
Feel stronger/fitter	55	63	50	56	62	58	56	56	50	56	55	54	41	52	51	43	50	53	55	61
Less stressed	34	37	27	39	40	42	44	29	22	24	36	28	43	22	35	31	37	29	34	36
Less joint pain /discomfort	26	25	26	25	32	21	35	24	35	20	30	18	18	24	18	22	26	25	20	28
Less back pain	21	16	21	32	29	26	23	17	19	13	22	24	18	13	15	19	13	18	12	19
More energy	45	52	40	51	51	43	47	40	31	39	46	29	41	39	41	36	42	49	34	45
Lower cholesterol	14	15	12	21	19	26	17	7	13	10	19	4	9	6	10	8	11	15	8	12
Lower blood pressure	19	15	17	18	31	24	27	12	18	16	26	12	18	15	17	15	16	17	19	19
Less medication	11	14	12	19	16	8	14	9	7	6	11	4	9	6	6	10	4	7	8	8
Lost weight	48	57	40	47	56	50	38	37	36	46	46	37	36	30	40	48	51	56	61	56
Smoking less	6	5	6	14	5	4	5	9	1	4	10	1	11	4	5	6	5	4	9	5
Sleeping better	30	26	26	40	32	41	29	22	24	18	36	24	34	26	34	24	30	27	31	25
Fewer illnesses	12	7	8	17	20	8	11	6	4	7	9	4	9	9	9	5	13	14	8	11
Generally feel better	55	53	52	56	59	56	60	46	46	57	59	54	55	48	65	52	58	55	52	48
Feel less depressed/anxious	20	25	15	27	21	21	24	14	16	13	21	16	30	13	20	22	23	18	16	19
Increased mobility	29	30	27	34	32	28	33	20	21	25	31	19	25	28	27	24	23	28	25	34
Better balance/fewer falls	14	10	11	20	22	11	22	14	7	10	12	10	16	7	19	10	16	12	11	10
Improved blood sugar levels	17	21	12	19	27	27	16	14	10	15	20	12	20	11	12	8	14	12	11	14
Other (Specify)	4	2	3	4	5	3	3	4	2	4	7	4	2	4	3	1	3	5	2	2
No response	3	4	5	4	1	5	1	5	6	2	2	3	2	2	1	1	4	2	0	3

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that have noticed positive changes since they were first issued a GRx.

**Caution: low base number of respondents - results are indicative only.



Table 8: Q8. Have you been back to your referrer since you were first issued a GRx?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	49	49	48	52	48	61	52	51	79	39	48	52	43	53	50	41	47	42	52	49
No	50	50	51	45	50	37	46	47	20	59	48	47	54	47	47	57	52	57	46	50
No response	2	2	1	3	2	2	2	2	1	2	4	2	3	0	3	2	1	1	3	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.

Table 9: Q9. Did your referrer discuss your GRx with you?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	1476*	54	80	120	93	88	69	89	125	93	87	64	28**	38	84	49	92	82	43	98
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	64	61	66	70	68	59	64	66	67	58	60	59	54	47	54	59	72	71	70	64
No	31	35	28	24	28	34	32	31	26	35	33	36	36	50	39	35	25	29	26	30
No response	5	4	6	6	4	7	4	2	6	6	7	5	11	3	7	6	3	0	5	6
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had been back to the doctor since they were first issued a GRx.

**Caution: low base number of respondents - results are indicative only.



Table 10: Q10. When your referrer discussed your GRx with you, did they...

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	1016*	35	58	91	67	58	47	61	92	60	58	41	18**	19**	51	32	69	58	32	69
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Tell you to stop your physical activity?	1	0	0	2	0	2	0	2	2	3	2	2	0	5	4	0	1	2	0	1
Encourage you to change your physical activity?	17	17	17	16	18	17	26	16	10	23	16	32	39	0	20	6	20	16	12	12
Encourage you to continue your physical activity unchanged?	74	74	71	73	79	69	64	75	84	60	72	51	50	84	63	81	70	83	81	75
No response	8	9	12	9	3	12	11	7	4	13	10	15	11	11	14	12	9	0	6	12
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had been back to the doctor since they were first issued a GRx, and discussed their GRx.

**Caution: low base number of respondents - results are indicative only.



Table 11: Q11. When your referrer encouraged you to continue your physical activity, did they...

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	1000*	35	58	89	67	57	47	60	90	58	57	40	18**	18**	49	32	68	57	32	68
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Write a new/extend your current GRx?	26	43	31	25	25	19	28	30	64	26	16	18	11	17	12	16	26	25	25	28
Give verbal advice only?	60	51	52	63	60	67	53	55	30	55	67	58	78	61	65	69	62	70	53	56
Other (Specify)	6	0	2	6	10	4	6	5	1	5	9	12	0	17	8	6	6	4	6	6
Don't know	0	0	0	1	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0
No response	8	6	16	6	4	11	13	8	4	14	9	12	11	6	14	9	6	2	16	10
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had been back to the doctor since they were first issued a GRx, discussed their GRx, and continued it.

**Caution: low base number of respondents - results are indicative only.



Table 12: Q12. Compared with the time before you were first given a GRx, are you now spending...

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
More time being active?	61	71	59	57	62	63	61	51	64	58	58	62	57	54	60	62	67	61	65	63
About the same amount of time being active?	25	19	28	24	20	25	23	30	24	30	25	25	25	32	30	27	21	28	24	25
Less time being active?	10	8	9	14	15	11	11	14	7	10	13	8	8	7	7	9	10	9	8	8
No response	4	2	4	5	3	1	5	5	4	3	4	4	10	7	3	2	2	3	4	4
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.



Table 13: Q12. Compared with the time before you were first given a GRx, why are you spending the same amount of time?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	490*	17**	31	39	27**	22**	19**	29**	23**	46	34	21**	11**	12**	30	26**	26**	39	8**	30
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury/operation/pain/medical condition preventing, recovering from	22	47	16	18	11	14	16	10	22	11	35	24	36	17	37	31	19	15	62	30
Already doing enough, already/always been active/happy with what doing	12	0	10	10	15	14	37	7	22	15	6	19	9	0	17	23	15	15	0	13
Too busy/no time	8	12	6	5	11	5	11	14	4	9	9	5	9	0	10	8	12	8	0	7
Increased workload/long hours/work commitments	16	18	26	15	11	23	16	14	4	13	6	24	9	25	10	8	4	26	0	10
Lack of motivation/laziness/depression	9	12	3	15	15	14	5	3	13	4	9	5	0	8	10	4	0	13	0	10
Lack energy/tired	6	6	6	0	11	0	5	7	4	7	3	10	9	0	3	8	4	10	0	7
Specified type of activity/level of activity	7	6	6	5	7	0	5	3	4	13	6	0	0	17	3	4	8	8	12	17
Family responsibilities	9	6	10	10	11	9	0	17	4	9	12	0	9	0	20	12	4	8	0	7
GRx has not helped	2	0	3	8	0	5	0	10	0	0	0	0	0	0	0	0	8	3	0	0
Weather/darkness	1	6	0	3	0	0	0	0	0	0	0	0	0	0	0	4	0	0	0	0
Lack of support	1	0	0	0	4	0	0	3	0	7	3	0	0	0	0	0	0	3	12	0
Other commitments, holidays	4	0	6	8	0	5	0	7	0	4	0	0	9	8	7	4	0	0	0	7
Difficulty getting into, or lost, routine/didn't get into a habit	3	0	3	5	7	5	0	0	4	0	0	5	0	0	3	8	4	5	0	0
Costs/fees of activity too expensive	3	12	6	0	4	0	16	3	4	4	6	0	0	0	0	0	4	0	0	0
Getting too old/no longer up to it	2	0	0	0	4	9	0	0	0	0	0	0	0	17	0	0	0	3	0	0
Other	15	0	23	8	19	18	16	21	26	22	21	24	18	8	3	15	27	15	12	13
No particular reason	1	0	0	0	4	0	0	0	0	7	0	0	0	0	3	0	0	0	0	0
Don't know	0	0	0	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those who said why they spent about the same amount of time being active after first prescribed a GRx.

**Caution: low base number of respondents - results are indicative only.



Table 14: Q12. Compared with the time before you were first given a GRx, why are you spending less time?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	242*	5**	14**	26**	25**	15**	13**	19**	8**	15**	20**	9**	3**	5**	9**	7**	16**	15**	5**	13**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury/operation/pain/health problems	41	80	14	35	36	40	46	32	75	60	55	67	100	40	67	43	44	40	60	31
Increased workload/longer hours/work commitments	11	0	14	8	20	13	8	16	0	7	5	11	0	0	0	0	12	13	0	8
Lack of motivation/confidence, laziness, depressed	16	20	29	15	12	7	23	16	25	20	15	11	0	0	11	29	19	13	0	38
Lack energy/tired	6	0	7	8	4	7	15	5	0	7	20	0	0	0	11	14	6	7	0	0
Specified type of activity not doing	0	0	0	0	0	0	0	0	0	0	0	11	0	0	0	0	6	0	0	0
Too busy/no time, other priorities/commitments (including study)	3	0	7	8	0	7	0	0	12	0	0	11	0	0	0	0	0	0	0	8
Family responsibilities (incl. pregnancy, home issues)	10	0	21	8	8	27	0	26	0	7	0	0	0	20	0	0	0	20	0	0
Weather/darkness/daylight saving over	3	0	0	0	12	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8
Costs/fees of activities too expensive	4	0	0	4	4	13	8	5	0	7	0	0	0	20	0	0	0	0	0	15
Other	18	0	29	31	20	7	15	11	0	13	10	0	0	20	11	14	12	20	40	8
No particular reason	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those who said why they spent less time being active after first prescribed a GRx.

**Caution: low base number of respondents - results are indicative only.



Table 15: Q13. Have you received any specific advice on healthy eating?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	68	55	65	66	66	69	74	68	54	77	82	76	64	53	78	46	68	77	62	77
No	28	43	31	29	31	29	24	28	44	21	15	22	30	42	22	46	30	21	38	18
Don't know	2	2	2	4	2	1	2	2	1	2	2	2	5	3	0	4	1	2	0	3
No response	1	0	2	0	1	1	0	1	1	1	1	1	2	3	0	3	1	1	0	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.

Table 16: Q14. Have you made any changes to your food and/or drink intake since being given your GRx?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	28	29	33	27	24	28	29	32	35	26	30	31	36	57	34	35	33	16	30	20
Yes (Specify)	70	71	65	72	75	71	68	65	62	73	69	68	62	40	64	64	65	83	68	78
No response	1	0	2	1	1	1	3	2	3	2	1	1	2	3	2	1	2	1	1	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.



Table 17: Q14a. What changes?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	1799*	70	98	146	131	95	79	99	79	148	108	78	34	24**	93	68	115	148	48	138
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Drink more water	22	19	18	26	21	25	25	19	16	18	23	8	26	12	27	16	23	24	23	23
Eating more healthily/less junk food (better choices, watch what I eat)	25	24	33	21	28	27	14	18	29	33	22	28	18	25	26	19	36	29	23	19
Eating less/smaller meals (portion control)	21	21	16	16	24	17	19	26	19	20	18	23	29	12	22	28	24	21	27	22
Cut down on fats/low fat foods	7	3	7	7	9	7	1	5	5	7	7	14	9	8	8	7	8	3	8	7
Less/avoid sugar and sugary foods, sweets, soft drinks	29	24	24	29	24	28	20	31	18	38	28	33	32	29	29	24	23	32	27	37
Eat more vegetables	20	14	19	29	28	16	27	20	18	14	25	15	9	8	24	13	18	20	15	14
Eat more fruit	10	6	5	14	9	14	16	8	10	10	12	9	12	4	18	10	11	11	12	6
Less alcohol	6	10	8	3	5	5	9	4	6	4	10	8	0	4	1	10	3	5	17	7
Reduce carbohydrates, including bread (gluten)	11	19	13	9	7	11	11	16	14	9	14	9	12	8	10	6	10	11	17	13
No snacking/regular meals, breakfasts	4	3	5	1	4	3	4	6	1	1	3	6	0	0	4	7	3	2	8	11
Diet plans	5	7	6	1	5	9	5	5	8	3	5	1	6	8	2	4	6	5	6	4
Eat less (red) meat/more fish	4	3	2	6	7	1	5	1	6	5	6	3	3	0	1	6	4	1	0	2
Cut down on salt use	2	1	2	3	2	3	4	4	5	3	5	1	0	0	3	1	1	3	0	1
Less takeaways/fast foods	5	1	6	7	7	1	4	7	1	3	6	5	9	4	1	4	1	5	2	6
Less dairy (milk, butters, etc.)	2	1	5	2	1	2	6	1	5	1	2	5	6	4	2	1	3	1	0	3
Less coffee/tea	2	4	1	1	2	1	3	2	4	1	3	3	9	0	0	4	3	1	8	3

continued...



Table 17: Q14a. What changes? (continued)

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	1799*	70	98	146	131	95	79	99	79	148	108	78	34	24**	93	68	115	148	48	138
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
More grain breads, fibre or similar	1	3	1	1	1	0	1	0	1	2	0	5	0	0	1	0	1	1	2	2
Yes (in general)	0	0	0	0	0	0	0	1	1	1	0	0	0	0	1	0	0	0	0	1
More protein	1	0	2	2	0	3	3	0	0	1	1	0	0	0	1	0	0	1	2	3
Supplements, dietary	0	1	0	1	0	0	0	0	1	1	0	0	0	0	0	0	1	0	0	0
Yes, reading labels on food	3	1	0	2	4	2	0	2	1	1	5	12	4	3	1	3	4	2	4	
Other	11	10	8	17	14	7	18	9	6	7	9	14	6	21	8	10	10	8	4	14
No particular reason	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those who made changes to their diet.

**Caution: low base number of respondents - results are indicative only.



Table 18: Q15. How was contact first made with the GRx support person?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
The support person contacted me (by phone call, letter, email)	68	83	62	60	61	74	66	73	52	58	82	75	67	72	79	75	81	66	68	62
I went to see them in person (face-to-face)	23	10	34	28	25	13	28	13	42	27	8	12	21	17	15	18	13	28	23	33
I called 0800 ACTIVE or the local phone number provided	3	3	2	4	4	4	2	6	1	4	7	7	7	1	3	2	2	2	1	1
I have not had any contact with a GRx support person	5	3	2	7	9	8	3	2	4	8	2	3	5	7	1	3	2	4	6	3
No response	1	1	0	1	2	1	1	1	1	3	2	3	0	3	3	2	2	1	1	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.



Table 19: Q16. After your first contact, how were you given support to follow your GRx activities?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2720*	104	159	203	170	129	124	163	150	209	164	116	58	67	156	111	190	184	74	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Phone call	59	82	70	49	51	81	49	74	47	31	77	39	72	25	87	53	79	59	20	52
Face-to-face/in person	42	19	41	44	48	24	56	25	54	39	16	37	31	60	16	39	23	56	73	61
Brochures/leaflets	29	28	22	18	20	38	27	29	17	41	54	47	28	15	49	41	25	34	18	40
A GRx Community programme/group	18	14	6	26	19	12	19	13	12	44	18	44	19	13	15	17	17	13	15	25
Text or email	22	10	14	28	26	10	12	11	13	15	20	23	28	6	10	43	16	40	8	30
No support/follow up offered	4	4	2	7	7	4	5	7	2	4	2	8	3	7	2	2	1	2	5	1
I didn't want any support/follow up	2	3	1	2	2	2	2	1	3	4	3	1	0	4	2	1	1	2	5	1
Mail/letter	1	0	0	0	1	1	1	1	0	1	2	0	3	0	1	1	1	0	0	0
Watched DVD/Video	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Other (Specify)	5	4	6	8	6	5	2	2	4	4	4	5	7	7	2	8	4	4	5	5
Don't know	0	1	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
No response	1	0	1	1	1	2	1	1	4	1	1	2	0	3	1	0	2	1	0	2

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that had contact with a GRx support person.



Table 20: Q17. Has your GRx support person given an extension for longer support during the last year?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2720*	104	159	203	170	129	124	163	150	209	164	116	58	67	156	111	190	184	74	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	34	45	31	36	32	22	41	36	49	43	30	34	29	21	32	24	39	35	43	37
No	37	37	46	31	43	42	27	42	23	31	33	36	31	48	42	35	34	42	27	26
Don't know	23	17	16	29	18	27	26	18	13	21	31	22	33	25	24	38	22	16	27	29
No response	6	1	6	5	7	9	6	4	15	6	5	8	7	6	2	3	5	7	3	7
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person.



Table 21: Q18. What, if any, physical activities did the GRx support person suggest to you?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2720*	104	159	203	170	129	124	163	150	209	164	116	58	67	156	111	190	184	74	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
None	3	6	1	4	6	6	2	4	3	3	3	3	2	4	1	1	3	3	3	2
Walking	69	63	64	74	67	67	65	66	52	63	73	61	76	58	82	78	69	74	72	75
Swimming	54	54	43	54	58	53	49	55	51	56	70	62	50	45	58	56	52	51	59	56
Gardening	17	8	17	14	18	16	20	14	17	18	20	20	28	13	31	19	13	20	16	17
Other home based activities (e.g. exercycle /treadmill)	22	21	18	23	30	10	18	15	10	16	17	13	28	10	21	26	25	29	11	20
Water/pool exercises	45	41	36	40	46	43	51	40	59	58	52	65	43	51	34	55	37	37	55	57
Tai chi	10	7	8	6	9	8	11	15	4	7	12	7	28	16	9	4	21	4	15	15
Yoga/Pilates/Zumba	8	9	3	12	9	8	8	7	5	5	9	9	16	3	7	10	9	8	4	12
Cycling	15	12	11	16	9	14	12	13	7	15	15	23	21	18	21	13	18	21	22	16
Gym exercises (e.g. aerobics, weights)	43	38	57	52	48	60	41	36	30	36	41	29	34	37	16	35	34	40	31	45
Fall prevention programme	3	2	2	2	3	3	11	6	4	1	4	10	2	0	13	5	2	2	1	4
GRx Community programme/group	19	21	15	27	22	9	18	13	7	28	16	25	26	13	12	20	19	16	11	24
Sport/sporting activities	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Other (Specify)	5	2	6	4	4	1	5	4	1	8	4	3	3	1	6	8	8	8	3	4
No response	1	2	1	1	2	2	1	3	3	4	2	2	2	0	1	0	2	1	1	1

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that had contact with a GRx support person.



Table 22: Q19. Were you referred to any of the following activity providers?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2146*	88	137	168	140	101	99	131	135	152	130	93	35	52	121	89	144	122	56	153
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Gym	58	60	73	73	66	87	66	58	37	47	57	38	37	44	28	35	48	51	36	54
Swimming pool	66	68	56	70	68	55	71	68	83	76	80	73	49	60	70	85	66	57	80	69
Sports club	7	2	7	12	8	3	7	5	2	7	2	2	20	2	16	2	6	5	2	7
Other	7	3	1	6	8	5	8	8	2	9	5	5	29	10	7	11	9	10	12	8
Don't know	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0
No response	5	6	4	2	3	3	5	4	7	8	2	10	6	12	9	7	5	7	7	3

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those who were referred to an activity provider.

Table 23: Q20. Was the activity provider right for you?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2158*	88	138	169	141	102	100	133	135	153	131	93	35	52	121	89	146	122	56	154
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	11	11	9	7	14	10	5	19	2	9	9	15	17	12	18	12	12	15	5	8
Yes	80	81	83	84	78	82	81	77	90	80	86	73	66	81	72	76	79	76	84	81
No response	9	8	7	9	8	8	14	5	8	10	5	12	17	8	10	11	8	9	11	10
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person, and were referred to a provider.

**Caution: low base number of respondents - results are indicative only.



Table 24: Q21. As a result of your GRx experience, have you encouraged others to become more active?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Mariborough PHO	Sport Bay of Plenty	
Base =	2720*	104	159	203	170	129	124	163	150	209	164	116	58	67	156	111	190	184	74	189	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	28	24	30	22	29	22	23	38	17	26	30	28	40	34	29	38	28	26	26	26	
Yes	65	69	67	72	63	71	66	56	74	68	65	60	50	57	62	58	65	68	65	62	
No response	7	7	4	6	8	7	11	6	9	6	4	11	10	9	10	5	7	6	9	11	
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person.



Table 25: Q22. When you do physical activity, who is it with?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2720*	104	159	203	170	129	124	163	150	209	164	116	58	67	156	111	190	184	74	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
By myself	72	72	72	71	70	74	70	71	71	68	82	67	84	63	74	83	71	74	80	68
Family members (adults)	32	33	33	34	32	26	27	31	25	28	35	32	33	27	31	32	34	34	31	34
Family members (children)	15	15	15	18	16	12	14	15	9	11	14	11	10	9	12	14	14	19	5	17
A GRx community programme/group	15	13	8	21	14	9	21	9	15	29	5	27	12	18	8	17	8	11	23	24
Friends	26	24	26	30	24	28	22	20	32	21	21	27	17	19	27	30	26	29	20	32
Another organised group	13	12	6	14	9	11	22	12	11	13	13	13	14	15	14	10	17	14	12	15
A sports club	4	3	4	2	5	6	7	2	2	4	2	3	3	3	5	3	5	5	5	4
People from work	4	2	5	4	5	4	2	4	1	2	2	3	5	3	2	4	5	4	3	5
Other (Specify)	5	3	8	3	5	10	6	3	1	4	7	9	5	6	4	3	6	4	3	5
No response	1	0	1	1	2	1	1	1	0	1	1	3	0	1	1	0	1	0	3	1

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that had contact with a GRx support person.



Table 26: Q23. Please indicate how strongly you agree or disagree with each of these statements... The advice I was given was helpful

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2720*	104	159	203	170	129	124	163	150	209	164	116	58	67	156	111	190	184	74	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	46	38	40	46	42	42	61	42	39	44	48	45	47	33	45	48	48	57	58	55
Agree	42	48	48	40	44	43	35	40	53	47	45	41	31	46	47	48	43	34	36	38
Neither agree nor disagree	7	10	8	9	6	9	1	9	3	6	5	5	17	9	4	4	7	4	3	4
Disagree	2	0	2	2	3	2	2	6	0	1	1	4	2	1	2	0	1	2	0	1
Strongly disagree	2	1	1	3	4	2	1	3	0	1	1	2	2	3	2	1	1	2	1	0
No response	2	3	2	0	2	2	1	1	5	2	1	3	2	7	1	0	2	1	1	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.



Table 27: Q23. Please indicate how strongly you agree or disagree with each of these statements... The physical activity options suggested were appropriate for me

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2720*	104	159	203	170	129	124	163	150	209	164	116	58	67	156	111	190	184	74	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	37	35	35	36	37	35	47	33	36	34	37	33	24	30	40	45	39	46	55	40
Agree	46	48	53	49	39	42	44	42	53	49	47	44	53	48	49	45	47	41	38	46
Neither agree nor disagree	9	10	8	7	16	15	2	14	5	10	9	9	10	10	7	7	8	6	3	9
Disagree	3	4	2	2	3	3	2	5	1	2	4	7	7	1	2	2	2	2	0	3
Strongly disagree	2	1	0	2	3	2	1	3	1	1	0	4	2	3	1	1	2	2	1	1
No response	3	3	3	2	2	3	3	3	5	2	3	3	3	7	1	0	3	3	3	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.



Table 28: Q23. Please indicate how strongly you agree or disagree with each of these statements... The information and advice I was given was relevant to me

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2720*	104	159	203	170	129	124	163	150	209	164	116	58	67	156	111	190	184	74	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	40	36	36	37	38	36	50	30	32	35	40	32	38	36	41	41	39	51	53	48
Agree	44	44	52	46	42	44	42	47	60	45	45	41	41	46	47	48	49	36	38	41
Neither agree nor disagree	9	13	4	10	12	10	2	12	1	12	8	16	12	9	6	8	7	7	5	7
Disagree	3	4	3	2	4	5	2	5	1	1	5	4	3	1	3	1	1	2	0	2
Strongly disagree	2	0	1	2	2	3	1	2	1	1	0	3	2	3	1	1	1	2	1	1
No response	3	3	3	2	2	2	2	4	5	4	2	3	3	4	3	2	4	3	3	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.



Table 29: Q23. Please indicate how strongly you agree or disagree with each of these statements... The person I spoke to motivated me to get/stay physically active

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2720*	104	159	203	170	129	124	163	150	209	164	116	58	67	156	111	190	184	74	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	43	38	41	39	40	40	53	36	37	37	43	40	41	34	49	41	46	51	65	49
Agree	36	40	37	39	35	33	35	34	45	40	39	36	36	31	39	39	36	30	26	31
Neither agree nor disagree	12	12	14	11	14	16	3	15	12	12	11	13	14	19	4	14	11	8	4	13
Disagree	4	5	4	2	6	5	2	6	1	6	4	3	0	3	3	3	3	5	1	4
Strongly disagree	3	1	2	5	4	3	2	6	1	2	1	5	2	4	4	1	1	3	1	1
No response	3	3	1	2	2	3	5	3	5	3	2	3	7	7	1	3	3	3	3	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.



Table 30: Q23. Please indicate how strongly you agree or disagree with each of these statements... The person I spoke to was understanding and supportive

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2720*	104	159	203	170	129	124	163	150	209	164	116	58	67	156	111	190	184	74	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	50	49	46	45	43	43	61	42	45	45	52	47	53	43	56	54	48	60	68	55
Agree	37	40	45	37	38	40	31	39	47	37	39	37	34	43	35	34	36	29	23	34
Neither agree nor disagree	7	6	4	11	10	9	2	10	4	11	4	7	9	4	3	8	11	5	4	5
Disagree	2	1	1	2	4	2	0	5	0	1	2	1	0	1	3	2	0	1	1	2
Strongly disagree	2	1	1	3	2	2	2	2	1	2	1	4	2	4	2	0	2	2	1	1
No response	3	3	3	1	3	4	4	2	4	4	1	3	2	3	3	2	3	2	3	3
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.



Table 31: Q23. Please indicate how strongly you agree or disagree with each of these statements... As a result of receiving a GRx, I now understand the benefits of physical activity

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2720*	104	159	203	170	129	124	163	150	209	164	116	58	67	156	111	190	184	74	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	42	39	38	46	43	40	53	39	41	38	41	42	38	28	45	32	43	45	49	47
Agree	37	38	43	35	34	33	34	34	46	43	34	33	40	40	37	48	35	35	35	35
Neither agree nor disagree	13	13	12	10	16	17	8	15	7	12	18	16	14	16	10	14	16	10	12	12
Disagree	3	5	3	3	2	3	0	5	1	3	3	0	3	1	4	5	2	3	0	3
Strongly disagree	2	2	1	3	3	2	2	4	0	1	1	3	2	4	2	1	1	3	1	1
No response	3	3	3	2	2	4	3	3	6	3	2	6	3	9	3	1	3	4	3	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.



Table 32: Q23. Please indicate how strongly you agree or disagree with each of these statements... As a result of the support I got, I now feel more confident about doing physical activity regularly

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2720*	104	159	203	170	129	124	163	150	209	164	116	58	67	156	111	190	184	74	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	38	36	31	38	40	38	50	32	39	36	38	39	38	22	40	31	37	45	47	43
Agree	37	40	44	37	36	30	31	37	44	37	32	32	33	45	39	51	39	33	38	32
Neither agree nor disagree	15	14	16	13	15	19	10	16	11	16	21	18	21	18	12	11	14	11	9	19
Disagree	4	4	4	7	2	6	2	7	1	4	5	3	2	3	3	5	4	4	1	3
Strongly disagree	3	3	2	3	5	3	1	6	1	3	2	3	3	4	3	1	3	5	1	2
No response	3	3	3	2	2	3	6	2	5	4	3	5	3	7	3	2	4	2	3	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.



Table 33: Q24. The GRx support people aim to encourage you to be active, connect you to physical activities that suit you, and see how you are progressing. Given this aim, overall how satisfied are you with the service provided to you?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2720*	104	159	203	170	129	124	163	150	209	164	116	58	67	156	111	190	184	74	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Very satisfied	49	49	45	47	42	41	62	48	47	47	51	53	50	31	54	51	53	55	59	54
Satisfied	35	37	42	32	38	41	31	30	41	34	35	26	31	48	34	34	34	29	31	31
Neither/nor	9	8	8	12	8	8	2	11	7	11	8	12	17	10	7	10	9	9	4	9
Dissatisfied	3	4	3	3	5	3	1	6	2	3	2	5	0	3	1	4	4	2	1	2
Very dissatisfied	3	1	2	4	4	2	2	5	1	2	1	3	0	3	3	1	0	3	1	2
No response	2	2	1	2	2	5	2	0	2	3	2	2	2	4	1	0	1	2	3	2
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents that had contact with a GRx support person and who gave a rating.



Table 34: Q24a. Reasons for being satisfied (contains mixed comments)?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	1442*	59	91	111	90	61	75	81	61	112	97	63	34	25**	78	55	103	99	39	108
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Encouraging, motivating, supportive, helpful	38	42	40	38	37	34	36	36	28	34	38	21	29	48	42	42	37	34	41	45
Follow-up contact received/checks on progress	12	12	16	7	12	16	17	11	23	2	7	3	12	0	15	11	17	18	5	18
Motivated me to be active/more active, am more active as a result	14	17	16	10	12	20	16	16	25	16	16	10	6	20	14	16	12	11	10	20
Empathic, understands needs/situation, takes genuine interest, caring, listens	7	14	5	5	3	5	7	7	5	8	8	8	6	4	12	2	12	7	21	9
Improved health, motivation, confidence/Feel better, happier/See results	16	20	13	19	24	20	9	7	11	12	15	14	24	12	8	9	16	13	8	16
Friendly, lovely, pleasant, cheerful, enthusiastic people	4	3	4	5	3	5	7	9	7	10	3	8	3	4	6	4	3	3	5	4
Useful/Good information/advice/explanations/ideas/suggestions	14	8	18	10	18	18	19	11	2	18	14	16	6	4	19	5	16	20	8	12
Appropriate activities - suitable for my lifestyle, abilities, condition	6	8	9	9	7	3	3	2	3	3	4	11	6	0	5	9	5	6	5	8
Excellent/Great/Awesome team, support	13	17	12	12	7	11	16	14	10	10	13	14	12	8	10	13	11	16	41	17
Service great/good/impressive	14	12	16	13	19	7	21	12	7	14	12	19	21	20	13	9	8	11	10	13
Personal contact/attention	9	8	11	5	8	8	11	12	16	2	3	3	15	0	9	4	7	17	8	11
No pressure/non-judgmental	3	5	0	0	0	0	3	4	7	1	1	2	9	8	1	4	5	4	5	5
Easy to contact/talk to, accessible, approachable	1	0	2	1	1	0	1	2	0	2	1	0	0	4	1	0	2	0	3	0
Greater awareness/understanding of need to be/benefits of being more active	3	0	3	6	3	2	3	1	0	4	1	5	0	0	5	4	4	3	0	4
Help with activities/exercises	2	3	2	3	1	0	3	1	0	3	0	3	0	0	4	4	4	0	5	2
Great/good communicator - clear/concise/understandable	2	0	2	5	0	5	3	6	0	4	2	5	6	0	0	2	2	0	3	4
A lack of contact or follow-up/more follow-up required	1	2	2	3	0	0	0	0	0	0	3	0	0	4	1	0	0	1	0	2

continued...



Table 34: Q24a. Reasons for being partially satisfied (contains mixed comments)? (continued)

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Unweighted base =	1442*	59	91	111	90	61	75	81	61	112	97	63	34	25**	78	55	103	99	39	108
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Other barriers: distance to travel, family responsibilities, work, time, cost	5	5	3	5	7	2	4	2	5	5	3	5	12	8	8	7	6	3	5	5
Already active/doing own thing	2	2	0	3	3	0	5	1	2	4	3	2	3	0	1	2	2	1	0	1
Illness/injury barriers - can't do exercises because of, doing what I can	3	5	1	4	2	3	4	2	0	5	3	3	0	4	3	5	5	2	0	3
Need support/motivation, lack of motivation	2	2	4	4	1	5	4	1	3	2	3	0	0	0	0	0	2	3	0	2
More face-to-face/personal contact/support desired	1	0	1	1	1	0	0	2	3	2	0	3	0	0	0	4	4	0	0	6
Inappropriate activities for condition/age	2	2	0	2	4	0	0	1	0	2	4	2	0	4	1	4	0	2	0	1
Staff too busy, not available, inexperienced/lack knowledge, staff issues	0	0	0	0	1	2	0	0	0	0	2	0	0	0	0	0	0	1	0	0
Longer GRx period/GRx ran out, limited time only	2	0	1	2	3	0	0	2	3	2	1	5	0	12	1	0	3	0	0	1
More advice/information required	1	0	2	0	1	2	0	1	2	2	4	0	3	0	1	2	0	1	3	2
Self-motivated/Up to me/my decisions	0	0	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
Other - Negative comment	3	7	3	2	4	8	1	4	3	4	2	3	0	8	4	4	3	1	3	4
Other - Positive comment	8	8	3	8	9	11	11	5	10	7	9	10	9	4	5	11	7	11	8	5
No particular reason	4	2	5	5	6	5	1	10	8	4	4	10	6	0	4	4	3	1	3	1
Don't know	0	0	0	0	0	0	0	1	0	0	0	0	0	4	0	0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that had contact with a GRx support person.

**Caution: low base number of respondents - results are indicative only.



Table 35: Q24b. Reasons for being less than satisfied?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	128*	3**	7**	15**	14**	6**	3**	16**	4**	10**	6**	9**	0**	3**	5**	5**	6**	9**	2**	5**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Insufficient follow-up/communication, contact stopped	38	67	43	27	43	17	33	62	50	20	33	22	0	67	20	80	17	22	100	20
Lack of support/encouragement, need more support	19	0	29	20	21	17	33	25	0	20	0	0	0	67	0	60	0	11	0	0
A lack of personal contact; phone calls not sufficient	11	0	0	13	14	0	0	31	0	20	0	11	0	0	60	0	50	0	0	0
Cost barriers	7	33	14	0	0	17	0	6	25	0	0	11	0	33	0	0	17	11	0	0
More suitable ideas required (relevant to time available, travel distance, condition)	23	0	43	7	14	33	0	6	75	40	67	78	0	0	40	20	17	22	0	60
Work/Time barriers	1	0	0	0	0	0	0	6	0	10	0	0	0	0	0	0	0	0	0	0
Didn't change much/didn't help/no benefit	19	0	43	20	29	17	0	6	0	10	17	11	0	0	20	0	0	22	0	20
Insufficient staff/resources, lack of knowledge/experience	10	33	0	13	0	0	0	6	0	0	0	0	0	0	20	0	17	33	0	20
Did it/left to do it myself, already motivated	2	0	0	0	0	0	0	6	0	0	17	0	0	0	0	20	17	0	0	0
No advice re exercises	3	0	0	7	0	0	0	12	0	20	0	0	0	0	0	0	0	0	0	0
Empathy lacking, disinterested	16	0	29	33	0	17	0	6	0	10	17	22	0	0	0	20	17	33	0	20
Positive comment	7	33	0	7	7	0	67	0	25	20	0	11	0	0	20	20	17	0	0	0
Other	20	33	14	27	21	50	0	0	0	20	33	33	0	0	0	20	33	11	0	40
No particular reason	1	0	0	0	7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents that had contact with a GRx support person.

**Caution: low base number of respondents - results are indicative only.



Table 36: Q25. Are you...?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Male	29	32	28	29	33	42	30	21	35	30	27	22	30	33	26	30	24	28	30	22
Female	70	68	72	71	67	56	69	78	65	68	72	77	70	67	74	68	75	71	70	78
No response	1	0	1	0	0	1	2	1	0	1	1	1	0	0	0	2	1	2	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.



Table 37: Q26. Which of these best describes your highest level of educational qualification?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty	
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No qualification	23	24	20	20	22	21	28	27	31	23	27	16	28	33	33	18	27	18	24	18	
Secondary school qualification (e.g. School or National Certificate, UE, Bursary, etc.)	31	33	33	30	32	30	37	28	35	34	19	33	36	33	36	29	30	27	28	34	
Tertiary qualification (e.g. Bachelor's Degree or higher)	21	20	18	27	25	29	16	17	13	19	23	21	15	6	11	26	22	29	18	21	
Other post-secondary qualification requiring three months or more fulltime study (e.g. trade certificate, diploma)	22	21	25	18	17	17	16	25	19	21	30	27	21	24	18	26	18	25	29	25	
Other (Specify)	0	2	1	1	0	0	0	0	0	0	0	1	0	0	0	1	1	0	0	0	
No response	2	0	3	3	3	4	2	3	3	3	1	2	0	4	2	0	3	2	1	3	
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.



Table 38: Q27. To which of these age groups do you belong?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty	
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Under 25 yrs	4	2	10	3	3	4	7	4	0	5	2	2	5	4	4	4	7	3	0	4	
25 - 34 yrs	8	7	7	11	12	9	4	10	3	8	5	2	5	1	5	7	9	11	4	5	
35 - 49 yrs	23	25	22	30	24	21	19	19	6	21	23	19	23	15	16	27	20	23	23	25	
50 - 64 yrs	34	39	30	40	36	36	24	29	31	25	45	32	28	31	24	40	33	31	38	37	
65+ yrs	31	26	30	15	24	29	45	37	60	41	24	45	39	49	51	21	30	31	35	29	
No response	1	0	1	1	0	2	1	1	0	0	0	0	0	0	0	0	1	1	0	1	
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.

Table 39: Q28. Do you have a disability or impairment that is long term (lasting 6 months or more) and causes you difficulty with, or stops you doing physical activity that people your age can usually do?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty	
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	44	44	36	48	36	39	49	54	54	50	54	57	46	54	39	46	50	37	52	42	
No	52	53	58	50	61	56	43	42	43	48	43	41	52	38	56	52	47	60	41	54	
No response	4	3	6	2	3	5	8	4	3	2	2	2	2	8	5	3	3	3	8	5	
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.



Table 40: Q29. Which ethnic group do you mainly identify with?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
NZ European	54	53	57	27	30	49	63	58	75	71	52	87	54	86	83	80	70	56	89	60
Maori	28	16	35	32	27	19	43	39	21	25	25	7	26	14	14	11	26	36	5	37
Samoan	4	4	2	11	11	4	1	1	0	0	10	1	7	0	0	2	1	2	0	0
Cook Island Maori	3	0	2	10	5	2	0	1	0	0	3	0	3	0	1	0	1	5	1	2
Tongan	3	7	0	12	6	1	0	0	0	1	2	1	2	0	1	0	0	0	0	1
Niuean	1	2	0	3	3	2	0	0	0	0	0	0	2	0	0	0	1	0	0	0
Chinese	1	1	0	3	1	2	0	1	1	0	1	0	0	0	1	2	0	0	0	0
Indian	2	4	2	5	6	5	0	1	0	0	4	1	0	0	1	1	1	2	1	0
Other Asian (e.g. Korean, Filipino)	1	3	0	2	3	6	0	0	0	1	0	0	0	0	1	2	0	0	0	1
Other Pacific (e.g. Tokelauan, Fijian)	2	2	2	5	6	3	0	0	1	0	5	1	2	0	1	1	0	1	1	1
British/European	5	10	6	3	3	6	7	5	6	5	5	6	8	1	3	8	8	6	1	5
Other (Specify)	2	5	1	1	3	6	1	2	2	0	1	1	0	1	1	0	4	2	4	4
No response	1	0	2	2	1	2	2	1	1	0	0	0	2	3	0	0	1	1	0	1

The base numbers shown are unweighted counts.
Total may exceed 100% because of multiple responses.



Table 41: Q29. Which ethnic group do you mainly identify with?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
European	59	64	63	29	33	54	69	63	81	76	57	92	61	87	86	88	78	61	90	64
Maori	28	16	35	32	27	19	43	39	21	25	25	7	26	14	14	11	26	36	5	37
Pacific	13	14	7	39	30	12	1	2	1	2	20	2	15	0	3	3	2	7	3	3
Asian	4	7	2	9	10	11	0	1	1	1	5	1	0	0	3	4	1	2	1	1
Other	2	5	1	1	3	6	1	2	2	0	1	1	0	1	1	0	4	2	4	4
No response	1	0	2	2	1	2	2	1	1	0	0	0	2	3	0	0	1	1	0	1

The base numbers shown are unweighted counts.
Total may exceed 100% because of multiple responses.



Table 42: Q30. Which of the following best describes you?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Working full-time	24	33	20	25	31	32	15	16	10	20	25	24	16	14	19	28	21	30	24	22
Working part-time	14	13	17	12	14	11	11	13	12	10	14	13	10	6	11	19	20	15	13	16
Unemployed/ actively seeking a job	7	8	6	11	9	6	5	7	2	7	7	2	11	6	3	7	3	5	6	8
At home	9	4	7	13	12	6	8	11	4	8	12	3	11	4	7	11	9	8	4	7
Retired	28	25	29	16	18	24	37	34	58	36	23	45	36	43	47	20	27	27	34	27
Sick/invalid beneficiary	13	11	9	16	12	14	13	15	12	15	15	10	8	21	8	10	16	10	14	14
Student (full-time, including secondary school)	4	5	9	4	3	1	8	1	1	3	1	1	5	3	4	3	2	4	1	4
Other (Specify)	1	1	2	2	1	1	2	1	1	1	2	2	0	3	0	3	2	0	4	1
No response	1	0	1	1	1	4	2	2	1	0	0	0	2	1	1	0	1	2	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.



Table 43: Q31. Do you have a community services card?

	Total	Harbour Sport	Sport Northland	Sport Auckland - Auckland	Sport Auckland - Counties	HealthWest	Sport Gisborne Tairāwhiti	Sport Hawkes Bay	Sport Whanganui	Sport Manawatu	Sport Wellington	Nelson Bays Primary Health	Sport Canterbury	West Coast PHO	Sport Southland	Sport Otago	Sport Taranaki	Sport Waikato	Marlborough PHO	Sport Bay of Plenty
Base =	2843	107	162	218	186	140	128	167	156	227	168	120	61	72	158	114	193	192	79	195
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	51	43	53	59	46	49	59	57	55	54	43	41	49	64	45	45	48	45	47	55
No	46	54	43	38	53	45	38	38	41	42	55	53	44	33	49	54	47	51	53	42
Don't know	1	3	2	1	1	1	1	1	3	2	0	4	3	0	1	0	4	2	0	2
No response	2	0	2	2	1	5	2	5	1	2	2	2	3	3	4	1	2	2	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.